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Silver Totems Hockey Squad

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TOTEM TIMES



Canadian Forces Base Comox B.C.

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COST: PRICELESS

New Canex

What does the new Canex mean to me, the customer?

Canex, the Base Exchange which offers a variety of services from department stores and snack bars to gas and home heating oil, is undergoing the biggest change since its founding in 1967. By 1 March 1990, Canex will have changed from a staff organization to a line organization headquartered in Ottawa.

This change is important to you since as a member of Canada's military community, you are also a member of Canex. It is your store, charged with the mission of serving you.

"The new Canex," says Peter Lunt, the recently-hired Chief Operating Officer of Canex, "is committed to providing you, the customer, with better value -- while continuing to offer convenient locations and friendly service."

Why the change?

Canex began as an organization in 1967 as a service to the military community. When sales began to decline in the mid 1980s, a study was conducted to discover what the problem was and how to fix it.

The study, conducted by William M. Mercer Limited on behalf of the NPF Board of Directors, concluded that Canex in its current form could not cope with the marketplace in which it would have to compete in the 1990s. It recommended that Canex be given greater authority over its own operations and that it be allowed to conduct its business more in the manner of a conventional business enterprise. That means, compete on the same level as the department stores, gas stations and grocery outlets who were after business from Canex members.

The recommendations were accepted by the NPF Board of Directors and on 18 October 1989 the Chief of Defence Staff issued an Action Directive detailing the form of the new Canex and the steps required for the transition.

Under this Directive as of 1 March 1990, Canex will be a line organization which owns and operates all Canex outlets on all Bases and Stations. The organization will be staffed mainly with civilian professionals and operated much like other retail businesses.

407 Sqn at work



Cpl Sue Oostrum, an AE Tech with 407 Sqn Maintenance, checks out the oil filter on an Aurora engine during a periodic inspection.

Equal pay for Public Service

The Treasury Board President announced in the House of Commons measures designed to fulfill the government's commitment to the principle of equal pay for work of equal value in the federal Public Service.

These measures are in two phases: retroactive lump sum payments totalling approximately \$317 million that will be made as quickly as possible; and annual salary equalization adjustments, effective 1 April 1990, estimated at \$76 million per year. In total, about 70,000 Public Service employees will receive these retroactive payments and salary adjustments.

"The adjustments I am announcing today represent a retroactive payment that will average about \$4,800 per employee affected," he said, "and these employees reside in communities from one end of the country to the other." For example, a secretary could receive up to \$5,900; a clerk could receive up to \$3,500.

In making the announcement, Mr. de Cotret referred

to the government's long-standing commitment to end pay discrimination based upon gender as well as the complex tasks involved in seeing that commitment through to implementation. He notes that this study is the largest of its kind ever conducted anywhere in the world.

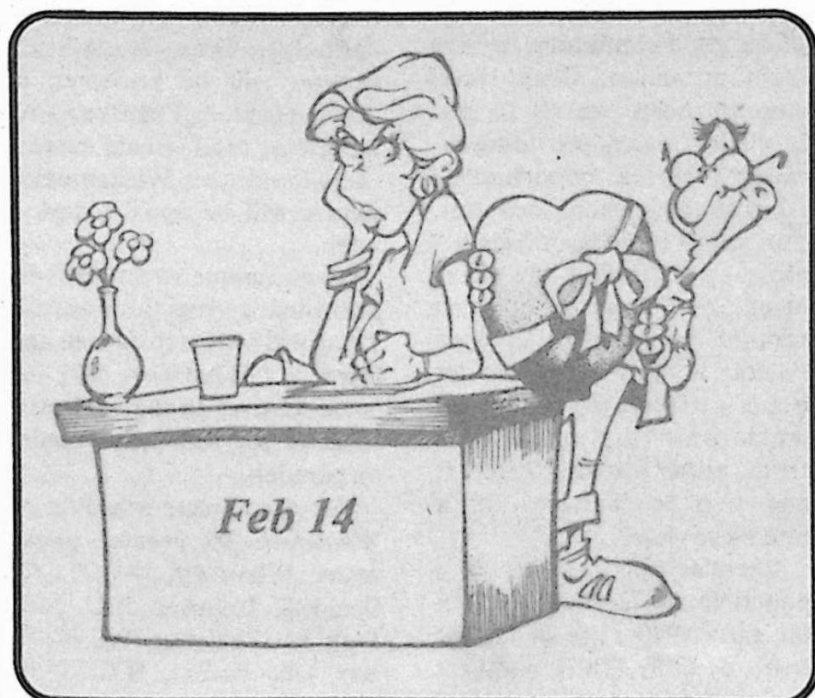
The lump sum payments are retroactive to 31 March 1985, the month in which the Treasury Board President announced the establishment of a joint labour-management committee to study how gender-based pay discrimination could be eliminated in the federal Public Service. Mr. de Cotret said that employees affected by gender-based pay discrimination should not be forced to shoulder the burden of the inevitable delays. "The public interest will be best served by moving forward now," he said.

