



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 20 22 NOVEMBER 1990

NEXT DEADLINE 3 DECEMBER 1990

COST: PRICELESS

Safe Driving Week Dec 1-7

The focus of the 35th National Safe Driving Week campaign, Dec. 1-7, is to alert motorists to be aware of the safety requirements of two categories of drivers -- new drivers, and commercial vehicle operators, particularly bus and truck drivers.

Making appropriate judgments, and developing skills required for specific road conditions requires knowledge and practice which go beyond basic driver education.

Canadians should remain sensitized to the frequency of tragic injuries and wasted lives caused by motor vehicle collisions.

About 4 million commercial vehicles travel on Canadian roadways. One out of every six vehicles involved in a crash in Canada is a truck, bus or van.

The larger the vehicle, the bigger its blind spots.

The highest proportion of traffic deaths occur during the first years of driving. Over 34,000 people aged 15-24 have died on Canadian roads since 1970. This group is particularly vulnerable because of inexperience and high risk factors.

A Bird in the Mountains



A 442 Squadron Labrador helicopter in the mountains during a training exercise.

We salute the Lady and Gentlemen of CFB Comox Corps of Commissionaires



(L to R top row) Comms Keith Liscum, Frank Coffey, John McKee, Dennis Osborne, Don Webb, Al Stephenson, Bill Harlow, Con Johnston, Dusty Miller, Ron McRae, Earl Nash, Slim Chapman and Nigel O'Brian.

Missing from the photo: Comms Bob Larade and Wayne Fauteaux.

(L to R center row) Comms Pat Hudson, Ken Christenson, Berny MacInnis, Marg Arnold, Alex McLennan, MO Mousseau, Murray Turnbull, Andy Andrews, Pat Smith, Al Pollon, Gerry Turmalno, Dale Robertson and Pete Zwaagstra.

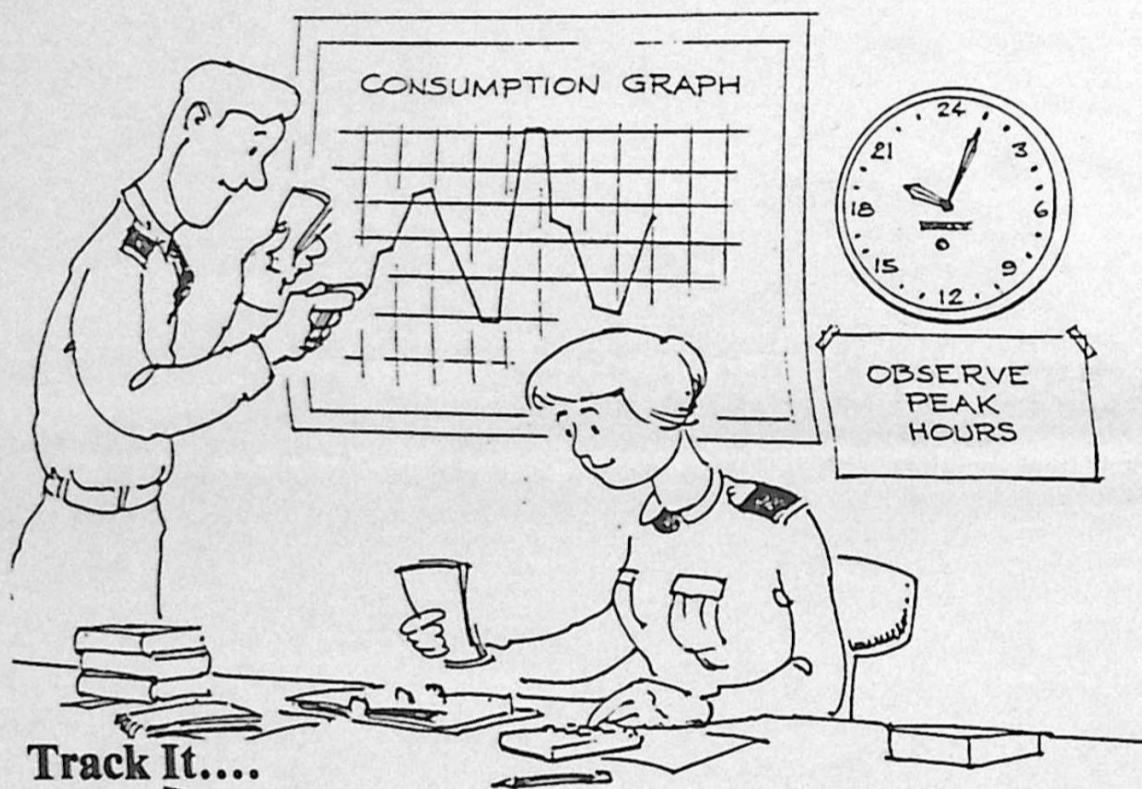
(L to R front row) Comms Lynn Irwin, Tony Madden, Rene Claveau, Jim Craig, BSecurO Capt Ray Cossette, MWO I/C MPS MWO Garnet McKeen, Comms Paul Jenson, Ed Ball and Ed Kostyk.

On and off base

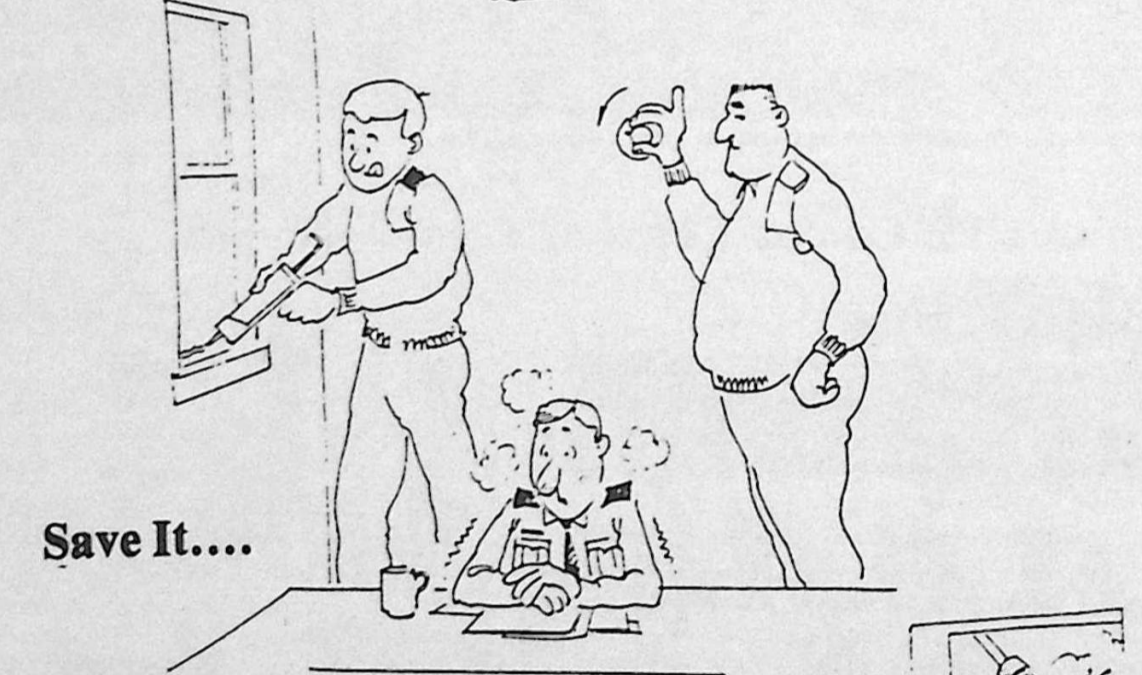
ENERGY CONSERVATION WEEK 19-24 NOV



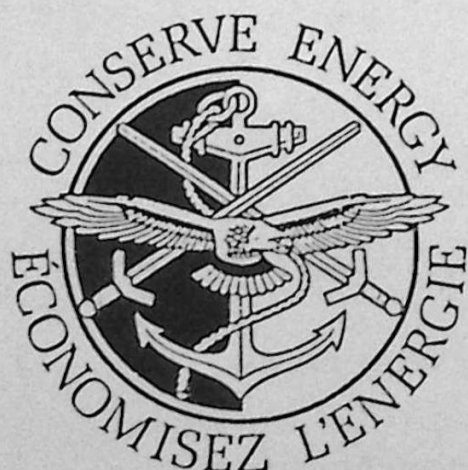
All Together Now....



Track It....



Save It....



Enforce It....

Boone - Simon Wedding



BOONE/SIMON VOWS

Mr. & Mrs. 'Danny' Boone wish to announce the marriage of their daughter Judy Lynn to Joseph Simon, son of Elizabeth and Reginald Simon of Sooke, B.C. The wedding took place August 4, 1990, at the Comox United Church. The bride and groom make their home in Port Alice.

RECYCLE THIS NEWSPAPER TOTEM TIMES



Tri-City Boot Repair & Sales

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



TOP QUALITY SHOE AND LEATHER REPAIRS

888 Komox Wing RCAFA

NOVEMBER CALENDAR OF EVENTS

FRI 9 - GENTLEMENS STAG DINNER and fashion show, 6 pm in the Wing. Roast beef dinner and all the trimmings. \$6 per person
SAT 10 BINGO 8 pm. Jackpot \$80 in 58 numbers.

Members and Guests.
SUN 11 - REMEMBRANCE DAY PARADE AND SERVICE. Fall-in 10 am at the Comox Legion. Wing will be open from noon - 6 pm. **WE WILL REMEMBER THEM.**

THUR 15 - AFIS HERITAGE NIGHT. 7 pm in the Wing. Come out and meet the NEW BLUE

SAT 17 - NON-SMOKERS EVENING. Special entertainment by Bert Linder. See Wing notice board for further information

SAT 24 - BINGO - 8 pm in the Wing. Members and Guests.
SUN 25 - GREY CUP PARTY 1 pm in the Wing.

Come out and support your favourite East or West team. Food will be available. \$2 per person
FRI 30 - XMAS POT LUCK SUPPER/DECORATING PARTY - 7 pm in the Wing. Come out and enjoy a good supper and help decorate the Wing for Christmas

Having a Section or Crew Christmas party? The Wing is available to Military or DND civilian groups at **NO RENTAL COST.**

For Bookings call Joan Scott at 339-4035
Wing hours of operation are as follows:
Thurs. 11 am to 6 pm (except AFIS nights)
Fri and Sat 11 am to 1 am

DND AND MILITARY GUESTS WELCOME

Off the base

Safe Driving Week Dec. 1-7

Intersection Accidents

How the law looks at intersection accidents.

At our current rate, we B.C. motorists will rack up close to 15,000 intersection accidents this year. In most cases it's only a matter of moments after the bumpers tangle that two drivers start rehearsing their version of the incident and, of course, it's almost always the other guy's fault.

Constable Rene Bohemier of the Vancouver Police Department's traffic division has heard some dandy tales in his time. But years of street-level experience and an education in traffic engineering help him apply the laws of physics as well as those of the province to sort out the aftermath of an intersection crash.

In deciding if charges should be laid, and against whom, Bohemier says a police officer must determine the actions taken by the 'servient' and 'dominant' motorist. The servient driver is the one originally must yield in order to cross oncoming traffic. The dominant driver is the other motorist, usually on the through street.

How much space or time must a servient driver yield? The courts say enough so that oncoming traffic will not have to take sudden or violent action to avoid a collision.

A dominant driver can be charged if it's proven that he could see the servient driver move into his path and had a reasonable amount of time to stop. Sometimes a motorist is delayed mid-way through a turn by a pedestrian or other traffic. An oncoming driver a half block away can't assume that the intersection will be clear by the time he arrives.

Then there's the left turner who clears two lanes of stopped traffic only to get nailed by someone heading through in the outside lane. Bohemier says past court decisions state that left turning (servient) drivers must yield to oncoming traffic in each lane crossed independent of the other lanes.

The driver heading straight through the intersection is not expected to yield unless he can actually see the servient vehicle making the turn, and then only if he can be reasonably expected to stop in time. In most instances, it will not matter in court that the dominant motorist was exceeding the speed limit or passing a row of stopped cars - the duty of drivers crossing lanes of traffic is to proceed only when the way is clear.

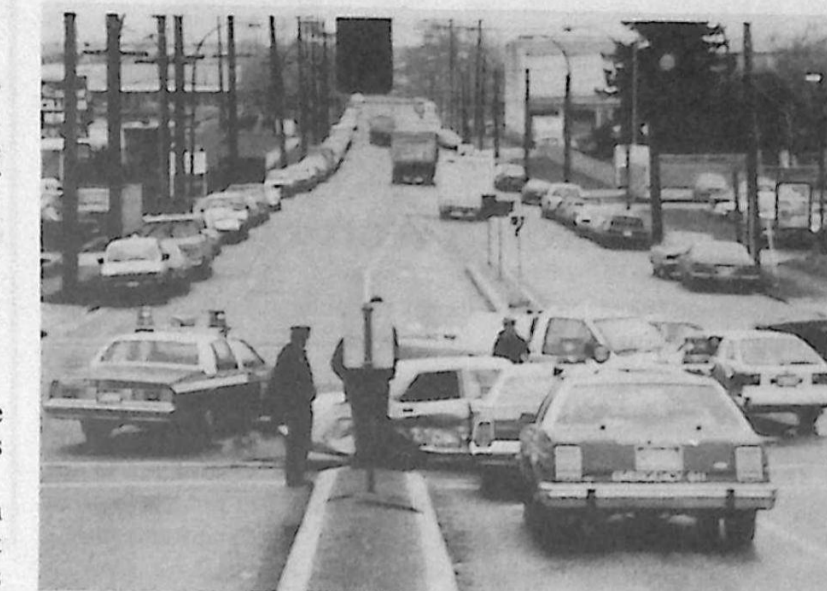
What about crashes at uncontrolled intersections? The motor vehicle act says

that where two vehicles approach or enter an intersection at approximately the same time, the driver to the right of the other has the 'right of way'. Where there is a yield sign, the driver facing that sign must yield the right of way to all other traffic.

Bohemier maintains that the critical factor in laying charges is time, not distance.

He says most vehicles can cross an intersection in about one to one and a half seconds at normal speeds. If two vehicles collide - even if a speeding driver clips the back end of someone doing the limit - it usually means that they both arrived at the intersection within a second of each other, or approximately at the same time. It's the guy on the left who will most likely ante-up the \$75 fine.

Of course, every accident is unique and many more situations are played out than our two examples. Given that few of us drive with a judge and a lawyer along to give split-second legal opinions, it's ultimately easier for us to rehearse care before we hit an intersection rather than our excuses after we hit another motorist.



