

Military Police

Bicycle Rodeo

..... page 12

Gilwell Hall

burns

.....page 15



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 10 31 MAY 1990

NEXT DEADLINE 11 JUNE 1990

COST: PRICELESS

Fighting the smugglers

CF landings policy

OTTAWA--The Minister of National Defence, the Honourable Bill McKnight, announced that the Canadian NORAD Region will implement a policy of directing all unidentified aircraft which enter the Canadian Air Defence Identification Zone (CADIZ) to land at a recognized point of entry. The policy will take effect 3 May 90. This decision will allow Canadian NORAD resources to fulfill more effectively their full air sovereignty role.

The Department of National Defence issued a Notice to Airmen yesterday outlining the new initiative. Notice was also given of a new policy which requires all aircraft entering the CADIZ to file flight plans. Previously, only aircraft travelling at speeds in excess of 180 knots were required to file.

"This directed landings policy will enable those we charge with the maintenance of Canada's air sovereignty to assert more effective control

over our national airspace. At the same time, requiring all aircraft to file a flight plan will enhance air safety with little inconvenience to the legitimate aviation community," said Mr. McKnight.

These measures will enhance Canadian Forces support to the RCMP and other government departments in detecting aircraft believed to be smuggling contraband or illegal drugs into the country. In August 1989 the Government of Canada authorized the employment of Canadian NORAD resources in support of drug interdiction efforts as part the National Drug Strategy.

Under the new policy, any aircraft which enters the CADIZ without filing a flight plan with the Ministry of Transport or the United States Federal Aviation Administration will be directed by NORAD aircraft to land at a published aerodrome port of entry. There it will be cleared by Canada Customs and the RCMP.

So who won the bike?



From the smile on his face, you'd think the boss was the lucky recipient of a bike donated by Pedal Pusher for the Military Police Bicycle Rodeo, held on 5 May. But the tad ain't letting go. It's his bike. Shawn Morgan (here) and Amber Kitchen (pg. 12) were the lucky winners, BComd Col J.E. McGee presenting.

Soviet officials visit

OTTAWA--Five Soviet military education officials are in Canada to visit Canadian military colleges. The Honourable Bill McKnight, Minister of National Defence, announced.

During the same timeframe, five Canadian military personnel and civilians are in the Soviet Union visiting several Soviet military museums.

The visits are the third and fourth in a series of Soviet-Canadian military exchanges agreed upon by the two countries last November. "These visits are visible proof that our two nations are actively involved in confidence-building measures," said Mr.

McKnight. "They clearly illustrate the new spirit of co-operation and understanding which is developing between East and West."

The Soviet delegation, led by LtGen Evgenii I. Krylov, deputy commander-in-chief of the Soviet army responsible for higher educational establishments, arrived in Canada on 11 May. During the nine-day visit, the group visited several military schools, including Canadian Forces Command and Staff School in Toronto, Canadian Land Forces Command and Staff college, National Defence College, and Royal Military College in

continued on page 2

New uniforms to cadets

SWIFT CURRENT, SASK--The Minister of National Defence, the Honourable Bill McKnight, unveiled a new uniform to be worn by members of the cadet movement in Canada. Sea and Air Cadets will be receiving uniforms depicting their distinctive environmental colours.

Sea Cadets will be dressed in 'navy blue', while the Air Cadets will be in 'air force blue'. Army Cadets will continue to wear their green uniforms. The uniforms are of the same design as that now worn by the cadets.

"The recent move to distinctive environmental uniforms by the Canadian Forces and a Government commitment to

maintain morale and esprit-de-corps have contributed to a renewed interest in separate uniforms for the cadets of the three services," said Mr. McKnight as he unveiled the new uniforms. "I am pleased that our cadet movement will now have the same distinctive look that our Canadian Forces, Regular and Reserve, now enjoy."

In order to keep costs down the uniform was not redesigned. It will remain in the same form which has become recognized over the past several years, only the colour will change for the Sea and Air Cadets. The uniforms will be made from the same material

currently used for the Regular and Reserve Force naval and air base-dress uniforms.

It has also been recognized that the current lightweight topcoat now issued to cadets is inadequate to provide environmental protection in cold weather. As a result, all Sea, Army and Air Cadets will receive a new overcoat with zip-in lining, similar to that currently issued to the Canadian Forces. Cadets will also be issued toques to serve as winter head-dress.

Distribution of the new uniforms to cadet corps is scheduled to begin in October 1991 and will be completed by May 1993.

On and off base

Obituary



Alex Brown

Alex Brown, a World War II Canadian Navy veteran and well-known personality in the Comox Valley, died on 16 May at the age of 67. A former guide and farmer in Banff and the Comox Valley, Alex was best known as proprietor of the Driftwood Ticket Centre and, more recently, owner of the Homestyle Laundry in Courtenay Plaza.

Alex was an active member of Branch 17 (Courtenay) of the Royal Canadian Legion, and is survived by his wife Berta, sons Bob and Brian and 3 sisters, Marnie Lewis, Nellie Dorge and Nora Caton. He will be sadly missed by his family and his many friends on the Base and in the Comox Valley.

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) — Maj J.G.A. Veilleux
CHAPEL — Our Lady of the Sacred Heart (on Base)
OFFICE — Headquarters, Bldg 45, Rm 48, Telephone 8274

MASS SCHEDULE:

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

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

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

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

CATECHISM CLASSES — September - May in the PMO 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 — resumes 9 Sep 90

NURSERY SERVICES — resumes 9 Sep 90, children up to age 3. Volunteer basis.

CHOIR — practices 1830 hrs, Thursday at Chapel

CHAPEL GUILD — meets once a month, first Thursday at the Chapel 7:30 pm, president Liz Basham 338-4314.

Dog talk

Canine heartworm disease

VANCOUVER—Canine heartworm disease, a potentially fatal infection that threatens more and more Canadian dogs each year, continues to spread because of a general lack of awareness of the nature and severity of the disease, Dr. Grant Cumberbirch, spokesperson for the Canadian Veterinary Medical Association, said today.

"Though heartworm disease is not present in British Columbia, we think people who take their dogs when travelling outside the province should know about the disease," Dr. Cumberbirch said. "They should also know that, if necessary, there are simple methods of prevention that can protect their dogs from this disease."

Heartworm disease is caused by a parasite which is transmitted by mosquitoes. When a contaminated mosquito bites a dog, it leaves behind microscopic heartworm larvae

that migrate through the tissue and, after a few months, travel to the heart where they mature.

Heartworms, up to 35 cm long, impair the flow of blood and cause damage to the heart, lungs and liver. In some cases damage to the internal organs is so extensive that the condition may be fatal.

Mature heartworms reproduce new larvae which can be picked up by a mosquito and transmitted to another dog to start the cycle again. As a result, an infected dog becomes a reservoir for the infection, putting other unprotected dogs at risk.

"Dog owners should first contact their veterinarian to know if heartworm disease is a problem in their destination area," Dr. Cumberbirch said.

"If it is, the veterinarian will provide all the necessary information regarding simple preventive medication that can



Your pet at risk

effectively eliminate any threat of heartworm disease and ultimately reduce the risk for other dogs."

Soviet officials

continued from page 1

Kingston, Ont. and College militaire royal in St-Jean, Que.

The five Canadians visiting the Soviet Union, who include military members of the Canadian Forces Museum Committee and civilians from the Maritime Command Museum in Halifax and the Canadian War Museum in Ottawa, arrived in Leningrad. Their week of visits included museums in Leningrad and Moscow.



Support Your Lung Association

Canine heartworm disease, a potentially fatal infection that threatens more and more dogs each year, is caused by a parasite which is transmitted by mosquitoes.



LEGION LOG

BRANCH 17 COURTENAY ***ENTERTAINMENT***

Fri & Sat 1 & 2 Jun..... Music by *SHABOOM*
Fri & Sat 8 & 9 Jun..... Music by *ELDORADO*

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM

MONDAY..... FUN EUCRE
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

EVENTS

SPORTS

BRANCH 160 COMOX

ENTERTAINMENT

Fri 1 Jun..... Music by *ALLEYCATS*
Fri 8 Jun..... Music by *WESTWIND*
Fri 15 Jun..... Music by *SHABOOM*
Fri 22 Jun..... Music by *LORIE BAKER*
Fri 29 Jun..... 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 2 JUN *SPRING BALL*, Upper Hall. Music by *THE ELITES* (Big Band Music). Dress, semi-formal, no-host bar, opens at 6:30, dinner at 7, dancing from 9. Adm. \$15 per person. Dinner seats reserved in seating plan in effect.

SPORTS

SAT 16 JUN *COMOX LEGION ANNUAL SALMON FISHING DERBY* Members and their guests only. Adm. \$5, tickets at Bar. Weigh-in 11am to 5pm.

\$1.00

\$1.00

One Dollar Off Any Product

benji's Discount Pet Food

1782C Comox Avenue
(beside the Lorne Hotel)
Comox, B.C. Ph. 339-2272

\$1.00

On and off base

Farewell to Holberg



'Happy Holberg' was paid a parting salute during a special farewell weekend 3-5 May at the northern Vancouver Island radar station, which is scheduled to close 1 Aug. Here, Comox resident Vic Cousineau, right thumbs through his personal collection of photographs showing what RCAF/CFS Holberg was like at its founding in 1954-55. Cousineau was a member of the original advance party to the Holberg site in 1954. Looking on with Cousineau at the station's All Ranks' Club on 4 May are, from left, LtGen F. Sutherland, Commander Air Command, and Maj D.C. Fletcher, last commanding officer at CFS Holberg.

Bike-a-thon for Diabetes



Courtenay Mayor, George Cochrane, and Comox Mayor, George Piercy, have given their support to the 4th Annual Bike-a-Thon that will take place on Sunday 3 June and which is put on by the Canadian Diabetes Association.

Cyclists, joggers and walkers are invited to take part in this fund-raising event between 10 am and 4 pm at the Comox Recreation Centre. All funds raised will be used for diabetes research.

Entry and pledge forms will be available at the Comox, Courtenay and Cumberland Recreation Centres.

The Old Time Fiddlers will be on hand at the Comox Rec Centre from 2 to 4 pm.

This is a switch!

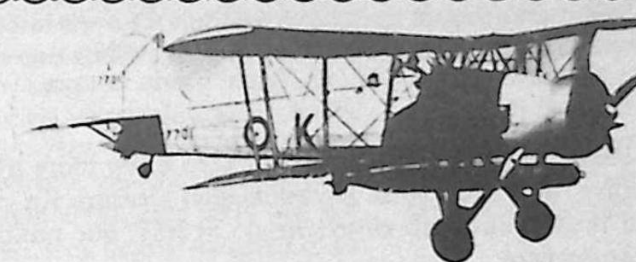


Normally, a Dad welcomes his son or daughter into the CF, but Supply Tech Neil Blondel reverses the procedure, kitting out Dad Norm Blondel with his supplementary ready reserve uniform. SRRs over 55 were recently called in to pick up their uniforms and I-cards.

New lawn



CMTT are proud of their new lawn, but shouldn't CE be called to cut it?



CANADIAN MUSEUM OF FLIGHT

(in cooperation with Aviation and Transportation Related Organizations in British Columbia)

WINGS & WHEELS

Sat & Sun 14 & 15 July
9:00 — 4:00

- *Displays of vintage aircraft, motorcycles, autos, and much more!
- *Helicopter rides *Flying displays and fly bys
- *Parachute drop in *Models
- *Snoopy and Red Baron Skit
- *Childrens play area *Food served all day
- *Free Parking *Lots of Prizes

Admission:
\$2 Adults
Children under 6
FREE

Fun for the Whole Family
13527 Crescent Road, Surrey

GRAND OPENING
Friday to Friday
May 25th to June 8th

MEX CAFE

NEW! BAR & GRILL STYLE RESTAURANT

WIN DINNER FOR 4
Rolls Royce Chauffeur Service
Reserved table in MEX PUB

- * HUGE OUTDOOR PATIO
- * NEW CASUAL MENU
- * NO LINE-UP FOR MEX PUB after dinner at MEX CAFE

- * MEXICAN SPECIALTIES
- * GREAT PRICES
- * OPEN FOR BREAKFAST LUNCH & DINNER

338-5441

WHERE MORE PEOPLE HAVE MORE FUN! IN THE WASHINGTON INN

Editorial

NORM BLONDEL



The Right Way

We read, see and hear much, nowadays, about the activities of various groups and individuals campaigning to save some part of the B.C. ecology, usually the forest, shoreline or the habitat of species of birds or animals. There's no argument about that; if we don't champion these things, they will eventually suffer from the effects of what we are pleased to call progress. It is in Man's nature to shape things to his liking or convenience, with sometimes scant regard for the environment, especially when there is a conflict between the need for jobs and the imperative to conserve what we haven't yet destroyed.

Having said that, there are right and wrong ways to go about defending those parts of the natural world about which we care deeply, and we can see it in, on the one hand, the near-criminal practice of 'spiking' trees to prevent their use for lumber or pulp, and the highly practical and positive approach of the Vally Hospice Society on the other.

The Hospice Society, in addition to their aim of obtaining the lodge at the hilltop next to St. Joseph's Hospital in Comox for a care facility, also wishes to preserve a stand of old-growth fir and an eagle aerie for future generations to wonder at enjoy.

And their method? Buy it

At last report they have raised more than \$30,000 towards the purchase price of the property, and contributions are coming in at a steady rate.

Why, you might ask, should this concern people who spend only part of their careers at Comox? There are two arguments one can offer:

1. We all share the same earth. If we can keep a few more trees and eagles alive, and provide an environmental treasure for our children and their children to enjoy, we do at least one positive thing while we are here.

2. We help the people in the Hospice Society to prove there's one good — and right — alternative to the thoughtless, cruel and dangerous method of 'spiking'. The environmental thugs who employ this tactic deserve everything the law can throw at them, because sooner or later a sawtooth is going to hit one of these steel spikes and fly off, killing or maiming an innocent woodworker.

That is the *WRONG* way to defend our environment.

On page five we will be carrying the Hospice Society pledge form until their project reaches a successful conclusion. It can not be otherwise: theirs is the *RIGHT* way.

TOTEM TIMES

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

PHONE NOs. 339-2541 (office) 338-0259 (Editor res.) address correspondence to the Editor, Totem Times, CFB Comox, Lazo, B.C. V0R 2K0. Subscription rate \$10.00 per year.

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

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

GULIVER'S TALKS



CSB rates go up

"The nice thing about owning Canada Savings Bonds is that you're always protected — no matter what happens," says Brian Cunliffe, a representative for the CSB Payroll Savings Plan.

Cunliffe was referring to an increase in the interest rate on Canada Savings Bonds from 10.5% to 11.5%.

"You don't have to second guess—anything. When rates go up generally, you can pretty well count on an increase in CSB rates, too."

"I don't know of any other investment that does that," said Cunliffe, noting that it was the third increase in CSB interest rates in the past two years—twice in 1989 when the rate was boosted to 10.5% from 9.5% and again in 1990.

The new rate is effective 1 June 1990 to 31 Oct 1990 and applies to all unmatured CSB issues — Series 38 (1983); Series 39 (1984); Series 40 (1985); Series 41 (1986); Series 42 (1987); Series 43 (1988); and Series 44 (1989).

Bonds from these series will now earn 10.5% from 1 Nov 1989 to 31 May 1990; and 11.5% from 1 June to 31 Oct 1990. This translates into an average rate of 10.91%.

"That's one of the reasons why Canada Savings Bonds are so popular with Payroll Savings Plan Buyers," said Cunliffe.

"Even though CSB payroll buyers will be earning more interest, the amount deducted from their pay will remain the same. The result—an even sweeter deal than they bargained for."

There are, of course, other reasons why Canada Savings Bonds have remained the investment of choice for so many Canadians from the day they were launched in 1946.

"They know that as CSB holders they can count on being treated fairly and that the interest rate offered on CSBs will always remain competitive with other forms of investment. At all times."

While rate is important, there are other considerations, said Cunliffe. Also high on the list are security and liquidity.

CSBs are backed by the Government of Canada and, as such, are one of the safest investments money can buy.

They can be cashed on any business day at any bank, trust company or credit union.

"People buy them simply because they want a risk-free

investment, which is accessible at any time. While most people do not take advantage of this feature, investors like to feel they can get at their money if they want to."

Because they are so safe, CSBs are also seen as a great way to introduce young people to the world of investing. "And rate increases, such as we have now, help to reinforce this feeling," he added.

In the case of Regular Interest Bonds, the increase will be reflected in the annual interest cheques bondholders will receive 1 Nov 1990.

