



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

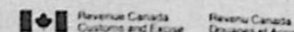
Contact us today.

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

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.

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.

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

The Dangers of Indoor/Outdoor Tanning

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.

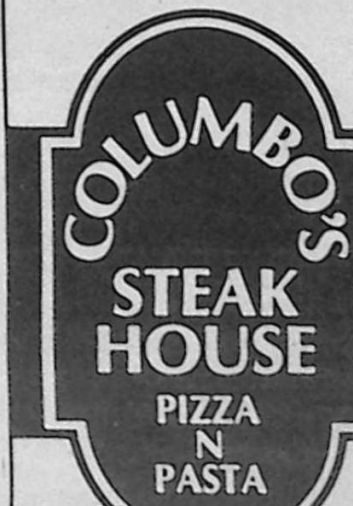
ICBC Together, we can drive insurance costs down.

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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.

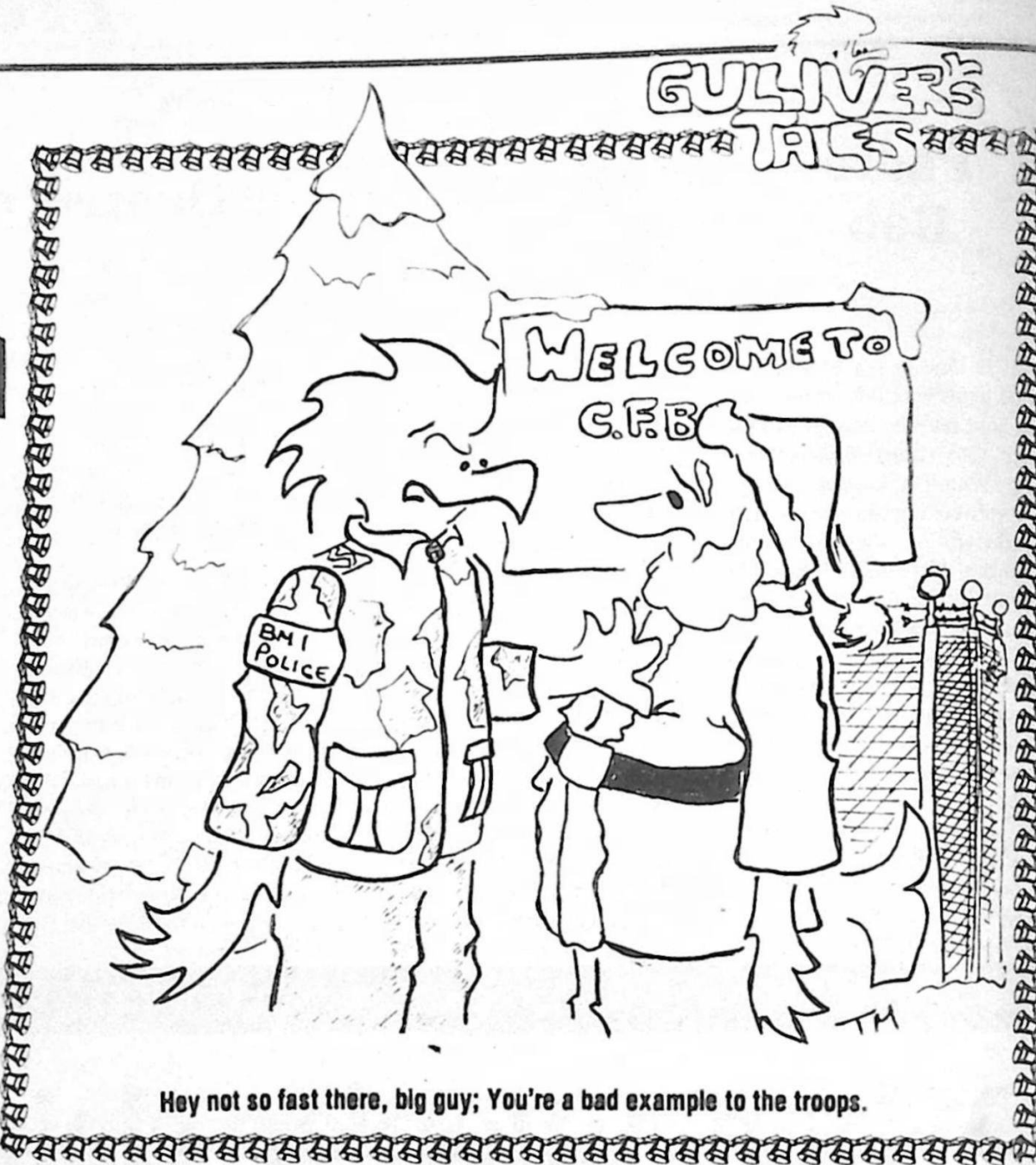
Meanwhile, to maintain that essential priority of military news over other material, starting with this edition, the Totem Times will come to you with four fewer pages.

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

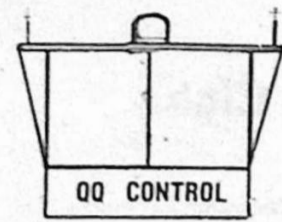
This one had a lot of pull in 1943

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 Bientot.

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 in '91. "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.

- Why? Close to the Base;
- Well priced/excellent snack bar;
 - Well maintained;
 - Very scenic.

Where? - Just off Knight Road, next to the golf course, just a few minutes from the Base.

So drop by and see us or book your party now!

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 Halfkenny 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 of 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, 'shower' 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. 7-11:30 pm
Friday 7 am-11:30 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!

Whitey Leblanc: a new pitching arm.
Alex MacFayden: battery operated alarm clock!!
Chris Mitchell: shiney new bicycle.
Rob Neilsen: Ninja Turtle Fan Club membership.
John Noon: one less child.
Dale Pillar: Bart Simpsons Barbers phone number.
Mike Turner: membership to Anti-Gun League.
Ron Barben: facial hair.
Al Boudreau: moustache wax.
Pierrette Briere: quick trip to Shearwater.
George Nijjar: a barricade building kit.

Rodger Woodward: a truck built by MASARATTI.
Kelly Christensen: 1,000 mile Spandex.
Brand Halstead: a chin.
Mark Keen: a hunting licence.
Cliff Kleiwer: a neck.
Richard Lamothe: a new fire truck.

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.

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 Lauder: 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.

Manny Tsagatakis: everyone would shut up about Spec Pay.
Dawn Summers: Peace on Earth.
The one thing we all dearly want is the safe return of our friends and buddies from Saudia Arabia. Will write soon.

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.

Square 1 Travel Services Ltd.

PRINCESS CRUISE'S HAWAIIAN CRUISE HOLIDAY

PACIFIC PRINCESS

PRICE / ACCOMMODATION	PRINCESS KINGDOM
INSIDE	INSIDE
DOUBLE	DOUBLE
SINGLE	SINGLE
OUTSIDE	OUTSIDE
DELUX OUTSIDE	DELUX OUTSIDE

ITINERARY			
DATE	CITY/PORT	ARRIVE	DEPART
MAY 01	SPRINGFIELD	10:30 AM	9:00 AM
MAY 02	FREE PORT/ROSEAU	12:00 PM	12:00 PM
MAY 03	FREE PORT/ROSEAU	12:00 PM	12:00 PM
MAY 04	LAUNARUA/STANLEY	8:00 AM	8:00 PM
MAY 05	AKIA	8:00 AM	5:00 PM
MAY 06	AT SEA		
MAY 07	SPRINGFIELD	8:00 AM	

334-0355 In the Driftwood Mall

SEE YOU AT THE LEeward!

THE LEeward NEIGHBOURHOOD PUB & BREWERY

good food! KITCHEN HOURS 11 AM - 10 PM

good times!

- country cooking
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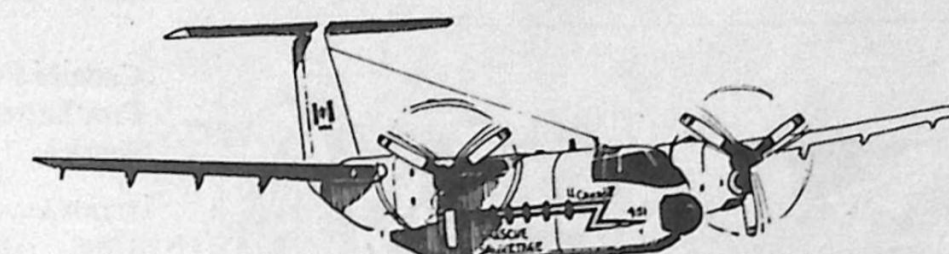
649 ANDERTON RD., COMOX 339-5400

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
good for levee
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

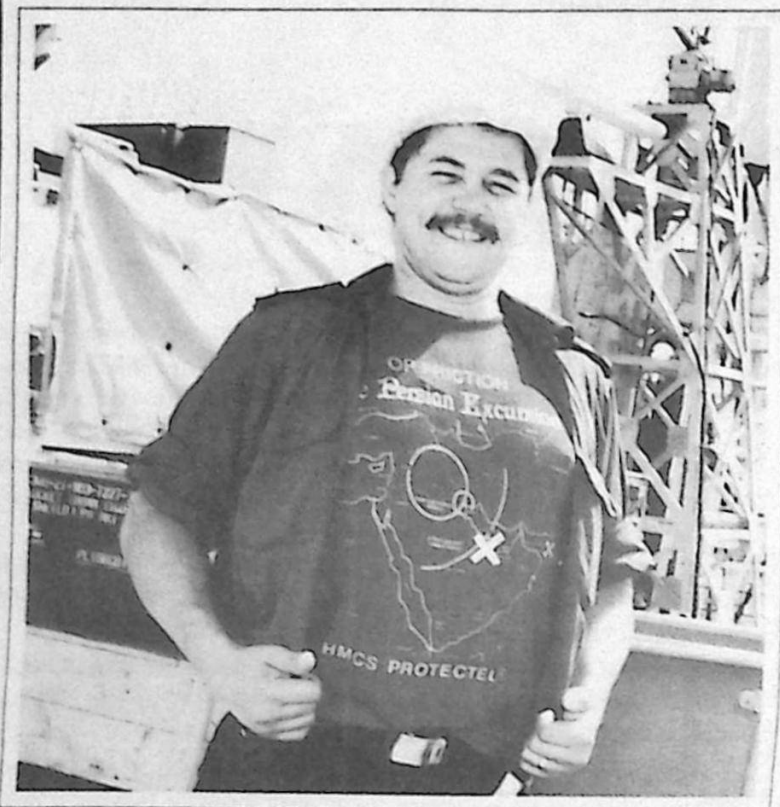
16 Dec 90 at 1900
Prize Bingo
Open to Members and Guests
Dabbers \$1.00 Each

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

Experiences in the Fur Trade

By Jim Kirk

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



"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

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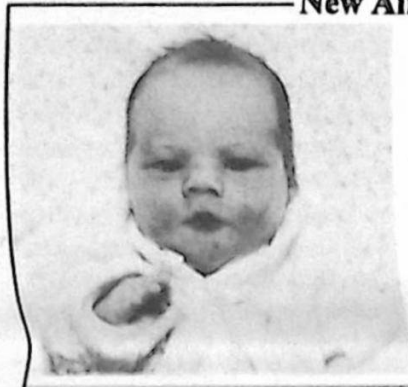
"AKSALA" - first boat of the season coming in to the HB Co dock. Fort Selkirk, YT., May 1939.

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



"Nutri/System helped me fit in - to a size 10 dress."



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Snap into a New World of 35mm Photography and trade in your old broken down camera... now worth up to \$30.00 at Sooter's with this coupon.



SOOTER'S 35 mm Fully Automatic Goldline Camera. Auto Focus, Auto Wind, Auto Reel, Auto Flash. Less \$30.00 trade-in allowance on your old camera. **\$119.98**

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SOOTER'S 35 mm Bronzeline Camera. Focus Free, Built-in Flash, Perseid EFG, Sliding Lens Cover. Less \$10.00 trade-in allowance on your old camera. **\$39.98**


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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




Christmas Giftwrapping Service

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

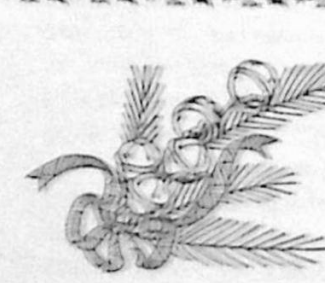


Have your picture taken with Santa under the skylight. Receive a free Christmas colouring book. Santa hours posted in Driftwood Mall.



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



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.

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.



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



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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)582-5919, 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 Canco 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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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, 2,340 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>25 words for \$195.00 \$3.70 each additional word Phone: 339-2541</p>
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Leisure

Country Kitchen

Christmas Cookery



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-

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"

Pecan Puffs

2 tbsps white sugar
1/2 cup butter or margarine
1 cup flour
1 tsp vanilla
1 cup pecans or almonds
chopped

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

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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

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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".

Recreation



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.

Drink and drive?



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 LEEVE - 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

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.

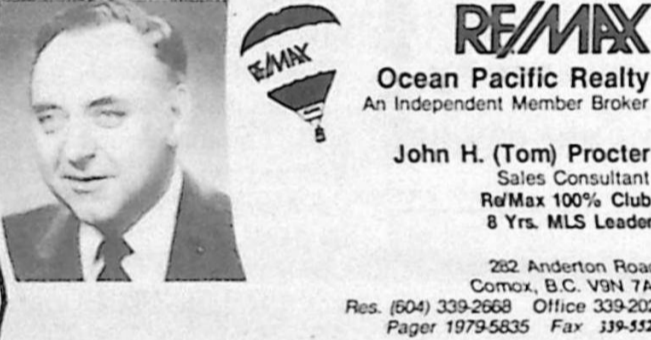
There was no doubt in the minds of participants that the observation contributed significantly to the development of confidence, which in turn encourages the growth of security. It was with the satisfaction of knowing that the objectives of the Stockholm Document had been met that the observers returned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



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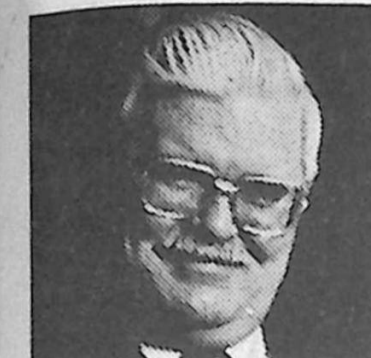
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On the base

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

Bulletin Board

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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 **A HOLIDAY 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 Muppets, 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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December 13	Robocop II
December 19	Dick Tracy

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CHRISTMAS MARKET

FRIDAY NOV. 16
THROUGH
MONDAY DEC. 24

“Twas the Night Before Christmas”

Four Versions....page 13

1991 Printing Schedule

Clip and Save....page 14



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 32 NO 22 20 DECEMBER 1990

NEXT DEADLINE 7 JANUARY 1991

COST: PRICELESS

Merry Christmas !

To our Readers
and Contributors

To our Advertisers
and Subscribers



But especially:-

to our men and women
in the Persian Gulf

On the base



Sergeants Professional Development Seminar Serial 9002 29 October - 2 November.
Base Commander Col J.E. McGee, BCWO T.P. Doherty, staff and candidates.

SERGEANTS SEMINAR

The Sergeant rank is said to be the linchpin in the Air Force organization - the vital link between management and tradesperson on the hangar line. A weakness or flaw at that rank can have a detrimental effect on the entire organization. In the early 1980's Air Command identified such a weakness in the structure. After some study it was realized that a Sergeant did not have the opportunity to attend an advanced

leadership training course until he was promoted to Warrant Officer or, at best, just prior to being promoted to that rank. This situation, some felt, was a contributing factor in the low morale throughout the Air Force which led to the loss of many highly skilled technicians dissatisfied with the Service.

The Commander looked to the Base Chief Warrant Officers for a

solution to the situation. At their annual conference that year the BWO's recommended that a leadership seminar be developed specifically for Sergeants and that it should be held at Base level using local resources to get the job done. The instructors for this undertaking would be Chief Warrant Officers and Master Warrant Officers except where the knowledge and experience required was outside their field.

The training package that was subsequently developed by CFB Comox included leadership, discipline, military law, administration, substance abuse, PERs, redress of grievance and, of course, drill. Candidates, while attending the seminar, are encouraged throughout the five-day period to become active participants. They are required to take part in interviews, skits, organizing the formal luncheon,

conducting a drill period and introducing their speakers. Looking back to its inception, the seminar has had the desired effect. To quote a recent critique of the seminar, the candidates in their summation stated, "We feel more confident as Senior NCO's because we have been prepared to do the job."

Next Deadline 7 Jan '91



TAKE THE BUS!



CFB COMOX SERVICEMEN AND DEPENDANTS

BUS SCHEDULE - NEW YEARS EVE

DEPARTURE POINTS	31 DEC 90	
CUMBERLAND - POST OFFICE	18:00	19:30
ROYSTON - JUNCTION ISLAND HWY & ROYSTON ROAD	18:10	19:40
COURTENAY - DRIFTWOOD MALL	18:15	19:45
- SAFEWAY PARKING LOT	18:20	19:50
- FITZGERALD & 5TH STREET	18:25	19:55
COMOX - TYEE PARK - AITKEN & DAVIS	18:30	20:00
- ROBB AVE AND ANDERTON	18:35	20:05
- COMOX PLAZA	18:40	20:10
- NOEL & PRITCHARD	18:45	20:15
PMQ'S - **STOPS LISTED ON RIGHT SIDE**	18:50	20:20
ARRIVAL - OFFRS' MESS/JRM/SGTS' MESS	19:00	20:30
DEPARTURE - OFFRS MESS/JRM/SGTS' MESS	01:00	02:00

**PMQ'S - DEPARTURE POINTS

- POPLAR CRESCENT
- ELM AND PALM CRESCENT
- ELM AND OAK
- OAK AND SPRUCE
- CEDAR AND SPRUCE
- CEDAR AND CHAPEL CUT-OFF
- CEDAR AND SPRUCE (UPPER)
- SPRUCE & ALONG MAPLE CRES EXITING PMQ'S ON MAPLE & RYAN ROAD.

NOTE - Bus will proceed to COMOX-COURTENAY-ROYSTON-CUMBERLAND via above route in reverse order, leaving at the times indicated above.

CUMBERLAND TO BASE - This schedule will be adhered to as closely as possible; however, it must be realized that due to unforeseen problems, etc. stops will be very brief, so personnel are advised to arrive at the pick-up points early to the advised times. It is quite possible that some deviation from the times shown may be encountered. Regardless of any deviation in times, the buses will follow the routes as indicated. It is requested that the buses be flagged down by personnel waiting transportation to the various messes.

NOTE - PMQ's - The bus will shuttle the route indicated commencing at 18:50 hrs and ceasing at 21:30 hrs. The bus will return shuttle as shown at DEPARTURE.

On the base

Boss Clasp



Base Commander Col J.E. McGee receives his CD second clasp from BGen B.D. Bowen

WHAT'S A GRANDMA?

The answer given by one five-year-old girl is as follows:

A grandmother is a lady who has no children of her own, so she likes other people's little girls. A grandfather is a man grandmother. They're old so they should not play or run. It's enough if they drive us to the market where the pretend horse is and have lots of dimes ready. Usually they are fat, but not too fat to tie the kid's shoes. They wear glasses and funny underwear. They can take their teeth and gums off. They don't have to be smart, only answer questions like why dogs hate cats and how come God isn't married. Everybody should try to have one, especially if you don't have television because grandmas are the only grown-ups who have got time.

