



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 21 6 DECEMBER 1990

NEXT DEADLINE 17 DECEMBER 1990

COST: PRICELESS

MND on Funding

OKA and the GULF

— THE Cost

The Canadian government's decision to deploy Canadian Forces to the Persian Gulf, together with its response to Quebec's request for assistance at Oka and Chateauguay, have imposed dramatic, unforeseen pressures on the National Defence budget. Additional funds are therefore required to continue supporting Canadian Forces (CF) operations in the Gulf in their current role and to maintain an acceptable level of general military preparedness for our forces in Canada.

Supporting CF operations in the Persian Gulf is currently our highest priority. Defence activities are geared to ensure that CF men and women serving in the Gulf have the resources they need to do the job assigned to them.

In an effort to absorb as many costs as possible within its existing budget, the CF has scaled down operational training in many areas and has cancelled some operational exercises. Only essential activities are being undertaken. We are not allowing our military preparedness to fall below acceptable levels.

Despite the efforts of the CF to absorb the cost of the operations at Oka and Chateauguay and in the Gulf, this has not been possible given the level of unanticipated costs which have arisen as a result of these operations.

Accordingly, the Supplementary Estimates tabled in the House of Commons include \$350 million in additional funds for DND to meet these requirements. \$229 million is for operating expenditures arising as a result of our presence in the Gulf, our support in aid to the civil power in Quebec and to maintain military preparedness in Canada. \$121 million is for the procurement of equipment for CF ships and aircraft dispatched to the Gulf and, due to the uncertainties of the situation there, for the advancement of previously planned military equipment purchases.

Supplementary Estimates for Operating Expenditures: Details

The total cost of CF operations at Oka and Chateauguay is \$83 million. These supplementary estimates provide \$16 million which represent the 1990-91 cost of these operations which could not be offset from elsewhere within the defence budget.

The total cost of sustaining Canada's operations in the Gulf averages \$90 million per month based on the experience of the Canadian Forces in the Gulf to date. The total cost to the end of this fiscal year, including \$63 million in pre-deployment and deployment costs, is forecast to be \$646 million. Of this total, \$81 million can not be absorbed within the existing budget and is included in these supplementary estimates.

In order to maintain an acceptable level of general military preparedness in Canada as a result of operations in the Gulf and to enable contingency planning to proceed to maintain a Canadian Forces presence in the Gulf beyond the end of the fiscal year, additional funds of \$312 million are included in the supplementary estimates. Of this, \$17 million is for the contingency preparations for the Gulf beyond March 1991 and \$115 million is for general military preparedness in Canada.

Supplementary Estimates for Procurement of Equipment: Details

The supplementary estimates include \$121 million for re-equipping ships and aircraft for operations in the Gulf and to advance acquisitions of capital equipments which were originally planned for future years in the Defence Services Program. The Government considers the advan-

LEGION COUNTER-ATTACK



FRONTAL ASSAULT by the Royal Canadian Legion and the Insurance Corporation of B.C. on drunk-driving takes the form of specially-designed posters for display in the provinces's 174 Legion branches. Joint effort was introduced in Vancouver this week by ICBC community program manager Barry Burch (L) and Legion Pacific Command president Chuck Murphy (R) - winning the enthusiastic approval of RCMP Deputy Commissioner D.K. Wilson, B.C.'s top-ranking Mountie.

cement of certain acquisitions a prudent measure in light of the crisis in the Gulf. Details of these acquisitions can be provided only upon completion of negotiations with suppliers and manufacturers.

Future Presence in the Gulf

Canada's future presence in the Gulf will depend on how events unfold over time; however, much of the preparatory work for any ongoing commitments which Canada may have in the next fiscal year must be carried out well in advance of actual operations. These costs are therefore unavoidable at this time and cannot be offset from within the existing budget.

BE CAREFUL



BE SMART

On and off base

YOU CAN MAKE A DIFFERENCE

Christmas Counter Attack
08 Dec - 03 Jan

Think About It

If alcohol could talk, how would it answer the question "Who are you?" "Who am I?" Please allow me to introduce myself. I, sir, am alcohol. I have the power to control the lives of my victims. I determine the destinies of the nations they live in. I am more powerful than the combined armies of the world. I have destroyed more men and women than all the wars ever fought. I am more deadly than bullets. I have wrecked more homes than the mightiest of guns or the most powerful atomic bombs. I am the world's cleverest thief, stealing untold billions each year. I spare no one. My victims are the rich and poor alike. Young and old, strong and weak, widows and orphans all know me well. I cast my shadow over every field of labor. I lurk in unseen places and do my most lethal work in silence. You are warned about my unfair tactics; like others you heed not. You insist, "but I'm different." So did they. I am ruthless and relentless. I am everywhere; in the home, in the office, on the street, and where you work. The sea and the air lanes are not immune to my murderous tactics. I specialize in sickness, degradation, death, and destruction, yet none would banish me. I crush, maim, and murder. I take all and give in return heartache and death. I am your worst enemy. I am ethanol alcohol... The deadliest of all drugs.

May I offer you a drink? Oh, come now, one or two never hurt anyone, did it? You don't want to be different, do you? Come on, drink up Old Man... Old Woman...

Did You Know

Every unit at CFB Comox has a (DAC) unit Drug and Alcohol Education Coordinator. If you need information contact your unit - talk with the UDEC. If he can't help - he'll know someone who can. Until next time - have a Merry Christmas. Drive Safely. And don't drink and drive.

MAKE YOUR OWN DECISION

Think about the risks associated with drinking and driving. You could be killed. You could be a killer. That message is being heard across the province. And people just like you are making the decision NOT to drive after even one drink.

DISCUSS IT WITH YOUR FAMILY

No one is too young or too old to be free from the dangers of drinking and driving. So talk about it openly. Together you can come up with alternatives that set the example for parents, brothers and sisters.

TALK ABOUT IT WITH FRIENDS

Someone's got to take the lead - and it might as well be you. Show your friends you care about them by discussing the idea of designated drivers or alternative arrangements for getting home safely.

INFLUENCE YOUR COMMUNITY

You know that drinking and driving is the single most serious, most deadly and most costly crime in the province. So use your voice to put an end to the loss and the tragedy that affects your community, and others.

Drug & Alcohol Awareness

Who: All Base personnel, their spouses and dependents, over 18 years of age.

When: 11 December from 1830 to 2230 hours.

Where: WO and Sgt Mess-Lounge.

FREE - alcohol-free drinks, cocktails, and punches.

Guest Speakers:

RCMP Constable Dave Smith

MP - MCpl Harvey Schweitzman

Social Worker - Louise McCormick

Base Hospital - Dr. George Capt Gore (Pharmacist)

PERI Staff - Sgt Plante

This evening of information on Drug and Alcohol Related Problems is brought to you by your friendly Base and Unit Drug Education Coordinators.

For more information contact:

Sgt Brian Buttner

Work - 339-8525
Home - 338-8489.

Community Initiatives Project Coordinator

The Ministry Responsible for Women's Programs has a 12 - 15 month full-time contract opportunity available in Courtenay. The initial contract will be for a six-month period from January 2, 1991 - June 30, 1991.

As a Community Initiatives Project Coordinator, you will establish the Community Initiatives Program for Women in the Vancouver Island/Coast Region.

Your task will be to help communities develop a coordinated planning mechanism for delivering community-based services to women. This will include assisting communities in needs assessment, community planning, development and delivery of pilot projects, and accessing funding.

We are looking for someone with demonstrated experience in community development, planning and assessment, knowledge of existing programs and services for women in the region; knowledge of provincial, federal and other funding programs; excellent interpersonal and communications skills; and good judgement, tact, and the ability to achieve goals by working with others.

Extensive travel within the region is required, using own transportation.

Remuneration: Commensurate with qualifications and experience.

If you are interested in this challenging opportunity or if you would like more information, please contact:

Connie Morahan

Women's Programs

Ministry of Government Management Services and Minister Responsible for Women's Programs

1809 Douglas Street

Victoria, B.C. V8T 4K5

Phone: 356-8129

Application deadline: December 14, 1990.

I've prepared for the GST.

Have you?

Now is the time to register.

Are you ready for the proposed GST? If not, now is the time to register and prepare. Registration applies to anyone involved in a commercial enterprise. This includes fishing, farming, professional services and many activities carried out

- by non-profit organizations.
- Revenue Canada is ready to assist you with information on:
 - How to register and the benefits of doing so
 - What the GST means to your operation
 - Simplified accounting options and administrative procedures
 - Rebates of the Federal Sales Tax
 - How to recover GST on business purchases
 - GST return and filing options

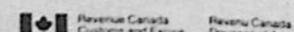
Contact us today.

Phone: 1 800 561-6990

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

Or drop by the Revenue Canada Excise Office nearest you, Monday to Friday, 9:00 a.m. to 5:00 p.m.

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



Canada

Health & fitness

To your health

The Dangers of Indoor/Outdoor Tanning

Padre Bob



It is time to get back to the good news with this edition. We are now into the Advent Season with Christmas approaching fast!! Within the Chapel, preparations are coming along as we start by decorating the Chapel this Saturday at 2 p.m. Our Congregational Christmas Dinner will be held this Sunday where we are expecting around a hundred to attend. On Sunday, 16 December, the children of our Sunday School will be telling the Christmas Story at our regular Service.

Having around thirty children attending Sunday School on a regular basis, we have plenty of actors and actresses to provide a full scale production.

Over the Christmas weekend we will hold the following Services:

Sunday 23 Dec 11 a.m. Regular morning worship.

Monday 24 Dec 7:30 p.m. Family candlelight carol service.

Monday 24 Dec 11:30 p.m. Christmas Eve Communion

Since the beautiful Comox Valley is one of those places people travel to for the Christmas holidays, we are making our plans for good turn outs, so bring along your family and friends and join us as we celebrate the Birth of Our Saviour. If you happen to be travelling away for Christmas, we wish you a Blessed Christmas, a good holiday and a safe return.

A tan is a tan is a tan! Whether you are outdoors in the sun or indoors under a sunlamp, a tan is the result of exposure to ultra violet (UV) radiation.

UV radiation has a range of wavelengths. Two wavelengths are especially important in tanning: UVA (ultra violet A) and UVB (ultra violet B).

UVB is the shorter wavelength and its effects are more superficial and intense. As a result, changes in skin color occur after an exposure of as little as two minutes. This was the preferred wavelength when sunlamps first became popular in the mid-70s as a way to tan quickly. However, nurses say the intensity of UVB also escalated the rate of burning, which ranged from slight redness to painful blisters in the short term.

Studies now indicate that overexposure to UV radiation is the principal cause of skin cancer. In fact, it is now known that one bad sunburn in childhood can double the risk of skin cancer in later life.

UVA is the longer of the two wavelengths and penetrates the skin more deeply, causing it to tan or burn more slowly. It is 1000 times less likely to cause a burn and is the preferred wavelength for today's indoor sunlamps.

To speed up the tanning process, however, the amount of UVA is increased four to ten times the amount received from the sun, for an exposure time of 15 to 20 minutes. While UVA exposure lessens likelihood of burning, studies indicate that it can also promote skin cancer and premature aging of the skin as well as

cause cataracts and damage the immune and circulatory systems.

Tanning occurs as a natural response to UV radiation. Cells within the skin produce melanin which absorbs and scatters the damaging rays. Because melanin is a dark brown pigment it contributes to a tanned look while helping protect the skin from UV radiation.

A tan provides only partial protection from UV radiation, however. Alone, it cannot protect the skin from overexposure. A good tan has been equated with the protection offered by a low-level sunscreen.

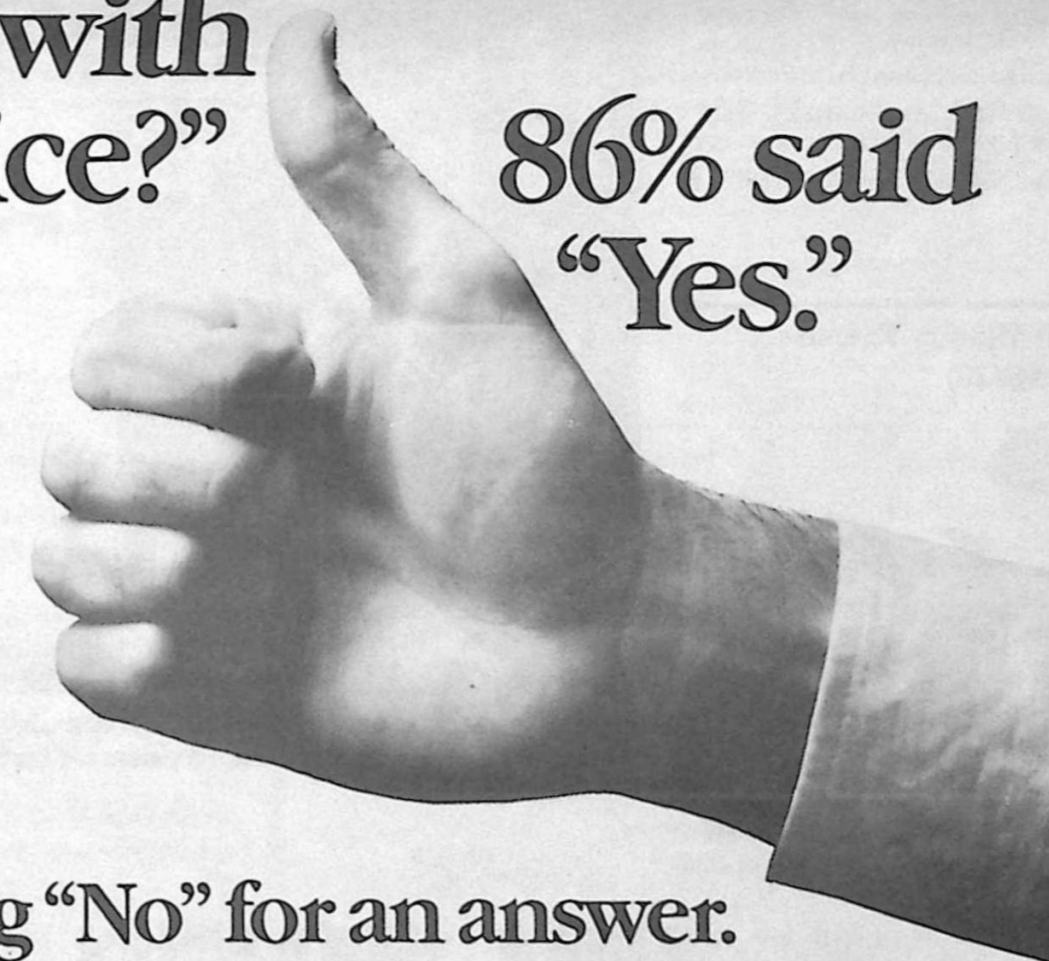
If you tan indoors, know your skin type and limit your exposure time as indicated on the lamps. Nurses do not recommend indoor tanning for children, the elderly and anyone who burns easily or tans minimally. Approved protective eyewear is essential to block UV radiation and prevent serious eye injury. Be aware overexposure causes sunburn and that some medications, cosmetics and lotions can increase the skin's sensitivity.

