



HEY KIDS !

Win a Prize

Colouring Contest on Page 14



NATO Reservists

Meet in

Calgary 22 July

....Page 12



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 12 28 JUNE 1990

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COST: PRICELESS

CF-18 REVIEW MADE PUBLIC

WINNIPEG--The Commander of Air Command, Lt-Gen Fred Sutherland, today made public the findings of a review of Canadian CF-18 fighter aircraft pilot training.

The comprehensive review, initiated by Lt-Gen Sutherland on 09 Apr, included active participation by all CF-18 pilots.

The review examined all areas of CF-18 training in order to reduce the risks which are inherent in fighter training and operations. As well, the review sought to determine if a change in current tactical training procedures is warranted in light of the reductions in military tensions between East and West.

"Safety continues to be our primordial concern," said Lt-Gen Sutherland. "I am confident that we can significantly reduce the risks by implementing the measures developed during our review without significantly impacting on our overall operational effectiveness."

Many of the recommendations have already been implemented. Others, which involve longer-term study, may result in further modifications to fighter pilot training in the future.

"Our faith in the reliability of the CF-18 remains unshaken," said Lt-Gen Sutherland. "The pilots who were interviewed during the review reaffirmed their confidence in the capabilities of this fine fighter aircraft."

On completion of the review, the Minister of National Defence, the Chief of the Defence Staff and the Deputy Minister were briefed on the findings and recommendations, and are in full agreement with them.

The review concentrated on four major areas.

The Interface Between the Pilot and the Aircraft. There is concern that the rate and volume of information being presented to a pilot of a high-

technology aircraft such as the CF-18, coupled with its outstanding agility, may cause disorientation. As a result of the Review, some of the actions taken to deal with this problem include:

All fighter squadrons have completed a disorientation training program and long-term training requirements are being examined.

A review group has been formed to investigate and report on human factors involved in piloting CF-18s. The group will report before the end of the year.

The procedure for after burner takeoffs has been restricted at night and during instrument flight conditions.

More emphasis will be placed on basic flying skills.

The Ratio of Realism to Risk. The review found that certain aspects of flight training could be changed to reduce risks without significantly reducing operational capabilities. Steps being taken to achieve the best compromise between safety and realism include:

The minimum low-level altitude for CF-18s has been raised from 100 feet above ground to 200 feet in Canadian air training ranges.

A program is being developed to train pilots in intercepting low and slow flying targets which approximate the flight characteristics of aircraft used by drug smugglers.

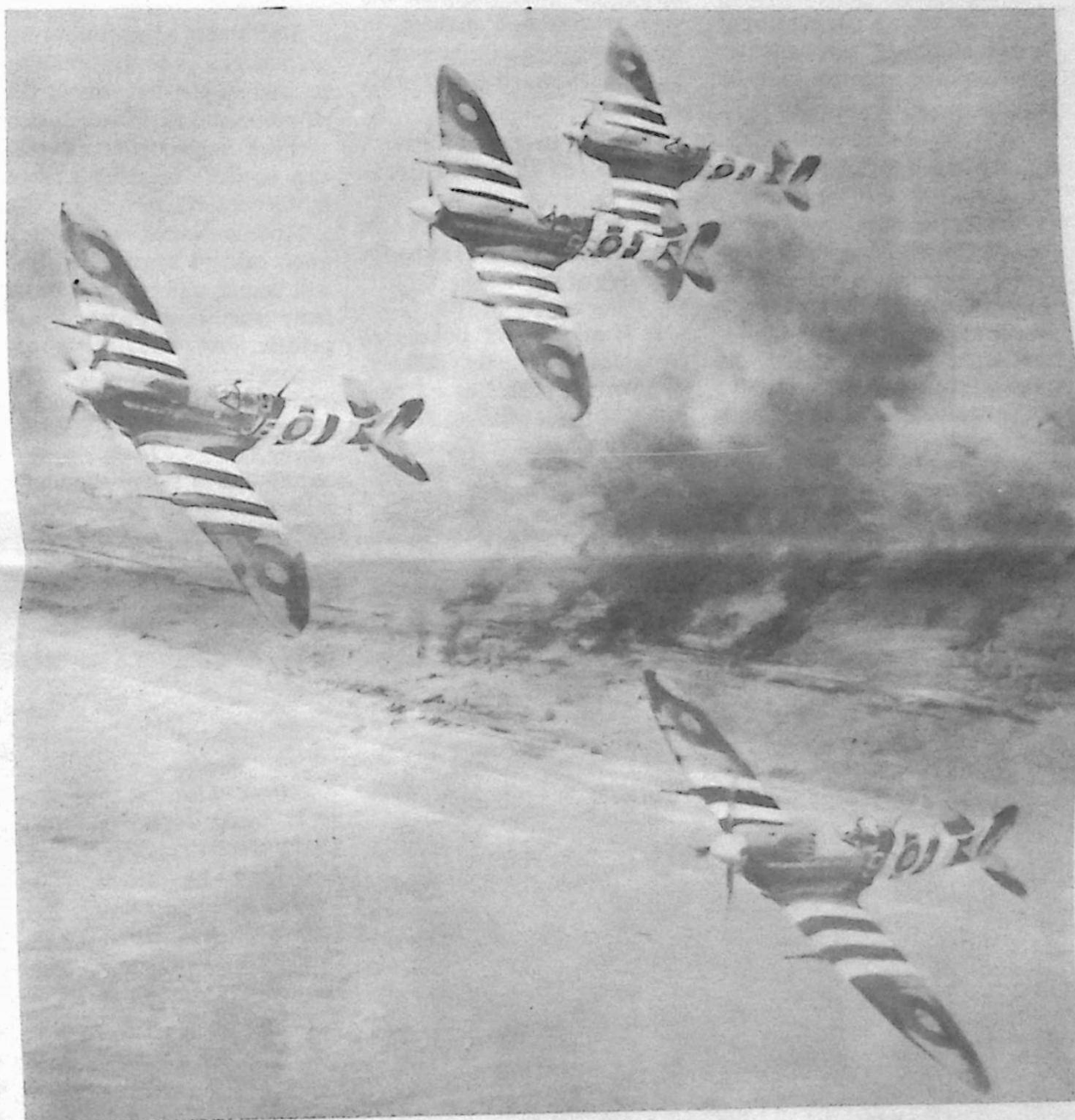
Certain high risk training scenarios have been modified. Training will concentrate on basic fighter manoeuvring skills.

Training, rather than performance evaluation, will be emphasized during exercises.

Operational Focus. The review examined the balance which must be maintained between operations and pilot training, and the administrative efforts required to support

continued on page 2

INTO THE D-DAY FRAY



6 June, 1944...W/C Johnny Johnson leads 144 Canadian Wing over the Normandy Beaches.

A Commendation for Linda

On 17 Apr 90 Col McGee presented Mrs. Linda Halliday-Sumner with a Base Commander's commendation for her outstanding support of the CFB Comox community in providing consultant services to victims of sexual abuse, as well as providing invaluable investigative assistance and expertise to the Military Police Section. Linda also took time out of her hectic schedule, which takes her across Canada and the USA providing consultant services, to give presentations to Base personnel and



Linda Halliday-Sumner receives a Base Commander's Commendation from Col J.E. McGee for her work in countering child abuse.

dependants on methods of protecting our children from abuse. The commendation reads as follows:

"This commendation is presented to Mrs. Linda

Halliday-Sumner, a sexual abuse consultant, for her assistance provided to the members of this Base, and the Military Police in particular, continued on page 2

On and off base

continued from page 1

CF-18 Review

them. Steps are being taken to focus pilots' activities more clearly on operational requirements, including:

Training directives have been changed to reflect risk-reduction measures taken as a result of the review.

Primary flying duties will be more strongly emphasized and the provision of additional administrative staff to free up aircrew for their primary roles will be examined.

The possibility of bringing all CF-18 squadrons up to 100 per cent manning will be examined.

Other Factors. The review also focussed on miscellaneous tasks which distract from the focus on operational training. CF-18 aerobatic air displays, for example, will be reviewed with the aim of

reducing this activity. "CF-18 demonstration routines will continue to be reviewed on a regular basis," said Lt-Gen Sutherland. "We must ensure that risks are minimal while still allowing the performance of the aircraft to be adequately demonstrated to the public."

"The issues which this review examined are complex and interlinked," continued Lt-Gen Sutherland. "Unfortunately, this review will not eliminate aircraft accidents in the future. But it will take us back to basics with a renewed emphasis on the primacy of safety in all aspects of air operations. I am proud of the very professional manner in which the fighter community has responded to this challenge."

Linda

continued from page 1

when dealing with sexual abuse cases. On many occasions she has freely conducted interviews and given counselling and advice to the sexually abused and their families. Mrs. Halliday-Sumner is completely dedicated to the cause of eradicating sexual abuse and rendering assistance to the victims, and has readily assisted at all times of day and night, and on weekends and holidays. We at Canadian Forces Base Comox highly value her expertise in

this important field and the contribution she makes to the recovery of the victims.

It is my distinct honour to recognize Mrs. Linda Halliday-Sumner, on behalf of all personnel of Canadian Forces Base Comox, for her courage and commitment to comforting and providing the professional guidance which those who have been psychologically and physically injured so desperately need."

Ride for Diabetes



Diabetes Research was the big winner on 03 Jun when 10 cyclists and 1 walker braved the wind and the rain to raise over \$2,000 for the Canadian Diabetes Association's Comox Valley Branch.

The youngest rider, Trevor Harris, age 10, rode 45 km and raised \$125.25. The lone walker, Irja Svensson, raised \$103 for her 15 km hike. Inez Cliffe, who will never see 61 again, rode 45 km and raised \$375, while Dora Ellis and Brenda Cooper each rode 75 km. Terry Tombs, after being

bitten on the leg by a vicious dog on Lazo Road, continued his ride for a total of 45 km.

For the second year in a row, Dora Ellis won the grand prize, a mountain bike, for raising a whopping \$510.

Most of the 1500 (approx) diabetic people in the Comox Valley benefit in some way or another from the outcome of diabetes research. Notable among the benefits are improved insulin, effective oral controls and better dietary supplies.

Dog Talk

by Gerry Gerow



Cocker and not half and half. This is Nature's way.

Thus, it is not a simple thing to create a new breed. It is a long drawn out procedure to select animals and mate them to produce the characteristics desired, and then get them to breed true. This is called breed stabilization.

No one is going to go to this amount of trouble unless the need for a breed with certain characteristics arises. The last time this was done, to my knowledge, was the development of the Continental gun dog, in Europe, after a need for a general purpose hunting dog was demonstrated, and no one breed could fill the bill at the time.

It is fashionable today to interbreed miniature Poodles with other breeds such as Cocker Spaniels, Maltese Terriers, and others. These offspring are usually given exotic names, such as cocapoos, maltipoos, terriapoos and so on. Some are even sold in pet shops for ridiculous prices. Many people will tell you that they will soon be a breed. Some may even believe it. Yes, they could be stabilized. All it would take is a dedicated breeder with the resources to support the large number of dogs he/she would

Stabilize: My dictionary defines it as 'to prevent changes in'. When you read about the development of a dog breed, you will frequently come upon this word. What does it mean in this context?

Mother Nature takes very good care of her species. She will permit different species to mate together in order to perpetuate, but when these offspring breed, in turn, the 'get' tends to return to the original.

For example, if a Labrador Retriever and a Cocker Spaniel are allowed to mate, the puppies will have characteristics of both parents. In other words they will be half Labrador and half Cocker. But, when these offspring mate, the result will be a return to Labrador and

Books

Big Dogs & Chihuahas

More Book Reviews--by Gerry Gerow

Practical Training for Big Dogs, Lesley Bygrave and Paul Dodd, Howell Book House, New York, and Collier Macmillan, Canada, Sutie 200, 1200 Eglinton Avenue, E., Don Mills, Ont., M3C 3N1. \$20.95.

Rose Ramour-O'Brien of Collier Macmillan, sent this one along to me some time ago, and I'm afraid it kind of languished on the shelf in an obscure corner of my den for awhile.

Winner of the Dog Writer's Association of America award for the best training book of 1990, this book is everything a good training book should be.

Paul Dodd has been a London Metropolitan police force

dog trainer and handler for over twenty years. He knows his stuff and Lesley Bygrave has helped him present it in an easily understood fashion.

The book is superbly illustrated using over 50 photographs and a large number of drawings and sketches. It does not concentrate on any one breed, but applies to all, so called, big dogs. This is practical training, not specialized. How to stop your dog from fighting, car chasing, etc., is covered thoroughly, as is car training, house training and much, much more.

If you own a large dog, whether pure bred, or cross, this book can help you. It will show you and explain how to correct those behavior

problems, so aggravating to you and others around you. It will help you to understand how your dog thinks and why it does those annoying things.

I certainly learned from it, and you can too. It is quite a recent release, but should be in book stores, and pet shops, now. If not, you can have them order it for you from the publisher.

The New Chihuahua, by E. Ruth Terry, Howell Book House, New York, and Collier

continued on page 19

DND Recycles - Collins

Ottawa--In recognition of Environment Week, the Honourable Mary Collins, Associate Minister of National Defence, has outlined Department of National Defence activities aimed at preserving the environment.

"Our goal is to be the most environmentally 'friendly' Armed Forces in the world by the year 2000," said Mrs. Collins.

Current DND paper and metal recycling programs will be expanded throughout the Canadian Forces. DND will move towards exclusive use of recycled paper products, and the increased use of recycled materials. While DND already recycles its 'used oil', it is the Department's intention to purchase recycled oil in the future when technology makes this possible.

In developing its awareness of the environment, DND is continuing to carry out full-scale environmental audits of military bases across Canada.

"I believe that through sound environmental management," Mrs. Collins said, "we will be able to easily meet the guidelines proposed in the federal government's Green Plan."

DBOPSO's Last Pass



Major John Kelly, Deputy Base Operations Officer, being presented with his final Leave Pass by LtCol Bishop. The Pass covered Maj Kelly for his last day on duty - 11 Jun 90.

AFIS Promotion



Some time has passed since Capt Dave Brown was promoted Major. Unfortunately, it was only this past week that his whereabouts was determined and Major Sibbald was able to present Dave his 'scraper'.



Oh what a feeling!

COURTENAY YOUTH MUSIC CENTRE 1990 SCHEDULE

Summer Music from the Comox Valley 1990

July 8 to August 4

JAZZ

ORCHESTRA

MUSICAL THEATRE

COMMUNITY CHOIR

CHAMBER MUSIC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
July 8 Elmer Iseler Singers 8:00 Sid Williams Theatre	July 9	July 10 Jazz with Stu Barnett 9:00 Arbutus Lounge	July 11 Jazz with Stu Barnett 9:00 Arbutus Lounge	July 12 Jazz with Rob McKenzie 9:00 Arbutus Lounge	July 13 Classical Guitar 8:00 Sid Williams Theatre Jazz with Phil Nimmons 9:00 Arbutus Lounge	July 14
July 15 Jazz with Modus 9:00 Arbutus Lounge	July 16 Jazz Students 8:00 ILO ILO Cumberland	July 17	July 18 Vetta String Quartet/ CYMC String Recital 8:00 Sid Williams Theatre	July 19 Faculty Jazz 8:00 Sid Williams Theatre	July 20 Piano/Strings Recital 3:00 Puntledge Elem. Student Jazz - Big Band 8:00 Sid Williams Theatre	July 21 CYMC String Ensemble 8:00 Four Square Church
July 22	July 23	July 24 Vetta Quartet with Flute/Harp 8:00 Four Square Church	July 25 Student Recital To Be Announced	July 26 Robert Silverman and Faculty 8:00 Four Square Church Grease - Musical Theatre 8:00 Sid Williams Theatre	July 27 Concerto Competition 1:00 Puntledge Elem. Grease - Musical The. 8:00 Sid Williams Theatre Community Choir 8:00 Four Square Church	July 28 Grease - Musical Theatre 2:00 Sid Williams Theatre CYMC Festival Orchestra 8:00 Four Square Church
July 29 CYMC Faculty Recital 8:00 Sid Williams Theatre	July 30	July 31 CYMC Faculty Recital 8:00 Sid Williams Theatre	August 1 Student Showcase 8:00 Sid Williams Theatre	August 2 CYMC Faculty Recital 8:00 Sid Williams Theatre	August 3 Concert Band 8:00 Florence Filberg Centre	August 4 CYMC Festival Orchestra 8:00 Florence Filberg Centre

Chuckle

The least successful tourist on record is Mr. Nicholas Scotti of San Francisco. In 1977 he flew from America to his native Italy to visit relatives.

En route the plane made a one-hour fuel stop at Kennedy Airport. Thinking that he had arrived, Mr Scotti got out and spent two days in New York believing he was in Rome.

When his nephews were not there to meet him, Mr Scotti assumed they had been delayed in the heavy Roman traffic mentioned in their letters. While tracking down their address the great traveller could not help noticing that modernization had brushed aside most, if not all, of the ancient city's landmarks.

He also noticed that many people spoke English with a distinct American accent. However, he just assumed that Americans got everywhere. Furthermore, he assumed it was for their benefit that so many street signs were written in English.

Mr Scotti spoke very little English himself and next asked a policeman (in Italian) the way to the bus depot. As chance would have it, the policeman came from Naples and replied fluently in the same tongue. After twelve hours travelling round on a bus, the driver handed him over to a second policeman. There followed a brief argument in which Mr Scotti expressed amazement at the Rome police force employing someone who did not speak his own language.

Scotti's brilliance is seen in the fact that even when told he was in New York, he refused to believe it.

To get him on a plane back to San Francisco, he was raced to the airport in a police car with sirens screaming. "See," said Scotti to his interpreter, "I know I'm in Italy. That's how they drive."

nwi

NORTHWEST INDUSTRIES LIMITED, a major aircraft repair and overhaul company in Edmonton, has the following opening:

FOREMAN, SHEET METAL

Responsible for 30 Aircraft Sheet Metal Technicians. Supervisory capabilities, organizational skills and the ability to read blueprints/drawings are required for this position. Applicants should have a minimum of 10 years aircraft sheet metal experience.

FOREMAN, AIRCRAFT PAINTING

Responsible for 14 Aircraft Painters/Cleaners. Supervisory capabilities, organizational skills and the ability to read paint drawings are required for this position. Applicants should have a minimum of 5 years aircraft refinishing experience.

SHEETMETAL TECHNICIANS

Technicians required to support upcoming programs. Must have a minimum of 2 yrs aircraft sheetmetal repair and overhaul experience.

NORTHWEST INDUSTRIES LIMITED is a high-tech centre specializing in the repair, overhaul, modification and technical support of Canada's leading military aircraft. We offer a competitive salary/benefits package in a challenging, professional environment. Send your resume in confidence to: Jim Holtby, Personnel Officer, Northwest Industries Limited, P. O. Box 9864, Edmonton International Airport, Edmonton, Alberta, T5J 2T2 or call collect (403) 890-6395 for more information.



888 (KOMOX) WING RCAFA

JULY CALENDAR OF EVENTS

WED 4 - GENERAL MEETING CANCELLED.

Next meeting Wed 5 Sep.

AFIS HERITAGE NITE, come out and meet the 'New' Blue.

SAT 7 - SUMMER BBQ, 5:30 p.m. - \$7.00 ea.

Sat 14 - FUN 'GOLF DAZE AND BBQ'. Golf at Longlands par 3, tee-off 3 p.m., BBQ at Wing, 6 p.m. \$13 for both events. Tickets at Wing.

Sat 21 - SUMMER BBQ, 5/30 p.m. - \$7.00 ea.

Sat 28 - SUMMER BBQ, 5:30 p.m. - \$7.00 ea.

Sun 29 - FUN 'SLOW PITCH BALL GAME'.