Canada's Green Plan is the new environmental action plan for the whole country. It's about the commitments we need to make now, for our own good and the good of our children. Righting environmental wrongs is part of the Plan.

protection measures. And it supports extensive scientific study, education and cooperative efforts throughout Canada and around the world. Through action and information, Canada's Green Plan sets out the means by which Canadians can curb air, water and land pollution, cut waste, and maintain a healthy environment

Things You Can Do Right Now

- Support organizations that work to protect and improve the environment in your community.
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Canada's Green Plan includes new programs and regulations, clear targets and schedules. And, most importantly, it includes all of us - governments, industry, and individuals - as "environmental citizens."

What's in it for all of us. The Plan begins with major waterway clean-ups, new air and water quality standards, waste management programs and land

from which we'll all benefit.

How to take part in the Plan. It's easy to obtain information on Canada's Green Plan and how to be part of it. To get a summary of the Plan, as well as general tips for everyone, just call the toll-free number or send in the coupon.



Government of Canada / Gouvernement du Canada

Canada

For Information Call Toll-Free:

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Or complete and mail to:
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RETIRIN'



Retiring Courtenay Mayor George Cochrane presented a plaque from the Comox Valley Economic Development Association to BGen B.D. Bowen at his recent retirement dinner.

A Plaque for Cdr. MAG



BGen B.D. Bowen (Commander MAG) received a plaque from the WO's and Sgts Mess on his recent visit to CFB Comox.

RCAF March for BGen Curleigh



Base Commander Col J.E. McGee presented the RCAF March Past verses to BGen C.M. Curleigh (Commander Air Com) during his November visit to CFB Comox.

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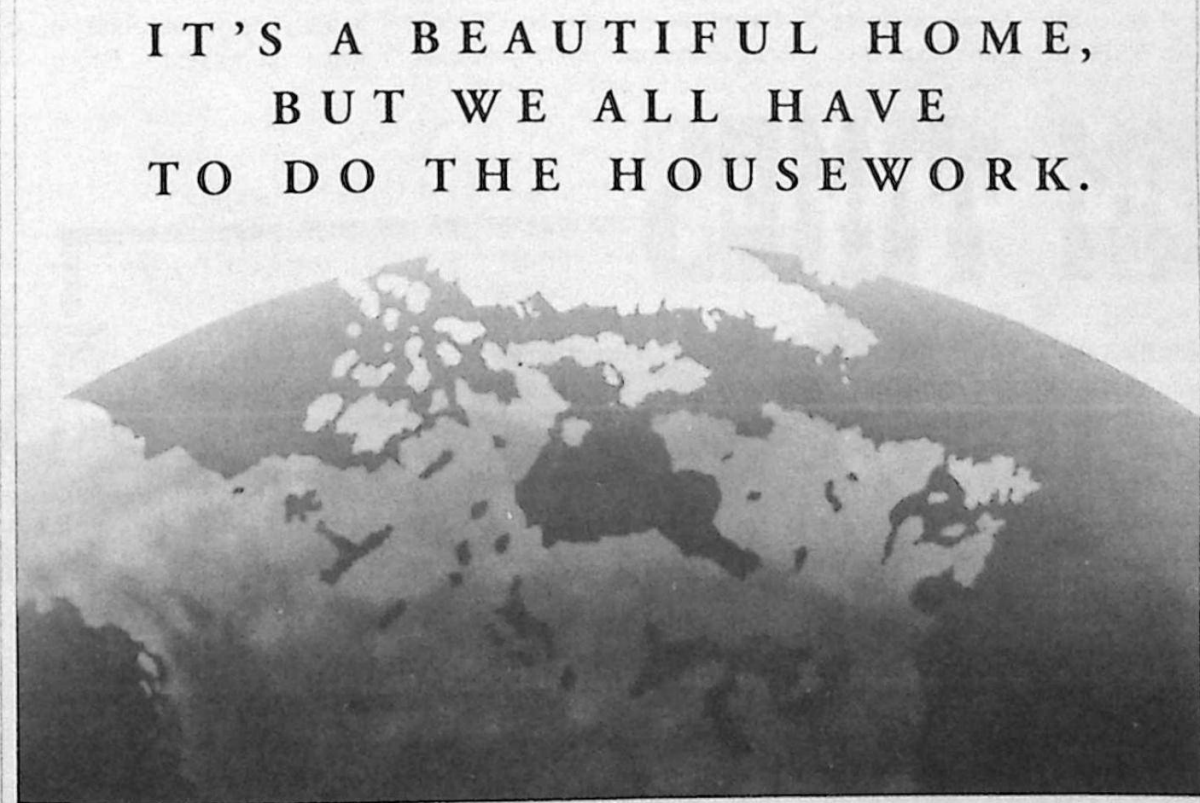
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IT'S A BEAUTIFUL HOME, BUT WE ALL HAVE TO DO THE HOUSEWORK.

Editorial



A Christmas Message from the Base Commander

Christmas is a time for family, and this year the Comox family finds itself spread around the world. "While Shepherds Watch Their Flocks by Night," as the Christmas Carol goes, "shepherds" from CFB Comox have watched or are watching out for us and our flocks by standing duty on Base, at Holberg and Goose Spit and in places as far away as the Arctic, the Persian Gulf, Central America, and a host of places in between. Their prayers for peace, like ours, have a special poignancy at this time of year.

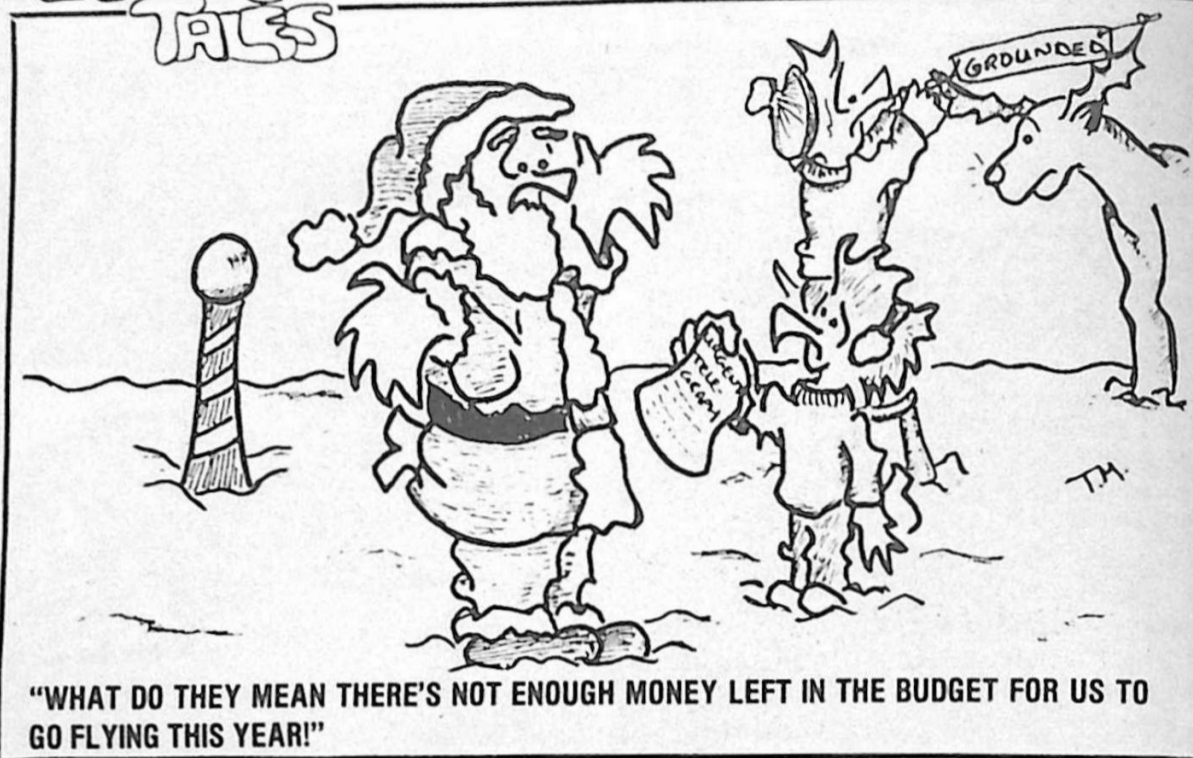
Last Christmas, there were indications that the world's two superpowers were approaching an historic accord which would lead to significant reductions in nuclear arsenals and the promise of a similar agreement for conventional weapons in Europe. Those promises have been fulfilled and the consequent relaxations in Central Europe were matched by the equally momentous realization of German reunification.

Here, too, we continued our own historic representation of Canada to the Soviet Union as hosts to two MIG 29 fighters, an IL76MA transport and a delegation of 35 Soviets on two separate occasions this past summer. These were followed by a July visit of Colonel-General Belonoshkov, the Deputy Chief of the Soviet Air Staff, and his delegation of two Soviet two star general and two colonels. Some of us experienced strange and uneasy feelings as Soviet fighters rolled out on our runway, or as we heard the Soviet national anthem, or saw the Soviet flag blowing in our breezes. All of us knew that we were in the vanguard of a major international reconciliation of former adversaries. We may not have been ready in June, July, or August for the sentiment of a Director of the Mikoyan Fighter Design Bureau, who said, "This etching of a MIG 3 is a Russian fighter from World War II, when

we flew with the RCAF as allies. Now, we are allies again." Since the Soviet Union is still producing 6 to 7 nuclear-powered submarines per year and over four times the Canadian Air Forces allotment of fighters, and more than 300 times the number of tanks in the Canadian Army - each year - we need to be cautious still about our relationships. Yet, there is no doubt that the Soviet economy and its political structure are in chaos. That chaos has produced the change from hard-line communism thus the opportunity for dramatic change to East-West relations. That chaos has also produced the chilling backlash from senior Soviet generals and party members who threaten a military takeover if President Gorbachev does not return order to the Soviet Union soon. Thus, we best remember our National Anthem and ensure that "We Stand on Guard," while praying that Perestroika will work and the East-West peace which has the best chance in 40 years to succeed, will.

Just as World War II and Hitler and Stalin's legacies finally appeared to be nearing an end, a new madman, Saddam Hussein, is holding the world ransom over Kuwait. The highly packaged and programmed TV image of Saddam Hussein belies his record of fratricide and genocide, and the use of chemical weapons against Iranians and even his own people. Canada's response to Hussein's aggression was swift and impressive. The Sea King helicopters and the Canadian warships they fly from, were readied in an incredibly short time. Stationed in what appears to be the busiest sector of the Gulf, they have done a very credible job with more than 1000 intercepts to their credit as they enforce the maritime blockade. The CF-18s are doing combat air patrols, and working both with our ships and the air forces of our allies in a variety of realistic training profiles while maintaining vigilance for any Iraqi

GULLIVER'S TALES



"WHAT DO THEY MEAN THERE'S NOT ENOUGH MONEY LEFT IN THE BUDGET FOR US TO GO FLYING THIS YEAR!"

aggression. Some personnel from CFB Comox are in the Gulf and others will be joining them. We should be proud of them and all who are with them or soon will be, and think of them and their families as we pray for the blessings of Christmas.

Closer to home, the personnel of the Canadian Armed Forces were called into action in Quebec to restore order and permit the laws of our land to operate. We should be uniformly proud of the professionalism those soldiers exhibited under the most trying of conditions. The underlying code of discipline and training prepares us all to respond in like fashion but the adherence to discipline and leadership we witnessed were text book examples for the world deserving of the pride of all Canadians.

For all of us on Base, this has been an exhilarating year with numerous achievements to your credit. You impressed the Chief of Defence Staff, and the Commanders of Air Command and Maritime Air Group, and Lieutenant-Governor during their

visits when they spoke with many of you and learned of your accomplishments. Allied commanders of commands have written to thank you for your professionalism and spirit in international exercises and operations. The Premier came to say thank you for the search and rescue services provided to British Columbians in a year which can only be described as extraordinary in terms of the number of searches which have kept 442 Squadron extensively deployed, but have involved 407 and VU33 as well. A number of our personnel have been singled out for meritorious service, bravery and vigilance in safety practices. I would like to add my thanks to each and every one at CFB Comox for your personal commitment to the support of the many and varied missions we have undertaken, and for continuing to improve the facilities and appearance of the Base reflecting the pride you have in yourself and your tasks. It has not been easy. Our span of control has widened substantially this past year even

as the resources at our disposal have diminished. Consequently, you have given more of yourselves to make the changes happen and your enthusiasm is obvious and infectious. While we gather to share the joys of Christmas, let us remember those who will be separated from family and those who have lost loved ones this year. To them, sadness and grief can be intensified by the happiness and revelry of this special season. Let us pray in thankfulness for the peace we have enjoyed and for a resolution to the problems facing the world caused by those who prefer to be apart from rather than a part of. Let us pray for the safe return of those deployed in our defence, and that the resolve of the United Nations will soon compel Saddam Hussein to retreat.

In closing, my wife Donna, daughter Nicole, and sons Patrick and Michael join me in wishing you and your families a very Merry Christmas and best wishes for a safe, healthy and Happy New Year.

From the Prime Minister

A Christmas message from the Rt. Hon. Brian Mulroney

I am delighted to extend my warmest greetings to all the members of the Canadian Forces.

This special time of year is marked by a spirit of goodwill and generosity. As we celebrate the Yuletide, Canadians are

reminded of the blessings we share, and rejoice in the hope and promise that this festive season holds. To those of you stationed overseas, I convey on behalf of Canadians our very best wishes and, to the many men and women

in the Persian Gulf, our thoughts and prayers are with you and your families.

Mila and the children join me in wishing each of you a joyous holiday season, and good fortune in the coming year.

TOTEM TIMES

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Comment

Christmas Messages

From the Governor-General

Rt. Hon. Ramon Hnatyshyn

During this holiday season, it gives me the greatest of pleasure to offer my warmest wishes to Canadian Armed Forces personnel and their families both at home and abroad. I am particularly honoured to send you these words of greeting, as this marks my first Christmas message as Commander-in-Chief.

Throughout the first year of my mandate, I have become acutely aware of the tremendous responsibilities that the Canadian Armed Forces assume both in our nation and on foreign soil. I reflect back upon the tumultuous events of the past few months, I have not only been struck by the heartfelt and supreme confidence which Canadians have invested in their Armed Forces, but have also been impressed by the calm, professional manner in which these duties have been carried out. Your steadfast conviction to securing a safe, non-violent resolution to the trying often dangerous situation in Oka and your unwavering commitment to the maintenance of peace in troubled areas of the world, have not only been a source of pride for Canadians, but at times have assumed heroic proportions. These

are values which we have, as a nation and as a people, embraced throughout our history and which you exemplify with such admirable consistency to the world and ourselves.

As we enter the decade of the '90s, we are witnessing the inertia of seemingly unalterable circumstances being overwhelmed by the determined momentum of change. The Berlin Wall, once symbolic of dominating strength, has crumbled, just as the once tightly bound Eastern Bloc has unravelled. Democracy flourishes and blooms in one corner of the world while elsewhere it is confronted and dismantled. Canada is not without its own national vicissitudes as we, too, face vital challenges which we must overcome. I remain firmly assured, as do all Canadians, of the eminent ability of our Armed Forces to help to ensure international peace and the security of the fundamental ideals which we hold in common. I wish you and your families, particularly those of you who must spend this holiday away from home, a most joyous Christmas season and a safe, happy New Year.

From the CDS

Gen. J. deChastelain

It is a tradition of the Christmas season that we celebrate with family, friends and the special people in our lives. It is also a time to pause and reflect upon the past and contemplate about what the future may bring. To many, it is a time to renew hope for a more peaceful world.

This past year has been a challenging one for the men and women of the Canadian Forces. At home, in addition to those tasks which are normally assigned to the Canadian Forces, there was a special request to provide aid to the civil power in the province of Quebec to help in resolving the incidents at Oka and Kahnawake. That this unfortunate situation was resolved peacefully is a testament to the sensitivity, perseverance and discipline of all those involved.

The serving men and women of the regular and reserve forces continued to demonstrate their loyalty and dedication to hard work in other national and allied activities, including peacekeeping, humanitarian relief, rescues at sea, searches for lost aircraft, and upholding peace through the

deterrence of war. Each one of you can feel justifiably proud of your accomplishments in 1990.

The era of optimism which has followed the significant events that have occurred so far in Europe has been partially overshadowed by the crisis in Kuwait. Today our sailors, soldiers and airmen, along with those from other countries, are contributing to the defence of those principles we consider so important to our way of life. Theirs requires personal sacrifice, as well as the strength and support from families and friends, especially through this Christmas period. For this reason, I wish to send particular greetings this year to CF members, and to their families, who are separated by long distances because of service in foreign lands or at isolated units. Our thoughts are with you.

I would also like to take this opportunity to thank all Canadian Forces members and their families for their continued support and dedication throughout 1990. To each of you, I extend my warm wishes for a joyous Christmas and a safe and prosperous New Year.

To CFB Comox:

To all Base people who have asked or thought about me while I have been recovering - thanks. Your interest, passed on to me by my Dad, was really appreciated. I will soon be up and around and am looking forward to seeing everyone.
 Tom Byrne Jr.

From the M.N.D. and Associate M.N.D.

Hon. B. McKnight, Hon. Mary Collins

With the holiday season comes a spirit of joy and celebration shared by Canadians from coast to coast. Across this vast land, many of us have come to take for granted the freedoms we enjoy - freedoms that you, the men and women of the Canadian Forces, have pledged to defend. It is to you and our many civilian members, as well as to all of your families, that we extend our sincere wishes for good health and happiness at Christmas and throughout the New Year.

1990 has been a year of extreme challenges - a year that has made us proud to be associated with you. Your discipline, hard work and dedication helped bring a peaceful end to this summer's crisis at Oka and Kahnawake. With courage and resolve, you again provided humanitarian assistance and risked your own lives to save others in daring

search and rescue missions. Now many of you face the greatest challenge of all as you serve with the multi-national force in the Persian Gulf, helping to enforce United Nations resolutions and to deter further Iraqi aggression in the Middle East. Our civilian members from Halifax to Victoria have also gone that extra distance in 1990 to share these tasks and assist in meeting our additional commitments.

We want all of you - particularly those of you who will be apart from your families in the next weeks and months on peacekeeping assignments, isolated postings and in the Gulf - to know that the people you serve so well are thinking of you and wishing you well this Christmas.

Seasons greetings to all members of the Canadian Forces and to the civilian members of the Department of National Defence.

About trivia

Hi Norm,

Your trivia "pic" of Dec 6th is that of a Miles Martinet, a RAF trainer. One of its uses was target drogue towing, the winch being operated from the rear seat. I became acquainted with the Martinet in 1942 while working at a small factory, designing and constructing experimental gliders. After completion, these prototypes were test flown, being towed and released by the Martinet. As they were in experimental stage, the prototype's flying characteristics were very unpredictable, and several close calls involving the tug and the tuggee were experienced. Just how close was evidenced by the pallor of the L.A.C. cockpit operator when the Martinet returned to base.

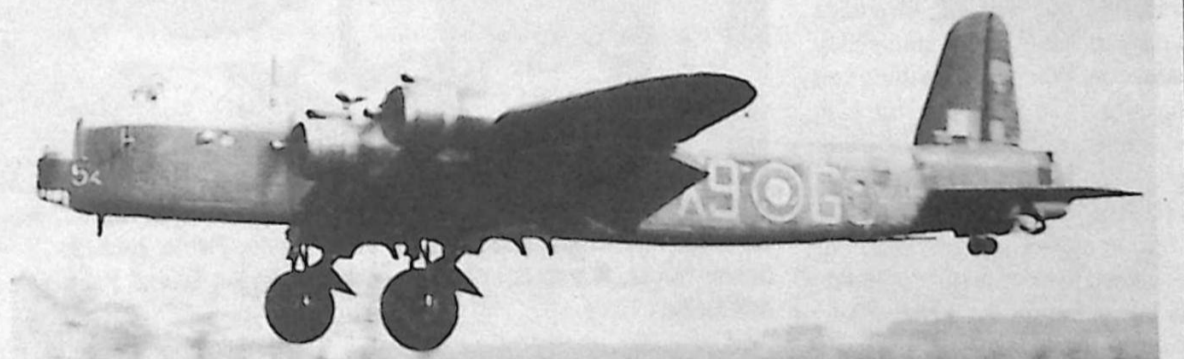
As a follow-up to two of your previous trivia subjects, I would like to mention the following:

1. On the Blackburn Shark, 7 of these A/C were shipped from the U.K. to Canada in 1936-37. They were coastal patrol bombers and served with the RCAF on East and West coasts. A further 19 were built by Boeing in Vancouver, Washington, for the RCAF and saw service until 1945.