Mr. de Cotret said that the equal pay adjustments are being made without prejudice to the few issues that still remain outstanding. The federal government will take

the appropriate action in light of any findings of the Canadian Human Rights Commission that are related to the resolution of those issues.

The amount of wage adjustments and retroactive payments will vary considerably depending upon the pay disparity identified for any particular occupational group and the amount of time that each employee has been in a particular position or positions.

The announcement of the Treasury Board President is the culmination of a five-year process involving a survey of 4,400 employees and a detailed assessment of 3,200 representative positions by nine separate committees utilizing criteria established by independent consultants. This process was begun through the agreement of a Joint Union-Management Committee that was set up in March 1985.



On and off base

BXO last farewell

The article which appeared in the last edition of the Totem Times under the heading 'Canex goes Civvy' was intended to be the BXO's farewell blurb, and to publicize the clearance sale in the Retail Store. That piece seems to have given rise to a few misconceptions, going by some of the recent questions and comments. A popular question has been "Who is buying out Canex?" Canex is not being bought out but rather is being reorganized to a line operation reporting directly to the President in NDHQ. The civilians in the new Canex system are a mix of executive-level former (civilian) employees of Canex in Ottawa and new talent hired from industry outside the DND sphere.

The new Canex will continue to operate under the guidance of the NPF Board of Directors (composed of Commanders of the Commands and other principals). Between the NPF Board of Directors and the new Canex organization a new entity called the Canex Board of Directors is being established. There will be military representation on this board. The Base Commander retains an input to protect the interests of the local military community.

Although the hall-mark of the new organization is lots of Professional Civilian Management some hands on military involvement will remain. Stewards will stay in large Canex organizations, ostensibly to be trained in Canex operations. These stewards will go on to manage Canex outlets in those locations where professional civilian management is not deemed appropriate.

Here in Comox, military personnel will continue to be involved. Initially, PO2 Bill Higdon will run the shop after 'Captain Canex' exfiltrates around 1 March. At present, the intention is to replace your BXO with a MWO of the Steward trade, probably during the active posting season, although he may arrive earlier. The MWO will be called the Base Manager rather than the BXO.

During this transition phase however, PO Higdon will not be left to fly in the fog by the seat of his pants. His own knowledge and experience will be supplanted by that of a professional civilian manager called the Canex Regional Manager. This regional manager who is located in Esquimalt, will call most of the shots and set the local policy. A new possibility under this system is that the Regional Manager will oversee the redistribution of merchandise from stores where it is not selling to stores where it will sell.

As mentioned in the previous article, we are trying to maximize our retained Base Fund assets on the day of changeover. The *Takeover Clearance Sale* has started and is going great guns. As well as benefiting our Base Fund there's been really great savings to you, our patrons. Incidentally, the store staff can only mark down so much inventory in a day, so it's a good idea to keep dropping in every few days to see what new bargains are there. Starting 13 February the Service Station will be starting a take-over half price sale on accessories, oils and lubricants. To put it another way, save 50% on everything in the Service Station except gasoline, cigarettes and things you eat. For these takeover sales there will be no rain-checks. Once the stock is sold, it's gone.

(As per the title this is the BXO's last farewell. Hopefully, there will be no sequel -- [last farewell II?, III?]. Contrary to rumour he does not try to live up to the old motto 'semper in etc'. So once more, goodbye and good luck.)

PLAYPLAYPLAYPLAY

What this community really needs is a place to bring our preschoolers to interact with their peers. This is what children are meant to do. As I hope you have heard, we at CFB Comox are starting a community playgroup for infants up to five years.

What is a playgroup? Playgroup is a place where parents come with their children. This invites both parent and child to interact in a positive social environment.

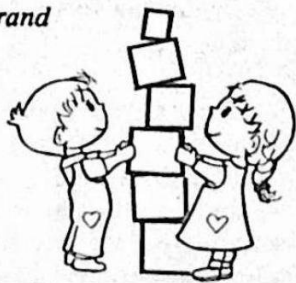
Under the auspice of the Family Support Centre, we are a group of volunteers who will be providing the direction and organization necessary to initiate the playgroup. What we need is your support. We are in need of play equipment and toys as the foundation for our group. We will be accepting donations from families and merchants.

We solicit your enthusiastic support so we can get those children playing!

Watch in the Totem Times for our Grand Opening!

Thank you.

Monique Marchand-Godwin
Playgroup Co-ordinator
339-0712



Provincial Revue

FROM YOUR MLA

Alzheimers' Disease



Stan Hagen

Could you imagine not being able to recognize your own spouse? Your closest friend? Your children? Or even who you are? No one likes to think of the possibility that they may not be able to take care of themselves but this is a reality for over 300,000 Canadians who are afflicted with Alzheimer Disease. With the aging of the 'baby boom' there is no doubt that these numbers will escalate.