Treat UV exposure with respect. Whether you plan to tan indoors or under southern skies during the winter, the effect on the skin is the same.

INSURANCE CORPORATION OF BRITISH COLUMBIA

When Autoplan claimants were asked, "Were you satisfied with our service?"

86% said "Yes."



We hate taking "No" for an answer.

At ICBC we never stop trying to please all the people, all the time.

Every year we ask people who made property damage claims if they were satisfied with the service they received. Last year, once again, the vast majority said "Yes."

As far as injury claims are concerned, most people chose to settle their disputes through their adjusters or alternatives to court action, such as mediation. In all, 98% were settled out of court last year, rather than through long and costly legal action.

To nobody's surprise, people also want courteous service. And 95% of respondents agreed that's what they got from our claims staff. The same percentage believed that sufficient time was taken to deal with their claims. And, despite the intricacies of claims adjusting, 81% of claimants said, yes, their settlements were fair.

These responses suggest we're doing many things right. And this year we're working even harder at getting "Yes" for an answer.

ICBC Together, we can drive insurance costs down.

THE INSIDE STORY
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Editorial

NORM BLONDEL



Thin Times

"Yon Fishwrapper hath a lean and hungry look."

... Shakespeare (sort of)

When Base Photo's supplies were cut, and much of their output disappeared from these pages, we were faced with one or two alternatives. Looking along our assembly bench after finishing the November 22 edition, we saw a flat prairie of text, relieved only here and there by some advertising and a photo or two.

Photographs normally occupy from twelve to fifteen percent of our space. It is painfully obvious, in the November 22 edition, that we had to do some random text stuffing to fill all those vacant areas. Where we couldn't find suitably sized articles, we used our "charity fillers".

This is a military community newspaper. The priority around here is news about the CF, nationally and locally. The last thing this Editor wants to put out is a tabloid version of Good Housekeeping, or a collection of Participation clips. Although one may argue that a greater variety in subject matter makes a better newspaper, random text-stuffing isn't on.

Believe it or not, we like to plan things at the Wrapper. We have to keep the proportion of Military news uppermost, or we cease to be a Base newspaper.

Presentation pictures (grip 'n grins) are a vital component of the Fishwrapper. Although the presenter may appear several times in one edition, it is the other individual in the picture who is being honoured. Receiving an award or promotion is only part of the presentation ceremony. The other, equally important part, is that interested strangers, neighbours, friends and workmates share in the event. This is a morale factor.

We hope someone rethinks the decision to cut back at Base Photo.

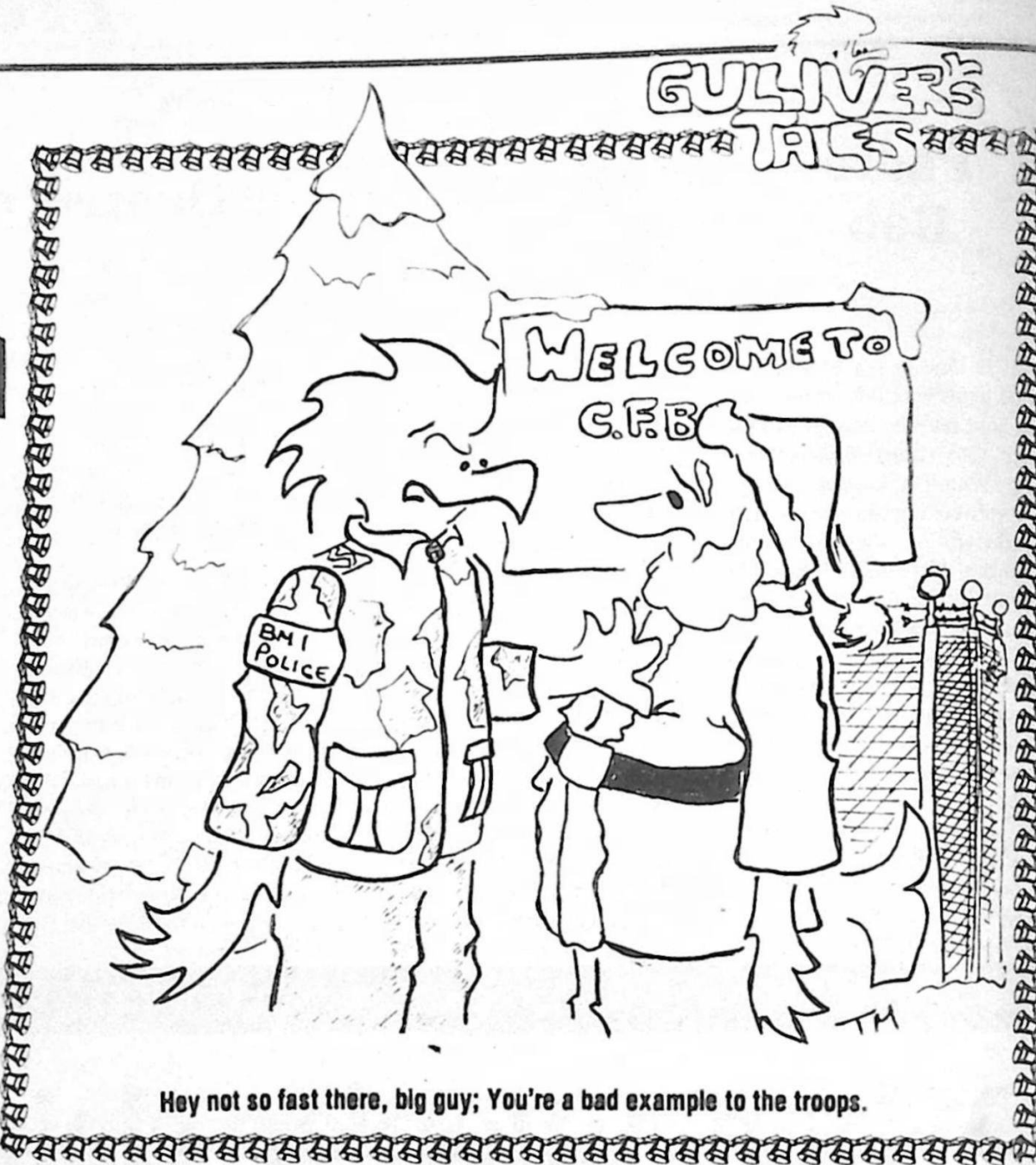
Meanwhile, to maintain that essential priority of military news over other material, starting with this edition, the Totem Times will come to you with four fewer pages.

We hope it's not for long.

Canadians Observe Soviet Military Exercise (article on page 18)



Soviet General-Major Lavronyuk (center) with Canadian observers Lt Col Jack Harris (left) and Mr. Denis Boulet (right).



Hey not so fast there, big guy; You're a bad example to the troops.

CDS PRESENTATION FOR LT. FARLEY



The CDS Commendation was awarded to Lt K.M.J. Farley, BPSO, for conduct and reaction while at personal risk with 105mm artillery shells exploding around his platoon and injuring one soldier, while on military exercise at CFB Shilo on 29 July 1987.

TOTEM TIMES

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Comment

Letters

More Halton Brats

Dear Norm:

I liked your editorial on the Halton Brats; not bad for a sprig entry. I always considered the apprentice course as a learning survival course, apart from the technical training.

The nearest thing to the Halton approach are the Sea Cadets courses at HMCS Quadra, except you must consider those courses running for 3 years and we received

the princely sum of 3 shillings a week.

I do agree with you when you state that we were the backbone of the R.A.F.

I know there are several survivors of Halton in our area who I would be pleased to hear from and maybe we could get together and tell a few lies.

573647 A/A Linder
(37th Entry) Ph 339-3988

About trivia

Dear Sir:

Regarding Air Force Trivia in 22 November Totem Times - the aircraft is a Lockheed Model 12 - a smaller, six seat version of the earlier Electra.

It's rather hard to make out, but it looks like the registration is CF-CCT - if this is correct the

machine was operated by the Department of Transport from the mid 1930s until it was given to the National Aviation Museum, Rockcliffe, in 1963. The machine has been beautifully refinished and is presently on display.

Yours sincerely,
H.G. Maxwell



Jr Ranks Ladies Club

The November meeting of the Jr Ranks Ladies Club was held Thursday, November 29.

A member of the Jr Ranks Club Executive addressed the audience re up-coming events in the Jr Ranks. The Club is due to re-open December 12th and the children's Christmas party will be held December 15th. It was stressed that children must be pre-registered. The Ladies Club was asked if anyone would volunteer to help out for the children's party and for the Christmas Bingo, December 16th.

Plans were finalized for the Ladies Club Christmas Party.

This will take place December 20th with a 'pot luck' dinner. Each person attending is asked to bring a wrapped gift of \$5 value to be used in a 'Penny Auction'. All proceeds will be donated to the Comox Valley Food Bank in January.

Following the business meeting the members viewed the 'home show displays' where the demonstrators explained the company policy and hostess benefits pertaining to her company.

The attendance was great and we look forward to seeing

everyone again December 20th. Membership fees are due now at \$10 yearly rate.

Guests are always welcome. The guest fee is \$2 per night.

There are minor executive positions still open. Anyone interested in volunteering or wishing further info on the club please call:

Gloria 339-0592
or Linda 339-3241
See you all at the Christmas Party.

Our Season's Greetings to you and your families from the 1990-91 Executive Committee.

Military Christian Fellowship

The Military Christian Fellowship of Canada is an inter-denominational body of believing men and women whose commitment to Jesus Christ includes concern for and expression within the military society.

The MCF objectives are:

- a. To be an instrument leading military men and women to commit their lives to Jesus Christ.
- b. To assist the individual man or woman to grow spiritually.
- c. To support the Chaplains and Chapel programs.

La FCM du Canada est un groupe inter-dénominal de

militaires croyants, hommes et femmes, qui sont engagés à Jésus Christ. Cette engagement se traduit par une préoccupation envers la société militaire et une expression au sein de cette société militaire.

Les buts de la FCM sont:

- a. d'être un instrument qui amène les hommes et les femmes militaires à commettre leurs vies à Jésus Christ;
- b. d'aider l'homme et la femme militaire à une maturité spirituelle dans leur cheminement avec Dieu leurs familles et leurs associés;

c. d'offrir son appui à l'aumonier militaire et aux programmes de la chapelle.

We are currently meeting each Thursday 0615-0715 hrs at the Salvation Army canteen in the CFB Comox Rec Centre for breakfast, devotions, prayer and fellowship as the Holy Spirit leads. For information, contact Bob Clarke (8232), Gord King (8202), Lloyd Bolton (8500), or either of the Chaplains (8273/4).

P.S. Muffins and beverage courtesy Salvation Army.

888 Komox Wing

RCAFA

CALENDAR OF EVENTS

DECEMBER

THUR 6 - "AFIS HERITAGE" night, 7 pm in the Wing. Come out and meet the "NEW BLUE"

SAT 8 - XMAS TURKEY & HAM BINGO, JACKPOT \$110. Members and guests - 8 pm in the Wing.

MON 31 - NEW YEARS EVE GET TOGETHER. Wing open at 8 pm. Come out and make your own party.

JANUARY

WED 2 - GENERAL MEETING. 8 pm in the Wing. Come out for this important meeting.

SAT 12 - GODFATHERS "SPAGHETTI" NIGHT, limited to 50 persons. Tickets \$3 ea, available at the bar.

SAT 19 - BINGO 8 pm in the Wing.

FRI 25 - INFORMAL "MEET & GREET". Pacific Group Council all day in the Wing.

SAT 26 - OLD UNIFORM NIGHT. Officers Mess. Details TBA.

THUR 31 - AFIS - HERITAGE NIGHT 7 pm in the Wing. Come out and meet the "NEW BLUE".

**The third Friday and Saturday of each month are now "NON-SMOKING" evenings in the Wing.

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

50

407 Squadron's Reunion
A Celebration To Hold On High

Proud to be celebrating 50 years July 26-28, 1991

AVAILABLE NOW

Squadron 50th Anniversary Coupon Book, a great stocking stuffer. Discounts worth approx. 200 dollars. Available from any 407 member or each Saturday 'til Christmas in the Driftwood Mall.

Cost \$10 Call 339-8573 for info.

Next Deadline December 17

Air Force Trivia

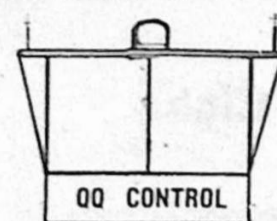
This one had a lot of pull in 1943

Trivia Answer

Pretty good H.G.; this is a Lockheed 10A, CF-CCT of Canadian Airways. It made the first dawn-to-dusk flight from Montreal to Vancouver on 3 1938. The Captain was T hope.

from the H.W. Holmes collection

Section News



As the beacon turns

G'Day fellow shepherds of the sky and welcome back to ATC's own M*A*S*H series.

Ah, December! 'Tis that time of the year again when millions of women strap on their pearl-handled Visa cards and ride off into the sunset to face Mr. Midnight Madness and the "Mall Gang"; when hundreds of kids are kept busy making Frosty the leaf-man in their front yards; when faint echoes of St. Nick can be heard throughout the QQ Valley, (row on Cupid, row on Donner, row on Dasher, row on Blitzen); when thousands of airmen sacrifice those washboard Abs and give into the cholesterol crave to become Jolly Santas for their little 'Timmys' at home. (You won't buy that eh Doc!!)