MSE SAFETY

Speeding is a factor in one out of every five fatal motor vehicle accidents in Canada. That translates into an annual death toll of more than 1000 people directly attributable to speed too fast. If speeding too fast is such a big problem, what is a safe speed. Some people seem to believe that safe speed is anything they can get away with -- as long as there's no radar trap or police car on the horizon.

And others think it's the posted speed limit. With today's super highways designed for vehicles travelling at speeds of 110 to 120 kmh and with the current maximum posted limit of 100 kmh, many drivers feel they have an officially built-in cushion of 10 to 20 kmh. Obviously, they say, with such a cushion you can safely travel at the posted speed limit -- no matter what the conditions.

Of course, as a professional, you know that's not the case. The posted speed limit is intended as the maximum safe speed under ideal conditions. Anything that changes the ideal conditions, weather, visibility, road, traffic volume, your vehicle, or your own physical and mental condition -- requires an adjustment in speed.

Fall weather is changeable. We can expect everything -- rain, snow, sleet, fog, sun, ice. There's also more darkness driving. Gauge your speed not by the posted speed limits but by the prevailing conditions. Until all drivers fully understand what they can do to drive safely, speed will continue to be a major factor in motor vehicle accidents.

What is a Safe Speed?

Drivers Statement of the Month

The telephone pole was approaching fast. I was attempting to swerve out of its path when it struck my front end.

QUESTION

What is the best way to bring a car out of a skid?

- A. Disengage the clutch
- B. Remove foot from accelerator and turn the steering in the direction in which the rear end of the car is skidding
- C. Speed up to bring the rear end back into line
- C. Apply the brakes and shift to low gear.

ANSWER: B

Take it Easy

According to the Farmer's Almanac we're in for a rough winter. The cold came early across the province this year and, the Almanac says, it will be staying for quite a while...along with snow and ice and the whole works.

Here are a few pointers on the causes of winter wrecks, together with some actions you can take to prevent them.

Too fast for conditions...when the road is slippery you can't stop as quickly or as safely. Reduce your speed when the road surface is hazardous.

Abrupt turns, lane changing and sudden acceleration or

deceleration...can cause bad skids on ice and snow. Anticipate turns or speed changes and make them slowly and gradually. Use smaller steering corrections more often.

Limited visibility...a driver who scrapes only a little peephole on his ice-covered windshield is asking for it. Clear your windshield completely of ice and snow and keep it that way. Be sure your defroster is in good shape. Also scrape outside mirrors clear and, while you're at it, brush the dirt, ice and snow away from your head and tail lights.

Poor traction...has caused many a crackup. Don't wait for the first heavy snow to put on

those winter tires. In some areas of the province you may get away with all-weather tires; in other parts you'll need snow tires and tire chains. And no matter what you're using, check the tread.

With or without the Farmer's Almanac, the best advice for winter driving is "take it easy".

Meanwhile, remember that good weather can be just as dangerous as bad. Good weather tends to relax and cause you to drop your guard. In fact, some of the worst wrecks recorded have happened on straight highways and during fine weather.

GRIFFIN PUB

Book EARLY for your Christmas Parties.

We can handle groups up to 45 people.

Banquet Menus Available

New Menu December 1

1185 Kilmorley Rd. Ph 339-4466



Editorial

NORM BLONDEL



Not to Worry

Grade 8 and 9 students of Courtenay Junior Secondary School stirred the hearts of veterans assembled for a traditional breakfast at Courtenay Legion on the morning of November 11, with a pageant for Remembrance Day, entitled, "Thanks".

They sang: ("Tipperary, Wish Me Luck, The White Cliffs of Dover, We'll Meet Again, What a Wonderful World and Lili Marlene"). They recited: ("Thanks, This Piece is For You, Last Post and Remember"). They poured out their young hearts with nothing held back.

Their performance was received in a deep and reflective silence, broken only at the end by a standing ovation. What were these veterans thinking, as the poems and songs and essays poured forth? I think I know. When wars diminish, the memories of war fade and the ranks of our veterans thin with age, we tend to worry that those who have never experienced the horror, pain and trauma of armed conflict will come to regard the memories, and the lessons of war as irrelevant in these (relatively) peaceful times.

After watching these young people perform their pageant, and becoming aware of the sincerity and emotion of their contribution to Remembrance Day, knowing this kind of pageant was being repeated at hundreds of Remembrance Day observances across the country, I ceased to worry about the future. Our youngsters have it well in hand.

The performers: Jessie Leighton, Danby Griffiths, Dani McQuade, Heather Cartier, Scott Griffiths, Dari Egberts.

Photo Famine

We are experiencing material cutbacks in the CF these days, and our flow of grip 'n grin pictures has dried up, at least until April. The good folks at Base Photo say they'll still process your pics if you supply film and paper, but we rather think the Poloroids will be busy for the next little while.

Our experience with instant photographs is that they tend to be poorly lit, focussed and framed, so here are some tips for better quality pictures: Where people are the subject, do closeups, from the navel up, in bright light. If you pose someone against an aeroplane or vehicle, do not try to get all of it in. We have plenty of aeroplane and vehicle pics, and we are not interested in shoes. If in any doubt about how to take pictures of people, look at back issues of the "Fishwrapper", and see how the pros at Base Photo did it. Unlike some editors, I like "grip 'n grins" because they concern our immediate military community, and each photo is an event in one service person's life.

Keep those pictures coming, folks.

Good Luck George

His Worship the Mayor of Courtenay, George Cochrane is retiring soon. He has been a good friend of the Base, working hard to promote good relations between the civilian community and CFB Comox. Not only that, but he has taught a lot of our children. Enjoy your retirement George.

GULLIVER'S TALKS



Remembrance Day in Comox



Base Commander Col J.E. McGee lays the wreath at the Cenotaph in Comox, attended by Base Chief CWO Terry Doherty.

Canada Day Poster Challenge

OTTAWA -- The Secretary of State today announced the launching of the 1991 Canada Day Poster Challenge.

Participants, who must be eighteen years of age or younger, are invited to design a poster which shows how Canadians together make Canada a better place for all. Twelve artists (one from each province and territory) accompanied by their parents, will be invited by the Secretary of State to the official Canada Day ceremony on Parliament Hill on July 1, 1991. One of the 12 provincial/territorial designs will be chosen for the official Canada Day poster to be distributed across the country.

The 1991 Challenge is sponsored by Canadian Airlines International (CAI) and the Chateau Laurier Hotel. CAI will fly the 12 provincial/territorial artists and their parents to and from Ottawa for the ceremony. The Chateau Laurier will provide all accommodations, host various social events for the participants and house an exhibit of the 12 posters the week prior to Canada Day.

All entries must be post-marked before midnight, December 15, 1990 and be mailed to the Department of the Secretary of State office in the province or territory in which the artist resides, marked to the attention: Canada Day Poster Challenge.

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

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Comment



Who Chooses War?

With the amount of material sent in for our Remembrance Day edition, we had no room for this excellent article by Maj Cora Dodge. With our apologies, here it is:

An old Greek historian, Heroditus, once said, "No one is fool enough to choose war instead of peace. For in peace sons bury fathers, but in war, fathers bury sons."

The world today is supposedly at peace, yet it is almost impossible to listen to a news item broadcast without hearing of the continual strife and turmoil in different parts of the world. We are reminded of the suffering and injustices imposed on so many innocent people.

We in Canada today, have reason to be thankful for the freedom and the many privileges which we enjoy. Perhaps, there is a sense in which we sometimes take our freedom for granted. We fail to realize that there is a price for freedom. That is why, on November 11th, we need to take time to "remember".

We remember those who gave their lives on foreign battlefields. We remember the fathers and mothers who said goodbye to young men who left home for the first time. Some of them never returned.

We also remember the men who returned from battle to their homes and families; but they were disabled. They were broken in body and in spirit. In fact, to this very day, there are those who still suffer the pains of the war.

We remember because we care. We dare not forget that freedom is not cheap. We owe a debt that can never be paid to those who have served in the best way they could.

Freedom is costly because war is costly. General Eisenhower once was quoted as saying during the war "The cost of one bomber would provide modern schools in 30 towns, two fully equipped modern hospitals and two fully equipped power plants. The cost of one destroyer would provide homes for 8,000 people." Can you imagine the cost of a world war today, and what the money could do for mankind? But we could never evaluate the great cost in human lives that were sacrificed. Life is precious. War is senseless.

Many today will remember with pain and anguish. They will reflect over the hours of concern and worry because a loved one was far from home, and perhaps in great danger.

Some today may not readily relate to that kind of a situation. But we can remember in love and in gratitude. We can realize that because of the sacrifice of other people at another time in history, peace is ours today.

Peace is talked about and discussed, sought after and craved for, by all people of the world. Many define peace in different ways, but peace is certainly a favoured alternative to war.

The late Dag Hammarskjold, Secretary for the United Nations, until his untimely death, often shared his concerns about the unrest in the world. He said, "I see no hope for a permanent world peace. We have tried so hard and failed miserably. Unless there is a spiritual rebirth, civilization is doomed."

Perhaps we can sense the need to experience peace ourselves before we can talk of peace with other people and other nations. "Peace is not made at the council tables or by treaties, but in the hearts of men and women," said Herbert Hoover.

One of the promises which Jesus left with us is found in the Holy Scriptures. "Peace I leave with you, my peace I give unto you, not as the world giveth, give I unto you." (John 14:27)

We would do well to make the following words our daily prayer, not just at this special time.

Lord of our fathers, hear our prayer
For those who paid the price,
Our stalwart youth, so brave and fair,
Who made the sacrifice.

They slumber in the cypress shade
They, who so nobly died,
Facing destruction unafraid,
All for nation's pride.

The price of peace is far too high
In youthful limb and life,
To You, O Gracious God we cry
Through cloud of hate and strife.

We pray that in the hearts of men
The flame of hate may die,
That cloud of war no more shall span
Our nations' peaceful sky.
Amen.
(Author Unknown)

Safe Driving Week Messages

from the Prime Minister

The 35th annual National Safe Driving Week campaign will be held December 1 - 7, 1990. The goal of this campaign, which is sponsored by the Canada Safety Council, is to raise awareness among all Canadians of the importance of driving safely. We all pay the costs of motor vehicle collisions and, together, we can work to improve this situation.

The 1990 campaign theme, "Courtesy is...", is of particular interest. Motorists are reminded to consider the needs of the large vehicle operators with whom they share the road, and are offered a

number of tips for sharing the road safely. The campaign also focuses on the needs of new drivers and ways to help them further develop their driving skills.

Each year, the Canada Safety Council challenges all motorists to drive fatality free during the week of December 1 - 7. I encourage you to rise to the challenge and drive safely, not just during National Safe Driving Week but all year round.

Best wishes for a successful campaign. *Brian Mulronery*

from the Base Commander

1 - 7 Dec 1990 will mark the 35th year since inception of safe driving week. The theme for this 35th consecutive campaign is "COURTESY IS...". This theme, established last year, highlights the role we all play in ensuring our roads are safe.

The campaign will focus on two aspects of courteous driving. First, all road users are urged to become aware of the special needs of truck and bus drivers and to extend courtesy to them while sharing the road. People who have never driven a heavy vehicle are often unaware of their extra requirements for stopping and

manoeuvring in traffic. The second focus is to raise awareness of our joint responsibility in helping new drivers learn to cope on the road. New drivers are much more likely than others to be involved in a collision, but there are ways we can help to reduce the statistics.

I urge all Base personnel to take a few minutes to reflect on what they can do to play their part in helping to keep our roads safe for all users. Courtesy costs us nothing but has many advantages such as preventing costly accidents and saving lives. BE A COURTEOUS DRIVER!

Create the Hospice, Save a Park!

I, the undersigned, pledge to give \$ _____ to the "Hospice in the Park" fund to acquire the hospice building and a tranquil, beautiful public park of original forest near St. Joseph's Hospital, Comox. (Contributions are tax-deductible)

Name: _____ Phone No. _____

Address: _____ Please PRINT

Post Code: _____ Please PRINT

Mail to: Hospice in the Park Trust Fund Box 1404, Comox, B.C. V9N 7Z9

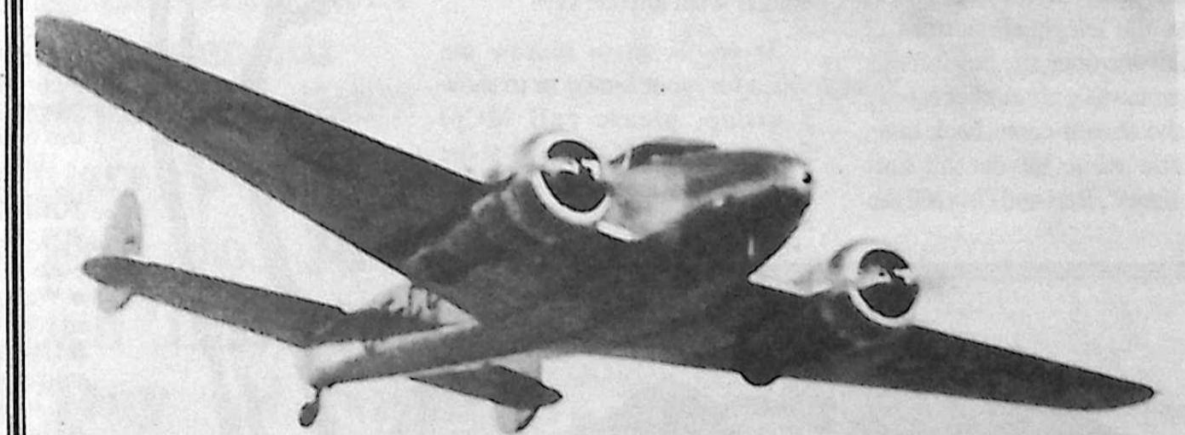
I am prepared to pledge the amount of \$ _____ in each year for the next 5 years.

Signed: _____ Date: _____

For further information, phone the Office: 339-5470, 339-5237 or Barbara Price: 339-4015

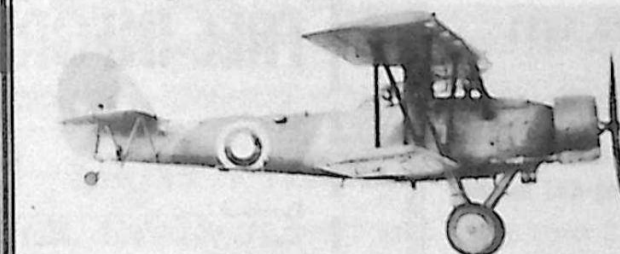


Air Force Trivia



Now this looks like a...

