



TOTEM TIMES



Vol. 27 No. 2

CFB COMOX TOTEM TIMES

THURSDAY

January 24, 1985

Deadline is Monday.

February 4, 1985

COST: PRICELESS

USAF C130 - forced down by toxic gas

Unexpected visitor drops in



A United States Air Force C130 Hercules dropped in for an unexpected visit last week. The aircraft with 38 men aboard was enroute to Elmendorf Alaska when a 50 pound fire extinguisher broke open and filled the aircraft with a toxic mist. The Herc was forced to make an emergency landing at Comox. The C130 managed to land safely but four of the personnel on board required treatment.

tact with the chemical. These personnel had to be treated for minor skin irritations.

During the emergency procedures everyone was issued with oxygen masks. The skipper decided to open the hatches while the plane was still above 10,000 ft. He said it was a bit early but some air circulation was required. During the decent the back end crew members used bottled water to rinse the eyes and skin of the affected personnel.

According to the pilot Capt Gene Lucas the chemical escaped from a cracked hose on the extinguisher. The substance was found to be chlorobromomethane and it is known to be very toxic if one is exposed to it over extended periods.

Four men that were sleeping near the extinguisher had direct con-

Upon landing medical personnel attended to the passengers and ordered all to shower and change clothes. The Herc stayed overnight as possible side effects could result from the chemical exposure.

—When last seen the C130 was again headed in a northerly direction — All's well that ends well!

G.M.K.

Missile Tests

Ottawa -- Three air-launched cruise missile test flights will take place in Canadian airspace this year in accordance with the 1983 Canada-United States Test and Evaluation Agreement, the Department of National Defence announced today.

The first test occurred on January 15. During that test, similar to a test conducted in March 1984, the missile remained tethered to the B-52 aircraft and its navigational data was used to control the flight. Two free-flight launches will follow before the end of March 1985. For all tests, the missile will be unarmed.

A notice advising the flying community of the forth-coming tests was issued by Transport Canada in December 1984 and, in addition, a Notice to Airmen (NOTAM) will be promulgated 48 hours before each test.

ALCM flights will originate over the Beaufort Sea, follow the

Mackenzie River valley, parallel the Rocky Mountains and then turn eastward near Dawson Creek to end at the Primrose Lake Evaluation Range near Canadian Forces Base Cold Lake, Alberta.

Safety remains a prime consideration during the tests and at no time will the flights be closer than eight kilometers to any built-up area. An Airborne Warning and Control Systems (AWACS) aircraft will monitor the airspace for other aircraft. In addition, a Canadian test monitor will be aboard an accompanying Advance Range Instrumentation Aircraft (ARIA). During free-flight launches the missile trajectory can be manually controlled from the ARIA or, if necessary, the test can be terminated and the missile brought to earth by parachute.

Weather and the availability of primary facilities or equipment may alter the schedule.

Results of CFB Comox

Save Driving Week: 1 - 7 Dec. 84

The first week of December each year is set aside as the Canada Safety Council's National Safe Driving Week. Although safe driving is an ongoing concern, the MSE Safety section promoted the week in several ways. Signs and posters were displayed in prominent places on Base to remind all drivers, military and civilian, of the importance of safe driving. The MSE Safety patrol vehicle was constantly out doing spot checks of private vehicles on Base and in the PMQ area. Drivers who displayed all the techniques of safe driving were stopped and awarded a silver dollar. Fifty of these silver dollars were given away during the week. Finally, pamphlets were distributed to a good number of drivers with information on the problem of drinking and driving plus other important safety hints.

There were no accidents reported at CFB Comox during Safe Driving Week and it is hoped by all concerned that every week of 1985 will be Safe Driving Week.

WHITE CANE WEEK

February 3 - 9, 1985



Col Hugh Rose

Best year yet

DFS visits Comox

DFS VISIT

A recent visit by the Director of Flight Safety to Comox revealed that the Canadian Forces have just completed their best ever year in regard to flying accidents.

Col Hugh Rose and his 21/C Major Ray Payne spent a couple of days in Comox briefing the troops on the past years performance. They reported that the past year was the best yet. The number of fatalities was also low but not the lowest on record. There were four flying fatalities in the past reporting year.

The team also commented on the improvement in the reporting system in regard to aircraft related incidents. People are becoming more aware of the importance of incident reporting and they are extremely pleased with this attitude. Keep 'em coming was their request.

Our flying rate remains constant at 350,000 hours and actual total aircraft inventory remains much the same in numbers but showing some radical changes in type. The introduction of the CF 18 Hornet was one of the main reasons for the change.

The DFS briefing ran over a two day period and was attended by about 400 personnel. The attitude this time around was very positive what with all the good things that had happened in the last year or was it because of the bad things that didn't happen



Maj Roy Payne

New Chief for Reserves

Ottawa -- Defence Minister Robert Coates has announced that Brigadier-General Reginald W. Lewis, CD, 54, of Toronto will be promoted to Major-General and appointed Chief of Reserves for the Canadian Forces effective January 25.

He succeeds Rear-Admiral Thomas A.M. Smith, CMM, DC, also of Toronto, who is retiring following 38 years of Regular and Reserve Force service. Rear-Admiral Smith has the distinction of being the first naval reservist in Canada's history to be promoted to that rank, and cedes his appointment after two years in office.

In civilian life, Brigadier-General Lewis is the Chief Executive Officer of the Parking Authority of Toronto and serves as an executive member or director of a wide variety of organizations. These include the Home Care Programme for Metropolitan Toronto, the Good Neighbours Club, the St. John Ambulance Ontario Council, the Canadian Corps of Commissioners, the Empire Club, the

Royal Commonwealth Society, and the Royal Canadian Legion. He is President of the Toronto Branch of the Royal Canadian Military Institute and has been appointed President of the Toronto Sesqui-centennial Board by City Council.

Brigadier-General Lewis served with the British Army prior to 1954 and since then, he has held various positions in the Militia including command of the Toronto Service Battalion from 1969 to 1972, and command of Toronto Militia District from 1972 to 1974. In August 1975 he was promoted to Brigadier-General and served until September 1978 as Commander of Central Militia Area, the largest single command in the Canadian Reserves. He is currently serving as Special Projects Officer of the Chief of Reserves Council.

The Chief of Reserves is the senior reserve officer in the Canadian Forces. His prime responsibility is to advise the Chief of Defence Staff on all matters and policies affecting Reserve Force organization, administration, operations and training.

Contract To GM

Ottawa -- Defence Minister Robert Coates has announced a \$17.65 million contract award to General Motors (GM) Canada in London, Ontario for 11 marine engines. The Allison 570KF engines will replace the cruising engines on the four DDH-280 Tribal class destroyers based in Halifax.

Mr. Coates said the new cruising engines will eliminate serviceability problems due to shortages of spare

parts for the current engines, which are no longer in production.

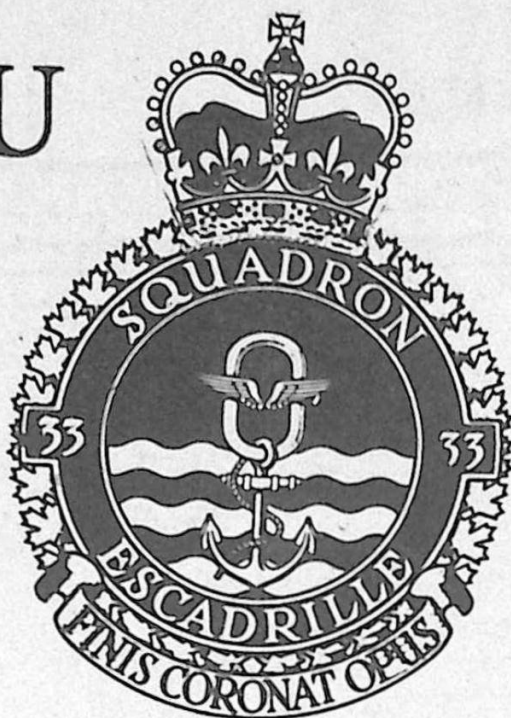
In addition to the engines, which will be supplied by the Allison Gas Turbine Division of GM, the contract includes a complete technical data package and logistic support documentation. A \$16.2 million offset benefits package representing 110 per cent of the foreign content in the contract has been negotiated.

"Fishwrapper" Exposed

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Section News

VU



33

AIRCREW

This past week saw three VU33 aircraft deployed to N.A.S. Miramar to participate in an exercise with the U.S. Navy. It is interesting to note the crew composition of the detachment as the squadron was also treated to a M.A.S.T. visit during the past week. The CO and the Standards Officers (Keeper of the records) both felt it would be better to opt for hazardous duty down south than to face an inquisitive M.A.S.T. team. Our resident expert on CAN/US relations came down with a last-minute cold and despite a very convincing sob story was grounded and lost his slot to Terry. We understand that Nick, somewhat annoyed, has dropped the Base Hospital from his Christmas mailing list.

The transit south to Miramar turned into a proverbial can of worms for the T-Birds due to an unexpected diversion into Beale AFB. The CO was so impressed with the quality of transient servicing he received, he decided to spend a night at Beale before pressing on.

Despite a gruelling flight schedule, the boys did find time to throw a party for VAQ 33 (our sister squadron). During the course of the evening, 33 North managed to defeat 33 South in every CRUD game played.

With the exercise completed, our intrepid aviators prepared to head for home Friday morning. Having completed the flight planning, the crews gathered in the cafeteria for a quick breakfast before departing. It was at this point that Ken Farrar started to expound upon his prowess in handling American flight plans. He boldly stated that after 23 years in the Air Force he felt that he had submitted an absolutely perfect American flight plan. Oddly enough at just that moment the Operations clerk wandered into the cafeteria paging Capt Farrar. It seems there were two omissions on his flight plan. Your record still stands; better luck next time, Ken.

Anchor 92

MAINTENANCE

Here we are back with some more news from our favourite Squadron. As you all know, things have been hopping since we last got together, so let's get right down to business.

First a bit of old news. Sgt Tomko is now W.O. Tomko. This is of course on the pretext that he completes his Senior Leaders Course. We who work with John know that he'll have no problem with the course, but we fear that the foxholes might be a bit of a problem. Tell us John, do they make them in the *big economy* size?

First hand news on the slopes has it that Olive W. was practicing for his *Snow-Bunny* course. It appears that Olive took on the slalom run and used his lower exterior as a break-move over Merv. Your position on the slopes is being challenged.

I think that Harry W. has been selling too many salmon for his Junior Hockey League. This reporter, while walking across the hanger witnessed George M. and Harry opening a crate. It appeared as if Harry was sniffing it out. We'll have to let Mrs. W. know that she's not feeding Harry enough.

Guys, you know when you go in for one of those wonderful egg salad sandwiches, that they're always gone? Well, Bala K. had one of his walk away just the other day. No one had any idea how it magically appeared in one of the drawers in servicing, ...isn't that right Mack?

Getting back to those white hills of Comox, there's another *Ski Day* approaching this month on the 29th. So for all those who wish to risk broken limbs, I'll be seeing you up there.

We have some new faces visiting us for 6 months down on the hanger floor. These brave souls had been hand picked by their bosses to work on modern aircraft, but they were sent to us instead. Normally I would tell you who they are, but on fear of missing any of them, I'll let you meet them at their present place of employment. I'll say this though, its nice to have you guys and gal aboard.

Well thats it for now. Don't forget, if you want the latest tidbits, you might find it here.

L.J.C.

Demon



Doins

AIRCREW

On 5 Jan a contingent of 16 courageous officers in the prime of life, led by the CO embarked on an adventure that would see feats of ingenuity, gymnastics and other attributes. The occasion was a Mess Dinner at NAS Whidby Island, Wash. The hosts of the Mess Dinner were VP-69 Totems, a reserve squadron flying a complement of 9 P-3A's. The day was off to a fine start as a tour of their squadron's spaces and a static of one of the Alpha's. The static must have brought back memories for the Naves and Pilots who used to fly the Argus. The Alpha's electronics are roughly equivalent to what the Argus was like. Very few digital computers, just gears, wheels, mirrors, etc.

The tour was cut short as other important matters were at hand; the mess was about to open. An excellent dinner was highlighted by a USN tradition of informal toasts.

