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Friendly Fliers
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Trivia
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TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 33 NO 04 21 FEBRUARY 1991

NEXT DEADLINE 04 MARCH 1991

COST: PRICELESS

Family Support Centre

Open House

Has your spouse been posted to Cyprus, Golan or Alert? Is he/she part of the Gulf War, on course, or on Temporary Duty elsewhere? Or do you live in the Comox Valley, while your loved one works in Holberg? If you answer yes to any of the above questions, perhaps we at the Family Support Centre can be of some assistance to you and your family. With the reactivation of the Family Support Centre, we have had many offers of help for families separated due to military commitments.

CWO Doherty and his Section can arrange for help if you have troubles in or around your home. This applies if you live off Base as well. The Base Auto Hobby Club will give assistance if there are car problems, and the Catholic Women's League will babysit if you have a doctor's appointment, hair appointment, etc. If you need transportation, and don't drive, we can help you too. We are also looking for ladies who are interested in babysitting, casually, on an hourly basis or perhaps for up to a week or so.

Please consider the questionnaire on page 11. Advise us if anything interests you, or if you have suggestions. We welcome them.

We would like to thank everyone who attended our Open House on February 14. Approximately 75 people participated, including military members and families. A special thanks to Lt. Pitcher and his staff for the lovely refreshments they provided, and to Base Photo for a splendid job.



Tanna played while her mum and dad visited the Family Support Centre Open House on Feb 14.

Help is just
a
phone call
away



Employee Assistance Program

TORONTO - Almost a third of employees feel that having to care for children or elderly relatives has limited their career advancement, a Conference Board of Canada survey suggests.

The Conference Board, a non-profit research group, released the latest of its continuing research on work and the family this week.

The results are based on responses from 7,000 private and public-sector employees in seven large organizations across Canada.

The findings are not necessarily representative of the entire Canadian working population, the board said, because the

respondents tended to be better educated than average and had jobs with relatively high status in their organizations.

In the survey conducted between May 1988 and March 1989, family responsibilities were defined as including the care of children and elderly or disabled family members, as well as housework and small household repairs.

Seventeen percent of those surveyed reported turning down promotions and 25 percent rejected transfers because of conflicting work and family demands.

continued on page 2

Open House Muppet

Open House Visitor



Mrs. Donna McGee visited Family Support Director, Holly Liddiard.

On the base

More Help

Employee Assistance Program

continued from page 1

But the study's author, Judy MacBride-King, said in an interview that these percentages may be low because some respondents also said they did not compete for positions that they knew would require moving in the future.

Twelve percent of those surveyed said they left a job because of conflicting work and family demands.

But women were four times more likely than men to report having left a past job because of a conflict, MacBride-King said.

She said respondents reported three major areas in which work clashed with family responsibilities:

Having to relocate, cited by 57 percent.

Working overtime or long hours, cited by 55 percent.

Taking on extra projects or duties, cited by 54 percent.

Again, significantly more women than men said these problems were difficult to deal with, MacBride-King said.



"I think these issues affect organizational efficiency," said MacBride-King, now a consultant in human resources research and planning.

"They affect absenteeism rates, they cause higher turnover, higher stress and maybe lower morale. Also, employees tend sometimes to be there in body and not in mind, so error rates can become a concern at certain times, for example, when parents worry after school about latchkey kids."

Support from a manager or supervisor is essential in achieving a good fit between work and family, she said.

Carol Anderson 8319;
Russ Burns 8625; Bev
Chadderton 8320;
and, Gordon Sherritt
8363

Family Support Centre Open House



The Base Family Support Centre held an Open House day on Feb 14. In attendance were, (L-R) Supervisor Mrs. Colleen Gagnon, Director of Family Support Services, Holly Liddiard, Mrs. Donna McGee, Base Commander Col Jack McGee and Padre Bob Baker.

NEXT DEADLINE 4 MAR

A NEW ERA IN FORESTRY

Our five-year, \$1.4 billion Forest Renewal Program, part of the government's new Taxpayer Protection Plan, opens a new era in forest management in British Columbia. The program adds \$500 million in new money to the amount the government had previously committed for reforestation over the five-year period, 1991-1995. This includes \$100 million allocated by B.C. to the new federal-provincial forest agreement.



INTENSIVE SILVICULTURE

Managing new forests to produce quality trees and a more diverse forest environment - intensive silviculture - is the new focus of the government's Forest Renewal Program. British Columbia will utilize forestry techniques similar to those used in Sweden, adapting them to the unique requirements of our province.

Our program ensures that the remaining "not satisfactorily restocked" or NSR lands in B.C. will be reforested by the end of this decade. This will enable B.C. to redirect its energy and resources into spacing, fertilizing and pruning our second-growth forests.



Government of British Columbia
Ministry of Forests
Honourable Claude Richmond, Minister

NEW JOBS FOR BRITISH COLUMBIANS

Changing the emphasis to intensive silviculture will pay off in new jobs in all regions of the province, particularly in rural areas where the forest industry is a primary employer.

Over the next five years, our Forest Renewal Program is expected to generate thousands of jobs (64,500 person-years of employment). These jobs are crucial - they come at a time when markets are down and forest workers are experiencing layoffs.



ENVIRONMENT AND ECONOMY

Our Forest Renewal Program will maintain the important balance between our environment and our economy. This new era of forestry practices and continuing research will create new permanent jobs in the forest industry and maintain our forests as the number one generator of wealth and economic stability in British Columbia.

For further information, write:
Taxpayer Protection Plan,
Parliament Buildings,
Victoria, B.C. V8V 1X4



Padre Bob

Cheque for Food Bank

What a way to start off Baden-Powell Week! Did anyone miss the parade on Sunday? Sandy Cochrane mimicked the Pied Piper and lead oodles of Beavers, Brownies, Cubs, Guides and Scouts from Airport School to our Chapel for their Baden-Powell/Thinking Day Service.

During the service each group stood and reaffirmed their promises and a Brownie, Cub, Guide and Scout assisted in the service reading our scripture lessons and leading in prayers. In total, seven members of the organization received their First Level of the Religion In Life Emblem. Herb Lightfoot presented each of them with their Emblem and certificate while I had the opportunity to present each with a suitable inscribed copy of the New Testament. For the previous four Mondays we had met to study the requirements and do the homework required for Level One. A lot of effort was involved - well done. To mark the occasion, Mrs. Rosalind Turcotte made a cake decorated like the Level One Religion In Life Emblem. I'm glad I got my picture of it when it arrived, 'cause it sure didn't last long after the service.



At the beginning of February our Chapel Committee Chairman, Al Brown, and I made our



Chapel Committee Chairman, Al Brown (Red Lead) presenting a cheque for \$300 to Linda Goosen of the Comox Valley Food Bank.

way to the Comox Valley Food Bank to present a cheque for \$300, representing the Chapel's 1990 donation to this very worthy local charity. Linda Goosen, one of the volunteers working at the time, volunteered to accept the cheque for 'Red Lead'.

As reported last time, Parents and Tots continues to grow. From all reports, the introductory session on infant CPR was well received by the parents present, and plans are in the works for a four hour certification course. Interest has also been shown in a first aid course, once again directed toward the tots.

In fact, the Parents and Tots has grown enough to have to move out of the Chapel already. This Friday at 10 a.m. they will meet in the newly opened Community Centre next to Canex. As they move they will begin to use the toys sent down from Holberg when the Station closed and will be looking for donations or reasonably priced pre-owned small tricycles, or ride-on toys for

Please note the change in venue. Parents and Tots will meet Friday morning 10 - 11:30 a.m. in the new Community Centre, starting tomorrow.

Another new for your calendar is the World Day of Prayer Service in the following:

Place: St. Peter's Anglican Church, Comox
Time: 1:30 p.m.
Date: 1 March 1991
Babysitting provided.
Refreshments following the service.

See you in Chapel
Padre Bob

On the base

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. Coordinators: 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 Betha Baker 339-0189.

Smitty's Comox
FAMILY RESTAURANT

HOP ON DOWN

DINNER SPECIALS
Feb. 22-28

Chicken Stir Fry with Shrimp	Honey-Garlic Back Ribs (pork)
Seafood Platter	Shepard Pie
Sirloin Steak Oscar	

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

\$765-\$975

SUNDAY NIGHTS
Prime Rib & Yorkshire Pudding \$9.95
or
Roast Turkey Dinner \$8.95
Valentine Winner: Lola Christensen

Smitty's
7 days a week
7:30 a.m. - 10 p.m.
339-3911

CANADIAN FORCES



FORCES CANADIENNES

DO YOU HAVE MORE THAN 15 YEARS OF SERVICE?

If you do and you carry the SISIP Survivor Income Benefit (SIB) - Code S2?? on your pay guide -

review the coverage to ensure it still meets your needs.

If it does not meet your current needs, other SISIP options are available.

Talk to your local SISIP Advisor or call 1-800-267-6681.

VOUS AVEZ PLUS DE 15 ANNEES DE SERVICE?

Si oui, et que vous contribuez à l'Assurance-revenu aux survivants (ARS) du RARM - code de délégation de solde, S-2??,

nous vous conseillons de vous assurer que l'ARS recouvre toujours bien vos besoins.

Si non, d'autres options du RARM pourraient mieux vous satisfaire.

Renseignez-vous auprès de votre aviseur local du RARM ou signalez le 1-800-267-6681.

Editorial

**NORM
BLONDEL**



Collateral Damage

There's a much-used cliché in vogue these days about "truth being the first casualty of war". I'm not so sure about that; the English Language is taking a pounding too. So much so that every major media commentator has had something to say about it. They worry that the euphemisms employed to sanitize the details of war will take up a permanent place in our lexicon.

Words like "atrit", are abominable, to be sure, but I don't think they will be around that long. The English language has endured, partly because of its ability to sort wheat from chaff, and keep what's best. In my forty-odd years of hacking with (and sometimes at) the language, I've seen some awful misuses come and go (did you read our "changes" article in the Feb. 7 edition?), so I'm confident that, the Gulf war notwithstanding, our fine English tongue will suffer no lasting "Collateral Damage".

Reflections of War

Guest Editorial

With war raging in the Persian Gulf it has rightly become difficult, at best, to focus on those many other problems and issues which were occupying so much attention just a few short weeks ago -- matters such as recession and taxes to name just two. Literally overnight the world became quickly acquainted with Scuds and Patriots, not to mention the implications of chemical warfare. And since events have been changing hourly in the war region, it's anyone's guess what lies ahead.

But at such times it is brought home once again how fragile a world we live in. We are reminded that regardless of how one feels about the rights and wrongs of war, that just one leader, when unencumbered with a democratic system of government and armed with an arsenal of weapons, can create havoc and misery for millions of innocent people.

The irony of recent events is that in many respects the latter part of this century has seen the global community changing in ways that just two years ago seemed impossible. Democracy has been on the rise, totalitarianism on the decline. Broader acceptance of human rights is also taking hold, although there is obviously still much work to be done. Furthermore, concern for the environment has been moving from a side issue to a major concern throughout the world. And in an age which has seen countries more interdependent and less isolationist, economic competition, rather than military confrontation has become the norm more often than not. Europe, for example, stands poised on the verge of an exciting and promising new era by fulfilling a long elusive goal - economic unification.

So when we stand back and take time to reflect, there is good reason to feel at least somewhat optimistic about the future. Hopefully, very hopefully, more will be learned from the crisis in the Gulf region for future generations than merely which hightech weapons worked and which did not. Perhaps other dictators will learn that there is a limit to how much pain and hardship they can inflict on other nations, as well as on their own people. And most of all let's hope that diplomacy, guided by reason, understanding and mutual respect for others' views and concerns, will evolve at an even greater pace than our ability and need to build "smart" missiles.

There is a general anxiousness and sadness which crosses all borders when it comes to public attitudes about this war. In Canada our pride in the fine young men and women serving in the area is tempered with our deep concern for their safety. And certainly all reasonable people appear to share the view that the sooner this conflict is resolved, the better.

Terry O'Shaughnessy



Census Canada

Taking Home the Wage Gap

While women may have made progress in terms of career opportunities over the last 3 decades, according to the 1986 Census they are not reaping the financial benefits of that employment. Women still earn 65% of the salaries of men. The impact of this gap between male and female wage levels is particularly acute for lone-parent families headed by women. The next Canadian Census of Population, on June

4th, 1991, will gather new information about the living conditions of women and children.

Decisions about the provision of community services like educational programs and health care which support improvements in the daily lives of women and children are based, in part, on census data. Each year in Canada thousands of children suffer through their parents' marriage break-up. Thirteen percent of all

children live in lone-parent families, most headed by women. The median income of these lone-parent families (\$15,000) is one-third that of two-parent families (\$45,000). Approximately 16% of all Canadian children live in low income families.

As the most complete source of information about the living conditions of women and

continued on page 14

Letters

Ukrainian -Canadians Celebrate

Dear Sir:

In 1991/1992, Ukrainian-Canadians across the country will be celebrating 100 years of Ukrainian settlement in Canada. This historic occasion will be widely celebrated on national, provincial and local levels. Museum exhibitions, travelling displays, musical performances, performing arts festivals, and a trade show from Ukraine, are among the many planned centennial events.

According to Statistics Canada, the official Census Canada (1986) lists the Ukrainian-Canadian group at 961,310. Natural increase to 1989 would have increased the number to 1,000,000, continuing to make Ukrainians the fifth largest ethnic group in Canada, after British, French, German and Italian groups. Approximately 150,000 people of Ukrainian ancestry live in British Columbia.

The trend towards global unification, and the broadening of East/West relations, will truly make the Centennial of Ukrainian immigration a timely event. Our national centennial is a wonderful

occasion for all Canadians of Ukrainian ancestry to say thank you to Canada for 100 years. This once-in-a-lifetime event is a unique chance for all Canadians to get involved. The possibilities are limitless, and the impact can be quite profound.

We would like to extend an invitation to you to celebrate our Centennial with us. We have included your name on our mailing list, and will update you as events unfold. Should you require further information, please contact:

Alexandra Lecia
Polujan-Printz
Promotions and
Communications
British Columbia Ukrainian
Centennial Commission
#1001-2628 Ash Street
Vancouver, BC
V5Z 4K3
Phone: (604)872-7281 (H)
or (604) 736-1117 (O)
Fax: (604) 736-1108
Sincerely,
Mir Huculak
Chairman,
British Columbia
Ukrainian Centennial
Commission

Private Adoptions

Dear Editor:

This community offers terrific services to pregnant teens and other unwed moms who wish to keep their babies. I would also like to present another possible happy ending. There are many couples (my husband and I included) who are desperately seeking a baby to adopt. Most physicians are very willing to get involved in private adoption if a mom decides to offer her baby a life that she cannot provide at this time. In this event, the doctor can show the mom homestudies that he or she has received from couples like ourselves. These homestudies are often done by licensed social workers and include general details about the prospective parent's lifestyle, jobs, philosophies, etc. If the

mom chooses a couple, the details are handled through two lawyers, with bills paid entirely by the adopting couple. One advantage of private adoption is that the mom can make it as open or as anonymous as she desires. There have been lots of situations where the mom has passed along letters or mementos to the adoptive parents for the infant in later years. A few have even interviewed couples and some choose to see the child or request pictures to alleviate some of the emotions that go along with adoption. There are certainly no easy answers for a mom that finds herself in this difficult situation, but don't forget about the adoption option. Adoption can enrich the lives of everyone involved.

Name withheld by request

BC Lung Association

Dear Editor:

The British Columbia Lung Association (BCLA) received a strong show of support for its fight against lung disease with donations to the annual Christmas Seal Campaign reaching the highest total ever.

I would like to thank Comox Valley-area residents for contributing \$20,503 toward the province-wide total of \$1.34 million collected during the campaign that ended January 31, 1991. Donations to the campaign represent a six percent increase over last year's total. The support of your newspaper and your readers was appreciated.

A voluntary health agency with some 130,000 supporters, the association relies on efforts like the annual Christmas Seal Campaign for virtually all of its funding. Major BCLA activities are funding advanced medical research in B.C. and conducting health education programs across the province.

On behalf of the B.C. Lung Association, I thank you for your support.

Sincerely,
Dr. Bernie Riedel,
Volunteer President
British Columbia
Lung Association

Guillain-Barre Syndrome

Dear Sir:

Recently a support group for patients affected with Guillain-Barre Syndrome has been formed. Until now there haven't been any support groups for this disorder in British Columbia. We have organized the support group in order to provide first hand experience, education and en-

couragement to those affected with this illness. Our goal is to let patients and their families know that they are not alone in dealing with the fears and frustrations that can accompany this syndrome.

Guillain-Barre Syndrome is listed under the disorders covered under the Muscular Dystrophy Association of Canada. Informa-

tion can be obtained by contacting the Muscular Dystrophy Association in your area or the Muscular Dystrophy Association in Vancouver.