What a better way to kick off the holiday season than our 3rd annual Ho, Ho, Ho bash, this Friday, 7th of December. This year's BMI 500 will be held at the Courtenay Rod & Gun Club, so all you animals dust off those semi-formal mothballs and get the bells on! Butch says that Santa may be there, VR North is working on it so listen out tower. Anyway, that's things to come, how about the past? The Grey Cup game wasn't whatcha call a nail biter this year but at least the West won? The Base Ops boys of summer got together at the Bew's to take in the game and shoot some marde. Dave 'remote control' Bews kept everyone up to date with all the putts 'n passes. The growlers put on at half time were owsgayseyesnic Dave. (How's that Doytch Klima?) Ted Norrie and his wife poked their heads in for a couple of wets and then had to bid us a Bienot.

Rumour has it that Ted is posted to Kamloops apres his Franco Course. Now that's stuff for 'Unsolved Mysteries'.

Moving on to the work place, a trio of 'galloping gourmets' in the Section have been insisting for weeks that lasagna is their

specialty. So, to put an end to the pasta PSI'n, a cook-off was arranged last Friday. The standby room was to be the site for Barry 'Noodle' Norris, Jim 'Hamburg' Houston and Andre 'Lasagna' LaFontaine's proof-in-the-pudd'n. A panel of lasagna loyalists gladly partook in the judging and after some serious lip smack'n and thumb lick'n, the blue ribbon went to 'Noodles' Norris! How much did you pay Dallas Pizza Barry? I'd like to congratulate all of you guys for some great Garfield fav's! Tom 'bet I can beatcha' Banks is challenging Barry to a Lasagna cook-off II. "This time it's personal."

Norm 'hardy estimate' Leduc and Annie 'ice time' Dorval resplended in Data leaving CCP 69 less crowded for awhile. Doug Godden is hard at work 'pedding' in Arrival while Nick Van Berkel is recovering from a nasty knee injury sustained during a hockey game. Get well soon Nickster, the team is missing ya. Which brings me to the hockey team. We're battling 500 right now, not bad but things should improve once 'Black Jacques' Mailee gets in from Ticktee to help out on defence. Another welcome addition to the Blue-Liners will be Steve Morrow acquired from the Tech side. It's Mondays and Wednesdays Steve! I'd like to take this time to thank our loyal athletic supporters for coming out and putting up with our 'ice antics'. It's been a relatively quiet few fortnights around the 'ol mushroom factory, especially for those Servo specialists. Can you say 'maintenance' boys and girls! The PAR Techs advised me that the reason for the down time was due to some cracked laughing shafts and worn giggling pins!

Well folks, it's that time again to cover up the 'ol ink well and start rovin'. Our winter wing-ding should prove to be a smorgasbord of Beacon tidbits and you know this jolly journalist will be there.

MSE SAFETY



Keep It Safe

top of this, add the weather situation which makes the going rough for both driver and pedestrian.

There are still people who insist they can drive after downing a brew or two. It's not too reassuring to realize that quite a few of those drivers who glut the roadways all around you are in various stages of intoxication. And those drivers who are too intelligent to drink and drive will still be pretty well bushed, their minds on other things.

As a professional driver, whether you are on or off duty, you'll appreciate the holiday traffic problem. Be prepared for and resigned to traffic congestion and slowdown, and the inexperience and fatigue of other drivers. Your foresight and leadership in driving may help keep this Holiday Season a happy memory for yourself, your family, and countless others.

December is a strange month. The first seven days have been designated National Safe driving Week for over 30 years and 1990 will be no different. At the same time, the provincial RIDE (spot checks) program will be given an extra boost by police forces throughout Ontario. Yet despite these activities, December continues to hold a high traffic casualty rate -- close to 30 people killed and over one thousand injured in this province each year.

We can expect even higher figures than usual during the coming Christmas and New Year's holidays. Why? They are long weekends this year and in holiday periods of three to four days duration high fatality figures seem to be the rule. That's not an encouraging picture for one of the most joyous holidays of the year, is it? But if you know what to expect it will be a little easier.

We can expect heavy pedestrian traffic and three times as many cars as usual. This means congestion and heavy traffic snarls. People will certainly not be thinking of traffic safety. On



Sharon, Lois & Brian, ambassadeurs nationaux de la campagne Halloween de l'UNICEF

Octobre le mois de l'UNICEF

Préparez votre monnaie pour l'Halloween! Appuyez unicef

Question of the Month

Steering control must be maintained at all times. This is best achieved by:

- a. gripping the steering wheel tightly;
- b. both hands on the wheel except when performing other driving functions;
- c. both hands on the wheel except when shifting gears; or
- d. one hand on the wheel and one on the gearshift lever.

Answer: B

Driver's Statement of the Month

I was moving with traffic down the avenue when one of my passengers asked me the time. I pulled out my watch, turned to show it to him and when I looked back I was right on top of the Honda.

DEVELOPMENT COURSE GRADUATES



Rear: Cpl Paynonburg, Cpl Wissell, MCpl Mohan, Cpl O'Brien
Center: MCpl Corney, Cpl Locke, MCpl Duchesne, MCpl Reynolds, Cpl Koran
Front: MCpl Salkaty, Chief Instructor, WO Black, Maj Fisher, BTNO

BASE SOCIAL CENTRE

— Getting together with a friend;

• Planning a wedding reception, Xmas and New Year party or a Section function;

• Looking for a well priced area for lunch and dinner?

DON'T LOOK ANY FURTHER THAN THE

BASE SOCIAL CENTRE.

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INFO 8720

Section News

Obituary

The Sunday before last, had you looked up toward the glacier, you might have seen an Aurora gracefully plying the mountain waves above. Easy though her course may have seemed, she flew in great humility, and in awe, of the profound mission she was carrying out. Profound, because this was to be the last flight of Major Jim Glover as one amongst us. On the 25th of November we relinquished him into the eternal care of the glacier, and to the infinite beyond.

The airplane and crew had quickly been readied once the day promised to be worthy of such an event. Indeed, it could not have been more beautiful, as weeks of gloomy rainclouds were swept aside and the valley was wreathed in sunlight. Reluctantly, but purposefully, the Aurora lifted off in the early afternoon and made its way quickly to the summit of the glacier. Padre Robert Baker held the urn, and Major Glover's elder brother, Larry, one white rose.

The ceremony was conducted in true Aurora fashion, and Major Glover would have appreciated the procedure which so movingly delivered him from the 'surlly bonds of earth'. The target was carefully chosen, the winds assessed, the run-in made and the release on the third 'now'. Up until that third 'now' we were all a little flushed not just with an appreciation for the beauty of this rare ritual, but with a comforting understanding for the importance of this act as a celebration of life and its eternal variations.

On the third 'now', however, as we held our friend for the last time and the rush of wind in the chute called and pulled at him, insistent, our understanding failed. Failed, as though the air itself has sucked it out of us and we sat there, filled only with the greatest sadness.

No understanding can overcome such emptiness. For in that moment every member of the crew faced the inevitability of Jim Glover's passing, and hated the sky for taking him. We saw, too, the inevitability bound up in our own fate; that we too, would one day leave this world and mingle with the other. Silently we all hoped we might do so with the dignity and strength of our departed friend.

As Padre Baker closed the chute and the aircraft repressurized, our spirits did as well. The insistent cry of the wind still echoed in our minds, but as we flew around the glacier again and then over the city in tribute, the understanding slowly flowed back and began to fill the emptiness. That day, as we headed home, the significance of the event we had taken part of did not diminish. To have helped Jim Glover on his way is an honor which we will always cherish. And the skies above the glacier will always be alive with our memories of him.

Crew 6 of 407 Squadron, and all of his friends.

From the Bottom of the Pool

Flt Eng

It's been quite a while since the Pool has been heard from hasn't it? Let me be the first to inform you that the seemingly still waters are churning deep beneath the calm surface. There have been a lot of changes within...

First and foremost, a hardy wet welcome to Clint Hallkenny and family who have successfully survived many long wintery days and nights of Greenwood, N.S. Geographical Anatomy lessons are available. Cling, so you can really see where an Armpit is!

Congratulations are in order for our one and only (probably a good thing) Frances Levesque, who has beaten the odds and become the newest 10 hour MPAT-by-yourself; all-singing all-dancing "A" Cat. Well done!

Next on The Man With a Thousand Questions hit list is Newt Newton, who has just completed the first portion of humble pie necessary to upgrade. The Travellin' Light Show is over, Newt, see if you can keep the air ride away from Winnipeg. (Hint - don't take the collapsible tow bar!)

Christmas season is rapidly approaching and so is the homecoming of Pete McLean MOAT course wasn't that long, was it Pete? yes, those are your

kids, and no, they haven't grown...that much! Welcome home.

Barrie Doubleday also returns for Christmas break from MOAT course. Have a head full of numbers Barrie? Fear not! I'm told that the constant wearing of ear plugs throughout the holiday period will greatly reduce the numerology leakage until classes resume.

...The Pool is calm...

407 Recycling

'Operation Imminent Savings' was formally implemented at 407 Squadron last week and is enjoying considerable success as the Base's first recycling program. The effort is a two-pronged assault to both educate people in the careful use of disposable materials and in the management of those which can be recycled. The operation will hopefully act as a pilot program, assessing volume and collection practices which can then be implemented on a base-wide scale.

As of yet the program is only handling fine office paper, but depending on the success of the effort plans are underway to branch out into other recyclables such as aluminum cans and cardboard. Oddly enough recy-



407 Squadron

cling in the Valley is still relatively new and the agency 407 is working with, Comox Valley Recycling, is still in the early stages of its recycling program.

There are seventeen recycling stations distributed throughout the Squadron, each consisting of three boxes labelled 'white bond', 'colored bond' and 'computer paper'. The central recycling 'depot' is on the second floor of Seven Hangar where there is also a box for newspaper and newsprint available. Sorting the paper at the source like this eliminates the very tedious task at the warehouse and involves no more effort than simply throwing something into the garbage. Nevertheless instructions posted above the boxes indicate exactly what and where paper can be placed and initial accounts suggest they are being more or less adhered to.

Although computer paper, white bond and then colored ledger, is in its recyclable form valuable, 407 is not accepting any consideration for its paper. This eliminates the problem of disposing of Crown assets and eases the financial burden on the Valley's recycling effort. Besides, 407 is not so much eager to fill the coffers of its various funds as it is to reroute much of the egregious waste resulting from its daily administration.

Hopefully the rest of the Base will follow suit. Questions can be directed to Capt Manney at 8573, Sgt Joe Rapati at 8534 and Pte P.J. Mears at 8605. Capt Brad White can be contacted at 442 Sqn to answer any questions concerning the Valley Recycling Program.

So get hold of your Section head and begin recycling in your office or hangar. Remember, one

ton of paper is equal to seventeen trees, but it's not nearly as much fun to sleep under.

Engine Bay

407 (MP) Engine Bay has been quite busy the last little while with some changes. Now that the engine techs and electricians from Maintenance have officially become part of Engine Bay, we even get to write our own Totem Times article.

Sgt Neil Duffy has come downstairs from Research to add a little spice and comic relief to the bunch. Oh, and to help run the Engine Bay too, of course. We'd like to welcome him aboard and tell him how much we like having him around.

The most recent change is the news of MCpl Ric Cochrane going upstairs to Research to take Sgt Mackie's spot, who is going to 2 Crew. Ric was ecstatic and jumping for joy when he was told the news of his up-and-coming move to the land of CFTOs, papers, telephone calls and the computers. We all know he's looking forward to the challenge, and change to pencils and paper, instead of wrenches and rags. We'll miss you Ric, but we plan to see lots of you and to keep you busy with lots and lots and lots of research work.

A few members of our Engine Bay play hockey on the ASO Rebels team. It's a good thing they look great in their uniforms, skating around the rink, as they don't look that great in the standings. It's hard to understand why, when we have guys scoring goals and making plays, they are not higher in the standings. Obviously they need a coach as these guys are doing it on their own net. We don't like to point fingers but

when one player scores his only goal all year and it goes into his own net we have to wonder. Congratulations Vaughn McCabe on your excellent effort and contribution to the team.

I'd like to take this opportunity to officially warn our two newest AERO Engine techs, Cpl Kevin Berry and Cpl Bob Marshall that they have yet to be initiated into the Engine Bay family. We all know the saying those who get dirty together, 'show' together. Heads up, boys, your time will come. Be sure to have your spare coveralls clean and ready to go.

Finally, to our very own John 'Butt Head' Tallon. We hope you have a safe trip back from Ontario next week with Michelle and clan. We'll be thinking of you on that beautiful drive across the prairies, spotting the next city 400 miles in front of you and playing stupid car games that are way past your calibre.

From all of us in Engine Bay to all of you out there, have a safe and happy holiday, and remember not to drink and drive.

Extra, extra - this just in - sources tell us that this year at the Engine Bay and Maintenance Christmas party, we will be visited by Mrs. Claus and her two lady elves, bringing nice gifts to all the guys. "Oh, the times they are a-changing!"

ARMPO

Dear Santa:

All the boys and girls in 407(MP) Sqn Arm/Photo Section have been really good this year and sending in this wish list for you to peruse. Before I forget, the guys said to ask if you want to buy some land in FLORIDA. Here goes nothing.

Bill Fisher: sun screen for the red goal light burn on the back of his neck.

Don Dunne: one less Sgt.
Jim Cook: one less WO.
Jim Newhouse: cough drops.
Dan Fowler: Care Bear Golf club covers.

Steve Watts: slip for 65 foot yacht.

Jerry Werther: move Chemainus closer to Comox.

Rocky Blouin: hockey lessons from Dave Semenko.

Dan Booth: truck that can float.

Colleen MacKie: a live-in babysitter named Sven.

Ray Mitchell: something in a sports car.

Steve Redgwell: a C.W. McCall record.

Frank Sabiston: leg extensions.

Gene Scheidl: a job.
Rod Spurr: a bigger TV.

Gary Wentz: Dan Booth's old

continued on page 8

Hospice Tag Day

The proposed Hospice in the Park Tag Day, scheduled December 8th will be postponed until the New Year. "We feel it would not be fair to the Salvation Army if we had our Tag Day during the time of their major fund-raising drive," said the new co-chairman of the Hospice in the Park, Kent Piddy. Volunteers are still needed from the valley. Please phone 339-5237 or 339-5470 between 1 and 3 weekdays or 339-4015.