For Compound Interest Bonds, the increase in interest will accumulate and be reflected in the value of the bond when it is redeemed. This will raise the value of a \$1000 Compound Interest Bond at 1 Nov 1990 to:

Series 38—\$1,908.50; Series 39—\$1,740.27; Series 40—\$1,564.29; Series 41—\$1,435.13; Series 42—\$1,331.91; Series 43—\$1,221.93; Series 44—\$1,109.17.

Details about the rate increase and other CSB matters will be available shortly wherever you bank or invest.

Comment

Letters

Oakville Manitoba Centennial

Dear Editor:

The Oakville, Manitoba District Centennial Committee would like all former residents of our area to know that we will be celebrating 100 years since the arrival of our pioneers at Oakville and the school districts of Fortier, Mill Creek, Beautiful Valley, Newton (East Curtis), West Curtis, Elm River and Ingleside.

Some activities will be held throughout the year with the main event being a special Home Coming Weekend 26-28 July 1991. Invitations are being sent out to 'come home' for

this celebration to as many former residents as we can reach. Naturally, we are unable to reach everyone, so the committee is asking that anyone who doesn't receive his/her invitation to please contact the undersigned. Also, to those who will receive invitations, please send back the return form as soon as possible so the committee can plan more easily.

Mrs. Joan Sinclair, Secretary
Oakville 1991 Centennial Committee
General Delivery,
Oakville, Manitoba
R0H 0Y0

Security anniversary

Dear Sir:

The Security Branch will be celebrating its Silver Anniversary in 1991. In commemoration, a book is being written which will depict the many organizations which policed the Navy since 1910. As a result, all former members of the Regulating Branch, Naval Patrolmen and Shore Patrol members are invited to contribute anecdotes, items or photos which may assist.

For more information, please call Lt(N) Mark R. Baker at (902) 427-2320 or mail contributions to:

Attent: Naval Police Book
Senior Staff Officer Security
Maritime Command
Headquarters
FMO Halifax, N.S.
B3K 2X0

Thank you
LT(N) Baker
Staff Officer Police Operations

OFFRE D'EMPLOI

L'ASSOCIATION FRANCOPHONE DE LA VALLEE DE COMOX EST A LA RECHERCHE D'UNE PERSONNE DYNAMIQUE ET INTERESSEE A LA FRANCOPHONIE POUR COMBLER LE POSTE DE SECRETAIRE/COORDONNATRICE.

EXIGENCES:
FRANCAIS ET ANGLAIS PARLES ET ECRITS.
DACTYLOGRAPHIE.

HUIT (8) HEURES/SEMAINE
HORAIRE A DISCUTER
LOCATION: 1496 RYAN ROAD, LAZO, BC
TOUTE PERSONNE INTERESSEE DEVRA CONTACTER BETTY FERDINAND — 339-7164.



Hospice in the Park Comox Hill

Valley Hospice Society Fund

Raising Committee announces:

Pledges are being requested to support the creation of a much-needed, free-standing hospice in a tranquil, beautiful public park or original forest near St. Joseph's Hospital, Comox. Contributions are tax deductible.

Pledges can be mailed to P. O. Box 3193, Courtenay V9N 5N4 or left at the Galley Restaurant or Blue Heron Bookstore. For more information phone B. Price 339-4015.

Hospice in the Park
The Valley Hospice Society, P.O. Box 3193, Courtenay B.C., V9N 5N4

I, the undersigned, pledge to give \$_____ to the Valley Hospice Society to support the creation of a much-needed hospice in a tranquil, beautiful public park or original forest near St. Joseph's Hospital, Comox. (contributions will be tax-deductible)

Signed _____ Date _____
Name _____ Phone # _____
Address _____
Fused FRN# _____
Fused FRN# _____

For further information, phone B. Price, 339-4015 or H. Spencer, 338-5212.

From our Yukon Correspondent

Excerpts from a letter home: —

Teresa Miles, Totem Times' staff member is working in the Yukon this summer. Here is the first of her letters to Comox:

Mile 1202, ALASKA HIGHWAY (BEAVER CREEK): My first impressions of Whitehorse? Let me think. It's very much like Goose Bay—lots of sand and trees, very little grass but lots of run-down buildings. My hotel room is very nice. I have a remote TV with quite a few channels, and all the amenities you can think of. Now all it needs is a view.

Beaver Creek is very small. There are 99 entries in the phone book, but a lot of them are long distance or Zenith numbers, or in English and French. The drive up from

Whitehorse went well, and took a bit over five hours. We had so much luggage we had to leave the (hotel) supplies behind.

Mountain ranges all the way up, with one large lake, all frozen over. There were other sights, but no one to explain them. I think I'll take a bus tour later. The hotel rooms are not at all what I expected. You open the door and the first thing you see are ... bunk beds! I share a bathroom with another room.

My first day was spent housekeeping. I start on the (hotel) front desk tomorrow. Beaver Creek has a school, RCMP station, two motels, our hotel, two small churches, a



Teresa Miles community centre, a fire hall, about 8 houses and the pool. I put my name down for a water aerobics program. There's no grocery store!

A bank, post office and library are all housed in the same building. Monday, Wednesday and Thursday it's a post office, Tuesday and Friday it's the bank. The library runs on an honour system. I hope to make extra money: baggage handling and bus cleaning.

Till next time,
Teresa

Bank barometer

No matter how bad times get, you can usually count on the banks to make it worse.

This was certainly true for Canadian consumers recently when the banks, following the lead set by the Bank of Canada, announced that interest charges on credit cards were going up. In response to the ever-increasing lending rates, credit card charges of 21% or so will extract even more from the consumer than is currently the case.

According to Catherine Swift, Vice President of

Research and Chief Economist for the Canadian Federation of Independent Business, the banks are far too willing to crank up already high credit card rates when the cost of credit goes up.

"Interest rates on credit cards are obviously very high," Swift said. "But when lending rates increase, the banks move to increase credit card rates almost overnight. You can be sure that when things finally improve on the interest rate front, credit card rates will not go down nearly as quickly as they went up. Quite frankly, it

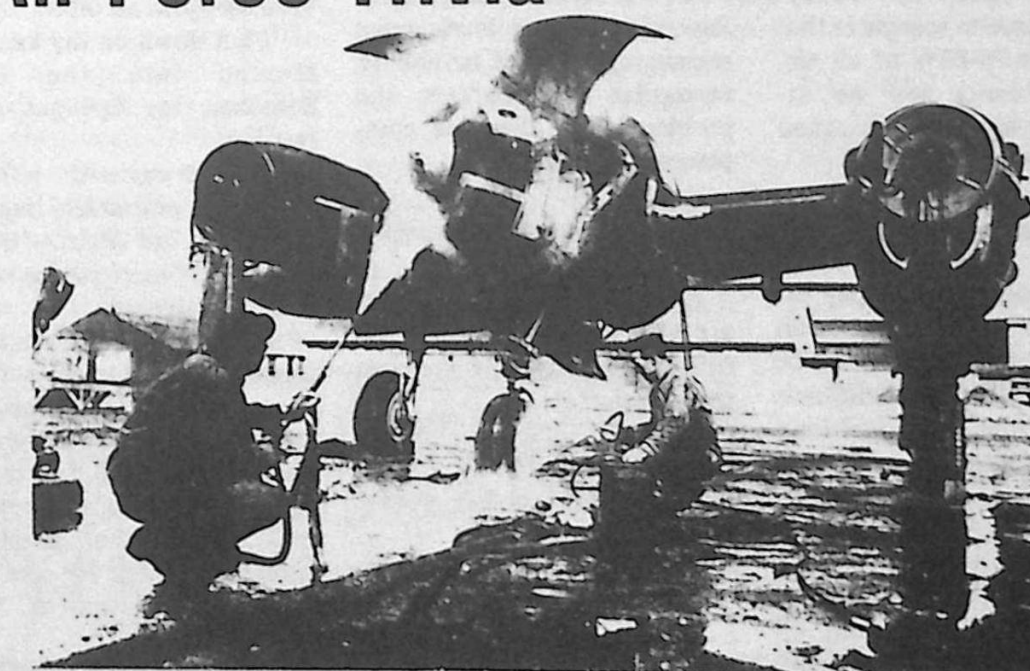
usually takes some time for the rates to decrease at all."

Of course those with savings in the banks stand to make more money these days. But with the interest on personal loans climbing to 17% and more while savings account rates hover at 11% or so, the banks are pocketing a nice tidy sum for themselves.

And what about the consumer who faces ever-higher credit card interest charges? One possibility is a trip to his or her bank manager to arrange

continued on page 6

Air Force Trivia What, where, when



What on earth?

Trivia Answer

Grumman Albatross 9305

Section News

From
the
BFSO

Frustration

FRUSTRATION: Defined as discontentment through inability to achieve one's desire.

Almost all accidents are the inevitable culmination of a chain of events which could have been prevented had one link in the chain been broken.

Quite often the links are seemingly small events which in themselves don't appear to be significant enough to cause an accident. To further exacerbate our lives, we are often frustrated when seemingly small things, over which we have no control, go wrong. This frustration exerts an influence on our lives all out of proportion to the actual event itself. It is up to each of us to pay attention to the little details, which are so often neglected because of com-

placency due to the uninteresting and boring nature of some of our daily mundane tasks. When we fail to fulfill our responsibilities, however trivial we seem to think they are, we are building a chain that inevitably leads to an accident.

I ask each of you to ensure that you pay careful attention to those little details because they are important in the overall scheme of things. Finally be aware of the conscientious effort that is required to overcome the frustrations that could influence your better judgement in the way you make decisions and operate.

"Aviation in itself is not inherently dangerous. But to even a greater degree than the sea, it is terribly unforgiving of any carelessness, incapacity or neglect."

Complacency

"Another good month. In all, a total of 35 accidents were reported, only 6 of which were avoidable. These represent a great improvement over November, when 84 accidents, 23 avoidable, occurred."

We've come a long way since Col St John-Culbertson of the Royal Flying Corps signed that entry in routine orders on 21 Dec 1917. Certainly a percentage of accidents was due to mechanical failure but even then a large portion was attributed to pilot error. Today we have come to recognize that as much as 70-80% of all aircraft accidents can be attributed to what are now called human factors.

Human factors have not only been identified in air accidents, they account for the majority of ground accidents as well. Words like inattention, carelessness, non-compliance continue to be seen in the cause factor section of the flight safety reports. There is no miracle panacea available that can instantly cure the problem. The only solution is a good training and education program emphasizing awareness and our susceptibility to make errors when we become complacent. Supervisors at all levels must remain vigilant and be able to recognize and correct the problem when they see complacency creeping in.

Bank barometer

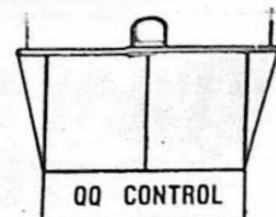
continued from page 5

for a personal loan to pay off the balance on his or her credit card. The bank loan rate will be lower than the new credit card rate so getting a personal loan looks like a good move. Rather than paying 21% to the bank, the consumer can instead pay 17% . . . to the bank. Either way, the banks are squirreling away our hard-earned cash.

As Swift puts it: "The banks are saying to consumers: 'you can pay me now, or you can pay me later.'"

Consumers know in the end that their pain is the banks' gain.

by Terry O'Shaughnessy

As the
beacon turns

Some of you readers will be pleased to know that nothing important happened before this week's deadline. If nothing else disturbs our quiet little kingdom at the end of the jogging trail before next month, whatever did happen during this OPEVAL will be the focus of the next article.

Remember the ATC QUIZ PICTURE we published a couple of weeks ago? Well, the mystery controller was Peter Wooldridge. That specific photograph won him the 'Recruit less likely to make Corporal Award' back in the late sixties or early seventies. Some of you guys were quite a bit off the mark in your attempts at identification: someone even said it was a photograph of yours truly at the time people started calling me Alien.

At the time that I was writing this, the Tower was undergoing repairs. Workers removed the old red and white aluminum sidings to reveal the original wooden building. I liked it that way; it reminded me of the Bates Mansion in the movie Psycho or of those grain elevators you see in the Prairies. During an informal poll, we discovered that Dale Webb and Dave Blamire preferred to see the Tower like that, that is on bare wood with maybe a bit of white paint on the window trimmings. Others, like Earl the Pearl Taylor wanted it back the way it was;

Chuckie

The all-time record here is held by Mr Peter Rowlands of Lancaster whose lips became frozen to his lock in 1979 while blowing warm air on it.

"I got down on my knees to breathe into the lock. Somehow my lips got stuck fast."

While he was in the posture, an old lady passed and inquired if he was all right. "Alra? Igmmptk," he replied at which point she ran away.

"I tried to tell her what had happened, but it came out sort of . . . muffled," explained Mr Rowlands, a pottery designer.

He was trapped for twenty minutes ("I felt a bit foolish") until constant hot breathing brought freedom. He was subsequently nicknamed, 'Hot Lips'.

peeling red and white over rippled aluminum sheets. Gilles Belley wanted it done baby blue and dotted with fleurs-de-llys. Barry Norris (currently on loan from Radar) would also have liked it baby blue but with pictures of rabbits, ducks and kitties all over it.

While we're talking about the construction business, let's mention that Wayne Class C Wright has been building his new house for a few months already. Just last week he was complaining of height induced dizziness from working on 'the roof of the south dungeon' and that the 'help's wing number three kitchen' was finally completed. What kind of modest dwelling is he building there anyway? Wayne confided in me that he plans to start his own TV show: 'wok with Wayne, right?' in which he will demonstrate how to build a medieval castle with modern tools and machinery on a Reserve Sergeant's pay.

Cpl Alain Rheume

CANSUREX
ON BASE
(Canada and Overseas)

PERSONAL BELONGINGS AND
QUARTERS INSURANCE
PM-SN, RH, LHP,
CROWN LEASE, SELF HELP

LIABILITY: "SAGAN" (SAGAN)
PERSONAL PROPERTY: "SAGAN" (SAGAN)
PROPERTY: "SAGAN" (SAGAN)

PREMIUMS: Varies according to plan selected

EXAMPLE: "SAGAN" (SAGAN) (SAGAN)
2,000 personal belongings
FOR LESS THAN
\$100 PER MONTH

If you are, or become, married under
CANSUREX, we can also insure your spouse
and best as well. Coverage on an "all risk"
basis can also be provided on a wide range of
other valuable belongings.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

CANSUREX
SUR LA BASE
(Canada et outre-mer)

ASSURANCE DE BIENS PERSONNELS
ET DES LIEUX PERSONNELS
PM-SN, RH, LHP,
CROWN LEASE, SELF HELP

RESPONSABILITE: "SAGAN" (SAGAN)
BIENS PERSONNELS: "SAGAN" (SAGAN)
BIENS PERSONNELS: "SAGAN" (SAGAN)

PREMIUMS: Varies according to plan selected

EXAMPLE: "SAGAN" (SAGAN) (SAGAN)
2,000 personal belongings
FOR LESS THAN
\$100 PER MONTH

If you are, or become, married under
CANSUREX, we can also insure your spouse
and best as well. Coverage on an "all risk"
basis can also be provided on a wide range of
other valuable belongings.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

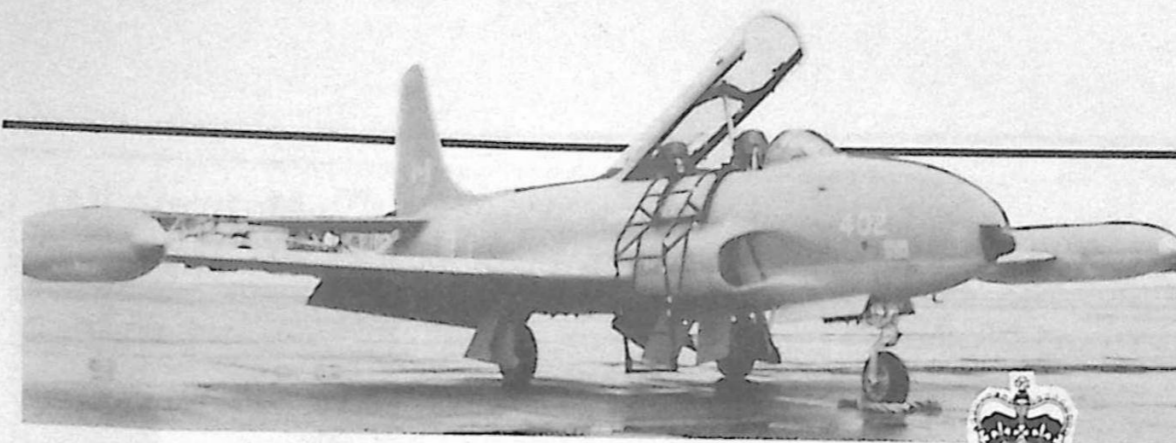
Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Insurer/Assureur: Elite Ins Co, Vancouver, B.C.