Game at diamonds behind Canes - 1 p.m.. Wing open after game, 3 p.m. Sign up for 'The Wingers' or 'The Dingers' - List in Wing.

Come out and support the Wing and have a good time

Wing hours of operation are as follows:

Thurs. 11 a.m. to 6 p.m.

Fri and Sat 11 a.m. to 1 a.m.

DND AND MILITARY GUESTS WELCOME

Editorial

NORM BLONDEL



A Month of Battles

June -- blazing June. In 1940, 1944 and 1950, June was the month of battles at Dunkirk, on the Normandy Beaches on D-Day and in Korea, when communist armies stormed over the border into South Korea, setting off an eventual conflict with the Peoples Republic of China. At that time, a scant five years after the last days of World War Two, it seemed there would never be an end to wars.

Canadians were heavily involved in all of these June battles, many paying the ultimate price.

We pay national homage to their memory on November 11, but for the rest of the year, we tend to leave remembrance of specific events to those who were more directly involved. The Battle of Britain, Kapyong, Battle of the Atlantic, Vimy Ridge and other epochal events in which Canadians gave their lives, are largely observed in the messes and service associations, but receive minimal publicity among the public at large, who's conception of the sacrifices involved is fading with each year of peace.

These years of peace were not easily won. If we ever forget why we are able to enjoy our freedom from war, we may at some future time find ourselves involved in an even deadlier conflict. Military newspapers, most of which are circulated in the communities surrounding their bases, can do a little towards raising civilian consciousness of the historic events involving their armed forces, and we feel the Totem Times is doing just that -- with the cooperation of the Legions, KVA, RCAFA, Navy League, et al, who provide us with the material for our feature pages. We thank the individuals representing these organizations, and would encourage more of the same input.

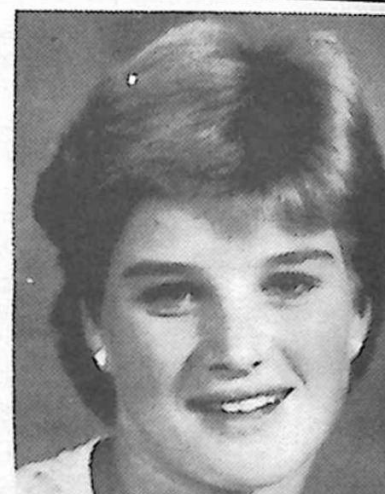
In this edition (in Letters and on page 11) Bob Orrick writes of "Canada's Forgotten War" -- the war in Korea -- and photographs for the feature were supplied by Henry Mayer of the Korea Veterans Association. We borrow the material, copy it and keep it in a secure place until it is returned to its owner. If there are more individuals or veterans groups who would like to see their specific area of interest covered in the Totem Times, please feel free to contact the Editor. We prefer flat photographs and diagrams rather than books, which are difficult for our camera to handle, and your submissions should be typed and double spaced.

Perhaps, in this area where many CF people retire, it is 'gilding the lily' to cover old military events, but a lot of non-military families read the Totem Times too, and they should be reminded of Canadians who fought in those June battles of 1940, 1944 and 1950 and at other times, and perhaps appreciate their freedom a little more.



From our Yukon Correspondent

Excerpts from a letter home
by Teresa Miles



Teresa Miles

Dear Comox:

Life in the big city of Beaver Creek has been fairly normal -- except for the last four days, which have seen a series of accidents among the kitchen staff, keeping the nurse busy.

There is no regular doctor here. We have to rely on a travelling one who shows up every two weeks. We always hope if we get sick it is the day before the doctor arrives.

I had a night out on the town recently. After eating dinner at Ida's (a local hangout) my roommate and I checked out the Travelogue Show. Westmark Hotels (my employers) hire this

guy Charlie Shugant to present a slide show on all the different areas and sights of Alaska and the Yukon. From his narration you can tell that he thoroughly enjoys both the spectacular beauty of the North, and telling people about it.

The people here are extremely friendly. I guess in such a small town where you rely on your neighbours very heavily, you have to be. Even with the Westmark staff who invade Beaver Creek during the summer, the locals are very nice. Everyone knows everyone else and not one movement goes

unnoticed, because the town is so small.

You rarely ever see it get dark around here, even when the sun sets. This causes problems for newcomers, especially when working the early morning shift.

At 12 a.m., people would often find themselves in the staff kitchen, talking, thinking it was only around 8 or 9 p.m. After a week or so you get used to the never ending daylight, but people still end up sleeping whenever they can to make up for lost sleep -- like between 6:30 and 10 p.m.

Errors and Omissions

In the caption to our picture of a Delta Airlines 757 which force-landed at Comox on 05 Jun, we credited only 442 Sqn with the care of the aircraft and its passengers. We are advised 407 Sqn provided the first response to this emergency, and were assisted by VU33 and 442 Sqn.

Our filing system failed us when we captioned a photograph of (then) Major J.E. McGee, as taken in 1986. The pic should have been dated 1976.

TOTEM TIMES

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Comment

Letters to the Editor

Korean War 40th Anniversary

Dear Editor:

Monday, 25 Jun marks the 40th anniversary of the start of the Korean War, 1950-53.

Too often relegated to the back pages of history, and forgotten by many, the war in Korea was a severe test for a fledgling United Nations; and was Canada's last foreign war.

Had not Canada and 15 other UN members responded in June, 50 as they did, and hit hard at the heart of a Communist advance, the world today may well have a different hue. It is not too extreme to say the action by the United Nations stopped the spread of The Red Scourge in the Far East at a time when Communism's terrible tentacles were reaching out and grabbing all in its path, east and west.

During the three years of the bloody war, 27,000 Canadians proudly served in Korea acquiring themselves with honour and distinction. Sadly, 516 young Canadians failed to return having fallen in action either on the hills of Korea, or at sea, or succumbed later as a result of enemy action. Three Canadians remain listed as missing in action (MIA), while another 1,200 carry the wounds of war.

It is estimated more than four million casualties occurred between 25 Jun 50 and 27 Jul 53. Of that number 1,313,000

were South Koreans including civilians. Communist casualties are estimated at 2.5 million.

Moreover, The Korean War destroyed 43 percent of Korea's industrial facilities and 33 percent of its homes were devastated.

Yet, Canadians know very little about the Korean War, or about the part Canadians played in returning peace to the Land of the Morning Calm.

Canada can add the name of Kapyong to the list of well known and quickly recognized battles. Canadians have engaged in. On the nights of 22-23 Apr 51, combined Chinese and North Korean forces struck in the western and west-central sectors. American and Republic of Korea (ROK) units were forced to retreat.

The UN force was in danger of being cut off and completely destroyed. The 27th British Commonwealth Brigade, including the 2nd Battalion of the Princess Patricia's Canadian Light Infantry (PPCLI), were close by. Elements of the 27th came under intense communist fire and were forced to withdraw. The 2nd PPCLI platoons were exposed to Chinese and North Korean attack. At about 10 p.m. the Communists attacked partly overrunning some of the Patricia's. They managed to disengage and move to the main company

position where a counter attack was organized.

After two gruelling hours the Patricia's halted the Communist advance even though throughout the night the Chinese and North Koreans persisted in attacking the Canadian positions.

The Canadians maintained their position vital to the brigade defence while at the same time inflicting heavy casualties on the Communists. For their gallant stand at Kapyong the 2nd Princess Patricia's Canadian Light Infantry, along with the 3rd Royal Australian Regiment, received the United States Presidential Citation.

Now, 40 years after the start of The Korean War and the action taken by the UN, the world is witnessing an easing in east-west tensions, the throwing off of the Communist yoke and an almost avalanche desire for freedom. The seeds of democracy were planted in Korea, and Canadians were front and centre.

Sincerely
Bob Orrick, CD
National Public Information Officer
Korea Veterans Association of Canada, Inc.

Editor's note:
See also, "Canada's Forgotten War" on page 11.

Contemplating our Naval

Dear Sir:

Whereas being repeated winner of the achievement award as best Military Newspaper, this excellence unfortunately does not, at times, emerge 'faux-pas' free.

This time I refer to the article in Vol 32 No 11 which headlined 'Canadian Ships Visit Soviet Union'.

If para 4 is correct, surely the headline should read 'Vladivostok 'NAVEL' location to provide interesting visit for Canadian Ships.

Could this be the result of Soviet Perestroika and

revelation of former hidden anatomical specialities of the Region?

Suggest you do as No.2...still try harder!!

Yours truly
T. Bailey

Editor's comment:

'twas a typo. Naval was spelled correctly elsewhere in the article. It seems to be a Fishwrapper tradition to include a few goofs in the same edition where we announce we are No.1 -- probably our subconscious telling us to stay humble.

Heart Disease

Dear Sir:

Heart disease is British Columbia's number one killer. One hundred and thirty people die of heart disease each week in B.C.

The Heart and Stroke Foundation (formerly the Heart Foundation) sympathizes with patients waiting for heart surgery. We offer encouragement and support to them and to their families.

Heart and stroke research continues to develop new drugs and improve surgical procedures to alleviate the suffering. But these discoveries aren't made overnight.

As an organization dedicated to research and education, and not involved in patient services, we can only hope that this situation will soon be resolved.

As the wheels are put in motion to ensure that British Columbians have reasonable access to its health care system, we would like everyone to think about the simple lifestyle changes they can make to stay heart-healthy.

Yours truly
Dave MacDonald
President
Heart and Stroke Foundation of B.C. and Yukon

Next Deadline: Noon, 9 Jul 1990



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.

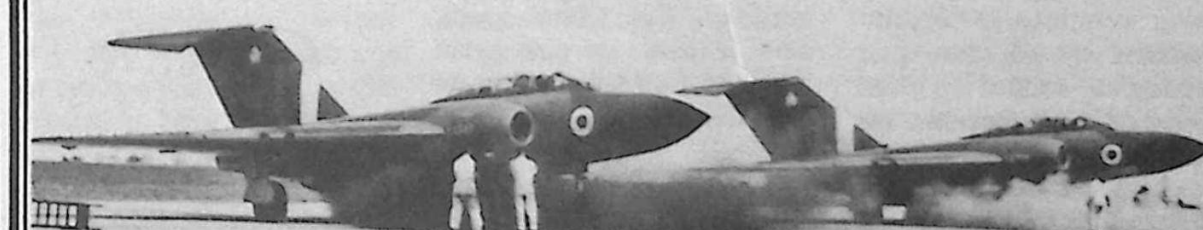
Pledges can be mailed to P.O. Box 1404, Courtenay V9N 7Z9 or left at the Galley Restaurant or Blue Heron Bookstore. For more information phone B. Price 339-4015.

Create the Hospice, Save a Park!

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: _____
P.C. _____
For further information, please call the Office, 339-8470 or Hosp. Society, 339-8573

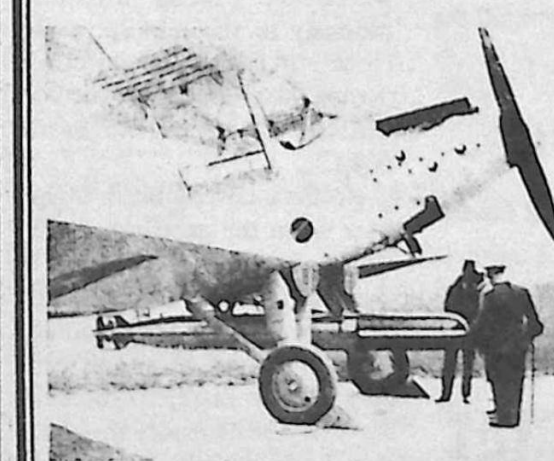
Air Force Trivia What, where, when



The photo of these messy monsters comes courtesy MWO Cameron of VU33

Trivia Answer

No one responded, in spite of the clue about 'beasts'. These are Vickers Vildebeests--metal torpedo-bomber biplanes, circa 1938.



Section News



407 Squadron



\$
You and Your Pay

Make a

Budget

MONTHLY DATA

Net Income

Mid-month _____

End-month _____

Spouse _____

Interest _____

Rental _____

Pension _____

Other _____

TOTAL A _____

Food

Grocery _____

Corner Store _____

Restaurant _____

Drink _____

TOTAL B _____

Transportation

Car Payment _____

Gas _____

Repairs _____

Insurance _____

Parking _____

Bus, Taxi _____

TOTAL D _____

Personal Care

Drug Store _____

Dentist _____

Doctor _____

Optical _____

Hair Stylist _____

TOTAL F _____

Debts

Credit Cards _____

Bank Loan _____

Other _____

TOTAL H _____

Accommodation

Mortgage (p.i.) _____

Rent _____

Heat _____

Telephone _____

Cable _____

Hydro _____

Water _____

Repairs _____

Furniture _____

Insurance _____

TOTAL C _____

Clothing

Winter _____

Summer _____

Dry Cleaning _____

TOTAL E _____

Insurance

Life _____

Other _____

TOTAL G _____

Miscellaneous

Personal _____

Sports _____

Cultural _____

Holidays _____

Donations/gifts _____

Smoking _____

Other _____

TOTAL I _____

N.B. You can use your receipts to list your monthly data. Also consider irregular expenditures such as repairs. Then transfer your TOTALS on Budget form

Another busy couple of weeks and there is even some grumbling going on that work is cutting into our fishing/golf/sailing time. Crew 1 recently came back from a round-the-rim tour. Anchorage, Adak and Hawaii in 4 days. (If this is Mon we must be in Adak.) It was in Adak that Maj Nak admitted to being a closet snob. It seems that only designer wood is good enough for his wood store. Yes, it's true, our SOPSO only uses Gucci firewood (quantities limited, prices subject to change).

Crew 3 recently got a Bravo Zulu from the Commander of Northern Region. It arrived in the form of a bottle of Vodka. Russian Vodka Real Russian Vodka! Bert 'The Eagle' Fenton had a nasty scare the other day. The CO hauled Bert into his office and let him know that the screening process had begun for his new and improved posting. Yes folks, our favourite Tacnav was on his way to Adak (with a K) in two weeks. Of course we got the whole sordid affair on tape. To his credit though, the only visible signs of shock were some minor whines about leave and a pronounced facial tic.

Lt Ness of Crew 5 found out the hard way what happens if you insult a Tacnav. On a recent flight he wondered aloud how long it would be until Capt Cutland finished his Tacnav OJT. Capt Cutland is (he reminds us constantly) a moderately adept, qualified Tacnav.

In retaliation, young Paul was left in the prone position during condition 5 checks. Awakened by the nose gear lowering, he strolled up front to see what was happening. He was so sure that the aircraft was about to make an unplanned touchdown, that he ran back and warned the Tac compartment of its imminent demise.

Crew 2 is off to the place with no name. They are this years competition crew. The good news is that when they win, they carry on to Fincastle. The bad news is that this year Fincastle will be in the place

with no name. At least they do get to go to the Abbotsford Airshow (if they decide not to take leave). Sometimes it just doesn't pay to get out of bed.

Crew 4 is off in Scotland eating haggis and trying to find anyone that speaks real English! Rumour has it that our own 'Sven' is looking forward to trying on a few kilts.

Last, but not least, the 407 Sqn family day was a great success. Those that had the chance enjoyed a short family flight as well as numerous displays.

Finally, Pilot Tip No.27... If you have moved the gear handle up more times than down, you are most likely not in the ideal landing configuration!!

Maint/Eng bay

With all the cards dealt out I discovered that the King of Clubs will entitle you to a first hand chance at writing the next article for the Totem Times. With Rimpac 90 over and done with things are once again busy in Maintenance/Eng Bay. With aircraft 117 barely out of the center bay, 140110 has captured its spot. Not only do we rotate the 407 fleet through the Section, we also bid farewell to familiar faces and at the same time extend a welcome to new personnel arriving. A farewell goes out to WO Brian Maddex who is off to razzle dazzle 3 crew. Pte Mike Lafitte is off to 3 crew, Pte Ray Girardi is off to 2 crew and Cpl Steve Bennett has temporarily left us so that he can attend his junior general course in Penhold. And of course, an unexpected farewell goes out to our own 'bag of laughter', Cpl Glenn Awalt, who is busy learning what makes an F-18 tick prior to his departure to Baden.

We welcome Cpl Dave Kenesley from 3 crew to the Section along with Ptes Trevor Kendall and Vince Horne. A welcome back also goes out to Cpl Ray Tessier for surviving his first line course in Greenwood. Congratulations from everyone in the Section on his upcoming wedding. All of us in the Section wish the two of you all the best for the future.

Please remember the Queen's Regulations and Orders (QR&Os) state that your pay is your responsibility. We at the Pay Office are just as eager as you are to avoid problems with your pay. Therefore, if your pay should vary either up or down by an excessive amount, you should inquire at the Pay Office as soon as possible.

Summertime is a perfect time to start a budget. The nice weather and longer evenings make us want to 'shop 'til we drop'. However, eventually Mr. Visa or Mr. Master Card catches up with us and we wonder why we spent so much.

A sample budget is provided and you may alter the budget to meet your own personal needs.

Banker's quote: 'Creditors have better memories than Debtors.'

BUDGET RECAP

NET INCOME: A (FROM MONTHLY DATA)

EXPENDITURES: B

FOOD: C

ACCOMMODATION: D

TRANSPORT: E

CLOTHING: F

PERSONAL CARE: G

INSURANCE: H

DEBTS: I

MISCELLANEOUS: J

SUB TOTAL

OBJECTIVES SAVING (10%)

FRISP

OTHER

TOTAL EXPENDITURES

(NET INCOME MINUS TOTAL EXPENDITURES)

= AVAILABLE INCOME

DATE

Chuckle

During 1978 a persistent thief had stolen 10 pounds nightly from a news-agent's shop in Barking, Essex. Every morning cash was missing from the till and so the shopkeeper devised a plan to catch the culprit.

Into his shop the owner transported a giant cardboard box which he placed unostentatiously in the middle of the floor. After five o'clock closing, he climbed into the box wherein he spent the entire night.

Nothing stirred until 14 hrs later when the excellent sleuth, tired and stiff, emerged at dawn to answer a call of nature. Minutes later he returned, stretching a leg here and rubbing a neck there, to discover that, in his absence, the thief had been, taken 10 pounds from the till, and gone again.

RCAF Association news

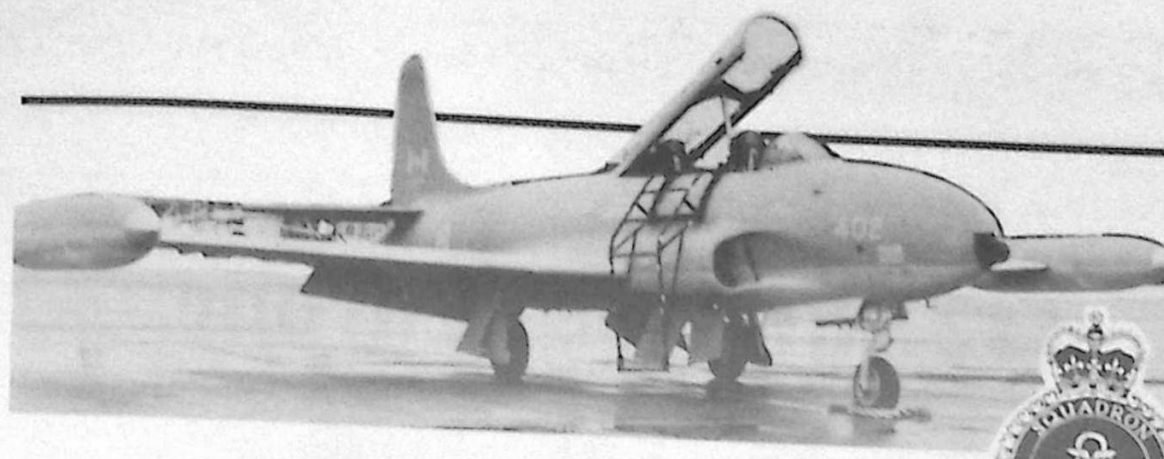
October 9-12, 1990, Royal Canadian Air Force Association Annual General Meeting and Convention - Beausejour Hotel, Moncton, N.B.
Information - E.G. Orr, P.O. Box 992, Moncton, N.B. E1C 8P2

Phone (506)388-4630, FAX (506)382-3186

NEXT DEADLINE 09 Jul

Section News

VU33 CDs. CO Maj Arsenault presenting.



