



A Valentine's  
Day  
Greeting



for our men  
and women  
in the Gulf



# TOTEM TIMES



Canadian Forces Base Comox B.C.

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COST: PRICELESS

## Graceful Comet



This DeHavilland Comet 1A flew between 1 Wing Marville (France) and Montreal's Dorval airport in 1958, bringing the Editor to Boot Camp at St. Jean's PQ. It refuelled enroute at Keflavik, Iceland. The Comet was replaced, shortly afterward, by the turbo prop Yukon, a derivative of the Bristol Britannia and a cousin to the CP107 Argus. All are now history, as far as the CF is concerned.

## Canadian Ships take leading role in Gulf

OTTAWA - Canadian ships have taken a leading role in the efforts of the multinational United Nations force in the Gulf region. Canada now coordinates the movements of Combat Logistic Force's supply ships, and controls the multinational fleet of destroyers and frigates assigned to protect the naval logistic efforts.

Some of the allied combatant fleet operates in the central Gulf, while allied logistic vessels -- supply ships with little defence

against air attack -- remain in the southern Gulf. A group of smaller warships -- destroyers and frigates -- act as defensive escorts for the supply ships. This combination of supply vessels and the warships which protect them comprises the Combat Logistic Force.

When warships from the central Gulf need supplies, such as food, fuel, ammunition, or spare parts, the necessary supply vessels and escorts move out of their protective 'corral' in the

southern Gulf, resupply the warships as needed, and then return to the protected area.

The commander of the Canadian Naval Task Group, Captain (N) Duncan Miller, took control of the logistic force at the outbreak of hostilities in mid-January. Not only is he responsible for the escort and protection of supply vessels in the Gulf, but he is also responsible for scheduling all logistic force activities on behalf of the battle force commander. "We're definitely watch-

ing everything that goes on," he says, "and we're very much part of the total multinational effort."

This new role is a mark of the respect that Canadian sailors and ships have earned from allied forces during Arabian Gulf operations. While enforcing United Nations sanctions against Iraq, Canada's relatively small ship fleet carried out more than one quarter of the total operations of ships in the

highly efficient operation clearly demonstrated that Canada's ships could be counted on.

In addition, there are good command and control facilities on board HMCS Athabaskan, a feature which many ships in the allied fleet do not have.

The Combat Logistic Force includes about 24 ships from 10 countries. The numbers vary as ships from the participating countries move in and out of the

# On the base

More Leading Role continued from page 2

Gulf. The replenishment vessels include combat support vessels, landing support ships, ammunition ships, general cargo ships, destroyer tenders and tankers. Canada's HMCS Protecteur is one of the combat support vessels. HMCS Athabaskan and HMCS Terra Nova are among the destroyers assigned to the logistic force.

Napoleon said, "An army marches on its stomach." In other words, no further than the distance its food supplies can be transported. For a huge, multinational naval force such as that in the Gulf, food is but one of the hundreds of different supplies needed every day to ensure continued operation. Ammunition - bullets, cannon shells, missiles,

rockets and bombs; fuel - oil, jet fuel, hydraulic fluid, lubricants; spare parts - tires, clamps, nuts and bolts, circuits and wiring, tubes and computer chips; and, even letters from home. These are but a fraction of the supplies needed each day by the allied fleet and provided by the logistic force. Most of the supply ships carry their own transport helicopters to ferry cargo from ship to ship, or to and from airfields in the Gulf region. At sea, fuel must be transferred through a hose linked from ship to ship.

Through their leadership in the Combat Logistic Force, Canadian ships and personnel are playing a key role in the success of the United Nations forces in the Arabian Gulf region.



HMC Ships Athabaskan, left, and Terra Nova, right, along with the supply ship Protecteur are part of the UN Multinational Naval Forces in the Gulf, which currently number more than 150 ships.

## MND denies Brigade Mobilization

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight, states that the Government of Canada has no plans, secret or otherwise, to send a brigade to the Gulf.

Allegations that the minister directed the Department of National Defence to plan the mobilization and deployment of a brigade group to the Gulf are unfounded.

While the Canadian Forces has developed plans for many contingencies relating to the United Nations Security Council resolutions on the Gulf, it has done so on its own initiatives as a matter of prudent preparedness.

**ST. PETER'S**  
Anglican/Episcopal Church  
218 CHURCH ST., COMOX  
**HOLY EUCHARIST**  
8:00 a.m. and 10:00 a.m.  
Fr. John Paetkau - 339-2925  
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## 2 THE SECOND OF TWO EDUCATION SYSTEM REPORTS:

# How are we preparing B.C.'s children for the 21st century?



## By creating a school system for the 21st century.

### Why are the schools changing?

Because B.C. is changing - economically, socially, and very rapidly. Through public consultation in the 1988 Royal Commission on Education, you made one thing clear. You wanted changes in our school system to match the changes in our world.

We listened, and responded with a new approach to learning that will prepare our children for the Year 2000 and beyond. We're reinforcing the old basics - and moving ahead to new basics that will satisfy individual needs while giving all students a lifelong interest in learning.

### Today's Changes.

The Primary Program was successfully introduced in many school districts in the 1989-90 school year and will become system-wide by the fall of 1991. In the new program, children learn reading, writing, mathematics, science, social studies, art, music, drama and physical education. No surprises there.

But they also learn to feel successful, to see themselves as thinkers, to regard learning

as an enjoyable experience. And more, they learn to make decisions, solve problems, communicate effectively and care for each other, as well as the world around them.

Dual entry, a key part of the new Primary Program, demonstrates how public consensus contributes to our new school system. The Royal Commission learned that parents wanted more choices about when to enrol their children in school. Why should youngsters born in January or February have to wait eight months before starting? Dual entry allows them to begin school in either

September or January, reducing the waiting time to a maximum of four months. This table clarifies the options:

If your child was born between:	First eligible to start:	May also start:	Or may delay until:
May '85 Oct '85	Sept '90	Jan '91	Sept '91
Nov '85 April '86	Jan '91	Sept '91	Jan '92
May '86 Oct '86	Sept '91	Jan '92	Sept '92
Nov '86 April '87	Jan '92	Sept '92	Jan '93
May '87 Oct '87	Sept '92	Jan '93	Sept '93
Nov '87 April '88	Jan '93	Sept '93	Jan '94

With its flexibility, dual entry typifies a school system that is based on the individual needs and abilities of the child.

### Tomorrow's changes.

The Intermediate and Graduation Programs. As part of the consultative process, drafts of these proposed programs were circulated in September 1990 to parent groups, teachers and other members of the public with interests in the education system. In response to their comments, the Intermediate Program will be phased in beginning optionally in the 1991-92 school year; the new Graduation Program will begin in 1995-96.

If you would like additional information on B.C.'s new school system, mail the coupon below.



**MINISTRY OF EDUCATION**  
Hon. Stanley B. Hagen, Minister

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Please send me a copy of  
CHANGES IN EDUCATION -  
A Guide To Parents.

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# On the base

## St. Valentine's Day is a delightful blend of traditions and legends



### Padre Bob

Where did January go? I thought it was supposed to be a nice long month with 31 days, but when I turned around, there it was - gone! Our first deadline in February is already upon us.

The Parents and Tots are getting ready to have their third gathering already! The first two have gone very well with about fourteen parents gathering at the Chapel at 10 a.m. on Friday mornings, along with about twenty tots. To date our hostess, Julie Mercer, has come up with some very creative and interesting ways for the parents to get to know one another. Hey, you try walking up to a stranger and after chatting for only five minutes, introducing them to the group! Coffee is served and volunteers bring in sweets to allow the adults to relax in a friendly atmosphere and get to meet one another.

The tots, on the other hand, didn't take nearly as long to get to know each other. On the first morning they had already set up the Parents and Tots 500 crawl, in and out of the table legs.

"Oops, watch out for mummy's shoe."

Then off to the nursery for a quick spin around with all those new toys.

"Ha, ha, we lost four on that lap. They stopped to play with the toys and forgot about the race. They are going to have to learn

that this is not all fun, we have to work too! There are structures to build, cars to drive, pages to colour and they even have juice and cookies for when we take our break."

Tomorrow our parents go to work as they learn about infant CPR from a guest speaker. That sounds like pretty practical stuff!

Back in December I was visiting the MQs on Cedar when the rains came and I got busy with all the preparation for Christmas. Now that I have finished up my annual reports and they are all typed and handed out for our annual meeting this Sunday, I will start my visits again as soon as these Sou'westers settle down. The visits will not take much of your time as I bring along the cards from our office files. Often people clear into our office before they have a home phone number or know their work local so it is just a case of filling in the blanks.

Next Sunday we will celebrate Baden Powell/Thinking Day and have invited members of the Guiding and Scouting movement to attend our 1100 hrs Service in uniform. Some of the boys and girls are already preparing for this service as they work to earn their Religion In Life Emblems.

See you in Chapel.

### New Commander for LFCA

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight, announced today that Reserve Force Brig-Gen Nicholas Hall will be promoted to the rank of major-general later this year, and will assume command of Land Force Central Area (LFCA). LFCA is a regional headquarters of Mobile Command responsible for all

Regular and Reserve Force units in Ontario.

He will replace the present Commander, Regular Force Maj-Gen Robert Stewart, who has commanded LFCA since its establishment in August 1990.

"Brig-Gen Hall's promotion and appointment reinforce the commitment of the Canadian Forces,"

continued on page 11



St. Valentine's Day may now be a day for lovers, but it was not always so. Thousands of years ago, in ancient Rome, it was celebrated as Lupercalia, the feast of Lupercus, the Roman god of herds and crops. He was supposed to protect the flocks of the Romans from wolves and to keep their animals healthy and fertile.

Each year, the Romans would hold feasts to honor Lupercus in the middle of February. Dancing and games played an important role in these feasts. On the eve of Lupercalia, young men would draw the names of maidens to find out who would be their partners for the games and dances throughout the coming year. Often, these partners would become sweethearts and be married before the next name-drawing.

When Rome entered the Christian era, the people gave up their worship of Lupercus, but they didn't want to give up the feasts associated with this god. So the feasts were held in honor of a Christian saint named Valentine instead. Not much is known about Valentine, other than that he was a priest who lived in Rome during the 3rd century after Christ. He was martyred in Rome on February 14. Thus, that date became celebrated as St. Valentine's Day with all the merriment that had accompanied the old pagan feast.

Today, Valentine's Day is celebrated in much the same way as it was hundreds of years ago. Lovers send flowers, cards and exchange gifts in the same spirit of yesteryear—the spirit of love.

**Legends About Valentine**  
Many legends have sprung up around the figure of Valentine. One claims that Valentine was a priest who performed secret marriages for young couples in defiance of an order by Emperor Claudius II. It seems that the emperor wanted men for his army and felt that married men wouldn't make good soldiers because they wouldn't want to leave their families, so he issued an order forbidding young Romans to marry. According to the legend, Valentine was thrown into prison and then beheaded for aiding young people in love by marrying them.

Still another legend says that Valentine was a priest who loved children and presented them with flowers from his garden. He, too, was thrown into jail because he refused to pray to the Roman gods. The children he had befriended would throw bouquets of flowers through the prison bars to Valentine; these bouquets had love notes attached to them. According to the legend, we send flowers and love notes to each other in honor of the saint's memory.

In time, the celebration of St. Valentine's Day spread to France and England. The English incorporated their own customs into this celebration. Since they believed that birds choose their mates on February 14, St. Valentine's Day became associated with the choosing of sweethearts.

On Valentine's Day, English girls used magic spells and charms to find out who their husbands would be. They pinned bay leaves to their pillows; if a girl dreamed of her sweetheart, she would be married that year, according to folklore. The girls would also write boys' names on scraps of paper and roll the paper in clay; the clay rolls were then

dropped into water. The first paper to surface was supposed to hold the name of a girl's future husband.

The practice of choosing partners for the games and dances of St. Valentine's Day was also retained. In time, sweethearts chosen on Valentine's Day became known as valentines.

The letters written by sweethearts to each other were also known as valentines. Eventually, these letters began to include pictures of hearts or flowers and lace. Verses became popular for these Valentine letters as well. Gifts of candy, cakes, flowers and jewels also came into vogue for Valentine's Day.

On February 14, English children would dress as grown-ups and go from house to house, singing valentine songs. When the English came to the New World, the tradition of celebrating St. Valentine's Day came with them, although many of its customs have passed away.

Paper valentines first became popular in Europe, especially in England. The first printed valentines were produced around 1800.

They were trimmed with satin ribbons and had real lace borders, with a picture hand-painted or printed in the center.

Space was left for the lover to express his feelings, too. If the suitor had no talent, he simply copied verses from booklets called "Valentine Writers" which could be purchased for a penny. Because it was expensive to mail these valentines, they were originally delivered in person.

## CHANGES

By Hamish (J.P. Ktrk)

John Latta has shared with us how teenage slang has changed from 1920 to 1980:

**1920's**  
Hot mama - Wild woman  
The bee's knees, the cat's pajamas - Out of this world  
Flapper - Free-spirited young woman  
It - Sex appeal  
Jazz beau - Fashionable man  
Hep cat - Someone in style  
Illuminated, fried, crocked, lit up like Times Square - Drunk

Since I was born some years ago  
This world has changed somehow

We use both milk and butter  
That has never seen a cow.  
We have instant coffee, instant tea,  
Instant this and instant that;

Lots of other instant foods  
Not fit to feed a cat.  
We have substitute sugar, substitute salt;

We have so many substitutes  
We don't know who to fault.  
Boys and girls both dress alike;  
Can't tell one from the other.  
Same way with Mom and Dad,  
Can't tell Dad from Mother.  
One morje thing that don't look right;  
I think that it's a sin.  
They've moved the cook stove out of doors  
And moved the outhouse in!  
I don't know how far this will go,  
But up until this minute,  
I love this good old world of ours  
'Cause I can still live in it.

### 1950's

I'll be a dirty bird! - I'll be doggoned  
Crazy - Wow  
Real gone - Really great  
Dig - Appreciate  
Cool cat - Suave fellow  
Bread - Money  
Classy chassis - good-looking body  
The most - The best

Bobby soxer - Girl  
Plastered - Drunk

**1980's**  
Nuke - To microwave  
Mickey Ds - Hamburgers  
Smoke head -- One who smokes  
Ditz or airhead -- A stupid person

### 1980's

Nuke - To microwave  
Mickey Ds - Hamburgers  
Smoke head - One who smokes  
Ditz or airhead - A stupid person  
Blow-off - To disregard, ignore, or not try  
Dude - A person  
Nerd, geek - An undesirable person, a loser  
History - Gone or leaving (I'm history)  
Bottle it - Get to the point  
Veg out, blob out, veg - To do completely nothing  
Chill out - Relax, calm down

- Author Unknown

**Smitty's**  
Comox FAMILY RESTAURANT  
**TREAT YOUR VALENTINE**  
Feb 14 - 4 p.m. to 8 p.m.  
**Valentines Dinner**  
New York Steak or Seafood Platter  
Includes: Caesar Salad or Homemade Soup, Vegetables, Potatoes, and Special Sweetheart Dessert  
Adult \$9.95 - Senior \$7.95  
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serves from Comox Mall  
7 days a week  
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# Editorial

**NORM  
BLONDEL**



## St. Valentine's Day and Peace

Saint Valentine, ordinarily a symbol of joy to lovers and the greeting card, floral and candy industries, assumes a rather different role this time, at least in the minds of one local peace organization.

According to an article in the North Island News, the Peace Convergence Committee, which believes in the power of concentrated prayer, is promoting a world-wide prayer day on February 14, St. Valentine's Day. While being fully aware that prayers for the safe return of our men and women from the Gulf are being offered every day from our churches and in our homes, I feel this rather positive idea deserves our support.

Prayer does seem to accomplish a few things from time to time, although some sceptics call it coincidence. But what have we got to lose by trying?

I don't know who coined the phrase, but some one once said, no one cherishes peace more than a soldier. In praying for peace we are also sending a message to our men and women overseas that we want them all back safe and sound -- after the job is done.