Dina Kennedy
or Barb Young
Guillain-Barre Support Group
of B.C.

About Trivia

Hangar Doors - Again

Dear Editor:

Reader John Novak's letter in Trivia for 7 Feb 91 states that he doubts that the wider RAF hangars were in use at that time. In answer to that I offer the following facts to support my earlier statement.

The first squadron to be equipped with Stirling aircraft was 7 Squadron RAF on 1 Oct 1940 at Leeming, Yorkshire. The airfield being a pre-war base had Type C hangars with a clearance of 150 feet. On the 29 Oct 1940 the squadron moved to Oakington, Cambridgeshire, this airfield had Type J hangars also

with a clearance of 150 feet. (Refer to enclosed sheet.)

A second unit to receive Stirlings was 15 Squadron RAF at Wyton, Cambridgeshire in March 1941. This also was a pre-war airfield, construction having commenced at the end of 1935. Next to receive Stirlings was 149 Squadron RAF at Mildenhall, Suffolk in October 1941 again a pre-war airfield. Both Wyton and Mildenhall had Type C hangars.

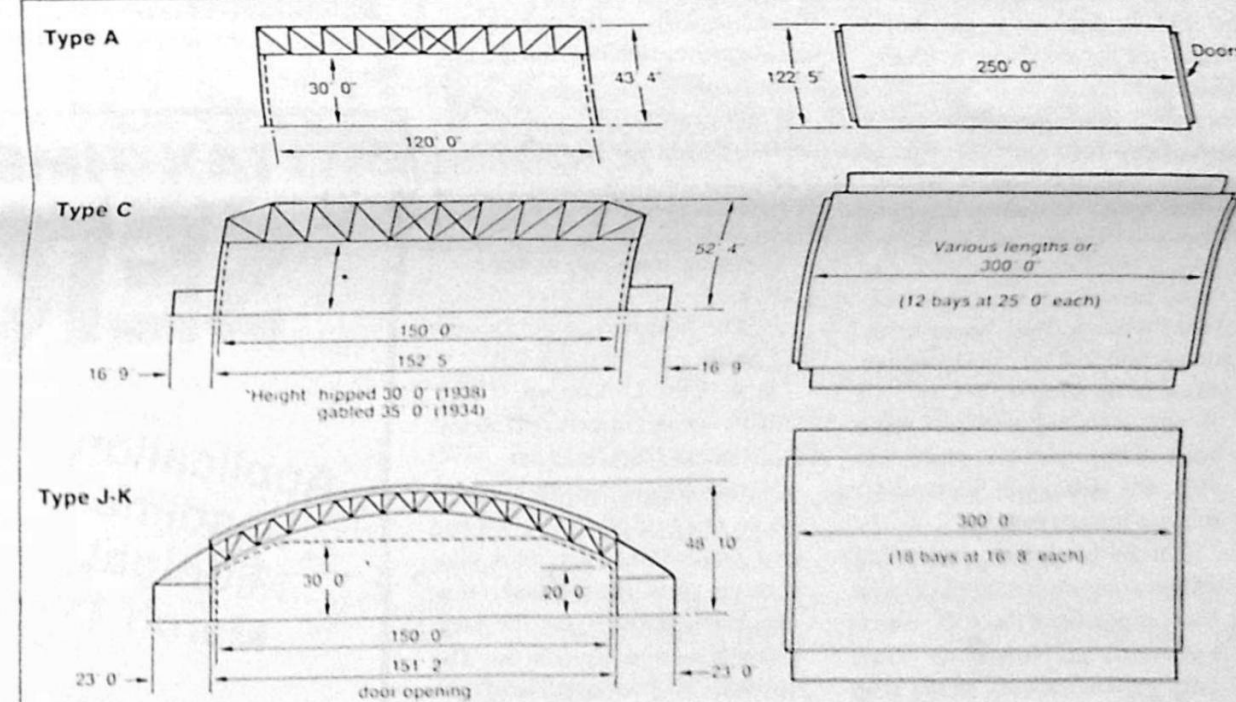
All airfields I have named were known as expansion airfields which were planned in 1934, and were to have concrete and steel Type C hangars. In the

case of Oakington it received Type J hangars as it was commenced in early 1939.

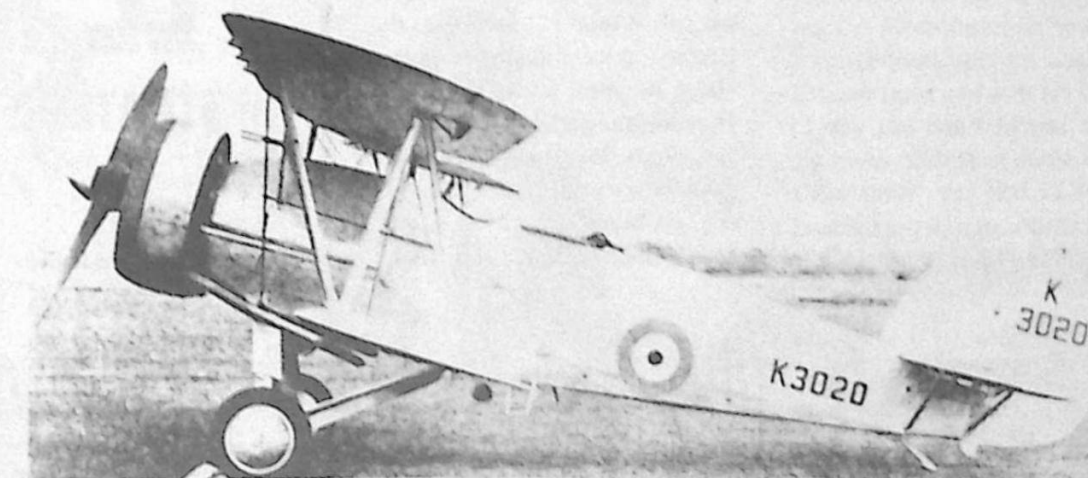
It is worth noting that Lancaster with a span of 102 feet had no trouble fitting into the hangars at Wyton, Oakington and Mildenhall. Halifaxes with a span of 102 feet likewise had no problems at Leeming.

Sincerely,
H.W. Holmes

Hangar Reference: Action
Stations Vol. MJF Bowyer 1979
Stirling Reference: Stirling
File Air Britain 1987



Air Force Trivia



Same family as Jan 24 trivia, different animal.

Trivia Answer: Westland
Lynx HAS.4 in French
Aeronavale markings.

from the
H.W. Holmes collection

TOTEM TIMES

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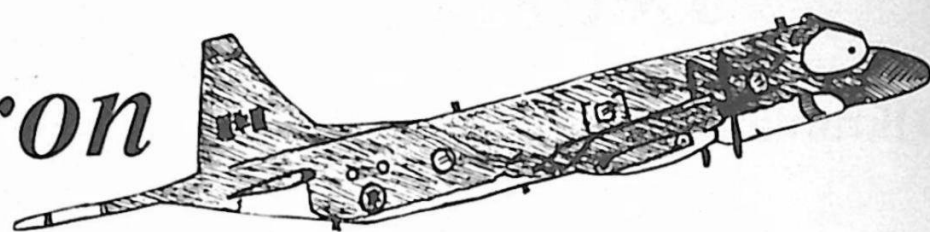
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Section News



407 Squadron



Armament

February, everyone's favourite month, has been reasonably quiet with no new additions to the Armament world. Everyone seemed to have enjoyed the ski day even though it rained, turning the lower slopes into slush.

An Armament luncheon was held on 14 Feb.

Cpl Nielson and Cpl Pillar are on course learning what makes a torp tick - and loving every moment of the great winter weather they have in Greenwood.

Engine Bay

Welcome to another heart wrenching segment of Maintenance/Engine Bay happenings. The personnel changes have almost caught up to that of equipment and aircraft. The Maintenance Marathon continues as 110 is almost out of the barn and 111 is due for a checkup. Thanks guys, we love a challenge.

We bid a fond farewell to Sgt Rivett, Cpl Tessier and Pte Legendre. Welcome to Sgt Jenkins, Cpl's Commandeur, Granter and Prinzing and Pte Sylvestre.

And now, from the other half of the Dynamic Duo, we turn our attention to that tiny but effective corner of the hangar, "E Bay". All of our serviceable spares have been exchanged for unserviceable ones, putting the Techs under the gun to earn their pay.

On the bright side, we would like to congratulate Sgt Duffy on his completion of the ARC supervisors course. Now if we could only get the canteen to stock up on clorets and visine.

The ever effective ATAT rotation has Cpl Wysman in Engine Bay and Cpl (or is that L/S) Berry moving off to AMSE. Don't forget Ervin, the equipment is Cam Green and not Battleship Grey.

And on that low blow we bid you all farewell and ask you to tune in again next time when we hear WO Ervin say "Who will I pick to volunteer to write the next Totem Times Tale?"

DEMON DOINS

The Fighting 407 has just been frantic lately. Crew 3 is off in the southern hemisphere, probably u/s and sitting around the pool waiting for parts. Everyone was relieved to see them go. We were sick of being advised of the current temperature in Australia during every morning Met brief. There was a moment of doubt just days before the trip was to depart. For a few days the Deputy Dog was busier than a one armed paper hanger trying to figure out who was going where, with whom, and when. (Picture Abbott and Costello doing "Who's on first", but with airplanes.) After the dust finally settled we had one airplane and three crews left. The Deputy Dog was overheard saying "Now, if only I could get rid of two more crews, I could figure out this #@*# job."

The annual pilot career mangler visit is finally over with. (Coincidentally, calls to the local suicide prevention hot line are up dramatically.)

Trivia Test

What are the worlds three biggest lies?

- 1) I'm from Ottawa. I'm here to help you.
- 2) Flying tours are at least 3 years long.

3) The best way to get an out of Canada posting is via 404.

P.S. The Unknown Rider (MFP) is definitely off Joey Roadblocks Christmas list.

Crew checks are back again. To no ones surprise, Crew 4 has first place locked up. This may change once the second crew check is complete. By the way, Crew 4 is now known as "The Ice-men". (If you have a hard time remembering this, just think of someone who is cold "all the time".)

Just a few short notes before we call it quits. Goodbye to the Baron - gone but not forgotten since he now lives in BOPS. Here's hoping aileron is surviving the great Mexican adventure. Somehow cycling for 99 miles a day up mountains in 90 degree heat is not my idea of fun.

Tax Tips

It's almost tax time and you figure that since you're entitled to a refund you can take your time in filing your return. But do you honestly want to give the government an interest-free loan until you file? Delaying filing is simply a case of bad financial management.

Worse still are those who procrastinate and delay filing returns for years. Although there usually aren't any penalties per

se, you could lose claim to any refund if you don't file within a certain time frame.

Under section 164 of the Income Tax Act, a taxpayer may be entitled to a refund provided that the return is filed within three years beginning from December 31 of the tax year, not from April 30 of the following year.

Indeed, cases have been tabled of people losing years of tax funds

continued on page 23

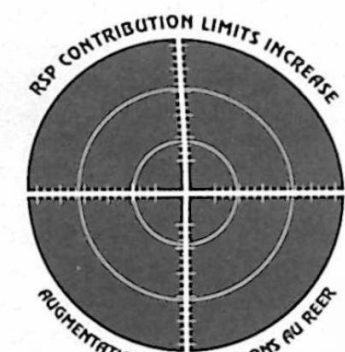
407 supports Hospice



CO 407, LCol Chester presented a cheque recently to the Hospice Society's Hope Spencer and Grant Fiddy.

TAX TIME DEFENCE STRATEGY
SERVICE RSP

Application
Deadline
Midnight
March 1



Application
Deadline
Midnight
March 1

LE REER MILITAIRE
STRATÉGIE DE DÉFENSE À L'HEURE DES IMPÔTS

The ceiling on RSP contributions increases for the 1991 taxation year. This means you can deposit now for the 1991 taxation year and benefit from tax-sheltered interest compounding.

For individuals participating in a Defined Benefit Pension Plan such as Service Members and Civil Servants the new limit is 18% of 1990 pensionable earnings to a maximum of \$11,500, whichever is less, minus your Pension Adjustment.

The Pension Adjustment is the deemed value of your pension accrual for the previous year which will be reported by your employer on your T-4 slip.

Under the new rules, you can also carry forward unused contributions for up to seven years.

The Service RSP is administered by Canada Trust - a leader in RSPs - and gives you ...

- bonus rate on savings and certificate options
- Investment choice: savings, investment certificates, mutual funds
- interest from day of deposit
- no commissions or opening and withdrawal charges
- savings on administration fees
- no red tape loans to make your RSP contribution
- friendly knowledgeable service

Contact your SISIP/SRSP Advisor for details

Pour tout renseignement, contactez le conseiller RARM/RERM de votre base

Canada Trust

Section News

As the
Beacon Turns

Bonjour Beacon browsers and welcome back to the land of the landing lanes! Speaking of lanes, our ATC/Tech bowling bash was held recently and everyone had a 'ball'. Some unique 'approaches' were made to the hardwood runway with interesting 'releases' to say the least. To name a few, there was your standard 'Bayer-Bounce', the famous 'Carre-Curve', the textbook 'Huber-Hook', the vintage 'Vienneau-Verge' and the Hall of Shame bound 'Belley-Bomb'. Gilles proved that a lean mean bowling machine he's not, scoring the lowest single game point total of 53! On the other side of the pin, Greg 'The Hammer' Huber shot the highest single tally of 288! When asked how he managed such a feat, he replied, "It's all how you hold your tongue!" A good time was had by all and we're already looking forward to next year for Bowler Mania Two.

And now from pins to goal posts! The Base Ops hockey team is on their way toward securing 2nd place in the "B" Division and is looking forward to the playoffs. The puck is finding the "other guys" net more often lately although at times, we still manage to put that disk de awkee by our own goalie! Who you say? Well, ...ah... let's just say I personally know how Edmonton's Steve

Smith felt like a few years ago. So, heads up Tom! The Vancouver/Comox ATC hockey tournament is rapidly approaching and this years section team is anxiously crossing off the days to meet with their mainland counterparts again. Look our CYVR, here comes one well oiled machine. (Hic)

Speaking of competition, Paul Anderson and Jim Houston have made a BMI bet with each other which includes a combination of weight loss and body tone. The winner will receive 5 frozen pizzas, 2 bags of BBQ chips, a bag of twinkies and a case of diet Coke. Meanwhile, back at the cookie factory, training continues in all positions with Darlene Arsenault emerging as a re-qualified PAR controller after returning

from maternity leave. Welcome back Darlene. Jan Jedras is enjoying his 'tour of duty' in the steel tree-fort but says he misses working downstairs. Hey Jan, how about a 'radar gun', would that help?

Speaking of the tower, Al Munday is course loaded for the next VFR course and is looking forward to the challenges that lay ahead.

That's about it for now. Oh wait, something has had me scratch'n the 'ol cranium lately and maybe you can If you were born in 1984, you were born in the '80s; if you were born in 1977, you were born in '70s - right! So, what if you were in 1911? Maybe next time we can ponder on something a little less confusing like ... those crop circles!