These include toasts to a wide variety of things from the kitchen staff to feats of acrobatic excellence. During this stage of the dinner fines were levied for poor conduct, improper procedures, bad jokes, improper dress, etc. A rather unique approach to the improper dress rule was adopted by a member of the Canadian Det. He was improperly dressed to such a degree that a fine was not levied. This at combined with the eloquence of Capt J.T. (silver tongue) Williams saved the afore-mentioned Canadian great sums of money. The Americans had obviously not heard of the friendship exchange and were charging a 100% exchange rate. Just wait until they try to spend the Canex gas coupons.

Canadians once again proved their strong northern breeding. At the beginning of the evening the odds were 3 Americans to one Canadian. By the end of the evening the odds had not only balanced but reversed with Canadians outnumbering the hosts by an impressive 14 to 2. This however was not the end of the evening for many. Two of our more enterprising Lts discovered that by hiding in the women's restroom they could remain hidden until the mess was cleared. This freed them up for more extracurricular activities such as the removal of a

model EA-6B aircraft. Through a winning combination of courage, cunning, knowledge and sheer dumb luck, this was accomplished. The model was borrowed with the express purpose of having it properly inscribed and then returned; but the USN obviously place a great amount of respect for their models. To have it cross the border into Canada would be considered to be in exceedingly bad taste. To quote one USN Commander the next morning. "Hi guys, how are you? Where the heck is the plane?" The model was returned with much pomp and circumstance and all potential diplomatic repercussions were avoided. In any case the Det didn't come back empty handed.

After a brief static display of the Aurora everybody departed NAS Whidby Island vowing to seek revenge in Feb when VP69 comes to Comox.

In other unrelated news, the squadron's trophy case is to be strengthened and a new lock placed on it.

All of the crew's have their own spaces now. This was accomplished when Crew 1 vacated their rooms and were banished to the VU33 end of the hanger. It's hard to say who is happier, the crews who got their rooms or Crew 1.

SAMO SECTION NEWS

SERVICING

I have again been asked to write another fine article on the happenings of 2 crew.

First and most important I would like to say farewell and best wishes to Sgt Art Rathburn. His leadership and friendship to all squadron personnel will be dearly missed. Goodbye, and Good Luck Art and Linda, and we hope that your Benny Hill looks keep Guelph as happy as it kept us.

Congratulations are in order for Nick Cline as he was promoted to MCpl. One question Nick, what is Debbie doing with all the extra money?

Congratulations are also in order for Todd Brooks as he and his wife had a baby girl. Just think Todd maybe she is a future fitter; God, I hope not for her sake.

The crew shuffle is on again and we are sad to say goodbye to CT June Campsall who is off to 3 crew. Marcel Blais is off to maintenance and Dave Wheeler is off to 1 crew. Diane Koning is back at her shop also.

And a hardy hello to Franky Baby Nelson, Mickey Thurston, Ian Thompson and a past 2 crew member Mike (Smedley Monster) Netherby.

In the sports side of servicing the Maintenance Supt. MWO Miles, once again proved that it does not matter how old you are, but how well you can show it on the Badminton court. Good game, Sir. I'll get you next time.

One final note, will someone nominate Cpl Trescher Demon Tech of the Month? We want him to get to work instead of crying in the corner.

PHOTO

Here we are in a new year with the festive season behind us for another twelve months. With that in mind, thanks and congratulations for a job well done go out to Peter Veldhuizen and Rene Lafontaine of the squadron Photo Section and to Gilles Doiron from Base Photo. They were the

committee members who worked all year to put on various functions of which the Christmas party was the biggest. They, along with many others, worked hard and long and did an outstanding job. BRAVO ZULU.

We would be remiss indeed if we did not thank the good folks at the Armament Shop for inviting us to a great party at their shop. It was greatly enjoyed by all, and the food - hey - WTA's know how to lay on a spread!

As the saying goes "Education is a lifelong experience". Jean Plante has just returned from Camp Borden where he was learning all about electronics and transistors. Ginette Duguay is presently at the CFSAOE Camp Borden, but she is learning the finer points of the fine art of photography on her TQ5 course. Mike Valiquette goes to that east coast base hidden away between north and south mountains. He'll be brushing up on all the math and basic electricity that he's forgotten since leaving Cormac Secondary School. Meanwhile Bob Bourne and Mike Giroux will be buying out all the bargains at the San Jose Flea Market. Shortly afterwards to return from California with a tan (uncustomary for Photo Techs who normally sport a healthy dark-room pallor). WO Bourne will be leaving "Bobby's Den" to work for three months developing the Squadron Safety Programme. Ray Evans may get a little grayer by summer.

Photo's three bowling teams are in the thick of things. Doug Slaunwhite (BPhoto) is keeping his team in 1st place. Of course, he has a little help from Fred Code in 407 Armament and Rick Bonin from 407 Photo. The other two teams aren't faring as well, holding down seventh and eighth spots. Has anyone seen the Armament team? That's all for now, and may 1985 be PERFECT.

DIAC MAINTENANCE/ TRAINING

Hello again from DIAC Maint/Train. January is obviously

a quiet month news-wise as everyone seems to be keeping a low profile and taking a deep breath as they recover from the festive season.

The training cell is keeping busy, with Phase "A" of the Fast Time Analysis System Maintenance Course in progress. Four students from Greenwood and one of our own are eagerly soaking up 27 days of FTAS smarts. John Cloutier and Marc Adam are instructing portions of the course for the first time, and by all accounts are performing at the usual high standard required of our training people. Keep up the good work John and Marc.

John Arbic now holds the record for the shortest time employed in the DIAC Maintenance, having walked down the hall to join the ADAM crew. We wish him all the best at his new job in the "bullpen".

AMCRO VIEWS FROM THE CAVE

For the information of all concerned, the AMCRO Section has now moved. Log Control is now located where the Lockheed FSR's used to be and the SAMO's office where the AMCRO used to be. After months of stalling, putting off, and general disinterest, we finally put the AMCRO's great moving plan into action. Since Lt Irvine saw fit to take leave during the mayhem, we thought we would change it just a little; all the office furniture has been crammed into his office to make room for the wet bar, jacuzzi and ping-pong tables. When the AMCRO finally corners us we can blame it on Marilyn.

Lt Push Godbole finally returned from India where he became . . . (get this) . . . a married man. It took him two days to convince everyone he wasn't kidding and rumour has it that the AMCRO is planning a "It's never too late, Push" bachelor party.

MCpl Bob Shentaler is back from course on a permanent basis and is doing his best to make some sense out of the mountain of work on his desk. We all chipped in and bought him a larger garbage can.

Base Photo in focus



Well, the Christmas season has come and gone. Happy 1985 everyone! We don't have much news, but we're all happy to be back to our beloved Base Photo Section after all the fun at so many Christmas parties.

MCpl Sartori has returned from successfully completing his processor maintenance course. Borden was fine, but you're really happy to be back to "sunny" B.C., RIGHT Attilio?

The "other" Cpl Lambillon photo tech is in Kingston on the 4 month long POET course. Probably by the end of April, Kim will have to be there. Joe will float down sometime around the end of February when his wife will arrive fresh off her TQ-3 Supply tech course.

We also had a little birthday party for Joe. Hats off to Heather Slaunwhite for baking that cute little teddy bear cake. So folks, that's about it, but keep in mind there are six ready, willing and able photo techs here that would love to go flying, anywhere, anytime. Bye for now.

The Wagon Wheelers

It has been a long time since anyone has written an article for this paper from the MSE Section (Transport). As for myself, I have just had my cast removed this week and thought that I had better set an example for the rest of the guys and dolls.

So what's new, well, let me think oh yeah! Capt Laberge has just returned to us from back east where she was on the Advanced English Course. As well, we have a had a few promotions of late. Cpl Malloux is now a MCpl, Ptes Laprise and Moseley have now reached the dizzy heights as our new Corporals. Congratulations to you all and may the force be with you. Seems I've heard that from somewhere? On the lighter side, we

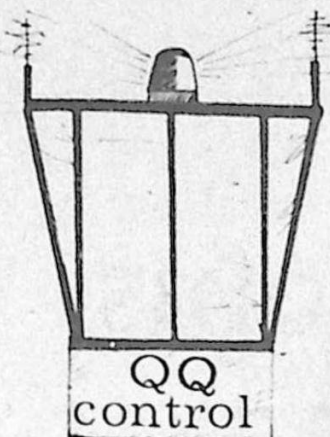
at MSE have decided to shape up our already beautiful bods by exercising 3 days a week at the Rec Centre. Come out and watch us sometime. But please, not after you have just eaten. This PT stuff has gone over well and is expected to be around for as long as we can get away with it during working hours. Started off with a bad show, 20 people, using no names, eh Bill, for our first day. 6 had to leave to use the washroom, (never came back), 4 suddenly remembered that they had dental appointments for root canal work and 4 more remembered that they just had heart transplants and shouldn't be exercising yet. But let me tell you, those Rec Specs were really great about it, and didn't take out their frustrations on the remaining 6 people. But if you

know the where abouts of Lana, John, Bill, Tony, Frank & Jill (names changed to protect family and friends), please tell them to phone home. Well, golly gee, boys and girls, seems like my time is up. Hope in my next issue of "Cliff Hangers", I can inject some Hollywood style sex, violence and generally interesting stuff to keep you on the edge of your seat. Since everybody knows it's PER time I certainly do not want to expose myself by giving away my secret identity, could hamper my crime fighting capabilities. So to all my fans, I, all of their letters, I, I will remain known only as the Phantom of the MSE Section.

Truckers & truckerettes, Ho!!

Section News

As The Beacon Turns



Welcome once again to "As the Beacon Turns". Lt Sue Hyslop has left Comox for Edmonton, so I have volunteered to pick up where she left off.

The section would like to welcome WO Dale Campbell and family from CFB Trenton. Dale just completed the VFR course in Cornwall, and is presently checking out in the Tower. Rumour has it that Dale is also an excellent goal tender, so beware all you foes of the ATC Intersection hockey team.

A welcome also goes out to OCdt Dimmer who is on OJT at Comox till his VFR course in March.

Lt Rick Champagne has returned from Cornwall, having recently completed the ATC Advanced course. No sooner did he hang his hat back up in the section when he was off to CFB Trenton for the TRACs course. On his return on 07 February he will be checking out in Terminal. Also down on the TRACs course is Cpl Jane MacKenzie. Jane is taking the Data Systems Co-ordinator portion of the course.

Section members on other courses include Lt Russ Smith (IFR Adv., Cornwall), Sgt Neil Garlough (Supervisors Course, Cornwall) and Sgt Phil Nakashima (SLO).

Belated congratulations go to Tom and Jan M'Quade on the birth of a beautiful baby girl, Chelsey, born December 15. Tom was rather disappointed though, as the labour didn't last long enough for him to eat his four lunches, read his two pocket books, and do the puzzles he had packed in his travel bag prior to heading out to the hospital. A four hour labour for a first baby isn't too hard to take, eh Jan!

In other news, ATC is having a Ski Day at Mount Washington on 24 January. Two prior ski days last year were a tremendous success, and this one should be no exception.

Congratulations go to Lt Paul Anderson who recently was presented with his second award for physical fitness. Paul has run 2,400 miles for a total of 2400 points.

Paul is also close to qualifying in Terminal, and if all goes well, he will be pulling his own shift in February. Apparently Paul would have been checked out in October if not for his strip-writing. Actually though, I don't fault him. Have you ever tried writing "cleared to the airport for a straight in ILS approach" in a one inch square box with a crayon!

Well, that's about it for this week, so till next time, take care ya-all.

RC

Base Supply

Happy New Year everyone. It looks like we're all starting off on the wrong foot... the SAV inspection!! Never fear, we're going to do really well this inspection as we're all putting in our best effort to prepare for and impress the SAV team. We'll just see if MWO Schroeder is a traitor or not! Good luck to all sections.

Before I get into this article I have a message for Mr. Mowbray. For all of us who knew your wife was ill, we're pleased to hear she's feeling better and hoping she stays in good health.

It seems that we have a few people going on a holiday. Ron Pearce and his wife, Val, will be on their way to Reno in February. Hot on their trail will be Francine and Fred (1910) Fredrickson. Bringing up the rear, Cam Bailey will also be going to Reno. Larry Potter was supposed to go with Cam but it seems that he stood him up. Larry must be too busy with wedding plans.