1 Crew

Anker Klankin

Once again it's time to fill everyone in on the major and minus happenings here at VU. First on the list of major things is the departure of our number one Major. It was done in grand style at our Change of Command parade. The entire sqn showed our visiting marines just how sharp the Air Force can really be. Gleaming boots, razor sharp creases in uniforms and precision drill movements. (There may be a slight exaggeration here somewhere but what can I say. Someone once told me that I tend to stretch the truth a bit. Imagine that.) I'm sure, as many have said, Maj Arsenault will be sadly missed, but at the same time we're looking forward to meeting our new boss, Maj Bolton. He's got a hard act to follow but I'm sure he'll fit in perfectly.

That pretty much covers the Major (halha!) things going on. A little further down the ladder, we can now bid farewell to our above mentioned Marines. Things are bound to be a bit quieter around here now that the A4s are finally gone.

Anyone who was around Glacier Greens on 14 Jun was probably a part of VU33 history. I'm sure that had to be the largest mugout ever for our little sqn. It's not everyday that you say arrivederci to 13 of your fellow workers. Many laughs were had by all and some of the mugoutees even lived up to their 'roasts'. Like Chris Shelly, who somehow managed to take a cat nap while driving his bicycle home. Chris is going to have to speak to the folks at MIR though. That green sling clashes with the light blue uniform.

On the baseball scene, our boys with the bats and balls have had a couple of less than perfect weeks. Maybe they're just building everybody else's confidence a bit by showing them they're not totally unbeatable.

Someone was seen the other day with a somewhat confused look on his face. Apparently he is trying to discern the difference between Coho and Fahrenheit - or is that Chinook and Celsius. Anyhow catching the tail end of a conversation sure makes it difficult to know

if it's about fishing or the weather. Right J.R?

One note before closing. We'd like to welcome Al Nantel and Dwayne Veitch to the C.D. Club. They each received their decoration during our practise for the parade. Well done guys.

2 Crew

Ugene Meyer left for Shearwater 25 Jun. We're going to miss his common sense approach around here. See you Gene and Sue.

The mugout was well attended and everybody had fun. I could say more on the roast, but I'm sure Dave and Weiner will cover more than enough.

So onward to present news. Oscar and Larry should be coming back to work soon. I heard the longer Oscar remains on leave the harder it is to catch a fish.

Marc Pilon's house warming party was a smashing success. Marc (that sneaky devil) proposed to Deb during the festivities. Fancy that.

Nick (the 9-5-2 expert) says he will be available to teach the finer points of trumping. His patience and understanding is really quite remarkable. Then again, maybe he's cheating.

Maintenance Mutterings

The parade went off without a hitch, almost. Hats off to MCpl Mark Keller for having the fastest hands in the sqn and MCpl Brian Shackleton now knows how a shishkebab feels, almost. When two guys bend down to grab a hat rolling on the ground and one of them has a bayonet, the other guy gets a real good close up look at the pointy end, n'est-ce pas?

A hearty welcome to our new CO. He should fit in here quite nicely. I have it on good authority that he hunts, fishes, plays hockey and even more importantly, he skis. It's about time we got some 'qualified' people here that didn't require skidding is believing!! Our new leader has already been briefed on 'Rock Bay' et al. Welcome to the sqn Maj Bolton.

Speaking of Rock Bay, don't forget to duck after the speeches.

More 442 Sqn

going down hill on an ATC or dirt bike with no brakes is not a great idea, a 3 man posse on horses looking for a non-existing camp.

Luckily, however, all the campers were reunited just in time to enjoy a soggy dinner



MCpl Al Nantel



Cpl Duane Veitch

'first lady' certainly earned the admiration and respect of all of us. She gave a whole new meaning to the term 'doing a little extra'. Good luck and God speed.

The Base Commander must have wondered what was happening. A quick glance at the flight line and there were two C.A.F. T-33s, ten US Marine A4s and two USAF F15s. "Has there been a coup that I don't know about?" It's alright Colonel, they're just visiting.

The sqn ball team is in an awful slump of late, maybe they could find an open slot in the slow pitch league, if their pitcher could handle it? When a fly lands on the ball during its delivery, one might say it was not 'cooking'.

This has been an exciting century. First we had Haley's comet and then we had MCpl 'Gordo' LeBlanc on parade! Be still my heart.

You'll have to ask Boyd Russell about this one, but we have a new method of engine removal on aircraft 581: The AFT section goes on with velcro tape and then you call for 'Leroy'.

One final parting shot for Wayne Hartin. It is rather fitting that he should have a hot tub party for his swan song: He spent most of his time in the sqn in 'hot water'.

continued from page 9

to return to indoor plumbing and warm, dry beds.

Thank you to the mess hall staff for the great food and also a big thanks to supply for the equipment. And, last but not least, a very big thanks to 442 sqn for the airlift.

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Section News



Supply Signals

As Base Supply turns we are all recovering from our annual fishing derby and BBQ which took place on the 16th of Jun. It was a great success especially for Cpl Hailes and Cpl Carignan who walked off with most of the prizes. Christine caught the biggest spring and the biggest fish; not bad for a non-fisherman. Norm caught the biggest Coho and the two hidden weights. WO Howell took the honors for the most fish weighted in. A few people felt the water was too rough to be out in; maybe next year Ron.

We would like to welcome our new BSupO Maj Percy who comes to us from Philadelphia. The officers seem to have all the tough postings. Good luck to our departing Maj Blakely who is off to lovely Ottawa. Also, welcome aboard to CPO 1st Class Ally who is taking over the SGO/D position and adding a touch of class to it, or so the navy types say. WO Lavoie will be handling the reins of SGO/T while WO Cochrane is enjoying the sun in the Middle East.

Over in General Stores, Stan

is off to California to visit all that is touristy. Have fun Stan but don't forget us. MCpl Allard and Mr. Orbell are teasing the rest of the staff with talk of their up coming journeys. Sylvie is going on a cruise to the Mediterranean with her long lost husband and George is off to Hawaii again. When do you work George?

Congratulations to Kin Heath on her recent marriage. I guess this means another trip to Hawaii. Maybe you'll see George.

The steak and lobster night on 15 Jun went well, but the question is - Cathy Higdon, did you enjoy your night out or did the lobster not agree with you, and do you still need to be rescued?

While we are asking, MPO would like to know if a lay-down bunt is legal in slow pitch? Maybe a certain private in Clothing Stores could tell them. What about it Judith?

In closing, you all know that Cpl Carignan found her canoe, which we are sure will help in the depot in Edmonton BUT Sgt Adams, did you find your cup and will it stay found?

Base Supply Changeover



Maj R.W. Piercey (seated) accepts command of Base Supply Section from Maj L.R. Blakely, outgoing BSupO, witnessed by LCol G.T. Mack, BTSO.

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LITERACY



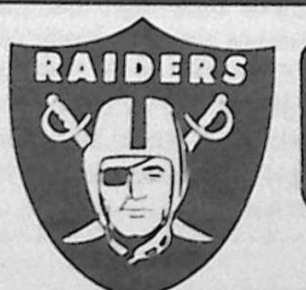
FACT-14 Due to economic depression, literacy is on the increase around the world.

FACT-15 If current trends continue, 912 million people (a quarter of the world's population) will be illiterate by the year 2000.

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442 Sqn Does Europe

This year 442 embarked on what was to be the last European trainer by the Buffalo ever. The trip started off in its usual fashion as Tony Jones didn't find out until 1600 hrs the day before that he would be going when Maj Hanna decided to get grounded at the last minute.

Day 1 - 06 Jun

0600 hrs - The crew arrives at the hangar with visions of Europe dancing in their heads. The members were: Mission Commander Mort MacDonald; pilots Tony Jones, Denis Fontaine and Paul Blouin; Navs Marc Ouellet, Mike Loader; engineers Brian Branch, Don Monk; techs Bob Wild, Guy Letelier, Jim Laroque; lab person Gob Ringuette; Bill Shaw and Don Harper.

By 0700 we were airborne and on our way. The day was uneventful with flawless instrument approaches into Edmonton and Churchill (clear and a million wx) and Paul greasing one on in Churchill. (He had 10,000 ft of rwy to work with.) Our bus was there to meet us for the 5 mi cross country trip into downtown. Supper was had (great pizza and place mats) and Tony bought himself a lovely hat. Then off to the Legion where Marc and Brian showed their dart playing prowess while Bill and Don played shuffleboard. The three stooges (Bob, Guy and Jim) walked for 1/2 hr to see ice in the water. (They don't get out much.)

Day 2 - 07 Jun

Up nice and early for breakfast and departure. Marc was stunned to hear that the bus trip (10 mi total) would cost \$150 and Mort found out that no matter how much power you use, you must release the parking brake before starting to taxi. Another uneventful trip to Sandstrom, Greenland. Wheels in the well and everyone in the back went to sleep. It was an early landing into Sandstrom; 1830 hrs halha! The evenings enter-

tainment was the one armed bandits, foosball and cheap beer.

Day 3 - 08 Jun

Rough nights sleep - the sun never sets and no curtains. Nice hop into Keflavik, Iceland and it only took us 3 hrs to find gas and food. We didn't leave Iceland until 1800 hrs for Prestwick, Scotland. It was another early finish arriving in Prestwick at 2300 hrs. All there was to be seen was the inside of the hotel.

Day 4 - 09 Jun

Finally up at a decent hr (0730). The crew was well fed by the hotel owners and then it was off to the airport via downtown Prestwick. (Don't blink or you'll miss it.) This was the crews turn to learn how hard it is to fly in Europe. Three hrs later, after getting clearance, we finally lifted off from the airfield on our way to Caen in France. Nobody accepts American money here and 2 hrs later we were able to sample some French wine and the fine food. The evening was spent in the hotel bar with 3 British gentlemen trying to pick on Marc's haircut.

Day 5 - 10 Jun

One thing about French showers; they don't use curtains so once you've showered you can take a swim in the pond that has formed on the floor. This day was a very special day in history. 10 Jun 44 was the day that 442 sqn, which back then was part of 144 Fighter Wing, landed at the airfield of St.Croix Sur Mer, just northwest of Caen. Our crew was to be part of a dedication ceremony along with 441 and 443 sqn. LCol Cloutier and WO Boyd also attended. A memorial was erected on the site of the airfield and the original Wing Commander and sqn commanders also attended. Later the town

put on a luncheon for us and gave the crew an opportunity to sample more French wine. Later, we were to visit the beaches of Normandy; a very interesting lesson in history. After supper Bill and his roving gang of idiots decided to take a drive to Paris and see the Eiffel tower. Well finding the tower was easy. It was when they decided to put gas in the car that their problems started. Don 'Diesel' Harper mistakenly put diesel fuel in the car and it only got about a block down the road before blue smoke started coming out of the car. The next 2 1/2 hrs were spent draining the tank and putting in normal gas. They finally arrived back at 0400 hrs.

Day 6 - 11 Jun

It was off to Lahr today and stock up on supplies at the Canex. Bill and Diesel were the first Sar Techs to do a para drop into Lahr and Baden on the same run in. (You'll have to ask them about it.) Later we were off to see the local entertainment and, yes Edith, Marc stayed in the hotel to study his OPDP.

Day 7 - 12 Jun

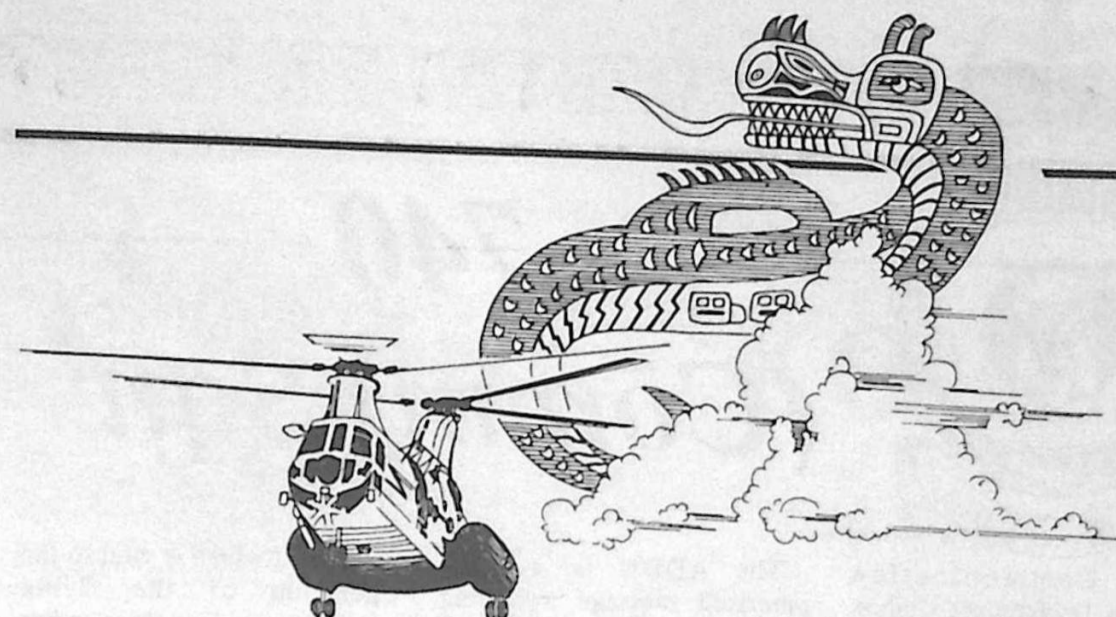
We were off to Keflavik then on day 8, when we tried to leave for Frobisher Bay we lost our generator after take-off. After holding for 30 mins, we finally landed. Mike 'McIntosh' loader was so busy flight planning for the next leg, that he didn't realize we had come back to Keflavik.

Day 10 - 15 Jun

After spending three days in sunny Iceland, it was off for Edmonton where we promptly broke down again.

Day 11 - 16 Jun

With the plane healthy again, it was back to Comox only a day late. Overall, it was an interesting trip and one we shall not forget.



All sorts of things to report this time.

The Sqn survived a practise exercise including shelters, only to have that bestowed privilege 'dispersed' from them. Seriously, those of you who played shut-in for three or four hours, get posted to 442 - what a great place to work. The mess hall was super to have opened for a hot meal for the whole Sqn. The little walk to the mess was rather uplifting to boot. Obviously, 442 was outstanding on UDF. Reports have it that one female guard was thoroughly checking every vehicle passing her on the tarmac for verification. Outstanding! We believe she was just in a 'chatty' mood and wasn't being selective of victims. Honestly, good work to the Sqn and especially UDF; even those with sustans.

The Sqn held its annual Mugout on Thurs., May 31st. An excellent turnout. Again, to

those of you who can - get posted to 442 Sqn. What a super bunch of people. Many longtime faces are leaving this year or have left. The highlight of the Mugout was a roasting of CWO Parkin who is off to Moose Juice. Hope all your gifts from the Sqn will come in handy. You'll be missed big time.

Ground personnel leaving are John Raines, Dave Biskey, Pete Phelps, Rob Wilson, Tom Barker and Tim Ford. The best of everything to everyone. It will be hard to find replacements - yeah right! The Mugout was an ideal time to better acquaint myself with those people I seldom get a chance to talk to...hal To Pete, could we have a picture of you, preferably poster size. To Tim, who ever will fill your TV position? Amen!

The Mugout was a fine example of why 442 is such an enviable Sqn. Everyone had an

excellent time. The Aircrew were actually witty - actually they were hilarious - especially the Bengal Tiger joke. Congrats to Dan Pierson on winning the coveted Texas Mickey. With Della gone, it's good you'll have something comforting around. A special adieu to Capt Cupcake Cutland. You will be certainly missed. Hope you'll be able to 'keep morale up' in Winnipeg. You did a great job here. A big round of applause to Serge Perron for organizing such a memorable event.

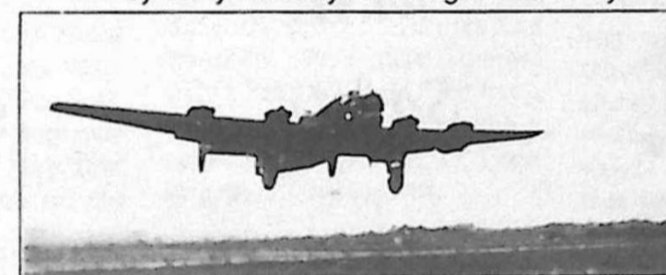
MSRO

The 'Big Guy' has finally returned from course, jolly as ever. We're very glad to have him resume control from the 'tyrant'. Just joking Jim...sort of. Nat and June enjoyed a round of golf with Nat's best game ever. We won't count the numerous Mulligans the two of you took in order to achieve

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It is now more than 50 years since the start of WW II. The Royal Canadian Air Force came of age during the war, but through the intervening years, little was ever a comprehensive book about this important time. Here at long last is that book! The Royal Canadian Air Force At War 1939 - 1945 will give years of enjoyment to any RCAF veteran or any fan of Canada's aviation past. It covers all key aspects of the air war: Lead up to 1939 • British Commonwealth Air Training Plan • Day and Night Fighters • Bomber Command • Coastal Command Air Transport • POWs. Escapers and Eavies • WDS • Canada's Aircraft Industry • Test Flying • Aviation Medicine • Ferrying • War Art. and more. Every theatre of action is covered, every RCAF squadron, aircraft type

and station is listed, and the 1000s of Canadians in RAF units have not been forgotten. The RCAF At War has a massive text (10 chapters plus appendices) but its price of resistance is the pictures. There are more than 1500! This is the largest published collection of Canadian military photos. They show the vast array of aircraft types flown, the people who flew and maintained them in all parts of the world, and the places they served, whether on Prairie training station, hunting U-boats over the Atlantic, bombing the Ruhr, flying the mail, or dogfighting over France, North Africa or Burma. The RCAF At War is a large format (9 1/4 x 12 in.) hardcover and has nearly 500 pages. The dustjacket has two specially commissioned paintings. The book is for publication July 30, 1990.



The RCAF At War is available exclusively by mail from the publisher. Regular price \$75.00. Books ordered before June 30 are \$69.00 (save \$6.00).

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Section News



442 Squadron

such scores. No worries LPGA. Jim Fortin has disappeared this week. We're not sure why, and we're not complaining.

Admin

Karen Allen managed to control her stomach during dispersal while on exercise. This is a big step for K.A. We're proud of you 'UNI'. Way to go! Jean Marc Harvey is preparing for posting to Trenton. There's a possibility of purchasing a house in Trenton with an underground pool and a sloping view to one side. For more details, see Jean Marc. And Jeannie B. is finally TQ4 qualified after only one year and five million typing tests. Congrats Jeannie.

Avionics

Lloyd Stajkowski has volunteered for Yellowknife this summer, complete with cadets and mosquitoes. He's now looking to purchase a fly rod and lots of bug repellent. Paul Delaney is wearing a hole in the shop floor, as he eagerly awaits child No.2, due to debut 10 Jun. And Josee Francoeur has donned a new cap. Thanks for the fashion statement.