Answer:



Again, no takers on this Blackburn Shark II K8485 Royal Navy Fleet Air Arm.

from the H.W. Holmes collection

TOTEM TIMES

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National news

IRIS Contract for CDC

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight, and the Minister of Supply and Services Canada, the Honourable Paul Dick, announced today that Computing Devices Company of Nepean, Ont., has been selected as the winner of the competition to provide the Iris Communications System for the Canadian Forces. Details of the contract, anticipated to be worth in excess of \$1 billion, are still to be finalized before Treasury Board approval is sought for contract award.

Iris will replace outdated communications equipment which is currently in use with Canadian

Forces army units.

"Our armed forces require an accurate, reliable and mobile communications system to meet the demands of today's highly technical environment," said Mr. McKnight. "The Iris system will greatly enhance the army's capabilities in a variety of roles ranging from disaster relief to UN peacekeeping operations."

The Iris system will be particularly effective in remote areas, such as the Canadian Arctic, where permanent communications networks do not exist. It will also facilitate communications interoperability with our allies during joint manoeuvres.

New Commander for Pacific

VANCOUVER -- Brigadier-General Stuart T. McDonald of West Vancouver assumed command of Pacific Militia Area on Saturday, September 22nd, in a ceremony held at the Seafarth Armoury on Burrard Street.

BGen McDonald took over as Commander of Pacific Militia Area from BGen. T.H.M. "Jerry" Silva of New Westminster. The inspecting officer, Lieutenant-General Kent Foster, Commander of Force Mobile Command, introduced BGen. McDonald as a career gunner who had served as Commanding Officer of the 15th Field Artillery Regiment and in all the important staff appoint-

ments at PMA Headquarters. He was also the first militia officer to attend the National Defence Staff College course at Kingston.

LGen Foster thanked BGen Silva for his commitment of the militia and his drive in raising the strength of B.C.'s army reserve to 2,100 while carrying forward the integration of reservists with army regulars in the Total Force. Jerry Silva was described as an effective leader who "stood his ground ... with full vigor and he earned my respect for it."

BGen McDonald told Lieutenant-Governor David Lam "your presence here today honours all of us" and thanked

Gulf HQ Formed

OTTAWA-- The Chief of the Defence Staff, General John de Chastelain, announced that Commodore Ken Summers, currently commanding Canada's Naval Task Group in the Middle East, had been appointed as the commander of all Canadian Forces in the Gulf area. His official title will be Canadian Forces Commander Middle East.

Commodore Summers will execute his new responsibilities

from a joint headquarters which will be established in the Persian Gulf in the very near future.

The headquarters will comprise personnel from all three environments of the Canadian Forces and will be structured on a new unit of the CF to be known as 90 (Canadian) Headquarters and Signals Squadron. This new unit, now being formed at Canadian Forces Base Kingston, will provide

English - as she was spoke

G. Othel Hand wrote a beautiful satire on the use of words, entitled, "What's Happening to the King's English?" Remember when 'hippie' meant big in the hips, And a 'trip' involved cars, planes, and ships. And 'pot' was a vessel for cooking things in, And 'hooked' was what Grandmother's rug might have been. When 'neat' meant well organized, tidy and clean And 'grass' was a ground cover normally green. When 'lights' and not people,

were turned on and off. And the 'pill' could be what you took for a cough. When 'fuzz' was a substance fluffy like lint, And 'bread' came from bakeries, not from the mint. When 'square' meant a ninety-degree angle form, And 'cool' was a temperature not quite warm. When 'roll' was a bun, and 'rock' was a stone, And 'hang-up' was what you could do with the phone. When 'chicken' meant poultry and 'bag' meant a sack, And 'junk', trashy cast-offs

and old bric-a-brac. When 'swinger' was someone who swung in a swing. And 'pad' was a soft, sort of cushiony thing. When 'dig' meant to shovel and spade in the dirt, And 'put-on' was what you would do with a shirt. Words once so sensible, sober, and serious, Are making the freak scene like psycho delirious. It's groovy, man, groovy, but English it's not;

Me thinks that the language has gone straight to pot!

Reserves/Cadets Chief Appointed

OTTAWA -- Major-General Frederic Mariage, a part-time soldier who in civilian life is a senior director of multinational lumber giant MacMillan Bloedel Ltd., is the new chief of Canada's 265,000 reservists and 48,000-strong cadet movement. He replaces Reserve Rear-Admiral W.N. (Wally) Fox-Decent, a professor of political science at the University of Manitoba. The appointment is for a three-year period.

A native of Bone, Algeria, Maj-Gen Mariage was 23 years old when he immigrated to Canada in 1965. In addition to studying for several post-graduate degrees in this country, he earned a commission in the Canadian Forces Reserves as an officer with the Voltigeurs de Quebec infantry Regiment.

His progression through the ranks of the part-time military matched the success he achieved



in his civilian calling. After being promoted major-general in July, he was appointed to his present position in September, by which time he was already MacMillan Bloedel's director general for Eastern Canada.

Maj-Gen Mariage is married with three children. His home is in Montreal and he commutes regularly to his military office at National Defence Headquarters in Ottawa.

New Reserve Benefits

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight and the Associate Minister of National Defence, the Honourable Mary Collins, have announced Treasury Board approval of a new benefits program for Reserve Force members of the Canadian Forces Primary Reserve.

"This commitment to the men and women of our Reserve Force represents a major step towards the achievement of our goal of Total Force," said Mr. McKnight.

The benefits package includes Provincial Health Insurance Coverage and the par-

ticipation in four group insurance plans: the Group Surgical Medical Insurance Plan (GSMIP), the Canadian Forces Dependents Dental Care Plan, the Service Income Security Insurance Plan-Long term Disability (SISIP - LTD) and the General Officers Insurance Plan.

The program also provides maternity allowance and leave benefits to certain Primary Reserve Force members.

Mrs. Collins added: "The implementation of this Primary Reserve Benefits Program will assist the Canadian Forces in meeting its operational commitments into the next century."

CF-5 Avionics Update

OTTAWA -- The Honourable Jake Epp, Minister of Energy, Mines and Resources, announced today on behalf of the Honourable Bill McKnight, Minister of National Defence, that a \$69.73 million contract has been awarded to Bristol Aerospace Ltd. of Winnipeg to update the avionics systems of 44, CF-5 aircraft.

The CF-5 Avionics Update Project will make the CF-5 a more effective trainer for pilots continuing on to the CF-18. It will also allow the CF-5 to continue well into the future the ground attack and limited photographic reconnaissance tasks it now assumes in the Defence of Canada role.

The contract includes not only system procurement, but also the costs of installation, new software database, a training simulator and

test and evaluation equipment. The first of the modified aircraft will return to service with 419 Squadron, Canadian Forces Base Cold Lake, Alberta, beginning in the spring, 1992. The CF-5 currently operates exclusively out of CFB Cold Lake in a training capacity.

"The provision of modern equipment required by the Canadian Forces to fulfill its operational objectives remains a major priority for the Government of Canada. Moreover, the expertise gained from this contract will provide Bristol Aerospace with a competitive edge for future F-5 update projects worldwide," stated Mr. Epp.

Approximately 1,800 F-5 aircraft are in service with air forces of other nations, including the US, the Netherlands and Norway.

Recollections

Life in the North

Experiences in the Fur Trade

By Jim Kirk

Up until the post war years of the late 40s and early 50s it was a large and difficult undertaking keeping the far flung outposts of northern Canada supplied with freight and provisions necessary to keep them operating on a year round basis.

The Hudson's Bay Co. had some 350 fur trading posts scattered throughout the north from Labrador to the Yukon and across the frozen reaches of the Arctic. The R.C.M.P. had detachments in many remote areas of the north. There were many missionaries of different denominations at work in a number of isolated villages that were home to Canada's Indian or Eskimo residents. Trappers and prospectors of various nationalities chose to live in the north, especially during the depression years to "try their luck". In most cases these settlements received their supplies only once a year. In some places it might be longer, depending on whether the supply ships could get through the summer ice packs.

In most areas freight was transported in the summer months by various overland and water routes. Paddle wheel steamers operated on the Yukon and McKenzie River systems. Canoe brigades operated on other rivers and lakes as had been done over the past two hundred and fifty years. Where summer travel was not possible "cat trains", consisting of one or two crawler tractors pulling a train of heavy sleighs, travelled day and night during the winter months after the rivers and lakes were well frozen.

The lead "cat" was equipped with a large snow plow with which it was able to cut its own road across the frozen northland. It was always an exciting time when the freight arrived and regardless of the time of day or night everybody pitched in to help unload the many bales and cases of merchandise and the welcome bags of mail. After everything was unloaded and stowed away under cover the village took the rest of the day or night off to open their mail. If it was summer time freight, much of the mail contained Christmas parcels at least six months late. If it was winter freight their Christmas parcels might be only one to three months late.

It goes without saying that a lot of planning and organizing many months in advance went into the ordering, assembling and shipping the many tons of supplies sufficient to last a year or more. Meals, based on a ration system of so many ounces per person per day for at least a year had to be worked out. Some fresh fruits and vegetables might be included in the orders and the suppliers and freight companies would

cooperate to try to get as much fresh produce delivered as could be managed. This might consist of a single box of apples, oranges, or fresh eggs but whatever it was and however much it was, it was always welcomed and shared by everyone with much delight and appreciation. In winter the "cat train" pulled a heated caboose on the last sleigh where crew members ate and slept. Any spare space inside, which wasn't much, was used to cram in whatever perishable items they could manage. Freight day was like Christmas when these items were unloaded!

As many annual orders might contain up to a hundred tons or more, it would mean that several shipments of ten to fifty tons each would arrive throughout the freighting season and each arrival was just as exciting as the first. On their way back home the "cat trains" picked up loads of frozen fish, bales of fur, empty fuel barrels and other miscellaneous freight to make up a payroll.

In the Arctic regions the supply ships could manage only one delivery to each settlement; however, they usually carried more than a year's supplies to the more distant posts in case they may be late arriving the following year.

The canoe brigades were comprised of several heavy freight canoes and as many natives as were required to handle them. In latter years small outboard motors, or "kickers", were used on 20 ft. square stern freight canoes which made the operation easier and faster. Many of the canoe routes contained one or more portages over distances of a quarter of a mile or more and over which all the freight and canoes had to be "portaged", usually on the backs of the "brigade men". On some well established portages wooden rails were laid down and a crude cart on wheels was pushed back and forth. When the freight was carried on the men's backs "tump lines" were used. These were long leather straps that went around the forehead, over the shoulders and down the back. Loads of well over a hundred pounds were encircled by the thongs which were then brought back up and tied in place above the shoulders. An then a fifty pound sack of flour might be thrown on top, above the head, just to "make it a load"!

When everything was carried across the portage it would all be loaded back into the canoes and the brigade would set out again, across another lake or along another river. Due to the limited space and the amount of handling these shipments usually contained only the bare necessities to keep the village going for the coming year.

After the supplies were all stowed away in appropriate warehouses, store rooms and storage shelves, the villages returned to their normal activities. If freight had arrived during the summer there might be a short time for relaxing before it was time to prepare for winter. Trappers became busy getting their "outfits" together before heading out to their remote trapping areas. There might be dog harnesses to repair, toboggans or sleds to be checked over, fish to be caught and dried or smoked for dog food, assemble any needed repair items for their trap line cabins and put together sufficient provisions to carry them through at least three months' work in the bush. Most of the prospectors who weren't also trappers arrived in the north in the spring and returned "outside" in the fall as and when transportation allowed.

For those receiving winter freight, spring was "just around the corner" and the trappers would soon be arriving with their fur catches. The furs then had to be sorted, graded, baled and made ready for shipping "outside". This was usually done by means of a small canoe brigade and they would often return with some late arrival freight or left over items from the "cat trains". Some years the "cat trains" were unable to deliver all the freight due to a late "freeze up" or an early "break up". Following a somewhat relaxing summer season it was time to commence compiling orders for next year's winter freight.

Living in the north was not everyone's "cup of tea", particularly for those used to an urban style of living. It meant challenges, compromise, isolation, working with Nature and the people of the north.



"WACO" CF-BDZ, Northern Airways from Carcross YT. at Fort Selkirk, Nov 1939.

During the thirties the H.B.Co. gave training courses for their apprentices covering the many facets of operating a fur trading post. Courses were given in first aid, Morse Code, short wave radio, weather reporting, plus a short course in cooking. Discussions were held on living and working the north. After a month or two some might be weeded out who were considered unsuitable to handle their assignments or to cope with northern living. Some trainees balked at the idea of facing three years or more of "back to nature"; no electric power, no indoor plumbing, no coal or oil furnaces, (there was always a huge woodpile out back where one could get his daily exercise with the help of a 4 ft. bow saw!), three meals a day if you prepared them yourself, cooking and baking on a wood burning stove, household chores, laundry, (hand done in a galvanized wash tub with water hauled from the river or lake or melted snow in the winter).

Living quarters were either in the back of the store, which was usually built with logs, or in a separate log cabin alongside. Logs were usually chinked with mud, mortar, or moss and often required re-chinking every year or two. Inside walls might be logs or "beaver board", a form of pressed board, with a finish of kalsomine, a form of powdered paint. The ceiling might also be "beaver board" or unbleached cotton tacked to the ceiling logs and kalsomined. Any lumber was usually rough, whip sawn, and

hand planed where necessary. Standard work clothing and footwear were normally worn from late spring to early fall.

Many trappers and prospectors wore wide brim hats with a mosquito netting suspended from the hat brim and tucked into their shirt collar. Some had a small hole cut so they could smoke their pipe, or "smudge pot", to keep away the black flies, "nosecums" and "skeeters". Some of the old timers talked of mosquitos being so big that, "two of 'em could pack off a young deer"!

From late fall to early spring moosehide moccasins were commonly worn. When the snow was wet moccasin rubbers were worn over the moccasins. Some preferred snowpacs, a double leather soled shoe or heavy rubber boot with a high laced leather top. Winter clothing consisted of all wool underwear, heavy wool pants, wool shirt, perhaps a wool sweater, (Icelandic raw wool type), or a wool mackinaw jacket, wool cap or hat and when on the trail a light weight windproof parka was worn overtop. This would extend below the knees and have a hood that covered the head and most of the face. Icelandic wool mitts were worn under leather outer mitts, usually moosehide. In very cold temperatures some wore a scarf tied over their mouth and nose to prevent inhaling the freezing air directly. Some men have arrived off the trail with part of their beard frozen and broken off!