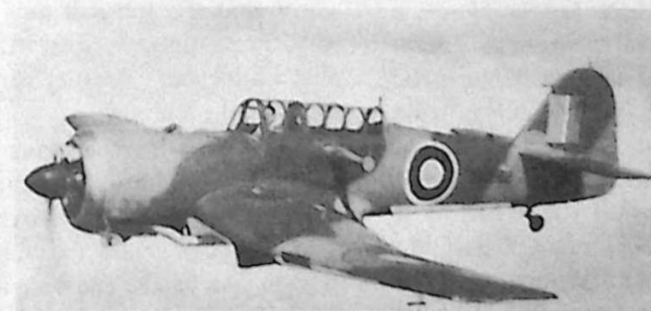
2. The Lockheed 10 aircraft were initially operated by Canadian Airways, and later by Trans-Canada Air Lines. The epic dawn to dusk flight was made on July 30, 1937 by a DOT Lockheed 10. Actual flight time was 14 hours, 30 minutes, Montreal to Vancouver, piloted by Capt J.H. Tudhope and J.D. Hunter. One of the passengers was none other than C.D. Howe, Minister of Transport at the time. Being intent on forming a national airline, he instigated the flight in the hope that it would create a feeling of confidence in transcontinental flying in Canada. Trusting the foregoing is of some interest to your readers.

Sincerely,
 John Novak

Air Force Trivia



Built for the Hangar, not for Flight



from the H.W. Holmes collection

Trivia Answer

Sir:

The picture in your Dec 6 Trivia is a Miles Martinet, a follow-on to the Miles Master trainer (over 3000 built) and was powered by a Bristol Mercury radial 835 Lp engine.

Sincerely,
 Stoney Jackson
 Victoria

Section News

BTNO



Base Transportation Awards BTSO LCol King presenting.



Cpl Rusk with his Silver Seal of Aerobics award.



Cpl Dupont with his five year Safe Driving pin.



MCpl Krauskopf with his five year Safe Driving pin.



MCpl Sell with his twenty year Safe Driving pin.

First of all I'd like to take this opportunity to extend a warm thank you to my bosses for this dubious honor of writing on behalf of Base Transport. It doesn't matter that I was coerced into volunteering by almost every dastardly tactic in the book except for the old 'bamboo up the finger nail trick'. Seriously though, I think I'm going to have a lot of fun and besides they really are paying me pretty darn good.

Since our last article Nadine Bonnier has earned her well deserved promotion to Corporal. Nadine presently works in our Special Purpose Vehicle section (SPV) where they are all busy as beavers preparing for the upcoming SNIC season.

A Section parade was held on

BTNO Promotion



BTNO, Major Fisher, presenting Nadine Bonnier with her promotion to the rank of Cpl.

the 27th of November and everyone was well turned out. The BTSO, LCol King, presented safe driving pins to Cpl Roger Dupont, MCpl Brian Krauskopf and MCpl Fred Sell. Cpl Dupont and MCpl Krauskopf each received 5 year pins, while MCpl Sell received his twenty year pin. Cpl Chris Rusk was presented with his silver seal of Aerobics award in recognition of his achievements for his personal physical fitness program. Good show guys. Keep up the excellent work!

Three of our members have successfully completed the DDC Instructors Development Course. Cpl Marsha Koran, Cpl Tom Peynenburg and Cpl Gary O'Brien are now prepared to in-

struct these courses and hopefully make the road a safer place.

MCpl Gary Casey wasn't hiding. He was on the C-7 new weapons training course. Now that it's over and he finished in the top ten of his class, he has no excuse to be a stranger on the pickle ball court.

Pte Lewis recently underwent surgery at St. Josephs Hospital and he's now recovering. We wish you well Karl. Last, but not least, we would all like to wish a warm welcome to Pte Christine Moran a new member of our CMTT Section.

We hope everyone has a very Merry Christmas, keeping in mind that if you should happen to get overly merry, drinking and driving is a costly crime and is not worth the consequences.



MSE SAFETY

Do you recognize yourself here? If you are one of those drivers who can't seem to decide what to do with your hands on the steering wheel, we offer this important warning: When you don't hold the wheel correctly, you are giving away a crucial part of that valuable one second advantage you can have in an emergency situation. When the first thing you have to do in an emergency is to move your hands to the right place on the wheel, you have sacrificed precious time.

It is almost too obvious, but you need to have both your hands in a position on the wheel where you can immediately get the most movement from it. That means keeping them there all the time. After all, emergency situations don't schedule themselves for when you've got a good hold on the wheel.

Every advanced driving school has its own preference in holding the steering wheel. Some insist on the "nine o'clock and three o'clock" position. Others say "ten and two". The simplest interpretation is what we describe as shoulder height about the middle of the wheel, at a comfortable



In random order: Lynne Sapinsky, Greg Rose, Linda Rose, Robert Mellway, Bill Ellison, Kurtis Woodward, James Potts, Shirley Plante, Michelle Lindsay, Sharon Keyes, Wanda Bentley, Judy Salkaly, Morgan Robina, Pat Sawry and Jeff Smith.

height for you

Why there? Simply, it's the position that will let you move the wheel farthest, fastest. Here's a test: Put your hands in the "praying mantis" position shown in the illustration. Now, quickly turn the wheel to the right. How far do your hands travel before the wheel stops? If you're like most people, you don't get past the "four o'clock" position, or about 120 degrees of turn. Would that be enough to avoid a child who ran into your path if you couldn't stop.

Dependant's Defensive Driving Courses 3, 4 & 5, 6 Dec 90.

Try the "shoulder height" position, and make the same turn to the right. Most people can get the wheel around a full half turn or 180 degrees from where it started. That's a lot more steering when you need it.

When even more steering is required, you have to decide whether to use the hand-over-hand method or shuffle the wheel through your hands. There are arguments for and against each technique. Choose the hand-over-hand, and stick to it. When you face an emergency, you will go



In random order: Denise Littlewood-Grant, Tracy Hietanen, Kristine Alberding, Dina Gosling, Bev Weaver, Steve Wright and Rosemary Quines.

back to the way you always handle the wheel to get you out of trouble.

You wouldn't try to play hockey or baseball with one hand. Driving takes two hands on the wheel, all the time!

Driver's Statement of the Month

No one was to blame for the accident but it never would have happened if the other driver had been alert.

Question:

To enter the flow of traffic on

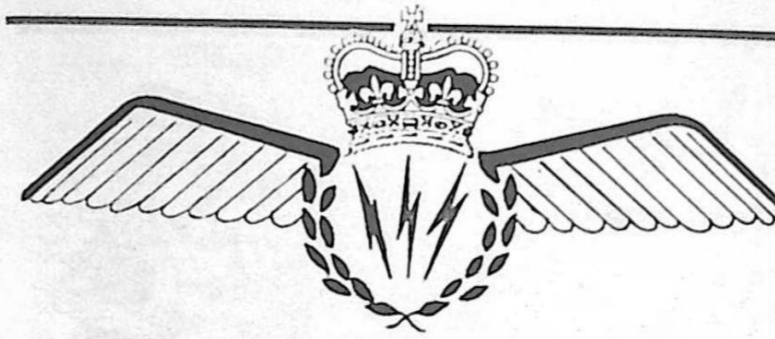
a controlled access highway from the acceleration lane the driver should:

- a. stop and wait until traffic slows down, then merge;
- b. check traffic behind him, slow down in the acceleration lane, signal, then turn left onto the desired lane;
- c. adjust speed on the acceleration lane, signal intent, and move smoothly into traffic flow;
- d. drive onto the highway from the acceleration lane and allow traffic to adjust to his speed.

Answer: C

Section News

ABATS Opening



ABATS

Aesop's Fables

Hello and welcome to another chapter of Aesop's Fables. For those of you who are unaccustomed to reading a column written by a keen no nonsense reporter such as myself, it is important for you to realize early in our relationship that one of the most difficult things to accomplish is to correctly spell this many words.

And now the meat of the story:

Although ABATS has been operating for almost 2 months now in our new quarters, the school was officially opened at a ribbon cutting ceremony 30 Nov. Guest of Honour and ribbon cutter was BGen B.D. Bowen, Commander Maritime Air Group. This ceremony was attended by the Base Commander, Col J.E. McGee, as well as several guests from around the Base.

I guess that since we here at the school are all "Combat Aviators Extraordinaire" and are always on the go, the best way to write this column is to give a blow by blow report of each week. It will also allow me to get away with missing deadlines.

The school, as you are now probably aware, is up and running full speed. At present we have two courses in-house, although we will soon be down to one, as the senior course is slated to graduate on the 15 Dec.

To assist the ground locked personnel to better understand the complexities of aviation, a few definitions should be known. The first is "The Senior Course". A close look in Webster's has this defined as...

An easily recognized species of fledgling aviator, recognized by the grossly exaggerated hand motions which apparently represent the complex manoeuvres they performed while airborne.

This of course is only the opinion of the uneducated, as the more experienced and mature aviator of the same species will tell you that the motions are merely a venting of pent up frustrations after a flight of trying to properly do radar homings and navigation fixing. To be honest though, the senior course is doing quite well and is soon to graduate.

The other definition you should be aware of is "The Junior Course"... The problem is that they are not yet entitled to a place in Webster's. I will attempt to explain their appearance to you. These are the people seen wandering around the Base with the look of a soul in constant confusion. They are often overheard muttering about sonic layer depths, Ohms Law and why are we studying reciprocating engines?? In the academic phase, they are doing fine and are eagerly looking forward to the flying phase.

As amazing as this may seem to you and I, I know the Chief will find it incredible, my fingers are just flying across the keyboard with a mind of their own.

A quick look into the bullpen, that center of activity, the throbbing pulse of the school shows us activity in the SGT/WO corner. It seems that a certain Sgt M is unhappy with life as an aviator and is considering an occupational



BGen Bowen cuts the ribbon with Col McGee and Maj Smurthwaite. ABATS staff looking on are (L to R) Sgt Chuck MacIsaac, MWO Doug Bullerwell, WO Wayne Bowby, and on the far right, Cpl Jackie Shelly.

transfer to MSE dispatcher. And just when we had him trained in answering the phone.

A glance in the other corner and we see Sgt 'Mud'. It seems that Mr. MUD has had enough of the 'Black Machine of Death' and decided to prang it into an elderly gentleman's car several days ago. The worst fact of this unfortunate incident is the guy has opted to buy not another fast and single car but a slow 'family' type truck. MAYDAY! MAYDAY!

What would a column be without a shot at the upper end? Worthless I think, so here goes. The latest quack in the AESOP trade is EUCKERS. It seems that all WO's must be able to win a game once a quarter. WO Fred has it cased, but WO Wayne is still struggling. He should get it pretty soon though. It seems his phone has been call forwarded to the gaming room.

The latest news flash is that the school is graduating course 9003 on Fri, 12 Dec. The staff would like to extend congratulations to Cpls G. Bell, J. Bergevin, J. Doucette, and S. Tremby who are off to the MOAT course in WALLY WORLD, CFB Greenwood. Congratulations are also extended to Cpl R. Tracey, who is

Bookin' in



BGen Bowen signs the Guest Register.

off to the Sea King course in Shearwater. The sigh of relief that you hear is from Sgt Schnabel, the course director.

In our midst are 2 new faces. Welcome to our new OR clerk, Cpl Jackie Shelly and WO Ron Schauer. Jackie is the one found happily sitting behind her new computer, and trying to dry out her new shoes. Bet you didn't know that the instructors were that energetic, eh?

Ron hails from 407 Sqn Standards. Yes, another VP type that I must educate in the ways of the world! Oh, the cross we tracker-types must bear.

The staff of ABATS would like to wish you all a very happy and safe Holiday Season. Please be careful and remember, if you drink, don't drive! I need to keep all the faithful readers I can. Merry Christmas All.

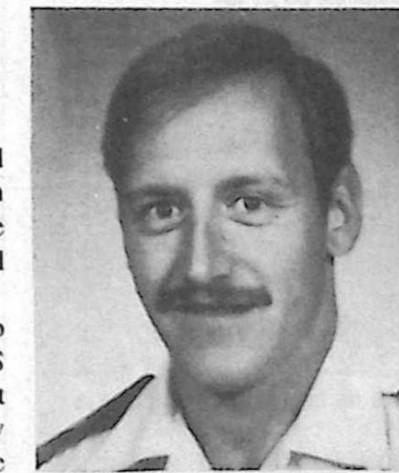
Remember, 'Keep 'em Lean and Low'...WAUNGA!!!

BCompt

Just a friendly reminder for this Christmas edition. Both from the mid and end December pays were deposited to your bank account or placed on your RG cheque on 14 Dec 90. This means your next pay will not be until Tues, 15 Jan 91. Remember to manage your money wisely over the Holiday Season and keep some in reserve so you can get by comfortably during the first two weeks of January.

If you think these are the three finalists in the BCompt Branch moustache growing contest you are wrong! Actually, they are 3

More New Faces



M/S Mike Priestley

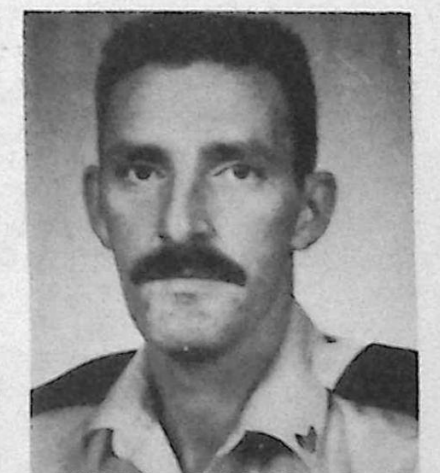
of these sports well... In the new year Mike moves in as Public Cashier. Many feel he is well suited for this new position (behind bars!).

Cpl Paul Wendland comes to



Cpl Paul Wendland

us from Ottawa and he and his family are looking forward to a much milder winter than they have been used to. Paul is presently working in the Invoice Section. It seems this is where we usually



Cpl Byran Tordoff

hide the army fellows, right Carmen and Gord? Paul has a good sense of humour, as well he should, being a Vancouver

continued on page 8

Section News



VU33 Squadron

Aircrew

Anyone who has been at CFB Comox for any length of time has undoubtedly noticed our CO transiting to and from his duties in his personal Sqn staff vehicle, Anchor 90. This vehicle has been found to be not cost-effective in the current climate of restraint and has been ordered mothballed by AirCom. Offers to donate this historic vehicle to the Airforce Museum for permanent internment at the Airpark were scoffed at so the vehicle will be junked. Truly the end of an era but who knows what the CO might find in his reserved parking spot after an extended TD trip somewhere.

With the Christmas Season upon us I would like to supply any spouse or prospective gift buyer with a possible appropriate gift for the aircrew members of the Sqn.

Maj Bolton - someone to paint his new station wagon.

Harry Roc - his third stripe (he says even a skinny one will do).

Orlando Bokor - a large cardboard appliance box (preferably waterproof and two bedroom).

Ron Franklin - large vats of sunscreen.

Blair Roc - a signature stamp (That's not asking for much, is it?)

Guy Ouellette - a posting to the Big 2.

Glen Engysomething - a little respect.

VU33 would like to welcome the newest member of our Sqn. Lt Brad Williamson is fresh from the Big 2 at CFB Moose Jaw. Hope you enjoy the tour. We would also like to say goodbye to Capt Orlando Bokor. Orlando is leaving the military to further his education in a quest for a medical degree. It's been fun.

All the members of VU33 would like to wish everyone a safe and happy Holiday Season. See ya'll next year.

continued from page 7

More BCcomp

Canucks fan!
Cpl Byron Tordoff is also of the army (or brown) persuasion and comes to us from CFB Kingston. Byron has worked in the Pay Section and will be taking over the NPF Cashier duties in the new year. Byron is an accomplished ball player and enjoys bowling and broomball as well. Byron and Paul are trying to generate interest in a new sport they have come up with. It is called full contact biking! Just ask either of them for details on this exciting new sport.

On behalf of the Base Comptroller, Maj Chris Bodner, and all of his staff, have a very Merry Christmas and a Happy and prosperous New Year.

Maintenance Mutterings

Hello once again. It's time to bring our faithful readers up to date on all the news that is worth printing from VU33. It has only been a short time since last article and not a lot has happened but here goes anyhow!

There was a great turnout for the Squadron's annual Christmas bash. Everyone enjoyed an excellent meal (thanks to kitchen staff at the mess hall) and then danced the night away while raising a few glasses of good cheer to celebrate the season. Some unexpected entertainment was provided by "Cartwheel" Keller who was overheard saying something about sore legs and shoulders the following day.

Wiener is back from his ski trip to Silver Star with no apparent major injuries. That puts him one step up on Dave Sabourin who suffered a nasty cut during a recent intersection hockey game. Dave will be back with us soon. Hope the leg is doing OK Dave. While on the hockey topic, one brief note, our boys finally had another victory. Call it coincidence if you like, but the win occurred on the same night that the Toronto Maple Leafs beat the Montreal Canadiens. Every time I mention that to someone (Paul), I hear the music from the twilight zone playing in the background.

One more thing for the paper this week that seems to be a common thing to do at Christmas, is a list to Santa so that everyone in Squadron gets their present. It took some time to compile this 'wish list' and I'd like to thank all who helped with ideas and suggestions for those 'hard to buy for' people.

CANEX CREDIT PLAN
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.

VU33 Maintenance

Christmas Wish List



Capt D'Entremont - to remain anonymous.

MWO Cameron - a whole night's sleep.

WO Boutilier - a chance to repair his hockey pool.

Sgt Grubwieser - a house that comes without 'some assembly required'.

Sgt Town - his tan back, his office back, his hair back - choose one only Ted.

Sgt Williams - a longer deer season.

MCpl Pigeau - postings for the other goaltenders, so he can play.

MCpl Cook - a paint job for his truck.

MCpl Brousseau - someone else to cook the toast.

MCpl Russel and MCpl LeBlanc - matching brown paper bags and VU33 hockey team season tickets in the cheap seats.

MCpl Weeds - a contract to order VU33 ball uniforms.

MCpl Dinel - the NATO stock # for green garbage bags.

MCpl Keller - a formation of 10 T-Birds.

MCpl Sheppard - no wax hangar floors.

MCpl Shackleton - back bacon sandwiches in canteen.

MCpl Reynolds - season tickets to anything in Cumberland.

MCpl Nantel - his own P.A. system.

Maintenance Personnel - OFF switch to Al's P.A. system.

MCpl Zoopkow - intravenous coffee and 42' long cigarette.

Cpl Bernard N. - a teenage mutant Ninja mountain bike.

Cpl Finnegan - his bronze medal (see last issue).

Cpl Roedger - someone to buy his car.

Cpl Jaggard - a smaller gas tank.

Cpl Brown - all the Blue Jays back and an invisible earring.

Pte Hernandez - Kareen Abdul Jabar for his team.

Cpl Arsenault - an NHL franchise in Summerside PEI.