Buff Maint

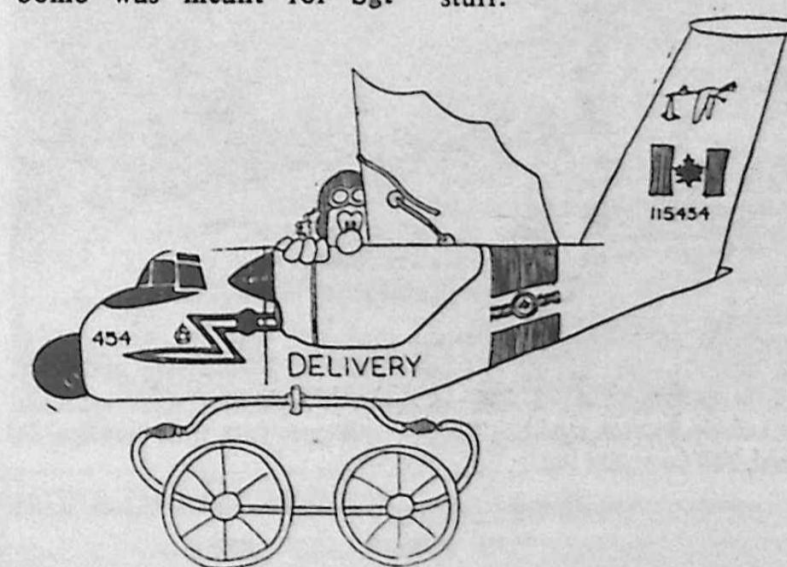
Darren Thordarson and Aubree Bergin would like to extend their deepest apologies to Mario Trudell for being a victim of circumstance. The paper bomb was meant for Sgt

Roblee. Watch out ladies and dads, John, the 'shark' Yaniuk is on the prowl again after a brief bout of celibacy. The section believes it is time to separate Pte Lagace and Bruce Morgan. After a long period of silence, Pte Lagace has become a mini-Bruce. Break out the ear defenders. Sgts Roblee and Kendall have been wondering what's become of Alex Martel. His chair in the office is collecting dust. Possibly the Career Mangler had a few good words for Alex. Usually people start shining during PER time and that's OK Alex. One must start sometime.

R/W Maint

Rotary Wing would like to wish good luck to 'Big Nose' on his chopper course. Marc Letourneau is on his way to Servicing. Serge Perron is wearing coveralls again. Does this mean that some body functions have begun to taper off? Hope you're feeling better soon.

One last note, this reporter had the rare opportunity to witness the Sqn softball team in action and what a sight. Congrats on your victory guys. The SRO, Alain Carrier, will be enrolling in Ryan Hardin's 'counting to 3' course sometime this week. It was a splendid run Sir. Perhaps you could hit the ball next time and forget that confusing counting stuff.



CONGRATULATIONS TO SGT PAUL DELANEY AND FAMILY ON THE ARRIVAL OF THEIR SECOND DAUGHTER, CHELSEY RAE, BORN 10th JUNE. HOPE SHE LOOKS LIKE MOM. BEST OF LUCK PAUL.

3 Crew Servicing

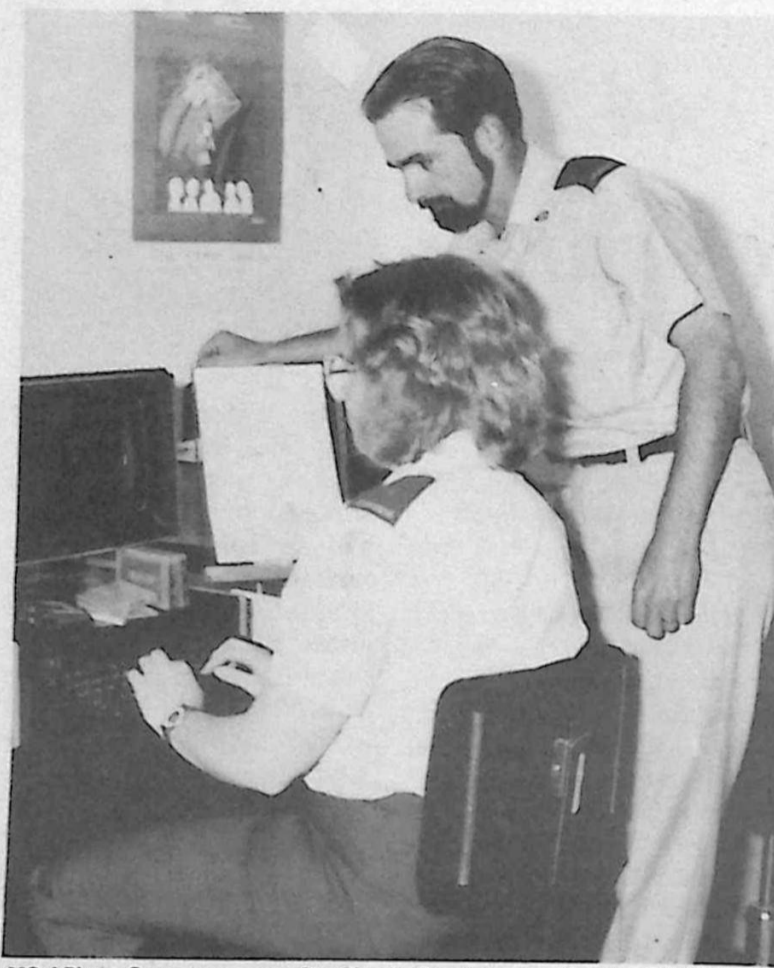
Adventure training or survival training we are not sure. This is the question that the 3 crew campers are asking each other. What was supposed to be a fun-filled weekend of fishing, moderate hiking, and just plain fun, turned out to be a very wet weekend with one

fish and mountain climbing that is comparable to that of Mount Everest. Some of the highlights of the weekend included Sandy Cummings getting fogged in on Tsable Lake, Yvan Defoy realizing that

continued on page 7

Section News

740 (Comm) People



MCpl Pierre Garant oversees Pte Sharon Dowhan operating the DIAC circuit.



Cpl Bruce Kaysmith updates 'the ledger' under the watchful eye of MCpl Serge Picher.



Cpl Letecia Gumboc receiving her new rank from Capt W.C. Brundige, Det Comd, 740 CommSqn Det.



740 (Comm) Sqn

740 Communication Squadron Detachment Comox is one of 82 Communication Centers which form the backbone of Canadian Forces Communication Command. The Detachment is a lodger unit at CFB Comox with its parent Sqn located in Nanaimo. The 'Det' consists of 16 personnel. This group is a mystery to most Base personnel as we are 'locked up' on the first floor of 7 Hangar, adjacent to the DIAC, and most of what we do is cloaked in secrecy. The unit is operational 24 hours a day, 365 days a year. Yes, Virginia, even at Christmas.

740 Comm Det is comprised of two parts; the Message Center and the Crypto Center. The Det. is commanded by Capt Bill Brundige and Comm Center Superintendent is Sgt Steve Shaw. The Message Center is a hive of activity. Supervisor MCpl Pierre Garant and his able crew process all message traffic in and out of CFB Comox. To say that they are busy would be a gross understatement. Almost 28,000 messages were handled in the months of Apr and May over the Automated Defence Data Network (ADDN).

The ADDN is a computerized message switching system owned by DND. Over 31,000 circuit miles of interconnecting lines are leased from commercial companies like Bell Canada and Telecom Canada. The ADDN connects 75 comm centers and provides the command and control capability for the Canadian Forces.

The people in the Message Center are also responsible for the operation of the Integrated Data Network (IDN). This is a computer based secure data communications network consisting of 8 backbone nodes, 14 remote sites and 26 access sites. CFB Comox is one of the access sites. With approximately 50,000 circuit miles of network, the IDN high speed lines connect every major CF installation of Canada and Europe. Once it is fully operational (mid 1990) the IDN will be DND's major computer communications network with almost all computer systems in DND able to access it.

The Crypto Center is an area which we, unfortunately, cannot tell you too much about. It handles, and strictly accounts for, classified material and

equipment which is vital to the operation of the flying squadrons and various other sections on the Base. MCpl Serge Picher is the Crypto Supervisor. Together with Cpl Theresa Wilkinson and Cpl Tanis Caesar, he is kept very busy administering 'the account'.

So there it is. We hope we have enlightened you as to whom we are and what we do. Next time you see someone staring out from behind a barred wicket or secretly moving in or out of a locked, windowless door, you won't have to wonder what he or she does. Just smile and say hello because, remember, they deliver your posting and promotion messages.

UNIT NOTES: Congratulations to Cpl Chantal Harvey on her recent promotion. The Det says 'welcome back' to newly promoted Cpl 'Bic' Gumboc along with her brand new son Justin. Finally, a reluctant 'Bon-Voyage' to Cpl Denis Rivard and his wife Denaise who are off this summer to 764 Comm Det in Washington, D.C.

CELER ET FIDELIS



Warning - Running Lights

The Ministry of Transportation Ontario (MTO) has amended the Highway Traffic Act to prohibit the sale of Daytime Running Light systems that do not comply with Canadian Standards Association regulation CAN/CSA-D603-88.

MTO warns that some aftermarket devices intended to turn on running lights automatically when the car is started may overload or short out the car's

entire electrical system.

Consumers are urged to look on the packaging for the CSA designation indicating that the device is compatible with prevailing vehicle lighting and electrical systems.

MTO has been recommending that motorists use their low-beams and other running lights during the daytime. Experts agree that daytime running lights reduce accidents by increasing the visibility of the vehicle.

MSE Safety

Safety Quiz

The factors which contribute most to automobile accidents is:

- Defects in the highway
- Half-hearted law enforcement
- Attitude of the driver
- Mechanical imperfections in the automobile

Answer "C"

Actual Insurance Quote: "My car was legally parked as it backed into the other vehicle."

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Canada's Forgotten War

KOREA 40 Years Ago

By Bob Orrick C.D.



Fifty years ago, much of western Europe cringed in fear and watched helplessly as advancing Germans raced across country after country. In the Pacific Theatre, Japan was driving virtually unimpeded south and east. The days of World War II had taken root and the combined Nazi and Land of the Rising Sun war machines seemed unstoppable.

History has recorded the Germans and Japanese were stopped, eventually.

All the world recalls those days. And the jubilation that followed in the summer of 1945 when the War in Europe came to an end. A few months later, in August, Japan surrendered and WWII was over. The Allied Forces, including Canadians, had won.

What is not so well remembered is that just five years later a world-threatening war erupted in Korea.

Forty years ago on 25 Jun 50, North Korea launched a surprise attack against its southern neighbour, South Korea, and the 'Forgotten War' was begun.

Much has been written about World War II. The long years of bitter struggle, the sacrifices, those who died in gas chambers and, of course, those who gave their lives in defence of the principles of freedom. On the losing side, those who fought so desperately in an attempt to spread a doctrine the world had not seen before. Nor wants ever to witness again.

Much less has been written about the Korean War.

There are similarities between the two wars; there are differences.

World War II is widely remembered as being a war, whereas the Korean War is often called a conflict. Or, a police action. The war in Korea

was a war with all its attendant horrors.

Why the difference? The dead, the maimed, the mutilated, the wounded, the separated and the confused were as dead, maimed, mutilated, wounded, separated and confused in the Korean War as in WWII.

Forty years ago Canada responded to the United Nations' call for help and fulfilled her obligations under the Charter of the United Nations.

Forty years ago, the first of 27,000 Canadian army, navy and air force personnel (men and women) departed for Korea, then a little-known, far-off land on the other side of the Pacific Ocean.

Following the cessation of hostilities in Europe, and later, in Japan, Canadians coast to coast rejoiced in victory. The enemy had been defeated and the world made safe once again.

Then along came the war in Korea. The war to end all wars was but five years past. Once again, Canadians were called upon to take up arms and defend the principles of freedom. This time around only a handful of this country's citizens knew there was such a country called Korea; or knew its geographic location.

Unlike the months and years of warning prior to Hitler launching his attempted conquest of the world, and Japan's war with China, the North Koreans, at the urging of their Soviet masters, struck suddenly and without warning.

American intelligence had been alerted that the North Koreans were looking with itchy trigger fingers at South Korea. The Communists saw their southern brethren as being weak and in no position

to repel a sudden, concentrated attack. The Soviets assured their North Korean puppets the Americans would not, could not, come to the defence of South Korea.

History has recorded North Korea almost succeeded. A few weeks after the June attack United Nations Forces were driven deep into the southern tip of the Korean Peninsula. Pusan became a staging port for a UN counter-offensive. The fighting was intense.

In mid-September a brilliant move by the United Nations Forces stemmed the North Korean's advance and carried the war into North Korea. Under the command of U.S. General Douglas MacArthur the UN forces struck at Inchon, a major seaport on the west coast of Korea south of Seoul. They succeeded in cutting off the North Koreans from their supplies and support groups. Following the Inchon landing MacArthur started his drive to the Yalu River on the border between North Korea and China.

In October it appeared the war would soon end and all troops would be home by Christmas. Sadly, UN general staff did not give sufficient weight to intelligence reports that indicated the Communist Chinese would soon enter the war if the United Nations Forces did not withdraw from North Korea.

After threatening to enter the war in support of North Korea, the Chinese Communists, in late November, attacked with a very large force, effectively halting the advancing UN forces. Intense, bloody, battles raged up and down the Peninsula, back and forth across the 38th Parallel. Casualties mounted on both sides.

It has been recorded the

strength of the North Korean and Chinese armies were their superb infantry. The Communists were a most formidable foe.

The tide had turned and 'home by Christmas' was soon forgotten as the intensity of the Korean War increased dramatically.

For the remainder of the war until the cease-fire in Jul, 53, the UN's position was more to prevent the Communists invading South Korea than to drive across the 38th Parallel and destroy the combined North Korean and Chinese Communist forces.

Following the signing of the cease-fire at Panmunjom until Dec, 1955, Canadian army and navy personnel remained in the Korean Theatre to ensure the uneasy truce was not violated.

It should be remembered neither side had been defeated; no peace treaty signed. Today, armed sentries patrol along both sides of the 38th Parallel. It is indeed an uneasy truce.

Unlike WWII, there was no victor, no vanquished. No victorious force returning home to a grateful country. No victory parades. No dancing in the streets of Anytown, Canada. Only a passing headline or two to mark the end of a war that saw upwards of four million casualties on both sides. A war that saw 516 Canadians die in defence of freedom. A war that saw 1,200 Canadians suffer wounds or war-related injuries. A war that saw 43 percent of Korea's industrial facilities destroyed and 33 percent of its homes devastated. In a word it was a WAR!

Canadian servicemen, veterans all, did not come home to a grateful country brimming over with jubilation because the United Nations Forces had stopped the spread

of the Red Scourge in Asia. Rather, as with the start of the Korean War, a few localized headlines heralded the return of Canada's sailors, soldiers and airmen as each unit returned to its home base after one, two or three tours in Korea.

Very much a 'non-entity'. Yet, had not these Canadian servicemen and women stepped forward and volunteered for service, perhaps the world would be a very different place today. Forty years later, the seeds of democracy sowed in Korea by Canadians and their United Nations compatriots, are bearing fruit as the world witnesses European countries throwing off the Communist yoke. Canadians should reflect on what a different world it could be today had those 16 United Nations members not responded to South Korea's cry for help.

Perhaps, because the Korean War was before the advent of the 'nightly news' bringing vivid, colour pictures of the action (a la Falkland Islands War and Vietnam War) into Canada's living rooms, Canadians are less well informed about their countrymen's heroic actions in Korea.

Now might be the right time, as the 40th anniversary of the start of the War in Korea approaches, for all Canada to recall the superb contributions made by this country's sons and daughters in the last war this nation has participated in: The Korean War - The Forgotten War.

All Canada should pause for a moment and reflect on that, and give a hearty THANK YOU to each and every Korean War veteran who lives today, and offer a prayer to those heroic Canadians who died in battle so Canadians can, this day, give those thanks.

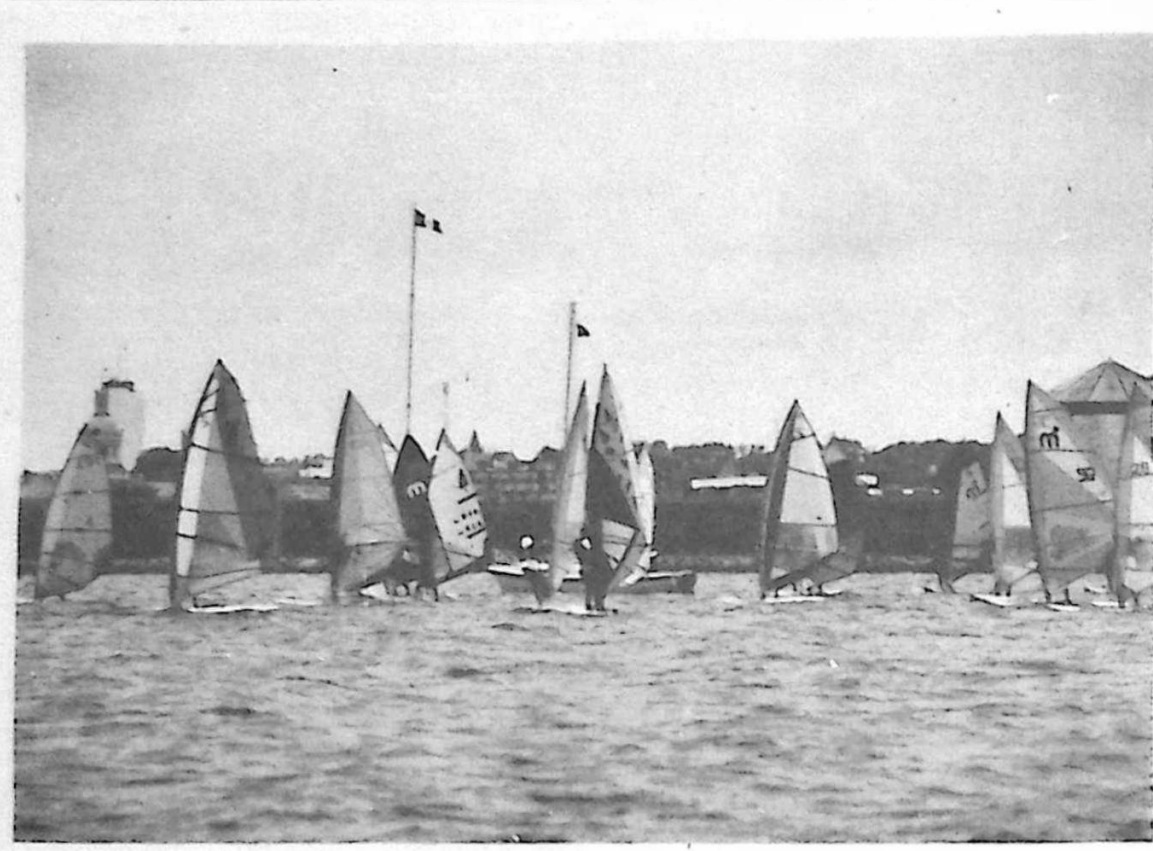
Photos courtesy Henry W. Mayer



Unit 39 KVA dedicated its plaque 21 Jun 1987 at the Comox Valley War Memorial in Courtenay, and re-dedicated it on Sunday 24 Jun 1990.



National news



Windsurfers at the CF 1989 championships in Kingston.

Windsurfing Championships at CFB Trenton

It's spring, the temperature is rising and it's windy. Windsurfers across Canada are starting to think about hitting the waves. If you're thinking about windsurfing this summer, think about competing. CFB Trenton will be holding the Air Command Invitational Windsurfing Championships from Sep 6-9 this year and it's open to all CF members.