Anker Klankin
Maintenance Mutterings

Since our last article we have said good-bye to more of our Sqn members. Most recent were MCpl Dave Graham and Cpl John Johnson who lost their jobs when the Tracker operations ceased. Good luck in 407 Sqn guys and thanks for your contributions to VU33.

A well attended farewell dinner was held at the Gaff Rig for WO Lyle McManus and MCpl Fred Kay. The dinner was excellent and both of these old friends were wished a happy retirement in fine style, which they both deserve. The next retirement dinner will be for MCpl Ernie MacAlpine at the Griffin Pub (his choice) on 31 May 90.

The big guy (Stew Cameron) is vacationing at Disneyland and whooping it up with John Johnson's pal 'MICKEY'. He's due back just in time for the OPEVAL.

I am off to Ottawa this summer and I will surely miss VU33 and the Comox Valley. My replacement, Capt Lin d'Entremont, takes over on 9 Jul and gets no travelling time since he is coming from the third floor of 7 hangar; just a short fall from here.

We have also recently acquired four 'C' class reservists who will be with us for an undetermined period and will be assisting with T-33s from Cold Lake who fly in support of F-

18s from 441 Sqn. Welcome to MCpls Gil Bullock (formerly VU33), Neil Black (formerly VU33), Al Nichols and Zane Slater.

Now for news from the crews:

1 Crew

Here I sit once again, pen in hand, madly scratching away, trying to reach yet another deadline. Ruffling through scraps of paper in my pocket, digging up tidbits of news from the last two weeks, I find that our dear Sgt Hogarth is finishing his last remaining days at VU33, working towards retirement. Who knows, maybe he'll be back as a C class reserve. And maybe by then there will be instructions on the coffee machine -- place cup under the spout before pushing green button.

Another mug out has come and gone and with it, we say goodbye to Johnny Johnson (who still shows up when there's food around), Dave Graham who is gone to keep John company and Pete Bush who is off to a jammy posting at AETE Cold Lake. Good luck to all.

Our exercise in preparation of OPEVAL went reasonably well and we now know that we have the last few wrinkles all ironed out. By the time this

goes to print, the real OPEVAL will be complete and we'll know for sure.

Tom Cook had himself an afternoon trip down to McChord AFB via T-33 airlines, and was extremely pleased with himself that he made the trip and didn't soil a single boarding pass.

On the sports side, the VU33 fastball team is having a spectacular season, going 4 & 1 in their first 5 starts! Game 3 was a rather heated battle, seeing Mark Pilon in his 'almost' pinch running debut. He went from 2nd base to 2nd base, in between pitches and that was it. Something to do with a dumb re-entry rule. (At least he looked good doing it). We also had 2 players ejected from the game. I won't mention any names, cause we wouldn't want to embarrass Wayne and John.

Game 5 saw a mystery starting pitcher for VU33. As luck would have it, our competition for the game was the old timers, who were also hurting somewhat in the pitching department; so it worked out OK spotting them about 10 runs in the first 2 innings. (Something in the neighborhood of 15 to 20 walks and the occasional hit). You see, the best thing about writing the newspaper article for your own crew is the fact that you don't have to mention names if you don't want to. Enough said.

Final topic for this week's article will be the Jr Ranks' fishing derby. If you don't already have your entry ticket, rush over to the Jr Ranks' Mess and pick one up. For only \$10 it's a great deal. Just think, a fish that wins a prize at Tree Island (1 June) for the VU33 fishing day may also bring you home a down rigger or a fish finder in the Jr Ranks contest. And hey, if you need a canoe to

VU33 promotions



Pierre Bolvin, VU33's newest Corporal, is shown working on a T-33 NENE 10 engine. Congratulations on your well deserved promotion, Pierre.



A recent VU33 promotion, Safety Systems Tech MCpl Ron Fortin is shown removing a T-Bird seat pack. Congratulations on your promotion, Ron.

get into that secret trout hole you know about, come and see me, maybe we can work something out.

Time to sign off. Check in again in two weeks and there'll be more because if it happens at 33, you'll read all about it right here!

2 Crew

This week 2 crew's article is riddled with welcomes and farewells. On the welcome note, 2 crew would like to say

continued on page 8

BANK OF MONTREAL

OFFERS DND
EXCLUSIVE
BANKING PACKAGE

*loan and bank service discount rates

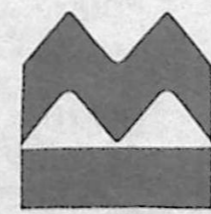
*free mortgage appraisals,
renewals and switches,

*90 day mortgage rate guarantees

*only bank with personal loan repayments of
weekly, bi-weekly, bi-monthly or monthly

*only bank open 6 days per week

for more information call your financial
counsellor at Local 8577 or the local
branch at 334-3181

LIFETIME
SERVICE
GUARANTEESERVICE
DEPARTMENTNEW HOURS:
FOR YOUR CONVENIENCEWEEKDAYS 7:30 am to 5:30 pm
WEEKENDS 8:00 am to 5:00 pmDrop your car or truck off and we will
drive you to work.COMOX VALLEY FORD SALES
(1964) Ltd.
360 Island Highway, Courtenay
Dorval Inc. 604/2

334-3161

OPEN 7 DAYS A WEEK

COLUMBO'S
STEAK
HOUSE
PIZZA
N
PASTA338-1488
FREE DELIVERY

GST INFO 1-800-267-6620

Monday through Friday, between 9am and 5pm
Device for the hearing impaired: 1-800-267-6650Government of Canada
Gouvernement du Canada

Section News

BTSO & BAMSO News



MSE Safety



LCol Mack, BTSO, presents Sgt E.W. Graham, BTelcom, with suggestion award/cheque for \$400. Sgt Graham proposed a wiring modification to a ground radar system that proved more effective.



LCol Mack, BTSO, presents Cpl K.A. Cummings with her CD. Cpl Cummings is employed in the BAMSO section.



LCol Mack, BTSO, presents Cpl R.L.J. Shultz with his CD. Cpl Shultz is employed in the BAMSO section.

More Anker

continued from page 7

hello to Gil Bullock, Zane Slater, Neil Black and Al Nichols. Neil is making his second run at the reserve stuff. His one request is "Just don't call me YTEP". Zane is wondering whether to make this full time. Gil says he can't take our fast pace and is pulling the plug. Nick says he'll stay if his demands are met like having his own parking spot, key to executive washroom....

It has been noted lately that Tony Passolunghi is taking over the position of Grumpy Galoot. In Italian P.O'd Pissone. Will Tina Jaggard buy Pam MacCallum's horse and

what do the Jones have to gain by it? By the way is Trevor back yet? If anybody is looking for something to do with their spare time, contact the Johnsons for 5 glorious fun filled hrs of Disneyland home videos. The Pilons had a sneak preview and gave it two thumbs up.

Now to the farewells. We are losing Dave Graham to 407, truly our loss and 407's gain. He has his work cut out for him over there. We are going to miss you Dave, pop by and see us from time to time.

On a closing note, Hi Jim Paul, and is Pte Wayne Hartin ever going to be a Cpl?

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

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

3x5 Size:	12 Exposures ... \$5.98*
	15 Exposures ... \$6.98*
	24 Exposures ... \$9.98*
	36 Exposures ... \$12.98*
4x6 Size:	\$2.00 more than 3x5 Size.
5x7 Size:	\$4.00 more than 3x5 Size.

Sooter's
685 Cliffe Avenue
Beside B.C. Tel.
Courtenay 334-3333

*ECONO COLOR FILM DEVELOPING AND PRINTING (PLAT RATE). PRE-PAID SERVICE ONLY. CASH 10% DISC. TO AND FROM FILM PROCESSING ONLY.

TRANSFERRED OR SELLING IN 1990? CALL TODAY FOR PROVEN PERFORMANCE -LET ME WORK FOR YOU. GOOD SERVICE DOESN'T COST-IT PAYS

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

CALL TOM FIRST

tom procter
off: 339-2021
res: 339-2668

re/max ocean pacific realty
282 anderton road
comox, b.c. v9n 7a1

SEE YOU AT THE **LEEWARD!**

THE LEEWARD NEIGHBOURHOOD PUB & BREWERY

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

good food! KITCHEN HOURS 11AM - 10PM

good times!

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

*RESERVATIONS ARE SUGGESTED FOR LARGE GROUPS

649 ANDERTON RD., COMOX 339-5400

Metropolitan
Financial Advisors Limited



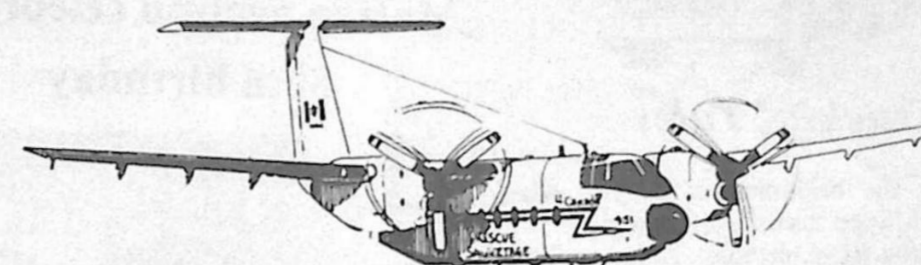
John Hackett,
C.D., B.Sc.
Financial Representative

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

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



442 Squadron



Exercise, Exercise, Exercise

This is 442 Sqn with a Totem Times article! At this time of printing I am sitting by my window oops I just got moved to the other side of the hangar for the exercise. Well, its good practice as you can never be too busy.

Our squadron has finally gotten some well deserved rest following the two searches in Abbotsford and assisting with the F-18 investigation. Before I forget the CO pats everyone on the back for a job well done.

There are a number of members leaving the squadron and we wish them all the best of luck in their new locations. Louise Neil is off to Whitehorse; while Mary Bryant will be in Edmonton working at RCC. Harold Mulder is off to Victoria RCC

and Maj Myrah will be working on the new SAR helo project in Ottawa. Our hard working DCO Maj Howe is off to school again learning how to be a good General at Staff College. Finally there is Grant Griffiths who is leaving the military for bigger and better things (no offers yet eh Griff!).

There has also been a mixed dining in which featured Dave Roberts as a budding young star for the Courtenay House and a golf tourney in which Jim Laroque led his team to a 3 under par (with a double bogey on the last hole) yeah right Jim!

Time Leslie has also reminded me to mention that he is back from the ICP course in sunny Winnipeg and he is now a 'GOD'.

On the SAR side we've had

our share of false ELTs but one SAR I would like to mention was on 11 May with the helo crew being skippered or captained by Hans Kleemann. A hiker had fallen from a cliff by Mt. Seymour and the helo was tasked to pick him up at first light. What was neglected to be mentioned was that he had fallen in a valley 500' above the cloud base. The site was found only with the ground search party advising the helo if the noise was getting louder or quieter moving tree to tree until only when a top of the site 150' down the fallen hiker and rescue team were found. SAR Techs were hoisted down to stabilize the patient and with nowhere to travel due to the

continued on page 11

Section News

442 awards

LCol Cloutier presenting

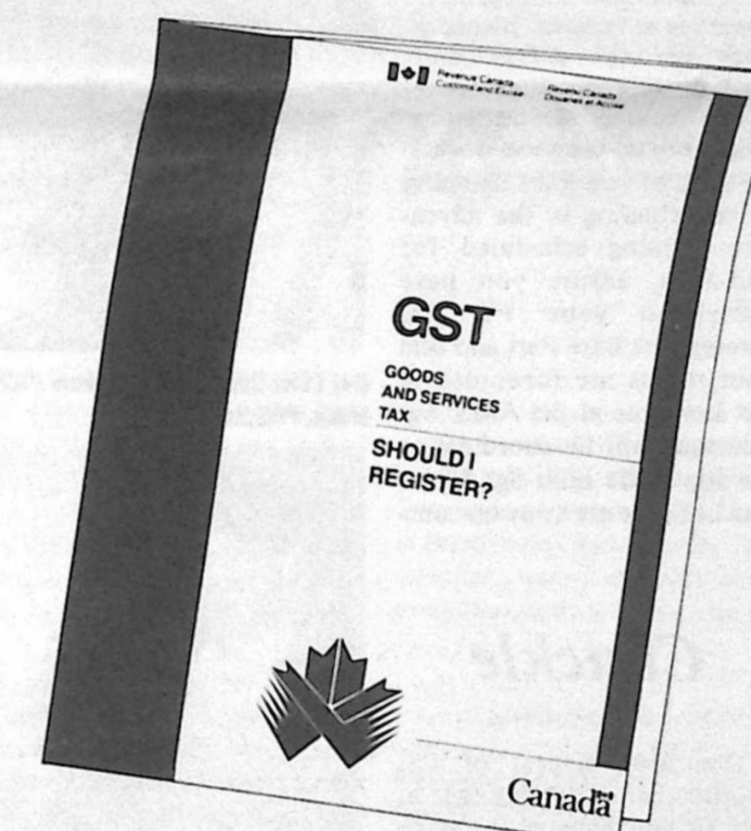


MCpl Bob Ritchie (going to Summerside)



Cpl Moe Robert (going to Gander)

**Now is the
time to
get ready for
the proposed
GST.**



Help starts with this GST information kit, mailed to businesses across Canada.

If you didn't get yours, or if you have any questions, call now:

1 800 561-6990
8 a.m. - 5 p.m. Mon. - Fri.

Or pick up a kit at your nearest post office.

Telecommunications device for the hearing impaired: 1 800 465-5770

Prepare Early

You'll receive information on how the proposed GST applies to your business.

You'll have plenty of time to choose the administrative options most convenient for you.

You'll know how to take advantage of tax rebates on the Federal Sales Tax.

You can get help to adapt your accounting system and prepare your staff for the change.

As well as getting information and help in person or by phone, you can reach a GST question and answer data base via PC. Call: 1 800 267-4500

Revenue Canada is ready to help you understand and prepare for the proposed GST.

Canada's GST. It's good business to prepare now.

Revenue Canada
Customs and Excise

Revenu Canada
Douanes et Accise

Canada

SQUARE 1 TRAVEL SERVICES LTD.

MEXICO SPECIAL

2 weeks of sun from **\$759** per person dbl

incl: airfare, accommodations, transfers

334-0355

in the Driftwood Mall

Smitty's Comox
FAMILY RESTAURANT

**HOP ON
DOWN**



DINING SPECIALS

Beef Stroganoff
Chicken Neptune
Roast Pork
(Savory Raspberry Sauce)

Halibut Steak
Veal Schnitzel (mushroom)
Steak & Kidney Pie
Tortellini Alfredo

All entrees include a Caesar Salad or homemade soup, vegetables and your choice of potatoes or rice pilaf and our special house dessert.

\$7.65 - \$9.25

DINING SPECIALS \$9.95

Sunday Prime Rib & Yorkshire Pudding
soup or salad and dessert

Smitty's
1747 Comox Ave., Comox
339-3911
7 a.m. - 8:00 p.m.
Daily

Section News



Supply Signals



Truckin' Tales

Greetings from 3 Supply group located at Base Transport, where myself, MCpl Bill Bailey, Cpl Brad Burton and our resident expert, Mr. Ken Chadderton, do our best to ensure that BEME and Marine Section have all the necessary supplies to perform their operational responsibilities.

Our Supply Group carries approximately 5,100 line items, of which, approximately 75% have to be purchased through local sources. Our support area of responsibilities covers all vehicle parts, small engine parts for Marine Rescue, and all parts for Ground Maintenance, ie: lawnmowers, tractors, etc. Cpl Burton's job duties include Petty Cash buys for consumption points (nuts, bolts, etc) and local buys from Comox, Courtenay and Campbell River.

Ken Chadderton, 3 Supply Group's walking parts manual, has been here since MSEO operated with horse-drawn carriages and has a wealth of knowledge that we all draw from on a day-to-day basis. I have just taken over from MCpl Jack Picard and am certainly

looking forward to working here after a couple of years in Clothing Stores which I leave in the capable hands of MCpl Dianne Johnson.

Some news from other areas of Base Supply -- Congratulations to Cpl Anderson, Pte Houser and Cpl Edwards on the recent completion of their TQ5 course in CFB Borden.

MCpl Picard was recently seen ordering massive amounts of Red Rose tea bags and toilet paper to ship to CDLS London, England. Good luck Jack, and enjoy your posting. We'll all miss you.