Going on courses, Sue Gougeon got word she'll be going on her JLC in February. Good luck Sue, we know you'll come out on top. Also, Mal Wilson is going to Halifax for his Sea Environmental course. All I have to say to that Mal is... BEHAVE or else!!

Claire Gagnon is going to Borden on her TQ5's at the beginning of February. Claire have you ever been -- in Borden? Wolfgang is not exactly going on course but is definitely leaving. Wolfgang is going to do a six month tour in the Golan Heights. We hope you enjoy your tour in the Middle East Wolf. Speaking of courses, Mike Channen won't be going on his fire fighting course for quite a while. He got enough practice by putting out a fire with his family's Christmas turkey! Very glad it wasn't too serious Mike.

We must welcome Debra (that's Debra, not Debbie!) Burns back from her 4 week holiday in Mexico. As Starr Beachey would say, "Debra, is that a tan or is it Mexican dirt?!" Karen Parrott also just returned from holidays. Karen spent Christmas in Germany with her family. She had a really good time. "80 bottles of wine on the wall, 80 bottles of wine." Dave Brewster received a friendly welcome back to Clothing Stores and it wasn't from the customers either! All personnel at Clothing Stores are happy to have you back from Rations, Dave.

Has anyone wondered why Shelley Hutchison hasn't been smiling as much lately? Could it be that Hutch is going on DST or could be that certain bus ride home with Hutch, on New Years Eve? Hasn't she got word of moving out of 2 Supply Group yet? Does anyone know?

Congratulations to the TQ4 class. Everyone did very well on the review test. Kim Heath, who scored 100%, has a unique way of studying. Kim studied extremely hard at breakfast on the day of the test. By the high results on the test it shows that Dianne Earl has a way with teaching. Maybe she can teach Mario Seguin how to cross a street!!!

It's diet season again! Everyone in Supply seems to be on a diet. Lorena Charles and Deanna Grahams 50/50 jelly bean draw is a tempting factor to these people trying to lose weight. The draw has been labelled "The communist plot by thin people".

Supply's Ski and Toboggan Day is just around the corner. Buses up to Forbidden Plateau are available to those without transportation. Lunch and supper will be laid on up at the mountain. Come on up and have a good time everyone. Jim Bulmer tells us that he's recently tried skiing and informs us that he definitely will not be on the hill! What happened, Jim?

Larry O'Brien will be spending some time in Esquimalt, playing in the Pacific Region Hockey Championships. If the team is successful there, they will be going on the CF Nationals, in Petawawa. Good luck to Larry and team. (Editor's note: Esquimalt?)

There's a certain Pte in Supply who, if he doesn't start slowing down on the road, won't have any money left to spend at MacDonalds. Bob Cottons' tag, in the Supply Orderly Room, has been color coated purple. Any ideas as to why Bob? Yes, Sandy Turner is still here on base. She's been hiding in the DCG room, getting it ready for the SAV. Thanks goes to Sandy for her many long hours, working at the tedious task. Christine Couture has moved out of General Stores and up to Customer Services. Hope you enjoy your time up there Christine. If anyone thinks Dianne Earl eats a lot, you should see her now that she's pregnant again!!! Congratulations to Dianne and Rob Earl. Finally, last but not least, Peter Chellev is back working at Rations. Peter just may be with us longer than we thought as he's put in for an extension. Welcome back Peter and we're happy to see you're back into tip-top shape.

OFFICERS' MESS

Fridays, February 1, 8, 15, 22
REGULAR TGIF

1600 - 1700 hrs. Food 1700 - 1800 hrs. Free Taxi - ask at Bar.

Wednesdays, February 13, 27
OFFICERS' WIVES CLUB BRIDGE

OWC: HEALTH AND FITNESS NIGHT
Wednesday, February 20
1930 for 2000 hrs.

Come on out and enjoy a double feature tonight. A display by Chrysalis Studio will be followed by a CPR demonstration. Buns, cold cuts and similar light snacks will be served and casual dress will be appropriate.



Saturday, February 23

MEDIEVAL NIGHT

A traditional Medieval feast, complete with King, Queen, Knights, Courtiers, Jester, and Ladies-in-waiting. Period costume is suggested. Feasting to begin at 1900 hrs followed by dancing at 2100 hrs.

Cost per couple: Members \$25.00,

Guests \$30.00.

Reservations to Mess Manager by noon 20 Feb. '85.

COMING EVENTS:

Mess Dinner - 29 March



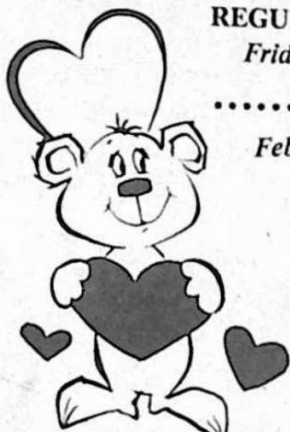
Wos' - SGTs' MESS

THANK GOD IT'S FRIDAY

FOOD * GAMES
Relaxed Dress.

REGULAR TGIF: 1600 hours to 1900 hours.
Fridays, January 25 Feb 1, 8, 15 and 22

Feb 16



-2000 hrs Wine and Cheese

-2100 hrs Valentines Dance with
"The Country Club" Dance Band.
Cost with the wine and cheese
\$5.00/Couple

M. S. E. Driver Safety

What would you do??

You're running 80 kmph (50 mph) on a two-lane highway. It's cold and getting colder but the moisture on the road has not turned to ice. Without warning you come upon a bridge and there is a thin film of ice covering the entire bridge. What should you do?

- ☐ Ease off the accelerator, keep wheels straight and coast across bridge.
- ☐ Soft brake, hold wheel straight and steer across.

Answer On Page 8

JR. RANKS' MESS

February 1*
TOGA PARTY -- SUMMIT MUSIC - DJ

February 7 & 8*
MUG OUT.

Receive Oktoberfest mug free with admission while supplies last.
DJ AUDIO EXPRESS



February 14 & 15*
VALENTINES DANCE
Theme "Famous Couples". Eg: Romeo & Juliet;
Anthony & Cleopatra; etc.
GREAT SPOT DANCE PRIZES!

February 21 & 22*
PUNKERS NIGHT -- DJ - NINE TONIGHT

Cash Prizes on Theme Nights

\$50⁰⁰ Cash - Best Costume
\$25⁰⁰ Cash - Second Best Costume
\$25⁰⁰ Cash - Door Prize

REMEMBER DJ'S ON THURSDAYS AND FRIDAYS
DJ'S THURSDAY 220 - 2400 hours
DJ's \$1.00 -- BANDS \$3.00 PER PERSON

SPORTS

TGIF

February 1 - CRIB; February 8 - DARTS; February 15 - EUCHRE
February 22 - CRIB
\$100.00 in CANEX Gift Certificates for prizes.

SUNDAY, MIXED TOURNAMENTS
February 3 - DARTS; February 10 - POOL; February 17 - EUCHRE
February 24 - CRIB

Sign up by 12:15 p.m. Games start at 12:30 p.m.
Entry fee - \$2.50. All money returned in cash prizes.



Editorial

Censorship

To many censorship is akin to totalitarianism. It is used by governments to protect their power and by bureaucrats to protect the morality of societies citizens.

There are many forms of censorship and some I suppose are necessary evils. There are the customs agents who check input into our society across the borders. Do they really have a moral right to dictate to us what we should read or see? If we choose to order some spicy material in a plain brown wrapper shouldn't we be allowed to pursue our wants?

Then there are the government censors who screen, edit and quite often ban what many think should be made available to us. Do they have the

moral right? What makes them more qualified than we to make those moral judgements.

Programming rules for radio and T.V. are dictated by a federally appointed board. Should we be forced to succumb to monotonous hours of government approved T.V. and radio. Many would say no — others are simply indifferent and some of course agree.

In reality there are really many forms of censorship all around us every living moment of every day. The point is - to what degree is it good if to any degree at all. Maybe we should stand up and be counted. After all this is the so called free world - the land of freedom and justice for all. Think about it!

G.M.K.

Letters to the Editor

To The Editor:

Images of Port Morien: Gowrie School, dances in the Orange Hall, telephone party lines, the old stores, the Hobo, coasting down Peter's Hill, Billy Murphy and Johnny Murrant Orchestras, the old row and the Watford shipwreck.

Former residents and friends who have any images of Port Morien are invited to relive their memories during a reunion being held this year from August 2-5. This gathering will especially honour our community's senior citizens who naturally store the most memories.

A complete program centered on the theme "The Good Old Days" is being planned by the Port Morien Reunion Committee in cooperation with the Warden of Cape Breton County, Joseph Wadden. Many preparations will be made to guarantee a good time for all Port Morieners, past and present.

If you are interested in the Port Morien reunion and would like to

help ensure its success, please tell former residents of Port Morien, now residing in your area, about this big gathering. To remember past days: chatting with a neighbour in front of Mary Williams' store (or was it Joe Owen's, Irwin's or Leslie's?), attending the competitive Auburn-Gowrie hockey games, having telephone operator Marjorie Orr connect your phone line to cousin Sarah's in Glace Bay; these and many more memories can be enlivened at the Port Morien reunion.

If you'll have a warm spot in your soul for Port Morien this summer, contact organizers at the following address to receive a program on the festivities. We hope you come to Port Morien in August to rekindle old memories and start new ones.

Sincerely,
Paulette (MacIntosh) MacDougall
(Chester's and Dolly's daughter)

R.R. #1 Port Morien, N.S.
BOA 1T0

Phone: 902-737-2286

To The Editor:

I am in the process of setting up a "Rogues Gallery" (memories to keep us warm on the cold winter nights) in the Rec Centre at CFB Cold Lake. This task will require the assistance of many service personnel who may have been stationed at Cold Lake over the years.

My particular interest is photographs of National/Regional winners from CFB Cold Lake - servicemen or servicewomen sports,

ie. softball, hockey, floor hockey, badminton, bowling, etc. Perhaps you have a photograph around that you would be willing to donate to our gallery.

Please attach the name(s), sport and year and place won to photograph and forward to myself, c/o Rec Centre, CFB Cold Lake, Medley, Alberta T0A 2M0.

In anticipation of your support I remain

Yours truly,
Wendy J. Young

TOTEM TIMES

Published every second Thursday, with the kind permission of Colonel Kadonoff, Base Commander, CFB Comox.

Second Class mail registration is 4098. Office phone: 339-2541.

INTERIM EDITOR: Ron Fisher (local 2560)

ASSISTANT EDITORS: Chuck Ellis and Gord Kruger

BUSINESS MANAGER: Margrit Buecholz (loc 2595) or 339-5468

CIRCULATION MGR: Shawn & Susan Johnson: 339-0580

SECRETARY: Kathy Pincombe: 339-3497

CAMERA OPERATOR: Dave Blamire & Dave Gibson

PHOTOGRAPHY: Base Photo

EDITORIAL STAFF: Gilles Doiron, Bob Hallowell & Marion Kroemer.

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. "Advertising is an offer to sell and may be withdrawn at any time." Address correspondence to The Editor, Totem Times, CFB Comox, Lazo, B.C., V0R 2K0. Subscription rate: \$6.50 per year.

Printed in Courtenay, B.C., by the Comox District Free Press



The Career Manglers Are Back!



Thanks To The Totem Times Archives

Air Force Trivia



What? Where? Why? When?

Trivia answer

January 10th issue

What — F86 Sabre - 430 Sqn. • Where — RCAF Stn Uplands
Why — Farewell to Two Fighter Wing on departure overseas • When — September, 1952
Squadron CO — W/C "Stocky" Edwards

Next Totem Times Deadline - Monday, February 4, 1985

A.F.V.C.