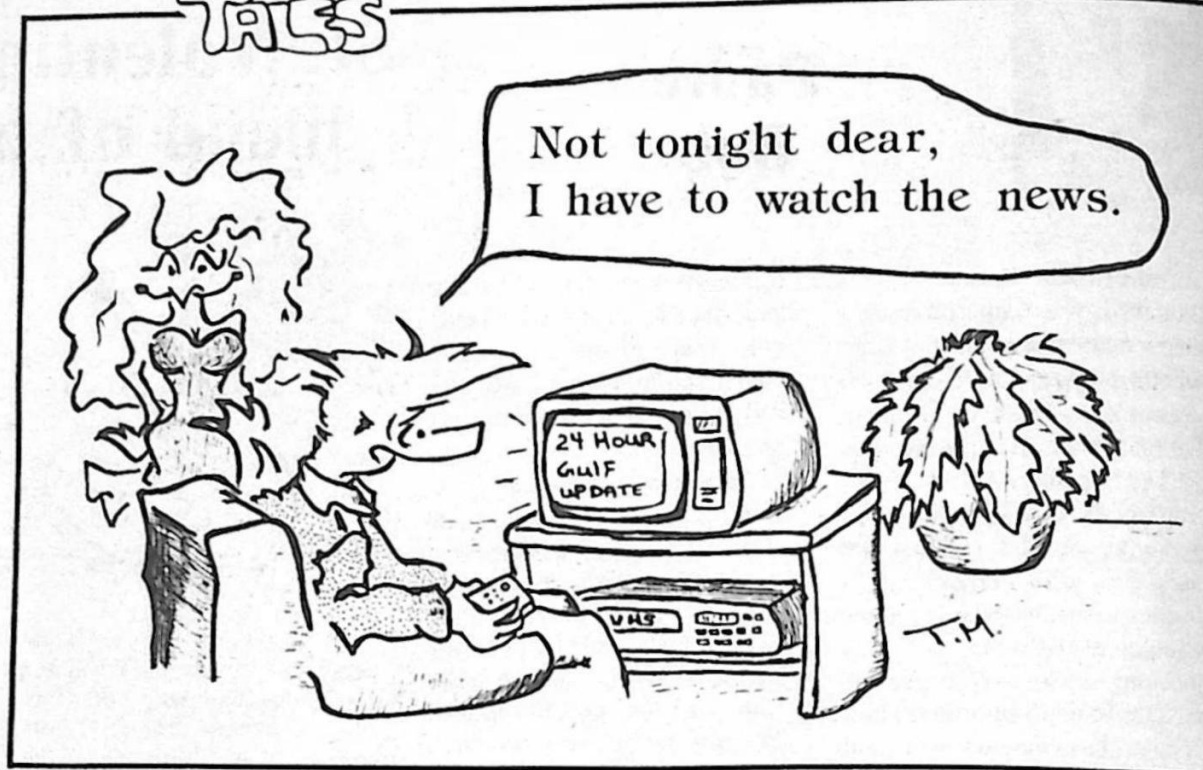
## We're Getting There

We've finally learned how to make our computer speak French -- it takes four keys to accent a vowel -- so technically, at least, we're all set to improve on our previously mangled efforts to print material in our other official language. A small staff has been assembled, and our plan is to allot a page, in a magazine format, to French language material. This material would not be duplicated elsewhere in the newspaper, as even with our 24 pages (yes, after trying 20 pages once, we decided it was too cramped) space is at a premium.

We propose to duplicate very important material (CDS, BComd et al) from time to time, but suggest for our English-only readers, they ask a friend to translate the Magazine for them. Capt Desnoyers (BCOL) has kindly agreed to proofread the material before it is published, so we suggest all French language material be routed to Totem Times, via BCOL. And we would also like to receive your comments and suggestions about how best to serve our francophone readers.

Would-be contributors should call Daniel Duchesne at local 8595 or 339-0952. He is our Rédacteur Français.

## GULIVER'S TALKS



## Legion Letter to CDS Staff

The Royal Canadian Legion has already expressed to the Prime Minister, the Minister of National Defence and yourself its unequivocal support for our men and women on active duty in the Middle East. Our thoughts are with them and we stand ready to provide whatever assistance and support they, and their families, may require in these difficult times.

The Legion is fully prepared to become actively involved, in cooperation with Canadian Forces authorities, in providing those services that are necessary and appropriate. Through our branches across Canada and in

Germany, we are willing to play a direct role in providing assistance to the troops and helping relieve the worries and domestic difficulties of loved ones left at home.

Our years of experience helping veterans, serving and ex-serving members, as well as their families, enable us to be another resource, one well qualified to provide advice, guidance and advocacy services, to those families who encounter difficulties while service members are away, or, to service members themselves when they return from active duty. This experience can be tapped by service members, or their dependents. It can include

rehabilitation, arrangements for cooperation by civic and social services to ensure the maintenance of families, or possibly, direct financial aid.

We are ready to assist, but we have no wish to duplicate established military support services. If The Royal Canadian Legion can be of any assistance in the provision of amenities, or by participating with family support networks, especially at the branch-community level, please do not hesitate to contact us.

Yours in comradeship,  
Fred Williams  
Dominion President.

## DND Field Hospital to Gulf

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight, on behalf of the Government of Canada, announced the deployment of 1 Canadian Field Hospital (1 CFH) from CFB Petawawa to Al Jubayl, Saudi Arabia.

"The deployment of the field hospital is made in response to a request from British authorities, and it allows Canada to make a vital contribution to the medical treatment facilities in the Persian Gulf," said Mr. McKnight. "The decision to provide the medical

facility also enables the multinational forces to meet the demands of the Geneva Convention for the treatment of Prisoners of War."

The first of the two-stage deployment of 1 Canadian Field Hospital will consist of an advanced surgical center with two surgical teams arriving in-theatre by the end of January. This will provide an immediate capability to treat 16-20 surgical cases daily. The deployment of the remainder of the hospital, including assembly, preparation and training, will be complete in about 50 days.

The field hospital, with approximately 550 members, is a medical treatment facility capable of providing medical and surgical care for 100 patients. It will be a national entity flying the Canadian flag and will be under command of Canadian Forces Middle East, with tactical control being delegated to the Commander UK Forces Middle East.

The deployment of the field hospital has been approved by the Government of the Kingdom of Saudi Arabia, which has expressed its appreciation to the Government of Canada.

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# Comment

## About Trivia Hangar Doors

Dear Norm:

In defence of my previous input (T.T. Jan 10th) regarding the Stirling's wing span, I would like to back up my statement. In order to assure reader H.W. Holmes that it was not a figment of my imagination, I refer to the following quotes and publications:

1. Quote: "Its short wing span (for accommodation in pre-war hangars), coupled with the Hercules II engine, gave the first models an operational ceiling of only 10,000 ft, which seriously limited the Stirling's value. The more powerful Hercules IX engine was then installed, which gave it a maximum of 17,000 ft (but effectively 15,000 ft) - still low for offensive flying." Unquote.

Publication: **The Right of the Line. The RAF in the European War. 1939-1945.** John Terraine, Military Historian.

2. Quote: "Among the endless modifications delaying the advent of the Stirling since its conception in 1936, its wing span had been shortened purely to fit into the 100 ft wide hangars. The result was to reduce its ceiling seriously. While it was supposed to be able to reach 14,000 ft, I never flew in one with a bomb load above 12,000 ft. It was a marksman's dream for the superb accuracy of German A.A. Batteries." Unquote.

Publication: **"Boldness Be My Friend".** Richard Pape (Ex RAF Navigator).

3. Another author mentions the inherent faults of the Stirling, including the shortened wing span and ends them with this statement. "They crippled a Queen!"

Publication: **"A Thousand Shall Fall".** Murray Peden (Ex RCAF Stirling Pilot).

It should be noted that the Air Ministry specification B12/36 was issued as early as July 1936. Spec. B12/36 was to become the Stirling bomber which made its maiden flight in May 1939. I doubt that the wider RAF hangars mentioned by H.W. Holmes were in existence at that time. Throughout military history there are many documented instances where bureaucratic decisions did not make sense, and this was surely one of them!

Sincerely,  
John Novak

P.S: I would venture to say that your Trivia A/C Jan 24th, is a Hawker Hind. One of the many variants, and successors of the famous Hawker Hart day bombers. It entered RAF service in 1936. A total of 581 were built and helped play an important part in the RAF expansion of the late 1930s.

## 416 is there

Dear Sir:

With reference to "Gulf Update", (Totem Times, 24 Jan) may I point out that no mention was made of 416 Sqn, Cold Lake, which has been deployed with 439 Sqn at Qatar since December 1990.

This should be recognized.

May we also say we support our Canadian men and women in their role in this fight for justice in the Persian Gulf. Our prayers and thoughts are with you.

Sincerely,  
Jo and Michele Christensen

## \$45 Million Expansion for Mt. Washington

\$45 million will be poured into the expansion of Mt. Washington Ski Resort over the next 15 years, investors announced today.

A five-phase plan is underway to turn Mt. Washington into a major year-round, family-oriented alpine resort.

Calling it a significant addition to existing island attractions, resort president George Stuart said by 2005, Mt. Washington will host 12,500 skiers daily up from the current 3,500 and the ski trail area will increase from 83 hectares to 345.

Other additions will include an 18-hole championship golf course, 12 new ski lifts utilizing the latest high speed lift technology, tennis courts and extensive

hiking and mountain biking trails.

In the center of this expansion, a pedestrian-oriented village will be built with 1,100 hotel and condotel units, expanded skier services, restaurants and a conference building. In addition, the resort will also add 200 single family chalets and 700 multi-family condominium units.

"This is an opportunity to build a first class year-round alpine resort on Vancouver Island that will attract people from all over North America," said Stuart, adding that the resort will eventually employ twice as many people as it currently does.

Mt. Washington is in its twelfth season and hosts 267,500 skiers annually, making it the

third busiest ski hill in B.C. after Whistler and Blackcomb. The resort is located in the Comox Valley, bordering Strathcona Provincial Park.

Mt. Washington Ski Resort Ltd. has enlisted the aid of Paul Matthews of Ecosign Mountain Resort Planners, a top resort planning company. Matthews has worked in Europe, Japan, the United States and Canada, including Whistler.

Stuart said the development of the resort will be enhanced by the completion of the Island Highway in 1996.

Construction begins this summer with the first group of 165 multi-family condominium units.

## Large Tenders to be Called for Highway Contracts

Victoria -- Rita Johnston, Minister of Transportation and Highways, and Stan Hagen, Comox MLA, today announced that tenders have been called for a large clearing and grubbing contract for the Church Road-Whisky Creek section of the Inland Island Highway.

"Building a highway usually involves eight steps. We are now at the seventh step, construction. Tender items include clearing the site; rock removal if necessary,

levelling the site bed, building the road and all appropriate culverts, to name a few," said Johnston. "Construction activity will pick up, with crews and machinery moving in."

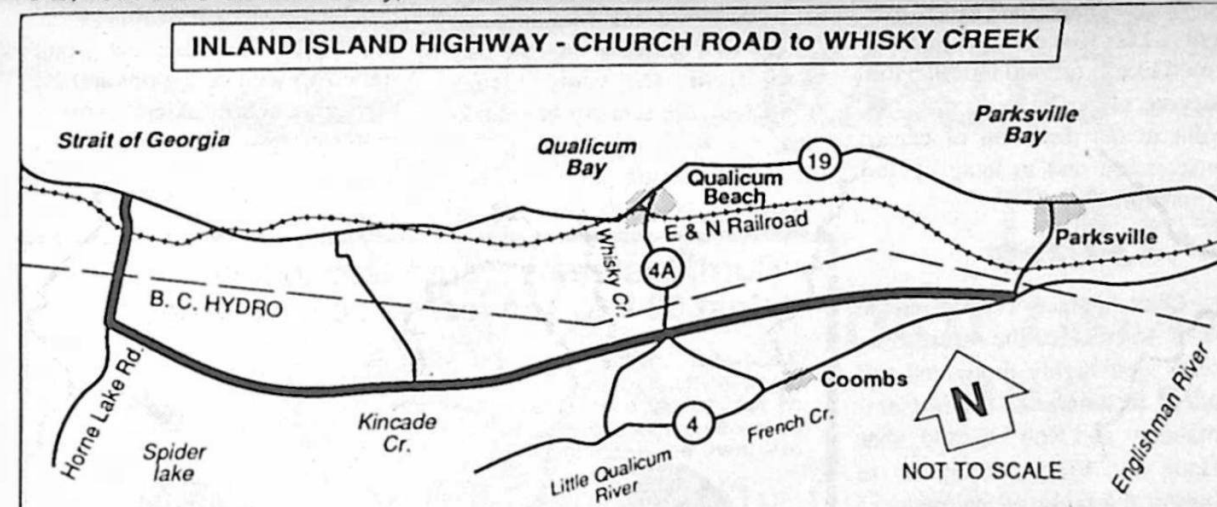
Two further grading contracts will be tendered in March, one contract for Highway 4 to French Creek and the other for French Creek to Whisky Creek. An additional contract for clearing and grubbing between Whisky Creek and the Horne Lake Road section

will follow later this year.

Johnston said, "These tenders represent large contracts. It literally takes years of planning and input to get to this stage, but once underway results are quickly visible."

"This particular section of the Vancouver Island Highway Project is being constructed to provide a more direct alternate route, inland from Highway 19,

continued on page 7



## ATTENTION ALL DEMONS!

1941 **50** 1991



407 Squadron's Reunion  
A Celebration To Hold On High

**407 Demon Squadron  
50th Anniversary  
26-28 July 1991**

As a celebration of 50 years of operational excellence in both peace and time of war we invite all 407 Demon members - old and new - to attend our reunion.

For more information or to advise of your intention to attend contact 2Lt Steve Power AVN 252-8204 or (604)339-8204 or write:

407 Sqn Reunion 407 MP Sqn  
Lazo, BC VOR 2K0

**NEXT DEADLINE 18 FEB**

## Air Force Trivia



Trivia Answer  
Hawker Hind NZ1537 of the RNZAF, 18 July 1941.

from the  
H.W. Holmes collection

# TOTEM TIMES

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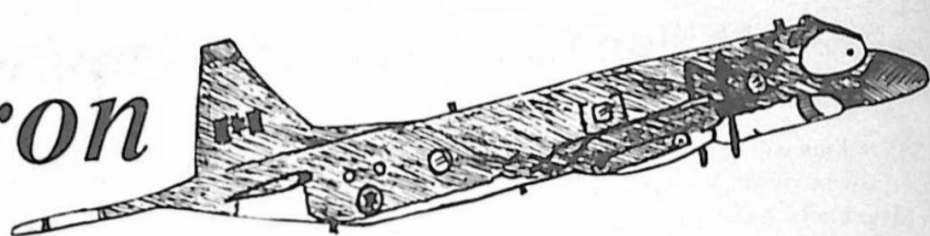
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# Section News



## 407 Squadron



Things are plenty busy around the Squadron these days. Crew checks loom on the horizon, and a number of trips are in the planning stage.

Capt Bob S..... is proving he has all the right stuff to become a TAC NAV. On a recent flight, he wasn't in the seat for even five minutes when he attempted to launch a Sonobuoy through the closed PSLT door. For an encore he is going to drop a SKAD with the bomb bay doors closed.

Meanwhile on Crew Three, preparations are underway for TASMAREX. As the navigators pored over their maps, plotting routes and measuring distances, the crew's pilots feverishly attempted to ascertain the location of the nearest price club.

Question: If it's 14:30 local on the 9th in Rorotunga, how many Crew 3 navigators does it take to find out when time it is in Hawaii?

Answer: Four. One to hold the globe, one to hold the flashlight, one to walk around the globe resetting his watch and the fourth to make notes on the board.

In an attempt to understand the effects of centrifugal force in the southern hemisphere, Capt Fred Bigelow, A.K.A. Captain G. Force, put his aircraft and his crew through some incredibly demanding manoeuvres. So tight and abrupt were his turns that the muffins in the galley collapsed under the force of all those "G"s.

Capt Ernie Romans, world renowned for his goateering talents and hockey equipment that hasn't been washed in at least 15 years, has responded to crew complaints about his personal scent. Rather than take a shower, as suggested by his crew, he has chosen to disguise his true scent using the latest in men's after-shave "Eau de Hockey Bag", available only in one litre jugs at your local pharmacy.

Crew 7 recently returned from a dazzlingly successful OMS/FDS session in Greenwood. During their stay, they luxuriated in all that our sister base has to offer - fine accommodations, good fellowship, bitter cold, and some truly outstanding box lunches. Long an example of creative cookery, the box lunches overflowed with such delectables as cottage cheese topped with simulated bacon bits, duelling mystery meat sandwiches with lettuce coins - all at no cost. Doesn't it just make your mouth water?

Sgt Rob McFadyen has been seen limping around the Squadron this past week. His fellow Aesops don't know if the limp is due to his second 'operation' or his having fallen up the stairs of the Aurora. Good luck Rob. We hope this one works.

Lts Jose Lecompte and Rick Ihaksi are off to Greenwood this month to complete the MOAT

course. We wish them the best of luck, and look forward to their return to Comox.

It has been a busy few weeks for the stork. Both Capt Scott Guenther and Pte Steve Clouthier are the proud fathers of baby girls. Congratulations!

In our next issue... Read about Capt Ron Vincent's grand cycling tour down the Baja Peninsula, and Lt Grant Reid's efforts to make his hair look just like his wife's. Nuff said.

### Air Photo Flashes

I Crew photo servicing would like to welcome Cpl Marty (Martine) Morin and congratulate her on her recent promotion to servicing. Photo Maint sends best wishes for the new year to Air Photo Servicing and request they refrain from sending three broken cameras, one per crew (neatly wrapped mind you) on the first working Monday of the new year. Perhaps, next year, a combined gift of one broken light bulb neatly wrapped and left on the nearest trash can.

Sgt Rod Mattson and MCpl Gord Morrison have been conspicuous by their absence. The good Sarg is the perfect image of a ghost making brief appearances, between courses and TD, which leaves his subordinates with the impression that his complexion looks a bit thin, though he professes to be in great health. (Attributed to hockey size, taken in large doses.) By the way, we all wish him and the rest of the old timers the best of luck during their upcoming trip to Colorado. Gord is planning a new career on his return from 6A training in Bordom, one which involves lots of time ice fishing out at Primrose Lake.