Today there is a greater possibility than ever that each one of us will be touched by Alzheimer Disease, either directly or indirectly. Although we may not get Alzheimer's ourselves, it is likely that we will know someone who has this disease at some time in our lives. Alzheimer's disease is the fourth leading cause of death in Canada after heart disease, cancer and stroke. It is estimated that it causes 10,000 to 12,000 deaths annually in Canada. It is now more important than ever that we all learn to understand and deal with Alzheimer Disease. To this end, January 1990 has been designated Alzheimer Awareness Month by our provincial government.

Alzheimer's is a brain cell disorder which has been largely misunderstood and is often confused with normal aging. The earliest signs of Alzheimer Disease are memory loss and confusion, and changes in personality, mood and behaviour. It causes severe, progressive memory loss and impaired intellect and in the final stages 24-hour care is necessary and often so is institutionalization. There is no doubt that this disease also has a devastating effect on families and friends.

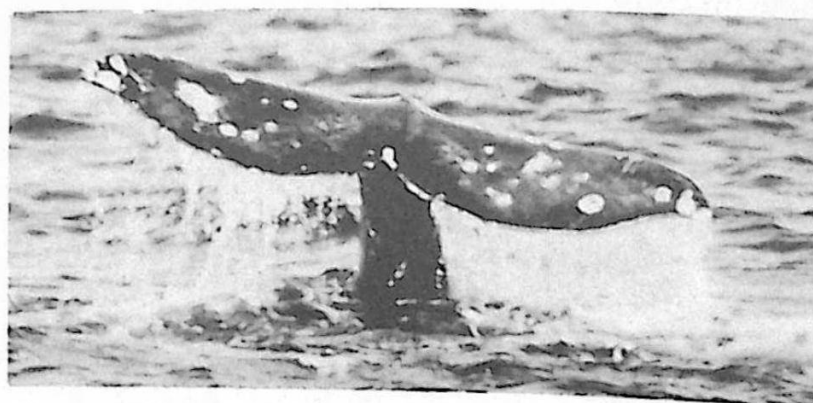
Scientists and doctors now know that Alzheimer's involves the loss of specific nerve cells within the brain. Current theories of the possible causes of Alzheimer's disease include: a virus, a chemical deficiency in the brain, a genetic defect, a problem in the immune system, or a buildup of some toxic material. Recent dramatic advances in medical instrumentation and technology have generated further hope for real progress in the diagnosis, treatment, and ultimately the prevention of Alzheimer's disease. Currently, research is being carried out in many parts of the world and some of the best work is done at the University of B.C.. The Alzheimer Clinic of UBC is one

of the few diagnostic clinics in all of Canada.

Still, there are many unanswered questions about this painful, drawn-out disease. There is presently no cure, nor is there any medical test, other than autopsy, to definitively diagnose the disease. But there is help for the patients and their families. People can undergo a series of medical tests to help determine whether symptoms are related to Alzheimer Disease or not. Families and care-givers have formed support groups throughout the province. These groups provide a forum for discussion of concerns and offer practical advice on the effective management of behaviours caused by the disease.

As the M.L.A. for Comox, I urge you to seek help if anyone you know may have Alzheimer's. There may not be a cure yet, but there is help. The Alzheimer Society of B.C. is there for you. If you need information or support contact the Alzheimer Society of B.C., #20 - 601 West Cordova Street, Vancouver, B.C. V6B 1G1, phone 681-6530 or check your phone book for your local Alzheimer organization.

PACIFIC RIM WHALE FESTIVAL



Each spring starting in March, the world population of Pacific Gray Whales parades past the west coast of Vancouver Island for all to see! An estimated 19,000 Grays migrate 16,000 km (10,000 miles) annually from the mating and calving lagoons on the Baja peninsula in Mexico, along the coast, up to their summer feeding grounds in the Bering and Chukchi seas, and back again. Some Grays take up summer residence in the Pacific Rim National Park area, feeding in sheltered bays, to delight thousands of whale enthusiasts.

The whales, dozens of which can be seen in a couple of hours

under good conditions, are the main attraction. Gray travel close to shore, pausing to feed in shallow water, providing excellent viewing opportunities from strategic shore locations. For even more exhilarating, close-up views of these magnificent animals, one can venture out onto the open Pacific aboard local charter boats offering scheduled whale-watching excursions from either town. Aircraft may also be chartered for a bird's-eye view.

Recovering from a population of less than 1,000 in the early 1940s, the steady increase of Gray Whale numbers has generated great interest in

their biology and behavior. During the festival, Whale researchers will present their latest findings.

To celebrate the annual return of the Gray Whales, Pacific Rim National Park and the coastal communities of Ucluelet and Tofino are hosting the 4th annual Pacific Rim Whale Festival coinciding with the peak of the whale migration. This year, the Festival begins 17 March and continues until 31 March.

Pacific Rim National Park will offer free whale watching hikes, guided by qualified naturalists. Films, displays and lectures will be presented at Greenpoint Theatre by naturalists and whale researchers, and the Wickaninnish Centre will be open 7 days a week.

Many unique events will be presented during the Festival. There will be lots to do, see and learn at 'Whalefest '90', so come on over to the wild west coast to see the Gray Whales on parade!