Sports et loisirs

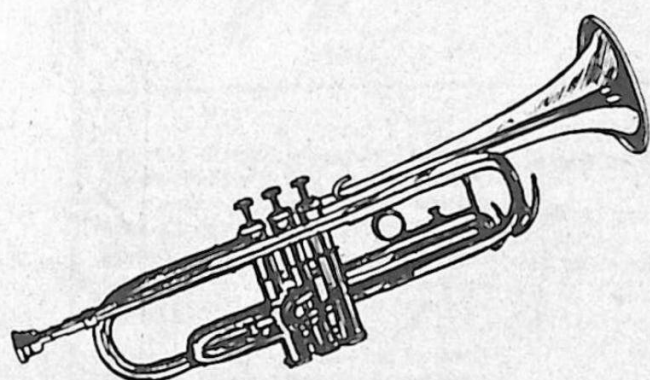
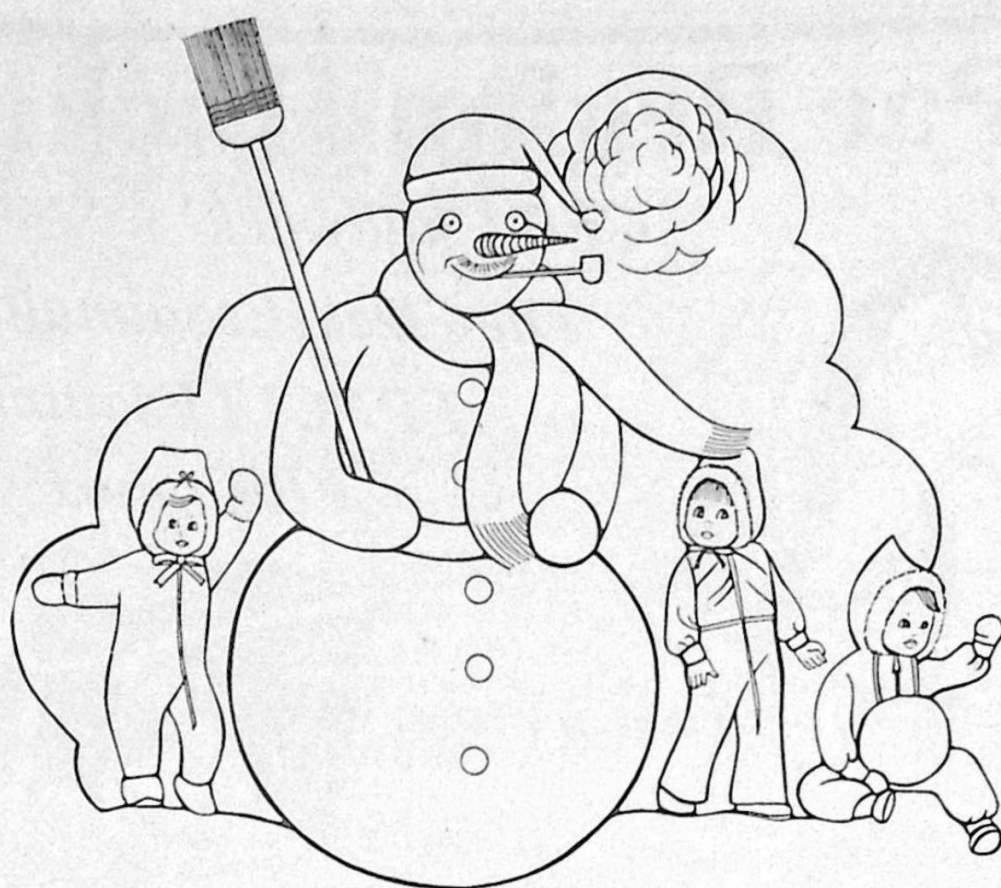
Si les conditions de neige s'améliorent au cours des prochains jours, il y aura, dimanche le 27 janvier 1985, une journée familiale en plein air a Forbidden Plateau.

Ceux qui voudront faire du ski, auront beau pratiquer leur sport préféré et pour les autres, nous pourrons aller glisser en tobaggan et en "Crazy carpet".

Le départ se fera a 10:00 heure a.m. du local et les participants devront apporter leur lunch ou manger au chalet de ski. Ne tardez pas a communiquer avec votre association et nous pourrons donc déterminer le nombre de participants et le nombre de véhicules disponibles pouvant monter au mont de ski.

Nous comptons sure votre participation!....

Jacques Côté



Campbell River Campbell River

Venez vous amuser entre adultes en écoutant les monologues originaux du jeune humoriste Michel Mombleau et le Showrire samedi le 9 fevrier 1985 a 20:30 heure, au North Island College a Campbell River.

En plus du spectacle, nous aurons un bar, musique, desserts, dance et Ambiance....

Pour plus d'informations, communiquer avec l'A.F.V.C. a 338-6125.



ASSOCIATION FRANCOPHONE DE LA VALLÉE DE COMOX

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Pour plus de renseignements, contacter une de ces personnes.

ASSOCIATION FRANCOPHONE DE LA VALLÉE DE COMOX

493 Fitzgerald
Courtenay, C.B., V9N 2R1
Tel: 338-6125

HEURES D'OUVERTURES

MARDI - VENDREDI: 1:00 p.m. - 4:30 p.m.

LA PROCHAINE RÉUNION DU COMITÉ SERA JEUDI
LE 31 JANVIER à 7:30 P.M.

Unclassified

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Does Your Rent Include?

- fridge, stove, dishwasher, washer and dryer in all 2 bedroom units
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- 1½ baths with Jacuzzi tubs
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PHONE: 338-7973

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MANAGEMENT LTD.

Be sure your home and belongings are properly insured. See —

Bob Emmerson

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Courtenay, and call
334-3124 or home 339-5259

Bates Beach Resort

1 & 2 bedroom furnished apartments. Waterfront. Heat & Hydro included. From \$285.00. Call 334-2151 or 338-0501.

We are the talk of the town with over 600 units sold last year. We're not the best cuz we're the biggest. We're biggest cuz we're the best!

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Let us sell your recreation vehicle for you.
WHY?

- ✓ There are no listing charges to you at all.
- ✓ We have the finest advertising promotions.
- ✓ We sell no new units to distract you from your used units.
- ✓ We take trades. We will buy out the trade so it's cash to you for your product.
- ✓ We will do a 30, 60 or 90 day guaranteed buy out plan to you.
- ✓ We have full time security.
- ✓ Remember we still sell a lot of RV units during the winter.
- ✓ Free appraisal and pick up anywhere on Vancouver Island.
- ✓ We are the largest consignment company on Vancouver Island.
- ✓ We are open 7 days a week for your inspection. Weekdays: 9 a.m. - 6 p.m.

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DEALER NO. 7363

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SERVE YOU BETTER.

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and
Comox - 339-3100

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FARMER DAN'S
1745 Comox Avenue
339-4131

Specializing in high quality fruits and vegetables. Open 7 days a week, 9-6. Every Wednesday is 10% discount day.

For sale: Ventura 73 - \$5000. Vic-20 & 75 pgms. Little River, Comox. 20's. 731-1375 (Vancouver).

For sale: Semi waterfront - 4 tree'd lots. ½ acre. Little River, Comox. 20's. 731-1375 (Vancouver).

For sale: Mobile home: 1973 - 12x60. Set up in Pt. Holmes. Fenced, addition & utility shed. Phone 339-2170.

DO YOU
WANT TO
SELL? BUY?
RENT?
TRADE?
THIS IS
THE SPACE

CAKES: For all occasions. Birthday, weddings, anniversaries, parties. Any shape or style. Call 339-2170.

Lost in Roblyn School area of Comox, very small beige & brown neutered male terrier-poodle. Answer to the name of "Peppie". Phone 339-7184 or local 2616.

EW
Courtenay

TWO SHOWS
EACH EVENING AT
7:00 p.m. & 9:00 p.m.
OPEN 7 NIGHTS
A WEEK

Adults \$3.75, OAP \$1.75, Child \$1.75 - Theatre Info: 337-5033

NOW SHOWING - Thursday, January 24
FAYE DUNAWAY, HELEN SLATER

SUPERGIRL

Her first great adventure.

"Warning - May frighten young children, occasional swearing." - B.C. Director

OPENS FRIDAY - January 25, 26, 27, 28, 29, 30, 31

Robert DE NIRO Meryl STREEP
FALLING IN LOVE
A PARAMOUNT PICTURE
"Warning - Occasional swearing." - B.C. Director

WATCH YOUR LOCAL NEWSPAPER FOR THE
NEXT EXCITING FILM FEATURES

Van Isle Theatre

CAMPBELL RIVER 287-3312
Ad: \$3.75, OAP \$1.75, Ch. \$1.75

Two Shows Each Evenings
at 7:00 p.m. & 9:00 p.m.
Open 7 Nights a Week

NOW SHOWING - Thursday, January 24
TOM SELLECK "RUNAWAY"
"Warning - Violence, coarse language, swearing & nudity." - B.C. Director

OPENS FRIDAY, January 25 to 31
"2010"
"Warning - Occasional coarse language & swearing." - B.C. Director

CFB COMOX

RESTAURANT GUIDE



EAT IN - TAKE OUT
HAMBURGERS - NUGGETS
FISH & CHIPS - COFFEE & TEA
SOFT DRINKS - DESSERTS

1743 COMOX AVE., COMOX

MR. MIKE'S

HOURS:
SAT TO THURS.
11 a.m. - 8 p.m.
FRI.
11 a.m. - 9 p.m.

BROWNIES
fried chicken

COME AND GET
A REAL MEAL

Mon.-Sat.: 10 am - 9 pm
Sunday: 12 noon - 8 pm

Sports

Pac Region Hockey

CFB Chilliwack

The Fleet (Esquimalt)

1 PPCLI Esquimalt

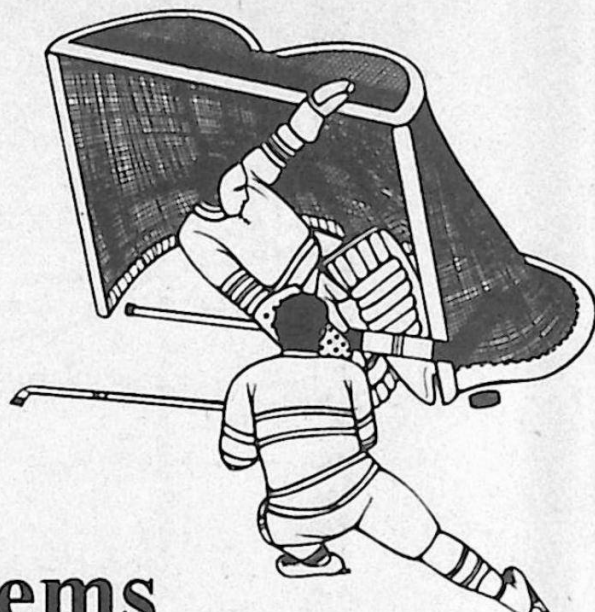
CFB Comox



Glacier Gardens Arena

February 3 to 8

Support the Totems



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CFB Comox Ski Club

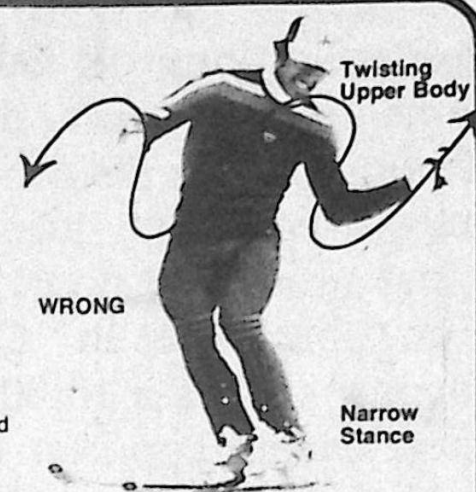
SKI POINTER

SAVE YOUR ENERGY

By Jerry Warren, Assistant Ski School Director, Snowbird, Utah; member, 1978-79 U.S. Ski Demonstration Team

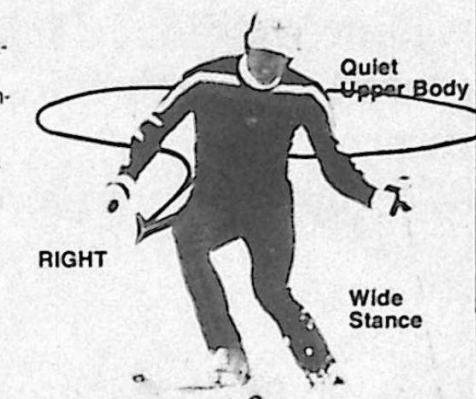
Some skiers swing their upper bodies around a lot. When the swinging becomes excessive, it causes real problems on steep terrain, difficult snow and ice. This excessive upper body motion is wasted energy. Besides interfering with your effectiveness in turns, it also makes you unnecessarily tired.