### 407 Says Thanks

407 Squadron extends its appreciation to the following Comox Valley businesses for their generous donations of Christmas Gift Certificates.

- La Cremallere Restaurant . The Gaff Rig Restaurant . Red Ruby Restaurant . Heritage Restaurant . Colombos Restaurant
- Zorbas Restaurant . White Tower Restaurant . Seaside Restaurant . Panagopoulos Pizza . Washington Inn . Griffin Pub
- Black Fin Pub . The Leeward Pub . Bino's Restaurant . Old House Restaurant . Tim Horton Donuts . Leisure Pool & Spa
- Sales & Rentals . Cream of the Crop Beauty Salon . Michael's On Main

Your patronage helped to make the annual 407 Squadron Christmas Party a smashing success. Many thanks.

**NEXT DEADLINE 18 FEB**

### DIAC - Photo below decks

Cpl Donna Lush and Cpl Leona Colebank will soon be travelling east for the new extended (6 month?) POET/XG9L course and are looking forward to the trip. Cpl Lars Olsson is doing well with his resolution to quit smoking, except for his habit of sniffing the smokers sweaters and a slight tendency to bounce. WO Dan Finney is currently suffering a bad case of hysterical laughter, especially in the presence of any Master Corporal in the latest PER round. A Cure is expected soon.

The Armourers Volley The court report ... for those that know -Woody'.. be advised that he did not pass go and did not collect \$200!

The regular stuff... Hearty greetings to Cpl Berry Godin, a new arrival to 407 Armament. MCpl Colecan Mackie has just returned from a 9L course. It's a good thing the Adam system does not require the full services of the new VAX, as she is still speaking and thinking in binary. She requires a translator to help her readjust to 'shop talk'. Pte Nijjar received his first chevron and we would like to remind him that the chevron, on one's sleeve, does not point in the direction of career progression and to keep up the good work.

### 3 Crew

Once again 3 Crew is called upon to enhance the other crews with their highly motivated and adept technicians. Travis Commandeur and Rob Laprade, alias Hanz and Franz, are going to bolster the ranks of maintenance and 2 Crew. Although this means the loss of our mighty weight lifting team, and our Crew fund enforcers the Crew will now be

intimidated by the new mighty maniacs Bob and Marc. Another change to our Crew is the eminent departure of Al Wessel. In leaving, Al will experience a couple of major changes. The first is living in Gander. This in itself is somewhat of a major culture shock and second will be grocery shopping, given that he will no longer have access to the Servicing fridge. The last of our losses is the movement of Mark Prinzling to Maintenance.

As we enter a new year the memory of our Crew Christmas party still lingers, though somewhat fogged in the minds of all those who attended. It is the general consensus that a good time was had by all and that the

phrase 'Breathe Brian Breathe' will be long remembered. We would like to thank our two designated drivers for a fine job in getting everyone home safe, even with in some cases slurred and garbled directions.

With the loss of some of our comrades there will definitely be some replacements. For the loss of Travis and Rob we are getting Ray "I'll get to it" Giradi. In the case of Al and Mark we are getting Phil Hunter, and although we aren't losing any ISTs we are getting Martin "cool hand" Landry and Martin Sylvester. To the people that we are losing, the crew wishes the best of luck and to the new additions to our team we wish to extend a hearty welcome.

### 407 Sqn Ski Day

On January 18th, well over a hundred people from 407 Squadron and their families enjoyed a day of skiing at Mt. Washington. The trip was organized and subsidized by the Squadron's All Ranks Fund Committee. Thanks to all who helped make the day a smashing success.

It was a beautiful day. The sky was clear, the temperature moderate, the scenery breathtaking.

After suiting up with skis, boots and poles, it was off to the



slopes. The novices in the group started off with ski lessons and the more experienced skiers set off in search of excitement. The lessons

-continued on page 8

**"Nutri/System is a sure way to lose weight. I lost 83 lbs. and feel 10 years younger."**

"I knew from my first visit to Nutri/System that the program would be effective. Everything about it made sense - great food, caring people I could lean on, light activity, even a maintenance program. They had everything I needed to lose weight and keep it off. Now, I feel younger than I have in years. If ever there was a sure thing, it was Nutri/System."

Our client, Rebecca Jerrigan, lost 83 lbs.

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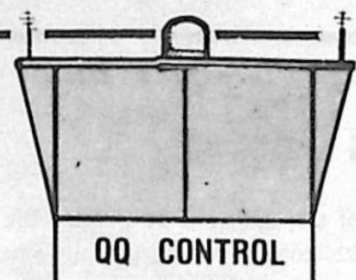
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\*Does not include cost of exclusive Nutri/System food, diaries, maintenance program, video tape, and evaluation fee. New clients only. Participating centres only.

# Section News



## 442 Squadron



### As the Beacon Turns

Good Day EH! It's February and that means Valentines, chocolates, candlelight dinners and...spring? Well, maybe not officially, but for these parts anyway. Yup, it's that time of the year again when many a green fee fan tip toes out of their toasty dwellings to face Mr. Handicap and his cool gang of 18! Ah, the Comox Valley, a smorgasbord of recreation for workers and retirees alike.

Speaking of the latter, a couple of our fellow winged crookers signed off duty for the last time recently to put their feet up for good. (As if they didn't do that at work.) This distinguished duo were Capt "Bye-Bye" Blamire and Sgt "Wave" Wright. A retirement luncheon was held at the Leeward last week for Dave Blamire where well wishes was the main course followed by a side order of war stories. A good time was had by all! Enjoy your retirement gift Dave and may your second life here in the Valley be even better than your first!

As I mentioned earlier, Sgt Wainwright has also joined the ranks of retirement (again). Wayne has built his dream home here and says he's looking forward to "the next hundred years or so" in the Valley. I'm sure we'll all be seeing you two around town and on the course. Congratulations and see ya 'll later!

Meanwhile, back at The Ranch, Dan Borne, Nick Van Berkel, Dan Godden and Jacques Maille continue their qualifying quest at their respective positions.

Doug is not only involved with training at work but also at home, where the paw's on the other foot! Yes, he has a puppy folks. Rumor has it that he has his canine classes licked, so much so that he needs the odd claret? (Hmmm)

The newest addition to the ATC family arrived last weekend ... it was a girl! Congrats are in order for Sandra and Scott Guenther. They are now proud parents of a 6 lb 8 oz baby girl.

Speaking of new arrivals, I'd like to take this opportunity to welcome 2Lt Lapointe and 2Lt Falkner to the Section. Enjoy your stay here guys and just a bit of advice ... watch out for the water hazard on 18!

The Officer Career Manager visited Comox ATC last Friday.

After the last interview was completed, the walls of the interview room suffered some substantial 'Dart-Hole' damage!

And now for the sports. All of the planets must be in a straight line ... the Base Ops hockey team has won five games in a row! Wow, that's scarier than television boys and girls! The main reason for our recent success on the ice is ... well A ... it's Ah ... those new hockey sweaters.

Yah, that's it! (And of course, our athletic supporters.) That about does it for now, Beacon fans. 'Til next time ... Take Off EH!

**Maintenance** Best of luck to Pte Marc Letourneau and Cpl Steve Gosling to writing their QL4 an 5s respectively. On a suggestion from the hierarchy, rotary wing's mascot has had to go undercover.

On hearsay only, Sgt Roblee has returned back from NDMC in Ottawa and is under guidance and supervision because of his condition. Although we were not sure of his condition, he has been seen walking the hallowed grounds of 442, talking and arguing with himself and losing constantly.

**Avionics** Sgt Paul Delaney will soon be

playing Mr. Mom when he leaves 442. He will be greatly missed by avionics and the rest of the Squadron, especially the doughnut lovers of the canteen.

**Engine Bay** Cpl John Grant and his wife are the proud parents (for the 3rd time) of a new baby girl, Ariel.

**Servicing** Cpl Jake McGill and his wife Wendy are the proud parents of a new baby boy, Jonathan Joseph. Rumor has it that Jake is going through the terrible two's. Oh, by the way, when walking around the main hangar, beware of flying bicycles. (Just ask the SRO.)

### More Highway

...continued from page 5

for traffic that would otherwise travel through the communities of Qualicum Beach and Parksville," said Hagen.

The inland Highway is part of the Vancouver Island Highway project. This major project also

involves upgrading of the Pat Bay Highway and Trans Canada Highway section into Victoria, as well as the upgrading of the route from Victoria to Campbell River. The entire project is scheduled for completion by 1996.

## NEXT DEADLINE 18 FEB

# MARDIS GRAS

## DAYS at the DRIFTWOOD MALL

March 1st & 2nd




Chosen Royal Couple and Runners Up Entourage will be given exclusive royal treatment during all Mardis Gras activities. Crowning on Friday, March 1st at 7:00 p.m. at the Driftwood Mall, followed by a limousine ride to the Old House Restaurant for complimentary dinner. Saturday March 2nd brings more royal festivities by day and a Grand Masquerade Ball by evening.

**MUSIC... MASKS... MASQUERADES**

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**2751 Cliffe Avenue 338-1071**

**MARDIS GRAS CELEBRATION**  
**Royal King & Queen of Mirth Entry Form**

Name of Couple \_\_\_\_\_

Address \_\_\_\_\_

Telephone No. \_\_\_\_\_ Name of Nominator \_\_\_\_\_

Nominate that 'perfect couple' (with permission) and you could win tickets to the Masquerade Ball, or voluntarily enter for the MARDIS GRAS EXPERIENCE! Entrants must be 21 years of age or over. Entries to be submitted to: MARDIS GRAS, 2751 Cliffe Ave., Courtenay, B.C., V9N 2L8 or to be dropped off at the Driftwood Mall office. Entry Deadline Monday, February 18 at 4:00 p.m. FOR FURTHER INFORMATION CALL THE DRIFTWOOD MALL at 338-1071.

Fill out the attached entry form or pick one up at the Driftwood Mall

# Section News



## BAMSO

### Nav Com Lab

As the NAVCOM wheel turns, we find that many avionic miracles have been performed since our last submission to the fish wrapper. We have sent our people on TD across Canada and even to Central America. Funny how the service sends you to these places so you can figure out where not to go on vacation.

We had to get rid of our Tracker search radar bench finally. That thing was so old, we had to call the Legion in the hopes that we could find someone there who knew how it worked! So long you old dog.

This Friday we are bidding farewell to Lisa Wilgress. Some eagle-eyed folk in the Lab have noticed that Lisa seems a little larger than normal. Must be those Joe Louis' and dill pickle sandwiches. We wish Lisa, her husband Andy, and junior the very best.

We have also had a couple new additions to our shop, both from the greenside of the forces. Cpl Darcy Parker joins us after his remuster from 2 PPCL1 and Cpl Don Rodger from 2 RCHA. Obviously the light finally came on.

Grant Gillfillan, the pigskin prognosticator, won \$900 in a football pool. Haven't seen any free refreshments yet. Hopefully after he reads this we won't have to hit him with that brick.

After months of waiting, Cpl Schuszter is now MCpl Schuszter. She now joins that long line has-beens who aren't even qualified to do clean-up any more.

Have I mentioned MCpl Tanner? Well Sheila has attained the exalted position of BAMEO AMMIS Coordinator. Now don't be quick to chuckle. Speaking from experience, it's not easy to correct those 2 or 3 forms and still keep your place in that paper-back.

That's it for our up-to-date news and digs from NAVCOM LABS

### NDT

It's been a while since we last submitted an article to the paper, so I'll do my best to fill you in on all the poop!

We've been busy in the shop with all the usual odds and sods, and we also found time to XRay a glider and a Buffalo. We've also been having a lot of shop tours lately, usually groups of 8 or 9

people, with gold braiding everywhere. We even had one guy snapping pictures of everything. I'm not sure which company is putting on the tours, but if the next group through speaks Japanese, I will be requesting a foreign language course.

Bert is once again tanned and trim, and it's not hard to see that ski season is in full swing. He and his family are regularly tearing up the slopes of Mt. Washington, and occasionally down them too! However, I'm fairly certain that by the time you next hear from us, Bert's skis will be gathering dust; even now when boating is mentioned, he gets a far away look in his eyes...

Dan's been spending time locked away, with his expensive video game .. yes, he finally has his computer, and he tells me it doesn't take long at all to use .. yeah, right! But if it's fancy letterheads you're looking for, Dan's the man to see. Dan has also been busy getting his trailer set up. He has the fridge, the stove, and I'm sure the colour TV won't be far behind. There's nothing like camping to bring you back to nature.

Making it through the winter is hard on a body, even in Comox, and personally, I think Rick had the right idea, he headed for Mexico via Disneyland with his family. He even managed to get so dark that it made it difficult to get back across the border. Si Senor? Rick is also active in the Scuba Club, luring people into a watery paradise... Funny, he doesn't look like a mermaid.

I've been fairly busy attempting to get the equestrian club going. I sure hope I'm not flogging a dead horse ... sorry I couldn't resist. Anyway, a fair part of my off hours are spent with my horse, in an attempt to get both of us back in shape. My husband has not yet started calling it 'that damned horse', so I think I'm safe for a while yet.

So much for fun and games in the NDT shop...

### AMSE/Ref

Many changes have occurred in the Refinishing Section since the last report. MCpl Serge Roger has departed for Trenton, and Sgt Guy Plante is reported to have made it to Greenwood. We welcome aboard Cpl Tim Boutilier from Borden and Cpl John Blackmore

### More 407

continued from page 6

### More Ski Day

proved to be a barrel of fun. Just picture dozens of people walking around a tree with a single ski, looking around to make sure nobody was laughing at them. The instructors were very capable, and kept assuring people that they would be able to ski as well as Bruce Cumming by the end of the lesson. P.J. Mears giggled her way into her instructors' hearts.

Once the novices learned just enough to make them feel confident, they made their way first to the bunny hill and gradually worked their way up to the more difficult sections of the mountain. We feel very confident that he will do an excellent job.

From the AMSE Section we said goodbye to Pte Bruno Kocis, who is now working in 7 Hangar, and we welcome Pte James Beal, who is also a pretty good flag raiser.

Cpl Wayne Tokarz has finally got his 1933 WACO TAPERWING BIPLANE model airplane through its first test flight. This is no small feat since this model airplane is 7 feet long, has a wingspan of 8 feet, and weighs 33 pounds. The model is powered by a 100cc, 14 HP engine and was 10 years in the making. The previous owners gave up on the project and sold the pieces to Wayne in 1986. With all the budget cuts there may be a great future for him as an aircraft manufacturer. 'Till next time we are just slaving away.

off the chair lift, he pointed his skis down the hill and said "See you at the bottom." Unfortunately, all that speed proved to be too much for some of the instructors on the hill, who politely asked him to slow down, because he looked like he was both out of control and having too much fun.

In a related story, Steve Clouthier fractured his wrist after having been caught in Darren Skuja's wake. Steve is recovering nicely and is finding it difficult to type with a cast.

Steve McClellan, 407 Squadron's designated Yuppie, was one of the most fashionable people on the hill. Clad in the latest ski gear including an Elmer Fudd hat, Steve is a fine example of what happens to pilots when you pay them too much money. As everyone prepared to make their way home, Steve was overheard saying to his lovely wife, "Let's go, Honey, I've got to wash the jeep."

At the end of a most enjoyable day, equipment was returned, sore muscles were rubbed, thirsts were quenched and exploits recalled. The reddish smiling faces on the bus were a telling indication of a good time had by all. We look forward to doing it again.

### NEXT DEADLINE 18 FEB

## JR Ranks

# GRAND OPENING and... VALENTINES DANCE

15 Feb at 2000-0100

Dance to the Band ECHO

FREE ADMITTANCE

The Dress will be Semi-formal (Jeans welcomed)

Taxi chits available to Members



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

TOP QUALITY  
SHOE AND LEATHER REPAIRS

# Section News

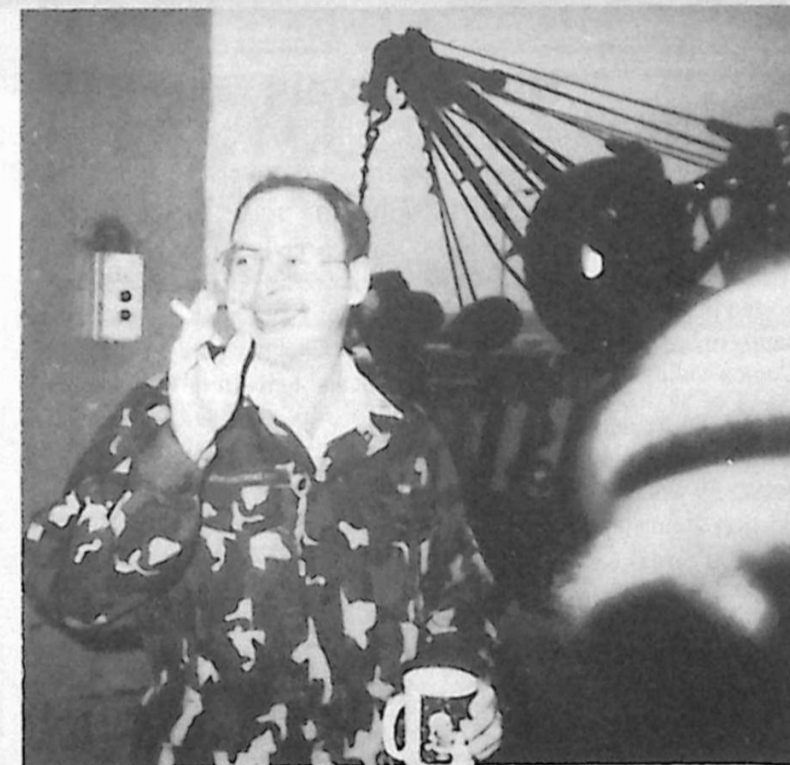


## BTNO AS THE WHEEL TURNS

Let me tell you all a story 'bout a man named Ed. A poor Admin Clerk just trying to get ahead. And then one day while watching CNN Eddy said, "Someone's gotta stop that man." Saddam Hussien that is... Oil slick... Iraqi Tsar. Well the first thing you know ole Ed volunteered. The kin folk said, "Ed move away from here." They said the Middle East is where you oughta be. So he packed his typing stuff and headed to Saudi. Arabia that is... 50 words a minute... Error free.