For a complete schedule of Whalefest '90 events, please write: Whalefest '90, P. O. Box 948, Ucluelet, B.C. V0R 3A0; or Whalefest '90, P. O. Box 476, Tofino, B.C., V0R 2Z0.

On and off base



NEW UNIFORMS



When he founded Scouting, Lord Baden-Powell knew from his army experience the value of uniforms in building morale within a group and in setting a particular group apart as something special. In spite of the preference of today's youth for a more casual informal environment, the National Council's uniform task force not only advised retention of a uniform but also recommended that all sections except Beavers adopt a common uniform for both youth and adults, with certain accessories and badges being used to denote the difference among sections and ranks.

Tan & Blue

The common uniform adopted by National Council last May consists of a tan shirt or blouse and navy blue slacks or skirt. Final decisions on headgear, badge sashes, and certain exceptions such as a navy blue shirt for Sea Scouts, were put off to a later date and have not so far been finalized. Introduction of the new uniform is scheduled to begin in Sept. 1991 and continue over a three-year period. Boys who move up to a new section within the transition period will change to the new uniform, while those remaining with a section will continue to wear their present uniform until they move up. However, parents should be able to buy the new uniform for their child at any time if they so choose. The biggest advantage of the new uniform will be that if a child outgrows his uniform shortly before moving up and has to purchase a new one, it can go with him to his new section with only minor changes needed.

The only members who will not be changing their uniforms are the Beavers. The task force decided that the present uniform was the most practical one for boys of Beaver age (5-7 years) and since Beavers do not have a badge scheme, they do not need to adopt the badge sash which other sections will wear.

Programs reviewed

Both the Cub and Scout programs were reviewed by a task force of the national program committee. The Cub review, which ended in 1986, resulted in such immediate changes as the addition of two new badges -- World Cubbing and Law Awareness. The directives of the task force, linking between the sections, three year planning, jungle atmosphere, and having the Cubs help in the planning of their own program, have been implemented in the newly redesigned and rewritten Cub Book which is now available. Its language is more attuned to the reading level of Cub-age boys and space has

been left for them to add their own notes and drawings. It also helps to interest and lead them into the Scout program.

One of the more obvious changes in the Cub program is a new wording of the Cub Law - "The Cub respects the Old Wolf; the Cub respects himself." It reflects our awareness that children have the same rights as adults not to be exploited or abused; that while they ought to respect and listen to someone who is trying to teach them something, they need not 'give in' to an adult in situations where they feel threatened or humiliated simply because the other person *is* an adult.

The new leader's handbook incorporates material from two discontinued books on getting new leaders started in Cubbing and detailed program planning. It has been redesigned to be

easier to use, and gives practical advice on all aspects of the program. All of these changes are generating new enthusiasm and creativity in both leaders and boys.

More Compulsory Awards

The Scout review task force made a total of eleven recommendations to National Council, most of them in the area of the award schemes. The Investiture and first two levels of the Achievement Awards have not changed. The Citizen Badge remains compulsory at all levels, but the Arrowhead and Exploring Badges have been made compulsory also at the Silver and Gold levels respectively, in order to put

more emphasis on leadership skills and the outdoors. This creates a solid core to the program which other badges and awards enhance. A new Challenge Badge for Cooking has been added, recognizing a skill that is already employed in other badge work but can also be a separate activity in its own right. These changes are effective immediately for Scouts invested from Sept 1989 on. Those previously invested will continue with the current award scheme until their 14th year. The Red Cross First Aid program has been proposed as an alternative to the St. John Ambulance program for the First Aid Badge requirements and will likely be accepted. The role of the patrol system and Court of Honour, and the development of program planning skills, have been re-

emphasized, especially in training programs for Scout leaders. Most of the resource materials from several sources are to be incorporated into new Scout and leader handbooks, planned for release in Sept 1991.

New Age Limit

The biggest change in the Scout program, however, will be the option of allowing those boys who have not matured sufficiently to remain in the troop until their 16th birthday rather than automatically moving up to Venturers at age 14. This option is not intended to replace or do away with Venturer companies. Rather, it addresses the issues of certain individuals

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INSURANCE CORPORATION OF BRITISH COLUMBIA

82% of accidents in B.C. result from driver error or inattention. So the obvious way to reduce spiralling insurance costs is to improve our drivers. The 1991 model should be smarter, safer and less expensive to insure.

In 1981, ICBC set up a traffic safety education program that has become a standard for similar programs throughout North America. We work with groups from many fields in every part of the province -- the school system, police, health care,

industrial and community organizations.