Cpl Boivin - his nose full of nickels.

Cpl Pilon - a date.

Cpl Nolan - Toronto Maple Leafs pyjamas.

Cpl Herle - pitching lessons from Russ Parker.

Cpl Bull - a book on classic cars so he will realize his Ford Escort isn't one!

Cpl Passoollliii - someone who can spell his last name.

Cpl Briand - an open/close sign for his sailboat shop.

Cpl MacCallum - conversion chart to determine how many m.p.g. her horse gets.

Cpl Storie - a transfer to tool crib.

Cpl Sabourin - designer coveralls.

Cpl Bernard Y - an explanation as to why airline tickets to Kuwait are so cheap.

Cpl Bondy - personalized license plate EL-BO.

Pte Walter - a Bart Simpson name tag.

Pte Knight - a camouflaged megaphone.

Cpl Boutet - a Perry Mason 'do it yourself' kit.

Cpl Cook - single digit goals against average.

Pte Jameson - a lumber jack bib.

Cpl Jones - an extension in the Honduras.

Cpl Lavigne M - more ski days and better life insurance.

Cpl Martin - new diving gear.

Cpl Renaud - Calgary Flames pyjamas.

Cpl Rheume - more consonants for his last name.

Pte Vrabel - the left over vowels from Eric's name.

Cpl Roy - a brighter flashier jogging suit.

Cpl Lavigne Weiner - a moose/duck - see Dave Brown.

Cpl Veitch - some humble moose pie.

Mr. Caslake - an honest injun golf calculator.

RAF MCpl Black - a calculator for the GST.

RAF MCpl Nichols - some respect - any respect - from anybody!

And if Santa can't bring these things - well, just have a Merry Christmas and enjoy the Holidays!

Late item: A get well quick from the Sqn to MWO Cameron - what a way to save annual leave!

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 PMO School at 1830 hrs, every Wednesday. Co-ordinators: Bonnie Gillis, 339-3496, and John LeRoss, 339-4388.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

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

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

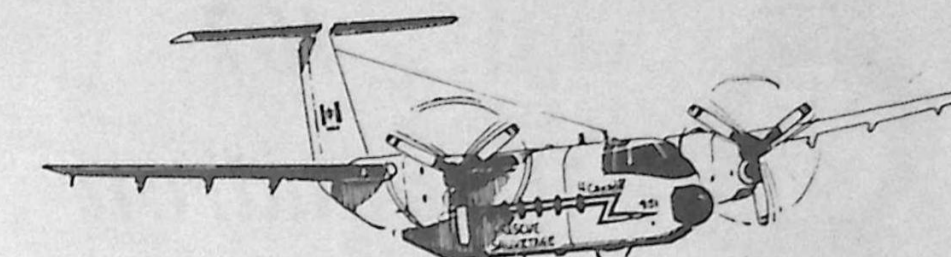
SUNDAY SCHOOL - Each Sunday at 1100 hrs
NURSERY SCHOOL - Each Sunday at 1100 hrs

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.

Section News



442 Squadron



Holiday Season Message Commanding Officer 442 Squadron



LCol Cloutier

Flashing lights... shopping... big meals... family reunion... children around the Christmas tree... these are the symbols which the media usually associate with the Holiday Season. To some extent however, each and every one of us sees a different meaning in the Christmas and New Year celebrations. We may see Christmas as a religious celebration: some parents may take Christmas as the unique opportunity to buy the perfect gifts for their children; or perhaps, others see Christmas and New Year as the occasion to get re-acquainted with old friends. I believe, however, that there is one common trait that we all recognize in celebrating Christmas and the New Year: we celebrate a new life.

At 442 Sqn, in carrying out our Search and Rescue (SAR) role, and through our numerous rescue operations we are reminded everyday of the value of life, our health and how fragile we are in this world. Almost on a daily basis, 442 Sqn Members make extraordinary efforts to ensure our aging aircraft are serviceable; others are placed in most challenging situations in order to save the lives of other human beings or to reduce suffering. During the Holiday Season let us all take time to be thankful for the gift of life and for the lives of our family members and friends.

1990 was one of the busiest periods in the history of 442 Sqn. All Members of this Sqn have worked very hard in carrying out our roles safely and in sustaining major SAR operations. I am fully aware that a period of such high activity has placed heavy demands on the families and friends of 442 Sqn. However, it is essential that we continue our very demanding work "So others may live."

Year 1991 will present other challenges. With the Middle East crisis making bigger headlines and anticipated reduction in some activities of the CF, 1991 promises to be interesting to say the least. However, through chan-

ges and challenges (old and new) we must remember that our prime responsibility is to carry out our SAR role in a safe manner.

Je sais que l'année que nous finissons a été très occupée et que nos gens ont travaillé très fort pour s'assurer que les tâches essentielles de l'escadron soient accomplies. Durant cette période des fêtes, prenons le temps d'apprécier ce que la vie nous donne, notre famille et notre santé; meme si nous sommes loin d'êtres chers.

On behalf of Ginette, Rachele, Mireille and myself, I would like to wish all Sqn Members and their families and friends a very Merry Christmas and a safe, healthy and prosperous New Year.

UN DIEU UNE REINE UN COEUR

J.E.G. Cloutier
Lieutenant-Colonel
Commanding Officer



Merry Christmas and a Happy New Year from all of Santas friends in Electron Land. As we all get ready for the festive season some people have been very busy. Recently Mario Guitard has been observed burrowing around in the nose of 310 trying to make the Selscal/Rad Alt mod work. There were also some visitors from Ottawa offering advice. Everyone else is trying to get 310 out before Christmas.

Now for the fun stuff. There have been some developments concerning the meeting of Elvis and Mike Miller. Apparently Elvis instructed Mike to take his truck up behind Campbell River and teach it how to swim. Mike of course followed the advice of "The King", and at this very

OFFICERS' MESS

Members and Guests.

Saturday January 26
OLD UNIFORM NIGHT DINNER & DANCE - 1900 for 1930 hrs. Buffet. 30's to 60's music by Bill's DJ. Members \$10. Retired Associates and Guests \$12.50. Prizes given for best dressed, spot dances, etc. Reservations to the Mess Manager by 23 Jan.

TGIF/ Fridays January 11, 25
Games night: Jan 11 Pool. Jan 25 Card Tournament. Food & Prizes.

Fridays January 4, 18
REGULAR TGIF'S. Food as Indicated 1700-1800 hrs. Free taxi. Ask at Bar.

Wednesdays January 2, 9, 16, 23, 30
OFFICERS COFFEE HOUR: Coffee will be served in the lounge at 1000 hrs. Dress of the day. All officers are invited to attend.

Wednesdays January 9, 23
OFFICERS LADIES CLUB BRIDGE

Wednesday January 16
OFFICERS LADIES CLUB

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

UPCOMING EVENTS FOR FEBRUARY

Saturday February 16
VALENTINE'S DAY DANCE - Food, live band, prizes (including a romantic weekend for two in Victoria). Flowers for all sweethearts.

From the SRO

I would like to take the occasion to thank you all for the excellent support you've given me since my arrival in 442.

The professionalism of the Technicians that shows up through the performance on deployment, the crisis response (i.e. A/C 310) and during daily activities, would make any SRO proud to be working within the 442 SAMEO organization.

I'd like to give a special thank you to everyone that contributed in getting A/C 310 ready for test flight in such short time. Way to go Lab, Maint and Shops.

I wish you a Merry Christmas and a Happy New Year.

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I wish you a Merry Christmas and a Happy New Year.

888 Komox Wing
RCAFA
CALENDAR OF EVENTS
JANUARY 1991

The President, Executive, and Members of 888 (KOMOX) WING, wish all Military and Civilian personnel of CFB Comox a most joyous Christmas and a prosperous New Year.

SAT 05 - "BINGO" in the Wing. A new jackpot. Members and Guests. 8 p.m.
SAT 12 - "MEDIEVAL FEAST". Limited tickets, multi-course dinner, \$10 per person, 6:30 for 7:30 p.m. Members and guests.
SAT 19 - "NON-SMOKING NIGHT" - "BINGO" 8 p.m.
FRI 25 - "INFORMAL MEET & GREET" all day in the Wing. Come out and welcome the Pacific Group Executive Council members to Comox and our Wing.
SAT 26 - "OLD UNIFORM NIGHT" in the Officers' Mess. Details and time TBA.

DND AND MILITARY PERSONNEL WELCOME WING HOURS OF OPERATION ARE AS FOLLOWS:
Thurs 11 a.m. - 6 p.m. (except AFIS nights)
Fri and Sat 11 a.m. - 1 a.m.

***PLEASE NOTE the 3rd Fri and Sat of each month are now "NON-SMOKING" evenings in the Wing. Come out and support your Wing.

Korea Veterans Association Presents

courtesy Comox Free Press

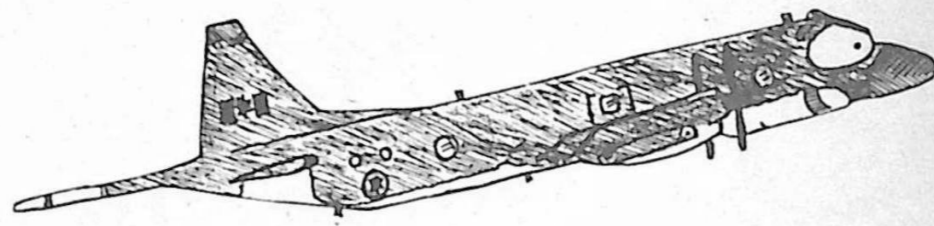


OVER \$6,000 IN DONATIONS was handed out by Courtenay Unit 39 of the Korea Veterans Association last Sunday... a nice Christmas gift to local charitable organizations. From left to right are Peter Pitz, KVA treasurer; Capt Bob Armstrong of the Salvation Army, \$1,000; Herb Bradley and Dennis McGucking, of the Disabled Skiers Association, \$2,600; Stephen Hunt, of the Food Bank, \$500; Tom Radford, of Meals on Wheels, \$500; Dave Logan, of the Courtenay Piblaireachd Society, \$1,500; and Henry May, KVA Sgt at Arms.

Section News



407 Squadron



Air crew

A few nights ago I watched "How the Grinch Stole Christmas" (which was pretty darn good, except I can't figure out why the Grinch wears shoes and a coat but no pants), so I started thinking that it must be getting close to Christmas. Then last night I went to the mall and saw Capt Ross Potts sitting on Santa's lap, which clinched it for me. Christmas is here!

Getting down to the news of the Squadron, it should be noted that Crew 1 (they really don't have a nickname, though I have heard the endearing term 'Weinies' come up in conversation) was called out on a SAR two Fridays ago. It was a dark and stormy night, with big winds and a high sea, but the crew was able to locate the sinking ship and vector a United States Coast Guard helicopter on top the survivors, who were then hoisted from the sea. It was a heroic effort, but those modest gentlemen of Crew 1 were observed to shrug their shoulders and say, "Aw shucks, I warn't nothin'", while digging their big toes in the sand.

There was a pilot gathering at the Glacier Greens Golf Club during the last ground training day. From what I understand this ritual included philosophical discussions concerning world politics, the meaning of life, and various uses for navigators. Entertainment came in the form of throwing quarters and other dominations of currency at the CO. The CO must have felt a bit shell shocked by the end of the evening, but it was for a good cause. The hurling of cash led to \$260 being raised for the Jim Glover memorial.

Lt Bill Seymour, matinee idle of the silver screen, returned from the Basic Space Operations Course in Winnipeg. Bill quite impressed the instructors at the Space School. Reports from that institution indicate that Mr. Seymour is not only an expert in

all matters pertaining to space, but is in fact quite excellent at taking up space.

The Officer's Wives brunch held last Sunday was deemed a success. One of the main organizers, Capt Darren Skuja, who doesn't have a wife but likes to eat brunch, discovered the hard way what 'casual' dress at a Mess function really means. While the wives were being impressed with a tour of the Squadron, Skuj broke the land speed record to retrieve a tie from home and generally put himself into a more presentable state.

Brian Baltis officially became a civilian last week. He's letting his hair grow and you won't see him around Squadron anymore - I've just been informed that his hair is the same length as it always was, and nobody ever saw him much around Squadron before he got out. I guess some things never change. A Merry Christmas to all and to all a goodnight!

Flight Engineers

From the bottom of the Pool... Looking upward from the depths of the deep, one can see new waters waiting to be explored. Newt Newton has successfully achieved the dubious classification of "A" CAT Flight Engineer. Congratulations Newt, and welcome to the subsurface realm of "No more silly questions 'till next year's check ride!"

The waters now seem to...darken...for hither comes the 1990 recipient of the BADEX award.

"Gary, is that you?"
I cannot see...for... it is so dark.

"Where is your light?"
The annual Pilot-Flight Engineer meeting finally took place after its annual 3-year break. Much pertinent business was discussed at great length and it was unanimously decided to hold this

Thank You...from Qatar

To: Canadians who have written to service men and women in Qatar, in the Persian Gulf.

On behalf of the 550 officers, men and women based in the Persian Gulf at Qatar, I would like to take a moment to thank each and every one of you for your kind words and for taking the time to write. Your response, from all parts of our country, from young and old alike, and in both official languages, has been sincerely appreciated.

There comes a time at the end of each long, hot and busy day when every one of us needs to take a moment of quiet time to

ourselves. It is times like these when you have helped the most by providing company to each and every one of us. Your letters have been touching, funny and at times down right newsy. Most important, you've been that friend that isn't here, but needs to be. And rest assured you've played a most important part in influencing favourably our morale in a dynamic and positive way. We often wish we "knew the face" of the person who wrote, but in all cases we know the heart that person has.

In closing, I would like to say again, on behalf of all Canadians

prodigious gathering of technical expertise on a twice per annum basis (or every 6 months - whichever comes first).

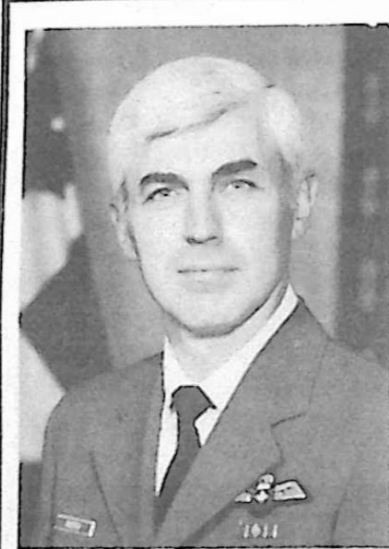
The Pool reluctantly said Toodle-oo's to two of its most ardent members recently. Jim Kennedy and Bud Taylor have both chosen to actively participate in civil aviation at a level unknown to those they leave behind, although once they attain that level, the irritation will drive them to the barbershop anyway. They shall be genuinely missed. ...The pool is calm...

407 Maint

Here we are nearing completion of another periodic inspection with Flt Sgt Doug 'The Gruff' Warriner at the helm. We welcome to the fold three new faces AC2 Andy Wilgress, AC2 Martin Sylvestre and LAC Roy Brassington. We also lost one, as LAC Hrominluk heads for the fast lane with 3 Crew Servicing, his technical skills will be missed and hard to fill. Cpl's Marcott and Anderson are still working the techs to the bone like the good scrooges they are. Servicing has left our aircraft relatively alone so we have not had to work any overtime so far. LAC Ray "the vacation" Tessier is back from the waste lands of tool crib and his happy go lucky attitude has been keeping the crew dancing ever since.

Sgt Willy 'The Stickler' Rivett, has been the terror during the Cpl PERs as a member of the reviewing board. Our Section Christmas party has come and gone with a bang, it was an excellent time with lots of good food and fun, the organizers out did themselves this year.

It's time to go now, as Sgt Karl 'get that phone out of your ear' Smith says drive SAFELY.



LCol Chester

A Christmas Message from the C.O. 407

As the joyous seasons of Christmas and the New Year approach, it is traditionally a time to reflect on the events that have transpired in the past year as we gather with our loved ones to share the warmth and blessings of this wondrous time. This year has seen 407 Squadron air and ground crews proudly serving their country in multi-national exercises, patrols, and search and rescue flights as they continued to maintain their well-deserved reputation for excellence. We saw many successes in our operations to preserve peace and our way of life, and were also irrevocably touched by the sudden loss of one of our people. Through it all, the Squadron pulled together in the finest traditions of this great unit, and it served to remind us of the most important thing in this world, the love and support of family and friends. This, then, is really the Christmas message. Despite the joyous giving and receiving of presents, the parties and festivities and activities, let us not lose sight of the real reason this season is so special. It is the time when love is expressed openly, when families make that extra effort to be together to share cherished traditions and customs, and when we share the things with which we have been blessed with others less fortunate.

This time of year has a special significance for military families who traditionally spend a great deal of time away from those that they love. As we enjoy this season, we should also think of those Canadians on duty far from home who are also serving the cause of peace, and be thankful when we are able to spend this special time with our loved ones.

As our families now gather for their Christmas celebrations, my wife Barbara joins me and the entire "Demon" family in wishing everyone a most joyous and peaceful Christmas, and a prosperous New Year.

1 Square 1 Travel

Services Ltd.

Kayli Strand of Courtenay's Square 1 Travel, voted Vancouver Island Agent of the year, Vic Nakleh of Canadian Holidays, presented her award.

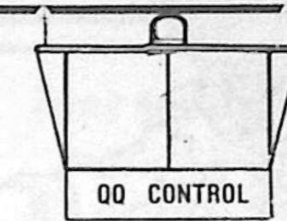
334-0355

In the Driftwood Mall

Section News



Supply Signals



As the beacon turns

Greetings from Stocktaking/MIS - we are 50% new here with Monty Hurd and Sylvie Al-lard still considered newcomers to the group with Art and Wendy being the seasoned veterans. For those of you who don't know by now, Sltg Group are the people responsible for calling over the casual stocktakings, not causing them! MIS handles rejects, statistics and reports.

A quick scan around reveals the sports afternoon was a good time for all, as was the Supply Christmas Party - especially for 'Reg Travolta', sporting a \$23

hair cut; the winner of several gift certificates. Pte Paul Kavanagh enjoyed being Base Commander for the day even if he did have to get his hair cut just before going on leave. Sgt Caron and MCpl Husereau managed to get through 12 years of undetected crime and Mrs. Gibbs received her notable, fourth Suggestion Award. Well done, Sue!

On behalf of the BSupO and all of Base Supply, best wishes are extended for a safe and festive holiday season and hopefully Santa will bring more money in the New Year.

"'twas the night before Christmas."

'Twas a month before Xmas,
And all through Supply,
Not a creature was stirring,
Not even a fly.

The MACRs were finished,
The rejects all done,
All were in waiting,
To start the fun.

The empties were stacked,
By 2AG with care,
With hopes that someone,
Would fill them up there.

I with my forge cap,
All decked out in blue,
Was shopping and praying,
The Boeing still flew.

When all of a sudden,
There arose such a clatter,
I jumped to my feet and
screamed,
"What the heck's the matter?"

The message centre had
One hot off the press,
Santa's delayed,
His sleigh is US!!!

The crew in the warehouse,
Leaped to their feet,
To get the sleigh flying,
Would be no mean feat.

They tore out the boxes,
And threw back the lids,
They knew that they couldn't
Let down all the kids.

The parts were all here,
That much we knew,
But finding the suckers,
Wasn't easy to do.

The BISR's were flying,
Systems Control all aglow,
The paper spewed forth,
Like fresh, fallen snow.

At 2AA we found them,
And that was just grand,
Strike up the music,
And bring out the band.

The parts were all loaded,
On the aircraft with care,
Knowing the pilots
Would soon get them there.

On Hornet, on Lab,
Aurora and Buff,
The Squadrons were launched
With all the right stuff.