The Hospice in the Park office, located at 2026 Comox Ave (rear) will continue to be open every weekday between 1 - 3. There is a post-box at the door. Information on Memorials should be requested from Mrs. Tag Sutherland, 339-5905. She will arrange for Memorial cards, individually inscribed, and income tax receipts for all gifts.

Smitty's Comox FAMILY RESTAURANT

COLD & HUNGRY?

DINNER SPECIALS

| | |
|---------------------|-------------------------------|
| Veal Cordon Gold | Shrimp Calcutta with Rice |
| Chicken Polynesian | Fisherman's Sole Fillet Oscar |
| Sirloin Steak Oscar | Honey Baked Chicken 'n Ribs |
| Veal Pot Pie | |

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

\$7.65 - \$9.25

SUNDAY NIGHT
Prime Rib & Yorkshire Pudding
includes soup or salad and dessert
\$9.95

Smitty's across from Comox Mall
Sat. 7 hours 7 am-4 pm
Friday 7 am-3:30 pm
339-5811

Section News



VU33 Squadron

More 407

continued from page 7

Welcome to Troy Jaggard, the big galoot, just in from servicing. Darren Herle was put up on waivers and the Canucks didn't want him, so servicing took him.

While we're on the hockey topic, the Sqn team sweaters must be made from the same material as the Emperor's clothes; nobody has seen them (yet). The teams fans were getting 'bagged' in the stands lately but you'll know it's time for concern if the referees start wearing brown bags on their heads as well. Boyd Russell should try a larger bag and maybe the top of his head will fluff up a bit. I've been warned to lay off Dave Brown; something about his marksmanship I believe!

Nevin Bernard and Rainer Roedger are both into the martial arts and so some of our removals on the aircraft are coming off by hand, or foot or ... chop chop ... whatever. Rumour has it that the afore mentioned Darren Herle is taking up the sport as well. It should make for interesting conversations in the Sqn 'lounge' at coffee break. No more just plain "How about those Blue Jays?" It'll be all sorts of grunts, yells, strange noises and a few assorted kicks and chops etc. Sort of a Rambo style Larry, Moe and Curly.

Marc Boutet has learned to slow down and take it easy. Not only at work but maybe to and from as well. Now that's the ticket!

We had a dopey rigger contest and nobody won, but Dan Finnegan came in third. He wants to know if we always pick on the new kid on the block? We told him no, not always, just most of the time.

One parting shot from the floor. If you're a MCpl do you have to walk with a limp? ... and are crutches going to be an item on AL1 with a tool tag.

Engine Bay: Shhh ... they're trying to sleep.

The seat shop: Jamie Bull is on his remuster slump, which means he's slowed down (if that's possible). Gord LeBlanc found a NATO stock number for paper bags, so he'll be at all the Sqn hockey games. Tony and Paul will be left alone (this time).

The Sqn SWO is trying to I.O.R. a bottle warmer and a pallet load of pampers, but was told they are all allocated for the 'Gulf'. How about those boat people ch??

Comm shop: The 'cooks' are prime candidates for astronaut school. They are both spaced out; Bill on hockey and Tom on the P.A. system. Dan Martin is out of his tree, but you'll have to ask him about that. When I did, he told me to 'leaf' him alone and 'branch' out. Brian Shackleton has adapted well to married life, but when you require a nap before darts, it's getting a little questionable.

Bo Bundy is the Sqn's answer to Sam of Cheers. Check the hair. Paul Nolan is the reigning squash champ (so far) but picking on a senior citizen is not nice, so says Nick. By the next edition, there should be some stuff from the Maintenance Super, but 'till then I'm off to 'Silver Star' to ski my brains out. One or two runs should do it!

OFFICERS' MESS LADIES' CLUB

We had a super turnout at our Officers' Mess Ladies Club penny auction. Georgia McClellan did a great job serving as our auctioneer for the evening. She was able to auction off all the donated items. We were even lucky enough to get as much as \$21 for one of the donated items.

We would also like to compliment the ladies who participated with their booths. There was Ester Thompson with Create-A-Book and Laurette Subchak with Discovery Toys.

Our compliments to Carol with Make It & Take It for her demonstration. They were all very well put together. All in all, the penny auction was a great success.

Our next Officers' Mess Ladies Club function will be a lite dinner, to be catered by the Old House Restaurant in Courtenay, which will be held in January; our first function of 1991.

Hope to see you all there. Happy Holidays from the Officers' Mess Ladies Club.

Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

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

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

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

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

CATHOLIC WOMEN'S LEAGUE — Second Tuesday of the month in the Parish Hall, preceded by Mass in the Chapel at 7:00 pm. President: Mrs. Claudette LeBlanc, phone 339-3002.

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

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) — Maj R.E. Baker
CHAPEL — St. Michael & All Angels, Wallace Gardens, Bldg 88
OFFICE — Headquarters, Bldg 45, Room 48, Telephone 8273

SUNDAY WORSHIP — Each Sunday at 1100 hrs.
HOLY COMMUNION — First Sunday of the month.

SUNDAY SCHOOL — Each Sunday at 1100 hrs
NURSERY SCHOOL — Each Sunday at 1100 hrs

CHOIR — practices 1830 hrs, Thursday at Chapel
CHAPEL GUILD — meets once a month, first Thursday at the Chapel 7:30 pm, President Liz Basham 339-4314.

Roger Gallant: that 30lb salmon.
Rob McConkey: A NORMAL SECTION!
Cindy Leduc: a Jim Easton dart board.

Brian Buttner: an endless supply of gas for his boat (IRAQI Oil Fields)
Lars Olsson: hair tonic that works.
Dan Mallette: professional help.

Gary Blinn: less rain !! more snow.
Leona Colebank: one male slave totally dedicated to serving.
Simone Vatheuer: manageable hair.

Rick Easton: his own desk.
Kevin Battersby: a real snag.
Doug O'Brien: lifetime car-wash service.

Donna Lush: the fast pace of an Ontario City.
Manny Tsagatakis: everyone would shut up about Spec Pay.
Dawn Summers: Peace on Earth.

Neil Laurer: Peace and Quiet!!
Mike Storozuk: become an RCMP and have a really Big Gun.
Well Santa that's it. If you can't fill the list it will be okay.

The one thing we all dearly want is the safe return of our friends and buddies from Saudia Arabia. Will write soon.

Martine Morin: to be six inches taller.
Dan Finney: to get rid of his handicap (RT) golf.
Rod Mattson: another West Coast posting.

Bob Davidson: to find Gilligan's Island.
Dave Hooper: to get Spec Pay.
Gord Morrison: to actually have a Mess to be PMC of.

Angela Hermanns: to work at any Base Photo (Goose Bay has your number).
Frank Jahrig: posting to Lytton BC.

Neil Laurer: Peace and Quiet!!
Mike Storozuk: become an RCMP and have a really Big Gun.
Well Santa that's it. If you can't fill the list it will be okay.

The one thing we all dearly want is the safe return of our friends and buddies from Saudia Arabia. Will write soon.

Square 1 Travel Services Ltd.

PRINCESS CRUISE HAWAIIAN CRUISE HOLIDAY

PACIFIC PRINCESS

| PRICE / ACCOMMODATION | PRINCESS KINGDOM | ITINERARY |
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| INSIDE CABIN: \$1295 DOUBLE: \$2590 SINGLE: \$1295 | INSIDE: \$1295 DOUBLE: \$2590 SINGLE: \$1295 | DATE: MAY 01 CITY/PORT: HONOLULU ARRIVE: 10:00 AM DEPART: 9:00 AM |
| DELUXE OUTSIDE: \$1595 DOUBLE: \$3190 SINGLE: \$1595 | DELUXE OUTSIDE: \$1595 DOUBLE: \$3190 SINGLE: \$1595 | MAY 02: FREE PORTLAND MAY 03: FREE PORTLAND MAY 04: LAKEBA MAY 05: KAILUA MAY 06: AT SEA MAY 07: HONOLULU |

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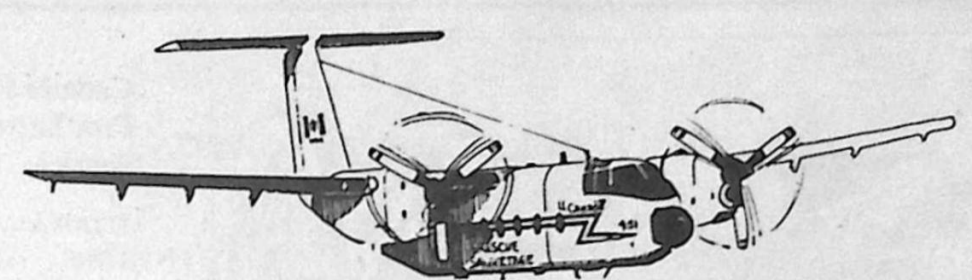
649 ANDERTON RD., COMOX 339-5400

Next Deadline December 17

Section News



442 Squadron



442 Sqn Aircrew

The Squadron has been keeping itself quite busy since last issue. Following the major search out of Prince George the Squadron sent a Buffalo way, way north to Alaska and Inuvik to get some northern training. The crew got great training in finding out exactly what was in their B-25 kits as it was some cold up there. No sooner had we arrived home than the Squadron was once again deployed on a major search; this one lasting 4 weeks under the sunny skies of Terrace. A Navajo had taken off out of a small village enroute to Terrace and never arrived. Overall 2 Labs, 3 Buffs, 2 Twin Otters and a number of civilian planes flew a total of 850 hrs, but to no avail. If all this excitement wasn't enough, another search started up in Fort Nelson during the Terrace search. A civilian helicopter was reported overdue and at one time there were up to 2 Buffs, 2 Twin Otters, and a number of civilian aircraft searching. The search lasted 9 days and 471 flying hours. The crash was spotted only 800 metres from last known position, after warm weather had melted

the snow. Unfortunately, there were no survivors.

Now that we're back it's the paper work wars all over again.

Servicing

MCpl's Bruce Morgan, Guy Godin and Cpl Chuck McClelland from 442 had to go and rescue a Trenton Bird in San Diego. By the way, how was San Francisco Steve?

Chopper Maint

Chopper Maintenance has a new mascot, THE TEXAS TUNNEL!

Safety Systems

Cpl John Redmond and Pte Stacy Wood are in competition with each other on who can get the most speeding tickets.

Avionics

There is a new apprentice in Avionics world, one Pte Allen Thomassin. Word has it that the Base Chief has his number.

#1 Crew

A small note from #1 Crew; Dan, read the fuel gauges a bit better next time!

Canteen

Note from the Canteen - to the person who was so kind as to take

the plants from the Canteen and find them a good home. I hope that the mealy bugs, aphids and spider mites are all doing well in their new home.

Flight Engineers

Rumour has it that the doctors cleared Vimy to fly. Too bad, the searches are over. We will finally get to meet Don Monk's wife at the Christmas party once she gets back from Thailand. By the way, Tony (the oil man) Kester, how is your \$357 credit rating?

Admin

Farewell to Cpl Karen Allen who is transferred to the BOR. Also, a belated congrats on her accelerated promotion. We welcome a new addition to the SOR - OS Tammy Scholte and AB Jeannie Waugh is making the big move to the MOR with new and exciting challenges ahead.

2 Crew

Congrats to Cpl Stu Sharpe and wife Sylvia on being the proud parents of a new baby girl. Contrats also to Cpl Jeff Kilpatrick and wife Tammy on being the proud parents of a new baby boy. #2 Crew would like to say goodbye to Cpl Mike Hambley

(off to Engine Bay) and hello to Cpl Mario Trudel (from Engine Bay).

SAR Techs

The CO of 442 Sqn summoned his Pulitzer Prize for Literature Star reporter to his office for a rather delicate matter. With the CO's open door policy, I quickly concluded that he only required my important views on strategic planning and evaluations on all aspects and policies of SAR missions.

By the concerned look on his face, I knew I wasn't here to do the 'lunch thing'. Realizing a vitally important assignment was about to be presented to me, I grabbed a chair reserved exclusively for VIPs such as myself. Before beginning, the CO felt I would be more comfortable on the other side of his desk where a less comfortable chair without arms or cushions awaited me.

As I sat there impeccably dressed in a freshly cleaned, newly acquired international orange flying suit, I couldn't help but notice the crests and badges glittering and shining from the

morning sunlight dancing off the brightness of my highly shone boots. Having assured the CO that, of course, all aircrew were also above reproach for dress and deportment, we got down to business.

"Who are these egotistical maniacs? Where do they come from?"

I quickly explained to him that few SAR Techs can read, let alone write, but as a member of 442 Sqn and a SAR Tech myself, I'll try to answer those last two questions.

Walking down the hallway, I noticed two FEs having a one-sided conversation with each other, probably on their way to the CO's office. I quickly realized that this assignment is an awful lot easier than theirs is going to be.

Stepping into the section, I had a plan. Why not interview one of these egotistical maniacs and see if there is life here. Glancing around the room I noticed everybody doing something.