Seriously though, we are all very proud to announce that the first member of our transport family, Cpl Ed Devries-Staadlar has recently departed CFB Comox for a tour of duty with the Canadian Contingent in the Persian Gulf conflict. When called

### Gulf Volunteer



Next Stop Bahrain

### MSE SAFETY

When fog obscures landmarks and other points of reference, there is a tendency for a driver to lose all sensation of speed. So, when you reduce speed in a fog, take a quick look at your speedometer to make sure you're actually slowing down to a safe speed.

If you decide to get off the road and wait out the fog, turn your flashers on. With your lights off, you're a sitting duck for some other driver who might decide to pull off the road or a driver who steers off the road by mistake. If you leave your regular lights on, other drivers might think you're on the road and follow your lights off the pavement.

### Fog Tips



#### QUESTION

Most automobile skids are the result of:

- Under-inflated tires
- Snow or ice on the road
- Driver failure to adjust to conditions
- Over-inflated tires

ANSWER: C

Drivers' Statement of the Month: The accident occurred when I was attempting to bring my car out of a skid by steering it into the other vehicle.



## ABATS

Aesop's Fables

### Comox Version of ABATS



Once again I find myself faced with the dreaded task of writing another column. To be held to a strict schedule is not a nice prospect for Combat Aviators, but such is the cross that I must bear.

So that you can put faces to the names I am constantly referring to, here is the newest photo of the Comox version of ABATS. Pictured left to right and starting in the back row where the majority of the work gets done is Sgt Chuck 'MSE' MacIsaac, Cpl Jackie 'leave my computer alone Barry' Shelly, WO Ron 'one each for the use of' Schauer, Sgt Barry 'Combat Aviator and Columnist Extraordinary' Yhard and Sgt Mike 'aka Mud aka Mr VP' Schnabel. In the front row, right to left, is WO Fred 'the manager' Rideout, Maj Jack 'where did these guys come from' Smurthwaite, MWO Doug 'you guys from Summerside!' Bullerwell, and of course, last but not least, WO Wayne 'euchre' Bowlby. So there you go. This is us.

Another month gone by already. The latest fast-breaking news event from the hallowed halls of ABATS is the 'coming of age' of the only course in residence at the moment, Course 9004. This is a very significant event in the exciting life of a fledgling aviator. The momentous occasion is scheduled to happen on 4 Feb 91. This is the day that they become 'The Seniors'.

ABATS Course 9101 will be commencing at 0800 hrs the same day as the coming of age ceremony for 9004. Base sections can look forward to seeing the all too familiar dazed look of the lost ones for the next couple of months, or at least until the juniors get their feet firmly planted in math and electronics. On a more serious note, any inquiries about 9104 should be directed toward Sgt Barry 'the axe' Yhard, course director of 9104. Popular rumour has it that the 'axe' has been eagerly sharpening the tools of his trade in anticipation of day one.

The bullpen is alive and well, as always eagerly attacking the myriad of often complex and vitally important tasks to keep our school running efficiently and at its peak. (PERS are coming up soon). It would seem that there is a move afoot to acclimatize the Cape Bretoner to the west. A very valiant effort is being put forth by all the ABATS staff, but so far, they haven't been able to get him past the Friday afternoon ballet shows. Guess he is a slow learner.

You will all be happy to hear that Sgt MSE is no longer in the occupational transfer limelight. No, he has been pushed aside by the career aspiring Sgt Mud, who it seems, has a burning desire to become a Tel Op, and has been proving this on a regular basis by staying behind on Friday afternoons to answer the phones. Keep up the good work!

Best log off and get back to the race. Until next time...remember 'Keep 'em Lean and Low'. WAUUNGA!!

## Jr Ranks Ladies Club



The Jr Ranks Ladies Club meeting was held 24 Jan in the reading room of the Totem Inn. Membership was informed that a total of \$65 was raised in the gift auction in Dec and was donated to the Comox Valley Food Bank.

Plans were discussed for the upcoming 'Family Fashion Show' to be held 24 Mar. The members will be selling

tickets for a draw on 15 Feb for the Grand Opening/Valentines Dance and again on 21 and 22 Feb for the Winter Carnival. The prizes for both draws are 'Top Secret' at present but do promise to be something you will 'want' to win!

The Feb meeting will be 28 Feb with a Romance Bingo being the entertainment. Bingo prizes will be lingerie.

There is still room for new members and just a reminder our nominations for executive will be in Mar with elections in Apr. There are going to be vacancies so come out ladies and give some thought to a position. So get ready, get set, mark 28 Feb on your calendar and come out and win something lacy for you and that someone special to enjoy.

# Off the base

## Bahrain

Headquarters of Canadian Forces, Persian Gulf

### Geography

Bahrain is an archipelago of 33 islands covering 528 square kilometres, situated about 24 kilometres off Saudi Arabia's eastern coast. Only six have a population of any significant size, the largest being Bahrain Island, 48 kilometres long and 16 kilometres wide, on which the capital -- Manama -- is located. The others are Muharraq, which is linked by a causeway to the main island, and on which the airport is sited, Sitra and Nibih Salih to the east and Jidda and Umm al-Nasan to the west.

The country's only large cultivable area is a narrow strip of land five kilometres wide on the northern coast of Bahrain Island. Fresh water springs and artesian wells here help produce a variety of vegetables and fruits.

South of this cultivated area, the land is lined with low, undulating hills, a few rocky cliffs and dry wadis. In many places the hard limestone rock is covered with sand dunes. The highest land on the island is in the center, from where the ground slopes southwards into a basin bordered by steep cliffs. Near the middle of the basin rises a rocky hill called Jebel al-Dukhan ("Mountain of Smoke"), which is often surrounded by mist at the base, making it look larger than it is.

Bahrain lies in bright green and blue waters clarified by fresh water from submarine springs. For centuries they have provided the population with fish, coral for buildings, and pearls.

### Climate

The climate can be harsh. In the summer months, extending from May to October, it can become extremely hot and humid. From July to September the temperature can reach 49 deg. C. inland with 80 percent humidity. The most pleasant time of year

lasts from December to March, when a wind blows from the north and west and the temperature averages around 17 deg. C. Sometimes frost even occurs. In April and May, and October and November the temperature hovers usually between 27 deg. C. and 32 deg. C. In June the heat is kept in check by a cool north wind called the 'Bara'. Annual rainfall averages between 76 to 102 millimetres.

### Plants and Wildlife

Date, almond, pomegranate, banana and fig trees and a variety of other vegetation grow on the fertile strip of north Bahrain. The remainder of the country is mainly restricted to desert flora and shrubs.

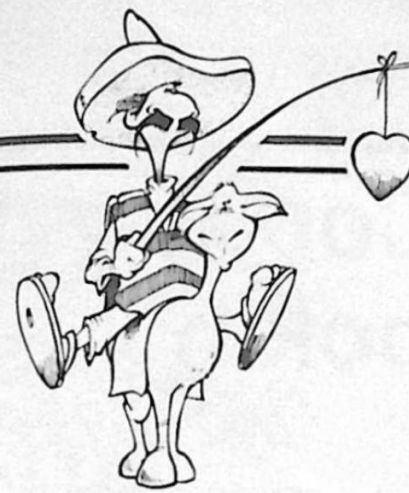
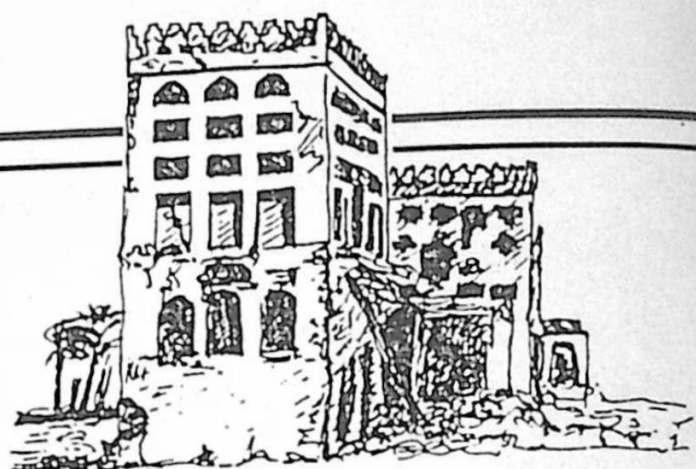
Though there is relatively little wildlife it has been meticulously studied by expatriate enthusiasts who have taken advantage of the country's smallness to search out the rarest of species. The white Rhim gazelle can sometimes be sighted in the evenings in the desert when it emerges from its daytime shelter. It was once hunted by packs of Saluqi dogs but the animal is now so scarce that this practice has been stopped. Hares also used to be hunted and about 20 years ago four or five would be caught during an evening's coursing. But now they can only occasionally be seen in the south of the island. Jerboa and mongoose can be found in the desert. Another desert animal which is fairly common is the Ethiopian hedgehog. There are two interesting types of bat in Bahrain - the naked-belly tomb bat and the Trident bat. The former congregates in large colonies. The Indian house shrew is found in urban areas.

Over 15 species of lizard, four types of land snake and one type

of frog and terrapin have been reported in Bahrain. The most spectacular lizard is the Dhab, which can grow up to 533 millimetres long and live up to 15 years. It dwells in tunnels in the desert up to two metres in length and one metre below the surface. The Dhab is a common sight in the desert, its head stretched high in the air looking like a miniature dragon. The Khawsi, a 172-millimetre-long skink with shiny skin, roams round gardens and cultivated land. It moves so quickly it is sometimes mistaken for a snake. Pink geckos frequent old houses and buildings, living off flies and insects. The sand boa can sometimes be seen on the west coast. Scorpions and the massive camel spider have been found in the desert.

Off Bahrain, the dugong or sea cow still grazes on the grasses of the shallow sea bed. At least three species of dolphin regularly visit there, and three species of marine turtle and nine species of venomous sea snakes are occasionally found.

**Migrant birds.** Bahrain has a relatively large number of birds, although of over 240 species only 24 breed regularly and only 15 of these are resident. The remainder are migrating between their breeding grounds in Asia and their winter quarters in Africa or Arabia. They pass through the islands in spring and autumn. Most are similar to European birds, such as ducks, harrisers, eagles and falcons, shore and wading birds, owls, nightjars, snipe, bee-eaters, cuckoos, wagtails, shrikes and small warblers and thrushes. The clamorous reed warbler, the mongolian sand plover, and the great black-headed gull are examples of those which may be new to the bird-watcher from Europe. Some of these birds dally



## Travels with Hamish

### Salton Sea

Hello there:  
Your roving reporter again, a little further south and east from India, my last report. I'm writing this while sitting in a deck chair in the shade of a couple of palm trees on the shore of the Salton Sea, with a tall cool one at my side -- lemonade that is, freshly picked and squeezed. 'Struth! Helps to cope with these tough assignments you dish out! it's 10 a.m., 68 deg. F in the shade, with a warm breeze blowing.

If you have a map of southern California you will see the Salton Sea located about 50 miles S.E. of Palm Springs, between Interstates 10 and 8. It's quite a natural phenomenon and didn't come into existence until 1906 when the Colorado River to the east flooded and overflowed its bank westward about 50 miles. The floodwaters poured into a large depression, or sink, some 280 feet below sea level, in the desert area of the Imperial Valley, and formed a lake of about 450 square miles.

Over the years, due to evaporation, the body of water has shrunk to approximately 360 square miles. It is presently 10 to 15 miles wide, 35 miles long with about 110 miles of shoreline. Also, due to the leeching out of natural salts from the surrounding areas it is no longer fresh water, but a salt water sea, about 25% saltier than the Pacific Ocean. Some species of fish that survived the flooding and some that were since planted have adapted to the transition from fresh to salt water. Best known is the Corvina of which the largest on record is 37 lbs, caught in 1988. Others are Croaker, Sargo and Tilapia, a species of Perch.

Some years ago a network of irrigation canals were constructed, taking water from the Colorado River, which forms a border between California and Arizona. Much of the water is used in the Imperial and Coachella Valleys. This in turn resulted in

large agricultural tracts being developed for miles around producing many varieties of fruits and vegetables. Unfortunately, the large amounts of fertilizers used have gradually filtered through to the sea causing major concerns about the survival of the fish. (A similar situation to BC's Okanagan.)

The whole area around the Salton Sea is a recreation area. At least one large bird sanctuary has been established at the south end. Parks and beaches have been built, both public and private. At least two retirement villages have been built.

A 14 minute film is shown at the State Park headquarters giving a brief history of the Salton Sea.

Birds and animals in the area include pelicans, brown or white, roadrunners, tortoise, sidewinder snakes, and coyotes. All this as the result of a huge accidental flooding of the area ninety-five years ago.



### The Slabs of Niland

I've moved along to the N.E. end of the Salton Sea near a small town called Niland. Its business section takes up a couple of blocks along Hwy 111. Its residential area covers 3 or 4 square blocks between the highway and the tracks of the Southern Pacific Railway. The largest building in town is the old railroad station, now all boarded up, but once a grand structure. Niland is the R.R. junction of the main east-west line and the Imperial Valley line running south to El Centro and the Mexican border.

About 3 miles back of the town, up along the Coachella canal, is a hundred acres or more of desert where, during WWII, a large army training camp was located. After the war all the buildings were removed and all that remained were some paved streets and dozens of large cement slabs on which the various buildings sat. For years now, from coast to coast, it is known as 'The Slabs' or 'Slab City'.

'The Slabs' as well as elsewhere throughout the southlands. Friendships are made and renewed each year when they return as visiting 'snowbirds'. Many have sold their homes and taken up full time R.V.ing, moving around the continent with the seasons.

It's first come, first served to park on any of the cement slabs but there's lots of room to park in the more than 100 acres of surrounding desert and stay as long as you like. It's only 3 miles to town to fill your water containers and stock up on grub. There are usually 800 to 1,000 assorted R.V.s camped in the area during the winters.

Although the majority of R.V.ers are couples, there are also many widows and widowers on the road. There is an organization called 'L.O.W.' (Loners On Wheels) who assist those wishing to travel but don't care to travel alone. They have a large group of 'Loners' camped together here as in many other parts of the country.

Flea markets, arts and crafts gatherings, church services, sing songs and bonfires are some of the impromptu happenings that occur.

Anyone interested in R.V.ing, retirement travel, etc., and wishing information, can get in touch with me via the editor.

So long for now. We'll be moving on down to El Centro area and maybe Mexico way shortly.

everything away from him in 1929.

He got the news stand in the Wheat Pool Building in Regina and lived there for 22 years. All the time he was active as a church board member and with the Canadian Federation for the Blind. In 1930 he was elected to the executive of the CFB.

For 15 years he was president of the Regina branch of the Federation; and for eight years he was national president. At 81 he was the honorary president. He had also been the provincial president. At the time of this article he was the president of the Prince Albert branch and very active with the Melfort branch. He was the only man to hold down the five presidencies at one time.

It is common for most people to quit contributing to society when tragedy strikes them. They seem to retreat back into a shell of self pity and take no part in the world around them. But C.A. was the exception to this rule. It was only after tragedy did strike that he came alive and really began living.

He learned after he was blind

that although people felt a deep pity for the blind person nothing much was done for him. C.A. decided that only the blind could help the blind. The first thing he had to do was learn to communicate, so in 1930 he taught himself Braille. At that time blind people were cut off from higher education. Today, as a result of his fight, the blind can attend high school and university at the expense of the department of education.

In 1931 he introduced the White Cane Week in Canada that is so familiar today.

"I did this to make the public aware that blind people need more than its sympathy. They also need a helping hand to cross streets and to meet life," he said.

In the same year he organized the first mop industry to give the blind in Canada employment. This industry boomed and provided employment for hundreds of the blind.

C.A. was a fighter. He would fight anyone at any time for a cause that was just. He went after the Saskatchewan Department of

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## Granddad

by Dawna Dozzi

When I was young, I felt very fortunate to have a wonderful, colourful, imaginative man for my grandfather. I didn't realize then that he had visions; visions for a better world for the blind.

He was blind, but he taught me how to "see" in his own wonderful way. I would be amazed when he did things like touch my face and tell me "You look just like your mother. And you've got freckles."

The following excerpts from an article in a Prince Albert newspaper tell of his accomplishments in a full, active life.

I'm proud to introduce to you, my grandfather, C.A. Pettapiece.