The championship will closely follow the Windsurfing Canadian 1990 Race Board Regatta Guidelines. The primary event will be course racing with slalom and long distance as the secondary events. There will be four racing classes, a men's lightweight (78 kg and under), men's heavyweight (75 kg and over), a

masters (age 35 and over), and a women's class.

The equipment will be limited to any production course board (no division 2 or custom). The slalom event may be sailed with any type of board. The sail size will be limited to a maximum of 7.5 square meters.

So, when you're out on the water this summer, think about Trenton 1990. Practice your racing, work on those jibes and pack some equipment. (Bring a large sail, if you can't bring your own board; we're planning on having some windsurfers available.)

If you have any questions, please call Capt Denis Gagne in Trenton at local 2400.

NATO Reservists Meet in Calgary 22 Jul

By LtCol D.A. Henderson

Twelve hundred delegates from 12 NATO countries will gather in Canada this summer for the annual Summer Congress of the Interallied Confederation of Reserve Officers (CIOR) and the associated medical confederation (CIOMR). The Congress will be held in Calgary from July 22-28, utilizing facilities at CFB Calgary as well as those of the city itself.

Attendees from all services and environments will represent their national reserve officer associations, which are similar to Canada's Conference of Defence Associations (CDA).

The delegates either attend meetings and presentations aimed at improving NATO's reserve forces, participate in a medical convention, or in the case of approximately 200 fit officers, participate in demanding military competitions including marksmanship, rifle and submachine gun, land and water obstacle courses, orienteering and military first aid.

In addition, another group of up to 60 officers will participate in a Young Reserve Officers Seminar (YROS) under the auspices of CIOR. Meeting in conjunction with CIOR and CIOMR is a group known as the National Reserve Forces Committee composed of the chiefs of the reserve forces of the 12 CIOR/CIOMR countries.

Under the guidance of the Canadian presidency, CIOR is addressing a number of topical issues this year including the internal CIOR structure, the number of commissions and their mandates, a more effective system of conveying to NATO Headquarters and appropriate national headquarters the decisions and recom-

mendations of CIOR, and the examination of areas where the reserves have a unique and effective role to play at the domestic political level.

The reservists have a great responsibility in undertaking this task. CIOR is acting as a catalyst to analyze, bring together and assist in developing programmes for national employer support groups and to continue the coordination of the CIOR activities with those of the National Reserve Forces Committee (NRFC). Two other issues being considered include demographics and the dramatic changes taking place in East-West relations and what effect they will have on the future of the reserves.

The Governor General of Canada has been invited to attend the congress and guest speakers will include the Secretary-General of NATO Manfred Woerner, International Military Staff Officer Col David Lightburn (retired), the USA chairman of the Joint Chiefs of Staff Gen Colin Powell, the Commander-in-Chief of NORAD Gen Donald Kutyna, Canada's Minister of National Defence, the Honourable Bill McKnight, and the Chief of the Defence Staff Gen John de Chastelain.

CIOR is an acronym for the French 'Confederation Interalliee des Officiers de Reserve' a non-political, non-governmental, non-profit organization dedicated to cooperation among the national reserve officers' associations of NATO countries and to strengthening the basic solidarity of NATO. The main objectives of CIOR are to contribute to the strengthening of the deterrent and defence capabilities of NATO; support NATO policies and assist in

achieving its objectives; and to establish and develop international contacts among reserve officers to improve mutual knowledge and understanding.

The Confederation was formally founded in 1948 by France, Belgium and the Netherlands. The following year saw the Western allies of World War II sign into being the North Atlantic Treaty Organization (NATO).

In subsequent years the founding members of CIOR were joined by other NATO countries including Luxembourg in 1952, Denmark in 1956, Greece in 1957, the United States in 1958, Italy in 1960, the Federal Republic of Germany in 1961, Canada in 1964, Norway in 1966 and the United Kingdom in 1972. Iceland, Portugal, Spain and Turkey are not member nations as they either do not have reserve forces or they do not as yet have the prerequisite reserve officers association.

In 1976 NATO formally recognized CIOR through a military committee document which establishes points of contact for CIOR with NATO and provides for limited facilities as well as arrangements for dealing with the assignment of reserve officers to NATO Headquarters and other integrated military commands, the provision of NATO courses for reserves at NATO Defence College in Rome and the SHAPE schools at Oberammergau and Enskirchen, FRG. It also encourages the participation of reserve officers in NATO exercises and collective training.

CIOMR is the French acronym for 'Confederation Interalliee des Officiers Medicaux de Reserve' which was established in 1947 by Belgium, France and the

Netherlands as the medical confederation and now includes all CIOR member countries. The organization studies and discusses health issues including medical-military training and establishes and maintains close professional relations with members of health services of the various member countries' reserve forces. CIOR recognizes CIOMR as an associated organization and the two confederations hold their separate meetings in the same location at the same time, coming together for congress ceremonies, presentations and social activities.

The CIOR international president and secretary-general, who are selected from among member delegates, serve for two year terms and are members of the same national association. Canada currently holds these two international appointments with Maj Gen Reg Lewis serving as the president and Brig-Gen Dick Genin serving as the secretary-general. Additionally, the presidency is aided by an assistant secretary-general who is a member of the NATO national military representative's staff. Maj Al Ricketts, Canada's army staff officer in Brussels, currently fills the position.

CIOR and CIOMR meet on an annual basis alternatively in a host city among the member countries. The annual Congress runs five days usually in July or August. The host country, association is responsible for planning and administration.

An initiative was taken by CIOR in 1978 to establish the NRFC composed of the chiefs of the national reserve forces of the CIOR member countries. Chairmanship of this group is rotated every two years among the chiefs and currently Canada's Chief of Reserves

and Cadets Rear-Admiral Wally Fox-Decent holds the position. The NRFC was first assembled in 1981 and has been participating in the CIOR/CIOMR winter and summer meetings ever since. CIOR and NRFC individually study issues of mutual concern and then jointly discuss them before the winter and summer sessions conclude.

Another initiative taken by CIOR in 1986 was to establish a Young Reserve Officers Symposium during the summer congresses and at other times, usually in the spring, to discuss matters from a young reserve officer's perspective. They are given a theme proposed by the host nation and approved by the CIOR executive committee and through syndicate work develop a presentation which is made during the closing ceremonies. Canada usually sends four officers representing the three environmental commands and communications command. This summer's symposium theme is 'The Future of NATO's Reserves'.

There are over 800,000 reserve officers in the various national associations who contribute a great deal to their national and allied defence. In their home countries they are active and prominent in professional, business, industrial, academic and political fields and are in a position to exert a positive influence in defence matters throughout their social, economic and political spheres.

Canada first hosted the CIOR/CIOMR Congress in Montreal in 1980 and the competitions in St-Jean, Que. The Congress that year was a complete success and there is every reason to believe this year's event will be just as successful.

Work Force Reviewed at NDHQ

In March, the Department of National Defence engaged the firm of Ernst & Young Management Consultants to assist in the review of activities at National Defence Headquarters in Ottawa. The review is now underway and a team of over 30 consultants and an equivalent number of senior officers and officials is working closely with staff at the Headquarters under the direction of Vice-Admiral Charles Thomas, vice chief of the defence staff.

"The purpose of the review is to find a better balance between operating costs and capital expenditures," said Vice-Admiral Thomas. He explained the NDHQ must find a way to reduce its expenses, particularly those associated with personnel, and devote more of its resources to primary tasks.

All NDHQ activities are being carefully reviewed to identify those that could be eliminated without compromising DND's primary responsibilities, he added. "It's not simply a matter of reducing personnel and then redistributing the work among the remainder."

Deputy Minister Robert Fowler added that "in other words our aim is 'right sizing', not 'downsizing'."

Acquiring the Tools

Although it is a considerable challenge, it is, in the words of Vice-Admiral Thomas, "one which we must take up and ensure that we make the right decisions."

The firm of Ernst & Young has extensive experience in this field, having previously helped a number of major organizations to rethink their

management practices. The results of the review process will be submitted by 01 Dec and will be discussed by the deputy minister and the chief of the defence staff with the NDHQ group principals.

"Any decisions about the future make-up of NDHQ will be made by the deputy minister and myself," said General John de Chastelain, chief of defence staff, "but only after considering all input from the managers of the department. The consulting firm merely guides the review process."

A Team Challenge

Many NDHQ employees, both civilian and military, are already wondering about the impact that such a review may have on their jobs. "There is no predetermined quota for personnel reductions," reassured Mr. Fowler. "The purpose of the review is neither to undermine morale nor to achieve drastic cuts that would not take into account the individuals concerned."

Senior management acknowledged that some positions filled by members of the Regular Force and the Reserves and by civilian employees might be eliminated at NDHQ. Similarly, a number of contracts may not be renewed. However, Mr. Fowler pledged that any employees affected by the outcome of the review would be treated fairly and equitably. He added that any cutbacks will be achieved through attrition where possible. This method has been used in the past to reduce the work force in DND without adversely affecting working conditions or opportunities for advancement. Personnel

DEPARTMENT OF NATIONAL DEFENCE HEADQUARTERS



assistance programs will also be implemented to ensure that the anticipated changes will take place without affecting the work force unnecessarily.

"NDHQ is facing a difficult task," said Vice-Admiral Thomas. "Nevertheless, it is anticipated that this review will reduce administrative overhead at NDHQ, and that the savings generated by streamlining operations will bring new resources to key elements of Canadian national defence."

CDS

AWARDS

The chief of the defence staff recently awarded commendations to 13 members of the Canadian Forces.

Five members of 413 Sqn based at CFB Summerside received commendations for their rescue of personnel from the sinking Greek ship *Katia* south of Sable Island on 24 Nov 88. They include Capt

R.G. Greenaway, Lt P.D. Fleet, Sgt R.K. Lang, MCpl K.A. Brodhagen and Cpl A.G. Bevan.

Sgt E.J. Ryan of the Mapping and Charting Establishment received the commendation for preventing a victim from choking to death on 05 Jan 89.

Leading Seaman B.L. Moore and J.R.S. Longtin of CFB Halifax received the commendation for saving the lives of occupants sleeping in a burning building in Dartmouth N.S. on 03 Aug 89.

Capt N.C. Heward of NDHQ received the commendation for his resourcefulness, flexibility, diplomacy and leadership as commanding officer of the movement control detachment in Bakhtaran, Iran from Aug to Nov 1988.

Lt K.M.J. Farley of CFB Esquimalt received the commendation for conduct and reaction while at personal risk

with 105 mm artillery shells exploding around his platoon and injuring one soldier on 29 Jul 87, while on military exercise at CFB Shilo.

Pte S.A. Peterson of 3 PP-CLI received the commendation for his decisive actions in rescuing a person from a burning vehicle along the Coquihalla Highway in British Columbia on 15 Feb 88.

Pte W.L. Simpson of the Rocky Mountain Rangers received the commendation for his prompt action preventing injury and further property damage due to a serious fire at a United Nations post in Cyprus on 24 Apr 88.

Pte K.R.K. Hanna of 3 PP-CLI received the commendation for his swift and selfless action which saved five people in Victoria, B.C. from tragedy in a smoke-filled market building on 27 Aug 87.

PS 2000 and You

significant improvements have been made to the delivery of services and to the way in which government is organized and managed. The Public Service today does more work with fewer people and at less cost than it did five years ago. Nevertheless, significant change is necessary to the way in which the Public Service is managed if it is to continue to be as effective as possible in this climate of continuing fiscal restraint.

In December of last year, Prime Minister Brian Mulroney announced an initiative entitled 'Public Service 2000' to foster a Public Service that is professional, highly qualified, non-partisan and imbued with a mission of service to the public. As well, it recognizes its employees as assets to be valued and developed and places as much authority as

possible in the hands of front-line employees and managers. It also provides scope for different organizational forms to meet differing needs, but in the context of a single Public Service.

The deadlines are extremely tight: to get some changes announced over the first few months, legislation drafted within six months, implementation of fundamental changes in machinery over the following year or two, and basic changes in attitudes and culture over the next three to five years.

Public Service 2000 began with the creation of nine task forces comprising more than 90 deputy ministers, assistant deputy ministers and senior regional officials. They have been charged with identifying problems and finding ways to make the Government's per-

sonnel management regime less complex and burdensome for managers and employees, and to reduce administrative controls so as to give managers greater freedom to manage and clear accountability for results.

Among the areas the task forces have begun to deal with are simpler accounting and procurement procedures, deregulation, flexibility in human resources management, simplification of the staffing process, more delegation of authority from central agencies to departments, development of an appropriate accountability framework, better recruitment and staff development programs, alternate means of program delivery, and incentives for employees who suggest ways to deliver programs more effectively.

continued on page 15



The Public Service 2000 project will have a profound effect on working conditions for all military and civilian personnel in DND.

It affects all of us in some way, but we don't know much about it. What is it? It is the long overdue overhaul of the largest organization in Canada - the Public Service. It will have a profound impact on the working lives of everyone within the Public Service, including those at the Department of National Defence.

The last major overhaul of

the Federal Public Service took place in the late 1960s. One of its key conclusions was that simplicity and order would be prominent features of the new system. Today, as we look around at approximately 80 occupational groups, 200 sub-groups and innumerable pay levels, it seems a startling contradiction.

However, since 1984,

Military update

COLOUR ME



This is Private Porter. He works for the CFB Comox Military Police Section. He knows how important it is to wear a seat belt. He has seen many accidents in which people might not have been hurt - if they had used a seat belt.

MP-RCMP Golf & Fish Derby

On the 25 and 26 May 90, the CFB Comox Military Police Section hosted the 7th Annual Western Canada Military Police and RCMP Golf Tournament and Fishing Derby. Military participation included CFB Comox, Chilliwack, Cold Lake, Esquimalt, CFS Masset, CFMTR Nanose, SIU Victoria, SIU Vancouver, PDSIU Victoria, Air Command Winnipeg and OSI from McChord AFB in Washington State and Travis AFB in California. Retired members showed up from Comox, Courtenay, Edmonton, Nanaimo, Port Hardy, Vancouver and Victoria. RCMP members and guests from Comox, Courtenay, Campbell River, Nanaimo, Vancouver and Victoria helped round out the field.

On the dot at 0745 hrs, Friday morning, Col Jack McGee, Base Commander, CFB Comox, hit the first explosive drive of the day to officially get things underway. A record 145 golfers toured, hacked and scrambled their way on the Glacier Greens Golf Course in a double shotgun start. For a pleasant change the weatherman came through this year and we managed to get the golf in with only a hint of rain and yes some sunshine too. Presentations were held at the Golf Club and when the scores

were totalled the Canadian Military Police Association (CMPA) trophy was awarded to team Esquimalt with a low net score of 295. The team members were Cpl Ray Tobjinsky (72), Cpl Don Kightley (74), Sgt Rick Brewster (74) and Sgt Don Dale (75). Individual awards were also presented in four other categories:

Military Police: Low Gross Winner - Pte Jason Marshall (72) from CFMTR Nanose; runner up - Sgt Jean Marc Mathieu (86) from CFB Chilliwack; low net winner - Sgt Gary Kirkland (72) from CFB Cold Lake; runner up Col Scott Trapnell (72) from CFB Comox.

Retired MPs: Low gross winner - Ted Sauve (74) from Comox; runner up Marty Peterson (83) from Vancouver; low net winner - Cliff Jenkins (71) from Lazo; runner up Ron Holden (72) from Vancouver.

RCMP Members: Low gross winner - Cst Greg McNeivits (79) from Courtenay; runner up Cst John Beckett (80) from Campbell River; low net winner - John Thompson (72) from Campbell River; runner up Cst Kevin Stark (73) from Courtenay.

Guest Division: Low gross winner - Doug MacArthur (70) from Courtenay; runner up - Carl Cameron (76) from Cumberland, low net winner - Arnie Mathus (69) from Comox; runner up Murray Jacklin (69) from Comox.

Longest drive went to Cst Ray Turnbull from the Victoria RCMP. **Closest to the pin** went to Don Holden from Vancouver and Kyle Jones from Courtenay. **The most honest golfer** was WO Brian Veysey (160) from Air Command in Winnipeg.

SPOT III our noisy Porker was won by PO Grant Arsenaault from CFB Esquimalt.

The Air BC Trip for Two was won by Cpl Norm Merkel from CFS Massett.

The NWT 4-day Fishing Trip for Two was won by Cpl Ray Tobjinsky from CFB Esquimalt.

Results of the Fishing Derby were: Largest salmon to CWO Terry Doherty with a 6.2 kg Spring. Total weight went to EX-MP Bud Taylor of Esquimalt and largest non-salmon went to RCMP Cst John Beckett with a 1.8 Ling Cod. A total of 60 MPs, RCMP and guests entered this year's Derby.

continued on page 15

MILITARY POLICE COLOURING CONTEST

CONTEST RULES:

- Contest open to children 3-8 years old
- Children will compete in two categories: 3-5 and 6-8 years
- Entries become property of the CFB Comox Military Police Section
- Entries must be original newspaper copies
- Children may use crayons, felt pens, pencil crayons or water paint only, any other will disqualify entry
- Contest deadline 31 Jul 90
- All entries will be judged on neatness, creativity and colour
- Winners will be notified by phone

ENTRY FORM

NAME.....
ADDRESS.....
TOWN.....
PHONE NUMBER.....
AGE.....

Drop off entries at the Military Police Section by 31 Jul 90.

Big Chief Gets Big Fish



Terry Doherty's 6.2 spring salmon (devoid of any freezer burns) won the Military Police/RCMP Fishing Derby on 26 May 90.

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On and off base

continued from page 14

PS2000

continued from page 13

The task forces have also identified a number of areas for further study and consultation that may require changes to laws governing the operation of the Public Service, including the *Public Service Staff Relations Act*, the *Public Service Employment Act*, and the *Financial Administration Act*. These broader questions go to the heart of the current administration and personnel practices and could have profound impact on the way managers care for their employees and manage programs. The task forces are eager to receive suggestions on these issues. There will also be consultations with the Public Service unions and opportunities for debate in Parliament once the legislation is introduced.

What does all this mean in terms of jobs? It is not the object of this exercise to reduce either budgets or personnel," says Paul Tellier, Clerk of the Privy Council, who is responsible for the implementation of the project. "It is possible that the process of review will point to areas of overlap, duplication or inefficiency and there may as a result be economies which would be welcome. But I want to stress that it is not the aim of Public Service 2000 to downsize or otherwise reduce our

already scarce human and financial resources."