Now fly away, fly away,
Fly away all,
Back to the parties,
Let's all have a ball.

Aloha avid followers of the "Beacon Times". It's hard to believe that 336 hours have passed since our last article! It's amazing how time flies when you're having fun.

Let's get right to it! Our 3rd annual Ho Ho Bash was yet another yuletide success. Some fine bib'n tucker was on hand and likewise with the grits. That boneless turkey was great! (I wonder how they get around on the 'ol farm yard?) Doug 'Gun Tape' Godden helped me get into and out of a rather sticky situation that night. If my memory serves me right, Doug used about ten feet of tape to practise gift wrapping...on my head! After modeling the 'Curse of the Mummy' head dress for a spell, Doug graciously removed his art work with one long quick yank. That's when I heard one of the strangest sounds I've ever heard. 13,457,485 hairs all leaving my scalp simultaneously! Talk about a hair raising experience! 'Klina Joe' Schrader won a Texas mick-ey of CC that night so we know who to hit last on our next Exercise Snow-Ball!

Speaking of tickets, anyone

interested in buying five beer tickets real cheap? Anyway...time for some shop talk. This edition is dedicated to those fearless cloud gazers in that 'ol Ivory Tower. Sgt 'Strobes' Strevett is about to return from Ontario to put some recently acquired QL6A knowledge to good use. (Fries and gravy Mike?) Capt 'Beacon' Bayer is being kept busy running the steel tree-fort, so busy that he's bringing work home with him. Just remember Captain, one of the keys to becoming a good CCZ is to leave a set for Ops 10 before you go home at night! (I know, sometimes it's lonely at the top.) Speaking of one of those days, Shani 'Cruising' Cochrane has a secondary duty that proved to be a little 'hard to handle'. This diligent damsel was replenishing the tower cab when 'ol gravity rose it's ugly head again. Yup, 72 cans of carbonated water, sugar/glucose-fructose, carmel color, phosphoric acid, natural flavours and caffeine plummeted to the floor below. Some prime candidates for the drinking game 'Pop-Hunter' are still available for all you thrill seekers.

Earl 'Taxi-Way' Taylor is in-

action with a new craze called 'Jaws Aerobics'. All you need is a good supply of 'I'll quit smoking one of these days' gum and a 150 sq ft tower cab! Smile Earl, it gets worse!

And now for the sports. I jumped the gun last time when I proudly announced that our hockey team was batting 500. Let's just say we need a few more wins! Gilles 'Bells' Belley is back in action after being on the team scratch list due to a shoulder injury. Happy hangover Gilles! Another tower terror is lacing up the 'ol blades again and that's Billy 'The B=Stand' Best. There's one more player from the glass house that hasn't poked his head in the dressing room for awhile and that's none other than 'Ground Control' Gregoire! "Hey Captain, you're cleared to the rink unrestricted...read back!"

That just about wraps up another edition of the Beacon. I'd like to end this year's AS THE BEACON TURNS with a fitting Christmas poem for the boys (and girls) in the Tower. Talk to y'all next year!

"'twas the night before Christmas."

'Twas the night before
Christmas and all through the
Tower,
Not a creature was stirring,
just occasional showers.

Activity was zero on the run-
ways and ramp,
The entire aerodrome was
silent and damp.
As the channel was changed to
Saturday Night Live,
A faint voice was heard on
121.5
The strength was 2,
readability was poor,
It was something about a visit,

With the cooperation of
Mother Nature, 56 golfers teed
off on 9 Dec 90 to compete in a
turkey shoot.

Winning Teams as follows:
1st L.G. - Ted Sauve, Bob

or was it a tour?
"Calling Comox on Guard, say
again," we replied,
Leaving silence again, just the
rain 'n the tide.

Shoulders were shrugged and
we jumped in our beds,
With "Cleared taxi 'n take-
offs" dancing in our heads.
Unaware to the crew of the
VFR den,
A sleigh pulled by reindeer
landed by Ops 10.
The jingle of bells made us
awake,
To notice the Tower had a
slight shake.

Frenette, Pat Verchere, Al
Lineker.

1st L.N. - Rod Verchere, John
Ferguson, Ann Paterson, Jim
Hume.

2nd L.G. - Leo Lamothe, Russ

When out on the railing, could
it really be him,
Stood a bearded old man in a
red suit with white trim.

But before we could clear the
sleep from our eyes,
The old man was gone with
that Ho Ho disguise.
And on the railing, all wrapped
in good cheer,
Was enough BMS to last us a
year.
Once again on Guard, only this
transmission was clear,
"Merry Christmas ATC and
have a Happy New Year!"

Wreggitt, Glen Caslake, Kay
Banks.

2nd L.N. - Doug McArthur,
Frankie McCaffery, Jim Patter-
son, Fran Hume.

3rd L.N. - Bing Shearer, Harry
Lewis, Warren Campbell, Colin
Olsen.

K.P. - Jamie Bull, Earl Martin.

Due to a light snowfall on Sun
16 Dec 90, winter golf was can-
celled. Golf as usual on Sun 23
Dec 90. Sign up by 9 a.m. for 9:30
tee-off.

Happy Holidays,
R. McClish.



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With the cooperation of
Mother Nature, 56 golfers teed
off on 9 Dec 90 to compete in a
turkey shoot.

Winning Teams as follows:
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Frenette, Pat Verchere, Al
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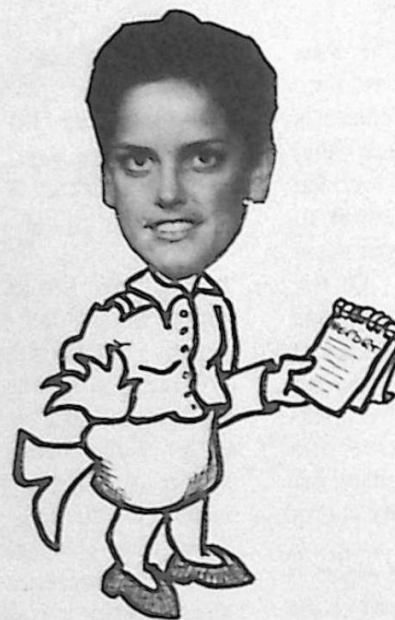
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Merry Christmas from the Fishwrapper!

'twas the night before Christmas.

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Production-Layout



Julie Blondel

Columnist

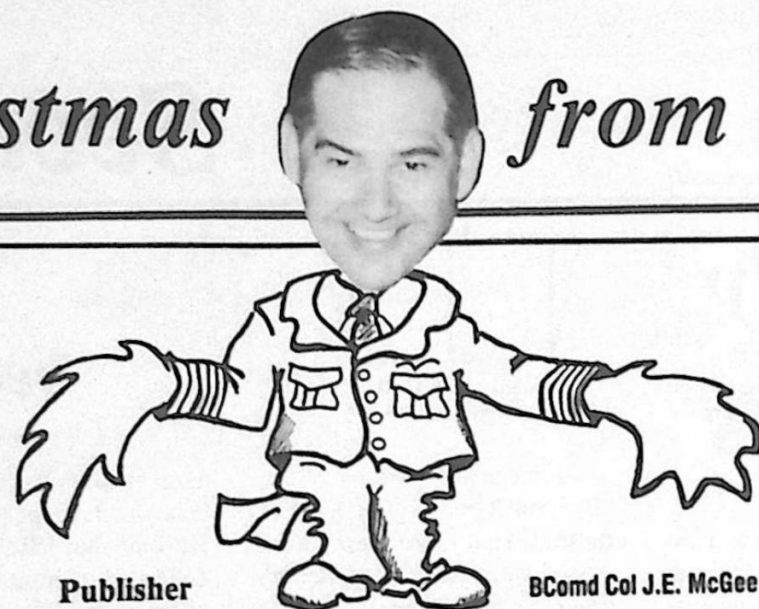


Gerry Gerow

Circulation

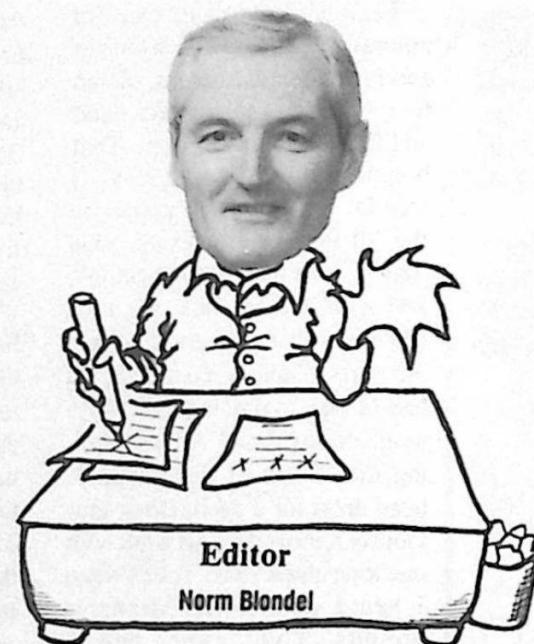


Gord and Stephanie Boutlier



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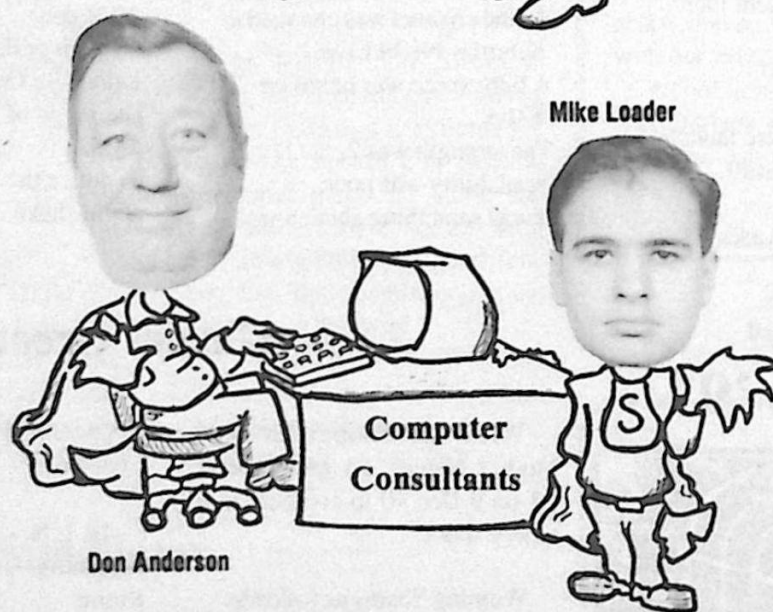
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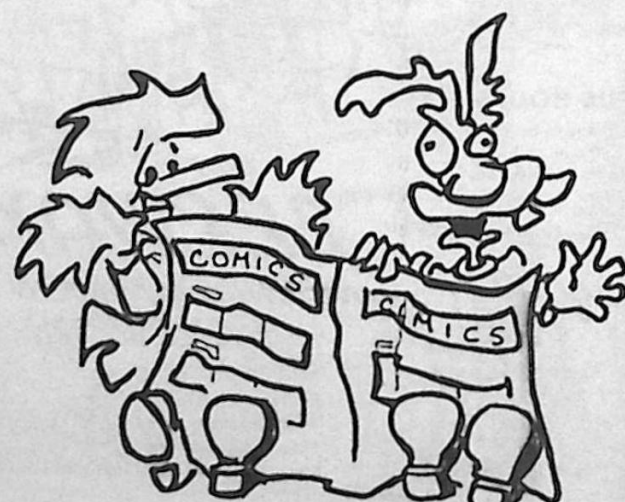
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Columnist



Christine Mayer

Cartoonists



Teresa McIsaac

Boyd Rausch



From Air Command

'Twas the night before Christmas
When all through our Wing,
It was snowing and blowing,
You could hardly see a thing.

The stockings were hung in each PMQ,
Awaiting a visit from "You Know Who".
The corporals were nestled all snug in their cots,
With dreams of promotion their uppermost thoughts.

And Mama in her flight suit,
And I in my stripes,
We dress kind of funny,
We're real "Airforce" types.

When out on the lawn, I heard such a noise,
I hurried and stumbled and tripped on some toys.
Away to the window, I flew in a daze,
Felled by a skateboard, haste seldom pays.

The moon shone bright on the slush and the ice,
Reflecting my auto, it's rusting quite nice.
When what to my blood-shot eyes should appear,
But a new F-18 aircraft and eight tiny reindeer.

With a little duty driver, so lively and quick,
I said to myself, "I'll bet it's St. Nick".
More rapid than Tom-Cats, this shiny craft came,
And he whistled and shouted trying to remember a name-

"Now, Who's It! Now What's It! And you over there!
On Something, or other," I tried not to stare.
"To the top of the porch, and please clear that wall,"
He was holding on tight, afraid he might fall.

As dry leaves that before a Nor'Wester do spin,
His driving was tipsy, but he still wore a grin.
So up to the house-top this motley group flew,
With a plane full of toys, some wine and some brew.

And then in a twinkle, I heard a dim cry
"This is it boys, let's give 'er a try."
As I drew in my head, and wondered "What next?"
Down the chimney he tumbled, looking quite vexed.

He was dressed in his Blues from his toes to his chin,
But his stripes were all tarnished, his shoes were a sin.
A bundle of goodies he had flung on one shoulder,
Toys for the young, Christmas Cheer, if you're older.

His eyes how they twinkled! His dimples how dandy!
His cheeks were all flushed, he'd been nipping some Brandy.
His droll little mouth was dry as a tick,
But he made me feel happy, this bogus Saint Nick.

The stump of a pipe he would not let go,
It garbled his laughter, a weak kind of "Ho".
He had a broad face and two double chins.
His trousers were baggy, and held up by pins.

He was chubby and plump, with a high BMI,
If the PT Staff saw him, I'm sure they would cry.
A wink of his eye and a tweek on the ear,
Relaxed me completely as he set down my cheer.

He spoke not a word, but went straight to his work,
But he missed half the stockings, the silly old jerk.
And pointing a finger straight up in the air
He gave me a nod, and blew outta there.

He sprang to his aircraft and how they did fly,
In less than an instant, they were high in the sky.
But I heard him yell back, a small message for you,
"Keep number one flying, and that's the Big Blue!"

A poem by: WO G.W. Dawson, Air Command Band, CFB
Winnipeg, with big apologies to Clement C. Moore.

four versions of a traditional Christmas Poem

from the Fire Chief

'Twas the night before Christmas
When all through the hall
Not a creature was stirring
Not even Paul.

The PERs were written
And put down to bed
While visions of sugar plums
Danced in their heads.

When out in the bays
There arose such a clatter
Someone dropped the rescue saw
And the darn thing shattered.

The Chief's in his office
The Dep is beside
Blue crew was busy
Hiding outside.

The toy box was full
I knew in a flick
These guys have been busy
Helping St. Nick.

He picked up the toys
And slipped out the back
And pulled the draw strings
On his red velvet sack.

He called to his team
And let out a cry
With all that beer
Could the darn thing fly.

On Archie on Lloyd on Bud on Lou
On Johnny on Ronny on Freddy too
With Cooler and Davey chomping the bit
With Rick out in front that did the trick.

Down the runway they roared
Like a bat outta hell
Too much booze, they started to swell.

They got off the ground, it was quite a sight
And they pulled off a loop that gave me a fright
And as the sleigh pulled away
They turned back and did say From the Fire Chief

from the Girls in CR

'Twas the night before
Christmas and all thru CR,
All three of us were smiling:
we can't go to Qatar!

The mailbags were all hung
on their hooks with care,
In hopes that the driver would
soon be there.

The filing was sorted and PA'd
on the files,
And the mail all booked and
set in their piles.

Kathi was mumbling: Gail
gave her a poke,
While Vicky was outside
having her smoke.

We girls wish you a Merry
Christmas
On that note we agree;

But send us too much mail
And we'll send you our fee!
(And add GST!)

from HAMISH

'Twas the night before Christmas and all through the house
There were empties and butts, left around by some louse,
And the best quart I'd hid by the chimney with care
Had been swiped by some bum, who'd discovered it there.
My guests all had long since been poured in their beds
To wake in the morning with god-awful heads.
My mouth, full of cotton, hung down to my lap
Because I was dying for one more nightcap.

When through the north window there came such a smell
I sprang to my feet to see what the hell...
And what to my wondering eyes should show up
But eight bloated reindeer, hitched to a beer truck!
With a little old driver who looked like a hick,
But I saw it was Santa, as tight as a tick.
Staggering onward, those eight reindeer came,
While he hiccoughed and belched as he called them by name:

"On Schenley! On Seagram! We ain't got all night,
You too, Haig and Haig, and you too, Black and White.
Get up on the roof, get the hell off this wall,
Get going you dummies, we've got a long haul!"
So up on the roof went the reindeer and truck
But a tree branch hit Santa before he could duck.
And then, in a twinkling I heard from the above
A hell of a noise that was no cooing dove.

So I pulled in my head and cocked a sharp ear,
Down the chimney he plunged, landing smack on his rear.
He was dressed up in furs, no cuffs on his pants
And the way the guy squirmed, well I guess he had ants.
He had pints and quarts in the sack on his back
And a breath that'd blow a freight train off of its track.
He was chubby and plump and he tried to stand right
But he didn't fool me, he was high as a kite.

He spoke not a word, but went straight to his work
And missed half the stockings, the plastered old jerk.
Then putting five fingers to the end of his nose,
He gave me the bird, then up the chimney he rose.
He sprang for his truck, at so hasty a pace
He tripped on a gable and fell on his face,
But I heard him call back as he passed out of sight,
"Merry Christmas, you rum-dums, now really get tight!"

Merry Christmas CFB Comox. Have a great day!



Leisure

TOTEM TIMES 1991 PRINTING SCHEDULE VOLUME 33

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



Christine Mayer

Country Kitchen

Christmas Cookery



Nuts and Bolts

3 cups Cheerios
2 cups cheddar Shreddies
1 1/2 cups pretzels (small pieces)
1 1/2 cups salted or barbecued peanuts
1/3 cup butter (melted)
Add:
1 tbsp Worcestershire sauce
1/2 tsp garlic salt
1/2 tsp celery salt

Mix together and combine all ingredients. Put into 13x9x2" pan and cook in a slow oven for 30 min.

Olive Cheese Balls

1/4 cup butter
1 cup grated sharp cheddar
1/3 cup sifted flour
1/4 tsp each of salt, paprika, Tabasco sauce, Worcestershire sauce.

Make a dough and shape around a dry olive to make the cheese balls.
Bake 15 mins at 400 deg.

Spanish Onion Casserole

3 cups Spanish onions cut into 3/4" wedges
2 tbsp butter
2 tbsp flour
1 cup chicken broth (or use bouillon cubes)
1/2 cup light cream
1/2 cup slivered almonds (optional)
1/2 tsp salt
1/2 tsp pepper
1/2 grated cheddar cheese
1 cup fine breadcrumbs
Parboil onions in a little water. Melt butter in saucepan, blend in flour. Add chicken broth and cream. Cook, stirring until smooth. Combine sauce, onions, almonds. Put in buttered casserole. Bake in

water bath 35 to 45 mins at 350 deg. When done sprinkle cheese and breadcrumb mix over top and brown under broiler.
Fairly large local onions are good. The combination of the parboiling, the sauce, and the crusty top makes it very tasty.

French Dressing

Makes 2 1/2 cups. (1 tbsp = 7 calories)
Mix together:
3/4 cup wine vinegar
1 can tomato soup (undiluted)
1 clove garlic minced
2 tbsp chopped dill pickle
2 tbsp finely chopped celery
1 tbsp chopped parsley
1 tbsp Worcestershire sauce
1 tsp paprika
1/2 tsp dry mustard
This dressing is very good - great taste without the calories!