**Valour Without Medals**  
by Patrick Ryan

This is the philosophy and life of Charles (C.A.) Amos Pettapiece.

C.A., as he was commonly known, was 81, a very young 81. For 40 years he lived his life in that dark unseeing world of the blind. But unlike so many people who just up and quit when hit with tragedy, C.A. really started doing things after his loss of sight. And although he saw nothing of the world around him he had that uncanny sense to see right down into the souls of people when they were troubled.

"A blind man sees with his ears and his emotions," C.A. once said. "He knew when people were happy and when they were troubled. He knew by their

footsteps when they were young and when they were old. He learned to recognize them in a hundred different ways and knew how they felt long before they ever spoke.

"God has given man many gifts and some of these he never uses until he has lost his sight."

Helping out the troubled and fighting for the weak was a crusade for him, something his Pentacostal upbringing pounded into his principles.

Although he never received any medals for his valour in fighting for the blind he was paid with intense gratitude. Among his many acts were his fight for the rights and needs of blind people and his founding of White Cane Week in Canada; head of the Canadian Federation for the Blind for eight years; his fight for blind pensions; organizer of seven of Canada's 16 branches of CFB.

He was also one of the pioneers of the Saskatchewan Wheat Pool and numbered with the first 100 members.

Charles Amos Pettapiece was born in Marlborough township, County Carlton, Ontario, on Oct. 26, 1881, of an Irish father and a Puritan mother. Her ancestors came over on the Mayflower to Plymouth Rock, Mass.

His mother was a good Christian woman, a member of the Pentacosts and her Irish husband became one, too. C.A. tells about

when he was one year old he became very ill. The family doctor prescribed brandy as the only thing that would save his life. His father suggested that probably he would be better off dead than taking alcohol. He didn't get the brandy and he lived.

Like most boys of his day, he got through grade 8 and then went to work on his father's farm. At the age of 21 he rebelled and hit out on his own. He married and came west.

In 1905 he started up a dray business near Moose Jaw. But as the old saying goes, "You can take the boy out of the country but you can't take the country out of the boy." He found himself homesick and at Readlyn, Sask.

For 16 years he farmed and fathered six children. In 1919, for some reason known only to women, his wife left. He struggled on with the farm and the children. All the time his eyesight kept getting dimmer and dimmer. Finally, in 1922, it flickered out like a guttery lantern and he never saw the sun and skies and the flowers nor the beauty of a leafy tree again. But before it flickered and went out, as though he had a premonition, he read anything and everything until he had accumulated a great deal of learning.

Although blind, he continued farming. In 1928 he moved to Radisson, Sask., and stayed there until the depression snatched

over winter if conditions are suitable; a colourful example is the kingfisher.

Some spring migrants choose to stay and breed, like the Saunders' little tern and the white-checked tern on the deserted beach flats, the handsome tail-cocking rufous bush chat and the duller olivaceous warbler, the turtle dove and collared dove, in the gardens and occasionally the hoopoe, moorhen and swallow. Amongst the residents are the Socotra cormorant and western reef heron, which breed on the Hawar islands where the greater flamingo winters. The ring-necked parakeet, the barn owl, crested lark, the cheery white-eared bulbul and the Hofuf race of the house sparrow also nest on the islands.

### COMMUNICATIONS

Bahrain has for many years been a main stopover point for flights between Europe and the Far East. Asia result its airport is one of the busiest in the Gulf. It is now used by nearly 20 leading airlines on scheduled international flights. Bahrain's geographical position and the good facilities at its airport was a major reason why British Airways chose the island as the first destination for commercial flights of its Concorde.

### THE POSSESSION OF ALCOHOL AND/OR PORNOGRAPHIC MATERIAL ABSOLUTELY FORBIDDEN IN BAHRAIN!

The country is also the headquarters of Gulf Air, which has been a pioneer of civil aviation in the region. It is jointly owned by the governments of Bahrain, Qatar, Abu Dhabi and Oman and has grown rapidly in the wake of the Gulf economic boom. It now

runs direct flights to several parts of Europe and covers numerous routes within the Gulf itself.

Bahrain's road network extends to the mainland. Both Saudi Arabia and Bahrain have built a \$1,000 million causeway between the northwest of the island and the Saudi coast. The Saudi-financed project for which designs were drawn up in mid-1978 was completed in the early 80's. It links Bahrain with the trans-Arabian highway system and provides an overland connection with Europe. Traffic congestion in Manama has been eased by the building of a double-lane ring road on land reclaimed from the sea.

Mina Sulman, the country's commercial port to the south of Manama, has been expanded to deal with the increased sea traffic. A three-kilometre causeway has also been built to connect the port with Sitra and the industrial area on Bahrain's east coast. A massive drydock, north of Muharraq, financed by the Organisation of Arab Oil Exporting countries (OEAPEC), was completed in 1977.

Bahrain's international telecommunications are considered among the best in the Gulf. The country's viability as a regional commercial and financial centre depends on their efficiency. The Gulf's first satellite earth station was opened in Bahrain in 1969 providing direct links with the major centers of the world.

### SOCIAL BACKGROUND

Bahrain has proportionately one of the highest indigenous populations in the Gulf. Eighty percent of the 270,000 population are Bahraini. The remainder consists of Arabs from Oman.

## White Cane Week Feb 3-9

That's the theme of White Cane Week, February 3-9, 1991, sponsored by the Canadian Council of the Blind (CCB) and The Canadian National Institute for the Blind (CNIB).

Throughout the week, activities and events are scheduled across the country to promote awareness of blindness and visual impairment. Events and activities will focus on services available to the over half a million Canadians, (the majority over age 65), who are experiencing severe vision loss.

This year, the CCB and the CNIB will also introduce the "Certificate of Merit". A limited number of these certificates will be awarded during White Cane Week to people or organizations

that have made a special contribution to the well-being of blind and visually impaired Canadians. Each certificate includes a clear plastic braille overlay - another reminder of the importance of Access to Information.

When You Meet a Blind etc.

Every individual has a unique personality and therefore reacts in a unique way to blindness or visual impairment.

What is "legal blindness"?

The term "legal blindness" does not necessarily mean a total absence of sight. In fact, only about 10% of CNIB's clients are totally blind. The range of vision can vary between being able to perceive the difference between light and dark to being able to read large print with a magnifier.

A person is generally considered to be "legally blind" when an object can be seen at 20 feet that a person with regular vision can see at 200 feet. The term "legal blindness", though often used, has in fact no basis in law.

How can I offer assistance to a blind person?

When speaking to blind or visually impaired people, use a normal tone of voice. Let them know you are addressing them by using their name. Remember to let blind or visually impaired people know when you are leaving.

How do I help a blind person cross the street?

Avoid pulling blind people by the hand or tugging at their sleeves. It is awkward and con-

fusing. Simply offer your assistance and they will tell you the best way to guide them. Let them know when you are coming to a curb and whether you will be stepping up or down.

How can I help a blind person feel more comfortable in an unfamiliar setting?

It is very helpful and important to describe the surroundings to blind or visually impaired people. For example, you can describe the layout of a room -- whether it is square or narrow, how many tables and chairs there are and how they are arranged. The same principle applies when travelling with blind or visually impaired people. Describe the landscape, tell them which direction you are travelling (north, south, etc.).

continued on page 14

# Leisure

## B.C. Bestsellers

Week Ending: January 27, 1991  
Produced: January 29, 1991  
(Brackets) represent last week's position

### FICTION

- 1 (1) The Plains of Passage.....Auel
- 2 (3) The Secret Pilgrim.....Le Carre
- 3 (2) Four Past Midnight.....King
- 4 (7) The Witching Hour.....Rice
- 5 (6) Roses Are Difficult Here.....Mitchell
- 6 (4) Longshot.....Francis
- 7 (5) Memories of Midnight.....Sheldon
- 8 (9) Friend of My Youth.....Murro
- 9 (10) The Ruby Knight.....Eddings
- 10 (-) The Fourth K.....Puzo

### NON-FICTION

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

## More White Cane Week

continued from page 12

- that for many blind people, braille means literacy?  
- that not all blind people are able to read braille? In fact, only a very small percentage of blind people are braille readers.  
- that many blind people are extremely active in sports and recreational activities such as skiing, golfing and bowling?  
- that a blind person's sense of hearing is not automatically better than anyone else's? It is only practice that tends to enhance a blind person's listening skills.

- that blind people are employed in more than 1,000 different occupations across Canada?  
- that not all people with serious visual impairments use white canes?  
- that one in eight Canadian seniors has a visual impairment?  
...For more information contact the Canadian Council of the Blind or The Canadian National Institute for the Blind in your area.



Christine Mayer

### Tripe Chowder

Tripe is quite a common dish in Britain. This method of cooking is like a chowder and tastes not too unlike chicken. Tripe is high in nutrients and minerals I understand. Most supermarkets stock it, and you may be pleasantly surprised at just how tasty it is.

1 package of tripe  
About half the quantity in diced potatoes  
About a quarter of the quantity in chopped onions  
Milk  
2 or 3 tbs of butter or marg  
Salt and pepper

Method:  
Cut tripe in small pieces and simmer with the onions in enough water to cover for a couple of hours until almost cooked. It may take quite a bit longer. Add potatoes, butter, seasoning, and enough milk for whatever consistency desired and finish cooking.

## Old Country Cookin'

or two small pieces per serving)  
2 large onions or a few small ones  
1 or 2 cups of cubed turnip (about 1/2" pieces)  
1 sliced carrot  
1 stick sliced celery  
2 large bay leaves  
Salt and pepper to taste

Method:  
Brown oxtail on all sides, add onions, bay leaves and enough water to cover. Simmer (don't boil) for a couple of hours or until almost tender. Add rest of vegetables and seasoning. Cook until meat comes easily away from the bones. Remove bay leaves. Thicken with a mixture of corn starch and Bisto, or your usual method of thickening stews.

### Spinach Dip

The following recipe is super and came from Margaret Cole. You may have tasted it at different functions and like myself, was anxious to get it. Keep this recipe for sure!

1 pkg frozen chopped spinach  
1 cup mayonaise  
1 large sour cream  
1 pkg Knorr swiss leek soup mix  
(Optional) Add chopped green onions and water chestnuts

Method:  
Make sure spinach is well drained and squeezed well. Mix all ingredients together. Refrigerate overnight and until ready to use.

One method to use dip, is to hollow out either a round pumpernickel or round white loaf. Break hollowed part into small pieces and place around the loaf. Fill cavity with dip.

### Shrimp or Salmon Paté

This is another one of Margaret's recipes she was kind enough to pass on. It is very good and another keeper!

1 envelope unflavoured Gelatin  
1/4 cup cold water  
1 - 10oz can tomato soup  
1 - 8oz pkg cream cheese  
1 cup mayonaise  
3/4 cup chopped dill pickle  
1/2 cup chopped celery  
1/4 cup chopped green onions  
1 - 7oz can salmon  
Or  
2 - 4oz cans broken shrimp (drained)

Method:  
Soften Gelatin in water for 10 mins. Add soup and cream cheese. Cook on low heat, whisking until smooth. Remove from heat. Add remaining ingredients. Mix well. Turn into an oiled 6 cup mold. Chill until firm. Unmold and serve with crackers or bread.

## Art Scene



June Milburn Dupuis, Contralto

### Studio of Voice

June Milburn Dupuis, Contralto was a member of the highly acclaimed Festival Singers under Elmer Iseler for six years in Toronto. June toured Canada and the United States appearing at the Stratford Festival, on C.B.C. Radio and Television, and with the Toronto Symphony Orchestra under such conductors as: Igor Stravinsky, Zoltan Kodaly, and Seiji Ozawa. She was also a resident church soloist and frequent guest in many other Toronto churches.

A 'cum laude' graduate of the University of Washington, June holds an LRSM in Voice and studied with such distinguished teachers as Robert Wood in Victoria and George Lambert in Toronto - whose concepts and ideals she embodies in her own teaching. She has appeared frequently with the Victoria Symphony, as a guest artist with the Okanagan Symphony, and a regular soloist with the University of Victoria Chorus and Orchestra. She has demonstrated her speciality of lieder and art songs in recitals in Victoria and Kelowna, accompanied by Norman Hurl, Edward Norman and Roslyn Frantz with whom she has performed on C.B.C West Coast Performance.

In Kelowna, she taught voice at the Okanagan Bible College. For the past year she has been singing and teaching at the Kennebecas Conservatory in St. John, New Brunswick.

Her students range in age from ten to adult, presenting *Amahl and the Night Visitors*, several concerts including music from *The Phantom of the Opera*, Broadway show tunes, contemporary ballads and songs from the syllabus of the Royal Toronto Conservatory of Music and Western Conservatory of Music.

After a five year absence from the West Coast, June now makes her home in the beautiful Comox Valley and is looking forward to meeting many new talented people and establishing a successful studio in the Valley.

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WILSDEN GALLERIES, specializing in original works of art, is located in Courtenay at 440 Anderton Avenue by the Fifth St. bridge across from the Florence Filberg Centre. The gallery is currently showing a wide variety of paintings in oil, watercolour, pastels and ink. Artists include Kathryn Amisson, Kathleen Dawson, Gordon Hynes, Bill Maximick, Andre Perreault, Doreen Trysenaar and Peter Krutaski. The gallery is also featuring serigraphs (silkscreen prints) by Robert Genn and Roy Vickers. There is a fine selection of soapstone carvings (especially notable are the fish in soapstone by Allan Crane) and wooden birds by Richard Lea.

Location: 440 Anderton Avenue, Courtenay  
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# On and off base

## More Grandad

continued from page 13

Municipal Affairs and had it amend the law so that blind people could sell their mops, brooms and other things without an expensive licence.

Then he went after the Compensation Board and got the Compensation Act amended so that blind people hurt in industrial accidents could get compensation if costs involved were more than \$50. Prior to this amendment the Compensation Board assumed that blind people, because of their affliction, were responsible for their own accidents.

Among the other firsts he claimed was the formation of the first Canadian blind bowlers club in 1938. Also in 1938 he personally sat down and wrote Christmas cheer letters to all blind people in the province. This became a magazine called Vision. In 1949 he founded the first Blind Cooperative Society in North America and was its first president.

He started the first branch headquarters in Regina which today is a huge social centre run by the Federation of the Blind.

"Many people confuse the Canadian Federation of the Blind with the Canadian National In-

stitute for the Blind," he would say. "The federation is composed of the blind and run by the blind. The CNIB is run by people with their sight and is involved in raising money for blind projects."

The federation was first formed by P. Leighton in 1908 and since copied in United States and England. Mr. Leighton formed the federation to fight for blind pensions. (At the time of this article the blind got \$65 a month pension after they had passed a means test. This means test should have been abolished at that time as any single person with \$1300 or married couple with \$2200 were not eligible and only half of Canada's 23,000 registered blind could apply for the pension.)

Mr. Pettapiece and his blind wife, Teena, whom he married in 1943, had their own canteen at the Prince Albert Government building for 11 years, although most of the blind seen running canteens were employed by the CNIB. He thought the federal government should have some department that looked after the blind instead of turning it over to the CNIB. He pointed out that to his knowledge the blind people were the only

ones who had to have any amendment or changes in the constitution of the Federation of the Blind approved by the federal Secretary of State.

If there was a convention, C.A. was there. This man travelled thousands of miles all by himself in strange places in his constant battle to better the conditions of the blind.

Just one of the unsung heroes of the world who fought on with great Valour, but never got any Medals.

Epilogue: Grandad was 81 when this article was written. At the age of 85, he was tirelessly haunting Parliament and its members, trying to get backing for a school for the blind. He finally retired when he reached his 86th birthday. He passed away when he was 87.

Three of his sons were in the Canadian Forces and served during World War II. One gave his life. One son was in the R.C.M.P. My mother and her two sisters are all that are left of this family, are all great-grandparents and enjoying life and their own families.

### Coaching Children

## Fair Play - an important part of experience.

Some parents sending their children off to team practice Saturday mornings probably worry more about having them there on time than about what their child is actually getting out of the experience.

It is often taken for granted that children will benefit from their involvement in sport. That is, after all, usually why parents sign them up in the first place. There is no guarantee, however, that a young participant's experience on the playing field will be a positive one. It is important for parents to consider what happens to their child during practice and while on the playing field, and it is the responsibility of everyone involved to make sure the experience is a good one.

Sport is often seen as a way to help a child develop, not just as an athlete, but as a person. Many physical, social and lifestyle skills can be learned through competing in a sport. Those valuable lessons -- respect for the rules, teamwork and cooperation, sportsmanship -- will be applied in many areas of life outside the playing field.

That's why it is important that parents, coaches and officials involved in community sports and recreation make it their goal to develop an atmosphere that helps young participants to grow and learn from their experiences. Promoting fair play is an important part of achieving that goal.

Fair play means more than encouraging players to be "good sports", although that's one important aspect. It also means ensuring that everyone involved understands and follows the rules,

that strong efforts are made to provide competition between those of similar or equal abilities, and that opponents and officials are treated with respect by everyone, especially coaches and spectators.

Fair play also means ensuring that the contest offers something to the ones that don't win, as well as those who do. Especially for children, the joy of sport comes as much from taking part as from taking home a trophy. Several studies have shown that children would rather play for a team that doesn't win, but where everyone gets a turn, than sit on the bench of a winning team.