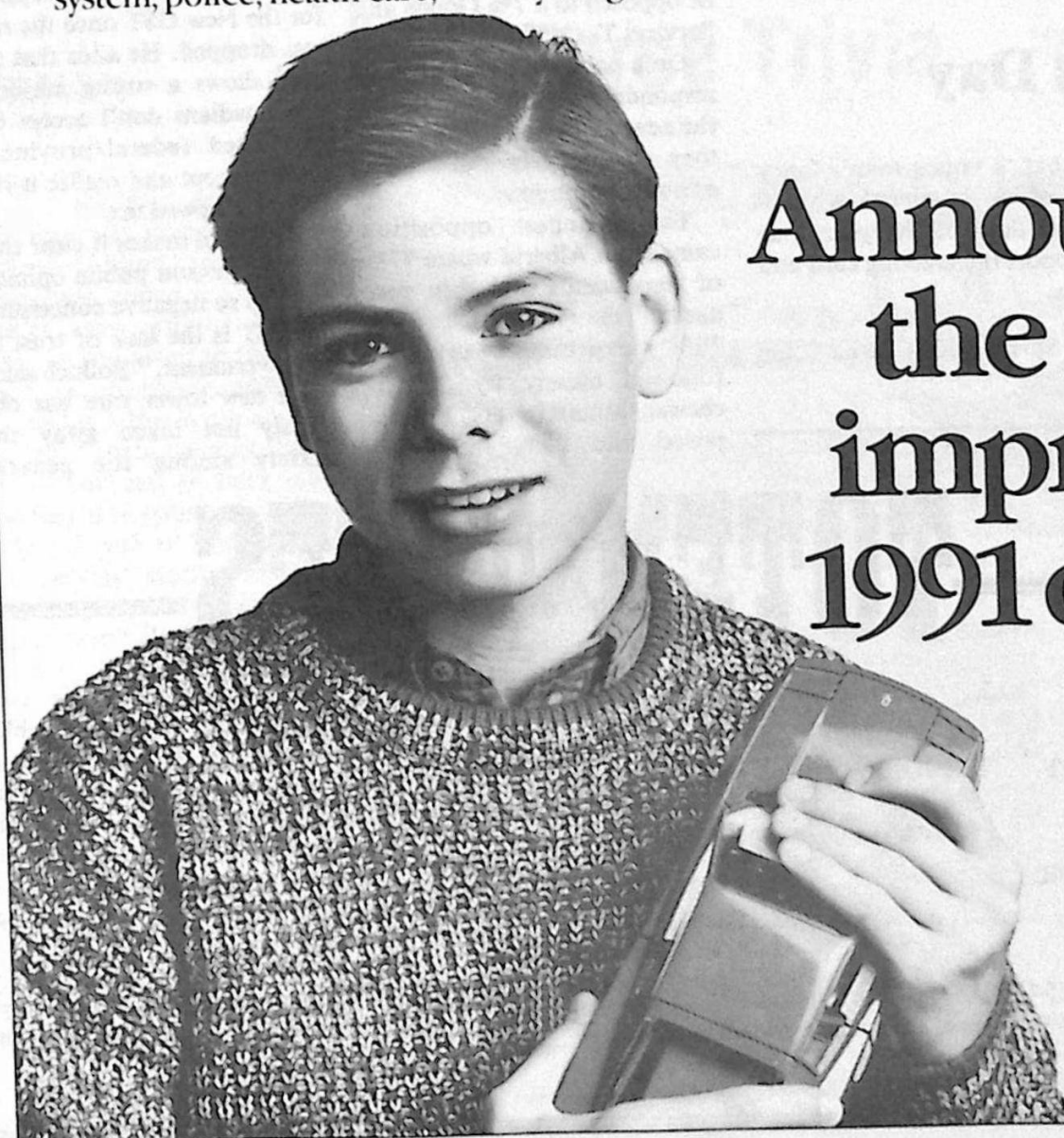
Our field staff uses programs to encourage children from elementary schools to "buckle up" and they in turn educate their parents. Older students produce their own videos on what can happen to teens who drink and drive; they also organize CounterAttack Clubs and events. In addition, we sponsor regional and provincial youth leadership conferences and encourage youngsters to create and

promote their own safety campaigns.

Our objective in all this has been stated very clearly by ICBC's president, Tom Holmes: "...to eventually produce a safer generation of drivers who will not tolerate the destructive driving habits of their parents' generation."

ICBC

Together, we can drive insurance costs down.



Announcing the new, improved 1991 driver.

Editorial

NORM BLONDEL



Chalk and cheese

In a letter to the editor recently, a reader commented on the expenditure of a sum of money on the Junior Ranks building, suggesting, "it would have been better to help feed some of the starving people of the world, rather than give ourselves a nicer looking building."

The connection between a building maintenance budget and starvation and poverty may appear tenuous to some, a chalk and cheese comparison perhaps, but the writer did wish to make a point. Are we pampering ourselves, while neglecting the needy of the world?

I suggest we are not: Let us examine some of the things Canadians do for the less fortunate citizens of this area, this country and the world: Locally, people from this base do a lot of work in service clubs, charitable groups, churches, seniors, scouts and other youth groups. They contribute to the food bank and support the Salvation Army. Individually they give pledges to national, provincial and local telethons. An example of base support can be seen in the response to the annual United Way campaign. Each year the target is raised, each year it is surpassed.