More 442 on page 12

JR RANKS NEW YEARS EVE DANCE/LEVEE

DINNER AT 1900 HRS
HIP OF BEEF/TRIMMINGS
DANCE TO THE BAND



"REMINDERS"
Tickets now on sale 'til 28 Dec 90
\$15.00/Members - \$20.00/Guests
Cash or acquittance roll
Semi-formal - "No jeans"
New Year's Dance Ticket
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Open at 1200 hrs

Jr Ranks Mixed TGIF

Ham & Turkey
DART SHOOT 12 Dec at 1700
Mixed Doubles
Cost...\$5.00
Blind Draw

Annual Jr Ranks Christmas Bingo

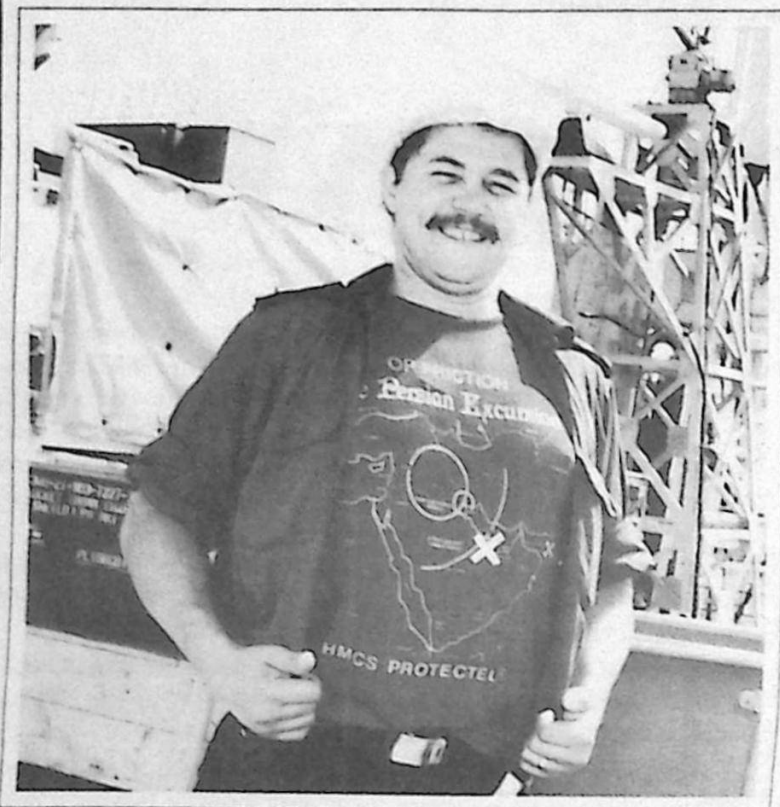
16 Dec 90 at 1900
Prize Bingo
Open to Members and Guests
Dabbers \$1.00 Each

Annual Boxing Day (Inter-Mess)

Golf Tournament
Open to all Ranks and Ex-Service Persons
\$3.00/person
Clubhouse opens at 0900 hrs
NOTE: Register by 09300, Shotgun T-off at 1000 hrs

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

NEWS FROM THE GULF



Canada Post offers Free Lettermail Service

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight, announced today that Canada Post Corporation has offered to provide free lettermail service to the 1,700 Canadian Forces (CF) members serving in the Persian Gulf. This will allow the Canadian contingent in Qatar, Bahrain and on board the three CF ships patrolling the Gulf region to send letters home to Canada at no cost.

"This is Canada Post's way of saying 'Thank You' to all those Canadians serving in the Gulf region and to show our support," noted Robert Sirois, Vice-President, Sales & Marketing at Canada Post. "Canada Post will absorb all costs associated with Canada-bound lettermail from our troops in the Gulf," he added. Due to limited access to the Persian Gulf area, Canada Post and the CF advise that Christmas parcels being sent to the CF personnel serving in the Gulf must be put in the mail no later than December 7 to ensure delivery by Christmas.

People who want to mail items to the CF members serving in the Persian Gulf should address their correspondence to: Canadian Sailors, HMCS Terra Nova, HMCS Protecteur or HMCS Athabaskan, CFPO 5071, FMO, Halifax, N.S. B3K 2K0; or to Canadian Airforce or Army, CFPO 5004, Belleville, Ont. K0K 3R0. Domestic rates for regular lettermail and parcels will apply.

Strategic Airlift Supports Canadian Operations in the Persian Gulf

Air Transport Group (ATG) has successfully completed the initial strategic airlift in support of the Canadian military presence in the Persian Gulf.

Thousands of ATG personnel, both military and civilian, took part in the planning preparation and implementation of the airlift. About 350 ATG members established staging locations overseas while others took on the duties of flight crew operations, maintenance, communications, air cargo/passenger movement, as well as support and planning. These men and women will continue to sustain Middle East operations via supply flights.

Hercules and Boeing 707 aircraft from CF Bases Edmonton, Winnipeg and Trenton flew long hours through several time zones into the heat and humidity of their final destination. "But we cannot rest," says BGen Gordon Diamond, commander of ATG. "We are sustaining our ships, fighters and other elements in the Gulf with regular supply flights, while endeavoring to meet our many other CF commitments world-wide."



Master Cpl Tammy Mackey, a loadmaster with 429 Squadron (Trenton), inspects the cargo on a Hercules aircraft destined for Qatar. (Photo by Capt Renee MacTaggart.)



Military air cargo/passenger movement specialists from CFB Edmonton load a pallet of freight onto a Boeing 707 at CFB Lahr, Germany. This shipment is part of the initial airlift by ATG to establish and maintain Canadian military operations in the Middle East. (Photo by Capt Renee MacTaggart.)



Sgt Claude Tremblay, left, and Master Cpl Denis Lavole (both of CFB Edmonton) repair a fastener on a Hercules aircraft panel. (Photo by Capt Renee MacTaggart.)

Magazines for the Persian Gulf

CF Members on duty in the Persian Gulf on ship and Members serving in Qatar and area will be facing a bleak and lonely 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).

Leading Seaman Larry Adams proudly displays his updated Persian Excursion T-shirt which was designed prior to departure for the Middle East, indicating an operating area in the Gulf of Oman. The actual area of operations for the Canadian ships was subsequently changed to the Persian Gulf which is now prominently shown on Lt Adams' ensemble. (CF photo by WO Vic Johnson.)



Leading Seaman Cecl Clarke follows orders from the bridge on the helm in the wheelhouse of HMCS Terra Nova while on patrol in the Persian Gulf. Leading Seaman Clarke, a boatswain, is one of 934 sailors on duty with the Task Group enforcing U.N. sanctions against Iraq. (CF photo by WO Vic Johnson.)



Lt Paul Romeo prepares to fire a Javelin anti-air missile system from HMCS Athabaskan in a training exercise in the Persian Gulf. Lt Romeo is an artillery officer with 119 Air Defence Battery from CFB Chatham, N.B. (CF photo by WO Vic Johnson.)

Recollections

The Conclusion

Life in the North

Depending on the time of year some variety could be added to the menu. In spring some fresh greens, cooked or raw, could be obtained from young dandelions or stinging nettles. During summer, depending on regions, one could pick wild strawberries, blueberries, Saskatoon berries and other local edible berries. Where possible small vegetable gardens were planted. Though the growing season was short the long daylight hours helped to produce a few hardy vegetables, some of which could be stored on into the fall or early winter. In the fall in some areas there were cranberries that could be picked, frozen and stored all winter; particularly good with wild duck or goose. Moose, venison and fish were among staple items though in summer months, with no refrigeration, very little fresh meat was used. In its place salt pork, bacon or fish were used. A quick and easy substitute was "cheechako moose", (canned corned beef). As the Natives would say, "Easy to kill 'em moose, just use can opener!"

Among varieties of fresh fish caught in nearby lakes and streams were grayling, char, trout, whitefish, pickerel and bass, to name a few. Jackfish or Northern Pike, a large scavenger fish, were very seldom eaten by locals but were caught and cooked up for dog food. Some maintained that even their dogs wouldn't eat jackfish, however, there was an apparent market for them "outside" as tons of jackfish were shipped out along with other varieties of fish.

In fall wild ducks, geese, grouse or ptarmigan were available, many of which were frozen and kept through the winter. In many regions wild rice was also harvested for local consumption as well as being a profitable export commodity. In Arctic regions seal, walrus and caribou were their main meat supply.

A year round staple item was always bacon (salt pork), and beans. Tons of "sow bellies" and navy beans made up a large part of most freight loads. Before going out on the trail in winter a batch of pork and beans was cooked up and then spread out on a board in the back shed. When frozen they were scooped up like broken peanut brittle into small cloth or paper bags. At meal time out on the trail a bag full of bacon and beans was dumped into a fry pan over a fire and supper was ready in minutes, along with a steaming mug of tea or coffee and one or two "ship's biscuits" or hardtack. Frozen foods were used in the north long before deep freezers were invented.

Sourdough or bannock were often part of a meal along with Hudson Bay or Labrador tea. Dried fruits and vegetables were commonly used. Dehydrated

potatoes, onions, carrots, cabbage and julienne were the more common vegetables that one could soak and cook for table use. Dried apricots, peaches, pears, prunes, raisins and apples were shipped in standard 25 pound containers. A handful of one or more of these along with some smoked "jerky" (venison), were popular items to carry in one's parka pocket to chew on while out on the trail. Where freighting weights allowed, some cases of canned fruits and vegetables were also shipped in.

Powdered milk, "Klim" (milk spelled backwards) was shipped in fifty pound drums. Butter was usually in sealed tins, but sometimes butter in brine was available. Tallow was often used as a butter substitute, bear grease was used in place of commercial lard, shipped in fifty pound drums. Tallow and powdered eggs helped to round out the diet. Though mostly used in baking it could be used by those who wished to tackle scrambled eggs or some other

prospectors. Many breeds were bred and cross bred, including the wolf, to arrive at a breed with speed and endurance besides the required necessary strength. The common sleigh dog in use was the husky or malamute. The dogs were trained to pull in harness from the age of three months and allowed to run alongside their mother when she was in harness as leader of the team. Many of the better working teams consisted of the mother, as leader, and her male offspring. The weight of the load usually determined the number of dogs in harness or vice versa. The rule of thumb was one hundred pounds of load per dog plus one extra dog. The leader was not expected to pull her full share of the load. There were different types of harness arrangements or hitches depending on regions. In the Alaskan hitch the dogs were harnessed in pairs, side by side, with a single leader. This was used in more open country. The Yukon, or standard hitch, was usually found in bush country with dogs hitched in single file. The Arctic, or fan hitch, was used over the rough Arctic ice and barren lands. Each dog was on its own lead, spread out in a fan formation ahead of the sled or komatik. In the event a dog fell through a patch of thin ice or into a crevasse it could be assisted back out by pulling on its individual harness. The komatik was a long, heavily constructed sled that rode on whalebone runners. These runners were lashed with leather thongs to the upper bed of the sled giving it a knee action effect which permitted the load to ride evenly while the runners absorbed some of the roughness of the terrain. Its length allowed it to ride over shallow depressions or narrow crevasses with little up and down effect. Wet mud was applied to the bottom of the runners and allowed to freeze and then polished with a piece of polar bear fur, usually a bear paw.

This permitted the sled to slide easily over the frozen surfaces. As the mud chipped off it would be replaced from a supply of mud that was carried with them.

Elsewhere dog sleds were either straight sleds with curved up runners at the front or a toboggan. In some areas a combination toboggan sled was used; a toboggan with a set of runners attached which permitted less drag. A set of handlebars was secured at the rear which were used by the driver to help steady the load over uneven ground. The driver was able to stand on the rear between the handlebars when travel allowed or when going down hill when it was necessary to apply the brake to prevent the load from overriding the dog team. The brake was a hinged, spring loaded length of steel with a serrated edged blade on the out end that could be pushed down by foot

Experiences in the Fur Trade

By Jim Kirk



"Yukon Yim Kirk" dwarfed by a Grizzly hide. Fort Selkirk, YT., 1939

into the trail surface acting as an efficient drag. On steep hills the gee line was snubbed around a tree and slowly played out. The gee line was a long sturdy rope attached to the front end of the load and allowed to trail several feet behind the driver. It was primarily used by the driver to help steer the load while running behind and pulling on the line from left or right side of the trail. A canvas or moosehide carryall was fastened between the handlebars and the front end. Supplies were packed inside the carryall which was then laced over in the event of an upset.

Like the work horse which has been mostly replaced by tractors, trucks and automobiles, the dog team has been replaced by snowmobiles. There are very few dogs in harness today except for those kept to participate in dog team races or other forms of competition. Some individual dogs are capable of pulling loads up to nine hundred pounds and more for short distances in staged competitions.

By the late thirties prospecting, mining and exploration was beginning to open up many more accessible areas of the north. This was due in no small part to the introduction of the bush planes. These were small, sturdy aircraft of various manufacture that were capable of operating on floats in

summer and skis in winter. They could carry one or two passengers and a few hundred pounds of freight for two or three hundred miles. The bush pilot was a rugged individual who flew by the seat of his pants. Very little or no navigation aids were available. Radio was still in its infancy. Once he left his home base he was usually on his own. He was his own navigator, mechanic, passenger agent, freight handler, liaison with the outside world and whatever attribute was required. If there was room he would put in a few perishable items and a newspaper or two for customers along his route. He would often pick up a deliver their mail as a courtesy. It was not uncommon in the summer time for a pilot to fly a prospector along with his outfit, including his canoe, lashed to a float, into some remote, unchartered lake and arrange to return in a month or two to transfer him to another region and then later return him back "outside" before freeze-up.

The long daylight hours of summer permitted many miles of flying, refueling at strategically located fuel caches. Winter flying was greatly curtailed due to poor weather and short daylight hours. Pilots might have to set down for the night at some trapper's cabin

...continued on page 12



"Yukon Yims" dog team. Ft. Selkirk, YT. Spring 1940.

Recollections

More Life in the North

or small village along the way. In many cases they would be unable to make contact with home base and the base would just have to sweat it out until the plane and pilot arrived back. I assisted one plane on skis in making a short take off from a rough frozen lake by attaching a length of rope to the tail skid and the other end to a tree on the lake shore. The pilot signaled when he was ready by moving the aircraft rudder after opening the throttle to full take off revs. I then chopped the rope with an axe and the plane almost jumped into the air. In the late thirties larger northern communities, mostly mining towns, made it feasible for the bush planes to penetrate a few hundred miles farther beyond civilization. Slowly and steadily the bush planes and their pilots pushed back the frontiers of the north.

In areas where winds were fairly dependable, windchargers were installed along with a thirty two volt battery system to operate short wave radios capable of sending and receiving Morse Code messages. This was a big step forward in breaking the remote isolation of the north as gradually a network of these radios was established. In later years more dependable gas powered generators were in-

stalled along with VHF radio telephones. These were simpler to use and eliminated the requirement to learn Morse.

The CBC radio had a "northern messenger" program whereby people in southern Canada could send messages to friends and relatives in the north. It was very popular in regions where the program could be picked up but there were many areas where the messages weren't received due to local atmospheric conditions or being located beyond the range of the transmissions. My parents sent many messages to me via "the northern messenger" but I never received any of them. I only knew about them when I eventually received mail from home with copies of the messages enclosed.

No mention has been made here of the presence of women, other than native women in the outposts of the north. Although women from "outside" did go north, as during the gold rush to Dawson in Yukon, they were mostly discouraged from going to the more isolated areas. Those women who did go north had to be of a pioneering nature; able to cope with the isolation, hardships and crudeness of day to day living. RCMP personnel in the north were bachelors and not

...continued from page 11



"AKSALA" - first boat of the season coming in to the HB Co dock. Fort Selkirk, YT., May 1939.

permitted to marry without permission from the force.