Everyone has a part to play. Parents play a significant role in the promotion of fair play. Encourage children to play fairly, to perform their best and, most importantly, show support for their effort, whether or not they score a point or win the contest.

It is also important for parents and coaches to remember that they too must live by the rules. The familiar description of a parent or coach ignoring a temper tantrum or rough play on the field and instead of yelling at the referee about the call is a cliché only because it happens all too often.

Children sometimes receive mixed messages -- they may be disciplined for breaking the rules at home but receive no punishment for misbehaving on the playing field. Some parents and coaches may actually encourage overly aggressive and rude behaviour in sport that they would not tolerate anywhere else -- perhaps because they place too much

of an emphasis on winning. Parents who want to ensure that their child is getting the best experiences sport has to offer should take the time to speak to the coach. It is vital for parents to be sure that the person teaching their child shares the same goals.

Coaches can be the most influential people in a young person's life. They not only guide the physical growth, but often the emotional, social and moral development of young participants as well.

A coach's responsibilities go beyond teaching players how to hit a ball, shoot a puck or jump even higher. Coaches are also responsible for teaching children how to win and lose graciously, to respect the rules and to play the game fairly. It is also their job to make the experience fun and rewarding for their young students. While the athletic skills learned by children may only be used for a few years, the attitudes they develop towards themselves and others will last a lifetime.

Sport administrators, league or club officials can provide plenty of support and encouragement to make sure the competitions they supervise are conducted by the rules of fair play. Create, distribute and enforce a code of ethics for all participants, offer clinics to improve the standards of coaching and officiating, and ensure that these people are properly trained and capable of promoting good sportsmanship and good technical skills. Encourage coaches to have a team meeting with parents to discuss goals for the season.

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# Health & fitness



## ASK YOUR PHARMACIST

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

### What to Look for in Contact Lenses

Something in your eye is often a painful, teary and just plain unpleasant feeling we struggle to end as soon as possible. It makes us wonder how contact lens wearers seem to function all day or longer without a single complaint.

You shouldn't let the word "contact" fool you because a properly fitted lens never touches the cornea. Instead, the lens floats gently on the eye's fluids. Keeping this fluid moving is essential to the health of the eye, so most lenses can't be left overnight because our blinking keeps the fluid in motion between the lens and cornea. Contacts are not recommended for older persons because as we age, the production of eye fluids decreases.

If you choose soft lenses, make sure they are kept very clean. Always wash hands thoroughly before handling them. Because their high water content makes them so absorbent, soft contacts can be seriously affected by eye makeup or medications - taken either in the eye or internally - whose formula may interact with the delicate material the lens is made of. When picking up prescription or non-prescription drugs, remember to ask your pharmacist about possible interaction between any medication and your lenses.

Lens wearers should always follow the advice of their eye care professional when they experience problems. Again, your pharmacist can help, guiding you through the growing number of products and methods for cleaning, storing and wetting lenses. He or she can recommend the safest and most convenient method for each wearer.

Remember, sight is a priceless gift so if you decide to wear contact lenses, have them properly fitted and follow all recommended steps to keep seeing clearly.

### Aging and Drug Reaction

As we age, our need for medication usually becomes greater. All of us should make an effort to learn more about medications and their effects and interactions as we grow older.

Your pharmacist is an excellent source of information, and it's a good idea to make a habit of consulting him or her about all the medications you take, both prescription and non-prescription.

Another problem associated with aging is not realizing that our responses to various drugs change over the years. We shouldn't be surprised when something that "did the job" 10 or 20 years ago either doesn't help at all today or causes problems it never did before.

For example, as kidney function diminishes, a medication may remain in the system longer, or it may build up and cause an allergic reaction.

Often there's also a problem with failing memory. This may result in patients forgetting to take medication, or double-dosing because they forgot they had already taken it.

Studies show the majority of people over 65 see a doctor once every three months. But, not nearly enough of them keep their doctors fully informed about all non-prescription medications they take for self-diagnosed minor complaints.

The most common self-medications used by the elderly are laxatives, antacids, pain killers and cold preparations. While none of these may strike you as important, the combination of aging with increased use of both prescribed and non-prescribed drugs can lead to problems.

Your doctor and pharmacist can serve you well only if they have a clear picture of all the medications you take. Keep aware of your body's condition and be informed about all the medications you take.

## info health

Dr. Bob Young



### A Sea of Carcinogens

My dynamic pathology professor, the late William Boyd, liked to use the phrase "We live in a sea of carcinogens." Carcinogens cause cancer or catalyze the formation of tumours.

We are surrounded by pollutants that cause many diseases, in some cases illnesses that are more important (in that they affect many more people) than cancer. Many are man-made, the products or by-products of industrial activity; others are naturally occurring, the chemicals in smoke from forest fires, the lead, arsenic, and asbestos that comes from the ground.

Newsworthy are dioxins and furans, members of a group of organic compounds that contain chlorine. Environmentalists and the general public are rightly concerned about these compounds as they are very toxic.

The Health Protection Branch of Health and Welfare Canada has

provided physicians with information about these chemicals.

Dioxins may be produced during the manufacturing of pesticides and wood preservatives, by bleaching methods used in some pulp mills, and by some types of burning (eg. in some incinerators).

Although the amount produced may be very small, dioxins are not bio-degradable to any extent. They accumulate in ocean and lake bottom mud and sand and they are concentrated within the bodies of marine animals living in contaminated areas.

Dioxins cause a skin condition resembling acne and sometimes liver, immune system, and behavioural problems. The sense organs may also be affected. Congenital anomalies and infant mortality may result from very heavy exposure. Dioxin contaminated rice oil has been

blamed for causing these in Japan and Taiwan.

The average exposure of Canadians to this group of compounds is 2.0 to 4.2 picograms per kilograms of body weight per day. The Health Protection Branch has concluded that 10 picograms or less is acceptable, based on studies that included a generous "uncertainty factor" that produces a conservative figure. (A picogram is one-trillionth of a gram.)

Excessive exposure occurs mainly in people who eat large amounts of highly contaminated fish and shellfish. Breast milk also tends to be high in dioxin but the benefits outweigh the potential risk.

Stringent controls are in place or in the process to reduce our exposure to dioxins to a minimum.

### The Cost of Medicine

American doctors, on average, provide 25 percent fewer services and net 33 percent more income than Canadian MDs in spite of paying overheads approaching 50 percent of gross income. Canadian doctors' overheads are about 35 percent - 40 percent. We have lower insurance and office costs.

Comparing our medicare system with American methods has become a popular pastime in the States recently. This is in response to growing concerns that their system is rapidly becoming unaffordable. The Yanks spend 72 percent more for physician's services than we do.

Their overall medical costs consume 11.5 percent of the US gross national product as opposed to the 9 percent spent here. The 2.5 percent difference works out to \$100 billion extra per year for them.

A recent article in the *New England Journal of Medicine* compared American and Canadian physicians from the point of view of fees and costs and did a sub-study that compared, doctors in Manitoba with those in Iowa. Most of the information in this column is from that study.

Annual medical cost per capita in the US (1985 figures) is \$347; in Canada, \$202. Canadians received more services for their money than American patients. Higher fees raise the American costs.

Instead of our universal coverage, Americans (or their employers) must buy medical insurance. It is expensive, cumbersome to collect for both patient and doctor, often marred by large deductibles payable by the patient, and frequently riddled with exclusion clauses. One American in seven has no

coverage - and cash is usually required before care is provided.

Access to the American system is usually much faster - there are few waiting lists. Canadians, fed up with long delays here, have learned this and some go south for surgery and other care. Doctor's offices may be nicer - competition requires comfortable patient areas and considerable 'in house' technology and equipment.

American fees are probably excessive in many cases. The rewards for Canadian physicians working under medicare are probably now too low. Provincial governments, in refusing to allow arbitration as a method of resolving fee disputes, probably recognize that they are employing the providers of medicare at bargain rates.

stimulate milk production.

The secret to successful breastfeeding, and often the solution to feeding difficulties, may be as simple as holding the infant correctly or making sure it latches on. Choose a comfortable chair with arm rests and firm back support rather than a rocking chair.

Continued on page 17



### Iron Maiden

Iron Maiden, whose new album "No Prayer For The Dying" (Capitol) went gold on the day of its release, have kicked off their first North American tour in three years. Opening in Halifax and following with dates in Calgary, Quebec City and Toronto, Iron Maiden will include more than 50 arena shows in the States between late January and the end of March.

The group's "No Prayer On The Road" European tour played to over 600,000 fans in 18 countries and the dates are the first with the new Maiden line-up featuring guitarists Janick Gers alongside Bruce Dickinson (vocals), Dave Murray (guitar), Steve Harris (bass) and Nicko McBrain (drums). Gers replaced Adrian Smith just before the recording of the hugely successful "No Prayer For The Dying" album which has sold in excess of two million copies in its first eight weeks of release; including over one million sales in Europe alone.

Following the North American dates, Iron Maiden will undertake a comprehensive tour of the Far East, including Australia, New Zealand and Japan. Dates are also being considered in Singapore, Taiwan and Korea.

#### THE ALARM

The Alarm's newly released "Standards" (I.R.S.) contains a baker's dozen of the group's best known tracks along with a pair of brand new songs. Top performers, for my ears anyway, are "The Road", "Spirit of '76", "Rescue Me" and "Where Were You Hiding".

#### TALK TALK

"Natural History" (Parlophone) is, as the label says, the very best of Talk Talk. Drawn from a quartet of albums the set contains such high points as: "Today"; "Such A Shame"; "It's My Life"; and, "Desire".

#### SWEENEY'S SCENE

The title of Willie Nelson's latest album "Born For Trouble" has certainly proven to be prophetic. The champion of Farm Aid is reported to owe the tax man millions of \$\$\$.



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### Fair Play

Continued from page 15

In addition to a fairer competition, officials and coaches who follow the rules of fair play will also help to make sport and recreation a safer environment for the participants. Violence and rough play will be less likely to break out and there will be fewer injuries. This in turn will enable the players to concentrate more on the development of skills and on playing the game.

Individuals or a team that wins a game played within the boundaries of fair play wins strictly on the merit of their athletic ability - something they can be truly proud of. A contest played fairly will be a more exciting, entertaining game for fans and a more satisfying and fun experience for the players involved. And, after all, isn't that what those Saturday morning practices were all about?

### Breast Feeding

Continued from page 16

Remember, the more an infant nurses, the more milk the mother produces. Patience and persistence pay off in the long run. Supplemental bottles are more likely to increase problems than to solve them.

Treat the first six weeks as a learning period for both of you. In that way, difficulties can be managed one at a time and by two months you will have established a comfortable routine.

Nurses are an excellent resource for assistance. Call your local health unit to speak with a community health nurse, or call nurses at a resource such as the Vancouver Breastfeeding Centre at the U.B.C. Family Practice Unit, or the Grace Hospital Breastfeeding Program.

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

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## Chapel Chimes

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

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

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

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

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

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

**ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL**

**BASE CHAPLAIN (P)** - Maj R.E. Baker  
**CHAPEL** - St. Michael & All Angels, Wallace Gardens, Bldg 88  
**OFFICE** - Headquarters, Bldg 45, Room 48, Telephone 8273  
**SUNDAY WORSHIP** - Each Sunday at 1100 hrs.  
**HOLY COMMUNION** - First Sunday of the month.  
**SUNDAY SCHOOL** - Each Sunday at 1100 hrs  
**NURSERY SCHOOL** - Each Sunday at 1100 hrs

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

### Breastfeeding is Best

Until the 1920s, 90 percent of Canadian infants were breastfed. By 1970 only 10 percent were breastfed. Health care professionals expressed alarm and successfully pushed to reverse the trend. Now over 80 percent of B.C. infants start to breastfeed at birth.

Nurses recommend breastfeeding exclusively for the first four to six months - it has

advantages. Breastfeeding provides optimal nutrition and is easily and rapidly digested. Natural immunity to certain diseases is passed on by the mother and there is a reduction in the incidence of allergy.

Breastfeeding is inexpensive and removes the risk of using formulas incorrectly. It also helps stimulate contraction of the original. It can

help the mother lose some of the weight stored as extra fat during pregnancy. As well, both mother and infant have an extra opportunity for increased physical and emotional closeness.

Feeding difficulties, rather than choice, commonly cause about one-third of mothers who breastfeed to give up in the first two months. After two months, mothers who stop breastfeeding

do so mainly because of a return to work, convenience or a belief that breast milk is no longer necessary to the infant's diet. By six months, the majority of breastfed infants have been weaned.

Many of the difficulties experienced in the first two months can be resolved or prevented. Ideally, breastfeeding should begin immediately after birth to

# 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 Rothenmund 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 Rothenmund 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.

## 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.

## Base Squash Playdown Meeting

There will be a meeting of all interested players 30 Jan 91 at 1100 hrs in the Rec Centre Conference Room. The Base playdown date will be decided at this meeting.

This meeting is a must attend.

## Tee-Pee Park Meeting

There will be a Tee-Pee Park development committee meeting 12 Feb 91 at 0900 hrs in the Recreation Centre Conference room. All members and anyone interested in becoming involved are encouraged to attend.

## Parc Tee-Pee

Il y aura une réunion pour le développement du Parc Tee-Pee le 12 fév '91 à 09h00 dans la salle de conférence du bureau des loisirs. Tous les membres intéressés à participer sont encouragés à venir à la réunion.

## 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.



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## Welcome Home to Moose Jaw!

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

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

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

## MAIL YOUR LIST TODAY

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

## Casual Skate Cancellation

Casual skating will be cancelled 16 Feb 91, 1200-1300 hrs.

## Bowling

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

## Crossroads Crisis Training

The Cross Roads Crisis and Family Services Society will be holding crises line training for volunteers beginning February 6, 7 to 10 p.m. Phone Denise 338-0512 for further information.

## 108 Comm Flt. Reunion

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

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

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

Sunday, a Thanksgiving dinner will be served.

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

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

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

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

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 585 England Ave., Courtenay

## OFFICERS' MESS

Members and Guests.

### FEBRUARY 1991 CALENDAR

Wednesdays February 6, 13, 20, 27  
**OFFICERS COFFEE HOUR** - Coffee will be served in the lounge at 1000 hrs. All officers are invited to attend. Dress of the day.

Fridays February 1, 8, 15, 22  
**REGULAR TGIF** - Food as indicated. 1700 - 1800 hrs. Free taxi. Ask at bar.

- 01 Feb..... BEEF STEW
- 08 Feb..... FISH & CHIPS
- 15 Feb..... CHILI & FRIES
- 22 Feb..... LASAGNA

Friday February 8  
**SKI DAY** - Cross country: ticket \$5; rental \$6.50; lesson \$7  
 Downhill: \$23; ticket and rental \$31; lesson included in pkg.  
 Transportation bus leaving parking lot behind Mess at 0700 hrs. Cost: Members \$3 - Guests \$5.

Tuesday February 12  
**BOWLING TOURNAMENT** - 1900 for 1930 hrs. CFB Comox Rec Centre. Members FREE. Guests \$2. Prizes. Reservations to Mess Mgr.

Wednesdays February 13, 27 - OMLC BRIDGE CLUB  
 February 20 - OMLC ROMANCE BINGO

Saturday February 16  
**VALENTINE NIGHT** - 1900-1930 hrs. Members \$25. Assoc. and Guests \$35. Italian Buffet. Music by Visibly Shaken. Reservations to Mess Manager by 15 February.

\*\*\*\*\*  
**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?

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  - Very scenic.

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

INFO 8720

## Coming Soon 1991 Base Winter Carnival

**DATES: FEB 27, 28 & MAR 1**

**Events:**  
 Wed evening: Opening ceremony at Officers Mess followed by games.

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

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

## Glacier Greens

By R. McCliesh

There will be a G.G.G.C. Committee meeting at the clubhouse on Thursday, 14 Feb, at 1300 hrs.

A special thank you to Earl Marten, Fred Horriath and Ernie Wray, who worked along with Rick Salmon (Plans and Engineering) to put the finishing touches on the men's locker room.

Rain gear and umbrellas were the order of the day when 24 golfers teed off on Sunday for a "9 hole" team competition.

Team winners are as follows:  
 1st L.G. - John Courtemanche, Jamie Bull, Fran Hume and Jim Patterson.

2nd L.N. - Bob Marshall, Glen Caslake, Earl Marten and Colin Olsen.

3rd L.N. - Mark McPerson, Ron Carter, John Holly and Jim Hume.

K.P. on #4 - Ron Carter and John Courtemanche.  
 K.P. on #7 - Bob Marshall.

## Officers Mess Ladies

We had a super turnout at the Officers Mess Ladies Club January dinner. Thanks to the Old House Restaurant for doing an exceptional catering job. We also wish to extend our thanks to the Vanier High School Band for playing music throughout dinner.

We have been very pleased to hear all of the positive responses about the evening. Everyone, including the OMLC executive had a chance to sit back, relax and chat about the Christmas holidays. There were a few surprises during the course of the evening. Kathi Brown was probably the most surprised, when she received a singing telegram from a clown for her 77th birthday. One other surprise was the door prize, a beautiful crystal bowl, won by Pat Black. All in all the evening was a great success, and a perfect way to start the new year.