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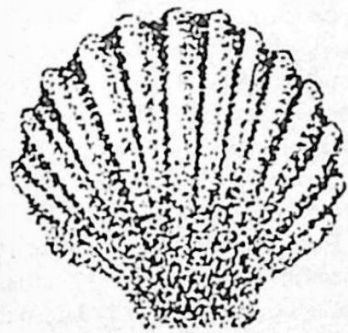
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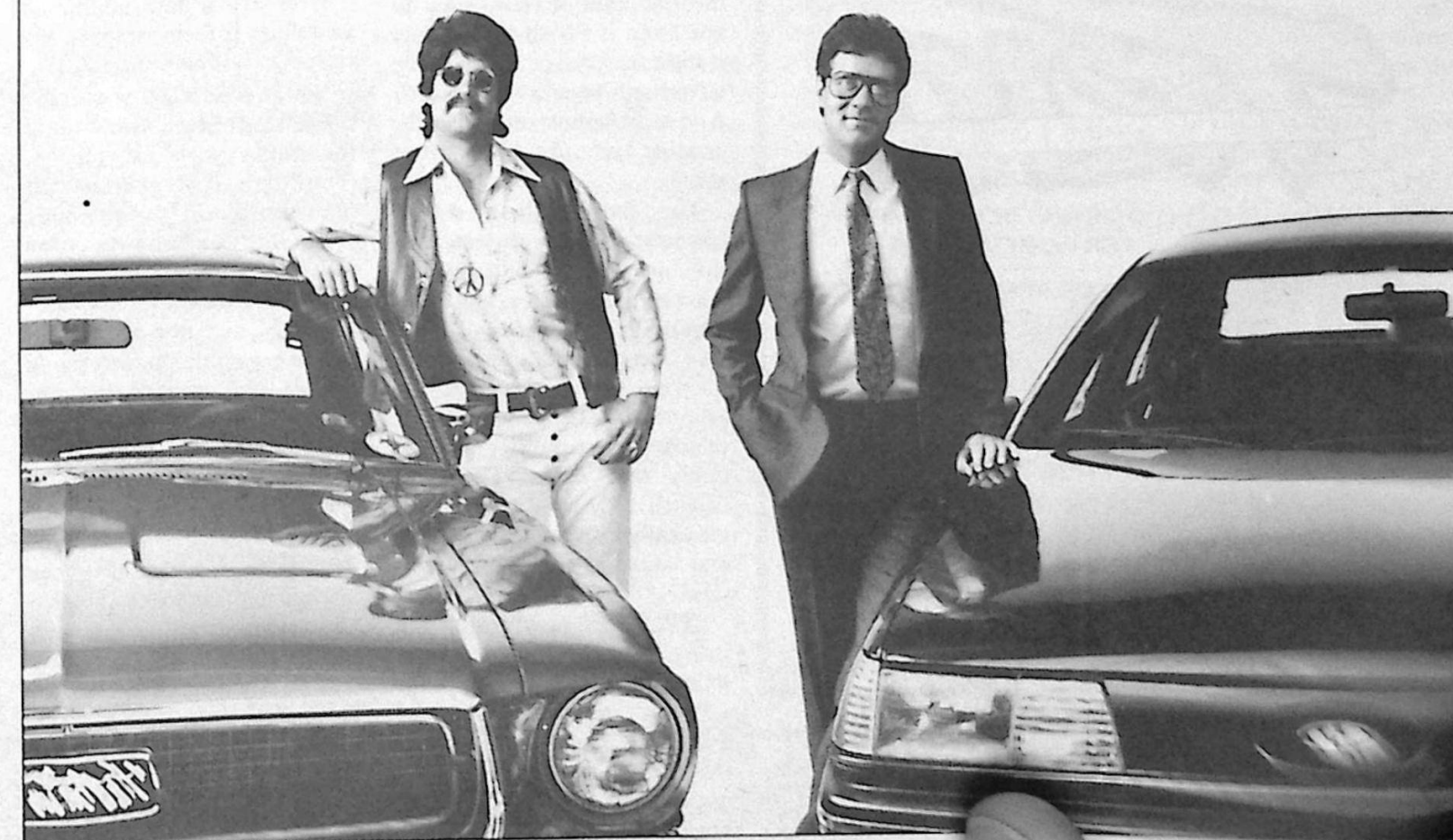
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Section News



Logisticians Celebrate Birthday

On the afternoon of 1 Feb 1991, over 140 Logisticians gathered in the Totem Lounge of the Jr Ranks Mess to celebrate the 23rd Birthday of the Logistics Branch.

Capt Jackson, the Base Foods Officer, welcomed all Logisticians to the celebrations and introduced the guests, Col McGee, the Base Commander, LCol King, the BTSO, and LCol Anderson the B Adm O. Maj Piercy, the Base Supply Officer, was introduced as the senior Logistician and read a congratulatory message from the Branch Adviser BGen Audet. Col McGee then addressed the gathering and thanked all the Logisticians for their support that is given to the Base. Following this, the Branch March was played and a toast was offered by Maj Piercy to the Branch. Pte Quirion, our junior Logistician, and Maj Piercy assisted the Base Commander in cutting the Branch birthday cake. Following the formal segment of the afternoon there were many tales of war stories and even some Ripley's Believe It Or Not. The afternoon of mingling was enjoyed by all.

The following is a brief history on the formation of the Logistics Branch:

The formation of a single branch comprising Transportation, Supply, Finance, Food Services and Stewards, is unique to the Canadian Forces. The Logistics Branch Formation or Birthday is recognized as 1 Feb 1968, the date the Canadian Forces Reorganization Act was proclaimed. Each of the former

single service logistic components were integrated to form the Logistics Branch.

The origin of the word Logisticians comes from the Greek "logistikos", from which the Latin "logisticus" is derived; both meaning calculation or reasoning in the mathematical sense. The modern word Logistics has two meanings, one being the original "to reason mathematically", the second is the military term (now used in civilian practice as well).

MOTTO:

The motto by which Logisticians are inspired is "SERVITIUM NULLI SECUNDUS". Translated the inscription means "Service Second to None". The key word is service. Logisticians provide "Service" in terms of material, personnel, facilities and services to all other persons in the Canadian Forces.

"Second to None" means that Canadian Logisticians provide "Service" better than any other military Logisticians. The Canadian Forces have earned international recognition as professionals in the field of logistics particularly through United Nations commitments in the Middle East.

SYMBOL:

The symbol of the Logistics Branch, contained in the center of our badge is two interlocking chain links. This denotes the strength in the support provided to the operational elements of the Canadian Forces by the united logistics disciplines.



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NEXT DEADLINE
4 MAR 91

Skiers - protect your eyes from UV rays.

If you're on the ski slopes this spring, protect your eyes as carefully as you protect your skin.

The sun's ultraviolet (UV) rays induce skin cancer as well as increase the rate of its growth. Nurses recommend lotions with a sunscreen to help protect your skin from UV rays, whether or not you tan or burn easily. But, your eyes need protection too.

Many skiers and mountaineers experience symptoms from sore eyes to snow blindness after exposure to the sun and snow. Tinted sunglasses alone do not provide the necessary protection, although they reduce the dazzling effects of the sunlight. Ultraviolet protection must be built into the sunglasses to prevent burning of the cornea that causes snow blindness.

Evidence is accumulating that suggests there are long-term effects of UV radiation on the eye as well. The UV rays are a contributing factor in the formation of certain types of cataracts. One report estimates that 20 to 25 percent of cataracts are the result of the total amount of UV exposure over a lifetime. When a cataract forms, the lens of the eye becomes cloudy and blocks the passage of light needed for vision. The

process occurs as the clear soluble proteins in the lens change to become insoluble and opaque. Ultraviolet radiation, chemicals and physical trauma can all initiate the process of cataract formation.

Skiers are the greatest risk of UV exposure and have the most to gain from protection. At 6,000 feet of elevation, UV exposure is one-third more than at sea level.

Half of the total UV radiation received occurs between the hours of 10:00 a.m. and 2:00 p.m. which is prime ski-time. And, because skiers receive the sun's rays directly as well as from the snow's reflection, 95 percent of the available UV radiation reaches their eyes. Even on a day with fog, haze or light cloud, up to 80 percent of these rays can penetrate through to the skier.

These days present an additional hazard because the eye relaxes on such a dull day. As the pupil dilates and squinting is reduced, there is less natural protection from exposure to UV rays.

When buying sunglasses, nurses suggest you first check the

amount of UV protection the lenses provide. Lenses are available that absorb 98 percent or more of the UV rays. UV protection will either be built into the lenses or applied as external coatings. Protection is greater when it is built in.

Several factors influence the effectiveness of sunglasses, including the quality of the lenses and frame, the style and the amount of UV protection. After checking for UV protection, check the quality of the lenses. This is determined by the amount of light that is absorbed and whether or not your vision is sharp when you look through them. For effective glare protection, the lenses should absorb at least 65 percent of intense sunlight. Some go as high as 95 percent.

So, when choosing sunglasses, shop wisely. The cost does not necessarily reflect the amount of UV protection nor the quality of the lenses. It may only reflect the style.

Getting good sunglasses is important. With the right sunglasses and the right sunscreen you can have double protection the year around.

Choose Cosmetics Wisely

Walking up to a cosmetics counter or into a drugstore can be as confusing as entering a maze - hundreds of choices and directions to take. Row after row and shelf upon shelf, all filled with products designed to make you look and feel more beautiful, younger, better, cleaner, brighter, softer, sexier, more polished and even healthier. Can these claims be substantiated? And from a medical point of view - how do you know if a cosmetic product is right for you, or if any of the advertised benefits are valid? And most importantly, can the product actually harm your skin?

The multi-billion dollar cosmetic industry thrives with the use of high pressure marketing practices and uses promises of miraculous skin care benefits that may overwhelm the consumer. A favourite advertising method of cosmetic manufacturers is to imply that exclusive, secret, scientific formulations can magically erase signs of aging and improve the look of your skin.

"Cosmetics cannot alter the structure or metabolism of the skin. Those that do are considered to be over-the-counter drugs and are subject to all the labelling and advertising regulations regarding their use," according to Roberta C.

Ongley, a Vancouver-based dermatologist. "However, cosmetics do offer benefits in personal grooming that may help improve self-image and therefore, play an important role in health and emotional well-being. A handy rule of thumb is that if the product is sold at the cosmetic counter and doesn't have full ingredient labelling - then the claims are not substantiated."

Here are a few additional guidelines to help simplify the cosmetic shopping maze.

When evaluating a specific cosmetic product, watch out for claims such as 'repairs, rebuilds, replenishes, or rejuvenates', or 'rids the body of cellulite', or 'removes crows feet'. Some beneficial statements to look for are 'non-comedogenic, non-greasy, or non-acnegenic', 'moisturizing creams that reduce the appearance of fine, dry lines', and 'contains UV protection'. These are all valid assertions.

Cost is not an indicator of quality. That inexpensive jar of baby oil or petroleum jelly may provide the same results as a \$50 product from the specialty cosmetics counter. "Remember that all cosmetics are optional for skin care, they are not necessary for healthy skin," says Dr. Ongley.

Another popular ploy is to promote 'natural-based'

products. Natural formulas are very complex chemicals, and may be more allergenic than synthetic materials. 'Hypoallergenic' is another widely-used term. There are no 'allergenic' products on the market and all products can cause allergies in some individuals.

Ingredients such as collagen and vitamins are not absorbed into the skin, so don't be tempted by claims stating otherwise.

Another common advertising phrase is to state that the product is 'dermatologist-tested', beware - this does not mean suitable for all skin types, nor does it mean 'dermatologist-approved'.

For individuals without specific skin problems, most cosmetics can generally be used safely and with out adverse affects. A few basic tips can be followed when choosing the best products for your skin.

Make-up products are essentially safe and their allergenic potential is low.

Moisturizers are not necessary unless the skin is truly dry. To test for dryness, wash skin an wait at least 30 minutes to assess whether there is on-going dryness. If so, then moisturizers can be helpful.

continued on page 11



BTNO AS THE WHEEL TURNS

It's hard to believe how quickly the days are passing by, but passing they are, and in doing so the time has come to say goodbye to one of our top notch dispatchers, MCpl Leslie Rowe. If you haven't seen her about lately it's because she's been attending classes in Hotel/Resort Management during the day and working shifts guarding the fortress at night. Leslie joined the Canadian Armed Forces back in January of 1980 and after basic training she was posted to CFB Moose Jaw where she spent 7 years and was then subsequently posted to CFB Comox where she has now decided to hang up the old combat boots to pursue other goals. Good luck Leslie.

MCpl Alexander is finally off to CFB Penhold where he is



We would like to extend our congratulations to Cpl and Mrs. Phil Patterson on the arrival of their daughter Victoria Corinne, 31 Jan 91, at 0234 hrs, weighing in at 8 lbs 8 oz. Phil took some time off to adapt to 0200 feedings.

presently attending his JLC, we expect he'll have a good time over there. Talking about good times, they must be routine occasions at the Krauskopf household, because we all know it's Christmas there all year round.

The new AMU Building is coming along, however, word has it they may be running out of funds at the end of the fiscal year. Much to the horror of AMS staff, these renovations may include a lot of air conditioned space.

It now seems like a good time to store this pen for another two weeks, so I'll end with welcoming Pte Matter to our Section. Fresh out of TQ3 training in CFTS Borden he will be employed in our GPV Section.

Ripples from the beaver pond

You'll have to come back to work to catch up on your sleep!

It has been awfully quiet in the CEOR lately. Sgt Kovacs has departed to Chilliwack on his 6B, MCpl Smith is on his 6A, Cpl Aubertin unpacked his sandals

Postal Services

Canada Post Corporation has offered to provide free letter mail service to Canadian Forces members serving in the Persian Gulf. This will allow the Canadian contingent in Qatar, Bahrain and on board the three Canadian Forces ships patrolling the Gulf region to send letters home to Canada at no cost.

Mail to Canadian Forces members serving in the Persian Gulf should be addressed to:

Canadian Sailors (or name)
HMCS Terra Nova
or HMCS Protecteur
or HMCS Athabaskan
CFPO 5071
FMO Halifax, N.S.
B3K 2X0

or to:

Canadian Air Force or Army
(or name)
CFPO 5004
Belleville, Ont.
K0K 3R0

or to:

HQCANFOR ME
CFPO 5071
FMO Halifax, N.S.
B3K 2X0

Domestic rates for regular letter mail and parcels will apply to mail sent from Canada.

Section News

G - G - G - C FEE SCHEDULE

Fy 91 (1 Mar - 29 Feb)

Membership	Regular	Ordinary	Associate
Single	\$285.00	\$285.00	\$375.00
Limited	2.00	N/A	N/A
Man & Wife	455.00	455.00	600.00
Student	130.00	130.00	130.00
Junior	70.00	70.00	70.00

Military TD - First 14 Days \$55.00 - Additional 7 Days \$22.00

Green Fees	Regular (Ltd)	DND/RET DND & DEP	Non DND
Daily	\$10.00		\$13.00
Twilight		9.00	14.00
Intersection		9.00	14.00

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BCompt

Top Finance Student
at CFSAL

Pictured is SGT Cathy Gow receiving the Top Student Award from MWO B. Cruick, CSM Fin Trg Coy. There are in fact two awards presented at the completion of the QL6A course; one for academic achievement and the other for military skills. Sgt Gow managed to capture both awards and we in the Comptroller Branch are doubly proud of her. Sgt Gow remustered from military police and this background has obviously paid off for her with regard to military skills. Her time spent in the pay office, particularly as pay supervisor, has clearly contributed to her trade knowledge. Sgt Gow will soon be moving on to the world of audit and is looking forward to its many challenges. Not bad for a girl from Jacket River, right Cathy?

T4 slips will be late due to production problems at the Directorate of Pay Services in Ottawa.

We have been told to expect the T4's to arrive around 25 Feb 91. We will make every effort to get the T4's to Unit/Section orderly rooms within 48 hrs. of their arrival on Base.

A recent twist has moved up the implementation date for the pay office automation to Intelligent Work Stations (IWS). The implementation date is now set at 24 Jun 91 which is just four months away! The pay staff is anxious to complete training and get familiar with the new system so they can confidently introduce you, the customer, to your new form of pay record. Remember, the three major features of the new IWS or CCPS Mk.III system is timeliness, accuracy and a pay statement mailed to your home or place of work twice monthly.

"SERVITIUM NULLI SECUNDUS"

Top Student



Sgt Cathy Gow receives her CFSAL award

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The annual BTSO Mess Dinner, 12 Feb 91 also proved to be an arena for having a good time. The dinner was delicious as usual and went off without a hitch. The guest speaker, Col Gibbon, was entertaining and came out with some good one-liners, but of course, the best was saved to last. The Junior Ranks will never be the same! The Engineer Party Animals kept the place rocking until the wee hours. Even the Boss Beaver got in on the guitar picking.

Until next time, CHIMO!

BREATHING IS A FACT OF LIFE
Support Your Lung Association

NEXT DEADLINE 4 MAR 91

Section News



BAMSO

LOCALLY OWNED & OPERATED



From the Fire Chief

Clothing Burn Injuries

Western Warbirds



Privately owned and maintained vintage aircraft.

Public enjoyment their main reward.

Being one of those vintage types who learned to fly in the RCAF on Tiger Moths, it's the Warbirds that jump-start my memory cells at air shows. Here in western Canada that opportunity comes often, courtesy of the Western Warbirds. Back in 1972 three Alberta Harvard pilots (Bob Wilkinson, Jim Swartz and Bruce Durfee) got together and started what they called "The Harvard Owners Club". By 1974 club strength had escalated to nine Harvards. The name was changed to "The Western Warbirds" and membership was opened up to include owners of other ex-military aircraft. Subsequently the group was incorporated as "The Western Warbirds Association of Alberta", an organization dedicated to the preservation, exhibition and flying of ex-military aircraft.

Since then the association has grown mightily. Its members currently operate approximately 100 aircraft, one of the largest collections of Flying Warbirds in the world. Four squadrons now exist. They are the *Mosquito* of Edmonton, *Gopher* of Southern Alberta, *Bee* of northern Saskatchewan; and *Seagull* of the west coast, which also includes members from northwestern United States.

To be a member, one must be owner or part-owner of an authentic ex-military aircraft (or type of aircraft used by the military) and finished in authentic military markings. They must reside in the western part of the continent and be within reasonable flying distance of Canada in order that they may actively participate in association functions. Prospective members must complete an application and be recommended to the membership committee by an active member. Should a member sell his or her aircraft they may stay on as an associate member if they so desire.