Of course Arctic living was more difficult than "in the bush". Adoption of native methods of dressing and travelling was widely accepted by those from "outside". Very few would consider travelling any distance without a native guide. Native clothing consisted mostly of seal skin boots, pants, jackets and parkas.

With few or no landmarks travel was difficult and unpredictable. If a storm came up it was best to stop and build an igloo or snow shelter and wait until the storm passed over, perhaps in a day or two!

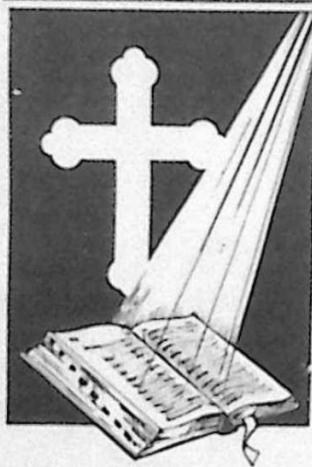
Continued in the next edition

JNS BAY COMPANY



Jim Kirk with 80 to 100 lb fur bales, ready for shipping out -- Big Buffalo Lake, Saskatchewan, 1946-47.

On and off base



Padre Bob

Compassionate Travel

There are some new facts of life in the realm of compassionate travel now that our service flights are so irregular.

In years past when news reached you of the serious illness or death of someone in your family, at your CO's discretion, you were given compassionate leave and usually compassionate travel aboard Service Air. The circumstances around compassionate leave have not changed but compassionate travel has become a problem. The regulations relating to compassionate travel on service aircraft have always been written such that if we have an aircraft going in the right direction, to the right destination with space available on the day you need to travel you could be given a PRI 3 compassionate or PRI 2 Blue Bark Flight. When the Boeings crossed the country every day this sounded like a sure thing. This whole package was also available to your spouse in the event of the critical illness or death of someone in their family as well. However, if you required transportation along a north-south axis or the service flights were delayed, this was at the members expense with no requirement for the public to repay.

This was a privilege accorded us if the system could accommodate, but has never been a right, nor, according to a Personnel Newsletter in the summer, has it been taken as a part of our benefit package since 1975.

With the irregularity of service flights at present we will have to rely more heavily on the major airlines, and thereby we lose the ability to provide PRI 3 compassionate travel. That refers to travelling home if the doctors request the family to gather due to the critical illness of your family member. In the event of the death of a next of kin, both Air Canada and Canadian Airlines International Ltd. have a compassionate travel refund which is 40% of the full economy class fare. Both airlines require that you stay with their line and connectors within Canada. They have each asked that we identify the compassionate nature of the travel at the time of booking and apply for the refund on our return home. To verify our claim we will be required to provide:

1. A copy of the Death Certificate or Funeral Directors Statement;
2. Our passenger coupon or ticket; and
3. Fill in an application for rebate within 90 days of the start of your travel.

The application for rebate forms can be obtained from the ticket agent and they can be

sworn before any commissioned officer on full time service with the Canadian Forces. At present both airlines seem to have very similar policies but Canadian Airlines suggested that they could have a change in the New Year and if so that will be passed along as well.

The Base Comptroller's shop may be able to assist with an emergency distress loan or a pay advance but the new facts of life are that we should all make provisions for such rainy days by starting or continuing to put aside some savings. If, for example, your family is in Nova Scotia and the Crown has asked you to serve in the beautiful Comox Valley, the full economy class round trip single fare from Comox to Halifax is currently just under two thousand dollars (2,000) with increases in fuel costs, possibly increasing the fares.

I tell you this, not that I will not be involved if you were to receive this type of bad news, but rather just to let you know the tools that are available to those who will be trying to serve you. Some families have chosen not to involve a Chaplain in notifying service members or spouses of the serious illness or death of family members preferring to telephone direct. If that should happen to you please don't hesitate to call me if you would like me to lend a hand or just have someone with you. I will also ex-

tend that invitation to you if any of your troops come to you with information about their family or the spouse's family. Please give me a call if you would like me to lend a hand.

Blue Bark Travel

According to CFAO 20-20 Annex A:

"Blue Bark" travel may be authorized by reason of death of a member's spouse, children or parents. It may also be authorized by reason of death of another close relative whom in the opinion of the approving authority for compassionate travel, the members attendance at the funeral is essential.

According to Air Canada - Canadian Airlines:

Applicable only when travel is due to death of an immediate family member, defined as spouse, child, adopted child, step child, parent, step parent, grandchild, grandparent, daughter/son-in-law, father/mother-in-law, brother, sister, half brother, half sister, brother-in-law, sister-in-law, step brother, step sister, legal guardian (with proof of judgement).

Land Owner Liable

VANCOUVER -- Owners or occupiers of land now may have to clean up pollution on their land, even when they have not caused the pollution and may not even be aware of it.

The recent amendment to the Waste Management Act states that an owner or occupier of land may be required to comply with an order of a B.C. regional waste manager where a pollutant is located on the land, or was located there before it was introduced into the environment.

The owner or occupier may have to pay for a number of remedial activities including controlling or stopping pollution and cleaning up environmental damage. The penalties for failure to do so could result in a fine of up to \$300,000 and up to six months in jail.

"Purchasers of land, particularly land subject to previous industrial use, should be aware of the implications of this legislation and should make all appropriate inquiries of their real estate agent and legal representatives prior to finalizing such purchase," noted Valerie Osborne, Chairperson, B.C. Branch, Canadian Bar Association, Environmental Law Section.

Chuckle

Several years after his retirement, Joe decided to go back down to the office and see how things were going. Just to see how well he was remembered, he decided to go in and ask for himself.

"Can I speak to Joe Smith?" he asked a bright young secretary in the front office.

"Oh," she said, "Joe Smith doesn't work here anymore."

"Well," he said, "let me speak to the man who filled his vacancy."

"Well," the secretary said, "Joe didn't leave a vacancy!"

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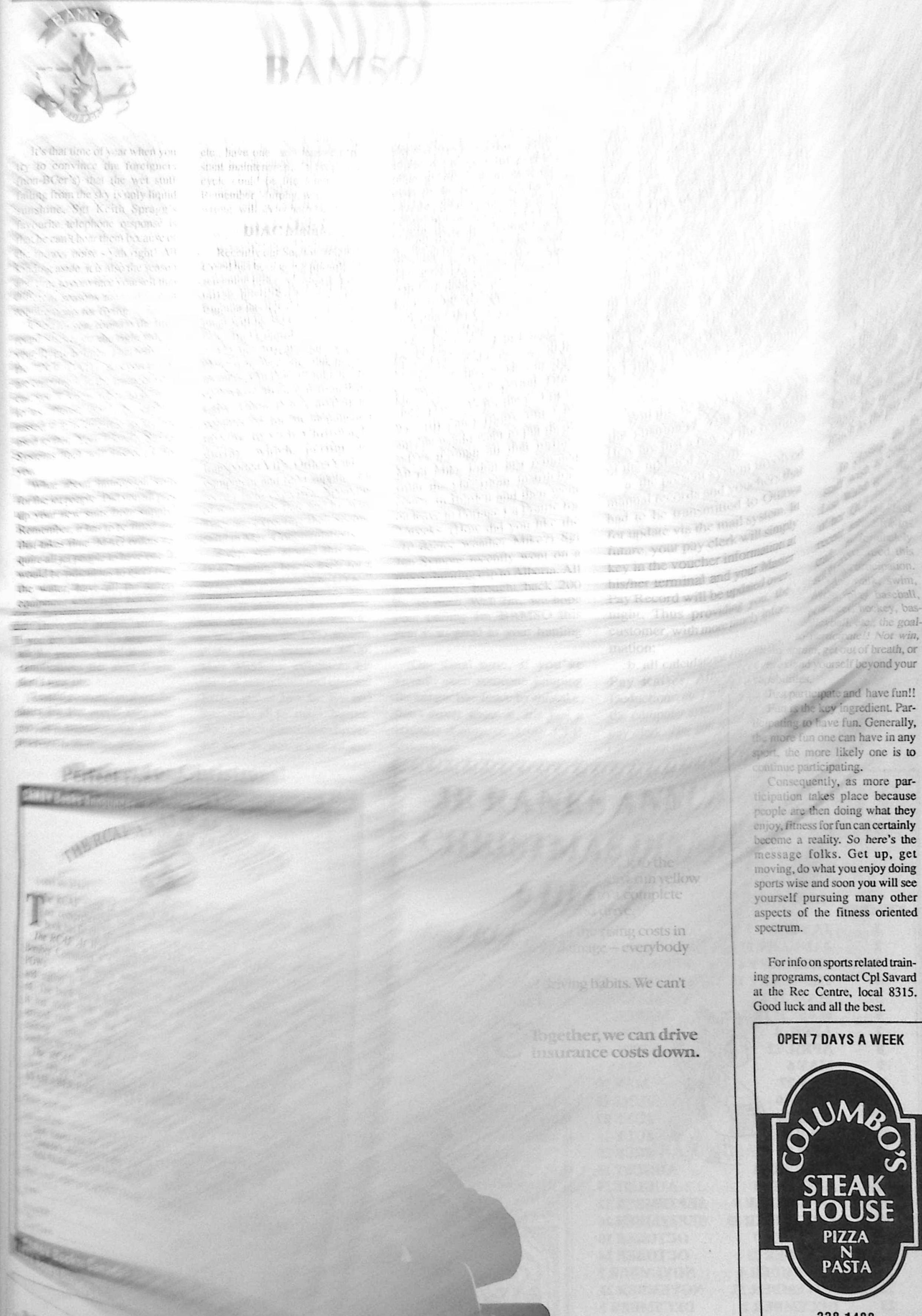
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Health & fitness



ASK YOUR PHARMACIST

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

Don't Let Colds and Flu Catch Up With You

With the season for colds and the flu upon us, we find almost as many superstitions and old wives' tales about them as they have victims. Included is a German proverb reminding us that "Sauerkraut is good for a cold." It would follow that garlic would be even more effective because it keeps people at a distance.

Adding to these misconceptions is the ever-popular "people get colds from standing in drafts, or from getting their feet wet." Truth is, even those who are neighbours to the occasional polar bear don't catch colds except from someone else. However, it's worth noting over-tiredness and poor diet can open the door to cold and flu viruses.

Science has yet to find a cure for the common cold, which can be caused by one of the more than 100 viruses. None of these appears to be dangerous in itself, but can make the sufferer more susceptible to more serious conditions such as pneumonia.

Our bodies do build up resistance to colds, but it only lasts a short time. Most adults average two colds per year; children are even more susceptible. Rest and liquids, because of a fever's dehydrating effect, still constitute the best treatment for a typical cold. If you must buy non-prescription remedies, consult your pharmacist. He is well qualified to advise you about all cold products and their proper use.

Influenza, like colds, is very contagious, but more severe. The flu also takes longer to get rid of. However, unlike colds, the flu can be prevented by vaccination. We know international epidemics occur every 10 years. In 1918, before the development of modern vaccines, more than 21 million people died. Flu outbreaks these days are potentially as dangerous, but because of modern medicine, do much less harm. Nevertheless, extra caution should be used regarding the very young, the elderly and individuals with heart or respiratory disease. *If in doubt, always consult your physician.*

Make Sure That Pill Fits The Bill

The same way the architect follows a blue print to put up a building, you should read the label before taking any medication. Remember, there's always a reason for the precise instructions specified by your doctor.

Sometimes, for example, a drug should be taken only before or after eating or every five hours or once a day. Whatever the case, never disregard the instructions for your medication. If you have any questions, don't hesitate to ask your doctor or pharmacist.

The right dose to give children is often of special concern to parents. All prescriptions for your children carry explicit instructions on proper dosages, but with non-prescription remedies, it's up to you to be extra careful when reading the instructions.

In the case of some drugs, government regulations require the label to carry a warning such as: "Children's doses may also be specific or given as a proportion of the adult dose, for example: "For children 10 to 14 years, give one-half the normal adult dose."

Some medicines, particularly headache tablets, are either not recommended for children or come in a special children's form. Read the label carefully before purchasing or ask your Shoppers Drug Mart pharmacist for advice.

Always use extreme caution when giving medication to infants and small children. Always consult your doctor or pharmacist beforehand and remember to keep all medicines in a safe place out of the reach of little hands and fingers. You can never be too careful when it comes to drugs and your family -- especially the young members.

info health

Dr. Bob Young



Don't Drink the Water

It's a bit early for the trip, but not for the planning if you are going to find a plane to fly and a place to stay. Part of the planning might be giving some thought to travellers' diarrhoea, that holiday-spoiler that just does not want to go away.

Mexico comes to mind as being a high risk destination, and it is, along with Latin America, Africa, the Middle East, and Asia. Visiting Southern Europe and some Caribbean Islands represents a moderate risk.

Several factors related to the type of trip may modify the likelihood of getting sick. Staying with relations or friends and eating in private homes decreases the risk. Eating in restaurants is safer than eating on the street (from vendors).

Sensible choice of food, avoiding raw or slightly cooked selections lowers the risk, and "don't drink the water" remains excellent advice unless its purity is assured.

People over the age of about 55 are less prone to develop travellers' diarrhoea than young adults. The reason for this is unknown.

We do not have to discuss the diagnosis as it is obvious. Usually the germ involved is a bacteria, often a coliform - the kind that may contaminate even Canadian swimming beaches. Viruses and parasites are occasional culprits.

Although as many as 40 per cent of travellers to certain countries may get this illness, for the most it is not unduly severe and is gone in a day or two. Some

others are not as lucky, and a few may be miserable for weeks and be significantly ill.

There are no completely effective prevention methods. Care with food, taking bismuth preparations, and using "protective" antibiotics all may help a little, but there are drawbacks to all of them. Drugs and antibiotics cannot be routinely recommended.

Treatment, of course, is a different thing. There are medications that slow the diarrhoea and stop the cramps. They do not shorten the illness. Fluid replacement is important, and patients with more severe illness warrant treatment with antibiotics.

Musical Medical Problems

We attended a Dixieland Jazz festival last week, wandering from site to site to listen to the fun and watch the crowds - and the musicians. The musicians work hard during these sessions, and sometimes their bodies, or parts of them, pay the price.

There are occupational hazards in any job, but I was a little surprised to discover that there is a medical journal devoted to (and titled) Medical Problems of the Performing Arts.

A common cause of distress in musicians is caused by overuse of a body part - the overuse syndrome. This may be general affecting several parts of the body, or specific, involving only parts used to play the instrument. A recent article in Postgraduate Medicine states that 50 per cent of symphony orchestra players, 20 per cent of serious music students, and about 50 per cent of

secondary school musicians show signs of the disorder.