Our next function is a Romance Bingo to be held 20 Feb 91. The time 7:00 for 7:30. Please call Louise or Patty for reservations.

Don't forget everyone, the Art Auction is coming up Tuesday 12 Mar.

# Recreation

## Can't get your Fishwrapper? -- here's where to go

- \*Totem Times Office
- \*Museum
- \*AFIS
- \*Jr Ranks' Mess
- \*Senior NCOs Mess
- \*Rec Centre
- \*Headquarters
- \*AMU
- \*442 Sqn
- \*Clothing Stores
- \*MSE
- \*Driftwood Mall
- \*Tourist Info Centre
- \*Tommy Tuckers
- \*Block Brothers
- \*Mac's Milk
- \*Westerly Hotel
- \*Courtenay Town Hall
- \*Hartmans Auto Supply
- \*Coast Country Realty
- \*Pacific Coach Lines
- \*North Island College
- \*Courtenay Legion
- \*Building 82 Supply
- \*CE
- \*Fire Hall
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- \*Comox Town Hall
- \*REMAX
- \*7-11 Comox
- \*Jolly Giant
- \*Port Augusta Hotel
- \*Rays News Courtenay
- \*St. Joseph's Hospital

## Canadian Crossword

By Rick McConnell

Solution on page 21

<b>ACROSS</b>	1. A Musquodoboit	6. Tub	9. Oil additive	12. Actress Dunne	13. Corrida cry	14. Before prefix	15. Southern quality	16. Loaned	18. Certain cars	20. Gaelic	21. Rapper Tone	23. Name in Namur	24. Queen's nickname?	25. Word of grief	27. Dispute	29. Chatter	31. Off-sea	35. Hotel offering	37. Dash	38. French sculptor	41. Part of T & A	43. Tutu's nickname?	44. Not odd	45. Dissembling	47. Daughter of the ragpicker	49. Blood vessel	52. Lizard genus	53. Spring month in Montreal	54. Twenty prefix	55. His in Hades Hills	56. Write	57. A Musquodoboit	<b>DOWN</b>	1. "Pogey"	2. Golf lesson giver	3. Narrows, Sask.	4. Adam's grandson	5. Summer T.V. show	6. Mass	7. Beers	8. Decimal base	9. Game person	10. Believe in	11. "Go in Down the Road" character	17. Cut molars	19. T.V. man who left his mark	21. Testing place	22. Palm	leaf	24. City vehicle	26. Line	28. Low singer	30. Long time	32. Aged	Black Bird, Yukon	33. Bob of Ont. NDP	34. Print measure	36. Large sea fish	38. Picture puzzle	39. Welsh bard	40. Free from hydro-carbon	42. Slow one	45. Dies	46. B.C. plant town	48. Little devil	50. Half of a small fly?	51. Swiss river
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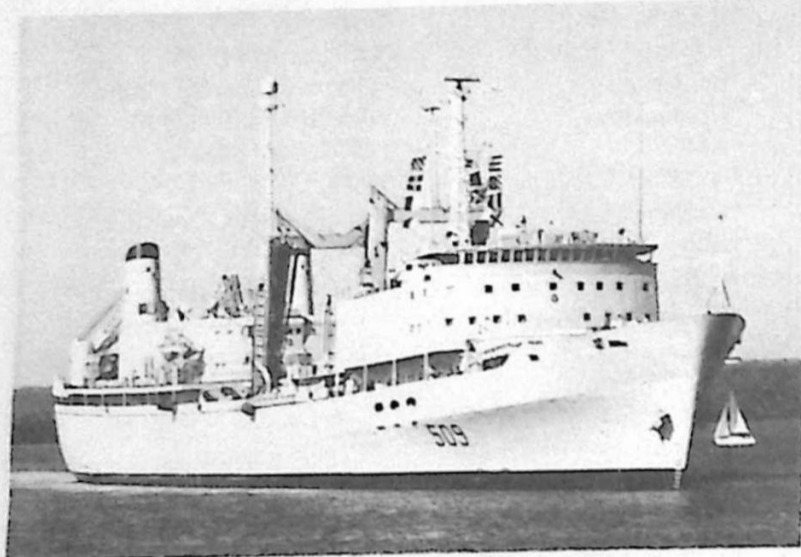
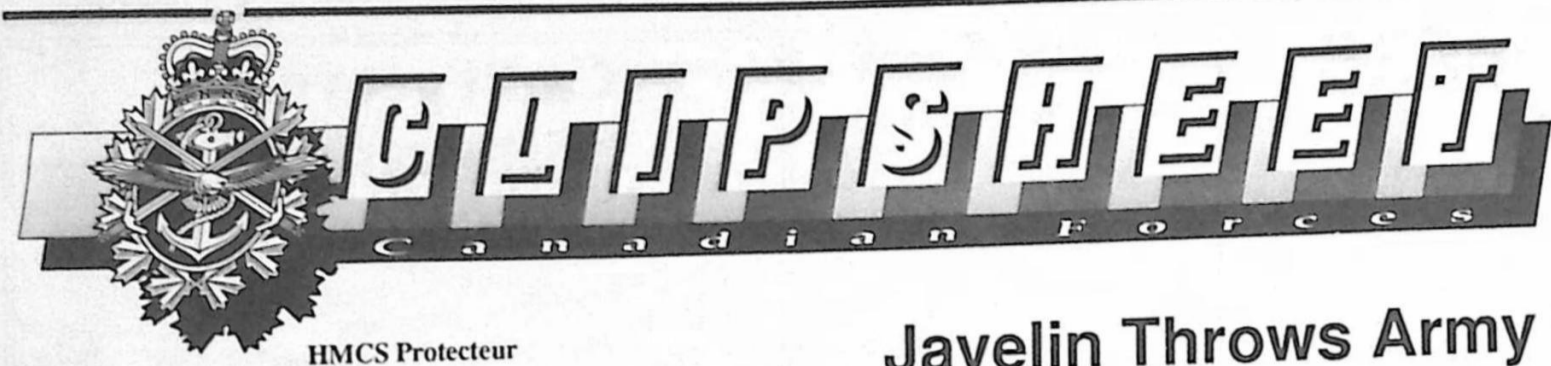
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# Military update



## Preserv(ing) Protecteur's Success

On Board HMCS *Protecteur* — Just as it was understandably difficult for *Protecteur's* first crew to leave its beloved "Chuck-wagon" when they were rotated home in January, so is it a challenge for the men and women of HMCS *Preserver* to carry on the many accomplishments of the auxiliary replenishment ship.

Sub-Lieutenant Colin McKeown is a bridge watchkeeper and deputy deck officer on board the *Protecteur* who works as RAS (replenishment at sea) co-ordinator, reporting to the commanding officer as the tanker refuels other ships in the Gulf. A member of *Preserver's* company for nine months prior to the rotation, he is aware of the subtle differences between the two supply ships and the demanding tasks ahead.

"There are just small differences between the *Preserver* and *Protecteur*," he says. "Most are in the area of combat readiness. The biggest difference is that *Preserver* (now in refit) had a peacetime ops room, while *Protecteur* has a wartime ops room."

SLT McKeown flew from Halifax on New Year's Day to Brussels and then on to the Gulf of Oman. He and the other members of *Preserver's* 360-member crew officially relieved the first crew on Jan. 6, just a little more than a week before the Jan. 15 deadline set by the United Nations for Iraq to get out of Kuwait.

"RASing so many other ships isn't something we'd normally do," he says of the refuelling that allows ships to stay out in the Gulf rather than have to go into port. "The Canadian AOR is required to have max flex here and it is this flexibility that has made us so popular with the allied ships — the Australian, French, British, Dutch and American."

Another achievement that the new crew will be trying to maintain is the esprit de corps enjoyed by the ship's first company.

"They had excellent morale," says SLT McKeown. "Of course it helped them to know the date when they'd return home, but they did turn the ship into a very efficient warship. The *Preserver* crew is

looking forward to keeping what the first crew had and to living up to or surpassing all they've accomplished."

Sub-Lieutenant Carl Sohn was a member of *Protecteur's* first company. Also a bridge watchkeeper, he is proud of the fact that the supply ship completed a third of all "hailings" done by Canadian ships in the Gulf and that the three Canadian ships in-theatre, along with their five *Sea King* helicopters, have accounted for 25 percent of the total number of interdictions done by allied ships.

Following radio contact, there are two ways to hail a ship, to determine its origin, destination and cargo. The *Protecteur* either sends a helicopter to check the vessel or, if close enough, the supply ship will find out where it came from, where it's going and what is on board. The information is then confirmed via Lloyd's Registry of Shipping.

"If the captain says his name, gives the ship's international call sign and says what the ship contains, and that matches with the registration — if it all ties in, then he's free to go," explains SLT Sohn.

SLT Sohn says the new weapons systems onboard took some getting used to but after going through the intense work-ups enroute to the Gulf, the ship's company developed a cohesiveness that saw them through.

"At first, it was hard to get people to realize our new role," he says, "but then, we had a work-up after we left Gibraltar, non-stop, for two days. This brought everybody together. We never lost the edge ... we kept it quite well."

"I feel really bad that we couldn't take our ship home after the send-off we got," says SLT Sohn. "That send-off was incredible. When I left harbour I was on the bridge so I didn't see much of it, but I was aware of boats all around us. And those people followed us way out beyond Shebucto Head with little signs saying 'God's speed' and 'Come back home safely.' I was very proud and happy to go."

## Javelin Throws Army into the Navy

by Capt Jane McDonald

Aboard HMCS *Protecteur* — 119 (Air Defence) Battery, Royal Canadian Artillery, of Chatham, N.B. got a phone call from Maritime Command last August 10 and the rest, as they say, is history.

Lieutenant Dale Arndt has just returned home from five months as the air defence troop commander of nine others — one sergeant, three master-bombardiers, four gunners and one corporal weapons tech — who have been at sea in the Gulf with more than 300 sailors. Although they may have seemed like fish out of water in their green crew-suits amid the navy's blue, they made history in their task to protect the *Protecteur* from low-flying enemy aircraft.

"We did a staff check to see if we could do it," recalls Lt. Arndt. "We got the actual order from FMC (Mobile Command) on Aug. 12 and by the morning of Aug. 14, we were in Halifax. This is the first time this had ever been done in Canada."



Gunner Ghislain Sanschagrin is one of several Canadian Forces soldiers at sea, whose job it is to operate the Canadian ships' Javelin anti-aircraft missile systems.

The Javelin anti-aircraft missile system is an amazing piece of kit and it is fast. From the time Lt. Arndt or one of his gunners goes into action, adjusts the aiming unit and matches it up with the missile, turns the system switch on and acquires the target, less than half a minute has passed.

"A good operator can do it in less than 20 seconds," says Lt. Arndt. "The total engagement from start to finish will typically last less than 30 seconds. It is effective against low-flying aircraft and helicopters. Our guys are confident in the system."

None of the 10 army types had ever been to sea before but they all sailed from Halifax on Aug. 24 and did all the "work-ups" with the navy crew throughout the weeks it took them to reach the Gulf.

"We were a little apprehensive at first," admits Lt. Arndt. "We didn't know what we were getting ourselves into. It was a completely different environment."

"They might work differently, but everybody plays the same," says Master-Bombardier A.W. Cunningham of his first experience at sea with the navy. "We could still sit down and have a

drink and conversation. There were a lot of good people there."

And with the exception of "wakey-wakey", the traditional wake-up call heard first thing every morning aboard ships at sea, and which he says he found "most irritating", Lt. Arndt agrees. "I have a lot of respect for the navy although I'm still happy I'm in the army," he says with a smile.

"The first call to action stations was interesting," he continues. "We had to figure where (on the multi-decked ship) we were going and until we reached Gibraltar, we tried something new all the time."

Just as the navy crew members were ordered to do, Lt. Arndt and his army colleagues stood watch at their weapons positions. Depending on the level of threat, there was always at least two of them on duty.

"It went surprisingly well," says the young troop commander. "There were anxious times with family but the support from our unit in Chatham has been great. Naturally, we missed our families. We've been away a lot this year at things like *Op Unique* at Goose Bay and previous to that, a course and brigade exercise."

The past year has been tough for Master-Bombardier Cunningham who has seen his eight-month-old

baby girl, Allana, for about five weeks in total. His two-year-old wondered where her father was much of the time.

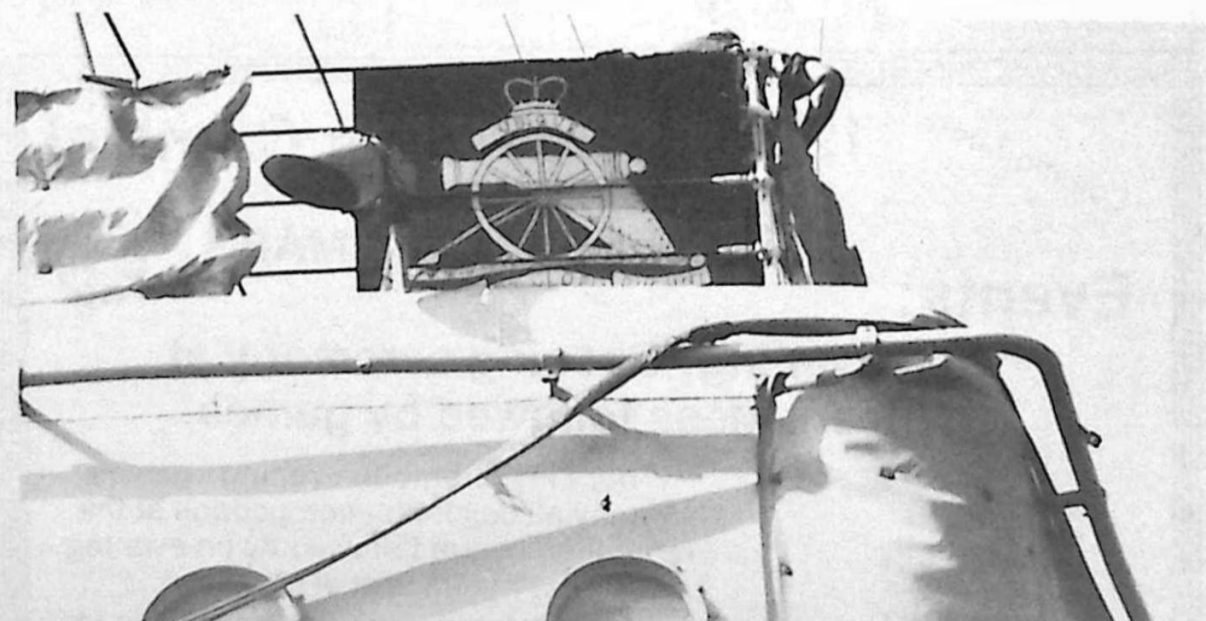
"I be good. Daddy come home?" is a lament he heard often from daughter Gabrielle during 1990.

"It's harder being a parent over there than being single," he says.

Having now been rotated back to Halifax with the ship's company, the experience has been put into perspective.

"Probably the greatest thing we've done is to introduce a new weapons system into the Canadian Forces, largely on our own," says Lt. Arndt of the Javelin which is also in place and operated by members of 119 (AD) Battery on board HMCSs *Athabaskan* and *Terra Nova*.

During his deployment to the Gulf, Lt. Arndt was able to fly by *Sea King* to meet with his counterpart, Lt. Paul Romeo, on the *Athabaskan*. And when alongside in Bahrain last November, at the same time as the *Terra Nova*, all three ships' "army" crew members were able to get together to discuss their new role, which Lt. Arndt sums up as "the first opportunity CF air defence has had to do our job for real, in-theatre. Our guys took it in their stride very well."



The Royal Canadian Artillery crest is proudly displayed above the *Protecteur's* decks in tribute to 119 (AD) Battery.

# Recreation



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#### \*\*\*SPORTS\*\*\*

FEBRUARY 7, 8, 9, 10.....BRANCH HOSTS LEGION  
 PROVINCIAL CURLING CHAMPIONSHIP

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#### \*\*\*ENTERTAINMENT\*\*\*

Fri 08 Feb.....Music by NASHVILLE  
 Fri 15 Feb.....Music by SHABOOM  
 Fri 22 Feb.....Music by WESTWIND

#### \*\*\*REGULAR ACTIVITIES\*\*\*

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

#### \*\*\*EVENTS\*\*\*

SATURDAY 9 FEBRUARY - JOINT INSTALLATION OF  
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 FRIDAY 15 FEBRUARY - VALENTINE DANCE. 9 PM in  
 Lounge. Music by SHABOOM  
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#### \*\*\*SPORTS\*\*\*

FEBRUARY 08 - STEAK SHOOT (Darts). Upper Hall.  
 Reg. \$5 6:00-6:30 - Darts 7:00.  
 FEBRUARY 16 - PUB DARTS. Upper Hall. 12:30 - 4:30 PM.  
 FEBRUARY 16 & 17 - LEGION ZONE DARTS. Nanaimo,  
 Branch 256 (Mount Benson).

NEXT DEADLINE 18 FEB

### Coaching

## The Winning Spirit

For Bob and Joanne Miles, bringing their young daughter Jennifer to the local gym is a major tug-of-war. At first, Jennifer was eager to participate in a new activity. However, after the first few weeks, she became very anxious about attending. What happened? Initially, children view sport simply as another opportunity for play and as a way of meeting new friends. They quickly learn that sport also involves competition with other children, and while some will "succeed" many others will "fail".