Some individual sections have their own annual campaigns; a prime example is the Military Police Blind Fund. At CFB Greenwood, the Copri (Cpl-Privates) club, put on an annual Christmas feast, presents and games day for the children of families on social assistance (perhaps they still do). Our civilian neighbours are just as busy helping those in need, and, since there are so many more of them (about 150:1 in the employed age group), the help is on a much larger scale.

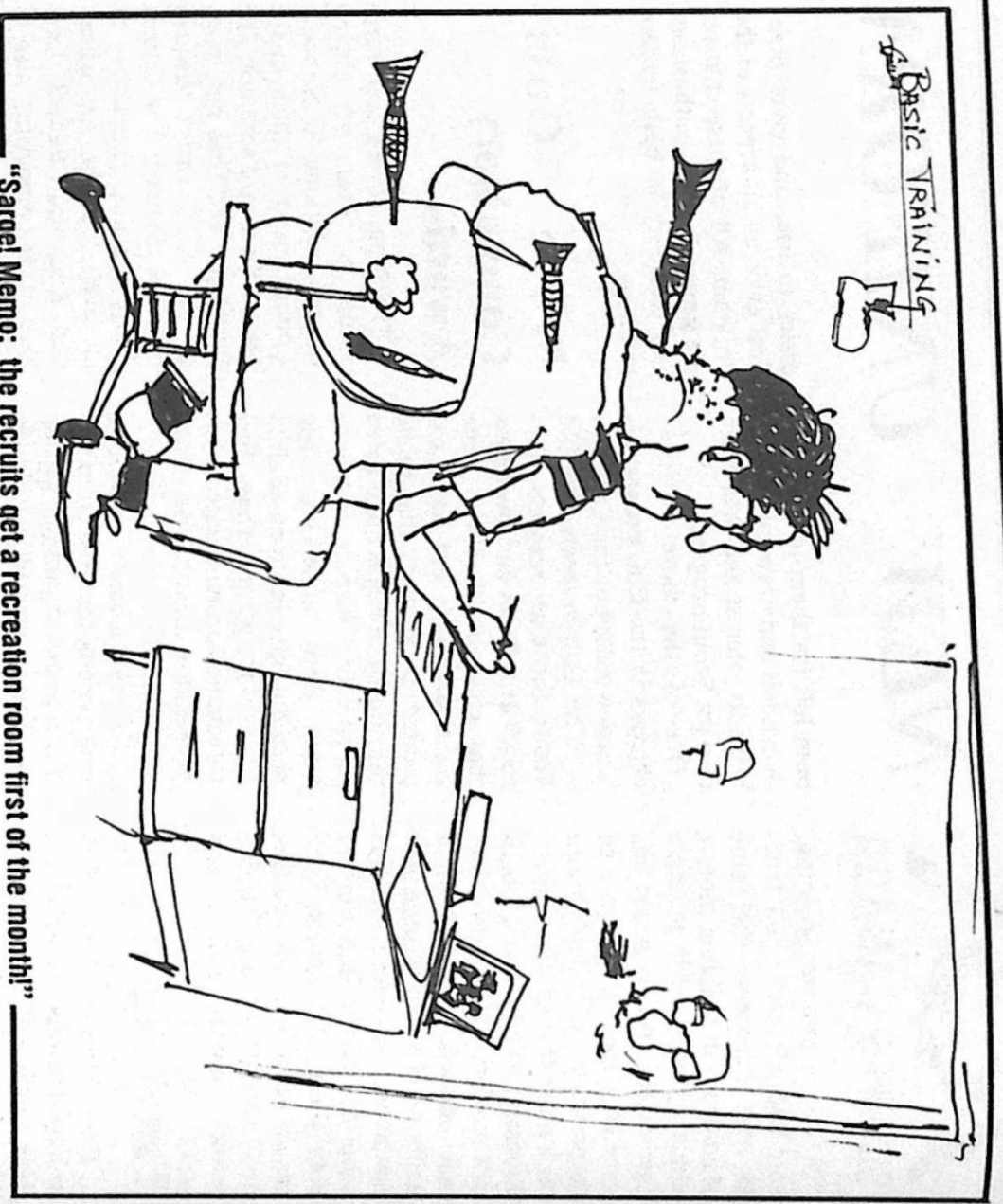
Internationally, the Government of Canada contributes two point six billion dollars per year in foreign aid, and still finds money and materials to send to places where famine and other disasters occur. And speaking of famine, who can forget the response of Canadian, American and British popular music stars who freely gave time, talent and royalties in recording their songs for Ethiopian famine relief?

One does not suggest, after this recitation, that Canadians should feel smug about how we help others -- U.S. citizens are apparently more generous per capita -- but perhaps there is enough evidence here to satisfy our letter writer that the problem of world hunger and poverty is being addressed, at the same time money is being allocated toward preventing our buildings from falling apart.

Valentine's Day

If it is supposed to be in the Spring that 'a young man's fancy turns to thoughts of love', we have often wondered why 14 February, statistically one of the coldest days of the year, was picked as the time to celebrate Cupid, support the greeting card and flower industries and fill up on chocolates.

Perhaps the phrase, "Why wait for Spring, do it now!", was coined less recently than we think.