Members come from all walks of life. Only about 20% are commercial pilots, the remainder (of which perhaps 20% are ex-air-

force) are hobby pilots who fly strictly for fun. Most are members of COPA. Neither the organization nor any of its members receive any government or community funding, and any cost for restoration or maintenance of the aircraft is borne by the individual owner/pilot.

The association has its own flag and a very comprehensive and interesting newsletter produced by Tony Swain Productions of Vancouver. Tony was good enough to loan me pictures and provide much information that I was not privy to until now. Tony's help, besides being much appreciated by me, was recognized by the Warbirds in 1986 when his wife Mary and he were elected as the first Honorary Life Members of the association.

Harvards are by far the most numerous of the aircraft being flown. There is, however, an astonishing variety of airplanes within the membership, including Auster MK7, C45 Expeditor, Chipmunk, B25 Mitchell, Corsair, Tiger Moth, Cessna Crane, Fleet Fawn and Funch, Mustang, Staggerwing Beech, T28 Trojan, T34 Mentor, Anson, Cornell, Dornier, Stampe, Navion, Sea Fury, Stearman, Vampire and Vultee.

Aircraft being rebuilt behind the scenes are a *Mosquito*, *Lysander*, *Swordfish* and *Hurricane*. In addition, I am sure that, somewhere in Canada, someone is working on, or contemplating putting a *Yale*, a *Fleet Fort*, a *Spitfire* or some other WWII aircraft back into the air.

The Western Warbirds participate in numerous air shows each year. Folks in places like Red Deer, Nampa, Vanderhoof, Comox, Cold Lake, Portage La Prairie, Moose Jaw, Abbotsford, Oshkosh and Harlingen have heard the nostalgic sounds of their WWII reciprocating engines as the various types pass in review.

- reprinted from "Canadian Flight".

Super "Warbirds Trivia" - The first person to correctly identify by number all the Warbirds in these five pictures will win a free coffee at the Totem Times, between Mar 4 and 6. Dawna's coffee is great!



Canadian Flight/September-October 1988

Feature



Stories from the Hamish Collection

The Freshly Painted Toilet Seat

by P.P.Z.

Mr. Kressworth, I got complaint
About a can of ten cent paint
My wife she buy from your darn store
And now by gee I'm good and sore.

You see, last week the Spring she come
And everything he's on the bum.
Da wall, da floor and window too
He's dirt like hell, sacre mon Dieu.

My wife she's clean and neat
So she buy paint for toilet seat.
And one whole week we watch with eye,
But doggone paint she no dry.

My wife ain't tall, she's kinda fat.
Now you can see just where she sat.
She got big ring around complete
Where she sat down on toilet seat.

I say to her, "It serve you right,
You try to be so doggone tight.
That ten cent paint she ain't no good
She won't dry on no darn wood."

My daughter too get ring around
When on the seat she sit down.
For one whole week by gee we wait,
And now we all get constipated!

Wife's got sister, her name Marie,
She live here too with us, you see.
Last night I look where she sat down,
By gosh, she too got ring around.

I try to wipe with turpentine,
She howl like wolf, she lose her mind.
I'm scared like hell for half a day
The skin come off, the paint she stay.

I live long time and never see
A man what got so darn mad as me.
And when I think about the paint
I get so mad I almost faint.

Now Mr. Kressworth, I ask you
What the hell we gonna do?
For how can house be nice and neat
If paint don't dry on toilet seat?

Rules For Teachers - 1872

From the files of the Denman Island Museum.

1. Teachers, each day, will fill lamps and clean chimneys.
2. Each teacher will bring a bucket of water and a scuttle of coal for a day's session.
3. Make your pens carefully. You may whittle nibs to the individual taste of the pupil.
4. Men teachers may have one evening each week for courting purposes, or two evenings if they go to church regularly.
5. After ten hours in school a teacher may spend the remaining time reading the Bible or other good books.
6. Women teachers who marry or engage in unseemly conduct will be dismissed.
7. Any teacher who smokes, uses liquor in any form, frequents pool or public halls, or gets shaved in a barber shop will give good reason to suspect his worth, intention, integrity and honesty.
8. A teacher who performs his labour faithfully and without fault for five years will be given an increase of twenty five cents per week in his pay providing the Board of Education approves.

The Little Red Hen

Author Unknown.

Once upon a time, there was a little red hen who scratched about and uncovered some grains of wheat. She called her neighbours and said, "If we plant this wheat, we will have bread to eat. Who will help me plant it?"

"Not I", said the cow.
"Not I", said the duck.
"Not I", said the goose.
"Then I will", said the little red hen. And she did.

The wheat grew tall and ripened into golden grain. "Who will help me reap the wheat?", asked the little red hen.

"Not I", said the duck.
"Out of my classification", said the pig.
"I'd lose my unemployment insurance," said the goose.

"Then I will", said the little red hen, and she did. At last it came time to bake the bread.
"That's overtime for me," said the cow.

"I'm a dropout and never learned how," said the duck.
"I'd lose my welfare benefits," said the pig.

"If I'm the only helper, that's discrimination," said the goose.

"Then I will," said the little red hen. She baked five loaves and held them up for her neighbours to see. They all wanted some and demanded a share. But the little red hen said, "No, I can eat the five loaves myself."

"Excess profits!" cried the cow.

"Capitalist!" screamed the duck.

"Equal rights!" yelled the goose.

They painted "Unfair" picket signs and marched around the little red hen, shouting obscenities. When the government agent came by, he said, "You must not be greedy, little red hen."
"But I earned the bread," said the little red hen.

"Exactly!" said the agent. "That is the wonderful free enterprise system. Anybody in the barnyard can earn as much as he wants. But under our modern government regulations, the productive workers must divide their product with the idle."

And they all lived together ever after, including the little red hen, who smiled and clucked, "I am grateful." But her neighbours wondered why she never baked any more bread.

The Passing of the Backhouse.

By James Riley

When memory keeps me company and moves to smiles or tears,
A weather beaten object looms through the mist of years.
Behind the house and barn it stood, a half a mile or more,
And hurrying feet a path had made, straight to its swinging door;
Its architecture was a type of simple classic art,
But in the tragedy of life it played a leading part,
And oft the passing traveller drove slow and heaved a sigh
To see the modest hired girl slip out with glances shy.

We had our posy garden that the women loved so well,
I loved it too, but better still I loved the stronger smell
That filled the evening breeze so full of homely cheer,
And told the night o'er taken tramp that human life was near.
On lazy August afternoons, it made a little bower
Delightful, where my grandsire sat and whiled away an hour.
For there the summer mornings, its very cares entwined
And berry bushes reddened in the steaming soil behind.

All day, fat spiders spun their webs to catch the buzzing flies,
That flitted to and from the house where Ma was baking pies.
And once a swarm of hornets bold, had built a palace there,
And stung my unsuspecting aunt; I must not tell you where.
Then father took a flaming pole, that was a happy day;
He nearly burned the building up, but the hornets left to stay.
When summer blooms began to fade and winter to carouse,
We banked the little building with a heap of hemlock boughs.

But when the crust was on the snow and the sullen skies were grey,
In sooth, the building was no place where one would wish to stay.
We did our duty promptly, there one purpose swayed the mind,
We tarried not, nor lingered long, on what we left behind.
The torture of that icy seat could make a Spartan sob,
For needs must scrape the gooseflesh with a lacerating cob
That from a frost - encrusted nail, was suspended by a string.
My father was a frugal man and wasted not a thing.

When Grandpa had to 'go out back' and make his morning call,
We'd bundle up the dear old man with a muffler and a shawl.
I knew the hole he sat on, 'twas padded all around,
And once I dared to sit there, 'twas all too wide I found.
My loins were all too little and I jack-knifed there to stay;
They had to come and get me out or I'd of passed away.
Then father said ambition was a thing that boys should shun,
And I must use the childrens' hole 'til childhood days were done.

But I still marvel at the craft that cut those holes so true;
The baby hole, and the slender hole that fitted sister Sue.
That deep Old Country landmark; I've tramped around a bit,
And in the lap of luxury my lot has been to sit.
But ere I die I'll eat the fruit of trees I robbed of yore,
Then seek the shanty, where my name is carved upon the door.
I ween the old familiar smell will sooth my faded soul;
I'm now a man, but none the less I'll try the childrens' hole.

The New Priest.

The new priest, at his first Mass, was so scared he could hardly speak. After the Mass he asked the Monsignor how he had done. The Monsignor said fine, but next time it might help if he put a bit of vodka or gin in his glass of water to help him relax.

The next Sunday the priest put vodka in his glass and really talked up a storm. After Mass he again asked the Monsignor how he had done. The Monsignor said fine, but there a few things they should straighten out:

1. There are ten Commandments, not twelve.
2. There are twelve disciples, not ten.
3. David slew Goliath, he didn't kick the devil out of him.
4. We do not refer to Jesus Christ as the late J.C.
5. The Father, Son and Holy Ghost are not referred to as Big Daddy, Junior, and The Spook.

author unknown

Leisure

B.C. Bestsellers

Week Ending: February 10, 1991
Produced: February 12, 1991
(Brackets) represent last week's position

FICTION

- 1 (2) The Secret Pilgrim.....Le Carre
- 2 (1) The Plains of Passage.....Auel
- 3 (4) Lives of The Saints.....Ricci
- 4 (3) Friend of My Youth.....Munro
- 5 (5) Four Past Midnight.....King
- 6 (6) Haroun and The Sea of Stories.....Rushdie
- 7 (7) The Ruby Knight.....Eddings
- 8 (9) Longshot.....Francis
- 9 (-) Rumpole a la Carte.....Mortimer
- 10(10) Memories of Midnight.....Sheldon

NON-FICTION

- 1 (1) The Great Depression, 1929-1939.....Berton
- 2 (3) Iron John: A Book About Men.....Bly
- 3 (5) Homecoming.....Bradshaw
- 4 (2) Webster!.....Webster
- 5 (4) From Beirut to Jerusalem.....Friedman
- 6 (6) Gutzky: An Autobiography.....Gutzky
- 7 (8) Trudeau and Our Times.....McCall & Clarkson
- 8 (7) By Way of Deception.....Hoy & Ostrovsky
- 9 (10) An Artist In Nature.....Bateman
- 10 (9) Spilsbury's Album.....Spilsbury

More Wages

continued from page 4

children in Canada, it is vital that women understand the value of completing their census questionnaire, providing complete information about their family group. It is from Census data that we know the number of children has declined to only 21% of the Canadian population. It is estimated that by 2001 children will make up just 19% of Canadians.

For women, information about how much income they have, how it is generated, and how it is contributing to the well-being of their family, is of growing importance. Women make up 51% of

the total population. However, data from the last Census shows that they earn only 35% of the country's total income. The next census of population, on June 4th, 1991, will provide a new measurement of the progress of women in terms of pay equity, educational and career opportunities. It is, therefore, vital that Canadian women are aware of the Census and recognize the importance of census data as a basis for decision making about the real issues which affect their daily lives and the lives of their children. June 4th is Census Day - COUNT YOURSELF IN!

Use Child Car

Most parents use car safety seats when they drive their children around our B.C. communities. The law requires that car seats meet the Canadian Motor Vehicle Safety Standards, but recent surveys show that only 54 per cent of parents use safety seats correctly with children under the age of five.

Nurses who teach prenatal classes or meet parents at baby clinics, daycares and on home visits, often discuss the importance of the right type and correct use of car seats.

Three types of car safety seats exist - infant, convertible and booster seats. Infant seats protect babies from birth to 9 kg. (20 lbs.), or about 9 months. Convertible seats in the infant position protect babies from birth to 9 kg. (20 lbs.) or about 9 months as well. Both types must be used in a rear-facing position. If an accident occurs, the seat distributes the force of the impact over the baby's back so the neck will not suddenly flex forward.

Convertible seats serve a second purpose. You turn them around as front-facing safety seats to protect children who weigh 9 to 18 kg. (20 to 40 lbs.)

Seats Safely

and measure up to 40 inches. You must tether convertible seats when they face forward.

All convertible seats sold in Canada have a tether strap assembly. The strap runs from the top of the car seat to a bolt anchored in the rear shelf of the car or the floor of a van, station wagon or hatchback. Be sure you also use the car lap belt which helps prevent a forward thrust in an accident.

The third type of safety seat is the booster seat that protects a child from 18 to 27 kg. (40 to 60 lbs.). Place the car lap belt snugly over the child's hips to hold the booster seat in position. Some have an adjustable abdominal shield that you place between the child and the car lap belt as well. Nurses stress you should not use shoulder belts if they pass over the child's face or throat. Put them behind the child's seat instead.

Remove the booster seat once a child's head comes higher than the vehicle seat or headrest. Have the child use a car lap belt or lap and shoulder belt at this point.

In some communities nurses, BCAA, ICBC and the police

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Christine Mayer

Hamburger is quite cheap right now. The following two recipes make a pleasant change and a couple of our favourites.

Hamburger Pasta Dinner

Use large pasta like rigatoni and cook it in tomato juice instead of water or tomato paste and water. Use less liquid than usual as you do not drain pasta. The object is to get a good tomato flavour in the pasta.

When cooked add 1 cup of grated mozzarella cheese. Stir until melted.

Mix together:

- 1 lb hamburger
- Garlic powder to taste
- 1 tsp Worcestershire sauce
- Dash of Tabasco (optional)
- Salt & pepper
- Brown in large frypan. Skim of excess fat.

Add:

- 1 med chopped onion and enough water to simmer (cover pan)
- 1 green pepper cut in small pieces
- 1 cup (or more) of sliced mushrooms
- When finished cooking combine pasta and meat together, simmer a few minutes to marinate flavours.

Country Kitchen

Happy Hamburger!

Meat Balls

(With a Difference)

- 1 lb hamburger
- 1 clove minced garlic (or dash of garlic salt)
- 1 tsp Worcestershire sauce
- A few drops of Tabasco (optional)
- Salt & pepper
- Form into meatballs as small as you can make them. Brown in large frypan.

Add:

- 1 med size onion chopped
- 1 tblsp of dried onion soup or 2 beef bouillon cubes with enough water to cover meatballs.
- Simmer with lid on pan until almost done.

Add:

- 1 can pineapple chunks
- Continue to cook until pineapple is tender. Thicken slightly, if needed, when done. Serve over cooked rice.

Butter Raisin Bars

This recipe tastes like butter tarts but a lot less work. Margaret Cole donated this one. It's very good and so easy to make.

Base:

- 1/2 cup softened butter
- 1/4 cup packed brown sugar
- 1 1/4 cup all purpose flour

Topping:

- 1/3 cup softened butter

- 1 cup brown sugar
- 1 egg beaten
- 1 tblsp all purpose flour
- 2 tblsp milk
- 1 tsp vanilla
- 1 cup raisins

Method:

For base, cream butter and sugar in bowl and gradually beat in flour, mixing well. Press into 9" square pan. Bake for 15 mins at 350°.

For topping, cream butter and sugar together. Beat in flour, egg, milk and vanilla. Stir in raisins. Spread over the baked base.

Bake for 25-30 mins at 350°, or until golden brown. Cut up when cool.

Welsh Cakes

Marilyn Williams gave us this recipe. It's very good and tastes like scones with a difference.

In a large bowl combine:

- 3 cups all purpose flour
- 1 cup white sugar
- 3 tps baking powder
- 1 tsp nutmeg
- 1/2 tsp salt

With pastry cutter blend in:

- 1 cup shortening
- 1 cup currants (blend in)
- 1 egg, whipped lightly with 2/3 cup milk

Stir together with large fork.

Cut with a cookie cutter. Cook on griddle at 325-350° until cooked through.

BC Legion Champs



The team from Peace Arch (Cloverdale Br No.6) took top honours in the recent Royal Canadian Legion Provincial Curling Championships. (L-R) Zone Commander Lloyd Lohnes, Lane Murray, Dale Johnston, Ted Crocker, Tom Taylor and Provincial Executive Officer Ernie Cassels.

Coming Soon

1991 Base Winter Carnival

DATES: FEB 27, 28 & MAR 1

Events:

Wed evening: Opening ceremony at JRC followed by games.

Thursday afternoon/evening - games
Friday all day long - competition at the recreation centre followed by an evening dance at Officers Mess

More information will be available to Sections in the near future.



Art Scene

Peter Karsten

Peter Karsten was born in November 1937, in Göttingen, West Germany. He emigrated with his wife, Margrit, to Canada in 1962, with the aim to become established as a rancher or farmer, after completing his formal education in agriculture. Two years later he gained employment with the Calgary Zoo, which led to the position he is still holding today, Director of the Calgary Zoo, Botanical Garden and Prehistoric Park.