Some children thrive on competition and the opportunity to test their skills, while others may react badly to this element in sport. Children may feel they are under a great deal of stress to succeed, and if they don't do well their self-esteem may be threatened. This can push them to drop out of sport.

Competition is neither good nor bad - it all depends on the leadership and direction given to

a child about winning. Coaches have one of the best opportunities to create a positive atmosphere in sport by reinforcing that effort and progress are just as important as winning. By recognizing how children view competition and achievement, coaches can help to make sport a positive experience for every child.

#### The Growing Mind

Very young children think of themselves as the centre of the world. As they grow older, they start to pay more attention to other people around them. Children are surrounded by people who influence their behavior including parents, teachers, and coaches. These "significant others" help to shape a child's self-image through their own attitudes and behavior.

Because a child has very little experience on which to base judgments of their own, they look to their significant others for

guidance, support, and encouragement. When a child sees a parent or coach encouraging only those who score a goal or sink a basket, they quickly learn the wrong attitude about winning in sport. As a coach or parent, you can play a vital role in guiding children towards a more positive attitude about "winning".

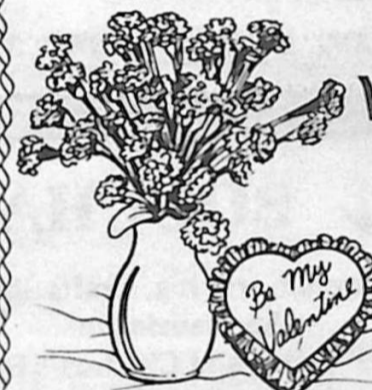
#### The Winning Spirit

We often think of losing as failure and winning as success. Unfortunately, more children will be classed as "failures" than as "successes", and negative experiences will outnumber positive ones. A fear of failure is one of the major reasons why children drop out of sport.

Sport should be fun. The more fun it is, the less stressful it will be. Here's what can be done to make sport fun for everyone:

1. *Stress performance rather than outcome.* A coach can help children to set goals based on performance - effort, improvement, and personal bests - rather than on the score at the end of the game.
2. *Treat each child as an individual.* Each child deserves equal consideration. By focussing on "star players" and pushing them too hard, less gifted children will be neglected.
3. *Keep the fun in practice.* Remember, all sporting activities were designed for adults. Modify the rules to make it easier for everyone to achieve. Use cooperative games at every opportunity.
4. *Don't ignore children who need help* - if they need support, it's up to you to give it.
5. *Reinforce attitudes of fair play.* Teaching children at an early age the role of fair play in sport will ensure a positive attitude about sport.

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# On and off base

## Hydro urges Power Smart Purchases

CAMPBELL RIVER, BC -- Carl Jackson, a Hydro marketing representative for North Vancouver Island, is urging residents to take advantage of Hydro rebates for energy-efficient fluorescent light bulbs and light fixtures.

The rebates, ranging from \$5 on the purchase of a compact

fluorescent light bulb to \$25 on the purchase of a compact fluorescent light fixture, are intended to save customers money and reduce the use of electricity.

"The rebates are available until May 16 for most compact fluorescent bulbs and until September 30 for compact fluorescent light fixtures," said Jackson.

Jackson pointed out that compact fluorescents are 10 to 12 percent more efficient than standard fluorescent lights and 70 percent more efficient than incandescent light bulbs.

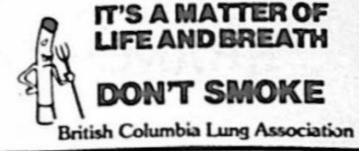
"In addition, compact fluorescents last on average 10 times longer than incandescent light bulbs," he said.

Other rebates are: \$7.50 for screw-in adaptors and \$1 for lamps, valid to May 16, 1991.

Jackson said compact fluorescent lights can save as much as 70 percent in lighting costs.

Power Smart is recognized as one of North America's most progressive energy conservation programs.

Launched in March, 1989, it aims by the year 2,010, to be providing annual energy savings of 5,600 million kilowatt hours, enough power to meet the energy needs of 560,000 B.C. homes.



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# On and off base

Dog Talk by Gerry Gerow

## Making Friends

A training book for you this week, *Making Friends*, by Linda Colflesh, Macmillan Publishing, New York, and Collier Macmillan, Canada, Don Mills, Ont. \$24.95.

Linda Colflesh is a professional dog trainer who has done an excellent job of putting the subject on paper. Everyone can learn something here. Whether you are just a dog owner who wishes to improve the behaviour of your pet, or a serious obedience trial dog, there is something in this book for you.

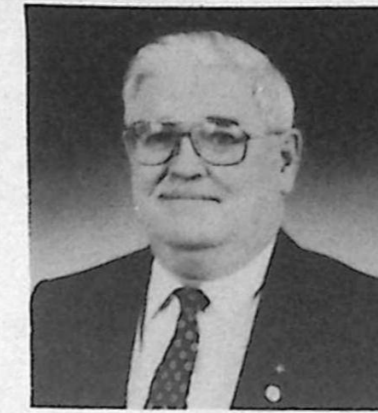
Colflesh covers the simple things like housebreaking and leash training, and then goes on to the more formal areas of heeling, recalling, and the rest. There is even a chapter on what to look for when choosing a dog.

This is a hard cover, 212 page edition, well illustrated with around 90 photos and cartoons by Deb Mickey. It was just recently published so if you can't find it in the book and pet stores, ask them to order it for you.

Now that your puppy has been

prevented from chewing up everything in sight, and has learned to go outside to do his business, what must he learn next? Well, if he is to go outside every time he has the urge to go, he must have some way to tell you that it is time. Many puppies learn quickly to scratch at the door, and their uneducated owners think that this is real cute. Then later on they discover that the finish on the back door is being ruined, sometimes beyond repair. Teach him some other method of signalling you about his needs. The book I just reviewed has a great suggestion. Hang a set of bells off the doorknob. When he wants to go out, he can jingle the bells with his nose to get your attention. He will learn to do this very quickly. My own dogs have learned to let out a yelp and then run to the door, repeating this until they get a response.

When you go to take your puppy for his first walk, you will probably find out quickly that he hates that thing around his neck, with a passion. He doesn't want



any part of it. This is perfectly normal. Attach a leash to his collar and let him drag it around for a day or two. I just use a piece of heavy cord or light rope about four feet long for this purpose. You will be surprised how quickly he gets over his fear of the leash. One word of caution. Make sure that you are in a position to observe him while he is dragging the lead around. He could injure himself if left alone for awhile with the lead on. But as long as you are in the house with him, there should be no problem. Within a day or two he will be glad to walk with you with the leash on.

A note to all my friends and acquaintances in the Gulf. You guys are a match for anybody in the world. It's been proven many times. Keep up the good work, and return home soon and safely. We are all thinking of you.

## The Base is Going to the Dogs!

from a fellow PMQ dweller

Fellow dog owners, spring is rapidly approaching, which means any number of things to us - barbecues, outdoor parties, the kids can finally play outside for longer hours, the playgrounds are more accessible, baseball, actually enjoying taking our dogs for walks, etc. Of course, all of these things and many more are not only the pleasures of the dog owner, but of those who choose not to have dogs too.

Keeping in mind that we want to be courteous and good neighbours, let's show some respect for those who may or may not have dogs. Remember, I too am a dog owner!

Unless you are walking your dog in an area that has been designated as "an off-leash area" please keep your wonderful, obedient, or not so obedient, dog on a leash. Many people and especially children, are frightened of dogs and it doesn't matter to them that your dog is friendly. In their excitement to visit someone who's their own height, dogs can unwittingly bump a child and knock him/her over. When out walking one's own dog on a leash, it is most unsettling to be faced with one or more dogs bounding up toward you to meet your dog. So, PLEASE KEEP YOUR DOG ON A LEASH for his own safety and for the well-being of others. If you want more freedom for your dog, yet still have control over your dog, invest in a 'Flexi' - a leash that can stretch out to 24-28 feet.

The other dilemma we, as responsible dog owners, must cope with, is what to do with the dog's waste material. Some pet owners have been extremely irresponsible in this area. Dog feces have been left on sidewalks, outside the Canex, on peoples lawns. Need I say more! Remember I too am a dog owner so come on now let's start carrying those plastic bags our veggies come in, and stoop and scoop when our dog poops! Slip the bag over your hand, pick it up, tie a knot in the end and presto - no unsanitary, unsightly mess left for you or someone else to step in. Of course the best thing is to train your dog to "do it" in your own yard, before the walk, so you only have a few steps to a garbage can. To be safe, however, carry a bag anyway because sometimes the dog may need to go again after some exercise. Have a conscience. Just because it is night or you think no one is watching, don't leave the stuff laying there. Like the non-dog owners, we dog owners hate to step in it or have our children track it into our houses, just as much. If it's your own yard pick it up at your own leisure (remembering of course that doggie doo attracts flies and I don't like flies at my barbecues - do you?) However, if your dog does it somewhere else, where someone might step in it - PLEASE PICK IT UP.

Now for those of you who are environmentally conscious or at least have some sense of empathy for the garbage man, (because at the top of the list of things they don't like to pick up is offensive items like doggie dropping), here's an idea for you to consider. The following information was given to me by a non-dog owner, out originated in the Vancouver Sun, June, 1990.



There is a way to dispose of your dog doo doo that is inexpensive and very little trouble. Build your own dog doo disposal system - a DDDS.

What you need is a spade, a well made plastic basin with a few holes in the bottom, a piece of plywood or concrete slab and a package of septic tank starter.

Find a spot in the back yard that is well drained and somewhat out of the way (not under a tree because of its roots). Dig a half a meter deep and 30 centimetres wide hole that can hold the basin. Collect the dog doo and drop it into the basin (a couple of days worth only at first), sprinkle TWO packages of the septic tank starter on top of the dog doo doo and add ONE LITRE or so of water. Within 48 hours, the septic tank starter, which is non-caustic, promoting natural bacterial growth, will have begun its work and you can add more dog doo. Add the dog doo daily. Give the system a bucket of water weekly and a package of starter once or twice a month. The dog doo turns liquid, most of which washes away dissolved by the bacteria. What remains is humus that collects at such a slow rate it only need be dug out and spread around every 2-3 years. How perfect. Do it just before you are re-posted! Note: The DDS does not smell but in the hot summer you may need to add a little extra water and it will not work in areas where it really freezes.

Isn't this a great idea? The only thing we need to do now is train our dogs to lift the lid and drop their deposits directly into the system. We male dog owners, however, may have some difficulty getting them to close the lid after they've finished.

## NEXT DEADLINE 18 FEB

### Bulletin Board

All insertions will be \$4 per column/inch. Payment in advance at the office.

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**HOUSE FOR SALE** - 1 bdrm, concrete foundations, town water & sewer. \$24,500. Ph 336-2043.

**PART-TIME/FULL-TIME** - Require representatives for "Crafts of Nova Scotia" home parties. Unlimited income potential. To obtain a sample, catalogue and information on how to get started, send \$5 to cover postage and handling to: Eclectic Marketing, Nova Scotia Crafts Parties, 75 Akerley Blvd., Suite Y, Dartmouth, N.S., B2V 1J8.

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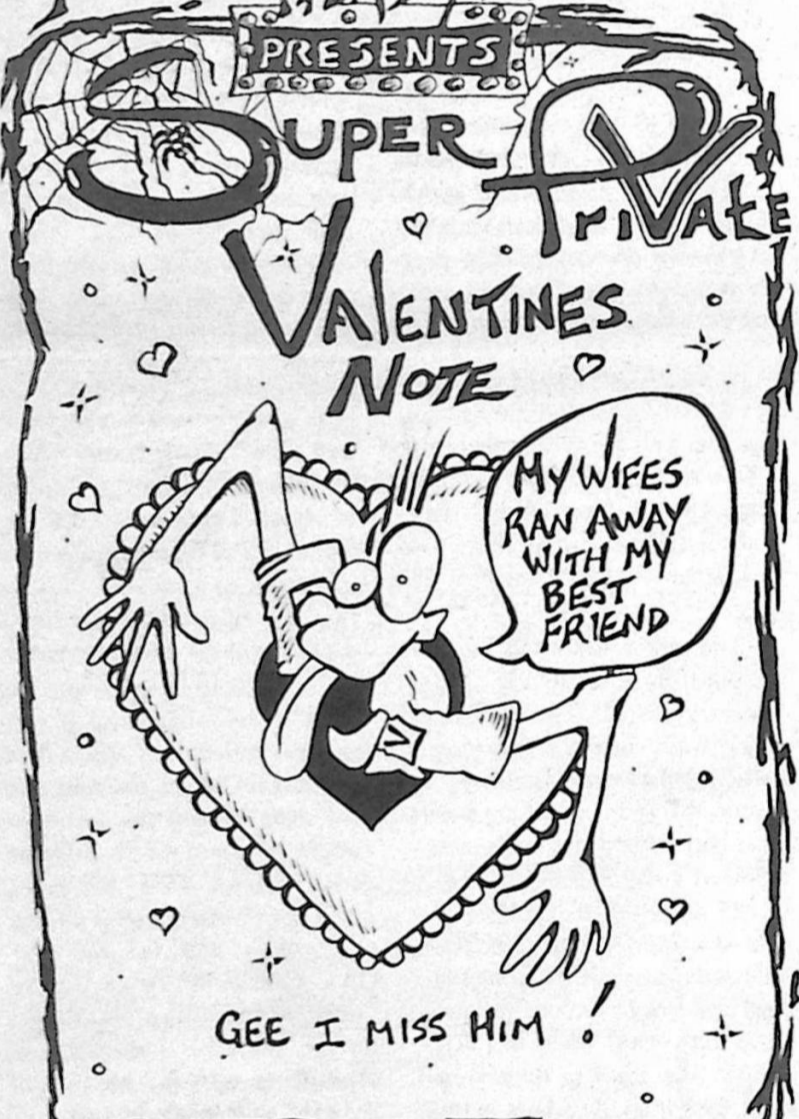
# On and off base

**Attention: BRIDES-TO-BE BRIDAL PARTY**



Welcome Wagon Bridal Party  
 Florence Filberg Centre  
 Tuesday, February 19, 1991  
 6:30 p.m.  
 ADMISSION IS FREE, but by invitation only. Please call SHARON 335-24653 or MARY 334-2288  
 If you have recently moved to the Comox Valley call WELCOME WAGON 335-2463

**PRE. BOYD AND CO. PRESENTS SUPER PRIVATE VALENTINES NOTE**



MY WIFE RAN AWAY WITH MY BEST FRIEND

GEE I MISS HIM!

Hi, my name is JOSEE MIGNEAULT. You guessed it, ex-military. I spent almost 7 years here and liked this Valley so much I decided to stay. As a member of 407 Squadron, in the military Town of Comox, I met very interesting people. A few of them are still here with some more weight on their shoulders. To them I extend my congratulations! For the rest of you, I hope to meet you some day whether it is while I am on the Base for a coffee with friends or helping you buy or sell a home. Our Company also takes care of rental homes, so if you, like me, decide to retire here in a few years, and you like the home you now have, call me and I am sure whatever you wish to do I'll find a way to help you. Give me a call.



Res: 337-5915  
 Bus: 334-3124



## Hospice Society Report

Kent Fiddy has succeeded Comox alderman Barbara Price as Chairman of the Hospice in the Park Committee, Comox Valley Hospice Society. Price stepped down this week because of the amount of work involved in her new municipal role.

Fiddy, a Comox resident for 10 years, has a Public Administration Degree and works with the Ministry of the Solicitor General. He is optimistic about fund-raising efforts to meet the \$1,300,000 purchase price set by owners of the 6-acre parcel atop Comox Hill.

"Applications for one-third funding have been sent to Vancouver Foundation and GO B.C. Lottery Fund, both of whom requested estimated operating costs of the hospice and survey of the building. These have now been submitted," said Fiddy. He noted that M.L.A. Stan Hagen visited the site recently and was impressed with the educational potential of the proposed centre. Fiddy describes a three-purpose use for the hospice: a retreat for the terminally ill, respite care during illness to give families at home a rest, and an education centre for health-related services (including the need to deal with the grief felt by adults and children in such circumstances).

Two vice-chairmen have joined the Hospice in the Park

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 February 13 *The Witches*

Now available: *The Freshman, Lemon Sisters.*  
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fund-raising committee: Heather Reaume and Tom Miles. Mrs. Reaume is a registered nurse who has worked in hospitals and with home care. A businesswoman and member of the Chamber of Commerce, Mrs. Reaume feels that it is important for client and family to be actively involved in the decision making about their own welfare.

Tom Miles has a background of community involvement, serving as school board trustee and scout commissioner before moving to Comox. His feeling for the hospice centres on the need to be psychologically prepared for dying, "People have to be able to talk, to have a place to go where others can understand their mixed feelings."

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### Create the Hospice, Save a Park!

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

Name: \_\_\_\_\_ Phone No. \_\_\_\_\_

Please PRINT

Address: \_\_\_\_\_

Postal Code \_\_\_\_\_

Please PRINT

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



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

Signed \_\_\_\_\_ Date: \_\_\_\_\_

For further information, phone the Office: 339-5470, 339-5237