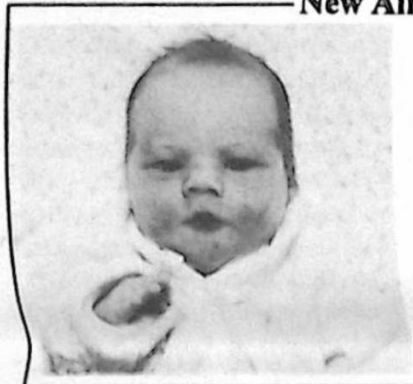
The Hudsons Bay Co. had similar, though less rigid arrangements, particularly with their apprentices and clerks. Following the advent of bush flying and the gradual improvement of living accommodations, the more senior personnel were permitted to marry and take their wife in with them.

This has touched lightly on

living in northern Canada into the 1930s. It would take a book to fully cover the subject in the different Arctic regions as well as the many other northern districts.

As the frontier of civilization moves further north with towns and cities developing along with schools, hospitals, communications and social amenities, the north is gradually becoming a part of Canada's far-flung Dominion from sea to sea.

New Airman



My name is Sean Ryan Dorman. I arrived at 2:26 am on Thurs. Nov 8, 90. I weighed in at 7 lbs 14 oz. My happy parents, Steven and Rosanne, took me home to my excited sister Melanie and brother Patrick. Thank you to the nursing staff at St. Josephs, staff at Courtenay Medical, and an extra special thank you to Dr. Crowe for taking such good care of all of us.

continued from page 9

SAR TECHS

Sgt Bruce Koronko and MCpl Fred Denninger were combing their hair with facecloths. MCpl Tony Isaacs and Cpl Don Peters were busy mapping out their ascent of Ryan Road hill, with weather permitting. Cpls Young and Daigle were standing faithfully by their brooms, wondering which was the Labrador. MCpl Bill Burton was eating a tainted Bambi Burger. MCpl Dave Sheppard's look of despair at a coffee mug and cigarette package.

Cpl Ron Condly and Kirk Steeves were male bonding on facets of horses in hunting expeditions. All this was happening while Sgt John Kelly ran feverishly around the shop looking for a pen and a note pad.

Looking around, I needed someone who was semi-intelligent, yet not afraid to admit grade 6 was the best four years of his life. I spotted him walking down the hallway, an astute gentleman, with distinguished features. A person you could trust. He casually walked by me wearing his "I know everything" button on his flying suit.

Perfect!
Next week I'll wrestle out all his knowledge and experience when I find our "Why are they here?"
Until next time... "In a galaxy far, far away..."

Section News



Supply Signals

Seasons Greetings from Base Supply personnel and especially this articles supplier, Transport Supply Group. Normally we would start off by describing our Sections' function in the great scheme of supply matters and then on to general news around Base Supply. However, we thought that we would dedicate some of our article to the latest and most talked about subject on today's agenda, 'Financial Restraint'.

It seems that no one wants to

admit that we have or need to do this, but it has already been decided, so we follow and carry out our duty. We totally agree that it is a 'NECESSARY EVIL' but hey - let's all do our part to help out. We, in Supply, realize that each and every Section feels, and rightfully so, that their function at CFB Comox is as important as the next but NDHQ has already decided who is and who isn't #1. Please bear with us when we ask why and how come so many? A simple question that we are required to ask so we may do our duty as the 'PENNY COUNTERS'. You may find that we agree with your reasoning 'WHY' you require your item(s) and agree that it is a 'MUST', or you may get a sympathetic 'SORRY' but 'DUE TO FINANCIAL RESTRAINTS' and your listing of priority does not merit it being provided at this time.

The above response is not a re-recorded message, nor is it something we enjoy doing to any Section, nor is it something we feel personally, but it is something we 'MUST' do.

Let's just all try and get through the rough times that are part and parcel of our commitment to 'serve our country'. Things may even get tougher before they get better but let's let our professionalism override our personal feelings and do this together. Maybe we can use up some of the items we haven't used, ie different types of pens, pencils that we haven't wanted to use because we've always been able to get the nicer ones.

Enough said, on to Base Supply news. Cathy Preece has had her baby, a new girl, and congrats go out to the proud mommy and daddy. Pre-thanks go out to LS Shane Houser for once again providing his 'Designated Driver' services for the Supply Christmas party on 8 Dec. It's people like Shane who make sure each and everyone of us may enjoy ourselves and also get home safely. Let's let him know how much a 'Safe Drive Home' means to us and our families.

All of Base Supply would like to wish PO2 Watts a happy six month tour of the Golan Heights.

Maida's Boutique

202, 307-5th Street
Courtenay 338-1550

Giftwrapping for Men

Layaway Plan

Christmas Hours of Operation

Commencing 16 December (Sunday) 12 pm-4 pm

Mon-Fri 9:30 am to 9 pm
Mon-Fri 9:30 am to 9 pm
Dec 23, 12 noon to 4 pm
Dec 24, 9:30 am to 5 pm



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Jennifer Schaben
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SOOTER'S 35 mm Bronzeline Camera.
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PAY NO INTEREST
PAY LESS THAN \$100 A MONTH
(On Purchases Under \$1,500)

Serving and pensioned members of the Canadian Forces, permanent DND civilian employees and foreign military personnel filling established positions on the Base/Station can use the CANEX "NO INTEREST CREDIT PLAN" to purchase general merchandise and BULK MEAT. Each eligible participant may hold up to two such plans at a time. Minimum amount of purchase is \$200 and a 20% down payment is required. Maximum amount owing at any time is limited to \$2,400 (after down payment). Larger purchases may still be made, but require a higher down payment.

We are now able to offer you the opportunity to purchase BULK MEAT orders which you can put on our Credit Plan. This service is available through our General Merchandise Store (Retail Store) in the Canex Building, come and see us for details, or Ph 339-5342.



JOIN IN THE CHRISTMAS SPIRIT AT THE DRIFTWOOD MALL



Calling All Kids!

- Enter our Christmas Poster Contest and you could win \$25 Zellers Gift Certificate.
- Pick up your poster at Driftwood Mall Entrances

Have your picture taken with Santa under the skylight. Receive a free Christmas colouring book. Santa hours posted in Driftwood Mall.

Christmas Giftwrapping Service

Have your gifts wrapped for that special person beginning Dec. 12. Hours to be posted.

The Jingle Bugs Are Back - with Special Christmas Entertainment

SATURDAY DEC. 15



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



Public announcements

From the Fire Chief's Office

Christmas Fire Safety



Lights
 Cheerful lights of Christmas bring a special warmth to the holiday season - but each year tragedy strikes somewhere through electrical fires or other accidents.

The main reason is either worn or defective equipment or sheer carelessness. Christmas lights and electrically lit decorations are tested and certified by CSA for safety. However, people often forget the most basic rules when handling electrical equipment.

Fire safety precautions should head the list of every sensible family's precautions for Christmas. There is no place like home for the holidays - there is also no place like home for Christmas fire hazards.

It would take an entire book to write a safety manual for Christmas time. In this edition we touch on only a few.

The main thing is to exercise special care in all your Christmas preparations and activities.

Three steps to safe enjoyment of a natural tree:

1. Don't purchase a tree that has dried out. Test twigs and needles to see if they are not brittle.

2. Store tree outdoors until used. If stored indoors, re-cut butt and keep immersed in water.

Gymnasium Christmas Holidays Hours

| | |
|--------------|----------------|
| 17 to 21 Dec | - Normal hours |
| | 0730-1715 |
| | 1830-2100 |
| 22 to 23 Dec | - 1300-1600 |
| | 1830-2000 |
| 24 Dec | - 1000-1500 |
| 25 to 26 Dec | - Closed |
| 27 to 28 Dec | - 1000-1500 |
| 29 to 30 Dec | - 1300-1600 |
| | 1830-2000 |
| 31 Dec | - 1000-1500 |
| 01 Jan 91 | - Closed |
| 02 Jan 91 | - 1000-1500 |
| 03 Jan 91 | - Normal hours |

Arena Schedule for Christmas Holidays Public Skating

| | |
|---------------|---------------------|
| 24 Dec | - 1000-1200 |
| 25-26 Dec | - Closed |
| 27,28,29 Dec | - 1200-1400 |
| 30 Dec | - Hockey Tournament |
| | No public skating |
| 31 Dec | - 1000-1200 |
| 01 Jan 91 | - Closed |
| 2,3,4, Jan 91 | - 1200-1400 |
| 05 Jan 91 | - Hockey Tournament |
| | No public skating. |

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.

3. When tree is erected, re-cut butt diagonally. Stand tree in water and maintain water supply. Never decorate a tree with candles.

Use of fire-retardant chemical spray on your tree is no substitute for immersion, and is not recommended.

Do not allow the tree to block access to doors or windows in the event of fire. Some plastic trees are flammable, other artificial trees are fireproof. Set up tree away from drapes and from heat sources such as fireplaces, TV sets or radiators.

Use only CSA certified lighting sets and only non-flammable decorations. Remove tree from the house as soon as possible after the Christmas celebrations.

Switch off tree lights at bedtime or when leaving the house.

Do not allow cotton batten, discarded gift wrappings, or other combustible material under the tree.

Christmas Safety Hints

Metallic trees are conductors of electricity, and should not be decorated with strings of lights, but illuminated with floodlights.

Allow bulb to cool off before removing or touching.

Check strings of electric lights carefully for worn insulation, broken plugs or loose bulb sockets.

Declare the tree a no smoking area and keep matches out of the hands of children.

Always look for CSA certification mark when buying new lights or lighted displays.

Proper planning for Christmas lighting enhances safety, but also will help you to get the best out of your display.

Special effects and contrasts in color can be achieved with the use of spotlights or floodlights. These bulbs are made to withstand snow, rain, etc. Know the difference between 'series' and 'multiple' burning lights. It determines the type of bulbs for replacement.

Be certain that outdoor and indoor lights are marked as such on the box. When string is provided with insulating washers on sockets, use them for greater safety. It keeps water from seeping in.

Use only insulated staples to hold strings in place, not nails, tacks, or brads. Or run string through hooks obtainable from hardware stores. When replacing burned out bulbs always unplug power supply first, make sure replacement lamp is the right kind and voltage. CSA requires that package of replacement lamps bear guidelines to assist in selection of bulb. Make sure that the metal of the reflector be prevented from contacting screw shell of either lamp or socket. CSA certifies the reflector which

fits around bulb and is usually sold separately.

Many gifts are electrically powered - look for the CSA certification mark on electrical toys, appliances, tools, snow throwers, etc.

Be sure to have a fire extinguisher at home.

An overloaded circuit will cause overheating and a fire hazard. If a fuse blows, or the circuit trips, turn off and unplug one or more appliances to prevent too great a drain on power supply. When replacing a fuse, never use one of higher amperage than indicated for the particular circuit.

Always read manufacturers instructions carefully and follow them to the letter.

Never leave small children unattended.

The Fire Hall would like to wish all of you a fire safe Festive Season.

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.

Yipe!! My smoke alarm's screeching!

It makes you jump! It wakes you up! And lets you know there's smoke and probably fire around. Take a tip from the Old Lady. While smoke alarms can't prevent or extinguish fires, they can save your life and prevent injuries - yours and your family's. A reliable, well-installed and maintained smoke detector is a life-saver!

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



CANEX Network Classifieds

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 87 MEMBER PAPERS THROUGHOUT B.C. AND YUKON.
 CIRCULATION TO OVER 1 MILLION HOMES
 2.4 MILLION READERS.

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Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal Medical Secretary, Psychology, Travel. Granton, (5A)-263 Adelaide West, Toronto, 1-800-950-1972.</p> <p>FOR A HAIR RAISING EXPERIENCE call BCIT's BARBER STYLING program. Lots of job opportunities on graduation or start your own business. Phone 1-432-8632, today.</p> | <p>EDUCATION</p> <p>Rewarding Professional Career! Electrolysis, Thermolysis, Blend. 500 hrs. Registered Trade School. Financial assistance available. Canadian Electrolysis College. Start Jan. 2/91 & April 91. #201-13303-72nd, Surrey, B.C. V3W 2N5. (604)597-1101.</p> <p>FOR SALE MISC</p> <p>CIRCLE S TRAILERS. 6'x16' stock, \$4,995. 6'x12' mini stock, \$3,695. 6'x18' G-N, \$6,900. Farm Price. F.O.B. Cochrane, Alta. (403)502-5919, Everings, (403)247-2220. In B.C., (604)372-8855.</p> <p>Take advantage of FREE TRADE! Order the 1990/91 issue of "International Shopper." Thousands of potential import items listed with duty rates - including duty-free. Was \$39.95 now limited quantity \$19.95 plus \$3 p/h. Send cheque or money order to International Shopper, 136-1050 West Pender Street, Box 101, Vancouver, B.C. V6E 2S7.</p> <p>Wild Rice from Producer to you. Pure organic. Makes excellent gifts or treat yourself. Bulk or packaged. Best prices. Aqualand, Box 306, La Ronge, Sask S0J 1L0.</p> <p>Join thousands of satisfied customers. Buy wigs at wholesale prices. From \$39.95. Shop by catalogue and save. For FREE catalogue CALL TOLL-FREE 1-800-265-7775.</p> <p>BRIDGE MATERIAL. For Sale or Rent. Used pressure treated timbers 9'x18'x28' lengths, portable steel bridges 10'x12' wide x 43' long. Heavy capacity. For immediate delivery contact CanDe Contracting Ltd., (204)725-2627, Brent or Dwight.</p> | <p>FOR SALE MISC</p> <p>The unconscious, sub-conscious or reactive mind underlies and enslaves Man. 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Dave 1-792-1931 Mon-Fri. 1-792-3466 evenings & weekends.</p> <p>Experienced G.M. warranty administrator and service invoicing person. Knowledge of computers essential. Send resume: Motorcycle Chev Olds, 2525 McCallum Rd., Abbotsford, B.C. V2S 3R1. 859-5271, 530-0254.</p> <p>PERSONALS</p> <p>The Government owes you money if on Welfare, no tax return filed since 1986. Lee Hourman, 1130 Mill Stream Road, West Vancouver, B.C. V7S 2C9. 1-926-0220.</p> <p>REAL ESTATE</p> <p>"SKIERS PARADISE IN THE HEART OF THE ROCKIES" Best location, new house, corner lot, 2340 square feet, 2 floors, hardwood living/room floor. Carpeted, 3 bedrooms, sunporch, basement, maintenance free. Fernie, B.C. 423-4366. \$114,900.</p> <p>SERVICES</p> <p>RENT NOW \$1.79/DAY. Cellular Phones or Fax Machines. NO credit check or long term obligation. FREE membership - "Be in Touch" campaign. Hertzcom (416)513-6740. Agents wanted.</p> | <p>TRAVEL</p> <p>*** VICTORIA B.C. *** THE ADMIRAL MOTEL - Fine accommodation overlooking the beautiful HARBOUR. Housekeeping units, reasonable rates, friendly, personal attention from family owners. CAA recommended. 257 Belleville St., Victoria, B.C. V8V 1X1. Tel (604)388-6267.</p> <p>AUSTRALIA/NEW ZEALAND. Call the South Pacific specialist, ANZA Travel, Vancouver/Auckland, return from \$979 to \$1,404. Vancouver/Sydney return from \$1,249 to \$1,717. Vancouver call: 734-7725. Toll-free: 1-800-972-6928.</p> <p>Winter Holidays (open age) in Sunny CANCUN (Mexico), CARTAGENA (Colombia), COSTA RICA & CUBA. CON-TIKU 1991 bookings welcome! (ages 8-35) KAEGL TRAVEL (604)683-1291. Fax # 683-9360. 1226-736 Granville St., Vancouver, B.C. V6Z 1G3.</p> <p>WANTED</p> <p>Attention Paste-up. Please show this ad to your photo editor. College trained, experienced Photographer wants full-time position. Own equipment. Skills include Darkroom, Graphic Arts, Cartooning. Contact John Daloe (604)669-8995.</p> <p>BLANKET CLASSIFIED ADS</p> <p>An advertising "Best Buy!" Place your ad in over 100 newspapers throughout B.C. and the Yukon for only \$195.00. For more information contact this paper or call (604) 669-9222.</p> |
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|--|------------------------------------|--|