Wildlife and nature was always his fascination. Already as a four-year-old, he spent much time observing and painting animals. Nature art has been his strongest leisure time interest. He took many courses in fine art in the Old Country as well as in Canada.

Peter Karsten has a committed interest in nature preservation and holds membership or office in regional, national and international organizations concerned with wildlife conservation. Through his work with the Zoological Garden he has travelled to many countries, but also explored Canada's wilderness. Two excursions to the Canadian arctic fueled the inspiration for many of his paintings.

The artist had several exhibitions. At the Alberta Provincial Museum and Archives in 1973 and 1976 and the Travelling Exhibition of the Canadian Nature Federation "Canadian Nature Art" in 1971, 1972, 1973 and 1974; at Calgary art galleries, the Calgary Exhibition and Stampede Art Auction and others. Five pen and ink drawings of owls were included in an exhibition of the Glenbow-Alberta Institute, "Birds of Prey, an exhibition of wildlife art from the eighteenth century to the present", February 1977. Many pieces of art were provided to community and conservation fund raising events. Two water color paintings were presented to H.R.H. Prince Philip and H.R.H. The Royal Princess on such occasions in 1980 and 1988.

The first one-artist showing was held in November 1976, at the Mount Royal College Gallery. This was followed by an exhibition of 60 pieces at the Fort Calgary facility in 1981. He had showings of his wildlife art at the Whyte Museum of the Canadian Rockies in 1977 and a special show "Animals of the Banff National Park" in 1985, when the Park celebrated its centennial year. An exhibition of 40 pieces is currently under preparation for a showing in Innsbruck, Austria, on invitation by the Mayor and the Alpenzoo of Innsbruck.

The artist illustrated many books, calendars and magazine articles. Several limited edition, signed and numbered prints have been produced.

The artist has lectured on the subject of wildlife art and instructed courses in wildlife painting.

Peter Karsten's art work is found in collections of foundations, corporations, archives and in private hands in Canada and abroad.

Peter Robinson

Wilden Galleries is proud to present Peter Robinson: "Landscapes in Oil and Watercolour" and Peter Karsten: "Wildlife in Watercolour", from February 22 to March 9, 1991.

Peter Robinson lives in Comox and has been painting full time for over twenty years. He is best known for his paintings of historical ships and fish boats. In this show he presents a different theme - landscapes of the Marble Meadows area in Strathcona Park.

Peter Karsten lives in Calgary and is the Director of the Calgary Zoo. Wildlife and nature have always been his fascination. He has had numerous exhibitions of his work and his latest show in Innsbruck, Austria was a sell-out. Wilden Galleries is proud to show his most recent paintings, birds of the Pacific Northwest.

Gallery location:

440 Anderton Ave., Courtenay, by the Fifth St. bridge.

Gallery hours: Tues. to Sat. 10 a.m. to 5 p.m., or evenings

by appointment.

Phone: 334-2286

THE LEMON TREE GALLERY - is now featuring new original artwork by Nancy O'Toole, Michael O'Toole and local artists Peter Murdoch, Arlene Bartel and Doris Zdebiak. We also carry numerous limited editions, paper sculpture and glassware. The gallery, at 480 6th Street, Courtenay, is open Mon-Sat, 9:30 a.m. to 5:30 p.m., phone 338-7855.

NEXT DEADLINE

4 MAR 91

On and off base

Canada in forefront of currency design.

CANADA'S new \$100 bill, which will go into circulation December 3, 1990, marks an important milestone in the evolution of paper currency that began in 1989 with the introduction of a new \$50 note.

Both bills bear a unique security feature — an additional indication that your bill is genuine. It is an Optical Security Device (OSD) in the form of a small square of ultrathin reflective film that appears on the face of every \$100 bill of the new series.

This unique security feature was developed by the Bank of Canada, the National Research Council of Canada and a number of private sector companies.

The OSD changes from gold to green when it is tilted under light and confirms at a glance that the note is genuine.

"Today our notes, like the new \$100 bill, are simple in design and the protective devices built into the notes are very sophisticated. But it isn't so long ago that Canada, like other countries, depended on the engraver's skill and special printing methods to protect the integrity of its currency," says J. Graham Esler, chief curator and head of the Bank of Canada's Currency Museum in Ottawa.

In those days, designs were more elaborate and the printing process made extensive use of intaglio. One of the most important parts of printing Bank of Canada notes has always been the intaglio process. It is a demanding art, developed some 300 years ago, requiring specialized skills and tools.

The process, which has changed very little over three centuries, involves engraving or etching a design into a polished steel plate —

a painstaking process requiring utmost precision. Intaglio engraving makes possible a wide range of lines, textures and shading, all very difficult to reproduce.

During the printing process, the entire plate is inked, then its surface wiped, so that ink remains only in the cavities. Under high pressure, the inked features are transferred to paper. Because different thicknesses of ink produce varying densities of the same color, intaglio printing produces a three-dimensional effect.

Today, all the intaglio elements appear on the face of the bank note. These include the portrait, the parliamentary vignette, the coat of arms, the numbers, the geometric designs and the lettering.

"At one time this process was used far more extensively on all bills," says Esler, who suggests that if you want to learn more about the production of bank notes you should visit the Currency Museum in Ottawa.

A special exhibition on bank note production called "Paper Puzzles" will be featured at the Bank of Canada's Currency Museum from December 5, 1990 to March 10, 1991. Visiting hours are from 10.30 a.m. to 5 p.m. Tuesday to Saturday and from 1 p.m. to 5 p.m. on Sunday.

Since, for security reasons, the public is not allowed into the plants of the two companies in Ottawa that produce bank notes, the exhibit provides an overview of the different facets of production.

The exhibition takes you through the different types of paper money that have played an important role in the lives of Canadians since 1685 — from card money, bills of exchange, treasury notes or "ordonnances", army bills, merchants'

notes or "bons" to notes issued by banks and provincial governments.

Shortly after Confederation in 1867, the central government decided to create new bank notes — Dominion Notes — for countrywide circulation. It was not until 1934, however, that the Bank of Canada was created as the nation's central bank with the exclusive right to issue bank notes.

The exhibit also focuses on the basic elements involved in manufacturing currency — paper, special inks and the printing presses — along with a number of other elements of varying complexity designed to make bank notes more difficult to counterfeit.

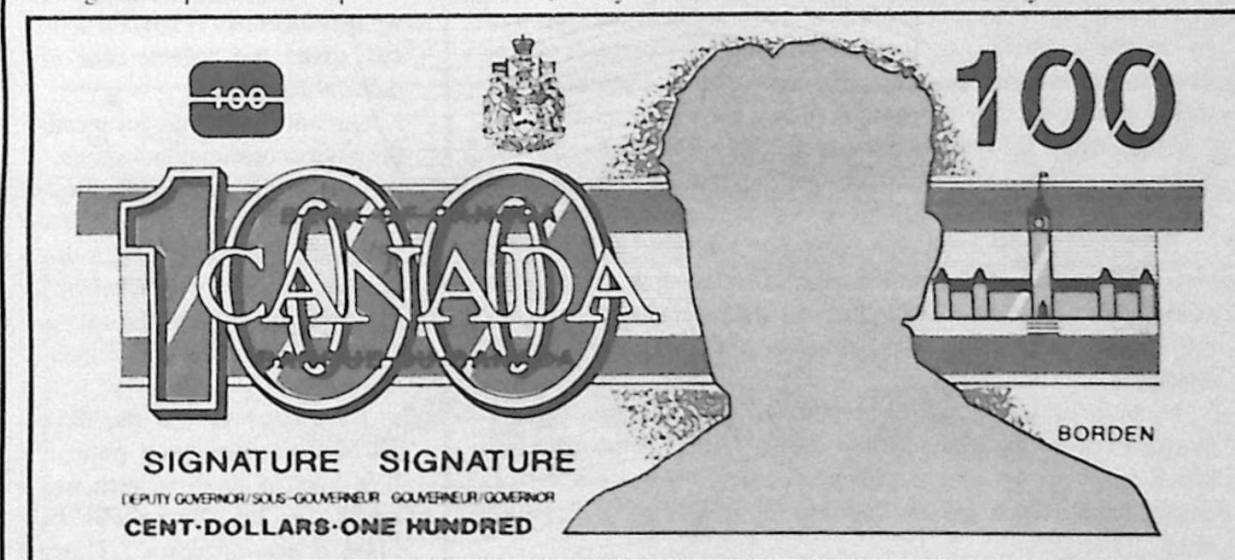
The paper used for bank notes has to have very specific qualities, "not the least of which is the ability to withstand the rigors of circulation," says Esler.

The paper now in use is made from cotton fibre which offers two advantages — consistent weight and good durability. Stringent quality control in the manufacturing helps to give new bills their special texture and "snap".

Tiny green disks called "planchettes" are embedded at random in the paper during the manufacturing process. These also add to the security of each bill.

So do the special inks used in the printing process. These are resistant to heat, light, water and chemicals. The tints of these special inks are extremely difficult to reproduce.

"These improvements in printing technology, and the introduction of an Optical Security Device on the \$50 and \$100 bills of the new series have made Canadian bank notes more and more difficult to counterfeit," says Esler.



Canada's new \$100 bill features the unique Optical Security Device.

New Look for \$100 Bill

THE NEXT TIME you go to the bank and ask for a crisp, new \$100 bill as a wedding gift, you may be among the first in town to receive one of the new \$100 bills that went into circulation on December 3, 1990.

The new \$100 bill — the fifth in a series being issued by the Bank of Canada — has been given quite a facelift — with a completely new look.

On the face, the new bill features a portrait of Sir Robert Borden, Canada's eighth Prime Minister, and on the back, an illustration of the Canada goose.

The new bills will gradually

replace \$100 notes of previous series as they become worn and are withdrawn from circulation. All \$100 bills, however, can be used to make payments.

The new bill also incorporates features to assist visually impaired persons to identify the various denominations, and bar codes that facilitate high-speed mechanized sorting of large volumes of notes.

The newly designed \$100 bill is the second to be introduced by the Bank of Canada bearing an Optical Security Device — a unique security feature developed by the Bank of Canada, the National Research Council of Canada and a

number of private sector companies.

The Optical Security Device or OSD is a small square of ultrathin reflective film which appears on the face of every \$100 bill of the new series. It was first used in 1989 with the introduction of the newly designed \$50 bill.

The OSD changes from gold to green when tilted under light and confirms at a glance that the note is genuine.

The Bank of Canada is responsible for enhancing the security of the nation's currency to deter

continued on page 16

Health & fitness



ASK YOUR PHARMACIST

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

Use Today's Potent Medications Safely

There's more to baking a cake than just turning on the oven. Similarly, how you take a drug is only part of the process leading to better health.

Most important to note is that a prescription is tailored specifically for you and should never be shared, even if a person seems to have the same symptoms.

Modern medicines are highly specialized and your doctor prescribes them according to your particular needs. These are never exactly the same for someone else. Here are a few tips to make sure you're using medicines safely.

When medicine requires refrigeration, it will usually be noted on the label. However, even if there's no indication, a cool dry place is best for storage. Think twice about using the bathroom medicine chest which often becomes hot and steamy.

Store drugs in their original container and don't remove the label or allow it to fall off. If you want to divide a prescription in half before taking a trip, don't just use any old bottle -- ask your pharmacist for a second, correctly labelled one.

If you should ever have any medication left over after treatment, don't save it for future use. Dispose of it safely.

If you go to more than one doctor, make sure each one knows about the drugs prescribed by the other as well as any non-prescription medication you might be taking.

The modern drug mart is equipped with a patient prescription record system enabling your pharmacist to keep track of all medications you're using. This way, possibly harmful drug interactions can be avoided.

Finally, carry a wallet card listing vital medical information in case of an accident. This card must speak for you if you're unconscious, so make sure it lists every condition you suffer from and all medications you're taking.

Medic-Alert Can be Lifesaver

If you're allergic to some medication, wear contact lenses or have diabetes or other condition, it could save your life to let people know.

An easy way is to wear a Medic-Alert bracelet or necklace and by having a Medic-Alert card in your wallet or purse. If you're ever in an accident, medical personnel can tell immediately if there's something they should look out for even if you can't.

Engraved on the back of the bracelet or necklace you receive is your individual serial number, the international emergency telephone number and up to four lines of your medical problems.

Extra medical information is printed on a separate wallet card as well as the name and telephone number of both your doctor and next of kin. Your file record is available on a round-the-clock emergency request to doctors and hospitals around the world by collect telephone.

Medic-Alert tags are available for more than 200 conditions in thousands of combinations for a modest, one-time membership fee. When applying, be sure to provide detailed information, for example, whether you are just "taking" or "allergic to" a particular drug.

Applications can be found in doctors' offices, hospitals and drugstores. Ask your pharmacist for a copy of the address of the nearest source.

More \$100 bill

Continued from page 15

counterfeiting. Counterfeiting is not a problem in Canada and the security features of the new note will help make sure that it will not be in the future.

The graphic features incorporated in newly designed notes since 1986 and the Optical Security Device in the new \$50 and \$100 bills will provide Canadians with excellent protection for their bank notes.

A \$100 bill has an average life expectancy of about seven years. There are more than 71 million

\$100 bills in circulation, with a face value of some \$7.1 billion.

The Criminal Code prohibits the printing or publishing of anything in the likeness or appearance of all or part of a bank note.

Defacing Canadian bank notes is also unlawful and difficulties may be encountered in using such bank notes for payment. Damaged notes can be authenticated at the Bank of Canada.

For Further Information:
Jocelyne Charron
613-782-8189

info health

Dr. Bob Young



Doctors' Pensions

Controversial, to say the least, has been the proposal that physicians in BC be provided with a deferred benefit plan. Technically the payout is not a pension (the legal definitions are beyond our scope), but I will use the word if only to save keystrokes.

Discussions with Revenue Canada have occurred since 1982, exploring ways in which physicians could retire more comfortably, and earlier. A method was found, and pre-approval (providing certain conditions were met) was obtained from the tax department.

Do doctors need (or deserve) pensions? The public has the impression that all doctors are highly paid, and able to look after their own retirement needs. Not always true. Most physicians, while

able to live comfortably, do not earn outstanding incomes.

Medical careers start late. General practitioners are close to 30 years old before they start to earn; specialists closer to 35. Most have heavy debts as a result of long years in school, and more borrowing is required to start a practice.

Usually all goes well and money is earned. The young doctor is surprised to find that 40 per cent of his earnings disappear in expenses. Some of the rest goes to pay off loans. The remainder is his or hers to enjoy.

And there is a lot of catching up to do. A house to be bought, a replacement for the med-school junker transportation, and so on. And, understandably, an urge to reward oneself as the fruits of education and practice are

reaped. Retirement plans? "My god, I've just started working."

RRSP contributions, already late starting, may be unaffordable for a further few years. Retirement funds may be inadequate.

Some doctors need pensions. The image of a 75-year-old doctor maintaining an office to care for a handful of equally elderly patients to supplement retirement income is a sad one.

Whether doctors deserve pensions is a different, and difficult question which I cannot answer.

I am sure, however, that the political arena is not the proper place to address the issue. While it may be necessary, and, in the present scheme of things, the only available forum, there are too many unrelated agendas involved. Scapegoats are a certainty.

Losing a Limb

Having to saw off part of an arm or a leg might be regarded as evidence of failure of medical treatment. Sometimes it is, but usually it indicates the presence of a problem that is beyond solving, given the present state of medical knowledge.

Our knowledge has advanced; the number of amputations necessary has declined markedly. Doctors still hate to do them. There are times when removing a diseased or hopelessly mangled limb and replacing it with a prosthesis (artificial part) is the best treatment.

Gone forever are the days when the gin-seated patient, held down by six strong men, was attacked by the surgeon with the "fastest saw in town". Thirty seconds, if all went well. The bleeding stump was cauterized with boiling oil or hot poker.

Now the operation is done like any other, in a controlled and careful manner. Muscle and fat are molded, blood vessels are tied off. The flap used to cover the cut surface is carefully fashioned to provide the necessary padding and contour for the eventual fitting of an artificial limb.

The replacement parts have also been developed to a high degree, even to the point of being motorized and controlled electronically. Wrists bend, fingers grasp, knees lock and release as required. Skilled rehabilitation provides effective training.

Amputations may be necessary after severe injury. Much can be done to repair the part but there are times when this fails or is obviously futile.

Loss of circulation to a limb may result in gangrene and infection.

lower down. Arteriosclerosis (cholesterol plaques) and diabetes are two common causes. The dead part of the leg is removed at the level where there is still good blood flow.

Bone cancer and malignant melanoma (a serious skin cancer) may require amputation to prevent spread to the rest of the body. This is drastic treatment but may save the patient.

Surgeons now consider a necessary amputation as part of the treatment process, not as a sign of failure. Enthusiastic rehabilitation experts using modern prostheses are able to return even elderly amputees to non-dependent living - and children usually do extremely well.