Most skiers who swing their upper bodies also ski with their feet held tightly together. Therefore, the solution to checking upper body swing is quite simple. Ski with your feet a comfortable distance apart—about hip width. This wider stance will give your legs greater turning power so that you can change direction without thrashing your upper body around. Turn with your feet, quiet your upper body—and conserve energy.



WRONG

Narrow Stance



RIGHT

Wide Stance

BEAT YOUR FEET TO THE BUMP

By STU CAMPBELL, Technical Director, Keystone, Colo.; Co-Chairman, PSIA Technical Committee; author of "Ski with the Big Boys"

Timing in bumps is critical to good skiing. The next time you're forced to ski up and over a mogul, think of your pole as an extension of your arm and fingers. Let the pointed tip of the pole touch the crest of the bump before your feet arrive. This will help improve your skiing in two ways:

1) Reaching slightly ahead with your hand will put your upper body in a position where it can flow naturally and fluidly into the turn; 2) The pole tip's contact with the mogul can serve as your signal to change edges. It will trigger you onto a new edge a little earlier than normal so your ski has a better chance of holding on the back or fall-away side of the mogul. Make sure that the pole tip is the first thing to make contact with the high part of the bump. When it gets there first, your turn will feel more secure.



ALL RSPs ARE NOT ALIKE!! CHECK YOUR SERVICE RRSP

IT'S A FACT—all retirement savings plans are not alike!

Your Service Registered Retirement Savings Plan developed by NDHQ to suit your needs, provides the following features:

- Wide investment choice. Put your money into investment certificates (guaranteed from one to ten years), premium savings, mortgages, stocks or bonds.
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- No sales commissions, opening or withdrawal fees.
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For more information on SRRSP or details on how to join, contact your SISIP/SRRSP advisor.

Lt. L.P. Chappell
NAME

2578
TELEPHONE

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- Taux de rendement concurrentiels.
- Aucun frais de commission, d'adhésion ou de retrait.
- Souplesse — dépôt au comptant, par chèque ou délégation de solde — aucune somme minimale — ajournement immédiat de l'impôt

Pour obtenir de plus amples informations sur le REERM ou sur la façon d'en faire partie, contactez votre conseiller RARM/REERM.

Lt L.P. Chappell
NOM

2578
TÉLÉPHONE

Sports

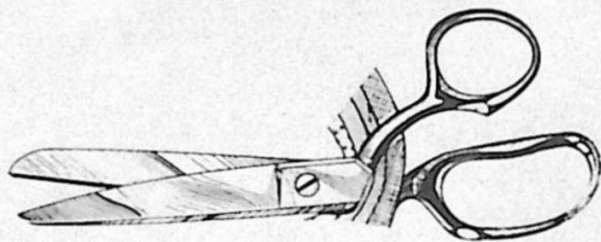


recreation activities

Who's who

Base Commander	Col Kadonoff	
BTSO	LCol Mack	
BAdmO	LCol Jackaman	
BCompt	Maj Oades	
BPSvcO	Maj Carmichael	
BPERO	Lt Van Hereweghe	Local 2542
Sr PERI	WO Dupuis	Local 2542
Mil Sports Co-ordinator	Sgt Brazeau	Local 2315
Facilities	Cpl Shanks	Local 2315
Phys Ed/Aquatics	Cpl Lacasse	Local 2315
Resources	WO Eggleton	Local 2588
Rec Centre Secretary	Cpl (W) Walton	Local 2315

CFB COMOX



Bowling Alley Schedule

Monday	1800 - 2400	Mens League
Tuesday	1800 - 2400	Ladies League
Wednesday	1300 - 1600 1800 - 2400	Ladies League Mixed League
Thursday	1800 - 2100	Casual
Friday	1300 - 1600	Bevan Lodge
Saturday	0900 - 1600	Youth Bowling League
Sunday	1300 - 1600 1800 - 2400	Casual Mixed League

Alley Manager -- Mr. Pat Hudson, 339-3965

Pool Schedule

Winter: September - 30 June

Day	Hours	Activity
Monday-Friday	1130 - 1900	Mil and DND Employees only
Mon., Wed., Thu.	1300 - 1400	Masters Swim Club
Mon., Wed., Thu.	1800 - 1900	Casual
Summer: 1 July - 31 August		
Monday-Saturday	0800 - 1100 1130 - 1300	Swim Lessons Mil and DND Employees only
	1300 - 1400	Masters Swim Club
	1400 - 1600	Casual
	1600 - 1800	Swim Club
	1800 - 1930	Family Swim
	1930 - 2100	Adult Swim
Sunday	1300 - 1600 1800 - 2100	Casual Casual

PMQ COMMUNITY COUNCIL

Mayor	Sgt Rice	339-7291
Deputy Mayor	Lt S. Harrison	339-6663
Ward One	MCpl Harvey	339-6478
	MCpl Blackburn	339-6192
Ward Two	Christine Haskell	339-7367
	Elaine Laing	339-6549
Ward Three	Arlene Stamp	339-5423
	MCpl Zimmer	339-7570
Ward Four	MCpl Cotton	339-6164
	WO Wall	339-6297
Ward Five	Lt Poulin	339-6150
	Lt March	339-7245
	Wendy Beswick	339-5828
Ward Six	Lt Harrison	339-6663
	Lt Smith	339-6489
Ward Seven	Debbie Fehr	339-5291
	Faye Luppe	339-7702
Ward Eight	Carol Jean	339-7482
	Loraine Lourie	339-0136
Ward Nine	Sgt Tinnion	339-7577
	Sgt Gray	339-6705

ARENA SCHEDULE

Day	Hours	Activity
Monday	1600 - 1745 1800 - 2400	Wallace Gardens Intersection Hockey
Tuesday	1000 - 1100 1400 - 1530 1600 - 1730 1800 - 1915 1930 - 2030 2100 - 2245	Moms and Tots Skate Base Team Old Timers Hockey Base Team Hockey Minor Hockey Public Skate Commercial Hockey League
Wednesday	1600 - 1745 1800 - 2400	Wallace Gardens Intersection Hockey League
Thursday	1000 - 1100 1400 - 1530 1600 - 1730 1800 - 2145 2200 - 2300	Moms and Tots Skate Base Team Old Timers Hockey Base Team Hockey Commercial Hockey League Commercial Broomball League
Friday	1600 - 2145 2200 - 2400	Minor Hockey Commercial Bookings
Saturday	0600 - 1545 1600 - 1730 2000 - 2200 2200 - 2400	Minor Hockey Public Skate Base Team Hockey Game Church Hockey League
Sunday	0600 - 1315 1600 - 1730 1800 - 1945 2000 - 2400	Minor Hockey Public Skate Commercial Broomball League Commercial Hockey League

Facility Manager - Cpl Al Shanks, Local 2314

Gymnasium Schedule

(Includes Weight Room)

Day	Hours	Activity
Monday-Friday	1100 - 1300	Military and DND Employees only
Monday	1800 - 2200	Casual
Tuesday	1800 - 2200	Base Team Volleyball
Wednesday	1830 - 2100	Badminton Club/Soccer Team
Thursday	1800 - 2200	Volleyball Team
Friday	1800 - 2200	Casual
Saturday	1300 - 1600	Casual
Sunday	1300 - 1600 1800 - 2100	Casual Badminton Club

RULES

The following rules apply to the use of the Rec Centre:

- Children 13 years of age or under, must be accompanied by an adult;
- You must be 16 years of age to use the Weight Room; and
- Running shoes, T-shirt and shorts or sweat suits must be worn in the Gymnasium and Weight Room.

Recreational Activities

Activity	Location	Time	Day	Contact	Phone /Local
Badminton Club	Rec Centre	1800 - 2100	Wed./Sun.	MWO Gauthier	2418
Mens Bowling	Rec Centre	1800 - 2400	Monday	MCpl Thompson	2279
Ladies Bowling	Rec Centre	1800 - 2400	Tuesday	Mrs. Valiquette	339-4472
Mixed Bowling	Rec Centre	1800 - 2400	Wednesday	LS Grant	2529
Mixed Bowling	Rec Centre	1800 - 2400	Sunday	Sgt Blake	2285
Ladies Bowling	Rec Centre	1300 - 1600	Wednesday	Elsie Ruholl	339-0514
Youth Bowling	Rec Centre	0900 - 1600	Saturday	Mr. Lavoie	339-3285
Golf Club	Bldg 141	Apr.-Oct.		Mr. McCaffery	339-3965
Guides	R.C. Chapel		Tuesday	Mrs. Gionet	339-5009
Brownies	R.C. Chapel			Mrs. Osmond	339-3791
Scouts	Gilwell Hall	1900 - 2100	Monday	Sgt Harvey	2467
Ski Club		Nov.-Mar.		Maj Finn	2211
Tennis	Beside Theatre	Apr.-Oct.		Rec Centre	2315
Social Fitness	Rec Centre	0900 - 1030 1615 - 1715	Mon/Wed/Fri Tue/Thu	Mrs. Harris	339-6790
Weight Lifting	Rec Centre	Same Hours as Gym		Rec Centre	2315
Wood Hobby Club	Bldg 35	1800 - 2100	Mon/Wed/Fri	Sgt Murphy	2484
Parachute Club				Lt Sharpe	2236
ALLCAN Lounge	Rec Centre	Same Hours as Gym		WO Dupuis	2542
Social Centre	Golf Club	Bookings Required		Maj Rose	339-3965
Beach Pavilion	Tee Pee Park	Bookings Required		WO Dupuis	2542
Sailing Club	Quadra			Capt Hutchison	2207
Masters Swim Club	Rec Centre	1300 - 1400	Mon.-Fri.	Mr. Sibierski	2542
Base Library	Base Theatre	1800 - 2100	Mon.-Thu.		2340
Auto Hobby Club		Seasonal		Rec Centre	2315
Forbidden Plateau		Seasonal			338-4744
Mt. Washington	Courtenay				338-1386
Centennial Pool	Courtenay				334-2458
Curling Club	Comox				334-4712
Comox Rec Centre				Rick Butler	339-2255

Courtenay Recreation Association

The Courtenay Recreation Association offers the following in their 1985 Winter Program:

Ladies
Easy Does It - for ladies with weight problems
Prenatal Fitness
Pre and Post Natal Fitness
Ladies Weight Training
Ladies Ski Days

Mixed Adults
Ball Room Dance
Adult Weight Training
Tae Kwon Do (16 years & over)
Squash and General Fitness Memberships
Mixer Recreational Volleyball
Adult Drawing and Portraiture

Pre-School and Children's Activities

Parents & Tot (1 to 3 years)
Pre-School Gym (4 to 5 years)
Time for Tots (2 years)
Fun with Friends (3 & 4 years)
Fun and Stuff (3 to 5 years)
Energy Plus (4 & 5 years)
Infant Gym (3 mos. to non-walking)
Advanced Gymnastics
Archery (7 to 12 years)
Jazz Dance
Children's Painting & Design
Teen Weight Training (13 - 18 years)
Youth Squash Memberships (14 to 18 years)

Cozy Corner Nursery
Children's Activity (6 to 12 years)
Children's Drawing (9 to 12 years)
Recreational Wrestling (9 to 15 years)
Kitchen Kapers (8 to 12 years)
Trampoline Tricksters (6 to 10 years)
6, 7, 8 Mixed Gymnastics
Crafts to all Sorts (6 to 12 years)
Floor Hockey (6 to 8 & 9 to 12 years)
Children's Painting (9 to 12 years)
Tae Kwon Do
Archery (13 years and over)
Team Drawing and Design