The general type of overuse syndrome may be caused by awkward body position required to play some instruments, twisting and turning required if two keyboard instruments are being used (often the case in a rock band), or the body bracing or rigidity needed to control the finer movements of fingers and hands.

Repetitive movement is the cause of localized overuse problems - usually due to injury or trauma to muscles, joints, ligaments and tendons. Pressing the strings on a bass or banjo may not be hard but doing it several thousand times per evening takes its toll.

The drummer's wrists or ankle, the piano player's fingers, the trombonist's elbow - most instruments challenge at least one

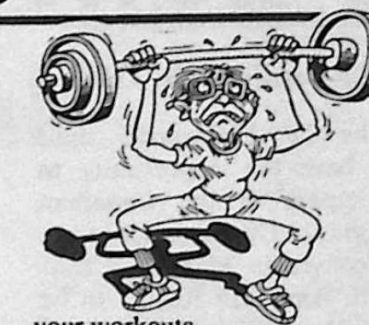
part of the body.

The symptoms are remarkably similar to those seen in athletes, specifically pain, loss of mobility and strength. In addition there may be loss of control and speed. Tingling and numbness can complicate matters. All lead to diminished technical ability. A teacher (or the musician), recognizing this, may suggest more practice, making things worse.

Treatment, again reflecting sports medicine, may include rest, splinting, and possibly anti-inflammatory drugs. Selected exercises and perhaps slight alterations in technique help prevent recurrences.

So, if the Saints Come Crawling instead of Marching In, it may mean that someone in the band is suffering from overuse syndrome.

Health & fitness



B.C. Bestsellers

Week Ending: November 11, 1990
Produced: November 13, 1990
(Brackets) represent last week's position

FICTION

- 1 (1) *The Plains of Passage*
- 2 (2) *Four Past Midnight*
- 3 (3) *The General in his Labyrinth*
- 4 (6) *The Witching Hour*
- 5 (5) *Longshot*
- 6 (4) *Spy Sinker*
- 7 (8) *Tales from Margaritaville*
- 8 (-) *Innocent Cities*
- 9 (7) *Lady Boss*
- 10 (-) *Wild Blue Yonder*

Auel
King
Marquez
Rice
Francis
Delighton
Buffett
Hodgins
Collins
Thomas

NON-FICTION

- 1 (1) *Webster!*
- 2 (3) *The Great Depression, 1929-1939*
- 3 (4) *By Way of Deception*
- 4 (2) *Gretzky: An Autobiography*
- 5 (6) *Three Men and a Forester*
- 6 (10) *Trudeau and Our Times*
- 7 (5) *An Artist in Nature*
- 8 (7) *Courting Disaster*
- 9 (9) *A Brief History of Time*
- 10 (8) *Writing in the Rain*

Webster
Berton
Hoy & Ostrovsky
Gretzky
Mahood & Drushka
McCall & Clarkson
Bateman
Barker
Hawking
White

From the Rec Centre

Overtraining

One of the biggest road blocks to any bodybuilders success is overtraining, a condition in which the body becomes so super saturated with training that the muscles refuse to grow. When an athlete is severely overtrained, his or her health can actually break down, and hard earned muscle mass will dissipate. Horrors!

Overtraining seldom occurs when a bodybuilder takes short, high intensity workouts and frequently changes training programs to avoid boredom in training. Usually it occurs when a bodybuilder either takes too lengthy workouts or remains on the same training schedule for a long period of time.

Overtrained bodybuilders will exhibit one or more of these symptoms:
apathy toward training;
chronic fatigue;
irritability, insomnia;

elevated morning pulse rate;
chronic joint and/or muscle pain; and,
lack of gains in muscle mass and or strength.

Having three or more of these symptoms indicates a relatively severe case of overtraining. To cure overtraining you should begin by taking a complete, one week layoff from bodybuilding training. Totally avoid the gym, but feel free to remain physically active. Go swimming, play racketball, climb a mountain, or bicycle 20 miles a day, but stay away from the weights altogether.

During your layoff, plan a new and shorter bodybuilding routine to follow once you get back to the gym. Reduce your total number of sets per body part by at least 20%, but make a corresponding 20% increase in training intensity by using heavier weights and more forced reps in

your workouts. Once you are back in the gym, you should also make a conscious effort to build yourself up gradually instead of jumping right into a heavy program.

With these guidelines to follow you're certain to reach your goals and attain full muscle growth! If you have any problems just contact Cpl Savard at the Rec Centre. He's here to pump.... Good luck.

Fitness for Fun

One of the biggest misconceptions people make about fitness is that it has to be gruelling, painstaking work in order to be of any value. For this reason, many will tend to avoid fitness related activities in fear that they may be subjected to unreasonable demands in order to attain their goals.

A recent trend in the last decade has really pushed for individual fitness and fortunately no scare tactics were used this time. This trend is participation. Whether you run, walk, swim, hike, ski, cycle, play baseball, badminton, soccer, hockey, basketball, volleyball, etc., the goal here is to participate!! Not win, strain, sprain, get out of breath, or over extend yourself beyond your capabilities.

Just participate and have fun!! Fun is the key ingredient. Participating to have fun. Generally, the more fun one can have in any sport, the more likely one is to continue participating.

Consequently, as more participation takes place because people are then doing what they enjoy, fitness for fun can certainly become a reality. So here's the message folks. Get up, get moving, do what you enjoy doing sports wise and soon you will see yourself pursuing many other aspects of the fitness oriented spectrum.

For info on sports related training programs, contact Cpl Savard at the Rec Centre, local 8315. Good luck and all the best.

INSURANCE CORPORATION OF BRITISH COLUMBIA

Are you a good driver? Or just a lucky one?

Have you ever done any of the following?

- Exceeded the speed limit
- Not signalled a lane change
- Not stopped at a red light before turning right
- Driven after drinking
- Followed too closely
- Not come to a full stop at a stop sign
- Backed up unsafely
- Not signalled a turn
- Cut in unsafely.

If you can honestly say you've never done any of the above, then you're a really good driver.

Unfortunately, not everyone is a good driver. Or even a lucky one. In 1990 Autoplan is paying out more in claims than at any time in history: *more than \$4.5 million every working day.*

What's ICBC doing about it?

We're working to reduce the number of accidents through traffic safety education. And by promoting the use of safety belts.

ICBC also works with school children and educators, the police, safety councils and governments on continuing "grass roots" traffic safety programs.

At ICBC, we're doing what we can. But the real solution lies with the *individual motorist.*

What can you do?

Obey the rules. We all know them. Stick to the speed limit. Use your turn signals. Don't run yellow (and especially red) lights. Come to a complete stop at stop signs. Don't drink and drive.

If we're really going to control the rising costs in lives, injuries and property damage - everybody needs to help.

Learn and practice good driving habits. We can't count on luck any longer.

ICBC Together, we can drive insurance costs down.



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Public announcements

CF Taekwondo Trials

The CF Taekwondo trials will have the opportunity to participate in the Canadian National Championship in Vancouver in May 91. CISM North American Region to be hosted by Canada Apr or May.

Team trials will be conducted at CFB Ottawa (S) 20-24 Nov 90. Interested personnel are to contact the Rec Centre loc 8315 by 5 Nov 90.

Tennis Courts

The tennis courts are now fully operational and may be booked for use by contacting the Rec Centre at loc 8315. Bookings must be made between the hours of 0900 - 1000 and will be one hour in duration.

Court allocation is as follows: Mon to Fri - 0730-1130 mil, DND employees and dependants; 1130-1330 military only, and 1330-dusk mil, DND employees and dependants. Sat & Sun - 0730-dusk open.

Equipment is available for military personnel and shall be signed out daily from the Rec Centre.

WE HAVE MOVED

The C.W.L. Thrift Shop is now located in the old guard house building just outside the gate at CFB Comox.

New hours are: Thursday 10 am to 2 pm Saturday 1 pm to 4 pm You will find something for every member of the family.

Base Curling Playdowns

The Base curling playdowns will be held early Dec '90. Interested teams are to contact the Rec Centre at loc 8315 by 27 Nov 90.

The Pac Region championship will be held in Esquimalt 8-12 Jan 91.

Noon Hour Aerobics

Commencing 5 Nov 90 at 1130 hrs, Aerobic Classes will be offered Mon, Wed and Fri at the Base Rec Centre. Registration will be 5 Nov 90 at 1115 hrs. For more info call Brenda Tremblay, 338-1956.

Bowling

The Base bowling alleys are now open for the fall and winter season.

Sunday 1300 - 1600 CASUAL
Sunday 1800 - 2300 MIXED
Monday 1800 - 2300 MENS
Tuesday Evening LADIES
Wednesday 1300 - 1600 LADIES
Thursday 1800 - 2100 CASUAL

We are looking for league bowlers. You can enter as a team or individual. Contact Pat Hudson - 339-3965.

Nursery School

Spaces still available at Little Children Nursery School, 250 Beach Ave., Comox, for 3 to 5 year olds. Phone 339-6211 for either morning or afternoon classes.

IT'S A MATTER OF LIFE AND BREATH

DON'T SMOKE

British Columbia Lung Association

Sea Cadets

The 50th Anniversary of the Royal Canadian Sea Cadets Corps 'Rawalpindi' will be held in Prince Albert, Sask, during the month of July, 1992. For further information all interested 'Rawalpindi' Alumni - Officers and Cadets - write to: RCSCC 'Rawalpindi' Reunion Committee, P.O. Box 163, Prince Albert, Sask. S6V 5P5.

Defensive Driving Course

The MSE Safety Section will be holding a Free DDC for dependents in the near future. Tentative dates are 3-4 and 5-6 Dec. The course is identical to that given to all drivers of military vehicles. The course is six hours in duration and will be given over a period of two evenings, 3 hours per evening. This course is not designed to teach individuals how to drive, it is an informative course on defensive driving techniques, how to recognize and correct bad habits and to avoid potential accident situations.

Students must hold a valid B.C. drivers license or beginners permit to be eligible to attend. Please contact the MSE Safety Section (local 8263) for enrollment and further course information enroll early as we can only accommodate 20 personnel per class.

CV Post Partum Network

The Comox Valley Post Partum Support Network meets each Tues., 7:30 pm at the Upper Island Health Unit on Cumberland Ave. Help for women who are experiencing, or who have experienced, post partum depression. All welcome! For more information call 334-1140.

Junior Ranks Ladies Club Meeting

Jr. Ranks Ladies Club Meeting - Thurs. Nov 29 - 7:30 pm in the WO and Sgts Mess. Entertainment will be by the following Home Party Displays: Discovery Toys, Tupperware, Princess House Crystal, Fifth Avenue Jewelry, Creative Circle Undercover Wear, Shaklea Products, Avon, Tops 'n' Trends and Alouette Cosmetics.

This is a "display only" evening. There is no obligation. Parties can be booked through the appropriate consultant at this event.

Everyone welcome. Come out and bring a friend. She'll be glad you did!

Military Police Investigations

Following is a representative summary of thefts and other incidents which are actively under investigation by the CFB Comox Military Police Section, for the period ending 15 Nov 90:

Oct 90 - a Panasonic T-1330M color video monitor, Serial Number FA7430027 was stolen from Base Supply by unknown person(s); and

Oct 90 - a .22 cal adapter kit for a 7.62 mm rifle was stolen from Base Supply by unknown person(s);

Oct 90 - a 16 foot aluminum ladder, silver in color, was stolen from BEME shop by unknown person(s);

Oct 90 - 5,000 rounds of .22 cal ammunition were stolen from Bldg 118 by unknown person(s);

Nov 90 - a Canon P36D calculator, white color was stolen from the Base Exchange Store.

If you have information concerning any of the above or any other crime committed on DND property please call 339-8218.

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

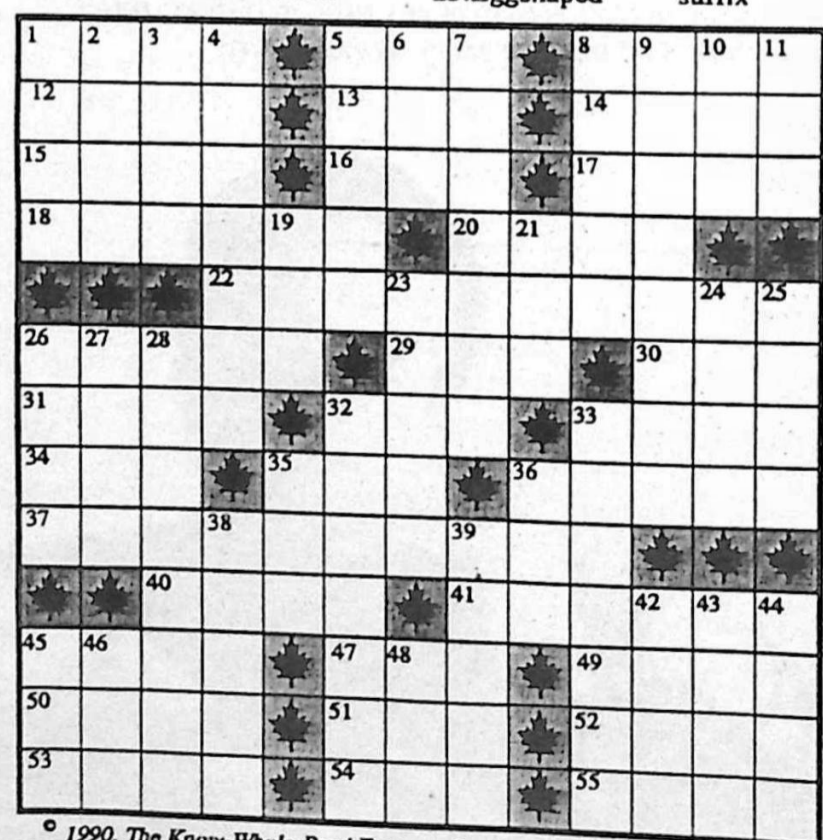
If you do not wish to use the telephone, you may write to the Military Police Section, CFB Comox, Lazo, BC VOR 2K0 and again total anonymity assured.