More Car Seats

continued from page 14

sponsor car seat clinics. Parents have the car seat checked as it is used in the car.

Nurses advise parents to make sure second-hand seats have the Canadian Standards label and the manufacturer's instructions. Also, check the frame has no cracks and the harness remains unfrayed.

If you have questions or concerns about car safety seats, call your local health unit and ask a nurse. Be ready if you are going home with a newborn. Buckle up for the first ride and all the rides that follow.

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NEXT DEADLINE 4 MAR



At Last

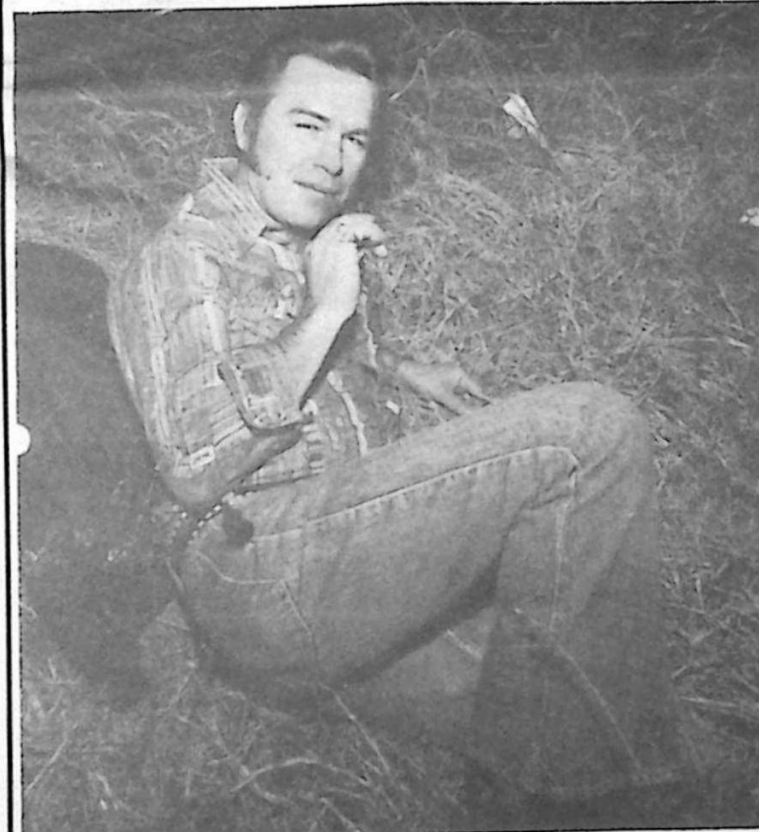
Country Balladeer Watson Returns

Gene Watson's "At Last" (Warner Bros) is a significant contribution to the country charts. Initially, because he had been absent for much too long and, maybe more importantly, he is a singer whose past includes breaking country into pop markets and this 10-track release stretches the limits of country music to the outer envelope and should cause a spill-over into pop markets.

Watson, a smooth vocalist whose cross-over credentials include "Love In The Hot Afternoon", "Paper Rosie" and "Old Man & His Horn" has an impressive array of chart product and here, continues in a vein he has mined so successfully in the past. He opens with the title track with a silken smooth delivery that would rival the pop potential of Ray Price's "For The Good Times" and then moves into a Texas two-step with "You Can't Take It With You When You Go". It is with the ballads and story-songs that Watson shines his brightest. He captures the imagination with the love song "A Gifted Hand" and reflects on just how quickly a 'star' can be forgotten via "You Can't Get Arrested In Nashville".

One of the pure power trax here is "She's Leavin' Lookin' Good" which has the built-in hit appeal as the Texas native tells about his wife leaving and as the romance falls apart the song, with its strong lyric line and easy-paced delivery, hit home. Balancing between the ballads like "This Could Go On Forever" and the haunting loneliness of "I Catch Myself" are the uptempo "Workin' End of a Hoe" and a rompin', stompin', "This Country's Bigger Than Texas".

Gene, along with producer Gregg Brown, has put together a solid album of country material with pop influences. Winner!



Gene Watson

Sweeney's Scene

If you're a hockey fan, like I am, you probably get fed up hearing some of the least inspired comments on TV. Things like "He knows what to do with a puck", "He can put the puck in the net" or "He came to play". Wouldn't you think with the amount of money hockey players are making in the NHL that every one of them would know what to do with a puck or be motivated enough to play? One comment I hear, in reference to a player who makes over a half-million dollars a year, is that, "this guy knows what to do with the puck when he gets it." Wouldn't you think that after playing hockey as a child, learning to skate before you knew how to tie your laces, playing Juvenile, Junior A and all the other categories a player must go through to make it to the NHL, that he would know what to do with a puck? Now, let's hear it for the announcers; they really know how to speak!



PITCH-IN AND RECYCLE



On and off base

ICBC -- New procedure for Misrating

ICBC has announced a procedure to deal with the serious problem of motorists who deliberately misrate their vehicle for insurance purposes and whose accident claims have been denied under the current terms of B.C.'s Insurance (Motor Vehicle) Act.

The new procedure allows the claim to be paid, but requires the motorist to pay an amount equal to ten times the difference between the cost of the coverage actually purchased and the cost of the coverage that should have been purchased. The minimum is \$500 and the maximum is \$10,000.

An Autoplan premium is based in part on the type of vehicle use a motorist reports to an Autoplan broker when buying

the insurance policy. Misrating often involves a deliberate attempt to avoid paying a higher premium, such as rating a vehicle for the less expensive Pleasure Use Only coverage when it is actually used to travel to and from work. Other misrating could involve any of the nearly 200 commercial rate classes where the difference in premiums can be in the thousands of dollars.

This new process has been introduced to provide a fair, consistent formula to deal with misrating situations.

For instance, the typical premium difference between the Pleasure Use Only and To and From Work coverages is \$120. Misrating a vehicle to avoid paying this relatively small

amount could have cost a motorist tens of thousands of dollars because any damage claims for the misrated vehicle would not have been paid, and all amounts paid to those injured in the accident would have been recovered from the motorist.

The new program would require the motorist in this example to pay \$1,200 and ICBC would handle the claim in the normal fashion.

ICBC urges all motorists to check their Autoplan policies to ensure their vehicles are properly rated. Anyone needing assistance can consult any Autoplan broker or call ICBC at 681-2800 - (toll free, at 1-800-663-3051).

Work Resumes on Vancouver Island Pipeline

Nanaimo, British Columbia -- Pacific Coast Energy Corporation is resuming construction of the Vancouver Island Gas Pipeline. Crews began returning to work on February 4 after halting construction in mid-December because of winter weather restrictions.

The contractor for the Vancouver Island portion, Banister Pipelines, has mobilized crews in several areas along the Island route. Right-of-way clearing is under way on the Island mainline north of Victoria and on the Crofton, Harmac and Port Alberni laterals. Preparation of the pipeline ditch has begun in the

Nanaimo area, and an aerial crossing is being installed over the Nanaimo River. This work will prepare the Island for pipe welding and installation in mid-April.

The mainland portion of the pipeline route, consisting of the Sunshine Coast and Texada Island, is 90 percent completed. The mainland contractor, Majestic Pipelines, plans to begin work again in early April.

Work continues on a compressor station in Coquitlam, and construction in the Coquitlam Watershed will resume in March when weather conditions permit.

The reelship Apache successfully completed laying pipe in the Georgia and Malaspina Straits in November. The marine section contractors, Northern Construction Company and Stena Offshore, are currently positioning underwater span supports. The placement of these pipe supports on the rocky ocean bottom and hydrostatic testing of the pipe will be finished in early May.

"We are on schedule to have gas to all communities along the route in September," said Pacific Coast Energy President Harvey Permark.

NEXT DEADLINE 4 MAR

CANEX

HAPPENINGS IN CANEX

Move of Gas Pumps

We expect to start construction (sometime in the near future) on the move of Gas Pumps from our Service Station on Base to a new location in front of our Canex Building.

This will be a full service operation.

Opening of Arcade

We will open an Arcade in what is presently our Administration Office in the Canex Building.

We expect this to happen March 1991.

New Location of Canex Administration Office

We have moved our Canex

Administration Office to our new location at the rear of the Retail Store.

Our hours for this office at present are 1000 - 1600 hrs.

Bank Machine

We have approved the installation of a cash machine, which will be in place May or June 1991.

VALUE • SERVICE • SATISFACTION

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.

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.

Broomball

CFB Comox will host the Pac Region Broomball Championship 03-09 Mar 91. Anyone wishing to assist in set-up, scorekeeping etc., should contact the Rec Centre at loc 8315.

Fifth Annual CFE

Bodybuilding Competition CFB Borden, in conjunction with Baden Weight and Training Club, will be hosting the subject competition 25 May 1991. Military, dependants and DND employees are eligible to compete. Competitors will have to make their own travel arrangements.

For more information contact Base Peri staff, loc 8315.

Cinquième compétition annuelle de culturisme des FCE

La BFC Baden, conjointement avec le club d'haltérophilie de Baden aura une compétition de culturisme le 25 mai, 91. Les militaires, les personnes à charge et les employés du MDN peuvent participer. Les compétiteurs doivent eux-mêmes leurs préparatifs de voyage. Pour plus d'information, contacter le bureau des loisirs au local 8315.

Parents & Tots

The group will meet at the Community Centre next to Canex. Time: 10 a.m.-11:30 p.m.

OPEN 7 DAYS A WEEK

COLUMBO'S
STEAK HOUSE
PIZZA
N
PASTA

338-1488
FREE DELIVERY

Personal Exercise Program

A supervised P.E.P. class has commenced at the Base Gym from 0730-0830 hours, Mon thru Fri. All Base members are welcome to attend, however newcomers must show up on Tues or Thurs for proper P.E.P. instruction. Instruction will take approx half an hour and members should be dressed in proper workout attire.

Bodybuilding/Weight Training Club

Members interested in joining a Bodybuilding/Weightlifting Club are to register with Cpl Savard, loc 8315. Meeting will be in the Rec Centre Conference Room at 1100 hrs, Tuesday, 26 Feb.

Bowling

The Base bowling alleys are open for casual/open bowling: Sundays 1300-1600 hrs Thursday 1800-2100 hrs

Gym Closure

The Gymnasium & Weight Room will be closed to all casual users 1300, 16 Mar 91 through to 1300, 17 Mar 91, for a social function.

Summer School

The West Coast Women and Words Society will be holding its 7th annual summer school/writing retreat for women, WEST WORD VII.

Date: August 11-24, 1991
Place: Canadian International College
North Vancouver

The school is a 2 week residential program. Any woman interested in further developing her writing skills and participating in an exciting and intensive group experience is welcome to apply.

Three writing genres are offered, with respected and gifted instructors: Creative Documentary, Maria Campbell; Fiction, Eve Zaremba; and Poetry, Gay Allison.

There will also be a guest reading with Sky Lee and Lee Maracle.

For a descriptive brochure/application, please write: WEST COAST WOMEN AND WORDS #210-640 West Broadway Vancouver, B.C. V5Z 1G4 Phone: (604)872-8014 Application deadline: May 10, 1991.

Officers Mess Ladies

You and your guest are cordially invited to attend an art exhibition and auction, presented by the Officers Mess Ladies Club, Tuesday, 12 March, 1991, at the Officers Mess, CFB Comox. Preview will begin at 7 p.m., auction will follow at 8 p.m. Coffee and desert will be served. We would appreciate RSVP on or before March 1. Please contact Patty at 339-6996 or Louise at 339-3312 for reservations. There will be an hourly door prize. Everyone is welcome, whether you are a collector or just looking. This exhibition is worth seeing.

Jr Ranks

Ladies Club

Romance Bingo Tonight

Attention Members and Guests

The February meeting and Romance Bingo will be held 21 Feb - that's tonight!! - not 28 Feb as previously announced. A nominal card fee will be charged.

Time: Meeting (Business) 7:30 p.m.
Bingo (Romance & Fun) 8:00 p.m.

Place: Jr Ranks reading room (off lounge)



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(formerly COMOX SHOE REPAIR)
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Tuesday to Saturday - 9:00-5:30

TOP QUALITY
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\$195 for 25 words
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New Hardwood Flooring. Select red oak, 2 1/4" x 3/4" random lengths, \$3.17 sq. ft. - #1 Common, \$2.84 - #2 - \$2.43 - Taxes included - Other grades available. F.O.B. Richmond, call Joe 642-7842.

BUSINESS OPPORTUNITIES

\$100/DAY. How to stay home and make \$100/day. Call (403)453-2085 for amazing recorded message.

START YOUR OWN IMPORT/EXPORT business, even spare time. No money or experience. Since 1946. Free brochure: Wade World Trade, c/o Cdn. Small Business Inst., Dept. W1, 18 Skagway Ave., Toronto, Ontario, M1M 3V1.

Unique Opportunity. New high-way tractors for sale with year round contracts, pulling company trailers; B.C., Alta., Sask., Man. Full benefits. Call "Collect" Phil Moore. (604)583-7421.

Major new/used vehicle rental franchise, \$10,000 plus vehicle inventory. Reply to Box 2760, Merritt, B.C., V0K 2B0.

MR. MIKE'S. Attractive franchise opportunity to own a very unique family restaurant - Locations available in Rutland & Vancouver (Kingsgate Mall). Call International Franchises Ltd. (604)263-1404.

BUSINESS PERSONALS

ORDER YOUR LOVE STUFF BY MAIL FROM OUR NEW LOVER'S LANE CATALOG! You're assured privacy and security from our established store! Check us out with the BBB in HOME SHOPPING! BEST SELECTION! GREAT SERVICE! LOVER'S LANE CATALOGUE, 1074 SHOPPER'S ROW, CAMPBELL RIVER, B.C., V9W 2C6. PH: 286-1010.

EDUCATION

BE EMPLOYABLE IN TWELVE WEEKS FOOD & HOSPITALITY. Consider the facts - you could receive a student loan to finance tuition. Join Canada's fastest growing industry. Easy financial plans. Get's assist. Continuous enrollment. Jobs galore. DUBRILLE FRENCH CULINARY SCHOOL, 1522 W. 8 Ave., Van., B.C., V6J 4R8. APPLY YOURSELF. Toll-free 1-800-667-7288. LEARN WITH THE LEADERS.

Health Information Services Program. Douglas College in New Westminster offers B.C.'s only program in the Health Information Services Field. As a graduate of our program you'll have the skills employers demand in health care systems, computer systems, business, and research. Choose either the one-year Health Record Technician or the two-year Health Record Administrator option and start on your way to an exciting high-tech career in the Health Care field. Call (604)527-5076 for more information or write to: The Office of the Registrar, Douglas College, P.O. Box 2503, New Westminster, B.C., V3L 5B2.

Psychiatric Nursing. You have good communication skills and care about people. You want a career where you can make a difference in people's lives. The elderly, abused children, substance abusers and battered women are just some of the people who look to Psychiatric Nurses for help. Douglas College in New Westminster offers B.C.'s only Psychiatric Nursing program. The Psychiatric Nursing program gives you the practical experience along with classroom learning. Get started in this profession. Call Douglas College at (604)527-5420 for more information or write to: The Office of the Registrar, Douglas College, P.O. Box 2503, New Westminster, B.C., V3L 5B2.

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.

AQUA-THERM woodburning outside hot-water furnace. Heat homes, shop, greenhouses. Forced air adaptable. Information: \$5 including feasibility analysis. Aqua-Therm, Box 479, Sylvan Lake, AB, T0M 1Z0. (403)887-5816.

Attention: COIN COLLECTORS. We have a deal for you. Lady'smith Trade Dollars for sale - between \$20,000 and \$30,000 inventory. 1981 - 1989 - gold, silver, bronze. Phone (604)245-2645 or (604)245-8307.

EDUCATION

FREE career guide to home-study correspondence Diploma Courses. Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal BROCHURE: B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby, B.C., V5E 2R1. 433-4220.

An Exciting Career in HAIRDRESSING. Apply now for the April 1991 Hairdressing program. For further information, or to register contact: Selkirk College, Nelson, B.C. Marge Dolan, 652-6601.

Thinking about a career in hairdressing? Register now for our next class starting March 4th. Full information on the course available on request. We can also help you with your student loan if required. Write or phone North Okanagan School of Hairdressing Ltd., 3001 - 30th Ave., Vernon, B.C., V1T 2C1. Phone 542-8939.

FOR SALE MISC

A FREE HUNTING, FISHING, CAMPING CATALOG (\$6 value). Send your expired hunting or fishing license (photocopy acceptable) and S.I.R. will mail you our Annual Sportsman Catalog FREE (388 pages - over 6,500 items) plus all Sale Flyers for one year. S.I.R. Mail Order, Dept. 312, 1385 Ellice Avenue, Winnipeg, Manitoba, R3G 3N1. Offer expires March 31, 1991.