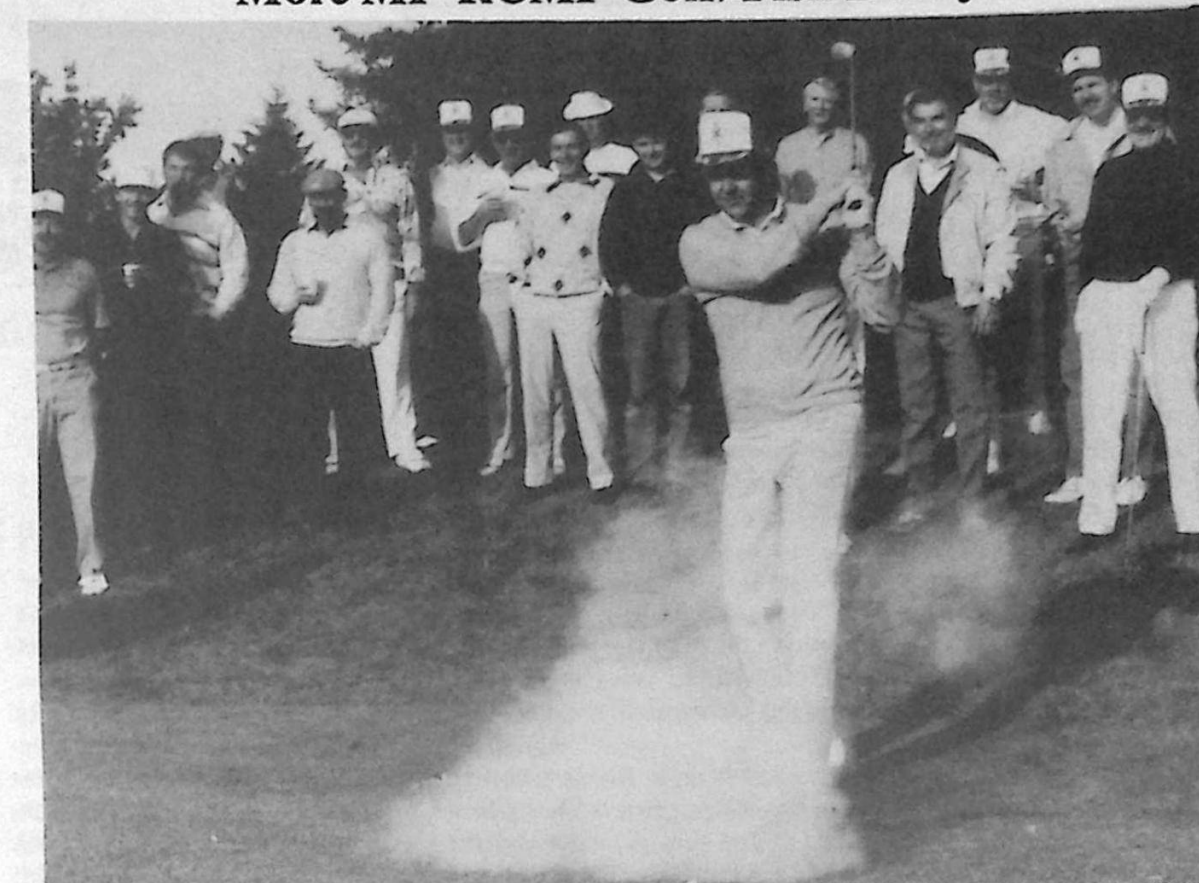
Public Service 2000 is a long awaited and highly desirable initiative and since we are being given the opportunity to become agents of change within our own areas of responsibility, we should take advantage of it.

"The challenge to each of you individually is to decide if this exercise has a reasonable chance of causing major changes," states John Edwards, Project Manager of Public Service 2000. "If you think it has, then you should rationally wish to influence the direction and content of change. If for whatever reason you decide not to, then live with the results without complaint."

For those who wish to become involved in the process of change within the Public Service, your contact within DND is Mr. Douglas Lindley, Associate Assistant Deputy Minister (Personnel), NDHQ.

"The bottom line is that this has to be a collective effort," adds Mr. Tellier. "Real change and real improvement depend on all of us. We need your support. Without it we cannot bring about the changes that will make your contributions more productive in the service of Canada and more personally satisfying for you."

More MP-RCMP Golf/Fish Derby



Base Commander, Col McGee, starts off the 7th Annual Western Canada Military Police Golf Tournament with an explosive shot on the 1st tee.

The CFB Comox Military Police Section would like to take this opportunity to thank those Military Police, RCMP members, retired members, and guests who made this year's event the biggest and most successful to date. CFB Comox will be hosting the 8th Annual Golf Tournament and Fishing Derby on 24 and 25 May 91, so plan to attend and make

it another weekend to remember.

A special thanks goes out to the Comox, Courtenay, Royston, Campbell River, Victoria, Vancouver, Nanaimo, Parksville, Qualicum Beach, Edmonton, Toronto, Hamilton, Niagara Falls, Peterborough and Montreal Merchants who contributed toward our prize table and also

to Echo Bay Mines for their sponsorship and donation of the NWT Fishing trip for two.

See you next year - SECURITAS. - Maintiens Le Droit

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British Columbia Best Sellers			
Fiction			
Week Ending 17 Jun 1990			
		Title	Author
1	(6)	Skinny Legs and All	Robbins
2	(3)	The outlaws of the Mesquite	L'Amour
3	(2)	Friend of My Youth	Munro
4	(-)	Dragon	Cussler
5	(-)	Public Eye	Fawcett
6	(7)	Bourne Ultimatum	Ludlum
7	(-)	Sullivan's Sting	Sanders
8	(4)	September	Pilcher
9	(-)	The Remains of the Day	Ishiguro
10	(1)	Golden Fox	Smith
Non-Fiction			
		Title	Author
1	(1)	A Brief History of Time	Hawking
2	(8)	David Tarrant's Pacific Gardening Guide	Tarrant
3	(4)	Towards A Just Society	Trudeau & Axworthy
4	(5)	Bradshaw on the Family	Bradshaw
5	(-)	Beyond the Moon Gate	Munro
6	(10)	A Greener Thumb	Cullen
7	(-)	109 Walks in BC's Lower Mainland	MacAree
8	(7)	Eat Well, Live Well	McDonald & Howard
9	(-)	Easy Hiking Around Vancouver	Cousins & Howard
10	(-)	Dance of Intimacy	Lerner

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Health & fitness



ASK YOUR PHARMACIST

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

Hearing is Precious

Your hearing depends on a complex system of membranes, bones, hairs, nerve fibres and fluids, any one of which may be damaged gradually or suddenly. Prevention is the key to dealing with hearing loss because most forms of ear damage are irreversible.

Before the discovery of antibiotics, the most common cause of hearing loss was bacterial infection. Today, it is the structural changes and degeneration that come with aging. Although aging itself cannot be prevented, you can certainly delay its effects on hearing if you pay attention to the daily care of your ears.

One of the major causes of gradual hearing loss is excessive noise. We hear something when the brain registers the striking of sensitive tissues by soundwaves; the stronger each impact, the more likely these tissues could be damaged. The combined effects may build up so slowly that a person is not even aware of them, but as years pass by the ears will age much faster than the rest of the body.

Sudden deafness may result from infection, not only one which originates in the ear, but also the kind which spreads from another location. Deafness can also be caused by skull fractures, various diseases or improper use of medication.

People who casually poke their ears with toothpicks, matchsticks or cotton swabs regularly contribute to statistics on deafness. Pregnant women should beware of German measles and Rh incompatibility -- problems which could endanger the hearing of the fetus.

Trying to diagnose even minor hearing problems yourself is unwise because any delay in seeking needed treatment may have terrible consequences. That 'stuffed-up ear' you may feel can be caused by anything from wax buildup or a pinched neck nerve to a serious infection.

Your hearing is priceless, so you should seek prompt advice about any problem from your doctor or pharmacist. When treatment or medication is prescribed, be sure you understand the instructions and carry them out to the letter.

The Dangers of Marijuana

Marijuana, also known as 'pot', 'grass', or 'weed', is the greenish-brown dried leaves, small stems and flowering tops of the plant *Cannabis sativa*. Hashish and hash oil are processed, more powerful forms of marijuana.

Marijuana is usually smoked in cigarettes called 'joints', in pipes or in water pipes called 'bongs'. The effects of the drug differ for different people, often depending on the mood they are in or their expectations of the effects.

Almost immediately after smoking the drug, most people experience a euphoric feeling, similar to being mildly drunk. Some of the more noticeable physical effects include a reddening of the eyes, a more rapid heart beat and often an increase in appetite.

Noticeable mental effects include an altered sense of time and difficulty in concentrating. Short term memory is affected. A person on marijuana may forget what happened a few minutes or even seconds after it happened. Psychomotor function is affected, delaying reaction time.

In the early 1970s, very little research was available on the biological effects of marijuana. Today there is growing scientific evidence that marijuana use may cause lower levels of male and female hormones, and a temporary loss of fertility for both men and women. Marijuana smoke can be much more harmful to the lungs than tobacco smoke. A marijuana user will inhale more deeply and hold the smoke longer in the lungs. Increased irritation and damage result.

The psychological effects of regular marijuana use are just as serious a concern as the biological effects. Studies show that regular marijuana users often experience apathy, lack of motivation and impaired judgement. The chronic user, however, is usually unaware of any change of personality.

If you find marijuana or its paraphernalia in your child's room, don't be swayed by excuses such as, "It's not mine, I'm holding it for a friend." Parents must be willing to accept the responsibility to seek help for their child.

Ask your pharmacist for help. He or she can point you towards a source of professional assistance, like your provincial or local drug and alcohol abuse authority.

info health

Dr. Bob Young



The Highly Infectious Patient

The patient has HGS, a combination of Herpes, AIDS, Gonorrhoea, and Syphilis. Isolated in a private hospital room, the patient's diet consists of pancakes and pizza (another version says flapjacks and flounder) "because they are the only things we can slide under the door".

What about treating the highly infectious patient? How is it done? What are the risks for those providing bedside care and for others involved in handling body fluids, bed linen, and even the dirty dishes?

All hospitals have protocols for treating infections while protecting staff. And yes, the mythical patient with HGS would have meals delivered to the bedside.

Doctors and nurses, as well as lab workers and others know that there is some risk involved in treating patients with severe infections. Most of us are happy that we were not practising 50 or 100 years ago, when the danger of 'picking up' the patient's disease was infinitely greater than it is now.

Students of medical history are aware that many physicians have died in epidemics, succumbed to a germ they were studying, or knowingly infected themselves to test the effectiveness of the vaccine they were developing.

However, medicine is one of the safer occupations, and there is probably a greater risk of being shot or stabbed by a disgruntled patient than there is of dying of his or her infection.

There have been certain individuals and groups that have resisted treating aids, for example, saying that it is too dangerous to them. There are always others, better informed about the disease, ready to take over. Very few have been infected.

When an infection does occur it is likely a bizarre event--as when a technician stumbled and sat on the needle-end of syringe full of blood just taken from a person with AIDS. Nursing TB in 1900 was considerably more dangerous than nursing AIDS today.

Our much better understanding of all infections, personal immunization, sterile and isolation techniques, and disposal of infected material is the reason why.

Poison

Murder by poison may be the mystery writer's salvation, but in medical practice toxic material has usually been accidentally swallowed by the victim. Unfortunately a large number of poison cases today involve inadvertent or deliberate overdosing with recreational drugs or alcohol.

Ingested toxic material frequently kills the patient, especially if medical treatment is delayed. Most poisoned patients will survive if they make it to hospital. If the doctor knows that the patient has been poisoned in the first place, and with what, the chances are better. Take the container to the hospital.

A poisoned patient may be unconscious, breathing poorly, and in shock. While there is usually no need to wake the patient up rapidly, it is important to maintain ventilation of the lungs and the blood pressure while attempts are made to remove or neutralize the toxin.

There is not a specific cure for every poison. In fact there is no antidote for most drugs and toxic chemicals.

There are 'neutralizers' for opium type drugs, acetaminophen, wood alcohol (methanol) and antifreeze, mercury, lead, and iron, and some insecticides. There is an antidote for cyanide too, but the latter kills so quickly there is seldom a chance to use it.

The 'universal' antidote, activated charcoal, remains useful although it is far from universal. Stomach pumping and inducing vomiting (depending on the poison) may reduce the total dose of poison available for the body to absorb.

Intelligent and expert management is critical in poison cases. Once the patient is stabilized on a life-support system chemical manipulation of urine acidity, injection of antidotes, or dialysis or leaching the blood of toxins can begin.

New hemoperfusion methods pass the patient's blood through a column containing specially treated highly absorbent activated charcoal. The offending material clings to the charcoal; the blood returns to the body. This is a safe, but expensive, last resort.

And if I were to write a whodunit I think I'd have the killer use a dollop of...

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

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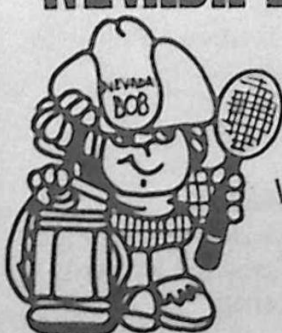
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Health & fitness

NUTRITION AND WEIGHT

CONTROL QUIZ

BY Birgit Guderjohn, Fitness Consultant

Notice the title of this article does not contain the word 'diet'. That's because diets do not work (diets that do not provide a gradual life style change).

95 to 99 percent of all people who have lost weight, regain the lost weight, and even then some. Between 1978 and 1988, I had lost a total of 200 pounds. If all the diets and programs I'd followed worked, I'd be 20 pounds lighter than I am now.

Most of my life, I 'dieted', lost the weight, then regained that lost weight. I grew fat. Do you see yourself in that situation? Dieting makes you fat. There are so many myths about losing weight that when one wants to lose weight he/she doesn't know what to believe.

Try the following quiz and see how you do! The answers are on the following page (or if you'd like some more information call 8314).

QUIZ - True or False

1. Honey contains fewer calories than sugar.
2. If trying to lose weight, bread, pasta and potatoes should be avoided.
3. Walking one mile burns essentially the same calories as running one mile.
4. Skim milk has less fat, calories and calcium than does whole milk.
5. No exercise can help you lose fat in specific parts of your body.
6. It is recommended to choose 'light' or 'dietic' products when restricting caloric intake.
7. Exercise must be done in specific amounts for it to aid with weight control.
8. The caloric level may be necessary to lose weight is the same for all people.

ANSWERS

1. False - Honey contains almost 40 percent more calories than granulated sugar. One tablespoon of honey contains 64 calories, compared to 46 calories per tablespoon of sugar.
2. False - These foods contain important nutrients just as the other foods from the Canada Food guide. It's the added extras, such as butter, sour cream, margarine and rich sauces that provide the extra calories (and fat).
3. True - How far you go is more important than how fast you go, so walking is ideal exercise. Of course, running will get the job done faster!
4. False - 1 Cup (245 ml) skim milk, 90 calories, trace fat, 298 mg calcium. 1 Cup (245 ml) whole milk, 160 calories, 9 grams of fat, 288 mg calcium.
5. True - Spot reduction is a myth. Your body adds and removes fat according to genetic hormonal factors. You can reduce fat in general, but you cannot dictate where it will come from.
6. False - No particular food has the ability to burn fat. A balanced diet, exercise and motivation are essential elements in a healthy weight loss program ('light' may mean, light in food colouring, salt, additives, etc.).
7. False - Any exercise can help, so do whatever you can.
8. False - There are large differences in how much weight people lose on the same diet. Some people can lose on 2,000 calories/day, while others do not lose on 1,000.

O.A.P. INCREASE

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

The Old Age Security pension, paid to people 65 and older, will rise to \$347.93 (from \$343.13) a month.

The maximum Guaranteed Income Supplement (GIS) will increase to \$413.48 (from \$407.77) for a single person and for a married person whose spouse does not receive an Old Age Security pension or a Spouse's Allowance.

The maximum Guaranteed Income Supplement will increase to \$269.32 (from \$265.60) for each married per-

son whose spouse also receives an Old Age Security pension and for a married person whose spouse receives a Spouse's Allowance.

The maximum Spouse's Allowance--paid to low-income people between 60 and 64 who are married to GIS recipients--will increase to \$617.25 (from \$608.73).

The maximum Widowed Spouse's Allowance, paid only to low-income widowed persons aged 60 to 64 who reside in Canada and meet the basic residence requirements, will increase to \$681.44 (from \$672.04).

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

Blood Transfusions?

Nurses say quality control is the key to minimizing risks from a blood transfusion. Current methods are remarkably effective, with additional improvements close at hand. There is little reason to worry if you need a transfusion.

Every year more than one million Canadians receive blood transfusions amounting to an average of 3.5 units (pints) per person. Reactions and infections are extremely rare.

Effective screening of donors and donated blood are very important for good quality control. Donors may be unsuitable for a variety of medical reasons as well as lifestyle factors that place them at high risk of infection, most notably AIDS-virus (HIV) infection.

In Canada we are fortunate to have a tradition of voluntary rather than paid donation. This removes any financial incentive

for unsuitable donors to give blood.

Other steps are taken to screen out unsuitable donors too.

For example, some prospective donors feel pressured to donate at a blood drive with co-workers. A few may realize they are unsuitable or discover the fact when completing a screening questionnaire on arrival at the clinic. For this reason, every questionnaire has a sealed section where a donor can confidentially indicate whether the blood donation should be used or discarded.

The blood itself is screened for specific factors as well, then classified and stored for use by persons of the same type.

New developments in blood storage have also arisen as a result of public concern about blood transfusions. Some patients can now make pre-operative arrangements to

donate and store up to four units of their own blood for their own use during surgery. The service has become available through the main branch of the Red Cross in Vancouver and in some hospitals.

Long-term blood storage is currently not available, though, nor is it considered practical due to the costs, the limited storage life of frozen blood, and the difficulties of accessing the blood in an emergency because of distance or timing.

In fact, there is little reason to have concern about receiving a transfusion in an emergency or in elective surgery. Screening and research have constantly improved the quality of the community's blood supply and new developments continue. Once a transfusion is required, the risk of not getting it far outweighs the risk of getting it.

Canadian Crossword

By Rick McConnell

Solution on page 18

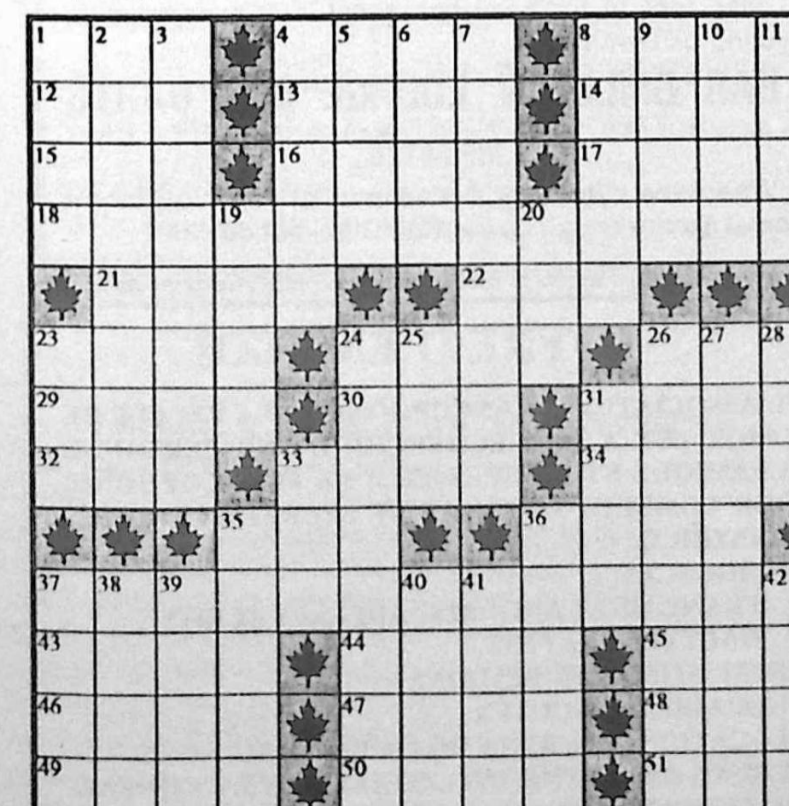
ACROSS

1. Sixth sense? (abbr.)
4. Pea containers
8. Holmes and Day of Hockey Fame
12. Diamond
13. One of the Greats
14. Lotion ingredient
15. Summer drink
16. Prophet
17. Request
18. Complete satisfaction, Nfld.
21. Spy org.
22. Bottom line
23. Informal address
24. Entice
26. Pressure unit (abbr.)
29. Sea eagle
30. Kindled
31. Overlay
32. Certain jet (abbr.)

33. Berton bestseller
34. Be without
35. The ___ Man
36. Wind or work
37. Complete fulfillment, Nfld.
43. Opposed to pro
44. Fairway warning
45. Professional's charge
46. Port on Cape Breton Is.
47. Impel
48. Employ
49. Like myself (2 wds.)
50. Reclines
51. Abused Acid (abbr.)