Grannies to Groupies send Gifts to the Gulf

When it comes to getting the amenities to Canadian Forces troops abroad, the people at the directorate of physical education, recreation and amenities in Ottawa have always been the movers and shakers. But their moving and shaking talents are really being put to the test these days as they attempt to keep up with well-meaning Canadians in providing amenities for our 1,600 troops in the Gulf.

"Our job is to move it, whether it's a 100-kilogram Christmas cake or a corporate donation of 2,200 cans of pop," says Lt-Col Greg Pearson, DPERA director. For the first time, however, moving things is a lot easier said than done.

Normally, providing troops abroad with the usual amenities such as films, videos, daily print news summaries, newspapers, magazines, books and live entertainment shows is old hat for the people at DPERA. But, according to Lt-Col Pearson, getting the extra amenities to our troops in the Gulf is a real challenge.

Those 'extra' amenities are everything from giant greeting cards to T-shirts and ball caps from thousands of Canadians - grannies to groupies - who want to ensure our troops are well taken care of while they are away from home.

"Actually, it's not much harder getting the amenities ready to go," admits Lt-Col Pearson. "It's just harder for us to move them. Because the threat is so real in the Gulf, our normal rules for distribution and movement don't apply. Operational requirements take priority - as they should." But further complicating matters is the fact that DPERA has no idea how long our troops will be in the Gulf. "Usually, when we are involved in a U.N.-mandated mission, we know how long our people will be there," says Lt-Col Pearson. When we don't know, we have to ensure we sent just the right mix of amenities - things they can use now. If there was a war, they would obviously need

fewer amenities. It's a difficult one to call."

Normally, people are encouraged to send things abroad through the mail system. "But the mail system is already backlogged," he adds. Alternately, items are being moved through the military freight system, by air-lift or sealift, and all go authorized by DPERA.

When it comes to airlifting, whether by commercial or military aircraft, the directorate cannot keep up with the current volume of traffic. "Trenton, right now, is 'bulked out'," says DPERA transportation expert MCpl Tony Furlotte.

Consequently, a lot of shipping is done by sea container. "Sea container shipping is a little more flexible, but people should be aware that they have to allow about 25 days for delivery," says Lt-Col Pearson. Perishable items should not be sent because delivery times cannot be guaranteed and alcoholic beverages should not be sent in respect for Middle East customs. "Canada Dry is really dry," he says, referring to the headquarters for troops at Qatar. "Static and shore-based troops have no access to alcohol."

When it comes to amenities other than alcohol, however, the DPERA director stresses that our troops are not being left high and dry.

In their spare time, our troops can enjoy any of the 4,000 books that Art Fairhead, who runs the Legion book depot at DPERA headquarters in Ottawa, has already sent to the Gulf. They can keep up to date on what's happening in Canada through a daily print news summary, provided daily by Press News of Canada, under contract to DPERA. Shore-based troops receive a selection of newspapers and magazines daily from Canadian Forces Europe. Ship and shore-based forces receive 50 donated weekend editions of Halifax papers and the Globe and Mail and 150 copies of



"Yes, we'll go", was the response from the entertainers on their way to put on live shows for Canadian Forces members serving in the Gulf. Left to right are Rob Phillips, Laura Hutton, Bernie Sandor (who already looks quite tropical), Suzanne Gratton, John Patterson and DPERA's Capt. Andre Cantin.

MacLeans's Weekly.

When Operation Friction started, DPERA sent 48 16-millimetre films to our troops in the Gulf. Another 48 will be sent in early December. The films are expensive, but DPERA snaps them up as soon as they are released by the major movie studios - even before they are released in video format. "We try to get a good balance and range of entertainment, including French films," says Shirley Penny, DPERA's film revisor. "It's not just Rambo stuff."

Of course there's always television. It takes DPERA from three days to a week to get television programming - everything from news to sportscasts - to the Gulf in video format. But when it arrives, it's a couch potato's dream - not a single commercial. John McFarlane from DPERA says the directorate provides the ships with 40 hours and troops based at Bahrain and Qatar with 20 hours of programming a week.

Ships are also supplied with videos from a video movie library in Halifax; shore-based forces are supplied from the CFE Canex system. With the recent donation

by Jumbo Video, of 120 new video releases, several new movie titles will soon be available. And DPERA hopes to use a \$120,000 cash donation from the Army, Navy and Airforce Veterans in Canada, Alberta Command, to purchase large screen video projectors.

DPERA's Capt. Andre Cantin, who is responsible for taking live entertainment shows to our troops abroad and in remote northern locations four times a year, headed overseas Nov. 15 with 23 Canadian entertainers. Singers Laura Hutton and Suzanne Gratton star in 'Front Line 90', produced by Bob Spencer, entertaining in Lahr and Baden in Germany, Cyprus and then El Gorah, Egypt, and the Golan Heights in Israel. Five of the entertainers will continue on to the Persian Gulf where, as long as the political situation permits, they will entertain sailors and troops in Qatar between Dec. 13 and 16.

"What surprised me was the attitude of the entertainers," says Capt. Cantin. "Their response was 'yes, we'll go', with no special thoughts for their own personal safety."

Back in Ottawa, a special DPERA operations amenities cell continues to work as a point of contact within DND to coordinate the flow of gifts and donations from private citizens, citizens' groups and corporations and to prioritize shipments to the Gulf.

Among the gifts are those from grannies. "I answered a call from a grandmother the other day, who wanted to send homemade cookies to the Gulf," says Capt. Cantin.

Anyone wishing to send extra amenities to the Gulf - preferably non-perishable ones - is encouraged to contact their local base and station authorities for help first, according to Maj Ken Harvey, head of DPERA's entertainment amenities section. Otherwise, the DPERA operations amenities cell can be contacted by phoning (613)995-8779 or faxing (613)995-2425.

New Ammo Storage Facility

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight, has announced the construction of 16 new ammunition storage magazines at Canadian Forces Ammunition Depot Angus, located at CFB Borden, Ont.

The \$14.4 million contract has been awarded to Arosan Enterprises Ltd of Toronto. Construction will begin shortly and is expected to be completed by March 1992.

"The new magazines are designed to meet today's standards of safety and security and will greatly enhance the operations of this facility," said Mr. McKnight.

The depot is one of four principal storage and maintenance facilities for military ammunition and explosives in Canada. The new magazines will replace a number of old buildings, many dating back to the 1940s.

439 Sqn to Qatar

OTTAWA - The Minister of National Defence, the Honourable Bill McKnight, announced today that 439 Tactical Fighter Squadron from Canadian Forces Base Baden-Soellingen and approximately one hundred and fifty personnel from CFB Cold Lake, Alta. will replace 409 Tactical Fighter Squadron in Qatar.

409 Squadron has been in the Gulf since early October and is expected to return to its home base at CFB Baden-Soellingen before Christmas.

Lt-Col Ed Campbell, Commanding Officer of 409 Squadron, will transfer control of CF-18 squadron operations to Lt-

Col Don Matthews, Commanding Officer of 439 Squadron. "Canadian Forces members in Qatar have done an outstanding job of building a base camp for their operations and meeting rigorous flying schedules in difficult and trying conditions," stated Mr. McKnight.

The CF-18s are providing defensive air cover for the three Canadian naval ships and those of allied navies enforcing United Nations sanctions in the Persian Gulf.

The Qatar airfield security force is also being changed. Members of the 1st Battalion, Royal Canadian Regiment, based in CFB Baden-Soellingen.

Touch Tone Calling

B.C. Tel's Touch Calling customers will see the charge for basic monthly telephone service decrease as a result of an application by B.C. Tel to the CRTC.

The application, if approved, will provide Touch Calling as part of basic service for all residential and business customers with individual-line, overline, party line and measured service.

"Although most of our customers will be affected in a positive way, this move is revenue neutral for B.C. Tel" says product manager Diane MacFarlane. "We are proposing to formally recognize the substantial change in what is considered necessary for 'basic service' since we first introduced Touch Calling in 1970."

Currently, all telephone sets generate one of two types of signals to communicate with the telephone network -- either tone signals or dial pulse signals. In B.C., a Touch Calling line can carry both types of signals, and can be used with any type of telephone. But a dial pulse line, which is currently considered 'basic service', can not carry the tone signals produced by touch call sets.

"What we have found," explains MacFarlane, "is that dial pulse service is no longer sufficient to meet the daily communication needs of our typical customer. More than 60% of B.C. Tel's customers who are eligible for the service already subscribe to Touch Calling -- and the number is growing steadily at a rate of approximately 5% per year."

"In addition, dial pulse lines and the associated rotary dial sets are more expensive to repair and maintain. By virtually eliminating dial pulse lines, we will be able to provide better customer service and control ongoing rotary set refurbishing costs," she concludes.

If the application is approved, the Touch Calling line surcharge will be eliminated, while rates for basic service will go up. Residence customers who currently subscribe to Touch Calling will therefore see a net decrease of \$40 per month, per line; business customers will see a net decrease of \$65 per month per line.

For those customers who do not currently subscribe to Touch Calling, basic service will increase by \$90 per month for

residences and by \$190 per month for businesses. However, these customers can enjoy the benefits of the service at a reduced price.

"The advantages are substantial," says MacFarlane. "First of all, customers can choose to lease or buy any telephone set, or combination of sets available on the market -- not just a rotary dial or tone/pulse switchable set."

"In addition, a Touch Calling line and set used together provide access to a growing number of convenience services and free information lines which may otherwise be inaccessible." MacFarlane lists touchtone banking, account balance hotlines from B.C. Hydro and Eatons, university registration, access to pagers and remote access to answering machines, network features such as voice messaging and Call Management Service, the Revenue Canada Tax information line and the 24-hour B.C. Mental Health information line as examples of these services.

B.C. Tel estimates that Touch Calling as part of basic service will be available by the third quarter of 1991.



Merry Christmas to all Canex patrons.
We would like to thank you for your support during 1990 and we look forward to serving you in 1991. We at Canex wish you best wishes for the holidays and the coming New Year.

from the ladies
at Nutri-System

nutri/system
weight loss centers

Best Wishes!



Season's Greetings

... and a Power Smart New Year.

Our offices will be closed:

Tuesday, December 25
Wednesday, December 26
and Tuesday, January 1.

Emergency and maintenance crews will be available throughout the holiday period.

BCHydro

Health & fitness



ASK YOUR PHARMACIST

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

DON'T TAKE ASA FOR GRANTED

Most of us suffer from headaches, fever and sore muscles at one time or another. For relief, our usual reaction is to reach for a couple of ASA tablets in the medicine chest. However automatic this practice becomes, it still pays to stop and think about the potential risks of ASA use, especially for small children.

According to the Journal of the American Pharmaceutical Association, salicylates (the base for Canada's most used headache tablets) are involved in more accidental poisonings in children under five than any other single drug or household product.

In 1983, Canadian Poison Control Centres reported 8,057 cases of ASA poisoning. Almost half involved children four years of age and younger. Thankfully, there wasn't a single death caused by ASA poisoning, and the number of cases has dropped since the introduction of child-proof closures.

However, as few as 10 tablets can cause very serious harm to a child weighing 23 kg (about 45 pounds) or less. Overdose and accidental poisoning sometimes result from giving youngsters adult ASA tablets rather than the children's type.

Although ASA is an effective fever reducer in children, there are several minor illnesses where ASA should not be used because of the possibility of a serious complication known as Reye's Syndrome.

If you suspect ASA poisoning, call your local Poison Information Centre or family doctor. For immediate emergency treatment of an overdose, whether in a child or adult, use Syrup of Ipecac. Inexpensive, and available in most drug stores, it is an invaluable emergency remedy for not only ASA poisoning, but for some other drugs as well. In the case of ASA poisoning, a child should be given one tablespoonful as soon as possible; for an adult, the dosage is two tablespoons.

PAY ATTENTION TO EAR PROBLEMS

More than two million Canadians have some form of hearing impairment. As many as one in 40 cases is serious enough to affect daily life or communication. About 50,000 Canadians are profoundly deaf.

Many hearing problems develop virtually unnoticed. Fortunately, a great number can be prevented or corrected. Beware of damage to the ear from foreign objects, noise, drug addiction or the imperceptible process of aging.

Many conditions, if left unattended, can lead to permanent hearing loss. These include earaches, recurring dizziness, balance problems, frequent colds, infections of the ear-nose-throat areas or ringing or buzzing in the ears. Any abnormal condition should be checked with your doctor.

Sometimes, parents may notice their young child doesn't respond properly to a question or request. Since approximately four per cent of children between four and five years of age have hearing problems which are often mistaken for learning disabilities, it is important to have your child's hearing checked.

For the rest of us, trouble makers for our fragile ears include industrial noises, traffic, overly-loud music and power equipment used around the home.

If you find any sign of hearing loss in yourself or any family member, see your doctor. Ask if your child's school has a testing program. Although modern, transistorized hearing aids are efficient and inconspicuous, protection of your family's hearing and prevention of hearing loss should be a daily concern.

info health

Dr. Bob Young



Sinuses

Our bodies contain a multitude of structures called sinuses, but you probably think of those that cause headaches when you hear the term. You likely know their location if you have seen TV ads promoting nasal sprays and other decongestants.

When applied to anatomy, the word means a pocket - a cavity with only one opening or entrance. The ones we are discussing here are the paranasal sinuses, the ones that lie adjacent to the nose. There are five pairs of these with considerable variation in their size and development between individuals.

Acute sinusitis occurs when a sinus becomes inflamed. Commonly, a cold or other virus infection, or a nasal allergic reaction causes the lining of the nose to swell, blocking the entrances to one or more sinuses. With

drainage stopped, bacteria multiply in the cavity. Chronic or recurrent sinusitis is similar, although different bacteria are usually involved and about one case in four is caused by a dental or tooth infection. Symptoms are the same: pain, swelling, tenderness, and general miserableness. Chills and fever may develop, a sometimes ominous indication that the infection has spread beyond the sinuses.

Diagnosis is generally easy, made on the basis of the patient's story and a local examination. The doctor may get help by using transillumination, shining a bright light through the skin into the sinus, in a dark room. A healthy sinus "glows", one filled with pus doesn't.

X-rays are very useful, particularly in acute sinusitis. Few patients need more than this, but

CT scans, aspirating sinus material through a needle, and examining the sinuses through a scope passed through the nose are available for tougher cases.

Antibiotics generally cure acute sinusitis. The first one chosen by your doctor will likely be effective but sometimes a switch is required if the germ is resistant. Rapid return of symptoms should trigger a search for nasal polyps, a bad tooth, or an allergy.

Resistant and chronic cases will require surgery - making a window between the sinus and the nose so drainage occurs, cleaning out the cavity, and removing nasal polyps and infected teeth if present. Results are generally good.

Astute Sniffers

The roll-on, spray-on, and rub-on people have identified the enemy. The chemical that is responsible for underarm odor has been found by a research group in Philadelphia.

They found, in fact, over three dozen smelly compounds in underarm sweat, with a substance called 3-methyl-2-hexanoic acid being the main ingredient - or at least the one with the most characteristic aroma.

We are told that some noses around the laboratory felt that this stuff was not quite complete. The astute sniffers insisted that dollops of some of the other 36 ingredients were required to duplicate a really high class genuine body odor.

The 3-methyl-2-hexanoic acid is not secreted as such by the sweaty person. Instead, the secre-

tions of the glands are broken-down by bacteria, and the compound is a product of this activity.

In spite of its strange nature, the research is a milestone of sorts. It is the first time that these compounds have been sniffed out, so to speak. The knowledge may provide deodorant manufacturers with help in developing new products. They may be able to find a chemical that neutralizes the hexanoic acid, for example.

Possible uses for the information in clinical medicine are not readily apparent, at least so far. One never knows, however, and perhaps this is the first step in helping patients with hyperhidrosis or excessive sweating.

Medicine has little to offer those few people who have a severe underarm sweating problem. The standard drug-store an-

tiperspirants and drying agents are about as effective as anything the doctors can prescribe.

Sometimes, in extreme cases, the skin of the armpit or axilla is removed surgically. This gets rid of most of the offending sweat glands and may provide considerable improvement. Skin grafting or shifting fills the hole.

Historically, researchers have always been willing to take risks and scoff at personal danger in their quest for knowledge. But I am having a problem suppressing the visions conjured up as I imagine the sweaty male volunteers being chased around the lab by dedicated scientists trying to sniff their armpits.



Ready for Christmas?

Whether you're standing in a line at the check-out or relaxing over a cup of coffee, the inevitable question is asked "Are you ready for Christmas?"

Automatically, we think of that never ending list of 'things to do'. Last minute shopping and waiting in lines; cakes and cookies have to be baked. You have to find just the right tree and then carefully choose and hang the most appealing festive decorations. There's extra cleaning to be done, visiting family and friends; greeting cards to be mailed, which somehow got misplaced and almost forgotten.

"No", we probably answer. "We're not ready for Christmas."

Yet, somehow, all these little chores get done even if it does take us into the wee hours of Christmas morning. Perhaps, we need to stop and ask ourselves another question, "Are we ready to appreciate the true meaning of Christmas? What does Christmas

really mean to me?"

The story is told of a little boy, who was with his Mother, doing some last minute Christmas shopping in a large department store. The Mother was tired, irritable, and nothing seemed to go right. She was in a hurry and literally, at times, the little boy was dragged along. He never seemed to catch up with her. "Will you tie my shoe lace?" he asked softly. Yes, she thought, I'd better do that before something worse happens.

As she stooped to where her boy was standing, she was amazed, and somewhat taken aback. All she saw were feet scurrying here and there. She saw no happy faces, no decorations, no fancy attractive displays. Immediately, she realized that she was seeing things through the eyes of a little boy. Somehow, she had missed the whole purpose of what she was doing. The fun and fascination were definitely missing.

It is so easy to get caught up in the frantic frivolities of the season and miss the fact that "Jesus is the reason for the season". R.W. Cooper reminds us of this truth in the following verses:

It's Christmas time the people say
The signs proclaim, the stores portray
Glittering trees and ornaments rare
Scurrying shoppers everywhere.
Laden counters with toys abound
Children's eyes so large and round.
Happy faces and greetings gay;
Laughter and mirth along the way,
But where is Jesus?

"Why it's His birthday, don't you know?"
Says a smiling face 'mid falling snow,
"He was born in Bethlehem, long long ago
So we give gifts to those we know,
To our children dear, both far and near
To friend and kin we spread our cheer."
But I bowed my head with a heavy heart,
Thought to those we love we do our part,
But where is Jesus?

We've gifts for John and Mary and Sue
We've love for them and encouragement too
And this, my friends, we ought to do,
But where is our gift for the Saviour true?
The gift He wants is loving deeds
A ready response to the lost world's needs,
Not wrapped in tissue with ribbons bright,
But embodied in flesh aglow with love's light.
But where is Jesus?

In the midst of all the activities and business of this season, let's make time to celebrate the birth of Jesus Christ in a way that will truly honour Him.

Junior Ranks Curling Playdown

The Junior Ranks will be conducting the Junior Ranks Curling Playdowns to determine who will represent CFB Comox at the Jr Ranks Nationals to be held at CFB Penhold Mar 11-13, 1991. One team will be selected to represent CFB Comox so any members of the Jr Ranks may enter a 5 person team. Local playoffs will be double knockout system with dates to be announced in the New Year.

Cut off for entries will be 16 Jan 91 with the playdowns starting shortly thereafter. Anyone interested in entering a team may leave your name at the Junior Ranks Office, local 8430, or you may contact Darcy Parker, local 8329, or Pat Gammel, local 8529.

Keep Christmas Safe Tips from the CFB Comox Fire Department

The cheerful lights of Christmas bring a special warmth to the holiday season. But lights, light strings and the Christmas tree pose a fire risk if not handled with care.