Small Engine Mechanic, Outboard/Motorcycle, experience also an asset. Send resume and expected wage to Box 500, Powell River News, 7030 Alberni, Powell River, B.C., V2A 2C3.

Small Engine Mechanic, Outboard/Motorcycle, experience also an asset. Send resume and expected wage to Box 500, Powell River News, 7030 Alberni, Powell River, B.C., V2A 2C3.

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

HELP WANTED

TRAIN TO MANAGE AN APARTMENT/CONDOMINIUM COMPLEX. The Government licensed homestudy certification includes free placement assistance. Free brochure: 681-5456 or outside Vancouver 1-800-665-8339 (24 hrs).

Automotive repair centre seeking full time parts person. Automotive interest a must. Benefit package included. Salary negotiable. Submit resumes file #373, c/o Interior News, Box 2560, Smithers, B.C., V0J 2N0.

POSITIONS AVAILABLE for people aged 18-30 interested in working overseas as an exchange student. For details contact the International Agricultural Exchange Association, 1501 - 17 Ave., S.W., Calgary, AB, T2T 0E2.

NEW SAFE. Chemical for allergy control in swimming pools; replaces dangerous chlorine. Opportunity to start, part or full time. Distribution or pool servicing business in your area. For full information call Sorber Canada Inc., 1-850-1400.

SPORTSNEWS REPORTER/PHOTOGRAPHER required for twice weekly newspaper with C.P. wire, in the beautiful West Kootenays. The newest member of the Metro Valley family of community newspapers. Must have vehicle and camera. Experience preferred. Dental, Medical, Welfare benefits. Salary per union agreement. RUSH resume and recent clippings to: Simon Birch, Editor, Castlegar News, Box 3007, Castlegar, B.C., V1N 3H4.

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

"GOOD TIMING". Get ready for your own auctioneering business. Training by Canada's top auctioneers. Class soon. The Auctioneering Institute of Canada. Phone (403)875-3339, Lloydminster, AB.

Village of Nakusp Hot Springs. Manager required for the administration of day to day operation and maintenance of two pools, complex and campground. Approximately 50,000 users/year. Year round operation. Excellent wage and benefit package. For further information call 265-3689. Resumes will be accepted until March 1, 1991. Send to Box 280, Nakusp, B.C., V0G 1R0.

PERSONALS

WOULD YOU LIKE to correspond with an attractive Christian person, ages 18-80, the object being companionship or marriage. Write ASHIGROVE, P.O. Box 205, Chase, B.C., V0E 1M0.

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TRAVEL

AUSTRALIA/NEW ZEALAND. Call the South Pacific specialist, ANZA Travel. Vancouver/Auckland, return from \$1,204 to \$1,724. Vancouver/Sydney return from \$1,344 to \$1,863. Vancouver call 1-344-7725. Toll-free 1-800-972-6928.

SKIERS: Lake Louise, Canada's Favourite has 3 day ski and accommodation packages from \$159/person, quad occupancy, regular season. Other package plans available. 1-800-563-0003.

OFFICERS' MESS

Members and Guests.

FEBRUARY 1991 CALENDAR

Wednesday February 27
OFFICERS COFFEE HOUR - Coffee will be served in the lounge at 1000 hrs. All officers are invited to attend. Dress of the day.

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

22 Feb..... LASAGNA

Wednesdays February 27 - OMLC BRIDGE CLUB
February 20 - OMLC ROMANCE BINGO

UPCOMING EVENTS FOR MARCH

12 Mar..... OMLC Art Auction
13 Mar..... 67th Anniversary RCAF Mess Dinner
16 Mar..... St. Patrick's Day Dance
21-22 Mar..... Winter Carnival (Details TBA)
31 Mar..... Easter Brunch.



BASE SOCIAL CENTRE

- Getting together with a friend;

- Planning a wedding reception,

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

Glacier Greens

By R. McCliesh

Sunday, 10 Feb Winter Golf Results:

1st L.G.: Nick Mikityuk; Bill Ballance; John Holly; Rose Jacobson.

2nd L.G.: Arnie Mathus; Glen Caslake; Fran Hume; Lorraine Courtemanche.

3rd L.G.: Dean Verdenhalven; Fred Horvath; Dianne Bainbridge; Ann Patterson.

1st L.N.: Dale Robertson; Al Gavel; Jake Jacobson; Jim Hume.

2nd L.N.: Marc MacPherson; Don Lineker; Rose McCliesh; Jack Hawkins.

3rd L.N.: Ron Carter; Ted Gibson; Ray Cossette; Joan Curtis.

K.P. on #13: Arnie Mathus.

K.P. on #16: Dale Robertson.

When Jack Hawkins put his second shot deep into the ravine on the right of #18 green, it was just no problem for Jack. In his typical cool manner, Jack chose his trusty wedge and let fly, placing the ball six inches from the pin. It was as pretty a shot as you'll ever see.



FIRST AID TIP



UNCONSCIOUSNESS

Loss of consciousness may threaten life if the person is on his back and the tongue has dropped to the back of the throat, blocking the airway. Make certain that the person is breathing before looking for the cause of unconsciousness. If the injuries permit, place the casualty in the recovery position with the neck extended. Never give anything by mouth to an unconscious casualty.

St. John Ambulance

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Model Agency

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Trade School

REGISTER NOW -
CLASSES BEGIN...

Mar 4 - HAIRDRESSING (1500 hrs) Shampoo, Hairstyling, Cutting, Perms, Coloring, Hygiene, Anatomy, much more.
Apr 8 - ESTHETICS (800 hrs) Skin Care, Make up, Facials, Manicures, Waxing, Pedicures, Artificial Nails

Open 9 am - 4:30 pm
Monday to Friday

841 Cliff Ave., Courtenay
- Phone 338-5424

Recreation

Winter Golf Results

Sunday 17 Feb Winter Golf Results:

1st L.G.: Bing Shearer; Bob Frenette; Jean Maxwell; Lee Johnson; Jim Hume.

2nd L.G.: Bob Pridmore; Lorraine Courtemanche; Marc MacPherson; Jim Patterson.

3rd L.G.: Dave Bews; Dale Robertson; Harry Reddin; Chuck Perry.

1st L.N.: Arnie Mathus; Harry Lewis; Rosalie Lloyd; Mel Thompson; Glen Caslake.

2nd L.N.: Dave Lloyd; John Ferguson; Earl Martin; Pat Copeland.

3rd L.N.: Jack Hawkins; Stu Mohler; Vic Sweeney; John Holly.

K.P. on #4: Bill Ballance.

K.P. on #7: Chuck Perry.

G.G.C. General Meeting 6 Mar, 1900 hrs, at the Social Centre (club house).

Next Committee Meeting 21 Mar, 1300 hrs.

Mens Zone VI Meeting 16 Mar in Nanaimo.

Ladies District 6 Meeting 8 Apr in Nanaimo.

1991 membership application forms are now available at the Social Centre lounge bar.

Glacier Greens will hold a Seniors 18 hole Golf Tournament (members only) on Wednesday, 10 Apr at 0900 hrs. Shot gun start. There will be a meeting after golf.

Obituary

Beth Dreger

It was with deep regret that we learned of the sudden death of Beth Dreger. Even those who did not know her were keenly aware of the personal attributes that made her respected and loved by so many people. Her smile and willingness to help at our golf club will be sorely missed by us all.

pened by Frankie McCaffery

Canadian Crossword

By Rick McConnell

Solution on page 21

ACROSS
1. Richmond
5. Her
8. Bunches
12. Healing plant
13. Soft metal
14. Devilish
15. Barkley Sound town
17. Wither
18. Before
19. Wager
20. Scatter
21. Top
22. USSR measure
23. A.K.A.
26. N.S. capital
30. Part of a chain
31. Camcorder sp
32. Choice word
33. Falls, Ont.
35. Body fluid
36. Some
37. Boy
38. Irate
41. Hide
42. Charge
45. Sheltered
46. Victory-pasture, Alta.
48. One of three squares
49. Baseball stat.
50. Mr. Mikita
51. Hairless
52. Ever, in poetry
53. Blue Nile source
DOWN
1. Pratt's
2. Apple poison
3. Where all roads lead
4. Ump's equivalent
5. War-horse
6. Sneez handle
7. Finish
8. Sunset-pasture, N.B.
9. Assert
10. Dreadful
11. Killed
16. Wading bird
20. The Sun
21. Pond-pasture, Ont.
22. Slack
23. TV ET
24. Misdemeanor in the House
25. Motel
26. Warring
nickname
27. Andy Capp's wife
28. Jap. Park
29. Deleted
31. Like a snake's belly
34. Started
35. Vomit
37. Word with module or cycle
38. Salt Spring Island product
39. - - - la Crosse, S.K.
40. Young beef
41. Axe
42. Cheese
43. Dash
44. Ms. Ferber
46. Tiny
47. Follower

Military update



Design for Peacekeeping Monument Accepted

by Capt. Marc Rouleau

The blue beret is recognized in regions of turmoil the world over as a symbol of peace and stability. Often, the individual wearing the blue beret has been a Canadian. In fact, in many areas of the globe, populations in conflict instantly associate UN peacekeepers with Canada.

It is no accident that Canadians have earned an international reputation as effective keepers of the peace. We have as a nation participated in all but one of the 22 United Nations peacekeeping operations since the organization's inception in 1948. We have also taken part in four additional peacekeeping missions not sponsored by the UN.

It appears that the role of trusted mediator in the midst of armed struggle is one that is consistent with the Canadian perspective. Unobtrusive yet effective, we have carved a niche for our nation within the international community. And we have done it well, for the demand for our services in peacekeeping operations, both present and future, is stronger than ever.

It was only natural, then, that in 1988, when the Nobel Peace Prize was awarded to United Nations peacekeepers, Canada felt particularly proud. To recognize the more than 80 000 Canadian Forces soldiers, sailors and airmen and women who have served in the 25 operations, the Department of National Defence decided in December of that year to construct a monument. Its purpose: to permanently acknowledge and honour Canada's contribution to peacekeeping efforts worldwide.

Hence, the call went out nation-wide to sculptors and urban designers alike to propose a design for the monument. The nine teams that accepted the challenge were assembled in

Ottawa in July 1989 and briefed on Canada's role in peacekeeping operations and the humanitarian activities involved therein. They were also provided with the competition guidelines and given the opportunity to inspect the actual site of the monument. Final proposals were submitted early this Fall. The arduous task of scrutinizing each submission in the aim of selecting the best design followed.

And so, on Thursday, November 8, the Minister of National Defence, the honourable Bill McKnight, announced the winning entry for the peacekeeping monument. The proposal by renowned sculptor Jack Harman, of Gibsons, BC, in concert with his design team, the firm of Henriquez and Partners and landscape architect Comelia Han Oberlander, triumphed in what proved to be a competitive contest.

Mr. McKnight, along with associate defence minister, the Honourable Mary Collins and the Chief of Defence Staff Gen. John de Chastelain, took part by unveiling a maquette of the proposed monument.

"The Canadian Forces are recognized worldwide as experts in United Nations peacekeeping operations", declared Mr. McKnight. "This monument will commemorate the outstanding contribution that Canadian Forces personnel make to world peace."

The Monument

At the very outset, the parameters governing the proposed monument were quite specific. As Col. John Gardam, DND project director for the monument, explains, the mandate was to produce a monument that, "had as its focal point figures that represented all branches of the Canadian Forces and was readily identifiable with peacekeepers."

Mr. Harman's design is more than simply a memorial to the 83 Canadians who have died in peacekeeping missions. It is a tribute to the living, and according to the design team, "symbolizes the struggle towards the global recognition of fundamental humanitarian values."

Two converging granite walls, laden with strewn concrete and steel depicting debris, dominate the monument. They represent "the destructive gap between warring forces."

The convergence symbolizes populations in conflict putting aside their differences and coming together. At the point where the two walls meet stand three cast bronze figures. These figures, set upon a cleansed granite slab, strike various poses. Clad in combat clothing, webbing and carrying personal weapons, they represent the men and women of the Canadian Forces that have participated in peacekeeping operations. The inclusion of weapons was deliberate and illustrates the tense and often dangerous situations inherent in the task.

A Sacred Grove, standing proudly behind the ceremonial plaza upon which the converging walls are mounted, completes the monument. It consists of 12 trees, representing our 10 provinces and two territories. Peacekeeping mission plaques will appear on the granite walls. An interesting aspect of the monument is that its context plan links it to other historical landmarks of Ottawa. In particular, the peacekeeping monument is aligned with both the National Art Gallery tower and the statue of Samuel de Champlain on Nepean Point.

The project is the result of the combined labours of three organizations: the Department of National Defence (DND), Public Works Canada (PWC) and the National Capital Commission (NCC). DND will provide \$1.5 million for the project. The total cost of the monument, including the value of the site, exceeds \$2.5 million.

The monument will be erected on Confederation Boulevard in front of the National Gallery of Canada on property provided by the NCC. In the words of Mr. McKnight, the monument is located in "a prominent place". Completion of the project is scheduled for Fall 1992, and the actual unveiling planned for the Thanksgiving weekend.

The monument will be unique not only in design but also in concept, for this is the first monument anywhere in the world dedicated to peacekeepers. "This monument will provide the men and women of the Canadian forces who have served in peacekeeping roles with the recognition that they deserve," stated Gen. de Chastelain. "It will

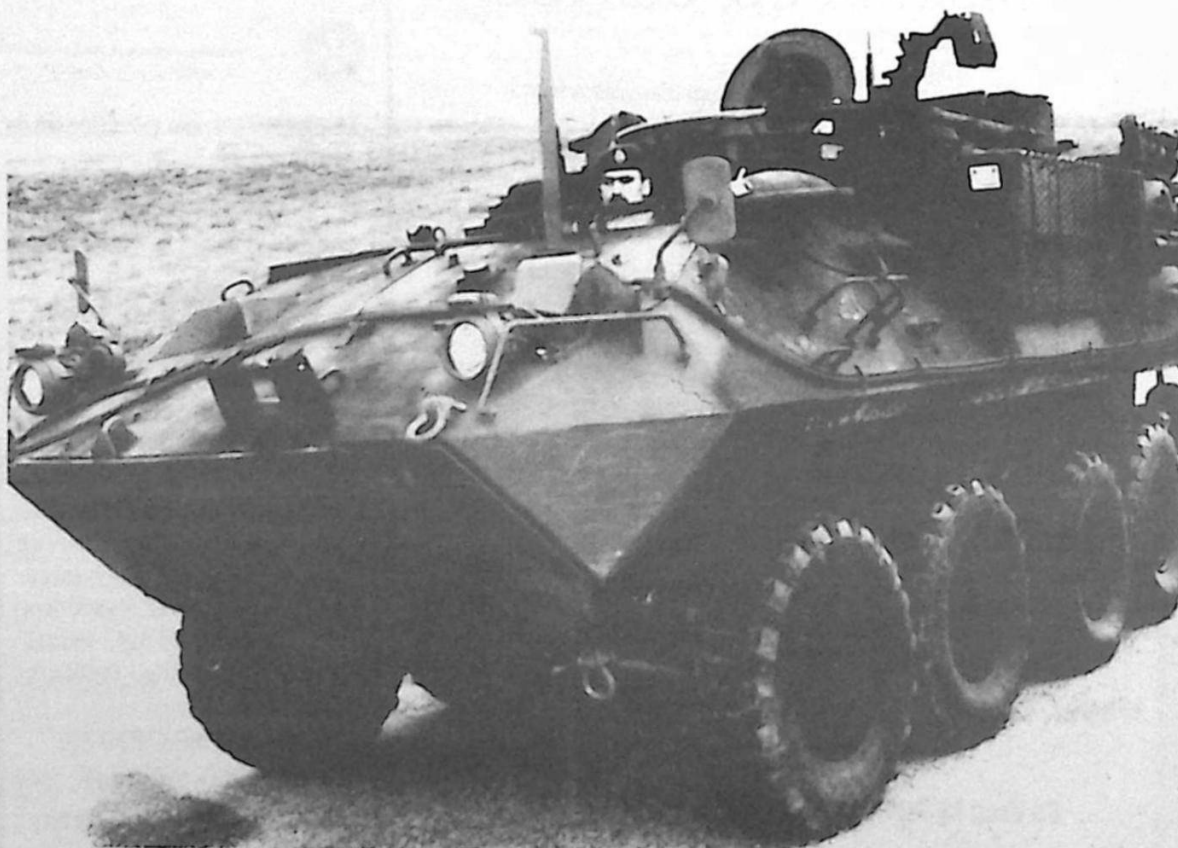


The maquette of the monument, unveiled by the Minister of National Defence, revealing the three figures which stand atop the basic structure of monument.

incite everyone to reflect on the contribution that they have made."