CHRISTMAS HOURS
 MON-WED 10:00-17:00
 THU-FRI 10:00-21:00
 SAT 10:00-17:00
 SUN 12:00-16:00



Christine Mayer

Home Made Chocolates

1 lb butter
 3 lb icing sugar
 1 can sweetened condensed milk (Eagle Brand)
 1 tsp vanilla

Chocolate coating:
 2 pkgs semisweet chocolate
 Not quite 1/2 cake paraffin wax

Melt chocolate and wax in pan (wax makes the chocolate shine and is tasteless)

Melt butter. Blend sugar and milk together. Mix well. Add vanilla. Leave in bowl on fridge overnight.

Next day roll into ball (1 tsp). Put a toothpick, dip in the chocolate. Place on wax paper to set.

You can vary your chocolates by placing a cherry in the middle, a nut, pieces of dates, or roll the dipped chocolate into coconut. These chocolates are absolute-

Leisure

Country Kitchen

Christmas Cookery



ly delicious and you can buy the little fluted paper cups from the candy shops to dress up for gift giving.

Shortbread
 2 1/2 cups flour
 1/2 cup sugar
 1/2 lb butter

Mix flour and sugar together and work in the butter until smooth. Form into small balls and flatten with the back of a fork to about 1 cm thick, or roll out and cut with cookie cutter.
 Bake 15 to 20 mins at 350 deg.

Nanaimo Bars
 Melt 1/2 cup butter in saucepan

Blend in:
 1/4 cup white sugar
 1/3 cup cocoa
 1 tsp vanilla
 1 egg
 2 cups graham wafer crumbs
 1 cup coconut (fine)
 1/2 cup chopped walnuts
 Mix well and press into 9"

Roll in pieces the size of walnuts.
 Bake 45 mins at 325 deg.

pan.
 Cream:
 1/4 cup butter and blend in the following:
 2 tblsp instant vanilla pudding powder
 3 tblsp milk
 2 cups icing sugar
 Spread over the first mixture
 Chill

Melt 3 squares of semi-sweet chocolate and 1 tsp. butter
 Spread over top.
 This seems to be most peoples favourite Christmas treat, so I include it for those who don't already have the recipe.

Pecan Puffs
 2 tblsp white sugar
 1/2 cup butter or margarine
 1 cup flour
 1 tsp vanilla
 1 cup pecans or almonds chopped

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Health & fitness



ASK YOUR PHARMACIST

by Stephen Gill, B.Sc. M.B.A.
Director, British Columbia Pharmacy Assoc.
Community Pharmacist, Shoppers Drug Mart

Minerals are the Building Blocks to Better Health

Vitamins and minerals work together with proteins, carbohydrates and fats to build and repair body tissues.

The following is a list of minerals our bodies need and the functions they serve:

Calcium: essential for building strong teeth and bones; maintains normal muscle tone, heartbeat, blood clotting and nerve functions.

Phosphorus: regulates the body's use of nutrients and energy supply.

Magnesium: used in the processing of calcium and phosphorus.

Iron: essential for formation of red blood cells which carry oxygen through the body.

Iodine: maintains functioning of thyroid gland for proper growth.

Fluorine: maintains strength of bones and tooth enamel.

Zinc, Copper, Cobalt, Manganese, Chromium, Molybdenum, Selenium and other trace elements are known to play important roles in health, but their precise functions are not fully understood.

Good health is not gained or lost overnight. It's largely influenced by good habits and moderation. You should discuss your nutritional requirements with a doctor, nutritionist or other health care professional. If vitamin or mineral supplements are recommended, consult your pharmacist and follow his or her advice.

Vitamins are the Building Blocks to Better Health

The food we eat is the natural source of vitamins and minerals which work together with proteins, carbohydrates and fats to build and repair body tissues.

Three well-balanced meals a day usually supply us with enough vitamins and minerals. But many people don't have the time to follow this plan, so it's important to know what vitamins and minerals do for us, in case we need supplements.

Because all nutrients work together, too little -- or too much -- of any one can cause trouble. If you don't think you're getting a balanced diet, consult your doctor or a nutritionist and ask your neighbourhood pharmacist to help you follow through on their recommendations.

Here are some of the better known vitamins and what they do:
Vitamin A: Builds skeleton and teeth; essential for normal vision and healthy skin.

Vitamin B complex: All together, the B vitamins maintain energy and protect against stress.

B-1 Thiamine: Used in processing carbohydrates; maintains normal growth, appetite and functioning of heart and nervous system.

B-2 Riboflavin: For normal growth and cell formation; prevents sensitivity of eyes to light.

B-3 Niacinamide: For appetite and digestion; for conversion of food into protein.

B-5 Pantothenic Acid: For production of hormones and antibodies; maintenance of energy levels and healthy nervous system.

B-6: Used in processing proteins and fat; prevents nervous and skin disorders; alleviates nausea.

B-12: Maintains health of blood and nervous systems; promotes growth and increase of appetite in children.

Folic acid: Promotes healthy looking skin; helps ward off anemia.



MISSION STATEMENT

"The mission of CANEX is to ensure the satisfaction of its customers by providing goods and services of appropriate quality at convenient times and places and at favourable prices, thereby generating funds to support morale, welfare and recreational programs for military personnel and their dependants."

info health

Dr. Bob Young



White Coat Hypertension

Do you get hot and bothered when you visit your doctor? This is probably a normal response for many of us, and certainly nothing to be ashamed of. Usually it settles to a degree as you get to know your physician better.

The underlying unease or anxiety may modify some body functions. Sweating, blushing (or flushing), and an increased pulse rate are examples.

Less apparent, because it is hidden, is the effect of the medical visit on your blood pressure. It is well known that certain patients have higher pressures in the physician's office than they do at home.

The phenomenon has been termed "white coat hypertension". My practice contains a few

individuals with this reaction to office visits, even after being patients for over 25 years. They have been taught to take their own pressure readings at home and these are always lower than they are in my office.

My readings, in turn, are considerably less than when these patients are examined by a specialist physician - maybe their coats are whiter than mine!

Treating patients whose elevated blood pressure is complicated by the white coat reaction is difficult. Some borderline patients may not even be hypertensive in their normal environment.

A variety of reasonably good home blood pressure machines are available. Patients can use

these or teach themselves to use the same equipment doctors and nurses do. Charting the results in a simple manner will help the doctor determine whether treatment is necessary, or whether the treatment being used is effective.

Many patients, when having their pressure taken in the office, will say "It's sure to be up Doc, I've had a wild day." They are surprised when the reading is their usual one. Hypertension has little to do with normal day to day stress, although it may be affected by very long term severe emotional pressure.

The white coat reactors seem to subconsciously will their pressures up as they enter the office - or perhaps when they awaken on the day of their doctor's visit.

Why Doctors Quit

Another young doctor quit practice last week, just, one would think when he was becoming comfortably established. We have heard of several more in the last few months who have packed it in. They have decided that they have had enough.

It is not new for doctors to leave practice, or patient contact medicine - perhaps to go into teaching or a specialty (such as pathology) where there is minimal interaction. Some go into bureaucratic medicine, or administration of some type.

But it seems that more of today's career changes are different - the people are getting out of medicine entirely. Doctors are becoming school teachers, shop

owners, real estate salespersons, and no doubt entering a variety of other lines of work.

Some, perhaps most, have made the change because they have become disenchanted with medicine. More accurately, they are fed up with the hassles and annoyances that have become a part of medical practice today. They wonder as they pay several thousand dollars in malpractice insurance premiums, they question the compulsory requirement to provide expensive computer equipment just so they can collect their bills.

They ask why they are working harder and harder (or longer and longer) and taking home less. Then they remember that their

rents, salaries paid, and other office expenses have gone up, up, up and that they (in some branches of medicine) have not had an increase since 1981.

And they rebel at the increasing number of rules and regulations that modify the way medicine can be practiced - and they resent the fact that many of these rules are in place to satisfy cost containment and budgets rather than to ensure better patient care.

For these people the joy has left the practice of medicine - to the extent that they are willing to abandon their long years of training and start something new. Let's hope, for their sake, that the grass really is greener on the other side.

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SUNDAY 9 DECEMBER "Touch of Dixie"
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MONDAY 31 JANUARY NEW YEARS EVE
Music by Westwind
Tickets by Reservation
\$20 Per Person

SPORTS
SATURDAY 15 DECEMBER Pub Dart Turkey Shoot

BRANCH 160 COMOX

ENTERTAINMENT
Fri 07 Dec Music by Alleycats
Fri 14 Dec Music by Alleycats
Fri 21 Dec Music by Shaboom
Fri 28 Dec Music by Westwind

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
FRIDAYS..... Meat Draws, Lounge 2-6 pm
Dance, Lounge, unless advised
SATURDAYS..... Meat Draws, Lounge 2-6 pm

UPCOMING EVENTS

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.

TUESDAY JAN 1, 1991 - NEW YEARS LEEVEE, Lounge. 2-4 pm. BIG BAND MUSIC 3-5 pm. Members & Guests.

SATURDAY 19 JAN - ANNUAL "BURNS DINNER".
Details TBA. Tickets \$30 per couple now on sale at office.
Music by the "BRIERS".

OFFICERS' MESS

DECEMBER 1990

Friday December 7

DECORATING PARTY/MTGIF - Conducted by the Officers Ladies Club. All members and guests welcome. Activities start at 1800-1830 hrs. Food and moose milk available. Turkey shoot and wine draws. Lots of fun and everyone will be involved. Admittance will be by donation to the Food or Gift Bank.

Wednesday December 12 - Officers Ladies Bridge Club

Friday December 14

LAST TGIF of the year. Come out, relax, and reminisce about the past year's events.

Saturday December 15

ANNUAL CHILDREN'S PARTY at 1100 hrs. Hosted by the Officers Ladies Club. Food, clowns, balloons, gift and pop are all part of this spectacular day for the children. Santa will be making an appearance. Admittance will be by donations to the Food or Gift Bank.

Wednesday December 19

AT-HOME - The Warrant Officers and Sergeants Mess will host the Officers Mess at the Officers Mess at 1400 hrs.

Monday December 31

THE EVENT OF THE YEAR - COME ONE! COME ALL! and join this celebration to bring in the New Year starting at 1900-1930 hrs. A SUPERB sit-down dinner followed by GREAT music by "CROSSWIND". A truly memorable evening. Reservations are now open to all, members and associates.

Tuesday January 1

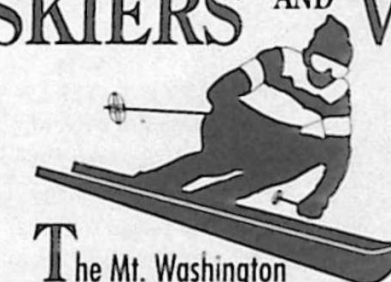
NEW YEARS LEEVEE - Food and moose milk starting at 1100 hrs. Free admission.

Wednesdays December 5, 12, 19

COFFEE BREAK will be served in the lounge at 1000 hrs. Dress will be dress of the day. All officers are invited to attend.

NOTICE TO

MT. WASHINGTON SKIERS AND VISITORS



The Mt. Washington Road, to Mt. Washington Ski Hill and Paradise Meadows Cross-Country Ski Area is now a public road under the jurisdiction of the Ministry of Transportation and Highways.

This winter it is required by law that all vehicles using this road CARRY TIRE CHAINS. Signs are posted indicating this requirement. Other signs along the Mt. Washington Road will be posted when the USE OF TIRE CHAINS is mandatory.

The use of tire chains on the Mt. Washington Road ensures the safety and convenience of travellers to these recreational areas. The Ministry of Transportation and Highways urges all motorists to obey these requirements.

For further information contact the Ministry of Transportation and Highways, North Island District Office, in Courtenay at 334-1275.

For winter road condition information for this and other areas of the Province, call 1-800-663-4997.



Province of British Columbia
Ministry of Transportation and Highways
Honourable Rita M. Johnston, Minister



Glacier Greens

As promised last issue, here are the results of the closing mixed 4 Ball 14 Oct 90.

Team #1 Winners: John Courtemanche, Marg Wreggitt, Jack Hawkins, Ardyth Wood.