General Programs

Chess

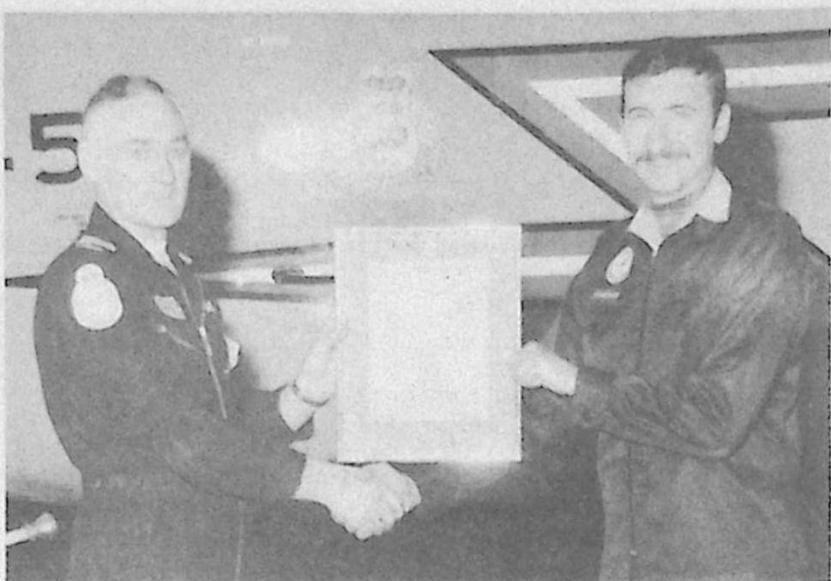
Special Courses

Canadian Red Cross Babysitting Course
NCCP General Theory Course

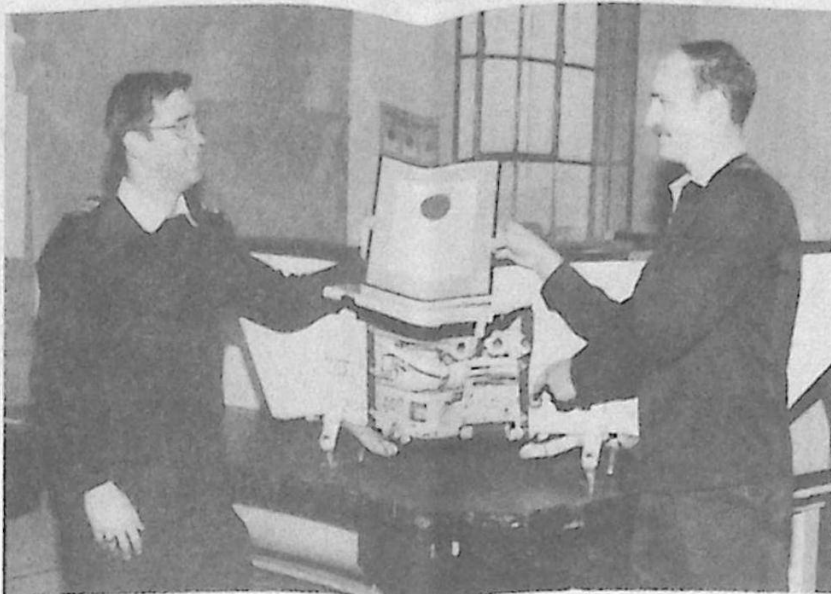
Safe and Sound
Easy Choreography and Combinations for
Fitness Classes

The above activities have time, cost and location available through the Courtenay Recreation Hall, 489 Island Hwy. (Lewis Park), 338-5371 or Base Recreation Centre, WO Dupuis - local 2542.

Promotions and Awards



Cpl Gagnier, an AFTech on 442 Squadron saved the CF about \$15,000.00 per year by proposing that worn bearings on the Buffalo be replaced in lieu of replacing the complete rod assemblies. His CO, LCol Stewart, presented him with an award of \$800.00 the day before Christmas. This is one of the largest awards ever received at CFB Comox.



MCpl Guy Crepeau, a Weapon Tech Air on 407 Squadron, received an award of \$250.00 for his proposal to modify the CP140 wing launcher assembly to permit it to be removed from the aircraft without removing the centre fairing.



Pte Donally designed and proposed the use of a locally manufactured extension stand to permit easier installation and removal of the CP140 radar transmitter. Maj Caddey, the SAMO, presented Cpl Donally with an award of \$150.00.



MCpl Ron Douglas, a Comm Radar Systems Tech on 407 Squadron, received an award of \$150.00 for his proposal to modify the CP140 Aurora entrance ladder hand rails to eliminate a safety hazard. Maj Caddey, his SAMO, made the presentation.



Sgt Mike Arpin is presented with his Sgt's hooks by Maj Bill Eggleston. The BFC, Capt Jim Johnson heard it was going to be a "hot time" and stayed around to join in on the festivities.



Lt Paul Anderson is awarded his 2nd Seal of Aerobic Excellence. He is shown being presented his award by the BOPSO, LCol Al Brown.



LCol Rogers, CO of VP407 recently presented certificates to the graduates of the DIAC Aircraft Operation Support Equipment course 8401.

Front row (left to right): MCpl Halbersma DIAC instructor, Capt Foster VP407 DSO, LCol Rogers, Sgt Paulekat NCO i/c DIAC Training.

Rear row (left to right): Cpl Coulombe instructor, Cpl Gallinger instructor, Sgt Taylor Greenwood, Cpl Skidmore VP407, Sgt O'Toole Greenwood, MCpl Coates Greenwood, MCpl Haugen VP407, Cpl Cloutier instructor, Pte Lavoie Greenwood.

Waterbed heaters recalled

January, 1985: Owners of waterbed heaters bearing the trade name "THERMALUX MODEL 1000" manufactured by Classic Thermal Systems in Surrey, B.C., and purchased between November 6, 1984 and December 18, 1984, should stop using them immediately.

Canadian Standards Association and the manufacturer advise that these heaters pose a potential fire hazard. An overheating problem has been detected in a number of units, creating a pad failure and scorching of the bottom wooden deck of the bed.

If you purchased one of these heaters between the dates mentioned above and have not

already been notified by the dealer or received a service call from him, disconnect the unit immediately.

Return the heater pad only (not the control) with proof of purchase to designated depots in your area, or sent it directly to the manufacturer.

For designated area information, please call toll free: 1-800-663-6810.

The units are manufactured by: Classic Thermal Systems, 12187 Industrial Road, Surrey, B.C. V3V 3S1.

All affected dealers have been notified of this problem. Heaters purchased before November 6th and after December 18th, 1984 should not be affected.



A CHILD OF THE WORLD

Family undernourished — future uncertain

(NC) — Ronald's family is destitute. Their home is made of bamboo and leaves — no match for violent storms. His parents are eager to work — but there is little work to be had.

Yet there is a chance for Ronald's family to work towards a better life. Their problems can be solved with Foster Parents Plan's help. Education, clean water, job training, medical care and more will be provided.

For a free booklet on Foster Parents Plan, write Box 900, Dept. PS, Station Q, Toronto, Ont. M4T 2P1, or call toll-free 1-800-268-7174, (in B.C. 112-800-268-7174).



Targelia's family is waiting — for you

(NC) — In the Third World, life is often unfair, and always harsh. Targelia lives in that world, in a tumble-down barrio where unemployment causes constant pain.

But life doesn't have to be so harsh. Targelia's family could have the chance to work, to progress — as could the others in their

community. The problems they cannot solve alone, can be solved together — with Foster Parents Plan's help.

For a free booklet on Foster Parents Plan, write Box 900, Dept. PS, Station Q, Toronto, Ont. M4T 2P1, or call toll-free 1-800-268-7174, (in B.C. 112-800-268-7174).



FROM THE MAIN FLOOR

Hi! This is 442's answer to Les Nessman, and here are the squadron's news: WINOX is almost here. If you wish to part of the annual infusion of warm Comox air into Westwin (CFB Winnipeg), Manitoba-on-the-steppes, take your twenty dollars to Gord Trenholm in Log control, right NOW. Winox is a curling, darts, shuffleboard, dancing, grooving, banqueting, TGIF-ing good time that breaks winter in half. Curling experience not necessary, itinerary is posted on the canteen wall.

Superbowl came and left yours truly (2nd quarter) a little richer. The other winners were from C.E. and Base Telecom. Ab MacDonald emerged as the only bowler from 442 to qualify for the base bowling team after recent games, and he is off to Chilliwick on February 4 for the zone playdowns. In hockey, our boys are still tied for first place with BAMSO-BTelO after a loss and a tie in their last two tilts. Our volleyballers valiantly continue to volley against stiff opposition, but are enjoying themselves anyway.

That isn't a faceful of cookies on Tom Maxtead. He's posted to VP407, and is smiling, so it is farewell to one of our resident Boeing experts, come February 1. His successor is Dick Lathigee, who is checking his deoderant. For some reason since Dick took over, the Boeings have stopped coming.

John Thompson of 2 Crew married Susan Emde of Campbell River recently. They now reside in Tye Park. Greg Lewis was the barman and Tom Maxtead, the DJ at the wedding. Meanwhile, Gilles Dufour and Cal Kennedy have escaped the heat and humidity of Comox, and are now on holiday in Fort St. John.

Finally, on a recent trip to Six Supply Group, I found Cam looking a bit glum. He lost to Rick Macnab in the Superbowl, refuses to talk about it and threatens all visitors with his rubber stamp. Diane, meanwhile, wants Mickey Blake to know that she doesn't know where his @\$%&* Aft Transmission is at! That's it from this fun squadron, see you in two weeks.

Norm Blondel

MINI-METRICS

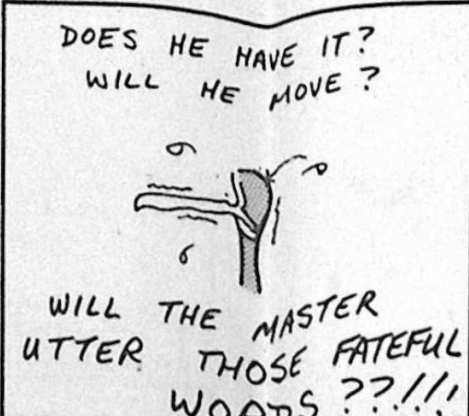
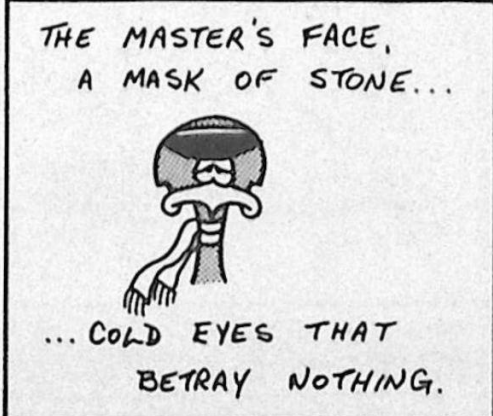
Wallpaper is sold in 10 m lengths.

Answer to MSE safety quiz

Ease off the accelerator, keep wheels straight and coast across bridge is the best answer.

The only safe thing to do is coast across. You don't want your back wheels either dragging or pulling so you don't accelerate or decelerate. You just do nothing. A good thing to remember is that water on the bridge will freeze before the water on the road. Warmth from the earth will retard freezing on the road and the cold air circulation under the bridge speeds up freezing on the bridge.

CUDGEL STEW by Rick St. Germain



Etc.

John Reichl honoured



Mr. John Reichl was "officially retired" in a recent presentation made by Lt Col Jackamon, the BADO and Capt Don Stipkala the BFoodSvcO.

John served as a cook and baker extraordinaire at CFB Comox since 1965 and became an institution at the Officers Mess. Many a young officer grew big and strong under the fatherly guidance of John Reichl — and many an older one grew a touch in the wrong direc-

tion. John has been a good friend to everyone during his years of service and was a regular stand up comic in the kitchen. He was also a bit of a flirt!

John took pride in the finished product and his contributions to the Officers Mess have been nothing less than outstanding. John devoted many hours of his off duty time, ensuring that pastries for special functions were of the expected high standard.

Because of his attitude and continuous positive effort to accommodate the needs of the troops without fuss or ado, John has always been a popular person with living in and temporary duty personnel as well as the regulars. His pleasant and cheerful manner have been a major factor in keeping the morale of the men at a high standard.

In your new life John — "Bon Chance".

G.M.K.

Variety Club
Teletthon

This year's message from 1985 Teletthon Chairman Jack Bibby is loud and clear. "We would like to ask that all communities around the province stage special fund raising events leading up to Teletthon" ... "Our efforts must start now ... with the culmination on February 9 and 10 at the 19th Annual Variety Club Teletthon".