Avert Christmas tragedy before it strikes. The use of worn or defective electrical equipment, or in some cases, sheer carelessness, causes needless fires.

Christmas tree lights, strings and other electrically lit decorations should be Canadian Standards Association Approved (CSA) against fires and electrical shock hazards.

Some of the tests conducted by CSA on indoor light strings include strain relief, temperature and flame retardation. In addition, outdoor light strings are subjected to rain and salt immersion tests.

When purchasing Christmas tree light strings and other electrical decorations, look for the CSA or ULC approval.

At Christmas time people often fail to use electrical products safely. Put fire safety precautions at the top of your Christmas list.

Have a safe and happy Christmas from all the members of the CFB Comox Fire Department!

J.L.S. Reunion

On 23 April 1991, Course 9002 will graduate from Canadian Forces Junior Leader School, CFB Summerside, P.E.I. and will be the final course due to the closure of CFB Summerside.

April 1991 will also mark the 17th anniversary of the Junior Leader School at CFB Summerside, P.E.I. during which time CFJLS Summerside has trained nearly 7000 junior leaders of the Canadian Armed Forces. The Commanding Officer and staff invites former military staff to "COME BACK TO SCHOOL" on the 26, 27 and 28 April 1991.

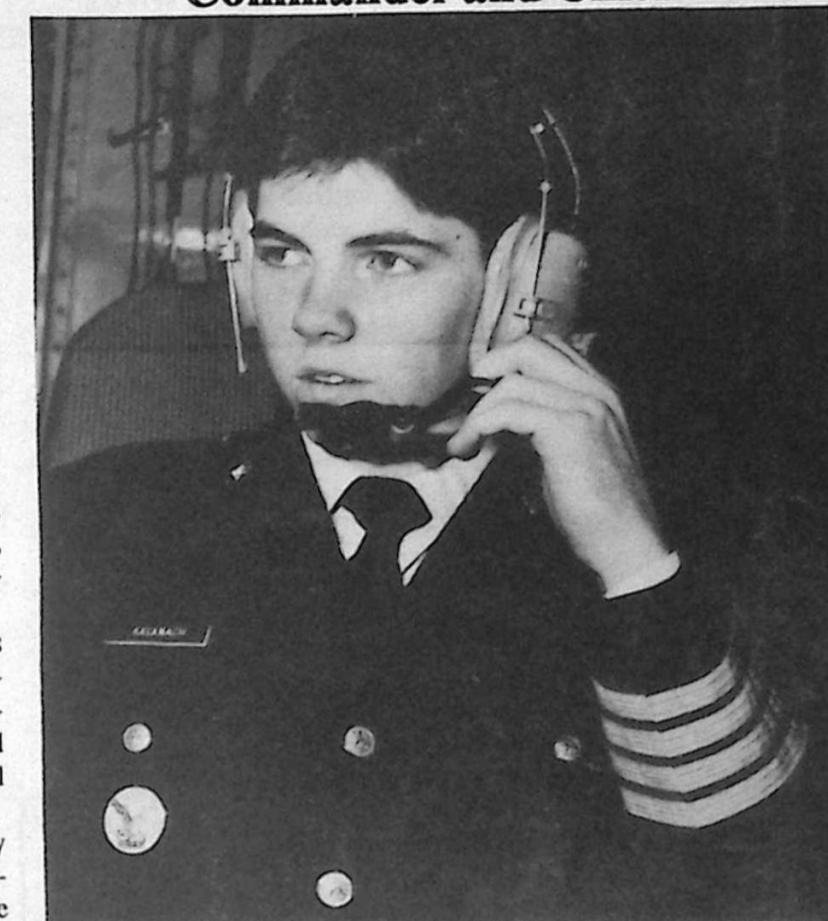
A wide range of "Performance Objectives" are in the planning stage. We request your assistance and attendance to meet old friends and discuss "Critical Requirements". Let us know SOON AS POSSIBLE if you plan to attend this special event. We will then send you information on what is planned, how to get here, where to stay and registration forms. Please pass the word to any retired staff that may reside in your area.

WRITE: REUNION '91
Canadian Forces Junior
Leader School
Slemmon Park, P.E.I.
COB 2A0

OR CALL: Sgt Ray Dunn
Special Projects NCO
Local 642

On and off base

Commander and Chief



Newest Base Private Kavanagh is Base Commander for a day - an old service tradition at Christmas.



Mixin' it up...Base Chief Terry Doherty and Honorary Base Chief Pte Legendre enhance the punch.



Slicin' it up...Colonel (Pte) Kavanagh shows he can cut it with the best of them...the BComd approves.

Next Deadline 7 Jan '91



Christmas Hours

Seasons Greetings:
Merry Christmas Everyone!



RETAIL STORE:

24 Dec 90	10:00 - 17:00
25 Dec 90	Closed
26 Dec 90	12:00 - 16:00
27 Dec 90	10:00 - 17:00
28 Dec 90	10:00 - 17:00
29 Dec 90	10:00 - 17:00
30 Dec 90	12:00 - 16:00
31 Dec 90	10:00 - 17:00
1 Jan 91	Closed
2 Jan 91	10:00 - 17:00

EXPRESSMART

24 Dec 90	08:30 - 17:00
25 Dec 90	Closed
26 Dec 90	10:00 - 17:00
27 Dec 90	08:30 - 21:00
28 Dec 90	08:30 - 21:00
29 Dec 90	08:30 - 21:00
30 Dec 90	08:30 - 21:00
31 Dec 90	08:30 - 17:00
1 Jan 91	10:00 - 17:00
2 Jan 91	08:30 - 21:00

SERVICE STATION

24 Dec 90	07:00 - 16:30
25 Dec 90	Closed
26 Dec 90	Closed
27 Dec 90	07:00 - 16:30
28 Dec 90	07:00 - 16:30
29 Dec 90	10:00 - 16:00
30 Dec 90	10:00 - 16:00
31 Dec 90	07:00 - 16:30
1 Jan 91	Closed
2 Jan 91	07:00 - 16:30

ADMIN OFFICE

24 Dec 90	09:00 - 14:00
25 Dec 90	Closed
26 Dec 90	Closed
27 Dec 90	09:00 - 14:00
28 Dec 90	09:00 - 14:00
29 Dec 90	Closed
30 Dec 90	Closed
31 Dec 90	09:00 - 16:00
1 Jan 91	Closed
2 Jan 91	09:00 - 16:00

Public announcements

Base Library Hours
Building 10
Monday 1100-1300 hrs
1800-2100 hrs
Tuesday 1800-2100 hrs
Wednesday 1100-1300 hrs
Thursday 1800-2100 hrs

Indoor Soccer Training

Anyone interested in playing Indoor Soccer is welcome to come out to the Base Gym, Wednesdays at 2000 hrs. For further info contact MCpl David Rothermund at loc 8315.

Entrainment au Soccer Interieur

Tous ceux et celles interess(es) a jouer au soccer interieur sont les bienvenus au gymnase de la base mercredi, a 2000 hrs. Pour plus ample renseignements contacter MCpl David Rothermund au local 8315.

Ball Hockey Players Wanted

Anyone interested in playing Ball Hockey on the Base Team is urged to contact Cpl Herle at loc 8505 or MCpl Rothermund at loc 8315. Practices will commence in early Jan 91.

On Recherche des Joueurs de Hockey Ball

Tous ceux et celles interess(es) a jouer au hockey balle pour l'equipe de la base, contacter le plus rapidement possible Cpl Herle au local 8505 ou MCpl Rothermund au local 8315. Les pratiques vont debutees au debut de janvier 1991.

Christmas Holiday Hours Gymnasium

17-21 Dec Normal routine
22-23 Dec 1300-1600 hrs
1830-2000 hrs
24 Dec 1000-1500 hrs
25-26 Dec Closed
27-28 Dec 1000-1500 hrs
29-30 Dec 1300-1600 hrs
1830-2000 hrs
31 Dec 1000-1500 hrs
01 Jan Closed
02 Jan 1000-1500 hrs
03 Jan Normal Routine

Christmas Holidays Arena

Schedule for Public Skating
24 Dec 1000-1200 hrs
25-26 Dec Closed
27,28,29 Dec 1200-1400
30 Dec Hockey Tournament (No public skating)
31 Dec 1000-1200 hrs
01 Jan Closed
2,3,4 Jan 1200-1400 hrs
05 Jan Hockey Tournament (No public skating)



WO & Sgt's Wives Club

President Jackie Symes opened the Dec 10th meeting with welcoming everyone, and the introduction of guests.

It was announced that there are tickets for sale for the lovely "Victorian Mr. and Mrs. Claus", created by Rozlyn Turcotte (to be drawn at the PMC Bingo, Sat, Dec 15).

Jolly Ole St. Nicolas arrived and assisted with the gift exchange to all.

Christmas carols were played, and the sharing of good cheer was had by all.

The door prize was won by Sandy Pettipaw and the 50/50 was won by Yvonne Doherty.

The entertainment committee created fabulous wee choir and angelic figurine centerpieces; won at each of the tables.

The next meeting is the 14th Jan 91! See you all then.

Wishing the safest and merriest of the Season's festivities to you and yours.



Welcome Home to Moose Jaw!

All former students and staff of Moose Jaw Technical High School Tech Oxford Collegiate, Canadian Vocational Training School and A.E. Peacock Technical (Collegiate) will celebrate the Diamond Jubilee of their school on August 1 to 4, 1991.

Send your name and address, and those of your friends and relatives, and we'll send full details of this historic event.

A Lit, parties, sports, banquet and dance, and more will fill the four days.

MAIL YOUR LIST TODAY to:

A.E. Peacock Collegiate
145 Ross Street East
Moose Jaw, Saskatchewan
S6H 0S3
Phone: (306)693-4626

May Every Ride Reveal Your

Xpert Motoring And Safety

R. Carol Caretaker Quadra

CWL Thrift Shop Closed until 10 Jan 1991.

Thank you everyone -- see you in the New Year.



Network Classifieds

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

<p>AUTOMOTIVE "Owners/Operators" The GST will add 7% to your up-front cost. Save that cash commitment, buy before December 31, 1990. We have a full selection of medium and heavy duty trucks, GMC Trucks, Volvo GM Trucks, Pacific GMC Ltd., 1090 Loughheed Hwy., Coquitlam, (604)525-4566.</p> <p>BUSINESS OPPORTUNITIES Need a place to sell your jewellery, crafts and giftware at a wholesale level? Call Calgary Gift & Fashion Accessories Show (403)253-9555.</p> <p>Ogopogo Raceway Park Limited Partnership now selling units at \$5,000 per unit, minimum 5 units per subscriber. Excellent tax considerations. For information contact 670 Evans Court, Kelowna, B.C., V1X 6G4. Phone (604)765-7726. Offering memorandum available.</p> <p>YOUR SHIP HAS COME IN. Don't get caught at the airport. Call: (604)845-7577 for 24-hour recorded message. It could make you rich.</p> <p>New to Western Canada. Pizza licensed shops offering ground floor opportunities in B.C. \$15,000 required. (604)921-7393 or Interior (604)768-3592.</p> <p>MOVING! Must sell. Established yarn shop. Only 1 left in Burnaby. Serious inquiries only. Have acre in 103 Mile House on lake, willing to trade for property elsewhere. (example Gulf Islands, etc.) 299-2522.</p>	<p>BUSINESS OPPORTUNITIES Tired of making other people rich? Distributorships available throughout B.C. No selling, established accounts, training provided, vehicle required, income \$50,000 +. Investment \$9800. 965-0337, 8:30 a.m. - 5 p.m.</p> <p>CAREERS "AAA" Girls can earn \$3,000 week. Free accommodation. Dance instruction. Your golden opportunity may be in this field. Amateur dancers phone (604)376-8811, Village Hotel, Kamloops.</p> <p>COMPUTERS ALMOST FREE SOFTWARE for IBM-PC and compatibles. Thousands of files. Send, phone or fax for FREE DISK catalogue to GD SOFTWARE, 518 Wiley St., Thunder Bay, Ont., P7C 3N3. Phone (807)623-8992. Fax (807)623-6261. 24 hrs/7 days.</p> <p>EDUCATION 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>CHEF TRAINING PROGRAM. Make your future financially secure. Join Canada's fastest growing industry. Cooking is a recession-proof career. Short intensive training. Easy financial terms. Gov't funding. PIERRE DUBRULLE CULINARY SCHOOL. 798-3195. CALL-FREE IN B.C. 1-800-667-7268.</p>	<p>EDUCATION 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>EQUIPMENT & MACHINERY TRACKLESS MODEL M.T. 2-wheel hydrostatic drive, articulated steering, front mount-50" wide snow blower, 50" sidewalk V-plow, 60" industrial mower deck, 4-cylinder Continental gas, R.O.P.S. canopy, lights, heater, etc. All excellent condition. Replacement \$50,000+, first \$8,500 takes. Brian, (604)338-9856.</p> <p>FOR SALE MISC SHEEPSKIN PRODUCTS for Xmas. Australian slippers, warm gloves, mitts, hats. Your choice, only \$49. Also rugs, car seat covers from \$79. C/C orders toll-free 1-800-667-2261.</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>THE ULTIMATE GARDENER'S STORE, 1,000's of products, greenhouses, hydroponics, huge book selection. \$4 for catalogue full of money saving coupons. Western Water Farms, #103, 20120-64th Ave., Langley, B.C., V3A 4P7.</p> <p>NEWEST RELEASE. 1991'S Opportunity Bible, \$19.95. Over 150 pages, limited quantity. Information: M&M Enterprises, P.O. #1409 Mount Forest, Ontario, N0G 2L0. Information (519)323-3896, ext. 1991.</p>	<p>FOR SALE MISC HUSBANDS WANTED - Due to special purchase situation Singer Sewing Machine is offering for sale to the public a limited number of new special 1990 heavy duty sewing machines. These machines are industrial strength and sew from denim to silk even LEATHER. Regular seams, blind hem, automatic button holes, monograms, applique and more. These machines are suitable for home, professional or school room sewing. 25 year extended warranty. Your price with this ad \$299. price after sale \$499. SERGERS*** with differential feed. We are also offering a new special 1990 differential feed four thread serger. Sewes four threads, three thread rolled hems, blind hems, stretch waist bands, gathering and more. Your price \$599. Price after sale \$999. Cheque, cash or credit cards welcome. Effective 11 December 24 at these Singer Sewing Centres only, Coquitlam Centre Mall (604)944-1119, Richmond, 4580 No.3 Road, (604)270-2521. CUT OF TOWN ORDERS BY PHONE.</p> <p>New catalogue \$1. Over 100 Canadian craft patterns. Doorstops \$5, plunger covers \$6, mopp dolls \$4.50, 33" Santa \$6, mouse, goose and more. Sew Proud, R.R.#3, Chester Basin, N.S. B0J 1K0.</p>	<p>LIVESTOCK Cows Wanted! McClary Stockyards - Abbotsford. 16 Packer Buyers - Excellent Feeder Cow Outlet. Send your cows to B.C.'s best cow market. Phone now 859-2381. Charlie McClary 854-0908.</p> <p>PERSONALS GET A CREDIT CARD - Instant \$1,500 credit, cash advances, guaranteed approval. For application send addressed stamped envelope. ADVANTAGECARD, 718 Main St. East, Hamilton, Ontario. L8M 1K9.</p> <p>CHRISTIAN DATALINE. We provide responsible, confidential introduction services. Canada-wide. We are dedicated to Christian principles and initiating meaningful relationships. B.C. contact: Box 1682, Station "A" KELOWNA, V1Y 8M3.</p> <p>SERVICES MAJOR ICBC and injury claims. Joel A. Wener trial lawyer for 22 years. Call collect: (604)736-5500. Contingency fees available. Injured in B.C. only.</p> <p>TRAVEL 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>*** 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>
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108 Comm Flt. Reunion

You are invited to attend the 108 Comm. Flight Reunion, to be held in Greenwood, N.S., from 11th to 14 October, 1991.

This is the second reunion of 108 Comm. Flight to be held in thirty-five years. We are hoping that the participation for this reunion will outmatch the first reunion that was held in Ottawa in Sep, 1986. It certainly is a great occasion to renew old friendships and reminisce about old times working with Canada's first Helicopter Squadron. This Helicopter Squadron was formed to help construct the Mid Canada Radar Defence Line during the late fifties.

The highlights of this commemorative weekend will be the Friday afternoon/evening, "Meet & Greet", with other events to follow on Saturday such as wining, dining and dancing. On

VOLKSWALK!

Comox Glacier Wanderers held their annual meeting on 20 Nov 90. All executive kept their positions for another year.

The new Volkswalk for 1991 will start with our event walk on 1 Jan 91, beginning from 1000 hrs to 1200 hrs at the Port Augusta.

Our New year walk for Courtenay will be held on Sun 6 Jan 91, start point at the Arbutus Hotel from 1000 hrs to 1200 hrs. Come out and join us. For more info call 339-3982.

Sunday, a Thanksgiving dinner will be served.

It is anticipated that \$75 per person, (excluding motels), will cover the cost of the planned activities.

Since invitations were sent out in early Nov 90 to personnel on our last reunion's nominal roll, an early response and confirmation would be appreciated so the planned activities can be arranged, etc., also motel reservations can be made.

Those who did not receive an invitation, please contact the following:

108 Comm. Flight Reunion Committee
P.O. Box 453
Greenwood, N.S. B0P 1N0
or phone Bob Holmes (902) 765-4219 or Ken McLean (902) 538-3224.

Bodner Wins Curling

The CFB Comox curling playdowns were wrapped up on Tues 11 Dec with the Bodner foursome coming out on top. The rink, consisting of Chris Bodner, Skip, Mel Clisby, Third, Rick Urban, second, and Paul Coull, Lead, will be heading for Esquimalt in Jan for the regional playdowns. We wish them the best of luck and we're sure they'll return with the trophy. The national playdowns are scheduled for mid March in CFS Carp, Ont.

On and off base

Red One Presents

Chapel Presentations



(L-R) Alan Brown, Chapel Committee Chairman, presented a cheque to Majors Winston and Cora Dodge for the Salvation Army Christmas Hamper Fund.



(L-R) Padre Bob and Alan ("Red One") Brown present a cheque to Mrs. Hella Reba to "Gifts for Teens."

Padre Bob - Chapel News

The Chapel has been a beehive of activity over this past couple of weeks as evident in the accompanying photos when the Chapel Committee Chairman and I had the privilege of making donations on behalf of the congregation to two local charities.

On Sun, 9 Dec, around twenty folks gathered to decorate the Chapel for the Christmas Season. After the tree was decorated, the pew markers made and placed, we came up with an interesting problem. In preparing for our Congregational Christmas Dinner, which would follow the service the next day, we decided to move pews forward to allow us to set up tables at the back, but with around a hundred and fifteen expected we needed seating at the tables but also seating for the service. What a great problem to have!

It all worked out wonderfully on Sunday as the Congregation gathered near the front of the Chapel to hear Kevin Mercer talk about Wider Missions activities, to which we direct a goodly portion of our offerings. The choir, who have been providing an anthem each week during Advent, sang a beautiful hymn while accompanied by Melanie on the piano and a guest flautist, Nicole. Following the service, tables were placed in the centre aisle and once again the ladies of the Con-

gregation generously supplied rolls, salads and hot vegetables. At the far end, under the direction and tutelage of Sandy Cochrane, the turkeys were carved and served up along with the stuffing and gravy by Al, Kevin and Tom. That centre table was refilled with desserts following our main course. A very exciting and enjoyable time was had by all, and we thank all who helped out so willingly.