Polls apart

If the federal government had been expecting the Canadian public to fall all over itself with glee at the prospect of paying a 7% Goods and Services Tax instead of the originally proposed 9% rate, it was wrong.

According to the results of a recent poll conducted by the Angus Reid Group for the Canadian Federation of Independent Business, a large majority of Canadians are still opposed to the GST, despite Finance Minister Michael Wilson's 2% rate reduction last December. The poll asked 1,501 people across the country, "would you be in favor of, or opposed to a 7% Goods and Services Tax?"

On a national basis, 68% of respondents are still opposed to the new GST, while 27% stated they were in favor and 5% expressed no opinion. The strongest opposition came from Alberta where 77% of respondents said they were against the 7% GST, while 20% expressed support, followed closely by Saskatchewan/Manitoba at 72% opposed and 22% in favor.

The pool makes it clear that a major reason public opinion remains so negative concerning the GST is the lack of trust in the government," Bolluch said. "The new lower rate has obviously not taken away the anxiety among the general

public that it won't eventually be hiked back up to 9% or more."

The poll supports Bullock's contention in that 83% of the respondents nationally said they believe a 7% GST would likely be raised after the next federal election.

Alberta respondents were the most certain that the 7% rate is only temporary, as 88% thought it would likely rise after the next election. Saskatchewan/Manitoba and Ontario respondents, to the extent of 87%, were almost as certain as Albertans that the rate would be raised. British Columbia respondents were also above the national average at 85%, while 77% of Quebecers and 74% of Atlantic Canadian felt the 7% rate would be temporary.

What are the politicians to make of this recent poll of Canadian opinion? If they're smart, they'll realize that the GST is not acceptable to the very people who will decide the next federal election.

by Terry O'Shaughnessy

TOTEM TIMES

EDITOR.....Norm Blondel

PRODUCTION STAFF.....JULIE Blondel, Liz Basham,

CIRCULATION.....Teresa Miles

CAMERA OPERATOR.....Brad & Helaine Shipley 339-4680

PHOTOGRAPHY.....Teresa Miles

Base Photo

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Comment



Letters To The Editor

BCATP

Dear Sir:

re: Vol 32, No 1, 11 Jan 90

I noted with interest your abbreviated article on BCATP. What is most noteworthy is that it has an accompanied sketch of the new Canadian Aviation Museum. The museum is great. A must see on every aviation enthusiast's list when in Ottawa.

As an aside I in the company of Heritage Ottawa, and Canadian Fighter Pilots Association attempted to no avail to get Hangar 66 at Rockcliffe preserved, as an annex to the Aviation Museum. Hgr 66 is (was) a typical WW II BCATP hangar and was one of the first 10 built. It was in fact the first Canadian (RCAF) Aviation Museum. Later became a Dept of Public Works structure and it and two other companion buildings were the National Aviation Museum until the new structure was completed in 1987. Our group wanted to have the building (Hgr 66) preserved and to serve as a line, on actual Location, BCATP museum c/w ground handling equipment aircraft and all. We felt that the nation's capital, since it has the National Aviation Museum, would be the obvious place to have the national 'monument' to the Aerodrome of democracy. Af-

ter many meetings and lobbying sessions with Cabinet Ministers of DPW, VAC, DND, and various members of parliament, the Hangar was declared a heritage building. But, the management of the Aviation Museum declared that since they had moved out of the old, 'firetrap and decrepit building', they were never going back. They did not appear to have very much interest in BCATP except to enhance their present museum status. In fact evidence indicates that there was considerable 'back-door politicking' to encourage the appropriate ministers to shoot our beloved plan out of the sky. End result was that we never got off the ground and the old Hangar 66 was hastily demolished. I wanted to weep. It is a rare occasion when we have the opportunity to portray and preserve a piece of our heritage in situ, to ignore and then destroy it is inexcusable. But that seems to be our way. Perhaps in twenty more years we will build a replica of Hgr 66 beside the Aviation Museum and name it the BCATP Museum.

Keep up the good work. The old fish wrapper is looking good.

Sincerely
M. J. Bud Wilds
General Manager

Ident-A-Kid

Dear Sir:

Van-Isle Children Identified Ltd., is a new business to the area, and provides a Community Service Program dedicated to providing the parents of the community with an accurate, IDENT-A-KID card.

The IDENT-A-KID card is unique in that it provides an accurate, up-to-date colour photograph, fingerprint, physical description of the child, and parental information as well as important steps to follow in the event your child goes missing. The card is packaged in a heat-sealed, laminate packet, similar to your driver's license, and can be conveniently carried by the parent in their wallet.

At present, information has been circulated to the school

system, in the hopes that they will see the importance of the program and allow it to be initiated in the school system as a 'Parent Option Program'. Local Day Care Centres have seen the importance of the program and are presently being scheduled to have the program presented to their parents.

With our society becoming increasingly security conscious, the IDENT-A-KID card provides the parent with a little confidence that at the very least they can produce immediate, up-to-date information on their child, should the child go missing.