Norm and Cathy Hailes are the proud parents of a new baby girl. Shift work has only begun, Norm.

Cpl Anderson will soon be off to CFE and we wish her and Mike all the best.

WO Cochrane and his bag pipes will probably be in sunny Damascus, Syria by printing time and probably back by the time a copy of this paper gets there, buy anyway Sandy, Have Fun!!!

With the end of May upon us, we wish all sections a Happy OPEVAL.

Fore!



BComd swings at Canadian Western Engineers' 19th Annual Golf Tournament, held at Sunnydale 4-5 May.

MSE Safety quiz

This issue's safety question is: Most motor vehicle accidents occurring at night are caused by:

- Intoxication
 - Tiredness
 - Poor light
 - Driver over driving their vision (driving at a speed which will not permit them to stop within the distance illuminated by their headlights)
- Answer 'd'

Our actual accident insurance quote for this issue.

"As I approached the intersection, a stop sign suddenly appeared in a place where no stop sign had ever appeared before. I was unable to stop in time to avoid the accident."

Become a UNICEF Volunteer

BTNO

Marine Section celebrates 80th birthday



BTSO LCol Mack cuts the Marine Section 80th Birthday Cake. Chief Booth approves the knife work.



(l-r) Chief Booth, Pte Zoopkow (RCN Reserve), Able Seaman Albatross, LCol Mack, P02 Sekulich.



Cpl Cusson receives his certificate for his Defensive Driving Instructors Development Course from BTNO Maj Fisher.

Help us stop drinking drivers.



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

Section News

Ripples from the beaver pond

On behalf of the entire CE section, I would like to extend thanks to MCpl Scott for his brilliant penmanship during his 'sentence', I mean stint as editor for our article. Somehow this dubious honor has again been bestowed upon me. I promise to carry on Jim's tradition of printing the truth, the whole truth and nothing but the truth, so help me... (any rumours, half-truths or outright lies always welcome).

Unfortunately CE personnel have been keeping low profile, so this article will be short and sweet. Okay, short anyway.

Rumour has it that the Prod O has already booked his hotel and tour packages for his six-month vacation in the middle east, possibly upcoming in the fall. I'm also happy to report that 'Crash' Annesley wasn't thrown in jail after his fender denter with one of our Preventive Maintenance Inspectors on 14 May. Although he was fingerprinted and had to fill out numerous reports, his 'cell' time. Lucky break!

A warm welcome to Cpl Reid who has been on board in our Carpenter Shop for the last month, to Cpl Gagnon in the Central Heating Plant and to Shirley Evans, our new Contracts Clerk. Hope your stay in Paradise is full of sunshine.

During our beer call, 27 Apr 90 in the Carpenter Shop, we said goodbye to many of the people who are leaving us this summer. Capt Tom Esler

442 Sqn

tight confined area the helo remained overhead for 40 min. Finally the patient was ready and hoisted up. As the weather was still down the helo then had to back out of the valley with only enough visibility to see the nearest tree top until they finally broke out of cloud and transported the patient to the nearest hospital. Good work guys!

Well that's about all for now. Keep the blue side up and the wind at your back!

AMCRO

Mr 'T' (as Gord Trenholm) just completed another year with 442 Sqn. It has been 23 years as of 16 May. No wonder the old fellow knows what's going on...

We just saw a glimpse of Sgt Stephens last week. To his dismay he had to stay a day at work to go to shelters. He is

CE Parade at Fire Hall



MCpl P. Johnson receives CD.



Cpl S. Limoges promotion to MCpl

(didn't we do this once before?), 2Lt Paul Dufault, Rick Fisher, Sgt R. Blackmon, Sgt Dale Lyne, MCpl PK Jones, MCpl Perry Johnson, MCpl Victor Hazelden, Cpl Wayne Adamczyk, Cpl Rejean Hebert and of course, Mr. Nick Hupman who is currently on leave and will soon be retiring. We extend our well wishes to you and yours in your next posting.

CFB Comox Jr Ranks is holding a fishing derby 18 May - 2 July with an entry fee of

CE Presentations -- by Maj Fisher



Mr. D. Downey retirement certificate (with us 11 years).



Cpl L. Blackmore CD

\$10. The 14th Annual CME Golf Tournament, with prizes, will be held at Sunnydale 6-8 Jun 90 at a cost of \$45 per person. This is open to all members of the CME family. Registration cutoff was 26 May, so if you haven't sent your fees and registration to the OPI, Cpl Lachapelle, loc 8374 by now then you'll have to wait until next year.

The Canadian Western Engineers' 19th Annual Golf Tournament was held 4-5 May at Sunnydale Golf Course. The weather was beautiful and everyone had a great time.

Thanks to MGen John Woods attending and to all participants for a wildly successful tournament. See you next year!

The exercise 17-18 May seemed to be Aircrew/Ground crew orientated as there were very few impetus that we had to respond to. However there seems to have been a lesson well learned: passes and ID must be carried at all times during an exercise. Just ask Sheron, the BCEO's secretary what happens when you 'forget'. I'm sure Capt Esler didn't mind vouching for you.

To those of us lucky enough to be on parade 21 May for Cumberland Empire Days -- aren't you glad the weather cooperated! Raincoats on; raincoats off! At least, the beer and sandwiches at the Legion warmed our tummies. Remember, you party animals, that our beer call is 1 Jun at Glacier Greens starting at noon and if you haven't paid you can't play (although there are exceptions to every rule). Come on out and bid farewell to a great bunch of guys. Chimo! Thought for the Day!

continued from page 9

Supply posting



Newly promoted Cpl Caroline Anderson is shown preparing herself a new hootchie as she readies herself for posting to 4 Service Battalion Lahr. Well done, Caroline.

Buff Maint

Pte Yanuk has returned to work after a successful wisdom tooth operation. He must be getting tired of living off milkshakes by now.

MCpl Gorgan has also returned to the crew after a week of leave. Sgt Roblee is handing out the extra strength excedrin and ear defenders. All peace and tranquility as we know it has left the buff maint for good. Cpl Ford is on R&R for another week while recovering from his sports injury.

Snakecharmers

Since the departure of the SAMEO to Quebec City for a helicopter workshop, the Squadron's serviceability rate has never been so good. It couldn't possibly be due to the arrival of the new SRO--or could it?

Congratulations are extended to MWO Lorne Parkin who has been promoted to Chief effective 1 June 90. Well

On the base



5th Military Police Bike Rodeo

80 kids have
fun

The participants



Age group 8-10



Age group 6-7



Age group 4-5

On 5 May 90, CFB Comox Military Police Section hosted its 5th Bicycle Safety Rodeo.

Over 80 dependant children and their guests partook in the event. Kids ages 4 to 10 had fun and at the same time learned bicycle safety and riding skills.

The success of the Bicycle Rodeo was mainly due to MCpl Schweitzman, Cpl Porter and their organization with the support of the PMQ Council, Pedal Pusher, Overwaitea, Coca-Cola, A & W Restaurant and Island Honda. These generous sponsors donated a total of \$1,000 worth of prizes and refreshments.

The day's events included a safety film, a thorough safety check of the bicycles and advice on how to bring the bicycle to the required safety standards. Most important however the children were tested on their

riding skills and given safety tips. The BComd was on hand to hand out trophies and prizes to all participants.

The Bicycle Rodeo wasn't all work and no play. To ensure that the children were entertained, video movies were available, the bowling lanes were opened and the Root Bear was present to the delight of the kids. The children were also served a lunch of hot dogs, french fries and pop.

A special thank you to the BComd, the sponsors, the Military Police personnel who donated their off duty time and all the other volunteers who ensured that this event was a success.

Last but not least 'PARENTS, IT'S UP TO YOU TO ENSURE THAT THE LESSONS STAY LEARNED'. See you all next year. Have a safe summer. Securitas.

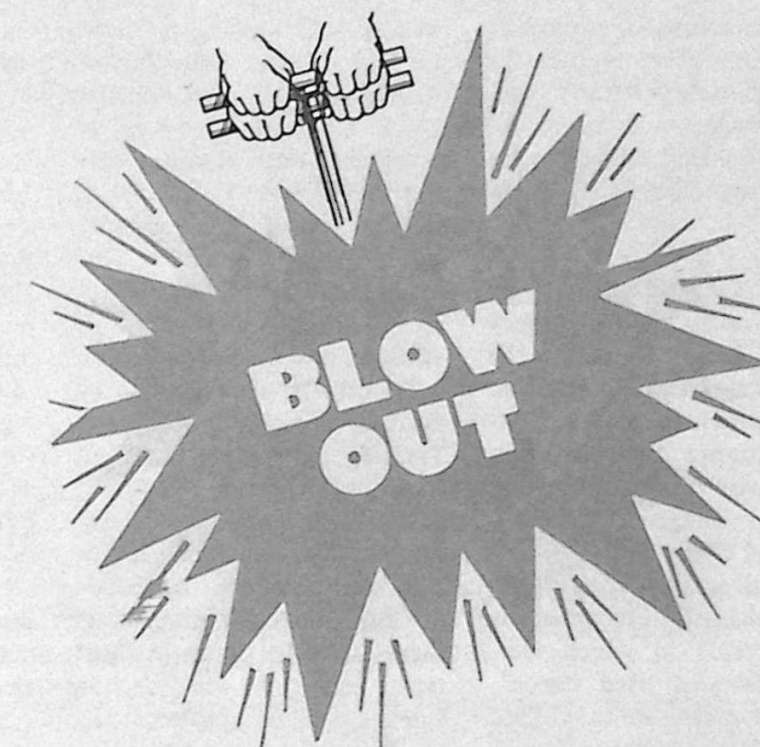
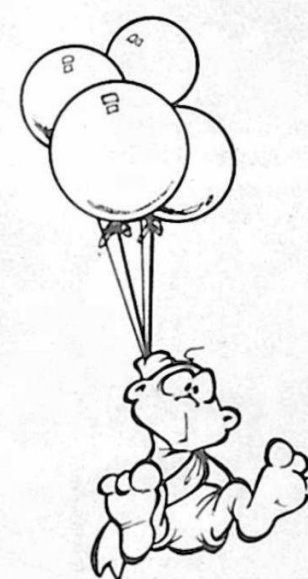
Lucky young lady



Amber Kitchen wins bike donated by Pedal Pusher, Col McGee presenting.

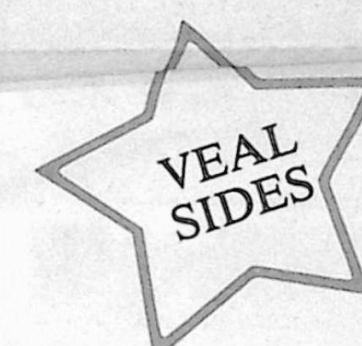
THOMAS AND BLACKMON MEAT CO. LTD.

GRAND OPENING BIG BEEF



June 1st — 8th

Lots of Instore SPECIALS!!!



HOT DOGS 50¢

For a Real Taste of OLD EUROPE Try Our

DELI



DELI

featuring

FREYBE

products

DRAW
DATE
JUNE 30th

ENTER TO WIN
A
HIND ¼ OF BEEF

NAME _____
ADDRESS _____
PHONE _____



#13 — 2401 Cliffe Ave., Courtenay Phone/Fax 334-1911

Military update

Historic Aircraft at Quinte Air Show

The personnel of Canadian Forces Base Trenton heartily invite you to their Armed Forces Day and Quinte International Air Show, which will take place in Trenton, Ontario on 23-24 June.

Along with numerous ground displays, bands and modern civilian and military aircraft from Canada, the United States and Europe, you will be provided with a first-hand glimpse into aviation history with the participation of several vintage aircraft from the World Wars.

Two full scale, flying replicas of the Fokker Dr I triplane, the same aircraft in which Germany's famous 'Red Baron', Manfred von Richthofen, scored 21 of his 80 victories, will take to the skies over CFB Trenton on the last weekend of June. One of the aircraft is Prussian blue with red trim, and carries authentic World War I era instruments and original German shock cord in the wheels and tailskid. The other aircraft is red with white trim. They took 9½ and 8½ years to build, respectively.

You can also inspect full scale, non-flying replicas of a

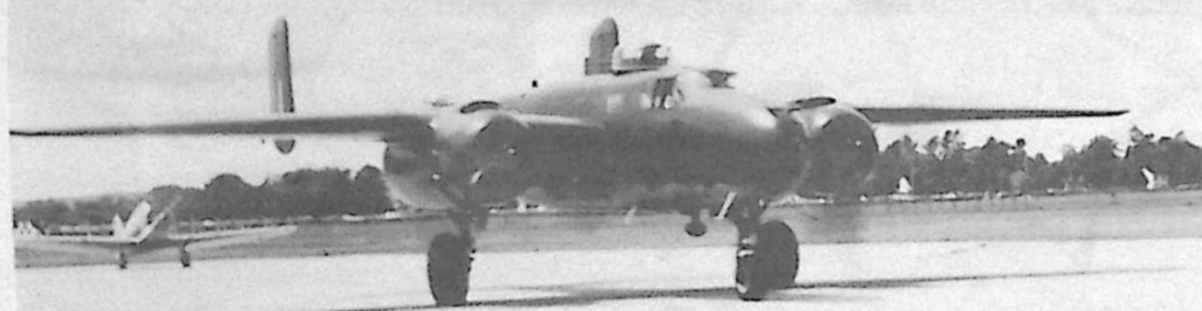
Nieuport 17 biplane, as flown by Billy Bishop, and the German Falz DIII and Albatros D V biplanes. It was an Albatros that Bishop shot down during the early morning raid of 2 June 1917, for which he became Canada's first recipient of the Victoria Cross. In total, Bishop downed 43 Albatros and 11 Falz aircraft.

Numerous aircraft of the British Commonwealth Air Training Plan era will be on static display. Among them will be the Tiger Moth and the less used but very reliable Fleet Finch primary trainers. Thousands of Commonwealth pilots made their first solo flights in these types. Also catch the Fairchild Cornell, which began replacing the Tiger Moths and Finches in 1942, as well as such BCATP workhorses as the twin-engine Avro Anson and Cessna Crane aircraft.

World War II vintage aircraft will be flying again too: Jerry Billing will be putting actor Cliff Robertson's Supermarine Spitfire Mk IX through its paces. It is sure to bring tears to the eyes of those who remember when the distinctive buzz of the Spitfire's Merlin

engine filled the skies of western Europe. The Canadian Warplane Heritage Museum will be out in force with their Hawker Hurricane fighter-bomber, and Avro Lancaster and Mitchell bombers. The Spitfire is one of, at most, five flying examples in the world, and the Hurricane is one of only three, so this represents a rare opportunity to see these types in the air. In addition, the Canadian Harvard Association will show off their aircraft in formation flight. This, too, is sure to bring back fond memories for many, and to fascinate others too young to remember this stalwart of the air.

So be sure to set aside the last weekend of June to come and experience CFB Trenton's Armed Forces Day celebrations. Gates open at 9 am Saturday and Sunday, allowing you ample time to view the extensive range of ground exhibits before the Air Show takes off at 1 pm. The cost is only \$5 per person, while children under 13 are admitted free. Don't miss this, the best family entertainment value around!



North American B25 Mitchell bomber, one of many WW II aircraft that will be on display during Armed Forces Day/CIAS 90.

Basic Boating Safety



Think or swim

This year, almost 200 people will drown in British Columbia and the Yukon. This alarming figure is more than twice the national average. One-third of these deaths will involve small crafts, and the 1990 Red Cross Drowning Report indicates that this figure is on the rise. During Water Safety Week 3-10 June, the Red Cross urges all boaters to practice safe boating habits. The time it takes to think may prevent the time it takes to sink.

Invest in your life and always wear a Personal Flotation Device (PFD) or Department of Transport (DOT)-approved life jacket when on the water. Tragically, 70% of all boating deaths in Canada result from people not wearing PFDs. These safety devices are made to be worn and not sat upon or carried.

Know the water before launching your boat. Always check local radio weather reports. Weather conditions in British Columbia change rapidly, particularly over large bodies of water. Do not ignore changes in cloud formations, shifting winds, or sudden drops in temperature.

Many boating accidents occur when recreationists are out in adverse conditions. Yet had they followed some simple safety procedures, the majority of these deaths could have been prevented.

*Never overload a small craft. With so many new, lightweight designs on the water, even distribution of a safe weight is a must. Check the boat's load capacity on the inside of the craft.

*The lower a load sits in a boat, the more stable it will be. NEVER stand up in a small boat.

*Always leave a 'float plan' with a responsible person. Should you not return within a reasonable amount of time, rescue can be initiated.