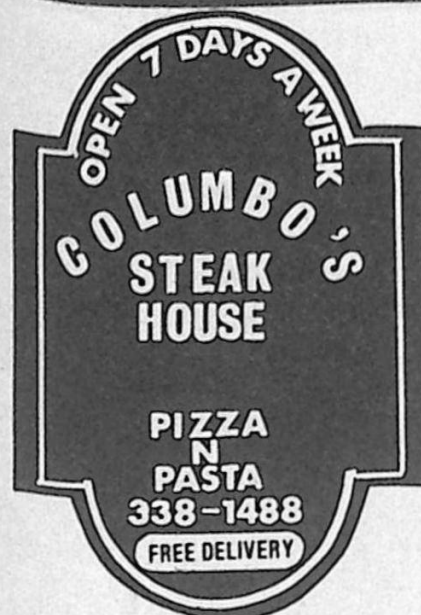
On that weekend, the public will enter the "World of Variety". A world personified by all of the special children of British Columbia. "The need never ends" ... says Jack Bibby ... "the work of Variety is ongoing".

It is expressed by over 150 Sunshine Coaches travelling to and from places of therapy in most communities; by the Diagnostic & Treatment Centre at the Children's Hospital; by the electro-limb program, by the Children's Research Centre and the Eye Clinic. These are only a few examples of more than \$16.5 million raised publicly

and spent on children since 1965.

Variety has been able to help the children because of the generosity of thousands of British Columbians. Several special fund raising events are underway but we need more. YOU can be part of the "World of Variety". Get together NOW. Help us ... help the children of B.C.

Variety Club Teletthon
February 9-10, 1985
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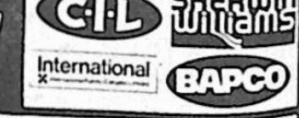


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Around the Base

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CHAPLAIN: Padre Bob Risch (UCC) Telephone: 334-3575
CHAPEL: St. Michael and All Angels Protestant Chapel, Bldg. No. 88
OFFICE: Headquarters Bldg., No. 45, Room No. 48. Telephone 339-2211, local 2273.
ORGANIST: Nancy Nowosad, telephone 339-9843.
PUBLIC WORSHIP: Sundays at 1100 hours.
COMMUNION: First Sunday of the month.
CONFIRMATION CLASSES: Lectures resume Wednesday, 16 January, 1985 at 1515 hours in Chapel Annex. Lectures will continue each Wednesday until Palm Sunday, at which time Confirmation takes place. (31 March, 1985)
RELIGION-IN-LIFE CLASSES: Lectures each Tuesday at 1515 hours in the Chapel Annex until Baden-Powell Sunday.
JUNIOR CHOIR: Rehearsals at 1015 hours each Sunday. Director - Mrs. Julies James, telephone 339-6948.
SUNDAY SCHOOL: Sundays at 0930 and 1100 hours. Sunday School Superintendent - Mrs. Gay Gray, telephone 339-6705.
BIBLE STUDY/GUILD: Thursdays at 1000 hours in Chapel Annex.
ANNUAL CONGREGATIONAL MEETING: Sunday, 20 Jan. 1985 at 1130 hours.
CHapel COMMITTEE MEETING: Tuesday, 12 February, 1985 at 1400 hours in the Chapel Annex.



OUR LADY OF THE SACRED HEART CHAPEL CFB COMOX, B.C.

CHAPLAIN: Padre J. Dabrowski (RC). Telephone: 339-2211, local 2274.
MASS SCHEDULE HOURS: Saturday - 1900 hours.
Sunday - 1000 hours.
Week Days - 0900 hours.
BAPTISMS & MARRIAGES: By appointment - notice well in advance.
CATHOLIC WOMEN'S LEAGUE: Second Tuesday of the month in Parish Hall, preceded by Mass in the Chapel at 7:30 p.m.
PARISH COUNCIL: Second Wednesday of the month at 1300 hours in the Parish Hall.
CATECHISM CLASSES: Each Wednesday in the PMQ School from 1830 to 1930 hours.

CFB COMOX MILITARY CHRISTIAN FELLOWSHIP



Meetings held from Monday to Thursday from 1130 - 1230 hours in the R.C. Parish Hall next to the Tennis Courts.

Wallace Gardens Community Council



Miss Susie Beals is the Wallace Gardens representative in the Comox Valley Winter Carnival Pageant.

The holiday season has come and gone and from the perspective of community events everything went well from the visit by Santa Claus, to the children's movies, to the Christmas tree burn. However, with the new year, the Council has some new projects in mind and would like to bring them to your attention but, before we proceed, we wish to bring up to date the progress of the young lady representative in the local Winter Carnival Pageant, Miss Susie Beals.

Miss Beals is eighteen years old and is presently in grade 12 at Highland Secondary School. She has been living in the Valley for the past two years and in that time has sampled some of the activities that Comox has to offer such as skiing, swimming and hiking. Since being selected to represent our community she has been quite busy. Throughout November and December, she has taken part in classes on modeling, fitness, grooming and fashion. There have also been a few "fun" occasions where the girls have gotten to know each other better. Still to come is the Winter Carnival Parade on January 25th, a fashion show at eight o'clock at the Civic Theatre on the 30th and the "Crowning of the Queen" at Courtenay Junior High on February 2nd. All are invited to attend these events and support Miss Beals (tickets are required for the fashion show only and are available from the young

lady herself). Our Miss Wallace Gardens has done an excellent job in presenting herself and our community to the other towns within the Valley and we are sure she shall continue to do so in the future.

The next matter to bring to your attention is that right now, in the PMQs, there are several young children who want to be Boy Scouts and who may not get the chance, at least not with a Troop here on base. They require the services of a Level One Scout leader to organize and conduct their activities, as well as, direct the several volunteers who have indicated a willingness to help. There is also a need for a new chairperson to take charge of the Scout Committee. All those interested should contact Mrs. Rice at 319-7291. Our children have the desire to participate, all they need is a little time and effort from the adults.

There is a movement underway in the council to create a ceramics club. This club will be organized and conducted in the same manner as the other clubs on base. This club will offer an alternative to the long trek downtown for those members of the community who wish to be creative. In the near future we will be conducting an informal survey to discover the interest level with the PMQs. There will be more information in the next issue of the Totem Times. Until then we hope that you all have a Happy New Year.

Across my kitchen table

— by Rosemary Gibson



Here we are home again, and happy to return to our normal routine. Borden already seems a long way away, then fun of the festive season is past, my New Year's Resolutions have been renewed (for, alas, most are repeated, with but a few crossed off my list from last January!), and here we are at the beginning of a new year.

I like January -- it seems to be a brand new page, a chance to start afresh to accomplish whatever I choose to write on that page.

Coming home after a length of time opens our eyes to improvements that can be made to our home, so I'm off to the January sales at home improvement centres, full of ideas, but with a very light wallet. Now the problem becomes not what to choose, but how to stretch a few dollars to match my ideas.

Speaking of money, here are two recent additions to my recipe file; both are easy, economical and really delicious. Even my somewhat-fussy husband enjoyed the broccoli casserole!

MOM'S BROCCOLI CASSEROLE

Ingredients:
1 can cream of chicken soup
½ cup commercial sour cream
1 tablespoon flour
Salt and pepper to taste
¼ cup grated carrots
¼ cup chopped onion
½ cup thinly sliced carrots, precooked lightly
1½ lbs. broccoli, precooked lightly
1 cup buttered bread crumbs

Method:
Mix together soup, sour cream, flour, salt, pepper, grated carrots and onion. Gently mix in sliced carrots and broccoli so as not to break them up. Top with buttered bread crumbs. Bake at 350° F. for 30 minutes. Serves 4-6.

WEINERS OLE

Ingredients:
½ tablespoon oil
1 pkg. weiners, cut into quarters lengthwise
1 large onion, sliced and rings separated
1 can tomato soup
1 can sliced mushrooms with liquid
1 bay leaf
Salt and pepper to taste
¼ teaspoon curry powder
1 tablespoon parsley flakes

HINT:
A "sticky page" photo album makes a great book for storing recipes. Easy to wipe clean, too. Just make sure your recipe isn't "continued on the back".

THOUGHT FOR TODAY:
A perfect example of minority rule: a baby in the house!

— Washington Irving



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Around the Base

Our People

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Sgt Al Brazeau

This issue we would like to introduce Sgt Al Brazeau from the Base Physical Education Staff.

Al is a recent arrival at Comox having come from C.M.R. this past summer and he tells me the weather is just a bit nicer here than it is in jolly old St. Jean.

Al spent his growing up years in that wonderful "tree covered" city of Sudbury, Ontario, where foliage and green grass are just something you see in magazine pictures. However, he set out to conquer in 1964 and joined the military. His initial trade was Clerk Admin and subsequently Al remustered to the PERI branch in 1968. During his military career Al has served in Portage, La Prairie, Bagotville, St. Hubert, Sioux Lookout, Lahr, C.M.R. and finally Comox.

Al is the congenial team Manager from the CFB Totems Hockey Team and although wins have been scarce this past season, he remains forever optimistic and says that "we'll blow'em away in the Pac Regions". Al's other activities include running which he does with jest!

Al resides in PMQs and is a single parent. His son, Paul, is 10 years old and goes to Airport School.

To Al Brazeau -- we at the Totem Times would like to say "welcome to the Valley and to the pages of our paper." We think you are a fine example of our greatest asset - "Our People".

G•M•K•

Library

(Located back Station Theatre)

HOURS:
Monday to Thursday
6 pm - 9 pm

New Books

THE MIRACLE - Irving Wallace

The announcement stuns people throughout the world - especially six who believe their own lives can be saved or changed by the news. The word from the Vatican is that the Virgin Mary is returning to Lourdes this very year to perform another miracle cure.

Thousands of people are drawn to the grotto where the Virgin Mary first appeared before the young peasant girl Bernadette Saubers in 1858. Many have staked their very lives on The Reappearance. But will the miracle in fact take place?

So begins Irving Wallace's most ingenious and compelling work since The Word, a sweeping novel about Lourdes and a miracle that holds the world enthralled. Set against the background of the most popular pilgrimage site in the world - and the often mysterious and surprising story of St. Bernadette herself - The Miracle has everything we've come to expect of Irving Wallace at his best: rich authentic detail; intricate, fast-paced plotting; suspense; and vividly realized characters.

BALLARD - William Houston

In the summer of 1984 Harold Ballard celebrated his 81st birthday by driving up and down the back roads near his Midland, Ontario cottage... on a motorcycle.

Age has not mellowed the irrepressible Ballard, who owns the Maple Leaf Hockey Club, the Maple Leaf Gardens and the Hamilton Tiger-Cats of the Canadian Football League. If anything Pal Hal seems to be becoming more outrageous and newsworthy with each passing year. What makes the controversial octogenarian run? This book by Globe & Mail reporter William Houston, who has covered Ballard and his hockey team for the past four years explains the motives behind the blarney and describes some of the results of Ballard's insatiable appetite for publicity.

MEXICO SET - Len Deighton

Len Deighton's superb new spy novel takes the themes and characters of his triumphantly acclaimed Berlin Game into the eagerly awaited second story of the trilogy. Yet Mexico Set stands on its own as sporting entertainment.

GETTING TOGETHER

Ottawa -- The federal government's executive flight services, currently operated by two separate ministries, will be consolidated under the Department of National Defence, Defence Minister Robert Coates and Transport Minister Don Mazankowski announced.

Under the consolidation, jet aircraft maintained by Transport Canada for executive use will be merged with the fleet operated by National Defence. Mr. Coates and Mr. Mazankowski said the move will end duplication of services and over a period of time result in cost savings to the federal government.

"Combining the two aircraft fleets will allow us to retire a num-

ber of planes which are nearing obsolescence while at the same time maintaining adequate service," the ministers said.

Another benefit of the move will be the increased security provided. DND has access to military airstrips in many parts of the world as well as commercial airports while Transport Canada does not have the same degree of accessibility.

The ministers said they do not expect layoffs to result from the consolidation of service. "We have instructed our staffs to ensure that the transfer is carried out in an equitable and fair manner so as to impose the least possible hardship on any persons who may be involved."

Kwah-nice District



This year we celebrate our 75th Anniversary. The first Guide Company opened at Cumberland in January, 1916.

Has anyone any information when the first Guide or Brownie Unit opened on the Air Base? If you have any information or photographs relating to Guiding on the Air Base I would appreciate hearing from you.