Canadian Crossword

By Rick McConnell

Solution on Page 20

- | | | | |
|--------------------------------|----------------------------|-----------------------------|-----------------------------|
| ACROSS | 30. Buzzword prefix | 54. Compass pt. | 24. Faucet fault |
| 1. Polanski film | 31. Labour | 55. Morbid music | 25. Small boat |
| 5. Transit vehicle | 32. Not good | DOWN | 26. Babylonian Sun god |
| 8. Ending for heart or stomach | 33. Shooting or rising | 1. Mineral powder | 27. _____ <i>con-tendre</i> |
| 12. Healing plant | 34. Thor's stepson | 2. Lamb's penname | 28. Gas station instruction |
| 13. Backtalk | 35. Table scrap | 3. Bottom fish | 32. Brush part |
| 14. Icy | 36. Earthy | 4. Leave the harbour | 33. Doubt |
| 15. Cadence | 37. Yellow-grounds, Sask. | 5. Filler | 35. Frequent |
| 16. Fiddler | 40. Diner sign | 6. Pogy (abbr.) | 36. Clinic pros (abbr.) |
| 17. Aware of | 41. Appearance | 7. Boxed | 38. Alighieri |
| 18. Salad type | 45. Merit | 8. Point in N.S. | 39. Stab |
| 20. Rave's partner | 47. Soft metal | 9. Filler | 42. Ms. Fitzgerald |
| 22. Spindle-ground, Sask. | 49. She in Shawinigan | 10. In | 43. Give a hand |
| 26. Not suitable | 50. Artistic filth? | 11. "Rockaria" band (abbr.) | 44. Units |
| 29. James Herriot, for one | 51. _____ Bou-chette, P.Q. | 19. Gallery fill | 45. Time zone (abbr.) |
| | 52. Family | 21. Rear | 46. "Beloved" girl's name |
| | 53. Process words | 23. Eggshaped | 48. Native suffix |



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DRINKING DRIVING COUNTERATTACK

Leisure

ArtScene

from the CSA

Nov 22 - Dec 6

Wilsden Galleries presents an exhibition and sale of watercolours by Black Creek artist ANDRE PERREAULT from Nov 23 to Dec 8. Gallery location: 440 Anderton Ave., Courtenay (by the Fifth St. bridge). Hours: Tues to Sat 10 to 5. Evenings by appointment. Phone 334-2286.



ANDRE PERREAULT was born in Montreal in 1943 and completed his first years of schooling in Venezuela and Trinidad.

Singer-songwriter he wandered many times across Canada, writing, and also painting the many colorful country scenes he found himself "lucky enough to witness". However, before he put the guitar aside to devote more of his time to his drawings, he won the Songwriters' Contest in April 1973 organized by Radio-Canada.

In 1975, after graduating from College Ahuntsic in Montreal at the conclusion of four semesters in graphic art and advertising, and through the encouragement help of a friend Allen Edwards, himself an accomplished musician and watercolorist, Andre became fascinated with watercolors.

Always the traveller, it is thus not surprising to discover in his paintings many varied Canadian landscapes. However, his strongest asset has always been his ability to do portraits with an ease and accuracy that has astounded many of his critics.

Bohemian and solitary, his work has been seen mainly through private showings and a few galleries in Vancouver, Ottawa and Quebec City. Andre presently works from his studio in Black Creek, Vancouver Island, doing mainly commission portraits and local landscapes.

wilsden galleries
presents

WATERCOLOURS . .

WATERCOLOURS . .

an exhibition and sale
of paintings by
ANDRE PERREAULT

November 23 to December 8, 1990

Artist will be in Attendance:
Friday Evening, November 23 and
Saturday Afternoon, November 24

Tues. to Sat. 10 to 5 evenings by appointment
440 Anderton Ave., Courtenay, B.C. 334-2286

Electric Kettles

Never attempt to repair an electric kettle. The consequences could be disastrous!

Repairing an electric kettle that has stopped working or is performing inadequately such as insufficient boiling is a job for qualified service personnel.

CSA is issuing this advice to consumers in connection with its Audits and Investigations Department's investigations of fires caused by electric kettles which were repaired by unqualified individuals.

These investigations have shown that problems usually result when a kettle's thermostats is removed or bypassed. This type of 'repair' is also performed when the 'one-shot' back-up tem-

perature control, provided on some kettles, has opened.

CSA is concerned about similar fire hazard related to improper use of electric kettles equipped with an 'on/off' switch on the handle. These kettles are designed to shut off automatically when the thermostat senses the water has reached a pre-determined temperature.

If a kettle which is missing the regulating thermostat and backup 'one-shot' control is allowed to boil dry, a fire could soon erupt. Without the presence of water to absorb the uncontrolled heat from the element, a kettle with a plastic

top could burst into flame in less than five minutes. Under the same conditions, a metal kettle could ignite the counter top and other flammable materials around it.

Users who tape these kettles 'on/off' control switch in the 'on' position risk overheating and fire if the kettle boils dry because they are preventing the thermostat from turning off the unit after the boiling cycle.

Malfunctioning electric kettles should be taken to an authorized repair shop for attention. Kettle retailers and manufacturers may be able to help consumers locate such a repair service.

from the Fire Chief

Home Heating Safety

Heating devices are often the cause of home fires and should be examined frequently. Space heaters, electric heaters, woodstoves and fireplaces should be used with care. They should be installed in accordance with the manufacturer's specifications. Do not overload the electrical circuits with heaters that require heavier wiring. Also, be sure to have your furnace cleaned and checked by qualified servicemen at least annually.

The chimney is the most important part of a woodstove. It should be inspected prior to the heating season and throughout its use. Before the heating season begins the chimney should be cleaned and all soot and ash removed. The chimney should also be inspected for cracks in the lining and creosote buildup. Creosote is a colourless oily fluid distilled from wood tar, which can easily be ignited if a buildup occurs.

Your stove or fireplace should be in proper working order. Ensure dampers and drafts are functioning properly. The installation of the unit should only be done by a professional serviceman, which will ensure all installations and safety regulations are adhered to. The fuel you burn will also make a great deal of difference in your home. Use only seasoned dry wood. If you choose to burn wet or unseasoned wood it will cause a buildup of unburned residue and creosote in your chimney. Avoid burning garbage, cardboard, newspaper or Christmas paper, which burns hotter than the recommended wood. This will also avoid unnecessary damage to your heating appliance.

Portable and stationary electrical heaters range from 500 to 1500 watt capacity. Ensure that they are CSA or ULC approved. Although they are small enough to plug in to

regular house circuits, make sure that your house wiring can handle the additional electrical load.

In Canada, fire burns one home every fifteen minutes. It destroys millions of dollars worth of property and claims over 900 lives yearly.

A little extra care on your part may save not only your life, but the lives of others in your family. To prevent your home and your family from becoming a statistic, the Fire Department recommends that you inspect your heating systems periodically. Acquaint yourself and your family with the information in this article and if you have any questions, please call your Fire Department at the following numbers:

CFB Comox - 339-8552
Comox - 339-2432
Courtenay - 334-2513

TOTEM TIMES

1991 PRINTING SCHEDULE

VOLUME 33

NUMBER	DEADLINE (1200 HRS)	PUBLICATION DATE
1	JANUARY 7	JANUARY 10
2	JANUARY 21	JANUARY 24
3	FEBRUARY 4	FEBRUARY 7
4	FEBRUARY 18	FEBRUARY 21
5	MARCH 4	MARCH 7
6	MARCH 18	MARCH 21
7	APRIL 8	APRIL 11
8	APRIL 22	APRIL 25
9	MAY 6	MAY 9
10	MAY 27	MAY 30
11	JUNE 10	JUNE 13
12	JUNE 24	JUNE 27
13	JULY 8	JULY 11
14	JULY 22	JULY 25
15	AUGUST 12	AUGUST 15
16	AUGUST 26	AUGUST 29
17	SEPTEMBER 9	SEPTEMBER 12
18	SEPTEMBER 23	SEPTEMBER 26
19	OCTOBER 7	OCTOBER 10
20	OCTOBER 21	OCTOBER 24
21	NOVEMBER 4	NOVEMBER 7
22	NOVEMBER 18	NOVEMBER 21
23	DECEMBER 2	DECEMBER 5
24	DECEMBER 16	DECEMBER 19



On and off base

Timmy's Christmas Telethon

On December 1 & 2 the 14th Annual Timmy's Christmas Telethon will be presented live from the Queen Elizabeth Theatre in Vancouver. The entire 21 hours will be aired on CBC television.

In 1989 Timmy's Christmas Telethon raised more than \$4.1 million to help disabled children throughout the province. The Telethon is the most successful per capita in North America.

Proceeds from the Telethon are used in the continued operation of the services that The British Columbia Lions Society for Crippled Children provides to the disabled children. Services include Easter Seal Houses, 3 specially equipped camps, patient care programs and the familiar Easter Seal Buses.

This year the Society will direct a significant portion of the Telethon funds toward the building of the Fraser Valley Child Development Centre in Abbotsford. The facility will provide physio, occupational and speech therapy to hundreds of special needs children in the Fraser Valley area. The Society hopes to have the new centre completed in 1992.

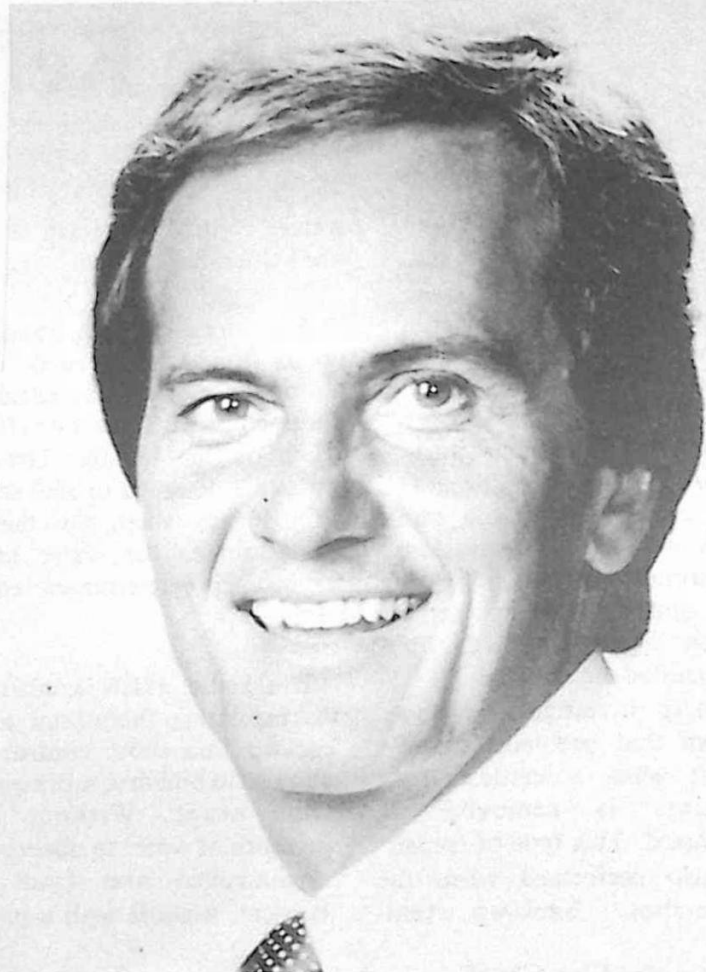
Serenity under Beacons

The sun beamed down through the autumn trees, As crimson leaves weaved through the cool morning air. My paddle rhythmically brushed the still shallow water. While the gossip of birds created the Hyper-Tension escape. As I peered between shady Elm trees on the shore, A new born fawn frolicked among the tall, green grass. The near perfect quiet was then shattered by the shriek of a young boy, As the arrow passed swiftly through my skull.

ST. PETER'S
Anglican/Episcopal Church
218 CHURCH ST., COMOX
HOLY EUCHARIST
8:00 a.m. and 10:00 a.m.
Fr. John Paetkau - 339-2925
JESUS IS LORD

TESS BUS ACHB
ALOE LIP COOL
LILT UCA ONTO
CABSAR RANT
ARBORFIELD
UNFIT VET NEO
TOIL BAD STAR
ULL ORT MUSKY
GOLDFIELDS
PATS ASPECT
EARN TIN ELLB
SMUT LAC CLAP
TYPE ENB TAPS

Pat Boone



The British Columbia Lions Society for Crippled Children welcomes Pat Boone as Co-Host (with Red Robinson) of this year's Timmy's Christmas Telethon, December 1st and 2nd. This famous descendant of the infamous Daniel Boone has become a legend in his own time! He is a recording artist who has sold more than 45 million records, a motion picture star, a radio broadcaster and television celebrity, a published author of more than a dozen books, a guest speaker and an RV specialist! He's been called one of America's "most wholesome, charming and intelligent men", as well as "one of the top ten most watchable men in the world".

For the past several years, Pat has been spokesman, national chairman and Host of the Easter Seal Society Telethon in the U.S. All over North America, Pat Boone continues to give 110% to help disabled children.

Shari Lewis



Actress, dancer, musician, ventriloquist, puppeteer, author and symphony conductor, Shari Lewis will make her 14th appearance on Timmy's Christmas Telethon this year.

During her monumentally successful career, Shari has released numerous best-selling audio and video cassettes, books and records, including Lamb Chop's Sing-Along, Play-Along, the multi award-winning 101 Things For Kids To Do, and more than a dozen one minute story titles. Her one-hour TV Specials have been seen around the world.

Shari has been on the National Board of Girl Scouts of America. She is Chairman of the Board of Trustees of the International Reading Foundation, and a member of the Board of the Greater Los Angeles Zoo.



LEGION LOG

BRANCH 17 COURTENAY

*****ENTERTAINMENT*****
Fri & Sat 23 & 24 Nov *Music by Countrymen*
Fri & Sat 30 Nov & 1 Dec *Music by Shaboom*
Fri & Sat 7 & 8 Dec *Music by El Durado*

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM

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

"MORE PLAYERS WELCOME"
Phone 334-4322 (days) for more information
NOW OPEN SUNDAYS.....12—7 PM

****Dress Code in effect 8 PM Fri & Sat (NO T-SHIRTS!)**

EVENTS

SUNDAY 25 NOVEMBER *Grey Cup Pancake*
Breakfast 11 am to 1 pm \$3.50. Free hot dogs at half time. East and West TV.

SUNDAY 2 DECEMBER *"Touch of Dixie"*
6 piece Dixieland band in lounge 3 to 5:30 pm.