DOWN

1. Biblical king
2. Motorcycle accessories
3. To one's liking
4. Ants and canvassers
5. Raw materials
6. Passed away
7. Tranquility
8. Addiction
9. Like a bump on
10. Famous bear from Winnipeg
11. Mailed
19. Fog frost
20. Tennis shot
23. ___ amis
24. Heavenly
25. Goal
26. Calm
27. Disease
28. Sort
31. Coagulate
33. Tub
35. "Rider ___"
36. Daggers
37. Lukewarm laugh
38. Seth's son
39. Tiny particle
40. Mrs. Dithers
41. Wild celebration
42. Got ready to drive



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Public announcements

Chuckle

In 1972 Derek Langborne, a scientist from Upton, near Didcot, built a fire in his grate and lit it. He then popped outside to fill the coal scuttle.

When he returned, he observed that, in its enthusiasm to heat the room, one log had rolled out of the grate and set fire to the log box. He picked it up and carried it out into the garden. On the way out he brushed against a curtain covering the front door. By the time he returned, the curtain and the door were both in flames.

While telephoning Didcot Fire Brigade, he noticed that the log box, which he had deposited in the garden, had now set fire to his car.

He then put on his overcoat and approached the car with a bucket of water. In the process he tripped over a partly-filled petrol can.

Seeing that Mr. Langborne was in good form, his neighbour called the fire brigade. By the time the fire brigade arrived, Mr. Langborne himself was on fire with flames now leaping freely from his overcoat.

Chuckle

Probably the most unsuccessful film show was said to have occurred at the LaPampa Cinema in Rio de Janeiro in Nov 1974.

During a screening of *The Exorcist* the audience was entirely distracted by a rat scampering to and fro before the screen. What little attention they were paying to the film was further diminished when an usherette appeared and pursued the rat with a mop.

Since this blocked the audience's view and entirely ruined a crucial vomiting scene of religious significance, the usherette was greeted with disgruntled cries of 'Get them off.'

Misconstruing the audience's wishes, she stunned the rat with her mop and proceeded to take all her clothes off. It was while dancing naked in the projector's light that she noticed the auditorium being cleared by armed police.

Explaining her behaviour, the usherette said afterwards, 'I thought the audience was calling for me. I was as surprised as anyone.'

Solution

ESP PODS HAPS
LIL RRIE ALOP
ADE SEER BOON
HEARTSDELIGHT
CSLS NRT
MAAM RAIT PSI
ERNR JIT CUI
SST YIMY JACK
PAS SOCK
HEARTSCONTENT
ANTI FORR RRR
HOOD URGR USR
ASMR LAYS LID

Military Police Investigations

The following column is a representative summary of thefts and other incidents which are actively under investigation by the Military Police, CFB Comox for the period ending 31 May 90:

One 16 foot unfinished canoe stolen from Goose Spit Site, CFB Comox.

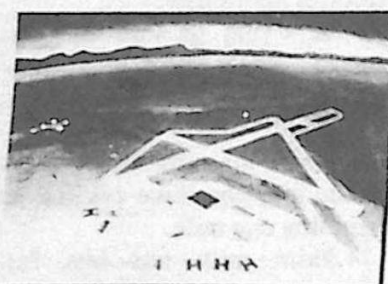
One sales deposit bag containing over \$1500 deposited by the Canex Express Mart and stolen from the NPF drop box, CFB Comox.

Numerous acts of vandalism to vehicles parked near Barrack Block 6.

If you have any information concerning any of the above or any other crime, please call 339-8218.

Callers do not have to reveal their names; nor do they have to appear in court. Total anonymity is assured.

If you do not wish to use the telephone, you may write to the Military Police Section, CFB Comox, Lazo, BC, V0R 2K0.

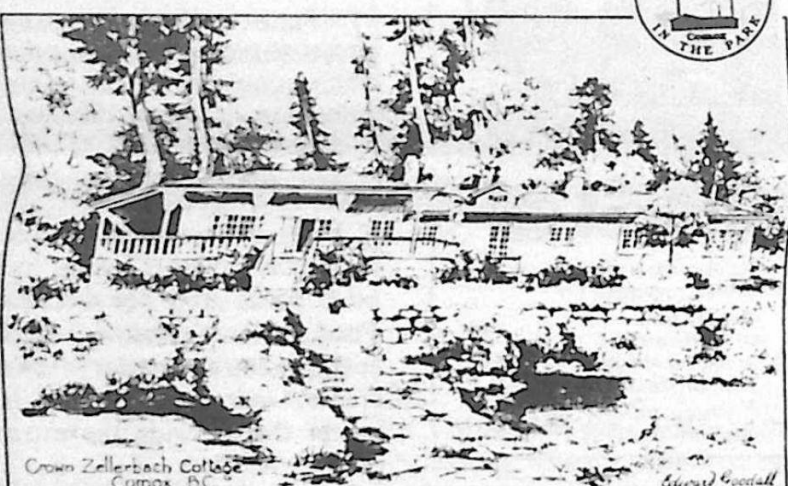


COMOX AIR FORCE MUSEUM AND GIFT SHOP

Experience our military West Coast aviation heritage—from Canada's first flight, the Silver Dart, to the modern jet age, the Comox Air Force Museum's exhibits reflect the heritage, customs and traditions of Canada's air forces by focusing on the history of CFB Comox.

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Visions of Paradise...



For a peaceful retreat with family or visitors on the holiday weekend wander through the Filberg park, have a picnic lunch or eat at their restaurant, and look at 'Visions of Paradise' from around the world at the art show of the 'Hospice in the Park' artists in the lodge.

The visions of paradise, earthly and elsewhere from around the world will be on view at the Filberg Park and Lodge this holiday weekend 29 Jun - 02 Jul from Friday through Monday from 11 a.m. to 5 p.m. It is in aid of the 'Hospice in the Park's' committee which is working to create a hospice, save a park, at the top of Comox hill.

HAPPY BIRTHDAY CARIBOO COLLEGE

CARIBOO COLLEGE kicks off CELEBRATION '90, marking 20 years of service, with a HOMECOMING WEEKEND AUGUST 24, 25, AND 26

If you're a former student or staff member plan to visit the Kamloops Campus and join the fun. Activities will include a Bar-B-Q, dance, department sponsored events, music and entertainment. It's a family affair!

For more information or to let us know you're coming, CALL ARLEE at 1-800-663-2955

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POETRY CONTEST

Canadians are urged to enter the American Poetry Association's contest. The deadline is 30 Jun. Entry is free, and everyone is welcome to enter.

The Grand Prize is \$1,000 and the First Prize \$500. There are 152 prizes worth \$11,000 in all.

"Sixteen Canadians won prizes in our recent contests, so I urge every Canadian who writes poetry to enter now," said Robert Nelson, publisher for the association. "New and undiscovered poets are the ones we look for. You do not have to be a professional poet to win."

Poets may send one original poem, no more than 20 lines, name and address on the top of the page, to American Poetry

Association, Dept. CO-60, 250-A Potrero St., P.O. Box 1803, Santa Cruz, CA 95061, USA. Poems postmarked by 30 Jun are eligible to win. A new contest opens 01 Jul.

Poems are judged on originality, sincerity, and feeling.

Each poem is also considered for publication in the American Poetry Anthology, a leading collection of contemporary verse.

Every poet will receive a copy of the 'Poet's Guide to Getting Published,' a four-page booklet full of useful information.

During 8 years of sponsorship the American Poetry Association has run 36 contests and awarded over \$180,000 in contest prizes to 3,300 winning poets.

Totem Inn

THIS IS THE FINAL WEEK FOR THE JUNIOR RANKS FISHING DERBY. CLOSING DATE IS 2ND JULY. SIGN UP WITH MCPL MORRISON OR AT THE MESS OFFICE DURING NORMAL WORKING HOURS. PRIZES WILL BE PRESENTED ON THE 13TH JULY IN THE EVENING. PLACE HAS NOT BEEN DECIDED. IT WILL BE EITHER THE MESS OR AT AIRFORCE BEACH. KEEP YOUR EARS OPEN FOR MORE DETAILS. MORE PRIZES ARE ON DISPLAY IN THE SHOWCASE AT THE JUNIOR RANKS.

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INFO 8720

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"Cooking for a Crowd"

This tasty recipe is especially good in summer time as you cook outdoors. Begin now and you will have a hearty meal for the next long weekend.

Stew
Ingredients:

1 large elephant
1 kg salt
½ kg pepper (salt & pepper to taste)
4 gals water
2 rabbits (optional)

Method:

Cut elephant into bite size pieces. (This will take about two weeks.)

Place pieces in large pot in water. Cook over open firepit 2 weeks minimum. Simmer, stirring frequently to prevent sticking or burning on the bottom.

Add salt & pepper
Stir well to dissolve.

This recipe will serve 3,800 but should more people show up add the 2 rabbits.

Be certain you really need the extra meat though, as most people do not like finding 'hare' in their food.



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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 339-4314.

Dwayne Promoted



Capt Dwayne Kerr, formerly from Comox, was recently presented with his new rank by Col G.E. George, Cmdr of 22 Radar Control Wing. Capt Kerr is an Air Weapons Controller in North Bay, Ont.

OFFICERS' MESS

JULY 1990

FRIDAYS 06, 20 & 27 JULY

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

WEDNESDAYS 4, 11, 18 & 25 JULY

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.

FRIDAY 13 JULY NO UTENSILS NIGHT

'HAND' Food:

-Pork Ribs- -Chicken Legs--Beef Ribs--Potatoes--Salads.

Time 1900 for 1930 hrs.

Reservations by 11 July.

Dress Casual.

Cost per

members \$3. Limited Associates & Guests \$4.

Music by DJ.

Coming Events

Aug 3 - Airshow/Monster TGIF

Leisure

continued from page 2

More Reviews

Macmillan, Canada, Suite 200, 1200 Eglinton Ave., E., Don Mills, Ont., M3C 3N1. \$27.95

Essentially a 'breed book', *The New Chihuahua* contains everything expected to be in a good breed book, and more.

The text is illustrated by over 150 photographs, and quite a number of drawings and sketches done by the author, herself, who is an accomplished artist and portrait painter.

The history of the Chihuahua breed is expertly covered, starting with its origin in Mexico. There is also a chapter on the modern Chihuahua in the United States, followed by one on other countries, including Canada. The differences in the Canadian and American standards are pointed out. A very important section for those showing dogs in both countries.

The author has bred and shown Chihuahuas for over thirty years. She has also been an American Kennel Club certified judge for the toy group and other breeds for many years.

Anyone with an interest in Chihuahuas can get a lot of good information out of this book. In fact, they can find out everything they need to know, and should know, right here. It is just out, and if you can't find it in bookstores or pet shops, then ask them to order it for you from the publishers.

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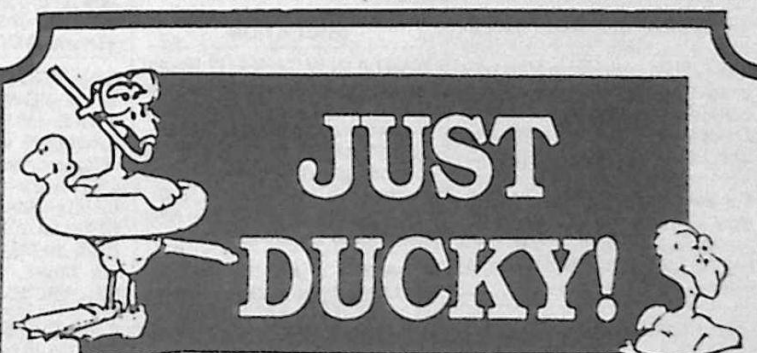
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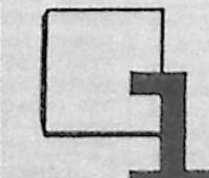
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We are proud to be coordinating the 1st, 2nd & 3rd place prizes for the Race



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In the Driftwood Mall

334-0355

Recreation

Glacier Ladies



With the cooperation of Mother Nature, Glacier Greens ladies held their 18th annual Ladies Invitational Golf Tournament on Sunday, Jun 17. Faye Dehoy of Storey Creek captured the field low gross with a score of 82. Esther Dods of March Meadows won the field low net with a score of 65.

A Flight:

1st L.G. Eileen Milson
1st L.N. Francis Shaw
2nd L.G. Karen Todaruk
2nd L.N. Edith Holt
3rd L.G. Terri Sleight
3rd L.N. Carolyn Walker
4th L.G. Dianne Anderson
4th L.N. Linda O'Borne
5th L.G. Carol Strachan
5th L.N. Kay Witzel
6th L.G. Jessie Trto
6th L.N. Inge McArthur

B Flight:

1st L.G. Alice Reist
1st L.N. Judy Fellbaum
2nd L.G. June Gillrie
2nd L.N. Anne Patterson
3rd L.G. Lorraine Courtemarche
3rd L.N. Peggy Hobenshield
4th L.G. Pat Verchere
4th L.N. Lois Murray
5th L.G. Joan Stevens
5th L.N. Phyllis Williams
6th L.G. Norrie Whittle
6th L.N. Gladys Grycan

C Flight:

1st L.G. Rose Jacobson
1st L.N. Rejeanne Arsenault
2nd L.G. Mary Hunter
2nd L.N. Martha Campbell
3rd L.G. Marg Wreggitt
3rd L.N. Rose McCleish
4th L.G. Joan Hamilton
4th L.N. Eileen McLeary
5th L.G. Vi Wilander
5th L.N. Karen McDowell
6th L.G. Gail Fennel
6th L.N. Verle Lafferty

Longest Drive:
0-22 Dianne Anderson 192.2
23-35 Judy Fellbaum 162.1
K.P. 7/16 Karen Salminen
K.P.2/11 Faye Dehoy
Low Net Team:
Kay Witzel
Martha Campbell
Alice Reist
June Gillrie



Our annual wind-up dinner was held on 11 Jun at Columbo's. The food and service were excellent as usual. Eight of our members received their spoons as they are either transferred, retiring or their husband has been promoted.

Transferred are Elly Clark to Edmonton, Sandy McLean to Portage, Kim Rochester to Trenton, and Lorraine Barner to Kingston. Retirees are Ruth Graham and Jan Hogan.

WO & Sgt's Ladies Club

Promoted are the husbands of Donna MacIsaac and Barb Weed. Best wishes to all of you.

On behalf of the executive, thank you to all those who supported the club this past year. Meetings will resume in Sept; the second Monday of every month.

Have a great summer everybody! Hope you have a chance to get out and enjoy this beautiful Comox Valley and Vancouver Island.

Volksmarching

This walk is sponsored by the Chamber of Commerce and the Comox Glacier Wanderers. People are invited to come and do a 10 k walk through Courtenay. It is suitable for strollers and wheel chairs. Bring a friend.

This walk may be walked for Volkspost Medals if you wish, but every participant will receive a pin from the Chamber of Commerce. The walk will begin in Lewis Park, starting time at 0900-1200 hrs. For more information phone: 339-3982

Help Spread The Word: LITERACY



FACT-20 One out of two Brazilians has less than three years of primary schooling.

FACT-21 Without literacy, controlling disease and population, using and maintaining complex machinery, staffing schools and government as well as democratic government become almost impossible.

To donate, or for more information contact:
The CODE Literacy Foundation
321 Chapel St. Ottawa,
Ontario K1N 7Z2
(613) 232-3569



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

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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.

Family business, 3 car fleet Taxi Service and all related equipment including all licenses. The only taxi service in 100 Mile House. Asking \$50,000. Will take \$50,000 DOWN and owner will carry balance. 1-955-2727.

Teddy Bear Business Opportunity. You make them. We buy them. Solid partnership for quality people with passion for hand-crafted excellence. Write to Companion Personalities, Box 368, Salmon Arm, B.C., V1E 4N5.

For sale: Vitamin & health food store in Kamloops, B.C. Easily run, profitable business. Low overheads. \$65,000 including stock, fixtures, client list. 828-2607.

48% PROFIT. The amazing SILVER SAVER cleans gold, silver, jewellery etc. Safely, no polishing, odorless, lasts a lifetime. Demonstrated major centers across Canada. Every home needs one. Send for details. Box 724, "Sin E", Victoria, V8W 2P9.

FRUITVALE, B.C. - In the beautiful Kootenays established wood working business - shop and show rooms - 3,600 sq.ft. Ideal for any business. Owner wishes to retire. (604) 367-9633.

Lucrative family business. Convenience store, Post Office, Service Station, gas pumps, 3 bedroom house, fireplace. Barn, chicken coop, small acreage. Slokan Valley. 1-(604) 359-7868.

Quail 65 seat Restaurant. Licensed, air-conditioned. Junction of Slokan Valley (near Nelson). Surrounded by golfing, skiing, fishing. Living quarters available. 1-(604) 359-7868. 8-10a.m. or 8-11p.m.

TEACH ENGLISH IN JAPAN. Latest addresses, information. Useful, practical techniques, tips to find that good job. We want to help you make that "Japanese Connection." Send S.A.S.E. to Tobias Information Services Ltd., P.O. Box 40011, 27-910 Government, Victoria, V8W 3N3.

BUSINESS OPPORTUNITIES

BRONZE BABY SHOES. Catch the Baby Boom. Part-time or full-time; work at home; take over established dealers. Call 1-800-663-6037 and ask for Family Treasures.

Commission salesperson required to set-up existing dealers. EG. Building Supplies, hardware stores, recreational sales with a new product. Canada call Aba Falk 7:30a.m. - 5:30p.m., (604) 854-6776 or send resume to Twin Maple Marketing, 32189 Huntingdon Road, R4T5S, Abbotsford, B.C., V2S 4N5.

BUSINESS PERSONALS

Be your own Boss. Start your own mail order business at home. Free details write to: Ryes, Dept. 101, 20799 Lakeshore Road, Baie d'Urfe, Quebec, H9X 1S1.

Cemetery markers by European craftsman manufacturing stone, granite, marble memorials, plaques, urns, fireplaces, countertops. Tradesman's Monuments, 10355 Jacobson Street, Mission, B.C., V2V 4H9. 826-9114. Lowest prices possible.

EDUCATION

WANT A NEW CAREER? Koolen Stone Masonry Training Institute is offering a comprehensive 3-month course on STONE MASONRY and SMALL BUSINESS (by correspondence and practical training). Box 486, Salmo, B.C., V0G 1Z0. (604) 357-9515; Also small house for sale \$25,000.

WOUBURN - INTERNATIONAL ACADEMY OF BRITISH COLUMBIA, 342 WATER STREET, VANCOUVER, B.C., V6B 1B6. Woburn is a fully accredited private High School in its 6th year. The school offers grades 8-12 with small class sizes, 10/1 ratio. The school also offers the Baccalaureate programme to qualifying students. Our downtown campus is in a beautiful heritage building conveniently located to enable students to take advantage of the many recreational and cultural facilities located nearby. Summer school is available to assist students to upgrade in preparation for the Fall programme. Telephone: Admissions Office, (604) 683-3563.

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

Learn installation, repair and maintenance of computer controlled HVAC systems. Graduates of the 14-month Automated Systems Technology program are in high demand and cultural begins September 4th. Contact Sekir College, 2001 Silver Creek Rd., Nelson, B.C., V1L 1C8. (604) 352-6601.

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EDUCATION

Health Information Services Program. If you're looking for a career, where you can blend health care, business, computer science and research, then look into a career in the Health Records profession. Due to the high employer demand for graduates of this program, we've expanded the size of this program. Douglas College offers B.C.'s only programs in this last year. Graduated, straight and curved save units. Phone or write for FREE BROCHURE: B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby, B.C., V5E 2R1. 433-4220.