*Drinking and boating is a lethal combination. Never drink in a boat, whether as a passenger or as the driver. Alcohol dulls the brain, and inhibits your thinking. Safe boating requires clear thinking.

Should you capsize, stay calm and remain with your boat.

For more information about safe boating, contact 431-4200.

CE -- Maj Fisher presents:



Pte R. Hebert promotion to Cpl



Pte J. Lachapelle promotion to Cpl



MCpl P.K. Jones, the Middle East 'Tourist'

888 (KOMOX) WING

JUNE CALENDAR OF EVENTS

SAT 2 -- LAST BINGO OF THE SEASON jackpot must go. 8 pm in the Wing. Members and guests.

WED 6--GENERAL MEETING in the Wing at 8 pm.
SAT 9--HAWAIIAN NIGHT dinner by Shirley Robb. Hawaiian dress preferred, 7pm in the Wing, limited tickets available at the Wing \$10 each.

THUR 14--AFIS HERITAGE NIGHT 7 pm in the wing. Come out and meet the 'new' blue.

SAT 23--SUMMER BBQ new york strip steak and all the trimmings, \$7 each, cooking form 5:30 to 7:30 pm, rain or shine.

SAT 30--SUMMER BBQ cooking 5:30 to 7:30 pm, steaks \$7 each.

Come out and support the Wing and have a good time.

Wing hours of operation are as follows:

Thurs. 11 am to 6 pm (except AFIS nites)

Fri and Sat 11 am to 1 pm

For rental information, call Alan Scott at 339-4035 or the Wing at 339-3433 (during open hours).

DND AND MILITARY GUESTS WELCOME

On and off base

73 year old building goes up in smoke



25 minutes into the burn, the roof begins to collapse.



The after picture. 45 minutes after the fire was set Gilwell Hall is no more.

Gilwell Hall burns

On 4 and 5 May the Fire Departments from CFB Comox, the town of Comox, and the town of Courtenay combined efforts for the disposal of Gilwell Hall. Gilwell Hall was constructed in 1917 as a school house. Throughout its 73 years it had been used for a number of purposes the latter being a Scout Hall. Unfortunately, age caught up to this building and it was determined to be unsafe for any type of occupancy.

The aim of the first day, 4 May, was to use this building for fire fighter training. WO Lloyd Riedlinger and his two arsonists (Sgt Dave Staples and MCpl Gary Beazley) set up twelve scenarios for the three departments to combat. For many of the fire fighters this was their first actual working fire and the experience gained will prove to be invaluable.

The day ended by preparing Gilwell Hall for a full engulfment burn scheduled for early morning on 5 May. Bob Jeglum of Comox and Lloyd Riedlinger of CFB Comox decided that removal of the roof peak and cutting vent holes from the lower exterior walls up through the 2nd floor would develop a 'chimney effect'. This was a great theory, with only one problem, the 2nd floor, which was assumed to be wood framed plywood, turned

out to be six inches of concrete below a plywood surface floor. Good thing we carry large sledgehammers and determination.

At 0736 hrs on 5 May the Fire Chief Jeff Carlisle and the Deputy Fire chief Lou Babin from CFB Comox lit the big burn. Specific time for the ignition is important, as two of the fire chiefs present had different opinions on how long it would take to totally collapse this building. The bet was made and 45 minutes later Jeff Carlisle smiled confidently as he said "I told you so," (far be it from me to gloat). I would like it 'ice cold' Rick!

The burning of Gilwell Hall provided an opportunity for three local fire departments to co-ordinate their resources and manpower and work together. It has improved our ability to handle a large scale emergency, requiring more than one department.

On a final note it only took 45 minutes for this building to burn completely to the ground. The pictures you see clearly depict the total devastation that a fire can cause. Is your home and work place free of potential fire hazards?

Lt Jeff Carlisle
Base Fire Chief

From the Fire Chief's Office

Cook Safely



When cooking outdoors, flammable liquids near live coals can cause explosions and burns. In addition the following precautions should be taken.

rekindle a dying one, tuck dry kindling under the charcoal.

Keep small children away from the barbecue.

Make sure the barbecue is level and steady and keep a container of water handy.

After cooking, soak the coals, Coals that seem 'dead' can re-ignite a day later.

The use of barbecues on apartment balconies is a most dangerous practice due to the confined space and the hazards involved in the use of starting fluids. They can also produce

Never add fire starter after you have started your barbecue; to speed a slow fire or

poisonous carbon monoxide gas in the apartment as well as a smoke nuisance to your neighbours and to yourself.

Barbecues should never be brought inside of the house, a tent or a recreational vehicle because of the danger of carbon monoxide poisoning in a sealed or confined area.

Never keep damp or wet charcoal in an unventilated area due to the dangers of spontaneous combustion which can result from the drying process.



Two fire fighters protect a near by street light as the heat intensifies. (BCED, Maj Cormeau gets nervous as his favourite building, the arena, is very close).

Did you know B.C.'s Children's Hospital is the only acute-care hospital in the province devoted entirely to children?

British Columbia
Children's Hospital
Putting smiles back where they belong.

Buckle Up BC!
...non-belted occupants
have been killed in crashes
at speeds as low as 19 km/h.

Health & fitness



ASK YOUR PHARMACIST

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

Inflamed 1

Arthritis is the most common chronic disease in Canada. Nearly 3.5 million Canadians suffer its pain and frustration and thousands more learn they have the disease each month.

Despite the best efforts of medical specialists and health professionals, tens of thousands of people still believe arthritis is nothing more than aches or pains, is never dangerous, is something that only old people get, is caused by changes in the weather or is incurable.

Arthritis is more than aches or pains; it is a serious chronic illness that lasts a lifetime. It is not exclusive to the elderly; more than 30,000 Canadian children have it. Climate and weather may make the person with arthritis 'feel' worse, but are not part of the cause. Finally, it is a disease for which something can be done. Many extreme forms of arthritis have been either controlled or cured in the past 20 years.

Arthritis is mankind's oldest and most common disease. It is also the one we are least likely to escape. Most medical experts agree almost everyone, if they live past 60 years of age, will have enough arthritis present for it to be detected in x-rays.

The word 'arthritis' comes from the Greek arthron which means 'joint' and itis, meaning 'inflammation'. Thus, as tonsillitis is an inflammation of the tonsils, arthritis is inflammation of a joint.

In our next column, we'll look at where and how arthritis starts. For more information on this disease, contact your local office of the Arthritis Society, your doctor, or pharmacist.

Inflamed 2

In our last column, we looked at the history of arthritis and the extent of the disease of Canada. This time, we will explore where and how arthritis can strike.

Most arthritis and arthritis-related problems affect the body's joints, the point at which two bones meet. Joints are supported by muscles and tendons which permit movement up, down and sideways, while providing protection against stress and possible injury.

There are more than 100 joints in the body and you can get arthritis in any of them, though the ones most often associated with the disease are located in the hands, feet, knees, hips and upper and lower spine.

Inflammation of a joint is the body's protective reaction to any foreign body not natural to the joint and also to tissue damage from a variety of causes. It's nature's way of eliminating the foreign body and damaged tissue, so that repair may be effected.

In the joint of a patient suffering from rheumatoid arthritis, the body sends in powerful chemicals to treat what it considers to be foreign substances. These chemicals cause destruction of the lining of the joint.

Left untreated, this vicious cycle can eventually lead to such joint damage that smooth, easy and pain-free movements would be impossible. It could also leave the joint vulnerable to added damage and possible destruction from normal wear and tear.

For more information on arthritis, contact your local office of the Arthritis Society. If you have arthritis and have any questions about medication your doctor may prescribe for the disease, ask your Shoppers Drug Mart pharmacist.

next deadline 11 June

info health

Dr. Bob Young



Drugs during pregnancy

Mothers-to-be have been well informed about the need to avoid taking medications during their pregnancy. While many drugs have no effect on the fetus, some can cause devastating harm, and the effect of others is not known for sure.

Even after the baby is born there are reasons to avoid medications. Nine out of 10 new mothers breast-feed for at least a while, and four are still nursing after six months. Many, perhaps most, drugs taken by the mother will be secreted to some degree in breast milk.

New born infants are sensitive to some of these materials. Others are tolerated well and are safe for the mother to use. The amount of medication that enters the milk depends on the dose taken by

the mother, the binding or attachment of the drug to the mother's blood, and whether the drug dissolves in the fat in the milk. The size of the drug molecule and the acidity of the milk are also factors.

Often the mother has an illness that requires medication, and thought must be given to relative risk factors. It is important that the mother be treated and kept healthy even if there may be some theoretical small risk to the baby.

A mother who requires anti-cancer chemotherapy, anti-thyroid drugs, blood thinners (anticoagulants), and certain migraine medications will likely be advised to stop nursing. Nursing should be interrupted, for up to 14 days, if mom has

been given a radioactive material in a test or as treatment.

Fortunately most common medicines cause the baby no harm even if they are present in breast milk. These include pain-killers, antibiotics, drugs for epilepsy and asthma, most heart medicine, cortisone, and oral contraceptives.

Any nursing mother that needs to take medication on an ongoing basis should consult her physician for advice. Drug choices must be individualized, and each medicine researched for safety.

Usually a way can be found to provide the necessary care for the mother while still allowing breast feeding to continue.

Narcolepsy

Narcolepsy is a disease characterized by sudden attacks of sleep. The word is a combination of narcosis and epilepsy -- sleep and seizure. A population of 100,000 people will have 20 to 50 individuals with the disease -- 75% of them male.

There are four parts to the full-blown disease. Sudden sleep attacks are the hallmark symptom. Cataplexy, or sudden weakness of the body or a limb in response to excitement, fear, anger or even humour, may cause the patient to drop things or to fall. This is the second symptom.

Sleep paralysis is the third. The patient, just as he or she falls asleep or awakens, finds it impossible to move for a short time. Finally, narcolepsy may

be associated with vivid illusions or hallucinations, either 'seen' or 'heard', also when falling asleep or awakening.

Not all victims of narcolepsy have the last three symptoms, but many do, and some have others, such as automatic behaviour which resembles sleepwalking. The patient carries out simple tasks, usually with mistakes, and has little memory for the period of time involved.

Narcolepsy starts in the teenage years or early twenties as a rule, last a lifetime and does not shorten life. Some symptoms, notably cataplexy, diminish as the patient ages.

A number of other diseases mimic narcolepsy but careful diagnosis will sort things out. There are no lab tests for nar-

colepsy except for EEG (brainwave) changes which themselves are normal except for their timing.

The disease can, understandably, interfere with a person's life. In addition, its presence may cause considerable anxiety, for both the victim and his or her family and friends.

Treatment consists of stimulant drugs. A variety of these are available. They may reduce the number of sleep attacks and episodes of cataplexy. Patients tolerate the medicines well, and narcolepsy is one of the few medical conditions where amphetamines, or 'speed' are indicated.

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

Chuckle

A murder trial at Manitoba in February 1978 was well advanced, when one juror revealed that he was completely deaf and did not have the remotest clue what was happening.

The judge, Mr Justice Solomon, asked him if he had heard any evidence at all and, when there was no reply, dismissed him.

The excitement which this caused was only equalled when

a second juror revealed that he spoke not a word of English. A fluent French speaker, he exhibited great surprise when told, after two days, that he was hearing a murder trial.

The trial was abandoned when a third juror said that he suffered from both conditions, being simultaneously unversed in the English language and nearly as deaf as the first juror. The judge ordered a retrial.

Health & fitness

Scuba Club

The CFB Comox Scuba Club is alive and well thanks to a few 'dedicated divers' investing freely of their time. The 'Club' has been on three outings (all successful) in the local area and have plans for many more. There are over 400 dive sites on Vancouver Island to be explored. With such a variety we will be busy for quite some time. We have already been to Denman, Quadra and Gabriola Islands with plans to return to each. As one very famous diver once said, "there is more life, per square meter, in British Columbia waters than anywhere else in the world."

Why go anywhere else when it is at your doorstep?

There is a Basic Diver Program on now (with a new flock of fledgling divers) and one to start soon. Also, enough interest has been generated to stir a few rusty divers into life to partake of an Advanced Divers Program. Other programs are offered (from Basic up to and including Assistant Instructor) with a great deal of emphasis places on safety. We want highly trained and conscientious individuals but they must be safe in their vast aquatic surroundings. Safety is paramount to

the smooth running of any organization and ours is no different. In fact ours must be safer. After all we are under stresses and pressures most people are never subjected to in their lifetime. Training, geared towards honing safe diving skills is our main goal.

If you would like to join us and are already certified or if you would like to take a course give us a call--MCpl Robin Keyes, Loc 8287; Cpl Richard Franke, Loc 8657; or LS Stuart Jackman, Loc 8529.

Yours in diving.



Windsurfing

The long skinny wake of a planing sailboard and the 'yahoo' of an ecstatic sailor jumping the waves in the distance has been happening in the waters around the Comox valley for more than a dozen years.

Gordon Greer's old sailing shop in Comox was one of the first windsurfing equipment suppliers in the valley, and in 1980 five local men involved in the winter ski industry started the popular (through now defunct) Windsurf West.

Windsurf West according to Kevin Lawrence of Comox Valley Windsurfing Unlimited is credited with popularizing the sport in the valley by offering services which included retail, rentals, repairs and lessons.

Island Wind Rentals will be located at Goose Spit beginning on the May long weekend, and will be open weekends only through June and daily from then on until the end of August. They offer rentals and lessons.

Meanwhile taking up the slack with some of the other services formerly offered by Windsurf West, a new retail business called Comox Valley Windsurfing Unlimited was formed in the fall of 1989. They can be reached between the hours of 9 am and 9 pm seven days a week, at 334-3571.

C.V. Windsurfing Unlimited offers equipment and service for everyone from the beginning boardsailor to the 'hard core shredder'. A small inventory of new sailboards, suits, sails and accessories is now available. Special orders are welcome. A unique swap shop system is underway where

present and future sailors can list the used equipment they would like to sell, buy or trade. Rental boards will be available by mid June and lessons can be set up by appointment.

Owner/manager Kevin Lawrence came to the valley in 1988 from Winnipeg in search of 'unfrozen' water. He has worked in the sports industry for 10 years, and has been a windsurfer for eight years.

"I stepped on a board eight years ago sailed out onto the lake and then asked the question familiar to all novice board sailors, hey, how do I get back?"

Lawrence says the sport is similar to riding a bike, in the sense that anybody can learn to do it. New products are available that stabilize the board tremendously, while others make it possible for younger children to ride along with mom and dad. The equipment is also much lighter and easier to handle.

Fortunately here in the Comox Valley we have a super arena for the sport. Goose Spit provides the protection of the inner bay. It has plenty of shallow areas making learning much easier and safer. But when the southeasterly blow, there are huge ocean swells on the front side for wave surfing and jumps.

Meanwhile sailing speeds of more than 60 kmph have been attained on the inner bays flat water.

The entire island is becoming well known for its prime sailing locations. Locally some good spots are Goose Spit, Kye Bay, King Coho, Kin Beach and Comox Lake.

Glacier Ladies Golf

The ladies of the Glacier Greens Golf Club teed off on Sunday 29 April 1990 to compete for the Presidents Cup. Field L.G.--Jesse Trto
1st L.G.--Irene Perry
1st L.N.--Dianne Bellamy
2nd L.G.--Pat Verchere
2nd L.N.--Rose McCliesh
3rd L.G.--Kay Banks
3rd L.N.--Rejeanne Arsenault.

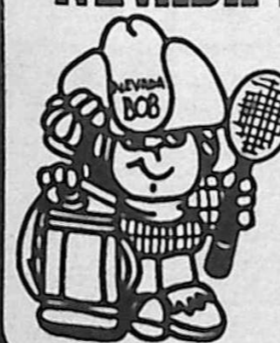
Solution

RES	TOTL	RES
ATA	RULE	RASH
TAG	ISLE	EVER
ALARM	SAW	
AMOK	TENET	
JANFEYRE	RBD	
ANO	REALM	END
MONA	SALAD	DAY
SINERD	LASH	
CUT	TURER	
DALHOUSIE	AGO	
OGRE	FARR	BOW
NEAR	TEAS	ERS

B.C. Heart Foundation

LOBSTER
CANNERS: 8-12oz 35.00 A DOZ.
OR 128.00 FOR A 4 DOZ. PKG.
ALL CANNERS WILL BE COOKED
MARKETS LIVE OR COOKED
16-20oz 10 lbs 48.00 (8)
16-20oz 15 lbs 70.00 (12)
ALL ORDERS MUST BE PLACED
THROUGH J.R.C. OFFICE
PRIOR TO 1200 HRS. 11 JUNE
CASH OR ACQUITTANCE ROLL
RECIPT REQUIRED AT PICK UP
ON P.A. 15 JUNE 90

NEVADA BOB'S DISCOUNT GOLF & TENNIS



• COMPLETE SELECTION OF PRO-LINE GOLF EQUIPMENT & FOOTWEAR
AT DISCOUNT PRICES
• CUSTOM FITTING & REPAIR SERVICE

WE DISCOUNT EVERYTHING
BUT SERVICE.