SPORTS

SUNDAY 25 NOVEMBER *Fun Crib Tournament*
Registration 12-1 - Upper Hall

BRANCH 160 COMOX

ENTERTAINMENT

Fri 23 Nov *Music by Shaboom*
Fri 30 Nov *Music by The Dukas*
Fri 07 Dec *Music by Alleycats*
Fri 14 Dec *Music by Alleycats*

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 am to 6 pm
MONDAYS.....Men's Dart League - Navy Room. 7:30 pm
L.A. Drop-In-Bingo. Upper Hall, 7:30 pm
TUESDAYS.....Ladies Crib League, Lounge 8 pm
Mixed Dart League. Upper Hall 7:30 pm
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall. 7:30 pm
C.V. Men Crib League, (Home & Away), 8 pm
THURSDAYS... *1st Branch Exec.Mtg. 8:00 pm Upper Hall
L.A. Exec. Mtg. (as req.)
*2nd L.A. Gen. Mtg., Upper Hall, 8 pm
3rd Branch General Mtg. 8 pm Upper Hall
Dance, Lounge, unless advised
FRIDAYS.....Meat Draws, Lounge 2-6 pm
SATURDAYS.....Meat Draws, Lounge 2-6 pm

UPCOMING EVENTS

SUNDAY NOV 25 - GREY CUP GAME, East vs West. Upper Hall. 2 TVs. Lunch & Refreshments. Come cheer for your team. Members & Guests.
SUNDAY DEC 2 - CRIB TOURNAMENT, Upper Hall 1:00 pm. Reg \$5.
SUNDAY DEC 16 - EUCHRE TOURNAMENT, Lounge. 1:00 pm. Reg \$5.

MONDAY 31 DEC - NEW YEARS BALL Upper hall. Doors open 8 pm. 120 Reserved Seats. Music by The Elite. Big Band Music. \$50 per couple. Tickets go on sale Mon 19 Nov. Cut-off date is Fri 21 Dec. Open to all Branch 160, L.A. Members and their bonafide guests. Tickets available at the office.

Thank you
for your support.



Glacier Greens Golf Club



G.G.G.C. ended a very successful golf season with a mixed 4-ball tournament held on Sunday, 14 Oct. 90. Although the weather was not the best, there was a good turnout of members and everyone agreed that the pot luck supper served after golf, and organized by Dolly Pearson, was of the highest caliber. Winners of the tournament will be published in the Dec. 6 edition of the Fishwrapper.

The annual fall general meeting of the G.G.G.C. was held on 24 Oct. 90 with a record total of members in attendance. Members took an active part in discussion of the many issues addressed. Following the meeting the installation of the 1991 committee members took place.

Elected were Murray Jacklin, President; Bill Brundige, Vice President; Larry Blais, Club Captain; Frankie McCaffery, Ladies Club Captain; Stu Mohler, Handicaps; Don Middleton, Tourny Chairman; Rick Salmon, Plans and Engineering; Russ Wreggitt, Memberships; Rose McClesh, Public Relations; Greg Fleet, Junior Rep.; John Ferguson, Senior Rep.; Jim McCaffery, Manager; Steve Bailey, Course Supt.; and Wayne Collins, Secretary.

Even though the scheduled golf season has come to a close,

we hope that our winter will not be too severe and will allow us to continue with a few more weeks of golfing before the spring season begins again.

Members, don't forget the mixed 9-hole golf every Sunday at 9:00 am sign up for 9:30 tee-off (weather permitting).
4 Nov 90 - Opening day of winter golf winners as follows:
1st L.G. John Courtemanche, Richard Wand, Mary Kelly, Don Lineker.
1st L.N. Dave Lloyd, Lori Cameron, Eleanor Grant, Glen Caslake.
2nd L.G. Roy Downey, Lorraine Courtemanche, Jean Maxwell, Chuck Perry.
2nd L.N. Norm Fellbaum, Fran Hume, Wayne Collins, Bob Limen.
3rd L.N. Stu Mohler, Dave Kelly, Dianne Bainbridge, Butch Avery.
4th L.N. Russ Wreggitt, Marg Wreggitt, Rose McClesh Rick Verbeek.
K.P. Jan Verbeek.
Snips, Ron Carter, Glen Caslake, John Courtemanche.
11 Nov 90 - Winter golf winners.
1st L.G. Ron Carter, Norm Fellbaum, Lorraine Courtemanche, John Holly.
1st L.N. Dean Verdenhalden, Rick Verbeek, Frankie Mc-

Caffery, Jim Hume.
2nd L.N. John Courtemanche, Jim McCaffery Rose McClesh, Fran Hume, Richard Wand.
K.P. Dean Verdenhalden, Snips. Dean Verdenhalden, Rick Verbeek.
18 Nov 90 - Winners.
1st L.G. Bing Shearer, Jim McCaffery, Dick Nex, Rosalie Lloyd.
1st L.N. Ted Sauve, Frankie McCaffery Warren Campbell, Ardyth Wood.
2nd L.G. Vern Lewis, Bob Frenette, Steve Shaw, John Armstrong.
2nd L.N. Norm Fellbaum, Bill Ballance, Marg Wreggitt, Pat Verchere.
3rd L.G. John Webber, Lionel Churchill, Chuck Perry, Collin Olsen.
3rd L.N. Jean Miles, Dave Kelly, Lorraine Courtemanche, Rose McClesh.
K.P. Rod Verchere, Jim McCaffery.
Snips, John Armstrong.
There will be a turkey shoot 9 Dec .90.
The following books are available to the members of the G.G.G.C. for sign-out. See the Manager: Decisions of Golf and National Golf Foundation.
Tickets are on sale for the New Years Eve party at the Glacier Greens Social Centre. Contact Jan Verbeek, 339-5046.

Toxic Shock Syndrome

Tampon Absorbency Labelling

In the coming months there will be changes on the labels of tampon packages. These changes are the result of a cooperative effort between Health and Welfare Canada and tampon manufacturers to standardize absorbency designations using the following terms:
- "junior absorbency" for tampons absorbing up to 6 grams of fluid;
- "regular absorbency" for tampons absorbing greater than 6 grams, up to 9 grams fluid;
- "super absorbency" for tampons absorbing greater than 9 grams, up to 12 grams of fluid;
- "super plus absorbency" for tampons absorbing greater than 12 grams, up to 15 grams of fluid.
Presently there is no uniform absorbency labelling system. One manufacturer's "regular" or "super" may indicate a higher or lower absorbency than the same terms of another brand.

When these labelling changes are fully implemented, all tampons of a stated absorbency, regardless of manufacturer, will absorb the same amount of fluid, within the ranges stated above. These same absorbency designations will also be found on packages of tampons sold in the United States.

Minimizing the Risk of Tampon-Associated TSS

Women can minimize the risk of contracting TSS by taking several precautions, including:
- choosing to use external protection rather than tampons;
- choosing a tampon with the minimum absorbency necessary for individual needs;
- remembering to change tampons every 4-6 hours, and to remove the last tampon at the end of the menstrual period;
- using external protection overnight;- maintaining a high level of personal hygiene;
- reading and following the instructions enclosed in each package of tampons.

Symptoms and Treatment of Toxic Shock Syndrome

The initial symptoms of TSS are flu-like and include high fever (102 degrees F, 38.8 degrees C), vomiting, diarrhea, fainting and dizziness. Additional signs might include hypotension (low blood pressure), signs of shock, dehydration and a rash which resembles a sunburn.

Network Classifieds

USE OUR COMMUNITY NEWSPAPER NETWORK CLASSIFIEDS.
87 MEMBER PAPERS THROUGHOUT B.C. AND YUKON.
CIRCULATION TO OVER 1 MILLION HOMES.
2.4 MILLION READERS.

<p>BUSINESS OPPORTUNITIES</p> <p>START YOUR OWN IMPORT/EXPORT business, even spare time. No money or experience. Since 1946. Free brochure: Wade World Trade, c/o Cdn. Small Business Inst. Dept. W1, 1140 Bellamy Rd. N., #1, Toronto, Ontario, M1H 1H4.</p> <p>Color Tech B.C. is now offering exclusive territories within B.C. for revolutionary new automotive touch-up service. Technology developed in California promises to have huge potential everywhere. \$10,000 investment gets you everything you need to start making money in this extremely low overhead business. Don't miss the ground floor. Color Tech B.C. 101-33255 South Fraser Way, Abbotsford, B.C. V2S 2B2.</p> <p>WE'RE BUSY - Journeyman's Service Technician required. Earn up to \$20 per hour flat rate plus benefits. Modernized shop. Great community. Forward resume or phone Larry or Wayne. Pioneer Chrysler Jeep, Wetzelskwin, AB, (403)352-2277.</p> <p>"MILLIONAIRE" Do you have what it takes? Too busy to do the things you want to do? This is for you. Two minute message could change your life. Call: 1(604)845-7100, 24-hour recorded message.</p> <p>CASH IN ON CHRISTMAS/MILLION DOLLAR MUSIC INDUSTRY. Own Your Business Today! Imagine a \$19.99 coupon book that offers 40 CD's or Tapes for half price! Cost as low as \$2.50. Overrides. Comprehensive Training. Minimum Investment \$795. Fully Secured, Not Multi Level. Call Collect 1(604)861-8601.</p>	<p>BUSINESS OPPORTUNITIES</p> <p>B.C. HOME-BASED GIFT PRODUCERS are invited to participate in one of the largest wholesale gift shows in British Columbia! Under the Home-Based Business program, the Ministry of Regional and Economic Development has reserved space at Southex Exhibitions' Vancouver Spring Gift Show for the fourth B.C. Creative Arts Show, to be held at B.C. Place Stadium on March 10-12, 1991. Over 100 of B.C.'s home-based businesses will be chosen to exhibit at the B.C. Creative Arts Show. Gift products including jewellery, pottery, glass, weaving, sculptures and other creative wares will be sold wholesale to buyers from across Canada and the Pacific Northwest. People interested in exhibiting must submit samples of their work to a selection committee by December 30. There is a non-refundable joining fee of \$25 and successful applicants will be asked to pay a fee, \$75-\$100 to secure trade show assistance. For more information, or an application, contact Barb Mowat at 520-5720.</p> <p>Attention Scouts, Lions, Cubs, Kiwanis, Clubs, Entrepreneurs. Raise big cash fast. Sell XMAS trees. Wide selection cultured, wild, exotic, tree stands. For details call (604)657-0067.</p> <p>COMPUTERS</p> <p>Complete Guaranteed Computer Systems, from \$795. For catalogue write/phone/fax, Super Byte Computers Ltd, 22561 119th Ave., Maple Ridge, B.C. V2X 2Z2. (604)463-8733, Fax (604)463-9797.</p> <p>BLANKET CLASSIFIED ADS An advertising "Best Buy!"</p>	<p>EDUCATION</p> <p>HOW TO PLAY POPULAR PIANO. Now home study course. Fast, easy method. Guaranteed! FREE information. Write: Popular Music, Studio (69), 3284 Boucherie Road, Kelowna, B.C. V1Z2H2.</p> <p>CHEF TRAINING PROGRAM. Make your future financially secure. Join Canada's fastest growing industry. Cooking is a recession-proof career. Short intense training. Easy financial terms. Gov't funding. PIERRE DUBRILLE CULINARY SCHOOL. 739-3155. TOLL-FREE IN B.C. 1-800-667-7288.</p> <p>FOR A HAIR RAISING EXPERIENCE call BCITS BARBER STYLING program. Lots of job opportunities on graduation or start your own business. Phone 1-432-8632, today.</p> <p>Rewarding Professional Career! Electrolysis, Thermolysis, Blend. School. Financial assistance available. Canadian Electrolysis College. Start Jan 29/1 & April/91. #201-13303-72nd, Surrey, B.C. V3W 2B5. (604)597-1101.</p> <p>SELL YOUR HOME. 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Box 13688, Pitt Meadows, B.C. V3Y 2H1. 465-9424.</p> <p>2-Way VHF Radio System, good condition. 1-Motorola Base Station and 8 Mobile Unit. Includes mounting brackets and antenna, \$2,900 OBO. Contact Mark at (604)888-5991, office hours.</p> <p>HARRIET'S HOUSE COUNTRY DECORE - Unique fabrics, wall-papers, quilts, Christmas gifts at affordable prices. 57 page color catalogue, \$6.50. 123 Carrio Cates Court, North Vancouver, B.C. V7M 3K7. (604)987-9004.</p> <p>GARDENING</p> <p>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.</p> <p>HELP WANTED</p> <p>Qualified GM Partsman required immediately for GM 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. 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On and off base

Timmy's Christmas Telethon

On December 1 & 2 the 14th Annual Timmy's Christmas Telethon will be presented live from the Queen Elizabeth Theatre in Vancouver. The entire 21 hours will be aired on CBC television.

In 1989 Timmy's Christmas Telethon raised more than \$4.1 million to help disabled children throughout the province. The Telethon is the most successful per capita in North America.

Proceeds from the Telethon are used in the continued operation of the services that The British Columbia Lions Society for Crippled Children provides to the disabled children. Services include Easter Seal Houses, 3 specially equipped camps, patient care programs and the familiar Easter Seal Buses.

This year the Society will direct a significant portion of the Telethon funds toward the building of the Fraser Valley Child Development Centre in Abbotsford. The facility will provide physio, occupational and speech therapy to hundreds of special needs children in the Fraser Valley area. The Society hopes to have the new centre completed in 1992.

Serenity under Beacons

The sun beamed down through the autumn trees, As crimson leaves weaved through the cool morning air. My paddle rhythmically brushed the still shallow water, While the gossip of birds created the Hyper-Tension escape. As I peered between shady Elm trees on the shore, A new born fawn frolicked among the tall, green grass. The near perfect quiet was then shattered by the shriek of a young boy, As the arrow passed swiftly through my skull.