This past Sunday we held our Christmas Pageant/White Gift Sunday. Under the direction of Debbie and Mike Parks, our Sunday School Superintendents, Liz and Dave Basham and Linda Dore, our teachers, the children told the Congregation the Good News of the First Christmas. The shepherds sure had their hands full! The sheep, goats and cows were being good and not coveting but being "in character" they did roam around a bit. As the Wise Men brought gifts to the Christ Child, the Congregation followed, presenting our Offerings and White Gifts. On Monday, a trip was taken back to the Comox Valley Toy Shoppe and to the Comox Valley food bank to deliver the white gifts that had been given. The casting department must be congratulated as places were carefully chosen for each of the performers from our Sunday School, which continues

to grow in our little annex. Thanks also to the girls and boys who took part in reminding us of the true spirit of Christmas.

We have also received our first response to the Christmas cards sent over to the Persian Gulf by Liz Basham and class. A card came from a member of 3 RCR who tells a bit of the conditions there and his role but then added the following:

"P.S. We have got mail from the American Troops given to them by American schoolkids. It was really super to get mail from Canadian kids. Really Super!"

He signed it "Your friend in the Army" and his name. Bravo Zulu to Liz Basham and her class!

Services will be held as follows:

- Sun 23 Dec 1100 hrs Regular Worship
- Mon 24 Dec 1930 hrs Family Candlelight Carol Service
- 2330 hrs Christmas Eve Communion Service
- Sun 30 Dec 1100 hrs Regular

We have prepared for a good turn out on Christmas Eve, making sure that all of the pews are accessible and there are chairs available if we need them so don't feel shy about bringing along visiting family or friends.

Let me take this opportunity to wish each of you a very Merry Christmas and all the best of the New Year.

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
Open at 1200 hrs



NEW YEARS DAY LEVEE

Open at noon with the band 'Reminders' for your entertainment. Light lunch available with the Famous Moose Milk. Cost: New Year's Eve Dance ticket stub or \$3.00 at the door.

A Merry Christmas wish from the Junior Ranks Committee and Staff to all Junior Ranks members and families. Hope to see you at the New Year's Eve Dance.

The Junior Ranks Children's Christmas was a success. We wish to thank Ryan's Vending Machine, Overwaitea and Coca Cola for their donations.

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



On the base



A Message from Padre J.G.A. Veilleux

contained in the incredible message that Jesus brought with him. A two-fold message. FIRST, IT IS THE "GOOD NEWS" that the Great God of Heaven and Earth (some call him Allah), loves us - each one of us - without exception or reservation. He loves you, He loves me, He loves Saddam Hussein as much as He loves George Bush. He loves all those who suffer also, including the millions of children we let die of starvation. SECOND, He not only loves all of us, but since He is our Father, we are all brothers and sisters.

It is this incredible message that Christmas is all about. It is this incredible message that will continue to change the world.

To all who have received the message and try to live the message, to all "people of good will" peace and joy, during this Christmas season and throughout the New Year.

A man was bringing back a Nativity Set from the Holy Land. Because of extremely tight airport security each figure, even the Baby Jesus, was checked and X-rayed. An apologetic Customs Officer said, "We have to be sure there's nothing explosive in this set." Little did he suspect that the set contained the most explosive power in the world. Infinitely greater than the combined nuclear power of the United States and the Soviet Union.

What is this power? It is the power that Jesus brought with him into the world on that first Christmas night. It is the power

MAG CWO Visits



MAG Chief CWO Ainsworth was presented with an Airshow '90 picture by Base Chief CWO Doherty on his recent visit to CFB Comox.

CFB Portage La Prairie: Site for privatized pilot training.

The Honourable Charles Mayer, Minister of Western Economic Diversification, announced today on behalf of the Honourable Bill McKnight, Minister of National Defence, that CFB Portage la Prairie will remain the site for flight training when some elements of Canadian Forces pilot training are privatized.

CFB Portage la Prairie has been targeted for closure as a result of the 1989-90 Defence Budget cuts amounting to \$3.4 billion. Today's decision will revitalize Portage la Prairie as an operational civil aerodrome.

"CFB Portage la Prairie is an ideal site," said Mr. Mayer, "offering extensive training and runway facilities, accommodation, recreation facilities, an abundance of non-commercial air space and excellent flying weather."

Mr. Mayer further added that "the efforts by the Portage la Prairie community to ensure a future for CFB Portage cannot be emphasized enough. The com-

munity has been working diligently toward marketing the many advantages of the base and the area."

"The decision to maintain elements of CF primary flight training at CFB Portage la Prairie after the base closes as a military facility will allow us to meet our operational requirements without

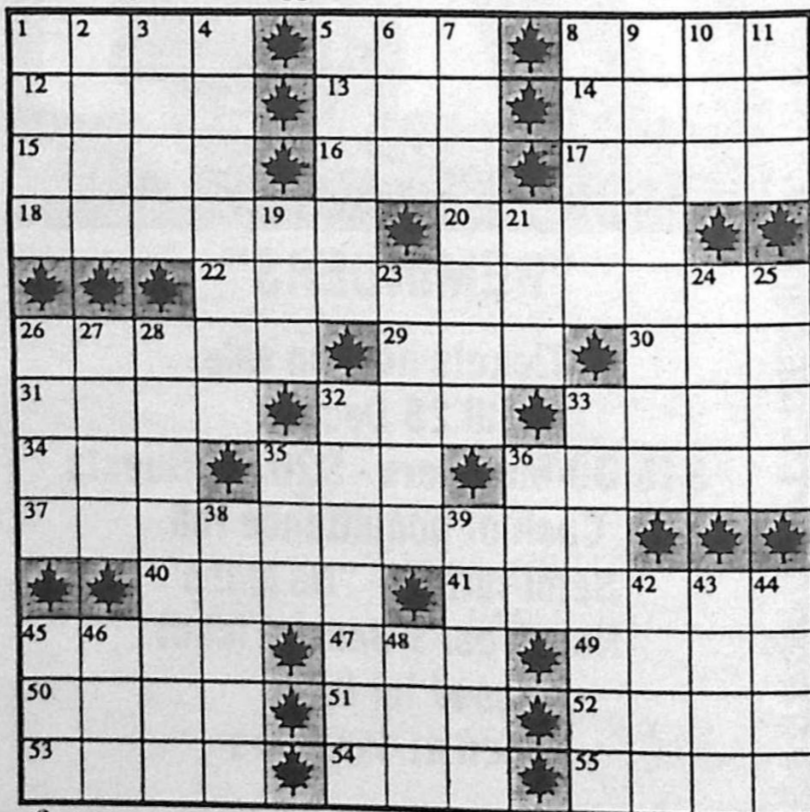
significant disruption," said Mr. McKnight.

Requests for Proposal are being prepared for submission to industry in the near future. Some 30 potential contractors ranging from flying clubs to large Canadian and international corporations are expected to submit bids.

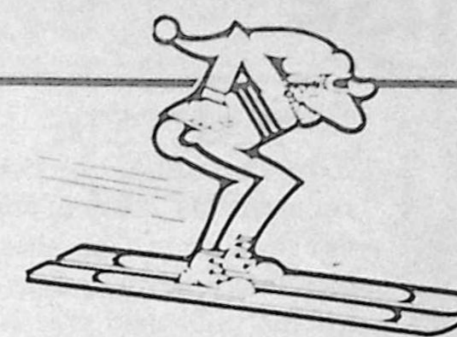
Canadian Crossword

By Rick McConnell Solution on page 24

- | | | | |
|--------------------------------------|-----------------------------|-------------------------|------------------------------|
| ACROSS | plant | 54. Decimal base | cousin |
| 1. "Thanks _____!" | 32. Dined | 55. To be in Taibi Lake | 26. E. Indian persimmon |
| 5. Gunsmoke character | 33. Dirk | DOWN | 27. Elizabeth variation |
| 8. Prayer ending | 34. Southern force (abbr.) | 1. Copier | 28. B.C. range |
| 12. Liquid conveyor | 35. Drink cooler | 2. Type of Performance | 32. Circus performer |
| 13. Tokyo, once | 36. "That's _____!" (gross) | 3. Mid-east cartel | 33. Water |
| 14. Additional | 37. Nickelback vale, B.C. | 4. Defensible | 35. Past tense suffix |
| 15. Not odd | 40. Part of S-M | 5. Van Isle falls | 36. Patty Hearst's abductors |
| 16. Fleeing | 41. Cows | 6. Harem room | 38. Attendant |
| 17. Arrow poison | 45. Montrealer | 7. Vie | 39. Alta. pipeline town |
| 18. Remember | 47. Stocking in Stoneham | 8. Mennonite | 42. Edmonton college (abbr.) |
| 20. Mail | 49. Diamond bag | 9. Val D'or's Lac | 43. Russian leader |
| 22. Nickelback tor lake, in AB or MN | 50. Curved moulding | 10. Before | 44. Shrivelled |
| 26. "Glider's" landing spot | 51. Fuss | 11. Born | 45. Cry |
| 29. Baseball's Mel | 52. Dishonest one | 19. Islands souvenir | 46. Era |
| 30. Present in Scotland | 53. Pickling veggie | 21. Table scrap | 48. Summer drink |
| 31. Healing | | 23. Cast a ballot | |
| | | 24. Stead | |
| | | 25. Onion | |



Recreation



CFB Comox Ski Club Back in Full Swing.

Greetings fellow skiers!! Now that the ski season is almost upon us once again, here is a highlight of the many activities planned for the upcoming season. Memberships will continue to be available throughout the season for the benefit of those people that missed our Meet and Greet of 3 Oct 90.

tain at a cost of \$5. Given the prices elsewhere in the Valley for the same service, you can't beat it.

Although the trip to Silver Star in Vernon will be underway by the time this article goes to print, we still have plenty of room available for those people wishing to get in on the trip to Whistler. This is a great trip for \$340 per person. You get three nights lodgings at the luxurious Glacier Lodge at Whistler Village, a three day dual mountain pass (Whistler/Blackcomb) and your bus and ferry charges pre-paid. We will also be providing box lunches for the bus trip (return). Anyone wishing more information may contact Mrs. Karen Bodner at 339-8469.

Our first ski day has been planned for 12 Dec 90 at Mt. Washington. Although the registration forms have hit the streets, it's not too late to buy your club membership in order to take advantage of this deal; and what a deal it is... For more information concerning this ski day you may contact any one of the ski club executive listed below. You have a number of packages available to you on the registration form. You can rent, take a lesson and get your lift ticket all for \$22 or choose one of the other packages if you've already got your equipment. A bus is also available to take you to and from the moun-

We have plenty more ski days planned for both Mt. Washington and Forbidden Plateau over the coming season. Given the amount of rain we've been having in the Valley as of late, if any of it is translating into snow, we should be out on the slopes in no time at

all!
Our NEWLY DESIGNED CLUB SWEATSHIRTS are now in. They're coming to us this year at an exceptional price of \$18 and may be seen by approaching anyone on the executive. The design on the front of this sweat-shirt you will find exclusive to the Club. The colors are really "radical" and I'm sure they'd make nice Christmas gifts so place your order today.

If anyone wishes more information concerning the Base Ski Club, you may contact anyone of the following people:

- Lt Auger, BSUP/SCO, HQ Bldg, loc 8249.
- Sgt MacNeil, BAMSOR, 7 Hgr, loc 8233.
- Cpl Lavigne, VU33 Sqn, 7 Hgr.
- MCpl Gewb, 407 Sqn Serv, 7 Hgr, loc 8534.
- LS Higdon, Gen Stores, loc 8255.
- Mrs. Bodner, BITO/BPSO, Bldg 22, loc 8469.
- Until next time...think snow!

LEGION LOG



BRANCH 17 COULLENAY

ENTERTAINMENT
Fri & Sat 21 & 22 Dec Music by El Durado
Fri & Sat 28 & 29 Dec Music by Countrymen
Fri & Sat 04 & 05 Jan Music by Shaboom

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM
MONDAY.....FUN EUCHRE
TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 6:30PM
SATURDAY.....FUN BRIDGE AT 12:30

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

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

EVENTS

MONDAY 31 DECEMBER NEW YEARS EVE
Music by Westwind
Tickets by Reservation \$20 Per Person

SATURDAY 19 JANUARY Branch & L.A. Joint
Installation of Officers
Supper 7:00. Dance to Westwind 9:00
Tickets Available at Bar \$5.00

SPORTS
SUNDAY 27 JANUARY Next Fun Crib

BRANCH 160 COMOX

ENTERTAINMENT
Fri 21 Dec Music by Shaboom
Fri 28 Dec Music by Alleycats
Fri 4 Jan Music by Westwind
Fri 11 Jan Music by Full House
Fri 18 Jan Music by Shaboom

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
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 LEVEE, Lounge. 2-4 pm. BIG BAND MUSIC 3-5 pm. Members & Guests.

SUNDAY JAN 6 - CRIB TOURNAMENT. Upper Hall. 1p m Reg.\$5.

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

Food for Thought

Energy First.
Your body needs adequate food energy to function well. The principles which follow apply to everyone. But they are even more important for people who are physically active.

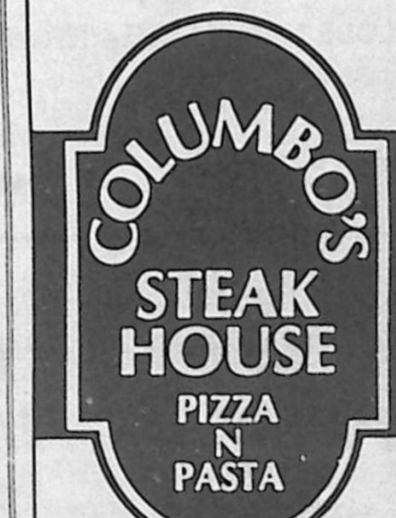
Variety.
For proper nutrition, make sure that you eat foods from these four groups:
1. Milk products - milk, cheese, yogurt, ice cream etc...
2. Meats - beef, chicken, fish and other sources of protein (such as baked beans, nuts, peanut but-

ter, eggs).
3. Cereals - enriched and whole grain breads and cereals.
4. Fruits, vegetables and their juices.

Everyday take two servings from groups 1 and 2 and four servings from groups 3 and 4.
Getting Started!
It's good to wait 2 or 3 hours after a meal before your physical activity. Ideally, your meal before activity should include a lot of carbohydrates (whole grain breads, pasta, cereals, fruits and vegetables), and food with small

amounts of fat and protein. For example, cereal with skimmed milk and fruit, spaghetti with tomato sauce, or bread with a little peanut butter and a glass of fruit juice.
End Result!
With proper nutrition, sufficient sleep and well-balanced exercise, you may one day drive your local PERI into the ground or at the very least leave him behind a cloud of dust! For additional info on nutrition simply contact your friendly neighborhood PERI Cpl Savard at the Rec Centre.

OPEN 7 DAYS A WEEK



338-1488
FREE DELIVERY

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

Fitness for Life!

To be physically fit entails many things. Primarily it involves sacrificing a lot of personal time on a consistent basis to achieve your personal goals. There should be a lot of available activities to engage yourself in so that you can really benefit on every workout. The good news is that there is! Here is a list of the many available:

Swimming, jogging, cycling, walking, skiing, tennis, squash, basketball, badminton, baseball, volleyball, soccer, football,

mountain climbing, circuit training, bodybuilding etc... Some exercises are far better than others at getting you fit but the thing to remember is that any exercise is better than none at all! To try any one of them and specialize in that particular sport can prove to be a lot of fun and also worthwhile in achieving fitness for life!
Now let's get out there, try some of these activities, find out what we like and enjoy a healthier lifestyle in the long run. Good luck.

Support Your Comox Air Force Museum Bingo Night

16:30 18:30 Every Tuesday
at the Bingo Palace
behind the Driftwood Mall

BASE SOCIAL CENTRE

Seasons Greetings:
Merry Christmas Everyone!

- 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.

- Why? - Close to the Base;
- Well priced/excellent snack bar;
- Well maintained;
- Very scenic.

Where? - Just off Knight Road, next to the golf course, just a few minutes from the Base.

So drop by and see us or book your party now!

INFO 8720

BOXING DAY
20%-40% OFF
MANY SELECTED ITEMS
CANEX

On and off base

Correction

Lt Farley receives CDS Award.



The Lieutenant-Governor of British Columbia, David C. Lam, recently conferred a CDS Commendation to Lt K.M.J. Farley, BPSO, for his conduct while at personal risk at CFB Shilo on 29 Jul 1987. Base Commander Col J.E. McGee attended the presentation.

WANTED:

Your personal births, engagement, wedding and death announcements, including photos. These will be published free of charge to all DND personnel and Civilian employees, retired DND personnel and RCMP.

Scouts

Bottle Drive - 1st Lazo Scouts will be canvassing the PMQ area Sat 12 Jan 90 between 10-1. Please leave bottles or cans on the step if you don't wish to be disturbed.

1st Lazo Scout Troop requires a female leader. If interested or for more info call Rob at local 8302 or 339-2632.

Smitty's COMOX FAMILY RESTAURANT

SUPPER with SANTA
Dec. 22 & 23 4:30-8 pm

DINNER SPECIALS DEC.
Veal Cordon Gold
Chicken Polynesian
Sirloin Steak Oscar
Veal Pot Pie
Shrimp Calcutta with Rice
Fisherman's Sole Fillet Oscar
Honey Baked Chicken 'n Ribs

All entrees include Caesar salad or homemade soup, vegetables, choice of potatoes or rice pilaf, & house dessert.

\$7.65 - \$9.25

SUPPER WITH SANTA

Please reserve early

- Adults \$8.95
- Seniors \$6.35
- Kids \$3.95



On and off base

Dog Talk



by Gerry Gerow

New Doggy for Christmas

Many families acquire a new doggy at Christmas time. Sometimes this is good, sometimes bad. Often when the newness wears off the animals are sadly neglected. Don't let this happen to you.

Only one book this week. The Complete Bichon Frise, by Barbara B. Stubbs, Collier Macmillan, Canada, Don Mills, Ont. Cdn \$30.75.

This is a really impressive book. Hard covered with 280 pages, and well illustrated with around 200 photos and line drawings.

The breed history is well covered. I always find the breed history the most interesting part of this type of book. The author has left nothing out. The breed standards are all here, including the Canadian one. If you own a Bichon Frise or are thinking of getting one of these small furry white dogs, then you should have this book.

It is just recently published, but should be in the book and pet stores by now.

classes are better than others, but all are useful.

Don't make the mistake of thinking you will take your doggy to obedience classes and the trainers will train him. That's not how it works. The trainers teach you how to train your dog. You have to be willing to give your doggy one half to one hour every day, between the weekly classes. To do otherwise simply wastes your time and money, at the classes. But if you do your bit, at the end of the 10-12 weeks of classes your dog will be heeling, sitting and staying in an excellent fashion. It is at this time that you have to make the decision to leave it at that, or spend the rest of your days putting this and other dogs through the various levels of obedience. It can be a lot of fun.

Many dogs are surrendered to the SPCA because of bad habits. But, if their owners had paid proper attention when they were young, these bad habits would never have developed.

In my mind there is no substitute for basic obedience classes when your dog is young. Some

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The CFB Penhold Warrant Officers' & Sergeants' Mess is hosting their seventh annual Western Canada Bonspiel from 31 Jan - 3 Feb 91.

Entry fee is \$130 per rink. As the draw is limited to thirty-two teams, application will be accepted on a first-come, first-serve basis.

This Mess is interested in sponsoring two teams to attend the event by paying the entry fees.

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Personnel interested are to put their names on the registration sheet at the Mess.

Personnel having any queries are requested to contact WO Reg Lavoie, loc 8520.

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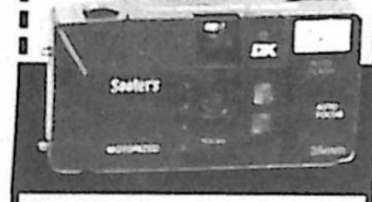
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