Aluminum/Glass Greenhouses and Solariums. Single and double glazed, straight and curved save units. Phone or write for FREE BROCHURE: B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby, B.C., V5E 2R1. 433-4220.

Discovery Toys is looking for Moms at home. Use your experience to introduce quality educational toys in your area. High commission, flexible hours. Call Karen, 1-758-4708.

QUALIFIED G.M. PARTSMAN required immediately for modern G.M. Dealership in Salmon Arm, B.C. Full company benefit package. Resume to Bob Menzies, Salmon Arm Motors, Box 580, Salmon Arm, B.C., V1E 4N7. (604) 832-9781.

Overseas positions. Hundreds of top-paying positions. All occupations. Attractive benefits. Free details: Overseas Employment Service, Dept. CA, Box 460, Mount Royal, Quebec, H3P 3C7.

WANTED: Overweight people to lose up to 25 lbs. painless, and earn extra \$\$\$ 100% natural. Fully guaranteed. Toll-free 1-978-3064.

PERSONALS

Birth Mother wishes contact with daughter, Born June 27, 1962 at Whitehorse, named Elizabeth. Reply Cara (604) 277-8255 or colled (604) 526-1410.

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. 15,100 acre lots. Water, hydro, telephone, river view and river front. 30 miles west of Kamloops. Call collect: (604) 373-2282.

CUT YOUR MORTGAGE Interest rate by one-third. No refinancing, borrowing, or appraisal. Show others the simple secret, enjoy excellent business opportunities. Write Mortgage Mindset System, Dept. 5, 32-BA1, 810 Broadway, Vancouver, V5Z 4C9.

SERVICES

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

"ICBC offered me \$3,500. Carey Lunde got me \$190,000." G.N., Abbotsford. Law offices of Carey Lunde, Vancouver 684-7766. Serving clients throughout B.C. for 18 years.

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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.

Aluminum/Glass Greenhouses and Solariums. Single and double glazed, straight and curved save units. Phone or write for FREE BROCHURE: B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby, B.C., V5E 2R1. 433-4220.

HELP WANTED

EARN MONEY SAVING our environment. Need distributors to market new auto product. Conserve fuel, reduce emissions, much more. A must for every vehicle. Marvo 1-403-259-2132.

Licensed Pre-school teacher for Sept. 01. Salary negotiable. Send resume to Nakusp Children's Centre, Box 285, Nakusp, B.C., V0G 1R0 by July 15 or Phone 255-3707.

Discovery Toys is looking for Moms at home. Use your experience to introduce quality educational toys in your area. High commission, flexible hours. Call Karen, 1-758-4708.

QUALIFIED G.M. PARTSMAN required immediately for modern G.M. Dealership in Salmon Arm, B.C. Full company benefit package. Resume to Bob Menzies, Salmon Arm Motors, Box 580, Salmon Arm, B.C., V1E 4N7. (604) 832-9781.

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"ICBC offered me \$3,500. Carey Lunde got me \$190,000." G.N., Abbotsford. Law offices of Carey Lunde, Vancouver 684-7766. Serving clients throughout B.C. for 18 years.



LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri 29 Jun
Sat 30 Jun
Fri & Sat 06&07 Jul
Fri & Sat 13&14 Jul

Music by Westwind
Music by Lori Baker
Music by Midnight Girls
Music by El Durado

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM

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

EVENTS

"MORE PLAYERS WELCOME"
Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12—7 PM

EVENTS

SUN 15 JUL Steak BBQ

SPORTS

SUN 08 JUL Crib-Euchre-Bridge-Pool-Darts (Branch 17 vs Branch 160)
SUN 15 JUL Fun Golf Longlands 10:30 a.m.

BRANCH 160 COMOX

ENTERTAINMENT

Fri 29 Jun
Fri 06 Jul
Fri 13 Jul
Fri 20 Jul
Fri 27 Jul

Music by Alleycats
Music by Westwind
T.B.A.
Music by Highway 19
Music by Lori Baker Band

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 am to 6 pm
MONDAYS.....Men's Dart League, Recessed to 10 Sep.
L.A. Drop-In-Bingo, Upper Hall, 7:30 pm
TUESDAYS.....Ladies Crib League, Lounge 8 pm
Mixed Dart League, Recessed to 11 Sep.
Upper Hall, 7:30 pm
WEDNESDAYS.....Navy League Drop-In Bingo
C.V. Crib League, recessed to Sept 05
THURSDAYS.....*1st Branch Exec.Mtg. 10 a.m.
L.A. Exec. Mtg. (as req.)
*2nd L.A. Gen. Mtg., Upper Hall, 8 pm
*3rd Branch Gen.Mtg. Recessed Jul&Aug
FRIDAYS.....Meat Draws, 2-6 pm
Dance, Lounge, unless advised
SATURDAYS.....Meat Draws, Lounge 2-6 pm

UPCOMING EVENTS

SUN 08&22 JUL
Comox Br.160 and Courtenay Br.17 will hold legion days of sports, for an inter-branch Challenge Trophy. To be held at Courtenay Legion on 08 Jul, and at Comox Legion on 22 Jul. Both will start at 1 p.m. Requirements for both branches is five teams of 4 (2 ladies and 2 men on each team). Each team will be entered in one of five sports - POOL,DARTS,CRIB,EUCHRE & BRIDGE. No entry fee. Members only from each branch incl. L.A. entries from Comox Legion on poster in lounge at Comox. Entries from Courtenay Legion in Courtenay lounge. Both before 07 Jul.

SUN 12 AUG - COMOX LEGION ANNUAL GOLF TOURNAMENT AT COMOX GOLF CLUB 1 P.M. TEE OFF. Shot-gun start. Entry fee \$15. Comox Legion members, L.A. & bonafide guests. Entries at Comox Legion lounge prior to midnight 12 Aug. Post entries accepted to 12 noon at Comox Golf Club.

SUN 26 AUG - COMOX LEGION'S 'HANK WARDLAKE-KING MEMORIAL' PICNIC. Airforce Beach at 1 p.m. Comox Legion & L.A. members and their bonafide guests only.

KCTS-9 (Channel 3) Celebrates July 1

KCTS/9 celebrates Canada Day, Sunday 01 Jul with beautiful and informative programming dedicated to Canadian viewers.

As a regional broadcaster, KCTS/9 recognizes its many viewers in British Columbia and continues its commitment to serve the community through quality television. At 11 a.m., on Sunday 01 Jul, Channel 9 airs Which Way to Carnegie Hall? This entertaining program profiles a group of gifted musicians from Vancouver, aged 7 to 16, who make great sacrifices to become masters of their art. (The program is rebroadcast Thursday, 05 Jul, at 4 a.m.).

Then, at noon, the intriguing local documentary, Hall the Conquering Hero, encores from the FOCUS B.C. series. This program describes the exciting history of an 1887 Canadian Pacific Railways steam engine, which pulled the first transcontinental passenger train into Vancouver binding B.C. to the rest of Canada. (The program is rebroadcast Tuesday, 03 Jul, at 3:30 a.m.).

And, at 8 p.m., KCTS/9 pays tribute to Canada Day by airing the much requested episode from the Nature series, Haida Gwaii-Islands of the People. The Haida Indians of British Columbia are the subject of this magnificent program, which travels to the beautiful Queen Charlotte Islands where carvings and nature dominate the Haida culture. (The program repeats Wednesday, 04 Jul, at 4 a.m. and Saturday, 07 Jul, at 7 p.m.).

For further information, please contact our Vancouver office at 604/291-5101.

Help Spread The Word: LITERACY

FACT-15 If current trends continue, 912 million people (a quarter of the world's population) will be illiterate by the year 2000.

To donate, or for more information contact:
The CODE Literacy Foundation
321 Chapel St. Ottawa,
Ontario K1N 7Z2
(613) 232-3569

MUSEUM 'ABLAZE' WITH HISTORY



CLOVERDALE - Blaze, the B.C. Transportation Museum's new Vice President of Guest Relations (center), and volunteers Frank Dodgson (left) and Graham Boulton (right), welcome guests to the Pacific North West's finest collection of vintage vehicles.

Located in Cloverdale, the Museum recently opened its old-time 'Roxy' theatre, remodelled entrance, and unveiled plans for a new 'Main Street B.C.' display currently under construction.



CLOVERDALE - Blaze, the B.C. Transportation Museum's new tour guide and mascot, is serious about his job. Recently appointed Vice President of Guest Relations, the three-month-old Dalmatian's first job is to invite all British Columbians to visit him in Cloverdale to relive our province's 'moving' history.

In addition to an extensive collection of vintage automobiles, the Museum boasts one of the finest displays of fire trucks in North America.

MUSEUM OPENS GATES TO THE PAST

Chuckle

he awoke to find that he had split ink over the priceless fourteenth century tapestry which was the pride and joy of Gwendolin's mother. He left immediately without seeing his beloved.

After the fuss had died down he returned to make another attempt. In order to minimize the chances of disaster he decided

to call in for just half an hour in the afternoon. He asked Gwendolin's mother if he might speak to her daughter. While she was out of the room he sat down on what he took to be a cushion. It was however the family Pekinese, which did not survive the experience. He left again without seeing her. They both married other people.

Exercise Today

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

On and off base

Canada Post Promotes Literacy

OTTAWA--Can you imagine not being able to read a newspaper, complete a job application, or understand the instructions on a prescription bottle? For millions of Canadians, illiteracy is an obstacle they confront over and over again, every day of their lives.

A recent study by Southam News estimated that 24% of Canadians are functionally illiterate.

"As a corporation whose business depends on the written word, and as a concerned corporate citizen, Canada Post recognizes the high costs to individuals and to society as a result of illiteracy and is actively working to build awareness of the problem," says John Ferguson, Corporate Manager of Communications for Canada Post Corporation.

With 1990 proclaimed International Literacy Year by the United Nations, the corporation has developed several new literacy initiatives to complement existing programs such

as the Santa Letter-Writing Program and National Letter-Writing Competition.

In September, Canada Post will issue a special postage stamp commemorating 1990 as International Literacy Year. The central element of the stamp -- a typographical bird composed of graphic and numeric symbols -- will be given to literacy groups as an emblem of this country's participation in the campaign against illiteracy. A limited number of lithograph reproductions of the literacy symbol are being donated to literacy organizations and may be sold by these groups to raise funds for literacy projects.

The corporation is also setting up a 1-800 line to inform people about International Literacy Year events organized by various literacy organizations. The service is similar to an electronic 'bulletin board' of literacy events operated by the United Nations and accessible via computer modem. The Canada

Post service has been set up for people who don't have home computers but would like to know about Literacy Year events. The telephone number for Canada Post's literacy events line is 1-800-361-4518.

In addition to providing direct financial support to a number of Canadian literacy organizations such as Frontier College, the Movement for Canadian Literacy, and Le Regroupement des groupes populaires en alphabétisation du Québec, the corporation is a member of the Canadian Business Task Force on Literacy and the United Nations Action Committee on Literacy.

Canada Post is also a major corporate sponsor of a special literacy conference organized by the Atlantic Provinces Economic Council. The conference is to be held in St. John's, Newfoundland this year. The corporation has also sponsored and participated in several special literacy forums organized by Public Policy Forum, a non-profit

organization of leaders from the public and private sectors.

Canada Post is providing its services as an official carrier for a special literacy project called The Book Voyage. The project consists of a series of books which will travel via Priority Courier to literacy centres across Canada. Newly literate people at each location will add a message to the book in the form of a story, poem, or song, before sending it off to the next stop.

Other literacy projects include a workplace publicity program designed to raise awareness among Canada Post employees of the problem of illiteracy, and to match employees requiring literacy skills upgrading with the appropriate agencies. The corporation is also studying the feasibility of creating a peer tutoring literacy program for employees.

The corporation's existing literacy initiatives, like the Santa Letter-Writing Program and National Letter-Writing

Competition, have proven to be very popular.

Since 1982, employee volunteers across Canada have spent hundreds of hours every year helping to answer the many thousands of letters from children to Santa every holiday season.

Canada Post's National Letter-Writing Competition, which began in 1985, encourages young people in Canada between the ages of eleven and fifteen to write a letter on the year's competition theme. Letters are judged on originality and content and the winner goes on to compete in an international competition.

"Through these and other initiatives, Canada Post Corporation is working to build awareness of the problem of illiteracy in Canada," says Ferguson. "It is our hope that this symbol of literacy will remind everyone that, like a bird in flight, literacy leads to freedom."

On and off base

Bluenose - The Saga

Nova Scotia's Bluenose - a Canadian legend of the high seas, a symbol of pride and heritage, a fixture on the Canadian dime for generations.

But how many know the true story of the Bluenose? How many races did she really win? Did she ever lose? And where is the famous trophy -- the International Fisherman's Trophy -- for which she raced so valiantly more than half a century ago?

The Bluenose saga goes back to the early part of this century when two-masted, wooden schooners were being built and sent to the Grand Banks on summer-long fishing forays, a time when men earned their pay from toil and sweat, and when sporting events were serious challenges to honour, country and manhood.

While fishing captains from Lunenburg and New England would often race back from the Newfoundland fishing grounds for pride and profit (the first fish landed often got top dollar), there were no organized schooner races until 1920 when the Delewana from Canada and Esperanto from the United States squared off in late October of the year for a prize trophy donated by the publisher of the Halifax Herald newspaper.

The American boat won in two heats, claiming the International Fisherman's Trophy and bragging rights around the fishing ports of the North Atlantic. It was the last time the trophy would grace American soil.

By the summer of 1921, the Canadians had a new ship -- a sleek, black-hulled beauty, 143 feet long, with more than 10,000 square feet of sail -- captained by Lunenburg skipper Angus Walters. She was christened Bluenose and would soon sail into seafaring fame and glory.

That summer Bluenose bested a host of challengers to win the Canadian right to compete for the International Fisherman's Trophy. In October, she beat the American, Elsie in three close heats. The next year at the Third International Series, Bluenose handily beat the Henry Ford from Gloucester.

The fourth international series in 1923, the first of three celebrated matches between captains Angus Walters and Ben Pine, ended in controversy. Although Bluenose had the best times in the first two heats, Walters, in a fit of anger, sailed for home following a ruling that his ship had passed a buoy on the wrong side thus for-

feiting the match to Pine's ship Columbia. The series was ruled NO CONTEST and the Fisherman's trophy stayed in Lunenburg.

It wasn't until 8 years later, in 1931, that Bluenose raced again for the International Fisherman's Trophy. Again, Ben Pine captained the American vessel, the Columbia. Again, he lost to Walters and Bluenose.

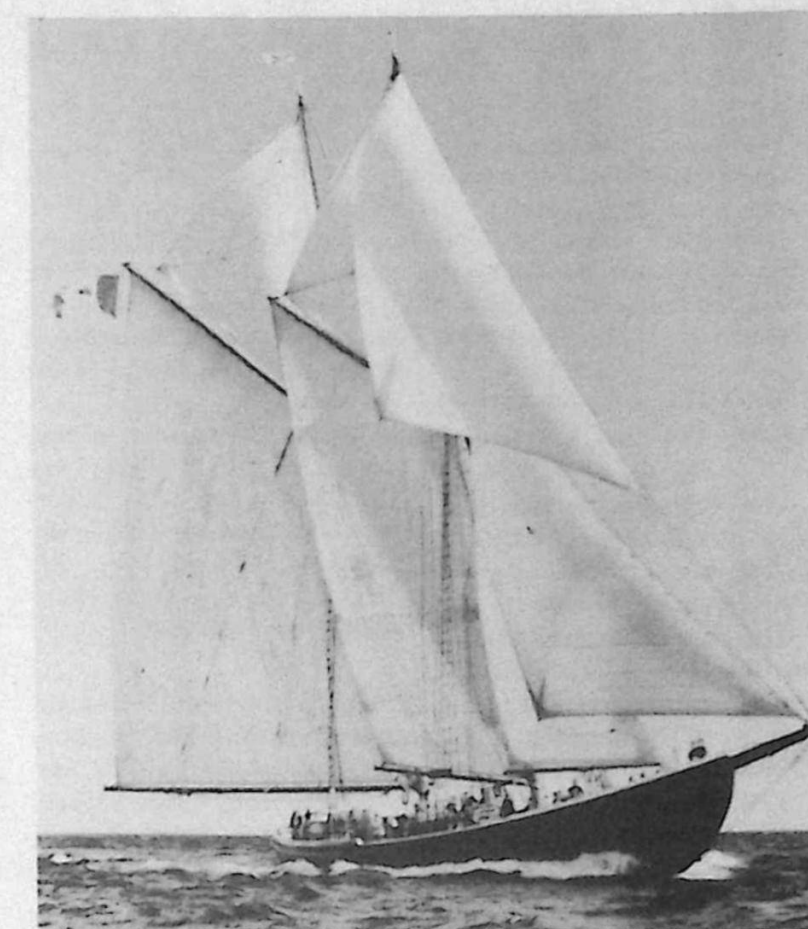
The sixth and final international series was held in 1938, 'the last hook' the old-timers call it, perhaps the finest series of races between ocean-going fishing schooners ever staged.

By now Bluenose was an aging veteran of the high seas -- 17 years from launch date, while the Thebaud, captained by Pine, was half that age.

Bluenose, however, would not be denied, and in five close heats took three of five to once again claim the precious trophy and the right to the title: 'Queen of the North Atlantic'.

Her racing days over, Bluenose was sold to a West Indies trading company in 1942. She was lost off Haiti in a January storm in 1946.

In only five racing matches, Bluenose earned her reputation as the fastest schooner of the fleet, a symbol of Maritime



MV Bluenose

sailing skill and achievement, and forever a national symbol of pride, courage and accomplishment.

But did she ever lose? Only once. In 1930, Ben Pine and the Gertrud L. Thebaud beat the Bluenose in two heats for the Sir Thomas Lipton trophy, a one-time event sponsored by the British tea magnate.

And who has the celebrated International Fisherman's Trophy? It's the property of Wayne Walters, grandson of Captain Angus, and can be seen today at Magnolia's Grill, at 128 Montague Street, Lunenburg, just up the hill from the Lunenburg waterfront where Bluenose basked in fame and glory following her daring races so many years ago.

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On and off base

145M Profit for Canada Post

Ottawa - Canada Post Corporation today announced a profit of \$149 million for the past fiscal year, the second consecutive year of profitability for the Crown Corporation.

The Corporation also announced a first-ever \$60 million dividend payment to the Government of Canada.

The figures were released in the Corporation's 1989/90 Annual Report tabled today in the House of Commons. The 1990/91-1994/95 five-year Corporate Plan was also made public.

President Donald Lander, commenting on a decade of positive change since the Crown Corporation was established in 1981, said volumes and revenues continued to increase during the past year.

"We have continued to improve customer service resulting in significant increases in volumes and a strong financial performance," Lander said.

Revenue from postal operations for the year was \$3.58 billion, up \$170 million from the previous fiscal year while mail volumes were 9.1 billion pieces, up 800 million pieces from 1988/89.

Profit from postal operations was \$107 million, up from \$98 million the previous year. Other income net of other expenses contributed a further \$42 million to net income.

Lander also recognized the contribution of employees to the 1989/90 results, "especially their ability to adapt to rapid changes in technology, operations and procedures to

ensure that our service is competitive. Postal employees are meeting these challenges with a dedication that has been, and will continue to be, integral to our future success," he said.

For the second year, Ernst & Young (formerly Clarkson Gordon), an independent auditing firm, measured the Corporation's delivery performance. It reported that in the last quarter of the fiscal year, 97 percent of on-time delivery had been achieved. This was an improvement of two percentage points over the same period last year.

During the fiscal year 1989/90, Canada Post Corporation self-funded a \$490 million investment program in fixed assets, improved management systems and product development.

Editor's comment: "When can we expect cheaper stamps?"

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