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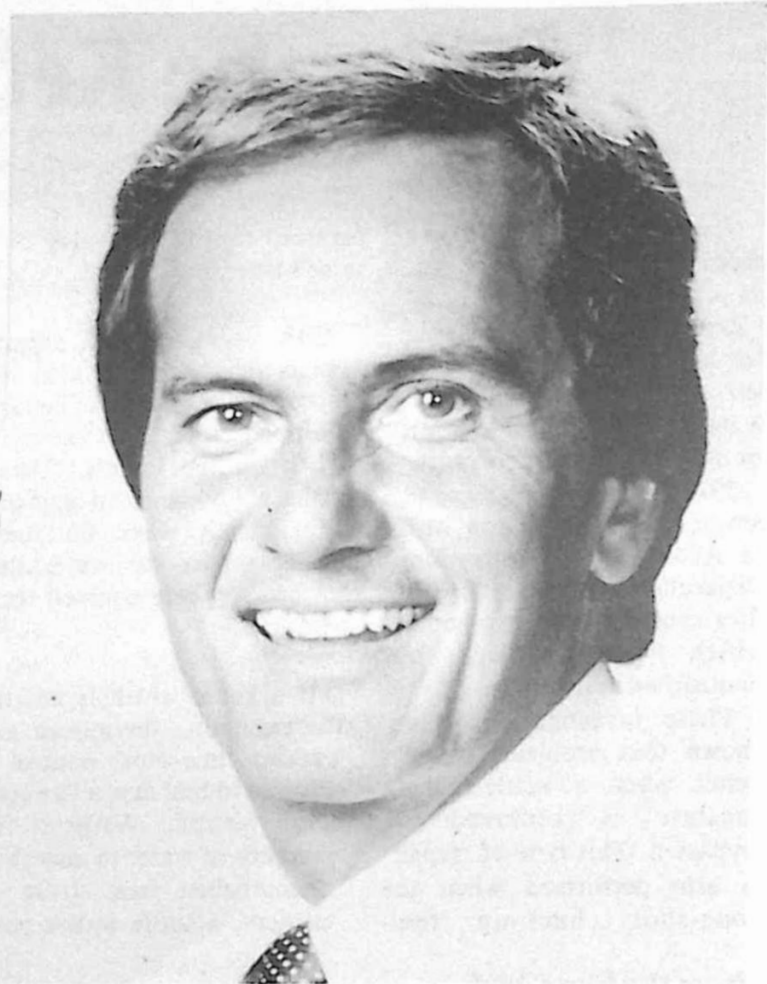
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SMUT LAC CLAN
TYPE ENB TAPS

Pat Boone



The British Columbia Lions Society for Crippled Children welcomes Pat Boone as Co-Host (with Red Robinson) of this year's Timmy's Christmas Telethon, December 1st and 2nd. This famous descendant of the infamous Daniel Boone has become a legend in his own time! He's been called one of America's "most wholesome, charming and intelligent men", as well as "one of the top ten most watchable men in the world".

For the past several years, Pat has been spokesman, national chairman and Host of the Easter Seal Society Telethon in the U.S. All over North America, Pat Boone continues to give 110% to help disabled children.

Shari Lewis



Actress, dancer, musician, ventriloquist, puppeteer, author and symphony conductor, Shari Lewis will make her 14th appearance on Timmy's Christmas Telethon this year.

During her monumentally successful career, Shari has released numerous best-selling audio and video cassettes, books and records, including Lamb Chop's Sing-Along, Play-Along, the multi award-winning 101 Things For Kids To Do, and more than a dozen one minute story titles. Her one-hour TV Specials have been seen around the world.

Shari has been on the National Board of Girl Scouts of America, She is Chairman of the Board of Trustees of the International Reading Foundation, and a member of the Board of the Greater Los Angeles Zoo.

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PERSONALS

Retired widower living in Fraser Valley, healthy, non-smoker, no dependants, seeks lady companion, 40 plus for quiet lifestyle. Must be willing to relocate. Reply to Box 300, c/o Langley Advance, P.O. Box 3310, Langley, B.C. V3A 4R6.

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SUNDAY 2 DECEMBER "Touch of Dixie"
6 piece Dixieland band in lounge 3 to 5:30 pm.

SPORTS

SUNDAY 25 NOVEMBER Fun Crib Tournament
Registration 12-1 - Upper Hall

BRANCH 160 COMOX

*****ENTERTAINMENT*****
Fri 20 Nov Music by Shabooon
Fri 23 Nov Music by El Durado
Fri 26 Nov Music by Shabooon

SUNDAY 25 NOVEMBER Fun Crib Tournament
Registration 12-1 - Upper Hall

SUNDAY NOV 25 Upper Hall 7-10 PM
your issue. Members bring your own. Members bring your own. Members bring your own.

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MONDAY 21 DEC 1:50 pm Reg 95
open 8 pm. 120 members. 120 members. 120 members.

Dec. Open to all Branch 160 guests. Tickets available at the

Glacier Greens Golf Club

REGULAR, added a very successful golf season with a mixed 4-ball tournament held on Sunday, 14 Oct. '90. Although the weather was not the best, there was a good turnout of members and everyone agreed that the job well done served after golf, and organized by Doty Pearson, was of the highest caliber. Winners of the tournament will be published in the Dec. 6 edition of the Fishwrapper.

The annual golf general meeting of the G.G.C. was held on 24 Oct. '90 with a special treat for members in attendance. A special dinner was served at the club house.

Members are invited to attend the annual general meeting of the G.G.C. on 24 Oct. '90 with a special treat for members in attendance. A special dinner was served at the club house.

Even though the scheduled golf season has come to a close,

we hope that our members will be too busy and well-satisfied to continue with a successful season of golfing in the future.

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Magazines for the Persian Gulf

Members on duty in the Persian Gulf on ship and Member serving in Qatar and area will be facing a bleak and busy holiday season.

These troops are in a potential war zone separated from family and friends. The rotations are not scheduled to begin until after Jan. 1991.

It is possible to "cheer" these folks with some unsolicited mail; Christmas cards, postcards, news magazines such as Macleans, Time Newsweek, etc. Note: Playboy and other like oriented magazines are prohibited under the Moslem laws.

English language printed matter, especially news magazines are hard to come by and are treated like gold in that area of the world.

The Protestant Chapel intends to send a parcel of cards and magazines to the troops. If you have magazines, cards, letters, or any words of cheer you wish to have included in the shipment please contact Liz Basham, 339-4314 (leave message).

Thank you for your

Leisure

Toxic Shock

Continued from page 21

Tampon users should be thoroughly familiar with the symptoms of TSS. These symptoms are also described in the insert accompanying each package of tampons.

If any of the symptoms appears, tampon use should be discontinued immediately, and a physician consulted as quickly as possible. The physician should be informed that tampons were being used.

ITSS is diagnosed and treated promptly with the appropriate antibiotics, a complete recovery can generally be expected.

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Flanked by WO Sevard and PO Roberge, Cpl Lisa Walsh (BCompt) receives her Q13 Top Student award at CFB Borden.

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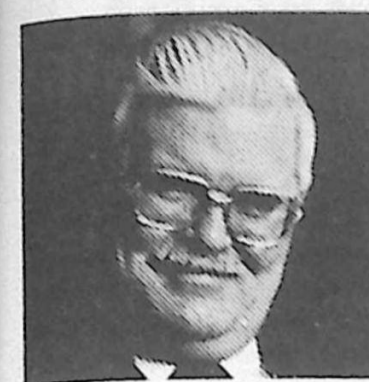
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On the base

Dog Talk



by Gerry Gerow

Too many doggy books coming off the press to keep up with lately! So, let's double up. The first book I'll talk about is Everyday Dog, by Nancy E. Johnson, Howell Book House, New York, and Collier Macmillan Canada, Don Mills, Ont. Canadian \$24.95.

The words on the cover: "Training your dog to be the companion you want," sums up the contents. This is a book for those of us who want to teach our dog to obey and not do bad things, without resorting to the time required for formal obedience training.

It is all here. Housebreaking, leashbreaking, how to stop them from jumping up, nipping, chewing, etc. Later on in the book, Johnson gets into more advanced training, such as heeling, use of hand signals and much more.

The authors credentials include over thirty-five years of dog training. Her book constantly displays her knowledge. Everyone

can learn something from "Everyday Dog".

This is a 168 page hard cover, edition, which is excellently illustrated by the use of over 140 photographs. "Everyday Dog" would make a superb Christmas gift for anyone who has recently acquired or is thinking about acquiring a new doggy. Just published, it is probably not on the shelf yet, but can be ordered from the publisher.

The next book I'll talk about is a specific breed book. It will be of interest only to those who have an interest in knowing more about Collies.

Rough Collies, An Owners Companion, by Hazel Hunt, Howell Book House, New York, and Collier Macmillan, Canada, Don Mills, Ont. Canadian \$27.95.

The author has been involved with the Rough Collie breed for over 40 years. In her native England she is a recognized expert on the breed and is also an accomplished dog judge.

The chapter on breed history is quite extensive, and unlike most other breed books dwells on the modern known history of the breed, rather than discussing probable origins in a thorough manner.

Everyday Dog, Rough Collies, German Breeds

Most of the attributes of a good breed book are here. Both the British and American breed standards are included. The Canadian standard? Don't be silly, this book was written in England! With this exception it is quite an acceptable work and well worth owning by Collie fanciers.

This is a hard cover, jacketed, 256 page edition, well illustrated with over 90 photos and line drawings. It was published in September, so should be on the book shelves now, or it can be ordered from the publishers.

During a recent holiday trip to Germany, I spent some time nosing around for a good German Shorthaired Pointer Kennel, because I plan to import a brood bitch puppy some time soon. I found what I was looking for in a kennel known as Vom Altenbruch, near the City of Kehl.

After looking over the stock of really fine dogs and the outstanding kennel facilities, Werner Heidt, and I discussed my specific requirements. It is very interesting to note the differences in the requirements between a dog bred in Canada and in Germany. In Canada, providing the dog has proper Canadian Kennel Club papers, and it is not subject to a

non-breeding restriction, which may be imposed by its breeder at the time of sale, the dog can be bred and the puppies registered, and then, they in turn, can be bred, and the offspring registered.

In Germany it is not so simple. Each breed has their own regulations, and with the German Shorthaired Pointer, or "Deutsch Kurzhaar" as the breed is properly known, a registered dog may not be bred until it has passed both a hunting trial and breeders confirmation show. Only then is a stamp placed on the dogs papers, which allows its offspring to be registered.

Dogs are rated in both trial and show as poor, fair, good, very good, and outstanding. Only very rarely is the outstanding rating awarded. The puppy which I will eventually bring to Canada, will have both parents who have achieved a minimum of very good in both cases.

Far too many dogs in Canada, have forgotten the things they were specifically developed to do. This type of selective breeding rule will never come to Canada. But there are responsible breeders out there who practice this, and you should look for them when choosing a puppy.

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On and off base

Safe Woodstoves

Burning Smart

At this time of year, the frosty chill in the air sends many British Columbians indoors to snuggle up to warm, cozy fires; but they often don't realize that residential wood burning is a growing air pollution problem, according to the British Columbia Lung Association (BCLA).

"Many people mistakenly believe that heating their homes with wood is more 'natural' and therefore better for the environment. Nothing could be farther from the truth," declares BCLA Executive Director Scott McDonald.

"Wood smoke carries some 100 chemical compounds and organic pollutants -- including carbon monoxide and other gases, as well as small dust and soot particles. These substances are harmful to health, irritating eye and lung tissue and contributing to respiratory disease and cancer."

McDonald adds that children face greater risks from long term exposure to wood smoke because their lungs and airways are still

developing.

The problem is especially severe in the province's valley communities where dense smoke is trapped at ground level, where people live and breathe, by temperature inversions. These atmospheric conditions occur when cold air acts as a lid to keep smoke and warm air from rising and dissipating.

The lung association offers these guidelines for cleaner, more efficient burning to those committed to residential wood heating.

SELECT THE RIGHT STOVE; A stove that is too large for the space to be heated will require more damping to maintain comfortable temperatures, thus producing more smoke and air pollution. Use stoves certified by Underwriters Laboratories' of Canada.

USE ONLY CLEAN, DRY WOOD; Never burn green, wet, painted or treated wood such as plywood, pressboard, railway ties

or utility poles because they produce smoke containing chemicals and other pollutants. Avoid wet wood because it burns inefficiently and releases particles into the air.

KEEP FIRES HOT AND SMALL; Use dry kindling to start the fire, and add larger pieces of wood only as required to maintain comfortable temperatures.

AVOID BURNING ON BAD DAYS; Don't produce wood smoke when temperature inversions are in place and may already be causing air quality problems by containing smoke from slash fires, beehive burners and other industrial sources.

CONSIDER CLEANER FUELS; Think about switching from wood to alternative, cleaner-burning residential heating fuels, like natural gas.

For more information on residential wood burning, contact the lung association. Call 731-4961 in Vancouver or toll-free from other areas to 1-800-665-LUNG.

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"Sesame Street Live" coming to Victoria, Vancouver

SESAME STREET LIVE is kicking off its 11th season with a smash, crash and bang -- when an alien from another galaxy stirs up some excitement and lands on Sesame Street in "Big Bird and the ABCs". The SESAME STREET LIVE musical will be at the Victoria Memorial Arena in Victoria from Thursday, December 6th through Sunday, Decem-

ber 9th; and at the Queen Elizabeth Theatre in Vancouver from Wednesday, December 12th through Sunday, December 16th. KCTS/9 is proud to sponsor the premiering nights in both cities for "KCTS FAMILY NIGHTS" on December 6th in Victoria and December 12th and 13th in Vancouver. There is a \$4 discount off on all tickets for these particular

evening performances.

Big Bird and his pals are always ready to welcome newcomers to their neighborhood, but this time, the new kid on the block is like no one they have ever met before. Gracing the stage for the first time is Tee Hee -- a loveable alien visitor from the planet Crayon, created especially for "Big Bird and the ABCs". The fascinating story is set for non-stop singing, dancing and a speci-


al message about understanding

The challenge facing Big Bird, Grover, Prairie Dawn, Oscar the Grouch, Cookie Monster, Bert, Ernie and The Count is that Tee Hee doesn't communicate the way they do. She's never heard of the alphabet. It's up to the Sesame Street characters to lend their extraterrestrial friend a hand, or paw, and bridge the communication gap with an exciting lesson about the ABCs.

The theatrical touring show of SESAME STREET LIVE continues to be highly respected for outstanding family entertainment. Tickets to the lively performances are available at the Memorial Arena (384-1580) for Victoria shows and at Ticketmaster (280-4444) for Vancouver shows. All tickets are based on seat location, not the age of the child.

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*DID YOU EVER NOTICE?
PEOPLE ALWAYS SEEM TO DIE
IN ALPHABETICAL ORDER..*


INLAND ISLAND HIGHWAY INFORMATION DROP-IN

You're invited . . .

The Ministry of Transportation and Highways recently announced the final corridor selection for the proposed Inland Island Highway from Qualicum Beach to Menzies Bay. The Ministry has identified an alignment within the announced corridor. You are invited to review and discuss this alignment.

Information Drop-ins will be held in three locations:		
Qualicum Beach	November 28 & 29 4:00 - 9:00 p.m.	Qualicum College Inn 427 College Road
Courtenay	December 3 & 4 4:00 - 9:00 p.m.	Comox Valley Curling Club 4835 Headquarters Road
Campbell River	December 5 & 6 3:00 - 9:00 p.m.	Anchor Inn 261 Island Highway

Ministry staff will be available to answer your questions. Your comments and input are important to the design process and we look forward to seeing you.



Province of
British Columbia

Ministry of Transportation
and Highways.

Hon. Rita Johnston, Minister