EVERYDAY LOW PRICES
830 CLIFFE AVE., COURTENAY, B.C. V9N 2J7

338-5596

Graduation Class of 90

by SOOTERS

Packages starting at \$39.95

1 -- 8 x 10

8 -- wallets

2 -- 5 x 7

Excellence in Photography by Sooter Studios

Courtenay

685 Cliffe Ave.

334-3333

Public announcements



LOU GEHRIG
Baseball Player
Born 1903, Died of ALS 1941

A.L.S. Tag Day 2 June 1990.
Give generously to the research
of this devastating disease. For
more information or come out
and be a volunteer call Birdie
Pilon 339-2878 Comox Valley
area co-ordinator.



DAVID NIVEN
Actor, Author
Born 1910, Died of ALS 1983

Amyotrophic Lateral Sclerosis
(Lou Gehrig's Disease)

ALS is a devastating disease of the nervous
system which destroys the voluntary
muscles. It can strike anyone. It is a
common worldwide multiple sclerosis.
The cause is unknown and there is no
known cure. It is not contagious. Average
life expectancy from time of diagnosis is 2-5
years. Unless death intervenes, the patient
suffers total paralysis. And imagine... the
mind and the senses remain completely
alert as this is happening.

It's like slowly being buried alive.
The ALS Society is trying hard to remedy
this situation. We assist patients, generate
awareness, and fund research to cure it.
We desperately need your help.

GREENWOOD BOUND?

Century 21

Neary Real
Estate Ltd.
Box 1969
Greenwood, N.S.
B0P 1N0
Bus (902)
765-6393
Res (902)
765-2659
Fax (902)
765-6311
GLENDA MOSHER
Sales Representative

**Dandelion
Family Daycare**

Children learn through

*Music, singing & stories
*Baking, art & crafts
*Large back yard with garden, tricycles
*Reading, pool, etc. for summer fun

*Located behind driveway Elementary
*Maximum 7 children

Fun, Creative, Caring

HOME environment

Provincially Licensed
339-7390

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

218 CHURCH ST., COMOX

HOLY EUCHARIST

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

Fr. John Paetkau - 339-2925

JESUS IS LORD

Beautiful Baby Portraits...

Excellence in
Photography by **Sooter Studios**



**19 Color
Portraits
\$14.98**

- 1 8x10
- 2 5x7
- 16 Gift Size

BUY 2 GET 1 FREE
INCLUDING ALL PROFESSIONAL NEGATIVES.

FREE 10x13 PORTRAIT
WHEN YOU BUY ALL 3 PACKAGES.

Tuesday is Baby Day!

Let Sooter's make your baby
portraits brighter, sharper
and more beautiful... portraits
taken in the privacy of our
studios.

Take advantage of these special
prices from Sooter Studios every
Tuesday, and you'll receive a
package of 19 professional
portraits.

Phone for you appointment now!

Sooter's

685 Cliffe Avenue
Beside B.C. Tel.
Courtenay
334-3333



**Valley Student
Paint & Stain**

---Free Estimates---

8 years experience • Interior/Exterior
Senior & Military discounts
2 Year Guarantee

338-8863

Phil Vedova
(owner/manager)



friends for life

THE CANADIAN RED CROSS SOCIETY

Help put smiles
back where they belong.



Children's
Miracle Network
Telethon

JUNE 2 & 3

CKVU

All money raised in B.C., stays in B.C.

Canadian Naval Air

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

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

Canadian Crossword

By Rick McConnell

Solution on page 17

ACROSS

1. Legal matter
4. Labour
8. Banting's partner
12. ... glance
13. Govern
14. Destroy
15. Label
16. Green island town, P.Q.
18. Warner
20. What Joyce of 4D might need
21. Frenzied
24. Principle
28. Bronte novel
32. Perform again
33. Up (comb. form)
34. Sphere
36. Conclusion
37. ... Lisa
39. Short period of naivete
41. Bergen's wooden friend
43. What Jack of 35D might need
44. Kitchen injury
46. Root
50. Halifax

University

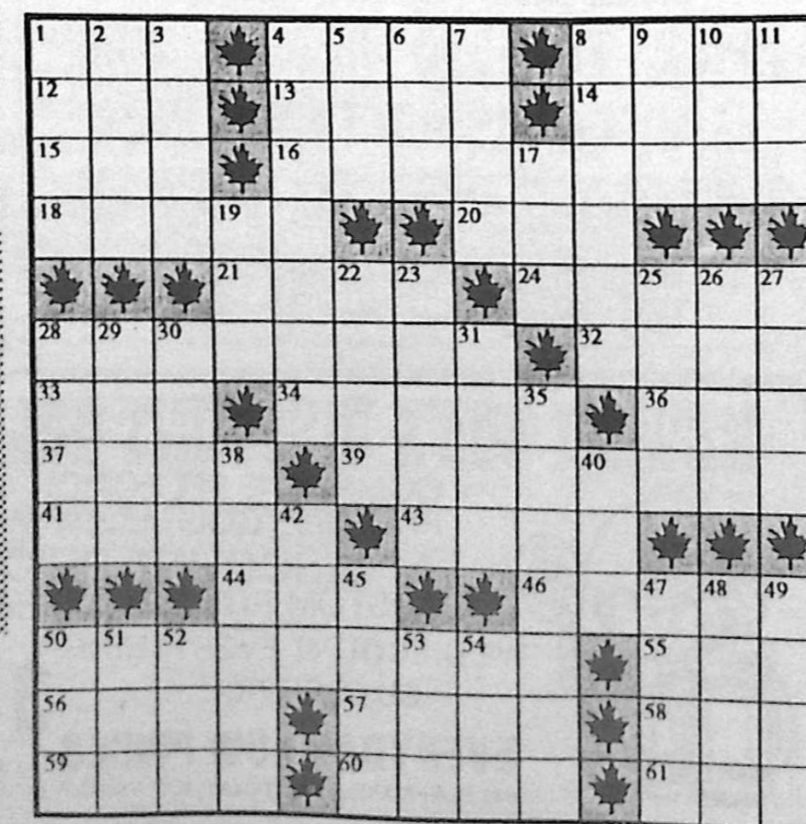
55. Before
56. Curved moulding
57. Jack of CBC's "The Radio Show"
58. What Doug of 38D might need
59. Close
60. Oolong and Pekoe
61. Double curve

DOWN

1. Pro
2. And others
3. Epic story
4. Scarborough
5. "Full of" suffix
6. Sick
7. Dregs
8. Cambridge
9. Sound organ
10. Certain jet
11. Small ball platform
17. What Jane of 8D might need
19. Ont. NDP's

Bob

22. Town crier's word
23. Fenced village in Africa
25. Requirement
26. Authour Ferber
27. Flycatching bird
28. Tight spots
29. Prolific writer?
30. Not any
31. Miss Fitzgerald
35. Thunder Bay Mayor Jack
38. Regina
40. "Lady of the Lake" outlaw
42. Pair
45. Clump
47. Hockey man
48. Alter and inflated
49. Columns' counterparts
50. Put on
51. Mature
52. Meadow
53. Oil can initials
54. U.S. R.R.S.P.



© 1990, The Know-Who-Bard Features Syndicate BIO 014

Leisure

Visit the COMOX Airforce Museum



John Rutherford photo

A selection of aviation prints & posters is available in the gift shop

British Columbia Best Sellers

Week Ending: 29 May 1990
(brackets) represent last week's position

Fiction

		Title	Author
1	(2)	Friend of my Youth	Munro
2	(1)	Skinny Legs and All	Robbins
3	(8)	Titmuss Regained	Mortimer
4	(-)	The Remains of the Day	Ishiguro
5	(-)	Temple of my Familiar	Walker
6	(3)	Golden Fox	Smith
7	(4)	September	Pilcher
8	(-)	Dragon	Cussler
9	(-)	Devices & Desires	James
10	(7)	Turn in the South	Naipaul

Non-Fiction

		Title	Author
1	(1)	The Canadian Green Consumer Guide	Troyer & Moss
2	(5)	David Tarrant's Pacific Gardening Guide	Tarrant
3	(6)	Easy Hiking around Vancouver	Cousins & Robinson
4	(3)	Bradshaw on the Family	Bradshaw
5	(4)	Dance of Intimacy	Lerner
6	(-)	The Meech Lake Accord	Bowker
7	(-)	Birds of Vancouver	Bovey & Campbell
8	(-)	Great Big Food Experiment	McNichol
9	(2)	Towards a Just Society	Trudeau & Axworthy
10	(10)	109 Walks in B.C.'s Lower Mainland	Macaree, Mary & David

As compiled by Marktrend Marketing Research Inc.



WO's & Sgts' Ladies' Club

I'm not sure if it was the
desserts or the chance to volun-
teer for a position on next
year's executive but we had a
great turnout for our 14 May
meeting. Most of the positions
were filled and our new
executive so far consists of
Jackie Symes--President;
Madeleine Simmons--Vice
President; Pat Belanger--
Secretary; Diane Plamondon--
Treasurer; Sharon Perry--
Welcoming; Theresa
Swinemar--Food; Marilyn
Smith and Rosalyn Turcott--
Phoning; and Vicki Lefort--
Gifts.

Following the elections we
had a Dessert Bingo with won-
derful cakes from the Cour-

tenay Bakery as prizes. The
lucky winners were Phyllis
Davis, Mary Bullerwell, Gail
Newhouse, Theresa Swinemar,
and Madeleine Simmons.
Thanks to Jim Newhouse for
being our caller.

Kim Rochester won the raf-
fle, Heather Smith the 50-50
draw and Claire Cyr the door
prize.

Our last meeting of the year
will be our wind-up dinner at
Columbus in Courtenay on
Monday 11 June 6:30 for 7:00.
This is for members only to
have a chance to say good-bye
to those who are leaving and to
have a special evening to wind
up the year. We hope to see
everyone there.

FOR SALE BY OWNER
384 CORTEZ CRES., COMOX

Family home on large 100x90 ft., beautiful landscaped lot. Near all levels of schools & shopping in central Comox. Living and dining rooms attractively decorated with pine panelling and fireplace. 3 bedrooms up with 4th in a fully finished 1/2 basement. Also includes 2nd bathroom & family room with an airtight woodstove \$91,500 REDUCED to \$89,900 Phone 339-5298 for appointment to view.

"Since losing 45 lbs. with Nutri/System, staying thin is as easy as getting thin."



Our Comprehensive Weight
Loss Program Will Help Over
ONE MILLION Clients This Year!
In Includes:

- *SAFE, easy and permanent weight loss
- *Professional supervision
- *No calorie counting
- *No gimmicks

over 19 years of weight loss success!

OVER 1,600 CENTRES WORLDWIDE

nutri/system
weight loss centres

LOSE WEIGHT—SAVE 50%

CALL NOW AND BEGIN TO LOSE

334-4600

#9 — 2401 Cliffe Avenue
Courtenay

next deadline 11 June

Recreation

Unit PT Ass't Course (French)

A unit PT assistant course will be held at CFB Borden from 17 Sept to 18 Oct 90. Six positions are available. Prerequisites are as follows:

- French speaking;
- be free from any physical/health conditions that preclude active training;
- able to achieve CF military swim IAW 50-1;
- recommended by BPerO or SrPeri.

Anyone interested in attending must contact MCpl Rothermund by 28 June 90 at the Rec Centre Loc 8315.

Tennis

There will be two tennis leagues run this summer in conjunction with the Courtenay/Comox tennis club. The first session will run 13 June thru 18 July and the second will run 25 July thru 29 Aug. Cost is \$20 per session, lessons are \$12 per hour. For more information contact, Guy Lemasurier 339-2255 or MCpl Rothermund at Loc 8315.

Ice Makers

An Ice Maker Course is scheduled for 10 - 14 Sep 90 at CFB Borden. Anyone interested in attending must contact BPerO by 28 June 90. Further information can be obtained by contacting MCpl Rothermund at the Base Gym Loc 8315.

Race

Subj race will be divided into 3 phases as follows:

- 4-9 Jun 90--Sail Halifax to Newport;
- 10-21 Jun 90--Onion Patch Race Series, Newport-Bermuda and
- 22-30 Jun 90--sail Bermuda to Halifax.

Members wishing to attend must have sailing qualifications/experience.

More info can be obtained by contacting MCpl Dave Rothermund local 8315, or Lt(N) Bob Thwaites at CML 902-427-4686, AVN447-4686.

Rec. Activity Leader

A Rec Activity Leader Course will be held at CFB Borden from 24-28 Sep 90. Ten positions are available. Prerequisites are a current or anticipated involvement as activity leader or community council member. Open to any trade or rank. Must be recommended by SrPeri or BPerO. Anyone interested in attending must contact MCpl Rothermund before 28 June 90 at the Rec Centre Loc 8315.

Canoe Tryouts

The Summer Games will be held in Prince George, 12 - 15 July. Canoeists living in zone 6 interested in trying for a position on the team must compete in the zone playoffs to be held at Kinsman Park, Victoria at 10 am Sun 3 June.

Tryouts include junior 13 - 18 and adult in slalom and instructor courses, marathon, recreational and voyageur races in junior, womens, mens, and mixed categories. Its challenging and fun with the possibility of returning home with a medal. Coaching is available. Contact zone 6 rep: James McBeath 380-7175.

Windsurfing

The base windsurfing club will be conducting a meeting Wednesday 13 June 90 at 1300hrs at the Rec Centre. All interested personnel are urged to attend. For more information contact the base gym at Loc 8542.

Boat Launch

Boat launch passes are now available from the Tee Pee Park custodian. Cost is \$20 per year. To obtain your pass contact Mrs. Medford at 339-7114 or Loc 8483.

Lifeguard

A lifeguard is required for employment at the Base Pool. Employment will commence end of June thru the end of August. Working approximately 40 hours per week instructing learn to swim lessons and lifeguarding. Individuals must be water safety instructor qualified. For more info contact SrPeri at Loc 8542.



Network Classifieds

USE OUR COMMUNITY NEWSPAPER NETWORK CLASSIFIEDS.

87 MEMBER PAPERS THROUGHOUT B.C. AND YUKON.

CIRCULATION TO OVER 1 MILLION HOMES.

2.4 MILLION READERS.

25 words for \$159.00

(\$3.00 each additional word)

Phone: 339-2541

AUTOMOTIVE

Active Auto Brokers, disposal of Active Bailiff services. Repossessions, legal, legal, cars, trucks, motorhomes, boats. Call Mr. Price (604) 434-1819. D5476.

BOATS

Sports Fishermen! 22' Boston Whaler 'Outrage'. Fully standup convertible top, 62" headroom with fishing slits. 1986-1987 Evinrude only 130 hours. Hobbs hour meter, recording depth sounder-VHS 712hp Johnson. Fraction of replacement value. Excellent condition \$29,750. (604) 531-4302.

BUILDING SUPPLIES

FREE booklet. Concrete or wood for your basement? Before you decide get the facts. Call FOUNDATION FOCUS 1-800-663-7774. 8:30 a.m. - 4:30 p.m. PDT, M-F.

BUSINESS OPPORTUNITIES

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

Invest \$12,000 in a high end deck waterproofing dealership for this area. Top quality product line allows for above average return on investment. We supply opening inventory, tools and training. Successful dealerships established across Canada. Phone collect: Mr. D. Chaisson, (604) 860-1200.

Ready for change? Join the best home party plan. Best product, people, service, promotions. We're tops setting fashion trends. Call Lynn Rooney, toll-free 1-800-268-5670.

RAISE CHINCHILLAS for extra income. We offer graded breeding stock, cages, feed, delivery, instruction. Full-time income potential. Guaranteed market, guaranteed production. Canadian Chinchilla, Box 1684, St. Marys, ON, N0M 2V0, (519) 229-6117.

Be your own boss. Start your own mail order business at home. Free details write to: Dept 102, 20799 Lakeshore Road, Baie D'Urfe, Quebec, H9X 1S1.

Muffin Delight, 40 seat restaurant, best location in Kamloops, B.C. Grossing over \$200,000 and growing. Family operation, or good investment. Franchising possibility, excellent potential. (604) 828-0444.