A lifelong sculptor with a long list of notable sculptures to his credit, Mr. Harman felt well qualified to design this monument. Although never actually serving in the military, apart from a brief stint in the cadets, he experienced the effects of war and conflict throughout his life. His father, a veteran of the First World War, was wounded twice, the second time severely. His brother participated in the Second World War.

Mr. Harman's reaction to the announcement was somewhat subdued. "I was very pleased, but not really surprised. Without sounding conceited, we felt confident for we had a very good team. We felt that are chances were very good."



The Bison

Heavy Metal for Militia

by Capt. Tony Keene

The first of 100 light armoured vehicles for Canada's army reserves has rolled off the assembly line in London, Ont. The Militia Light Armoured Vehicle was handed over by General Motors Diesel Division to Bill McKnight, minister of national defence, who in turn presented it to Maj.-Gen. Frederick Mariage, chief of reserves, on Sept. 13.

"Despite recent cutbacks to our overall budget," said Mr. McKnight, "we are firmly committed to our reservists. We intend to provide them with the equipment they require."

After decades of making do with hand-me-downs from the Regular Force, the MILLAV provides the land reserve, traditionally known as the Militia, with its first specific-use vehicle. The Bison, as it is called, will be produced in several variants, including armoured personnel carriers, com-

mand post vehicles, mortar carriers and maintenance units. Each APC version can carry a full section of 11 soldiers with full gear.

All variants are equipped with a machine-gun for self-defence, and can reach 100 kph on roads. They are extremely quiet at high speeds, and are amphibious.

The \$100 million contract provides for the full order to be delivered by early 1992. The vehicles are similar to the light armoured vehicles manufactured by Diesel Division for the United States Marine Corps in recent years. They will complement the six-wheel light armoured vehicles already in use by the Militia and Regular Force units. These variants on the Swiss MOWAC design were also manufactured by Diesel Division at its plant in London, Ont.

Continued on page 21

Off the base

Remembrance Day Pageant Commended

Harking Back: On Remembrance Day, members of the drama class (grades 7-9) at Courtenay Junior Secondary School presented an outstanding pageant to mark November 11 at the annual Legion Remembrance Day Breakfast in Courtenay. On February 1, 1991, John Leonard, first Vice-president, Branch 17, presented the Principal, Mr. Dave Bawtinheimer, with a plaque for the school, commending these young people for their efforts. (Seated, in photograph, Legion President Harry Harris.) Below: The drama class received individual letters of commendation from the Legion, presented by Courtenay Mayor Ron Webber, who is Chairman of the November 11 Committee in Branch 17.



LEGION LOG

BRANCH 17 COURTENAY

334-4322

ENTERTAINMENT

Fri & Sat Feb 22 & 23.....Music by EL DURADO
Fri & Sat Mar 01 & 02.....Music by NASHVILLE
Fri & Sat Mar 08 & 09.....Music by WESTWIND

REGULAR ACTIVITIES

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Upper Hall, 7:30 PM
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*2nd L.A. Gen. Mtg. Upper Hall, 8 PM
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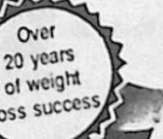
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NEXT DEADLINE
4 MAR 91

More Heavy Metal

continued from page 20

"The Canadian military was our first customer for light armoured vehicles in the mid-70s, and they have helped Diesel Division establish a world-class technology in this field," said William Kienapple, the firm's director of defence operations.

As is usual with Canadian defence contracts, this one also provides economic spin-offs for other regions of the country. About \$410 million in sub-contracts for propellers, tires and instrument panels has gone to suppliers in Alberta, Nova Scotia, British Columbia and Quebec.

The vehicle is intended primarily as a trainer, although the six-wheeled types are being used by the Regular Force in some operational roles, notably internal security. The Bison is street-legal and costs about \$1.12 per kilometre to operate.

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On and off base

Legal Tips - Credit Cards

We live in a world of credit where every day we are exhorted to use our handy credit cards to buy the things we want, whether we really need them, or can afford them. Credit cards enable us to purchase painlessly, we get what we want immediately, but we can delay paying for several months.

But credit cards can be a cur-

se too. We can easily outspend our ability to repay, and high interest rates compound the problem. Then there's the constant danger that we might lose our credit cards, or they might be stolen by a thief who goes on a spending spree with our credit cards.

So the government has had to step in to regulate

distribution and to limit cardholders' liability. The provincial government has acted in two areas: unsolicited credit cards, and lost or stolen credit cards.

At one time banks and businesses mailed out credit cards to potential customers, quite unsolicited, in the hope that the recipient would sign

the card and start using it. That practice led to a number of problems and abuses and eventually the government stepped in with legislation that said if you are sent a credit card you have no obligation for any purchase made with it until you indicate in writing your intention to accept it.

An unsolicited credit card is

defined in the Consumer Protection Act as a credit card that has not been requested in person by the person named on it. There's only one exception to that: a renewal or replacement card. Although you don't specifically request the renewal card, it is not con-

continued on page 23

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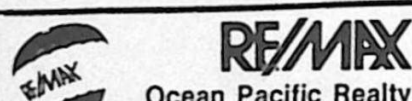
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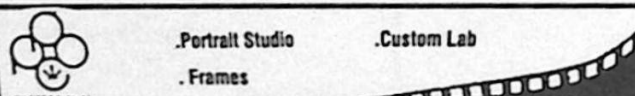
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On and off base

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(L-R) Back row standing: Gord Roy, Chet Bohan, John Knapp, Phil Redman, (Honorary 1st V/P) George Coutts (Service Officer), Dave Parkin, Ray Robert, Ray Bechold, Bob Smallwood, George Greff, Stella Lohnes, LA, Mary Kubos, LA, Jill Shackleton, LA, J. Davis, LA, Jim Payne (Br. Past Pres.), Mary Carrigan (LA Sgt-At-Arms).
(L-R) Front row seated: G.A. Terris Br. 2nd V/P, A.R. Smith, Br. 1st V/P, Paul Dobson, Pres. Br.160, Dee Fredericksen LA Br.160 Pres., Mary-Lou Bain, (LA past Pres.), Rose Perrier (LA NCVI Zone Cmdr), Lonnie Anderson (LA 1st V/P), Lynne Marinos (LA 2nd V/P), Marg Franklin (LA Treas.)
Missing from picture: R. Collette, R. Pearce, D. Warren, K. Christensen, V. Greenlaw, Carol Nickson.

More Legal Tips

continued from page 22.

sidered to be an unsolicited card.

Your legal liability only arises after you expressly acknowledge to the sender in writing your intention to accept the card. You could express that intention in several ways. First, by sending a notice to the bank or business, stating that you intend to accept the card. Second, by using the card to make a purchase. By using the card and signing your name, you are in effect telling the sender that you are accepting it.

Now let's assume you have several credit cards that you personally requested, and you have been using them for several years. One day you discover that they are missing, either lost or stolen, you don't know which. What do you do? What's your liability, if a thief goes on a spending spree with them?

In this situation, provincial government law says that you are not liable for any debt incurred through the use of your lost or stolen credit card after you have, in person or by registered mail, notified the issuer of the card that is lost or stolen.

So, the first thing to do, if you discover that your credit card is missing, is to phone the issuer immediately and report it. If you can't reach the issuer by telephone, send a registered

letter with all the relevant details. If you notify the issuer by registered mail, you are deemed to have given notice at the time that you mail the notice. In any event, as soon as the issuer is notified that the card is lost or stolen, you are not liable for any transactions made with that card after that time.

It's a good idea to keep a list of your credit cards with the account number and the telephone number of each company or bank concerned.

But what about unauthorized use of the card after you lose it, but before you report it lost or stolen? Again, the Consumer Protection Act limits your liability. You are responsible for a maximum of \$50 debt on a lost or stolen credit card by an unauthorized person prior to the date on which you notified the issuer.

These rules, designed to protect the consumer against the unauthorized use of credit cards, apply even though your agreement with the credit card issuer may state to the contrary. So, for example, if your agreement says that you are liable for all transactions on your stolen credit card until you report it stolen, that term is not valid. Your maximum liability is \$50, as stated in the Consumer Protection Act.

More Financial Tips

continued from page 6

for the simple reason that they put off filing their return. Throwing away good money by giving it to the government isn't a smart move.

Make it a priority to file returns on time, regardless of whether a refund is due. The penalties in either case are dire, since you would forgo interest

(currently at the rate of 15 per cent) on the refund and, if the time lapse is long enough, could even end up losing your rights to a refund.

If you have any questions regarding filing late tax returns, or any other financial matters, you should contact a local chartered accountant.



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On and off base



Subscription Awareness Campaign March 1991

KCTS/9's March subscription and awareness campaign begins Saturday, March 2 with seventeen days of special programming, showcasing brand-new offerings and popular favorites. The following information highlights fascinating programs during the campaign. **MACNEIL/LEHRER SATURDAY UPDATE** airs every Saturday beginning March 2 at 3:00 p.m. to 4:00 p.m. to provide continued coverage of the Persian Gulf War. **MOYERS: A GATHERING OF MEN** airs March 2 at 5:30 p.m. to 8:00 p.m., featuring Bill Moyers and poet Robert Bly in an exploration of how men think and feel about themselves. (Repeats Friday, March 8 at 9:30 p.m.)

The evening of March 2 kicks off with great music. **FRANK SINATRA: THE VOICE OF OUR TIME** airs at 8:00 p.m. to 10:00 p.m., tracing the amazingly successful career of the singer and actor who recently celebrated his 75th birthday amidst considerable media attention. The documentary follows Sinatra from his first appearances with Major Bowes and the big bands to his special 50th birthday performances in 1965. Dozens of rare musical clips from the 1940s, '50s and '60s are complemented by clips from Sinatra's television series of 1950-51 as well as interviews with reviewers, friends and colleagues. Mel Tormé hosts this stereo presentation. (Repeats Sunday, March 3 at 7:00 p.m. and Saturday, March 16 at 9:00 p.m.) **JOHNNY MATHIS: CHANCES ARE** is next up at 10:00 p.m. to 12:30 a.m. This new stereo special offers the definitive treatment of the singer's material with his biggest hits, from "Misty", "A Certain Smile" to "Chances Are". Patti Austin, Larry Gatlin and the Gatlin Brothers guest-star in this concert taped in Nashville. (Repeats Monday, March 11 at 10:30 p.m.)

Excellent music is continued on the evening of Wednesday, March 6 with **PUTTIN' ON HIS TOP HAT** at 7:00 p.m. to 8:00 p.m. when KCTS/9 spotlights Fred Astaire's life and career. **THE FRED ASTAIRE SONGBOOK** follows at 8:00 p.m. to 10:00 p.m. as a new documentary with a wealth of film clips showing Astaire singing famous songs like "White Tie and Tails", "Cheek to Cheek" and "Let's Face the Music and Dance". Audrey Hepburn hosts the program. (Repeats Saturday, March 16 at 7:00 p.m.) Stay tuned for a classic 1935 movie, **TOP HAT**, starring Fred Astaire and Ginger Rogers at 10:00 p.m. to midnight.

GARDENS OF THE WORLD airs Thursday, March 7 at 7:00 p.m. to 8:30 p.m. with Audrey Hepburn guiding viewers through a collection of stunning gardens around the world. This new lush photographed special views the world's most popular flower - the rose - and introduces formal gardens in France, Italy and England. (Repeats Sunday, March 10 at 8:00 p.m.)

A marathon encore broadcast of **RED DWARF** begins Saturday, March 9 at noon to 3:00 p.m., full of science fiction comedy. The first twelve episodes take place aboard a spaceship that's been mining around the moons of Saturn. When the ship runs into some trouble, surviving crew member Dave Lister (Craig Charles) - alone but for a hologram of his late bunk mate, Arnold Rimmer (Chris Barrie) - finds himself undergoing bizarre experiences. (There's a break at 3:00 p.m. for the one-hour **MACNEIL/LEHRER SATURDAY UPDATE**.) At 4:00 p.m. to 8:00 p.m., the fun-filled **RED DWARF** marathon resumes. Six new episodes of **RED DWARF** bow in Sunday, March 10 at 2:30 p.m. to 7:00 p.m. with Lister and Rim-

mer arriving back on Earth - only to discover that time is running backwards.

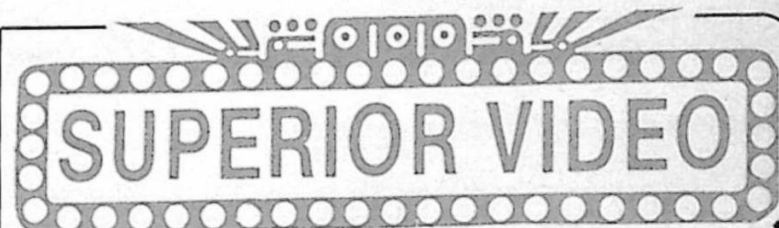
OF MOOSE AND MEN: THE ROCKY AND BULLWINKLE STORY airs March 9 at 8:00 p.m. to 10:00 p.m. This new special explores the satirical world of the hit cartoon series. Clips from the original episodes are combined with on-camera interviews of the creative team and archival footage from the heyday of Bullwinkle-mania. Interviews include Leonard Maltin, media critic from "Entertainment Tonight"; June Foray, the voice of Rocky; Natasha Fatale and other well-known characters; and Allan Burns, one of the original writers who went on to create "The Mary Tyler Moore Show". (Repeats Thursday, March 14 at 7:00 p.m.) **JIMMY BUFFETT: LIVE BY THE BAY** follows at 10:00 p.m. to midnight, showcasing the easy-going performer in concert at a Miami marina. The new special includes Buffett's hits, "Changes in Attitude, Changes in Latitude" and "Margaritaville".

Enjoy **JULIE ANDREWS IN CONCERT** on Sunday, March 10 at 9:30 p.m. to 11:00 p.m. when the Broadway and Hollywood star sings favorites from her career, including "I Could Have Danced All Night" and "The Sound of Music".

HARRY CONNICK JR. IN CONCERT returns after popular demand on Monday, March 11 at 9:00 p.m. to 10:30 p.m. performing jazz and pop standards like "It Had To Be You", along with his own songs.

Tuesday, March 12, **NOVA** presents a new documentary filmed in the waters of British Columbia. At 7:00 p.m. to 8:00 p.m., "Swimming with Whales" accompanies a group of Canadian scientists as they travel the whale-rich waters in the Georgia Strait and around Vancouver Island. The result is a captivating portrait of gray, humpback whales and resettled sea otters - a program that reveals the effects heavy metals and other pollutants could have on these animals' future. Gregory Peck narrates. (Repeats Wednesday, March 13 at noon.) Also, on Wednesday, March 13, the new **NATIONAL GEOGRAPHIC SPECIAL, "Splendid Stones"**, (at 7:00 p.m. to 8:00 p.m.) takes a look at the myths and legends surrounding gemstones, from Russia's Faberge eggs to the crown jewels of England. Following at 8:00 p.m. to 10:00 p.m. is a new program, **LUCIANO PAVAROTTI: THE WORLD CUP CONCERT**, in which the celebrated tenor shares the stage with some of soccer's all-time greatest players. (Repeats Sunday, March 17 at 5:00 p.m.)

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OF MOOSE AND MEN: THE ROCKY AND BULLWINKLE STORY highlights the irreverent series that became a cult classic. The special also profiles the team of Jay Ward and Bill Scott, the two responsible for creating the series' zany characters. The program airs as part of public television's March 1991 pledge drive.



GREAT PERFORMANCES "Julie Andrews in Concert" presents the Broadway and Hollywood star reviewing her life in song. Recorded onstage at the Wilton Theater in Los Angeles, Andrews sings hits from stage and screen performances. The program airs during public television's March 1991 pledge drive.

March 17 presenting some of the greatest voices today. Three world-class tenors join forces in **CARRERAS, DOMINGO, PAVAROTTI IN CONCERT WITH ZUBIN MEHTA** at 7:00 p.m. This new special features Jose Carreras, Placido Domingo and Luciano Pavarotti in performance at the closing ceremonies of Italy's 1990 World Cup at the Termini di Caracalla in Rome. From 9:30 p.m. to midnight, **THE RICHARD TUCKER OPERA GALA 1991** honors the memory of America's best-loved tenor - as

friends, colleagues and opera stars pay tribute to the late tenor's special musical tradition. The gala event, hosted by Roberta Peters, centers on a star-studded cast of performers, including Luciano Pavarotti, Marilyn Horne, Jerry Hadley, Elena Obrazisova, Paul Plishka, Leo Nucci, Samuel Ramey and Carol Vaness. An encore broadcast of **Great Performances: "Pavarotti Returns to Naples"**, airs midnight to 1:00 a.m. with Pavarotti singing and mingling with the people of Naples.