The present day Guides & Brownies are invited to take part

float in the parade.

in the Winter Festival Parade on Friday, 25th January. The Mt. Washington District have entered a float in the parade. We will all meet at their float at 6:45 on Harleston (near Courtenay Junior School).

We have also got plans for a parent and daughter banquet to be held on Friday, 22 February. More details later.

Pat Jackson
District Commissioner

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ANNOUNCEMENT



The director's of C.V.I. are pleased to announce the appointment of Mr. Dave Adamson, P. Eng., as Manager/Director of our Comox office.

Mr. Adamson is well known to many Comox Valley Residents, and he brings with him a great deal of insurance experience, both in the commercial and residential fields.



We also wish to announce the appointment of C.V.I. (Comox location) by I.C.B.C. as an authorized "Autoplan" office, and as such, able to perform all autoplan transactions. These appointments are effective immediately.

Both appointments reflect the commitment by the directors of C.V.I. to provide to residents and businesses of the Comox Valley the very best insurance service with knowledgeable and dependable insurance brokers.

NOW

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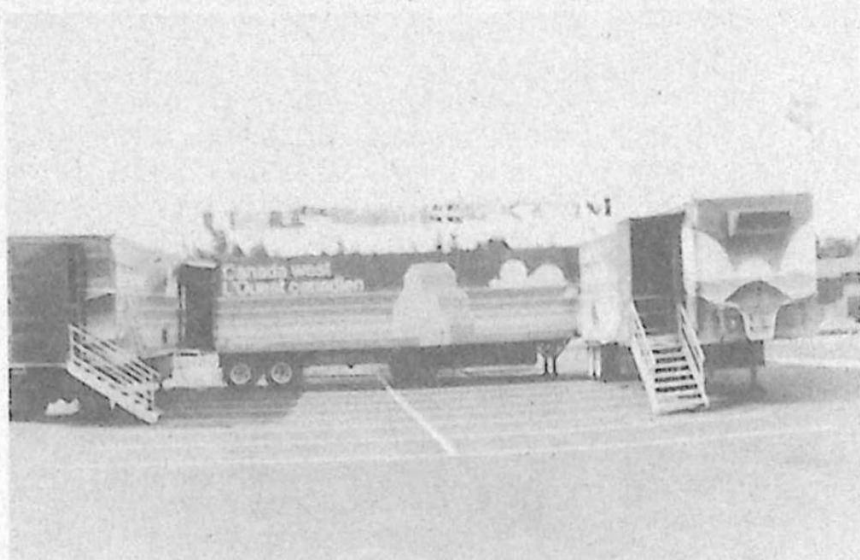
January 22nd til February 2nd

Etc.

MUSEUMOBILE

VISITS

VALLEY



The three trailers of the Canada West Museumobile, produced by the National Museums of Canada, are pictured here in their distinctive U-configuration. A tour of the Canada West Museumobile introduces the visitor to the land, the people and the history of the western part of Canada. (National Museums of Canada - Neg. No. 83-244)

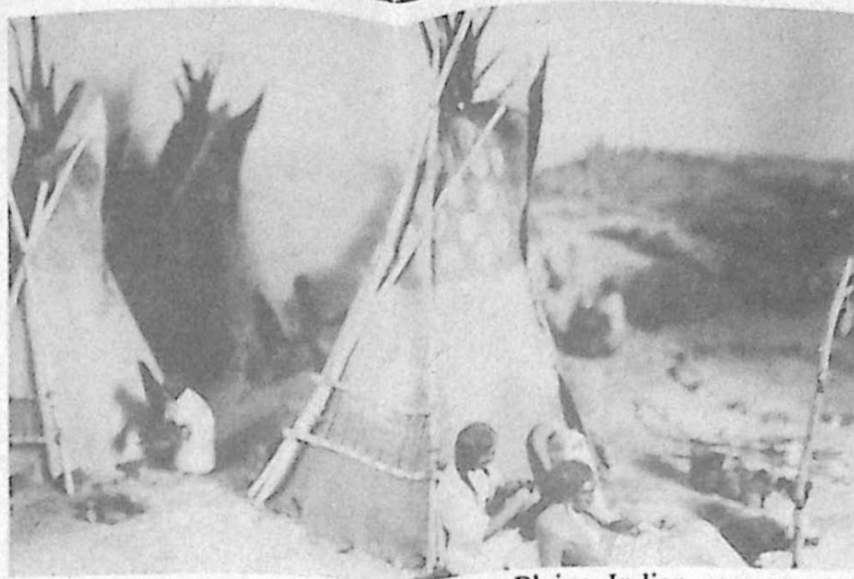
A DESCRIPTION OF THE CANADA WEST MUSEMOBILE

The theme of the first unit is 'The Land', a study of the present western landscape and of the geological and biological forces that have shaped its development. Highlighted in this exhibit is the formation, over millions of years, of mineral resources. A series of graphics, photographs and models illustrate the changing marine and terrestrial life forms through the ages. Continental glaciation had the most dramatic effect on the western landscape. During glacial periods, man reached North America from Asia as he followed herds of migrating animals across the Bering land bridge. Featured in the last section of Canada West 1 are the six different biomes or life-zones (Arctic, Alpine, Subalpine, Aspen Parkland, Boreal Forest and Prairie), each with a distinct climate, soil and characteristic plant and animal species.

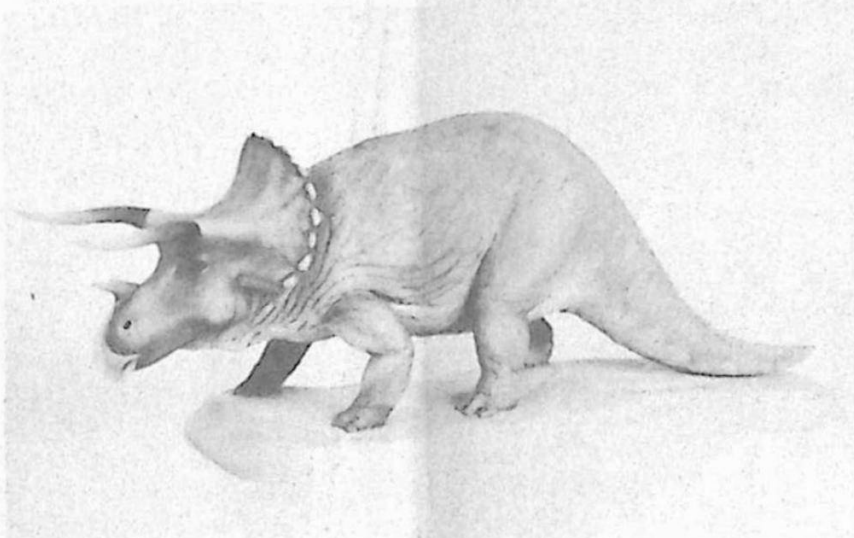
Against this diverse and varied landscape, the theme of 'Man on the Land' is developed in Canada West 11. For thousands of years, pre-historic man lived in harmony with his environment. Inhabiting the Boreal Forest and the Plains, he

depended on the land for food, clothing and other necessities of life. The fur trade marked the first significant change in man's relationship with the land. More profound was the influence of the settlers who ploughed the prairie soil and cleared the forests. Man now became 'the modifier', altering the balance of nature. The homesteader also had to adapt to the climate and soil conditions of the West. Mechanical technology, new agricultural practices and diversification of crops were introduced as man struggled against isolation and such hazards of agriculture as drought, winds, hail and insects.

What is a Westerner? Canada West 111 probes this question by presenting a kaleidoscopic tableau of 'The Developing West'. Commencing with the Canadian take-over of the territories of the Hudson's Bay Company in 1869, the exhibit describes the period of rapid immigration and settlement which followed. The cultural mosaic, the spirit of co-operation and then conflict during the Depression, the distinctive western politics of the 1930's: all provide an insight into the unique character of the West. The third unit also focuses on



INDIAN DIORAMA - Diorama of a Plains Indian encampment illustrating their nomadic way of life. Dependent primarily upon the buffalo to satisfy their basic needs of food, shelter and clothing, the Plains Indians lived close to nature without disrupting the natural environment. The CANADA WEST Museumobile traces the impact of fur trade and the subsequent settlement of the West on man's relationship with the land. (National Museums of Canada - Neg. No. 77-6397)



Triceratops Model of a Triceratops, a dinosaur which disappeared at the close of the Cretaceous period about 63 million years ago. This plant-eating dinosaur whose name signified 'three-horned face' was about 20 feet long and 9 feet high and may have weighed 10 tons. The Canada West museumobile traces the evolution of marine and terrestrial life forms and the changing western landscape through the ages. (National Museums of Canada - Neg. No. 77-6400)

recent trends in urbanization and industrialization as well as changes in western agriculture. A selection of modern works of art, sculptures and paintings characterizes western expression in the arts. Finally, 'Canada West' poses the question 'Which way West?'

The Canada West Museumobile will be at the Comox Shopping

Centre February 13, 14, 15, 16 and 18. It will be at the Super Value Store in Courtenay February 19, 20, 21, 22, 23 and 25. There is no admission charge and an elevating device is available to accommodate people in wheel chairs. This is an excellent opportunity to view some of Canada's cultural Heritage. Come out and see it.

Quackery no cure for arthritis

No matter what you read or hear, there is no cure yet for most kinds of arthritis, including rheumatoid arthritis and osteoarthritis.

If you have arthritis, you hurt, and because your pain is so bad, you're willing to try anything. That sets you up to be deceived, and sad to say, there are people who will try to deceive you by offering false hope for a cure or relief.

When claims are made that misrepresent what a remedy can be expected to do, that is quackery. The old-time quack was easy to spot, but today, arthritis quackery comes all dressed up in technical medical language to sound legitimate.

So-called "cures" may take the form of vaccines, diets, food supplements, vitamins, homeopathic therapy, devices such as bracelets, massage products or magnets, or any one of a dozen other things.

Testimonials in favour of unproven arthritis remedies can sound very convincing, but they cannot be relied on as proof that a remedy works. For one thing, no two people are alike in the way they react to a remedy. For another, arthritis has peaks and valleys and often appears to go away by itself just when a person tries a new remedy. And last but not least, as many as 50 per cent of people get better no matter what they take, thanks to the power of the mind over the body, or the "placebo effect", which provides a temporary relief from symptoms.

Don't be fooled by quackery. If in doubt, check it out.

For more information please call or contact, The Arthritis Society, B.C. Division, 895 W. 10th Avenue, Vancouver, B.C. V5Z 1L7 Phone: 879-7511.

White Cane Week

February 3-9

February third to ninth is White Cane Week in Canada, and all blind and visually impaired people invite you to "SEE IT OUR WAY". White Cane Week will be co-sponsored by CCB (The Canadian Council of the Blind) and CNIB (The Canadian National Institute for the Blind). During this week, information and activities will be provided to give you an opportunity to learn what blind and visually impaired people can do independently and when they need your help.

Many blind and visually impaired people who live on Vancouver Island are employed at a variety of jobs. Others are willing and able to contribute to society but many are not given the chance because most employers know little or nothing about the working potential of the blind.

Blind and visually impaired persons can, with assistance, receive education and participate in social and recreational programs in their community. Integration depends on the support of an informed society.

The population of blind and visually impaired people continues to grow each year. The loss of sight does not change a person's likes, dislikes, or skills. They can learn new ways to continue doing many of the things they did before they lost their sight. They begin by developing other senses such as touch and hearing. They are then taught how to use these to accomplish many tasks.

The CNIB and CCB are not asking for donations this week. Instead, they invite you to become aware of the problems blind and visually impaired people encounter in their efforts to pursue an independent life. Try to visualize what it is like to be blind or visually impaired. Use your imagination to "SEE IT OUR WAY".



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APPOINTMENT



Walter Morand

ROYAL LePAGE REAL ESTATE LTD. is pleased to announce the appointment of Walter Morand as Real Estate Manager of the Holiday Inn office at 99 Wyse Road, Dartmouth, N.S.

Walter retired from the military in 1980, after 27 years of service, with his last tour of duty being assigned to 880 Squadron at Shearwater. Walter is looking forward to his new position, and invites his military friends to call him at 469-4330 for their Real Estate needs.