BLANKET CLASSIFIED ADS
An advertising "Best Buy!"

BUSINESS OPPORTUNITIES

MAKE \$100/hr. + part or full-time in your home. Open your own stop smoking or weight loss business. Only \$1,965. Info? (403) 233-8088 (M.S.T.).

Be your own boss! Buy from manufacturer and retail wood-craft-toys, flowerpots, animals, etc. 50 different lines. Contact J.J. Woodcraft, Box C-16, RR-5 S-189, Hwy 33 East, Kelowna, V1X 4K4.

Fast growing home care employment agency. Nannies, housekeepers, companion aids. Serving Okanagan and Central Interior. 1-542-2188 days 1-549-2204 evenings (Vernon).

Sacrifice-buy. Equipment. Get a business with established clientele. N/C water/septic L.V. Profit \$18,000. Owner transferred. Make an offer to \$47,000. 398-8178 after 4p.m.

BUSINESS OPPORTUNITIES

DEATH IN FAMILY FORCES SALE. Excellent returns, ideal family business. \$150,000 plus stock, approx. \$10,000. Call Peter J. Grand Forks Realty (604) 442-8255.

"HAWAIIAN SNOW." Enjoy a great little summer business of your own. Small investment yields years of fun & good financial returns. Interested parties call 828-2251.

BUSINESS PERSONALS

LOOK GREAT! FEEL GREAT! Lose 19-28 lbs. in 30 days. Doctor recommended. 100% natural and nutritional. 100% guaranteed. Call Toll Free 1-978-3061.

XXX Fantasy. Erotic adult toys, lotions, books. New 1990 full-color, 31 page catalogue/\$5. Prized. 1124 Lonsdale Ave., North Vancouver, B.C. V7M 2H1.

EQUIPMENT & MACHINERY

350 Cummins Engine in excellent running condition. Call Frank at 752-2143. North Island enquiries call 956-3403 evenings or see Ray Woods at Camp A Relead.

HIAB-TYPE CRANE CLEARANCE. Savings up to 35%. Models 1 to 67 ton. WEST COAST MACHINERY LTD. Call Don at 1-731-5369. Fax 1-731-5917.

FOR SALE MISC

NORITAKE CHINA SALE! Terrific discount on CURRENT patterns. Delivered well-packed, insured. Specify your Noritake pattern! For price list, shipping details, call Alexander's "The Noritake Experts", Toronto, toll-free: 1-800-263-5896 EDT. Clip and save.

FOR SALE MISC

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

S & N Home Shopping club, \$1,000 credit line guaranteed. Call now for pre-approved application. (604) 389-0669, 8211 Irma St., Victoria, B.C., V8Z 3F9.

Arthritis/pain? Aching back? Still joints? Sleeping hands? "Beulah Oil" helps! Brochure/information-\$2. Or phone (204) 723-2828. Beulah Land, Box 26, Treherne, Manitoba, R0G 2V0.

Start a mail-order home business. Easy, profitable. Sell information by mail. Books, newsletters, courses. We drop-ship. Details: Garant, Box 2895WX, Thunder Bay, Ont. P7B 5G3.

Treat yourself to the best seafood and sour mussels you'll ever eat. Recipe/\$2.00. Send S.A.S.E. to Telkwa Treasure, Box 499, Telkwa, B.C. V0J 2X0.

Software catalogue: over 1000 programs available. IBM and compatibles. \$1.00/postage charge to: Mike Rowe Shareware, 306-2722 5th Street, Victoria, B.C. V8T 4B2. PHONE 381-2553.

Belle Photo Member Card. The member card is redeemable for 24 months or 200 rolls of Fuji Color print film, any size/exposure. 12 exposures-\$8.40; 15 exposures-\$12.32; 24 exposures-\$16.57.

How does it work? Receive your card - get your first self-addressed mailing envelope. Send exposed film and cheque for developing in this mailer. We send you back your color prints including a new mailing envelope & free roll of Fuji film. Great gift idea! Member card price is only \$24.95. Normson M.W. Enterprise Inc., Suite 698-1886 Marine Drive, North Vancouver, B.C. V7P 1V5.

GARDENING

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

HEALTH

VITAMIN DISCOUNTS. Since 1973, offering high quality-lowest prices on Vitamins, Minerals, Herbs, Body Building and Weight Loss, Supplements, Hair Treatment, Skin Care and More. FREE CATALOGUE. Write: VITAMIN DISCOUNTS, Dept. BC15, 260 S.W. Marine Drive, Vancouver, B.C., V5X 2R5. 1-800-663-0747. In Vancouver, 321-7000.

HELP WANTED

Train to manage an Apartment/Condominium complex. The government licensed homestudy certification includes free placement assistance. Free brochure: (604) 581-5456. Or: RMTI, 1120-789W, Pender, Vancouver, B.C., V6C 1H2.

HOUSEWIVES. Mothers and interested persons needed immediately to sell toys and gifts for National Home Party Plan. No investment, deliveries or money collection. Call (519) 258-7905.

OFFICE CLERK REQUIRED for Ford dealership in Upper Fraser Valley. Dealership experience preferred. Apply in writing with resume to: Box D-56, c/o The Chilliwack Progress, 4585 Spadina Avenue, Chilliwack, B.C., V2P 6H9.

URGENTLY NEEDED. 7 people Part-time, \$400-\$1400, 3 people Full-time, \$2000-\$4000. Call Toll Free 1-978-3066.

REAL ESTATE

Kamloops and Area Properties. Write for information or Buyer's guide to: Inland Realty, 322 Seymour St., Kamloops, B.C., V2C 2G2. Attn: Property Coordinator. Phone: (604) 374-3022.

RELAX COUNTRY LIVING. 1.5, 10 acre lots. Water, hydro, telephone, river view and river front. 30 miles west of Kamloops. Call collect: (604) 374-2282.

Slocan, B.C. Park like property: House, garage, fruit trees, garden, indoor spa. Asking \$55,000. Call (604) 832-6711 or write Box 252, Salmon Arm, B.C. V1E 4N3.

SERVICES

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

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

WANTED

WANTED: Experienced collector wishes to purchase older Moorcroft pottery. Especially fish, tree or mushroom designs and any tea or dinner services made by Moorcroft or MacIntyre. Call collect: Victoria (604) 658-2895, (604) 658-4312.

BLANKET CLASSIFIED ADS

For just \$165.00 you can place a 25 word classified ad in over 100 newspapers throughout B.C. and the Yukon. For more information call (604) 669-9222.

Leisure

ALL RANKS

The Base Social Centre is a facility for Base personnel and dependants. Pleasant surroundings for a casual gathering or large groups, we service the service, at very reasonable prices. Our facilities include:

*BAR (2 choices of draught) *GRILL *CABLE TV
*DARTS *LOUNGE *BBQ

With prior approval Pot Lucks and outside catering are available. For large groups with advance notice we can provide an attractive cold plate at \$3.50 or BBQ your own steak, baked potato, bun and salad at \$4.50. Our grill provides a standard fare of fast food varieties including small pizzas, burritos and tortilla chips.

INFO 8720

DND Dollars accepted at PARI

OFFICERS' MESS

JUNE 1990

FRIDAYS 1, 8, 15, & 29 JUNE

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

WEDNESDAYS 6, 13, 20, & 27 JUNE

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.

SATURDAY 2 JUNE -- FAREWELL MTGIS, come say goodbye to all you peers who are being posted out. Cost is FREE, dress is casual, food is steaks on BBQ, time 1900 for 1930 hrs. Reservations requested by 30 May. (so we know how much food to order.)

FRIDAY 22 JUNE -- MIXED TGIF, time 1900 for 1930 hrs, dress is casual, food is FABULOUS CHINESE FOOD, cost per person--members \$3, limited associates and guests \$4. Reservations by 20 June.

VARIETY NIGHT !!!

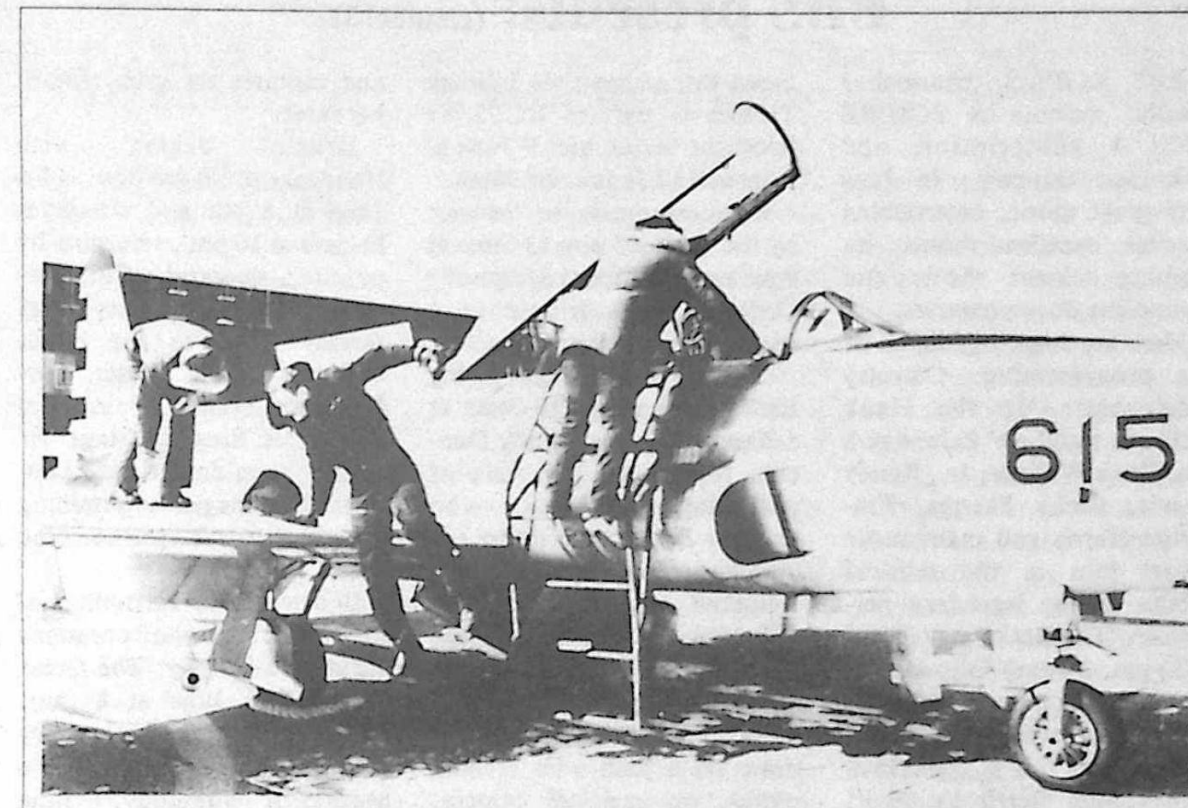
JR. RANKS MESS

15 JUNE 90

PARTY PARTY PARTY !!!
2 COMEDIANS + D.J. +
STEAK AND LOBSTER

ALL FOR \$10.00 A MEMBER
\$ 12.00 A GUEST
DINNER STARTS AT 1900

SHOWS APPROX 2100
TICKETS ON SALE NOW
AT MESS OFFICE
UNTIL 11 JUNE
HURRY TICKETS GOING FAST



Navigator Capt Felberg disembarks from a T-33 at Goose Bay after completing a mission. photo by P.J. Wilson.

Challenging skies

Up the stairs we climbed into the sleek modern jet. One by one we made our way to our seats where we planted ourselves snugly. It was with the tight closing of the passenger door and the final click of a seatbelt that we knew this twin-engine craft of the skies was ready to fly. And fly we did.

Up front among a dazzling display of electronic instruments sat our two pilots, Capt Rick Wilson and Capt Gary Sneyd. Scanning to the rear, members of 414 Electronic Warfare Squadron's groundcrew and maintenance team could be seen.

As this gray-painted CC-144A Challenger taxied out to the runway, the conversation was cheerful and lively. A mood of enthusiasm circulated in the pressurized cabin as the roar of winding turbines slipped through the air and our pilots brought airframe 606 to bear upon the clouds.

It was late spring and we were on our way to Goose Bay and the beginning of Exercise Fabric Falcon.

Fabric Falcon, a four-day exercise aimed at practising the NORAD mission of surveillance and control of U.S. and Canadian airspace; warning and assessment of air missile and space attack; and appropriate response against such air attacks, involved a variety of aircraft.

According to Capt Larry Arnold, 414 Sqn co-ordinator for the exercise, aircraft from far and wide participated.

"We had our T-Birds and Challengers from North Bay; CF-18s from Bagotville; a KC-10 from the 2nd Bomber Wing in Barksdale, Louisiana; F-16s from Jacksonville, Florida; F-15s from Langley AFB, Virginia; and the KC-135 Tankers out of Loring, Maine," said Capt Arnold. "The idea was to have aircraft present themselves as targets and have the fighters intercept them with the aid of the 22nd Radar Control Wing in the Region Operations Control Centre (ROCC)."

This is exactly what happened. For as soon as our Challenger touched down in Goose Bay we were back in the air heading straight for St. John's, Nfld. It was from here that 606 presented itself as a target for NORAD fighters as we flew down the eastern seaboard of North America to Jacksonville, Florida.

It was on this mission south that aircraft commander Capt Wilson came over the intercom to announce that we were about to be intercepted. Sure enough, in a matter of minutes, and F-15 Eagle appeared off in the distance. This was followed suddenly by a second F-15 that rushed out from underneath our right wing. With its airbrakes applied, the jet smoothly adjusted to our slower speed.

There it sat like a bird of prey ready to dive upon its victim. With its sharp silhouette and the words "Cape Cod" inscribed on its side, it disap-

peared underneath our belly to reappear off our other wing. It hovered there until it finally rejoined its partner F-15, which sat back and observed the whole 15-minute affair from afar.

Gracefully the two jets then peeled off to return to their nest of eagles at Otis AFB on the shores of New England after another successful intercept.

In the meantime we carried on our way south to Naval Air Station Jacksonville, where palm-trees gloat in the sunshine near aircraft parked on the ramp.

Upon an early evening touchdown there, 414 technicians Cpl Larry Sangestino and MCpl Ken Bilski wasted no time in going to work. While the pilots hurried off to Flight Plans, they prepared the aircraft for the next day's morning departure.

Morning came early. At 0450 hrs Challenger 606 was already airborne. As we climbed back to the heavens, Florida and its warm weather faded fast.

We were now heading north-bound off the U.S. coast. Our destination was ultimately Goose Bay with a stop in Fredericton, N.B. However, before reaching Fredericton, an interesting scenario would unfold before our eyes.

As we approached Fredericton our altitude was slowly decreased from 31,000 to 6,000 ft. No longer were we simulating a Soviet Bear bomber heading up the coast back to Russia, rather we represented a different kind of threat. A threat that currently has a great impact upon North American society.

Challenger 606 now played the role of a drug runner from South America secretly trying to fly a shipment into Canada. With its altitude and airspeed reduced, 606 simulated a possible drug smuggler aircraft.

We would like to say thank you to the Catholic Women's League, Offices' Ladies Club, and PMQ Council for their donations to help our year to be a great success.

2nd Komux Brownies, Airport School

next deadline
11 June

continued on page 22

On and off base

PBS presents: (channel 3)

PBS KCTS/9 (channel 3 locally) presents its YOU'RE THE 1 subscription and awareness campaign in June with great music, entertaining specials, excellent drama, intriguing science shows and compelling documentaries.

Here are some highlights of the programming: Country music stars 'In the Hank Williams tradition' 2 June at 8 pm. Hank Williams Jr., Randy Travis, Ricky Skaggs, Emmylou Harris and many more artists join in the musical tribute to the legendary performer. 'The Real Patsy Kline' (9:30 pm, 2 June) follows with the country music of her songs and rare performance footage.

Rock and roll is celebrated with Chuck Berry in 'Hail! Hail! Rock 'N' Roll' (9 June at 6 pm). This portrait combines Berry's private life with a collage of performance featuring 'Maybelle', 'Nadine', 'Roll Over, Beethoven', and 'Johnny B. Goode', and creates a rousing salute to the man who single-handedly changed the sound of rock music.

A folk music revival with 'The Kingston Trio', recently

taped live at Seattle's Intiman Theatre as part of KCTS/9's Spotlight Series, airs 9 June at 9 pm and 12 June at 10:30 pm.

Classical music in 'Mozart by the Masters' airs 13 June at 9 pm as the Chicago Symphony Orchestra pays tribute to a remarkable music prodigy.