Team #2 Winners: Nick Mykittuk, Rose McCliesh, Wayne Collins, Mary Kelly.

The above team also won K.P. on #7.

Team #3 Winners: Doug Slauenwhite, Pat Verchere, Chuck Perry, John Holley.

The above team won K.P. on #13.

Team #4 Winners: Norm Fellbaum, Lori Cameron, Ray Cossette, Clair Rathburn.

Team #5 Winners: Rick Verbeek, Lorraine Courtemanche, Richard Wand, Jake Jacobson. Winter Golf Results for Sunday 25 Nov 90:

1st L.O. - John Webber, Al Gavel, Jim Hillis, Tom McArthur.

1st L.N. - John Courtemanche, Bill Ballance, Dick Nex, Colin Olsen.

2nd L.G. - Roy Downey, Glen Caslake, Chuck Perry, Rosalie Lloyd, Andy Anderberg.

2nd L.N. - Dave Lloyd, Bill Brundige, Lorraine Courtemanche, Martha Campbell.

3rd L.G. - Rick Salmon, Dave Kelly, Jim Patterson, Bob Gauley.

3rd L.N. - Dear Verdenhalven, Jamie Bull, Ray Cossette, Linda Brundige.

4th L.N. - Norm Fellbaum, Ron Carter, Ann Patterson, Jim Hume.

K.P. - Bill Brundige.

Mens Snips - Doug McArthur, John Courtemanche, Rod Verchere.

Ladies Snips - Fran Hume, Ann Patterson.

Due to inclement weather, Dec 2 Sunday golf was cancelled. Weather permitting the turkey shoot will go ahead as planned for Sunday 9 Dec 90. Sign up by 9 a.m. for 9:30 tee off.

The course is very soft in spots and players are reminded to try and keep carts well away from the greens, also to replace divots and to repair ball marks on the green.



National news

Canadians observe Soviet Military Exercise

Two Canadians were among 46 officials from 23 countries who observed a Soviet military exercise in the Kiev military district in March. They were there in accordance with the 1986 Stockholm Document on confidence and security-building measures, which require signatories to invite all other CSCE members to send observers to exercises involving a minimum of 17,000 troops. The observers are to confirm that the exercise is carried out in conformity with the exercise notification.

Although the observation threshold is 17,000, nothing prevents a country from inviting observers to any exercise taking place on its territory, regardless of the level of participation. This was the case with the Soviet exercise, which was forecast to in-

volve 17,000 troops but actually involved 12,000.

The Canadians -- Mr. Denis Boulet of the Arms Control and Disarmament Division of EAITC and Lieutenant-Colonel Jack Harris, Military Attaché with the Canadian Embassy in Moscow -- were flown to Kiev on March 19 with the other observers. There General-Major Lavenyuk, Deputy Commander of the Kiev Military District, briefed them on the purpose of the exercise, the number of troops participating and the observation program.

The observers had an opportunity to watch a number of military operations including offensives and counter-offensives, the construction of a 100-metre bridge and its subsequent crossing by armoured vehicles and trucks, an airborne assault and

simulated tank combat. They visited a field care unit, a field hospital and a defensive position. In addition, they viewed a demonstration of equipment, including armoured vehicles, artillery pieces and air defence equipment. There were numerous opportunities for dialogue between observers and hosts, as well as between observers and troops taking part in the exercise.

There was no doubt in the minds of participants that the observation contributed significantly to the development of confidence, which in turn encourages the growth of security. It was with the satisfaction of knowing that the objectives of the Stockholm Document had been met that the observers returned on March 23 to their respective countries.



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Dog Talk



by Gerry Gerow

First a couple of books. The Chosen Puppy, by Carol Lea Benjamin, Collier Macmillan, Canada, Don Mills, Ont, and Macmillan publishing, New York, Cdn \$10.95.

This is a fairly short, 87 page paperback, written primarily for youngsters, but of interest to adults as well. Benjamin is no stranger to my library. Her previous books, Mother Knows Best, Dog Training for Kids, and Second Hand Dog, are already on the shelf. She is an accomplished writer who specializes in this type of book.

When you choose a puppy from an animal shelter, and many people do, Benjamin's book will guide you through those critical first days of introducing the young pup to your family, and your family to him. The eighty or so of Benjamin's personal cartoons, are worth the price just by themselves.

Book two for this week is The Complete English Cocker Spaniel, by Connie Vanacor and

The Chosen Puppy



Dale Hood, Collier Macmillan, Canada, and Macmillan Publishing, New York, Cdn \$29.95.

Both Vanacor and Hood are English Cocker fanciers. In addition, Vanacor is a long time accomplished professional writer. The Complete Irish Setter is another of her books.

The breed history is well done and complete. All the attributes of an excellent breed book are here. Care, breeding, training, and showing. Field trials and Obedience are also well covered.

This book is a hard cover 243 page edition which is illustrated by approximately 200 photographs of English Cockers. It really is a must for anyone who owns an English Cocker, or is planning on getting one. Both these books are recent publications, but they should be in book stores by now.

Having just reviewed a book on English Cocker Spaniels, perhaps it is time to talk a little about the Spaniels. The name, of course, comes from Spain, but the various Spaniels as we know them, were mostly developed in Britain. As the dogs evolved, the larger ones were used to 'spring'

game into the air for the falcons, and hence became known as 'springer spaniels'. The smaller ones were used to hunt woodcock in the hedgerows and became known as 'cocking', later 'cocker spaniels'. Today's American Cocker Spaniels, and English Cocker Spaniels, are nothing more than different sized varieties of the same dog. The American being the smaller.

In addition to the cockers and springers we have several other Spaniel types, such as the Clumber Spaniel, the Field Spaniel, and the Sussex Spaniel. All are quite rare.

Spaniels, mainly springers and cockers, are among the most popular of all dogs. I really don't know why, but they are. In 1989 there were 65,788 dogs of all breeds, registered in Canada. Of these, almost 5000 were springers and cockers.

One word of caution. As a result of their immense popularity as pets, many of these spaniels wouldn't know a pheasant from a horse. If you want a spaniel for hunting purposes, ensure that it comes from hunting stock.

ATAT HONOURS



(L to R) Maj D.R. Brown, Cpl G.A. Blinn, Pte S.C. Hutchins and Cpl J.S. Parent.

Maj Brown (TACO) congratulates the recipients of the "Outstanding Achievement Certificate" for the trade advancement exam held on the 3rd of Oct 90.

Cpl Blinn is a Photo Tech who wrote his QL4. He achieved 92% recording the highest mark for his trade and QL4 across Canada.

Pte Hutchins is an IE Tech who also wrote his QL4. He achieved 89% recording the highest mark for his trade and QL4 across Canada.

Cpl Parent is an AF Tech who wrote his QL5. Keeping pace from the QL4, he achieved 90% for his second certificate.

Well done gentlemen.

Canadian Crossword

By Rick McConnell

Solution on Page 20

| | | |
|-----------------------------|------------------------------|----------------------|
| ACROSS | DOWN | cousin |
| 1.Box del | 1.Juno winner | 25.Rude look |
| 5.Cry 33.Steam | Jordan | 26.Thick soup |
| 8.Egg action (abbr.) | 2.Till | 27.Old TV show |
| 12.Sheltered | 3.Start for space or dynamic | 28.Close |
| 13.The gums | 4.Throws down the lane again | 32.What 5D really is |
| 14.Glass colour? | 5.Japanese delicacy | 33.Subcontract |
| 15.Service tree | 6.Corrida cry | 36.Golf need |
| 16.Tennis unit | 7.Dry cell | 38.Big cat |
| 17.Univ. course | 8.New | 39.Forested |
| 18.Basketball sound | 9.Secure | 42.Inactive |
| 20.Chore | 10.Like prefix | 43.Close up |
| 22.Manitoba Provincial Park | 11.Ballpoint | 44.Not nutty |
| 26.Happy face | 19.Her | 45.Hit show sign |
| 29.Royal title | 21.Fire remnants | 46.Heavy weight |
| 30.Cube | 23.Greek letter | 48.Island souvenir |
| 31.Catches a few rays | 24.Lemon | |

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On and off base



Special Holiday Programming on KCTS-9 (Channel 3)

KCTS/9 (PBS Channel 3) presents an exciting lineup of new specials and traditional favorites during the December subscription and awareness campaign. Channel 9 celebrates the holiday season with excellent dramas and classic movies, unique musicals, witty comedies and festive music specials.

Popular recording artist Kenny Rogers celebrates the season in **KENNY ROGERS IN CONCERT: A HOLIDAY CONCERT FOR PUBLIC TELEVISION** Sunday, December 9 at 5:05 p.m. The two-hour stereo special brings Rogers together with a 24-piece orchestra and special guests, The Forester Sisters. It's a great evening that blends memorable performances of seasonal favorites with some of Rogers' biggest hits.

KCTS devotes the evening of Wednesday, December 12 to wonderful music. **GREAT PERFORMANCES' "Christmas with Flicka"** joins opera star Frederica von Stade, popular recording artist Melba Moore, conductor Julius Rudel and Broadway's Rex Smith in a picture-postcard Alpine Village at 7:00 p.m. At 10:00 p.m. December 12 in a two-hour stereo special, it's back to the golden years of swing with **BENNY GOODMAN; LETS DANCE--A MUSICAL TRIBUTE**. Thursday, December 13 at 9:10 p.m. (with a rebroadcast Saturday, December 15 at 7:00 p.m.) airs **A PETER, PAUL AND MARY HOLIDAY CONCERT**. The legendary folk music trio performs Christmas and Hanukkah songs, accompanied by 160 members of the New York Choral Society and a 40-piece orchestra. Sunday, December 23 at 8:00 p.m. is **CHRISTMAS AT POPS 1990**. This new special, broadcast in stereo, features the Boston Pops Orchestra plus the African Boychoir, the Tanglewood Festival Chorus, a children's chorus and sing-alongs. (Rebroadcast Christmas Day at 1:30 a.m.)

Classic Movies

On Thursday, December 6 at 10:30 p.m. **MURDER SHE SAID** airs with Margaret Rutherford's Miss Marple taking a job as a maid in order to solve a murder. Sunday, December 16 at 4:00 p.m., KCTS presents the classic 1943 film, **THE SONG OF BERNADETTE**. Jennifer Jones earned an Academy Award for her portrayal of a religious French girl who experiences a vision and is ostracized because of it. The three-hour movie also garnered Oscars for cinematography and musical score. The cast includes Charles Bickford and Vincent Price. Christmas Day, Tuesday, December 25 is a full day of enjoyable classic movies starting at 2:10 p.m. with Tchaikovsky's

holiday ballet, **THE NUTCRACKER**. Following at 3:35 p.m., Washington state's Rosalyn Sumners stars in **THE SLEEPING BEAUTY**, an enduring family classic translated to the ice. Later, at 11:00 p.m., Janet Leigh and Robert Mitchum star in **AHOLIDAY AFFAIR**--centering on a young, widowed mother and two very different men who are courting her.

Musicals and Specials

ALL CREATURES GREAT AND SMALL returns to Channel 9 with a popular episode, "Merry Gentlemen," Saturday, December 22 at 6:00 p.m. Ringo Starr--alias "Mr. Conductor"--narrates two holiday stories Sunday, December 23 at 10:00 a.m. in **THE SHINING TIME HOLIDAY SPECIAL: "Tis a Gift"**. The new one-hour program interweaves short stories and holiday music with a tale about a lonely boy who receives a valuable gift--belief in his own self-worth. Distinguished star Lloyd Bridges makes a special guest appearance in this new holiday special as Mr. Nicholas.

Monday, December 24 at 7:00 p.m., **CHRISTMAS EVE ON SESAME STREET** brings the holidays alive with great entertainment for the whole family. The musical special features the Muppetts, the cast of **SESAME STREET** and skaters from **Holiday on Ice**.

Drama, Series and Documentaries.

MYSTERY! airs Thursday, December 6 at 8:05 p.m. with Agatha Christie's famed sleuth, Miss Marple in "Murder at the Vicarage".

THE CIVIL WAR returns Saturday, December 8 at 7:00 p.m. Ken Burns' landmark nine-part series--presented on three consecutive nights (Saturday, from 7:00 to 11:00 p.m.; Sunday from 7:00 to 1:00 a.m.; and Monday from 7:00 to 11:30 p.m.)--is a comprehensive and definitive history of the War Between the States. **THE CIVIL WAR** became the most watched PBS series ever during its initial broadcast in September.

KCTS continues to serve the community through quality television and presents the special holiday programming with best wishes for a memorable, holiday season.



15th Year Anniversary on Public Television

Robert MacNeil and Jim Lehrer mark their 15th season together this fall on public television, the longest partnership of its kind in television news history. Their collaboration has created nearly 4,000 programs and 10,000 interviews, including discussions with people from all walks of life--from heads of state to union activists, from captains of industry to research scientists, from Supreme Court justices to poet laureates.

MacNeil and Lehrer were first associated in 1973, when they teamed up to provide public television's Emmy-winning coverage of the Senate Watergate Hearings for the National Public Affairs Center for Television. MacNeil, a former NBC News and BBC correspondent, is a Canadian citizen with an international background. Lehrer, a former marine and veteran Dallas newspaper reporter and editor, began his career in television with local station KERA in Dallas.

Their first nightly program together was the 30-minute **ROBERT MacNEIL REPORT**, which premiered in 1975 as a local program in New York City. It was later distributed nationally as **THE MacNEIL/LEHRER REPORT** and in 1983, expanded to **THE MacNEIL/LEHRER NEWSHOUR**--the first ever full hour of national evening news.

In the course of their association, MacNeil and Lehrer have won virtually every award for broadcast journalism, including Emmys, Peabodys and a duPont-Columbia. They have received recognition from the Washington Journalism Review's annual readership poll, which voted **THE MacNEIL/LEHRER NEWSHOUR** as the best national news program in the business. They have been singled out by numerous awards for coverage of law, medicine, business and diplomatic reporting.

THE MacNEIL/LEHRER NEWSHOUR is broadcast on KCTS/9 every weeknight, Monday through Friday, at 6 p.m. to 7 p.m. with nightly repeats at midnight. Congratulations to the two journalists who have used the medium of television to provide thoughtful, fair and informed coverage of the news for public television viewers.

Solution

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