'Great Performances: Irving Berlin's America' (10 June at 5:30 pm) with host Sandy Duncan, focuses on the stars of yesterday and today who brought Berlin's music to life on stage, screen and television.

Special presentations begin with 'Cary Grant: The Leading Man' (8 June at 9 pm) as part of the 'Hollywood Legends' series. This program concentrates on a man who created sparks, on and off camera, with the world's most gorgeous women and is filled with scenes from many of his 72 films. 'Gregory Peck: His own Man' (10 June at 9 pm), from the 'Hollywood legends' series, profiles the career of one of Hollywood's illustrious stars who appeared in 49 films in 39 years. Marilyn Monroe is featured in 'Remembering Marilyn' (10 June at 8 pm) with a fascinating look at her life

and captures the grim side of her fame.

Drama begins with 'Bridgeshead Revisited' (3-5 June at 8 pm and continues Fridays at 10 pm), returning by popular demand. This acclaimed 11-part series stars Jeremy Irons as the quiet, studious Charles Ryder. Performance scenes from 'Les Misérables: Stage by Stage' air 4 June at midnight, and captures the magic entertaining theatre-goers around the world.

Documentaries reflecting unforgettable war confrontations begin with 'D-Day: The Great Crusade' (6 June at 8 pm), which marks the anniversary when allied forces stormed the beaches of Normandy, 6 June 1944. The re-telling of the 'Battle of the Bulge...The Brave Rifles' airs 6 June at 11:50 pm. Factual background information and archival footage comprise this compelling documentary.

For further information about YOU'RE THE 1 subscription and awareness campaign or any inquiries, please contact the KCTS/9 Vancouver office at 604-291-5101.

more challenging skies continued from page 21

Drugs are nothing new to North America. What is new however, is NORAD's involvement with law enforcement agencies in Canada and the U.S. to aid in the drug interdiction effort.

On 8 Aug 1989, the minister of National Defence agreed that the aerial anti-drug mission is part of NORAD's mandate "to provide surveillance and control of the airspace of Canada and the United States."

This NORAD responsibility is limited to detecting and monitoring general aviation traffic suspected of illicit drug involvement trying to enter North American airspace. At no time do NORAD military personnel participate directly in search, arrest or similar law enforcement activities.

So as Challenger 606 headed towards its destination, NORAD interceptors were able to practice their stuff by monitoring and maintaining surveillance on us without us even being aware.

"The idea is for the interceptors to see us, and for us not to see them," said Capt Sneyd.

Upon completion of this

hide-and-seek exercise, we landed at Fredericton airport for refuelling.

Later, as we approached Goose Bay, one couldn't help but notice the distinct climatic change we had undergone since leaving Jacksonville. In a matter of hours, we went from the palm trees of Florida to the rugged snow-covered terrain of Labrador.

When we landed at CFB Goose Bay images of 414's four T-33s could be seen lined up neatly on the tarmac. It is from here they stage and do combat readiness training with CF-18s detached from Bagotville's 425 Tactical Fighter Squadron.

Capt Dwain Felberg, a backseat navigator, partaking in *Fabric Falcon*, claims that flying in a T-33 "is the last fun flying the air force has."

Having been with the squadron since last November and having asked for T-33s after being a navigator on a C-130 Hercules, Felberg says he "wouldn't trade it for anything else."

Well it was the next morning when Felberg and the rest of

continued on page 23

Recreation

Challenging skies

continued from page 22

414's aircrew took their T-33s and Challengers back to the wild blue yonder.

Once there, the Challengers acted as bombers trying to penetrate the Canadian Air Identification Zone (CADIZ) while the T-33s simulated incoming cruise missiles. Joining in were 425's CF-18s whose mission it was to destroy these potential targets.

"This allowed the ROCC back in North Bay a chance to evaluate their battle management skills," said Capt Arnold.

The exercise lasted a few hours before the first jets started to return. Waiting for them on the ramp was members of 414's groundcrew.

Braving the cold, they had worked hard during the past four days fixing snags and assuring quick turn-around times of aircraft.

MWO Ward Harrison, a 27-year member of the air force and 414's mechanical support officer, said it's exercises like this that provide "a good chance for less experienced technicians to gain experience."

"The techs performed ex-

tremely well," added Harrison, who said it was the first time for six of the 18 groundcrew members to be deployed to Goose Bay.

When all aircraft had returned from their meeting in the skies, 414's groundcrew prepared the planes for their final leg back to North Bay. This happened while aircrew went to attend classified debriefings on how the final mission went.

After all was ready, air and groundcrew piled into their planes for the trek home. With the exception of Challenger 610 which developed a minor snag and had to wait an extra day for parts, 414's T-33s and Challenger 606 were airborne once again leaving Goose Bay behind.

The mood in 606 on the trip home appropriately signified the end of *Fabric Falcon*. Amid the humming of the turbines, snores were heard and closed eyes were seen.

Another exercise was over. by Lt Al Botler, a public affairs officer at the DND office of information at CFB North Bay, Ont.



House I

Caroline Gravel, Shelley Clarke, Tracy Ellis, Brad McEwen, Sara Burgess, Ann Burr, Shawn Fortin, Jeff Holm, Sarah McLennan, Jodi Huntley, Blair McGregor, William Phillipson, Tracy Steele, Rebecca Ell, Natasha Henderson, Heather Rickson, Andy Everson, Derek Trainor, Douglas Henderson, Jennifer Thacker, Greg Roe, Rob Morison, Corey Mott, Jon Boisseau, Lyle Kerr, Jeremy Hoy, Dave Ouellet, Tara Griffin, Greg Bolton, Lori Shaw, Mike Eggiman, Angela Ramsden, Keith Woiden, Jeremy Holm, Alex Smith, Graham Nasadyk, Geordon Nasadyk, Trevor Won, Theresa MacGregor, Susie Gilson, Simon Carvalho, Jamie Karila, Michelle Beaudry, Vanessa Sheppard.

House II

Gina Broswick, Kathryn Isenor, Pam Blakely, Mike Evans, Reid Nyc, Christine Prins, Erin Hubich, Brian

Highland Secondary School Honour Roll

89/90 Semester II--Term 3

Bissell, Joanne Campbell, Alana Zambolowicz, Brian Leblanc, Colin Cunningham, Jennifer Hansen, Colin Blake, Jason Gordon, Rick Houlgrave, Ian Black, Kristina Ekstrom, Maddy Halls, Kirsten Stewart, Steve Clarke, Nicole Stewart, Ben Davies, Alan Bale, Ed Symons, Marty Mallett, Jody Steeg, Teresa Glennie, Ronalee Parrott, Abs Houlgrave, Junian Keresztes, Sean Murphy, Sarah Burr, Bill Monaghan, Monique Reeves, Jason Hansen, Suzanne Dwillies, Frank Oddoux, Samantha Lineker, Jason Luj, Barb Filgate, Tara Emmerson, Cam Knox, Trevor Wiens, Glenn Anness.

House III

Jessica Milne, Bob Borland, Ian Ritchie, Tammy Sinclair, Jason Fisher, Jennifer Muldowney, Kelsey Wagner, Kirsten Anderson, Barb Cook, Kim Young, Rae Grant, Violet McPherson, Carl Clisby, Yana Simice, Dana Uhl, Kari



KEEP CANADA BEAUTIFUL

next deadline 11 June

SERVICE DIRECTORY

Courtenay Chrysler Plymouth Sales (1970) Ltd.



Sales: 7 days
Service: Mon/Sat
Detail: Mon/Sat
Collision: Mon/Fri



recipient of Chrysler's 1989 Parts and Service Excellence Award

4847 Island Hwy. N.
Courtenay, B.C.
V9N 7G9

334-5451

FAX 338-1442

IDENT-A-KID SERVICES OF CANADA



CAROLE TILLEY
Program Director

Child Identification Programme

Courtenay, Vancouver Island

(604) 338-6152



Mel Ferraby

Sales Associate

"Your Comox Connection" CF retired

REALTY WORLD - Coast Country Realty Ltd.

576 England Avenue, Courtenay, B.C. V9N 5M7

Bus. (604) 334-3124 Res. (604) 339-4692

Pager # 1-979-1469 Fax: 334-1901

Each office is independently owned and operated



REALTY WORLD

BAYVIEW INTERNATIONAL COLOR CENTRE

PAINTS*WALLPAPER*DECORATING SUPPLIES
BAPCO PAINTS
CIL PAINTS
SHERWIN WILLIAMS PAINTS
INTERNATIONAL
MARINE PAINTS
OLYMPIC STAINS
CABOTS STAINS
SIKKENS STAINS
GENERAL PAINTS
PHONE 339-3711
3080 COMOX ROAD COURTENAY, B.C.

COMOX-MINI WAREHOUSE

"BEST LITTLE WAREHOUSE IN THE WEST"

Store It
Lock It
Keep the Key

* CLOSE TO THE BASE & TOWN

* Safety

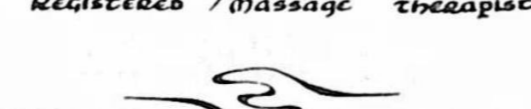
* Security

* Supervision

Knight Rd & Pritchard Rd
Comox, B.C.

338-3424

Marcia J. Haley
Registered Massage Therapist



551-6TH STREET 338-1262

COURTENAY BC V9N 1M5

Comox Valley Auction Sales Ltd.

"PICK UP SERVICE AVAILABLE"

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

DAVID STEVENS
AUCTIONEER AND APPRAISER

HARTMAN AUTO SUPPLY 338-7261

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



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

HOME OWNERS & AUTO PLAN INSURANCE

MARKET TRAVEL WORLDWIDE

PROFESSIONAL TRAVEL ARRANGEMENTS

(Area Code 604) 338-1474

OR B.C. TOLL FREE 1-800-232-9294

549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2
ACROSS FROM THE BANK OF NOVA SCOTIA



Jr. Bill & Edie Duchak
Owners/Operators

A Division of Jo-Lin Enterprises Ltd.

Seafood • Ribs • Steak

"And a whole lot more"

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

338-5251



Bicycles, Tricycles
and lots of accessories
Full repair service

PEDAL PUSHER

NOW OPEN AT OUR NEW LOCATION

137 - 5th St.
BELOW THE MAIN CIVIC PARKING LOT

334-4845



FOR SALE
27' CATALINA 1991 O.B. Ship
Shape, many extras. Qualified
and willing to teach basic CYA
course. asking \$19,000.
Ph 338-5264

WANTED TO RENT
Family of 5 looking for farm
house with barn. June, July or
sooner. Excellent references.
Ph 336-8772, ask for Bruce or
Lori.

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

FOR SALE
1985 Hyundai Stellar, very
dependable, an excellent
family or second car. Power
windows and door locks, sun
roof. Asking \$2,700. call
339-3525 and leave a message.

OVERWEIGHT? I know our
system can help you lose up to
29 lbs in 30 days. Safely,
naturally, no drugs. call or
write Ms. B. Renaud, 4
Raddison #710, Hull, Que.
J8Z 1T6 819-778-6620.

FOR SALE
One year old 1560 Sq. Ft.
three bedroom rancher, 2
baths, wood stove, large
garage, electric plus, near
Highland School. Mountain
View. 339-7592.

POSTED TO EDMONTON
I specialize in military
relocation. Call me collect for
a package of area, mortgage
and real estate information.
VAL HEUMAN
457-2424 456-6919

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

FOR SALE
ZENITH EZ PC2. Monitor, 2
3.5" disk drives, 640K, word
process., spread sheet, data
base included and mouse
asking \$600. Call 339-3525.

FOR SALE BY OWNER
Cedar rancher, spacious living
room with corner fireplace, 3
bedrooms, w/w carpet
thermal windows, garage with
storage room, garden shed,
enclosed back yard. For
appointment call 339-2770

REMOVE poisons from your
drinking water now. Our
purifier removes over 100
toxins including the lead. Just
pennies a day. for more info
call or write: Ms. B. Renaud, 4
Raddison #710, Hull, Que.
J8Z 1T6, 819-778-6620.

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

CENTRAL BUILDERS
610 Anderton Avenue
Phone: 334-4416

WANTED TO RENT
3 Bedroom home needed
for 15 July. Please call
338-8957

EARN EXTRA \$\$
Wanted 81 people to lose
10-29 lbs in 30 days. Doctor
recommended call 1-978-3052
(toll free)

FOR SALE
Cedar lumber & 4x4 fence
posts. To order, call 337-8328
also green alder firewood
\$40.00 1/2-ton PU load.

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

10% assumable mortgage
Sparkling clean split level 3
bedroom home in Comox.
Features family room,
ensuite, and fenced in
private back yard. Also
situated close to town,
schools and CFB Comox.
Just reduced, asking \$105,900.
Call Dave Cochrane,
Comox Valley Realty for
further information 338-
338-7777 office
338-9198 residence

FOR SALE
Going East? I have a
snowblower with a 33" cut
and new 8 hp BRIGGS
engine, with electric start,
asking \$800, O.B.O. Call
Roger wk 339-8500, hm 339-
5948. My wife has a 9
piece dining room set,
asking \$600, call Rejeanne
339-5948.



IT'S YOUR GAIN
LET'S GET
TOGETHER AND
SELL YOUR RV UNIT.
IF WE CAN'T SELL IT,
WE'LL BUY IT.

**FREE APPRAISAL
AND PICK-UP
ANYWHERE.**
Call Toll Free:
1-800-663-4234

**LANTZVILLE
RECREATION
CENTRE LTD.**

On and off base



Did you know B.C.'s Children's Hospital is a 240-bed facility that serves patients from birth to age 16 from communities throughout B.C.?

Children's Hospital
Putting smiles back where they belong.



PUB GRUB and Good Times
are our Specialties
PARTY TIME

BIRTHDAY-RETIREMENT-POSTING-ETC.

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

MONDAY SPECIAL
PRAWNS OR WINGS
25¢ each

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

* SUPERIOR VIDEO *

1 Stop Video Shop

* New Hours:

Sun to Thur 10 am to 11 pm
Fri and Sat 10 am to 1 am

* MOVIE & PIZZA delivered HOT to your door!

* FREE DELIVERY WITHIN 5 MILE RADIUS

3 LOCATIONS:

* COURTENAY * FANNY BAY * UNION BAY

In Courtenay at 450 Ryan Rd., Mt. Washington Plaza

338-6356

NEW RELEASES THIS WEEK:

Lambada	Fabulous Baker Boys
Worth Winning	Kill Me Again
Triumph of the Spirit	The Bear
Crimes & Misdemeanors	Little Mermaid
Back to the Future —2	

next deadline 11 June

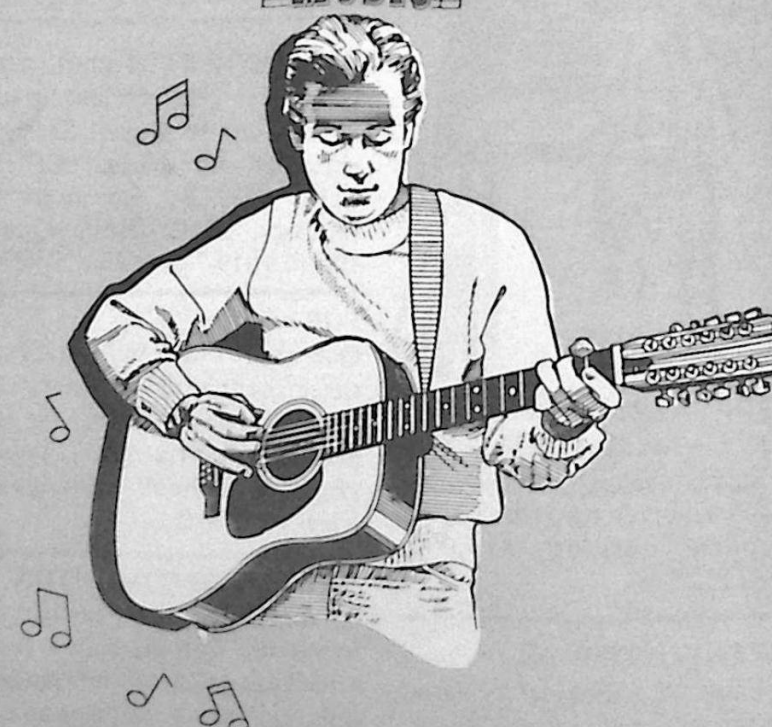
DANCE

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

NO Cover Charge

WED 30 MAY to SAT 2 JUNE

ROCKIN' COUNTRY
MUSIC



'The Dukes'

WED 6 JUNE to SAT 9 JUNE

'Haig Brothers'