Additional information about the IDENT-A-KID program can be obtained by contacting Carole Tilley, Program Director at 338-6152.

Yours truly,
Carole

UNICEF

Dear Sir:

On behalf of UNICEF's children from around the world, the Canadian Committee for UNICEF would like to take this opportunity to thank the community and media for their tremendous support during our Holiday/Christmas Campaign.

The proceeds generated from the sale of UNICEF greeting cards and gifts in Canada help to fund 25 Canadian UNICEF projects around the world.

It is truly with your financial and community support that UNICEF is able to continue to achieve its goals in helping millions of children from around the world.

Sincerely yours,
Claudie Desmarais
Provincial Chairman
UNICEF British Columbia
439 West Hastings Street
Vancouver, B.C.

More about Canex

Dear Sir:

I was interested to read your comments lamenting the passing of Canex, I have no similar feelings, for Canex failed when it never should have failed, it had a clientele that was paid twice a month, never went on strike and never had any large layoffs, in other

words a stable, reasonably well off(?) group of people, but it still failed. The reasons are probably numerous, but I suspect it had more to do with bad management and poor product lines, but mostly, it did not have to succeed, for unlike most privately run businesses it

didn't have someones personal funds invested or stock holders to answer to and therefore no real incentive to succeed.

So good bye old Canex, Hello new Canex and good luck.

R.M. Verbeek
407 Sqn AMCR0

About Canex

Dear Sir:

First let me congratulate Totem Times on the excellent choice of its new editor. Does this mean that retired members will get a voice?

As a former member of the forces (35 yrs) I enjoy very much the copies of Totem Times that I get to read if I get my copy from the mall or mess before they are all 'snaffled' up.

As a reader I have a wee complaint that I would like aired. It is with 'our' Base Exchange system which I patronized for many years before I retired and have been doing so since. Thereby turning profits back into better service for regular and retired members. This past Monday morning I drove out to the base service station with the sole idea of purchasing my weekly supply of gasoline but upon arriving the attendant came out and told me "that I couldn't purchase gasoline until the boss

gives us the word and we pass the 'new' gas prices (upwards naturally). Mind you the electricity was turned off and the pumps were working fine. I took my complaint to the Base Exchange officer who although was on his coffee break advised me that "thats the way things are — you can go back later and they'll be selling gas". Hey folks this was at 1015 hrs and the service station usually opens up much earlier — in fact it wasn't closed — only for gasoline! Permit me to wonder how many other patronizing customers were turned away because 'our' service station might have lost a few cents worth of the gas that they purchased at the 'old lower' price.

Norm, thanks for letting me get this off my chest as I for one will not be making any more trips to the base just to buy fuel. Continue with your excellent base news coverage.

Cheers
Frank Gavin

Air Force Trivia

What, where, when



65 years ago, far from the sea...

Trivia Answer



Avro 552A G CYGK. 3 Sqn
RCAF at Shirley's Bay, Ont.
1925.

(From the H. W. Holmes Collection)

About trivia

Dear Sir:

444 Sqn was first formed (we were told!) at St Hubert P.Q. in March 1953.

We formed an F-86 Sqn there, and flew Leap Frog IV to 4 Wing, Baden Soellingen in Aug. 53.

Sincerely
Ken McLeod

Section News



Anker Klankin'

Aircrew

The career manager has come and gone and everyone has an expression of shell-shock as per usual at this time of year. Nobody is anymore sure of their next posting than before he was here but we have a lot more to worry about now. It's a pretty good bet we are all headed east, but just how far east is anyone's guess. It looks like I'm posted somewhere myself but I'm waiting to see exactly where. There go my plans to become a millionaire by opening up a local gas station! I was going to call it 'Ron's Pay Lots Gas'. I'd offer a free car with every 25 litre fill-up and easy financing. Too bad I didn't get into the business sooner. I'd be a rich man by now.

The Squadron has been very busy lately as we enter our last month of flying Fisheries/Coastal Patrols with the Tracker. At the end of next month, the venerable old Tracker will finally be laid to rest in grand fashion. Farewell ceremonies are planned for both coasts, with ours being the one you don't want to miss. During her long career in the Forces, the Tracker has acquired quite a following and her send-off promises to be a very memorable occasion.

Our Squadron's T-33 aircraft have been valiantly performing their role as a 442 Sqn parts taxi. I was fortunate enough to be standing by the phone when a call came in from Moffett NAS to Rescue Capt Dave Roberts and crew and their stricken aircraft. I just heard a rumour that a Buff is going to Cold Lake today and since I'm the only T-Bird driver not on TD or leave, I guess my weekend is shot. I'll be sitting by the phone.

On 28 Jan 90, Capt Rick Corver lost his life in a CF-18 crash at Inuvik, NWT. VU33 Sqn pilots had all at one time or another hoisted a glass in the 'O' Mess with Rick and will miss him. Our community is a small and tightly knit one and any tragedy such as this hits pretty close to home. Our deepest sympathy to his family and 441 Squadron mates.

Tech side

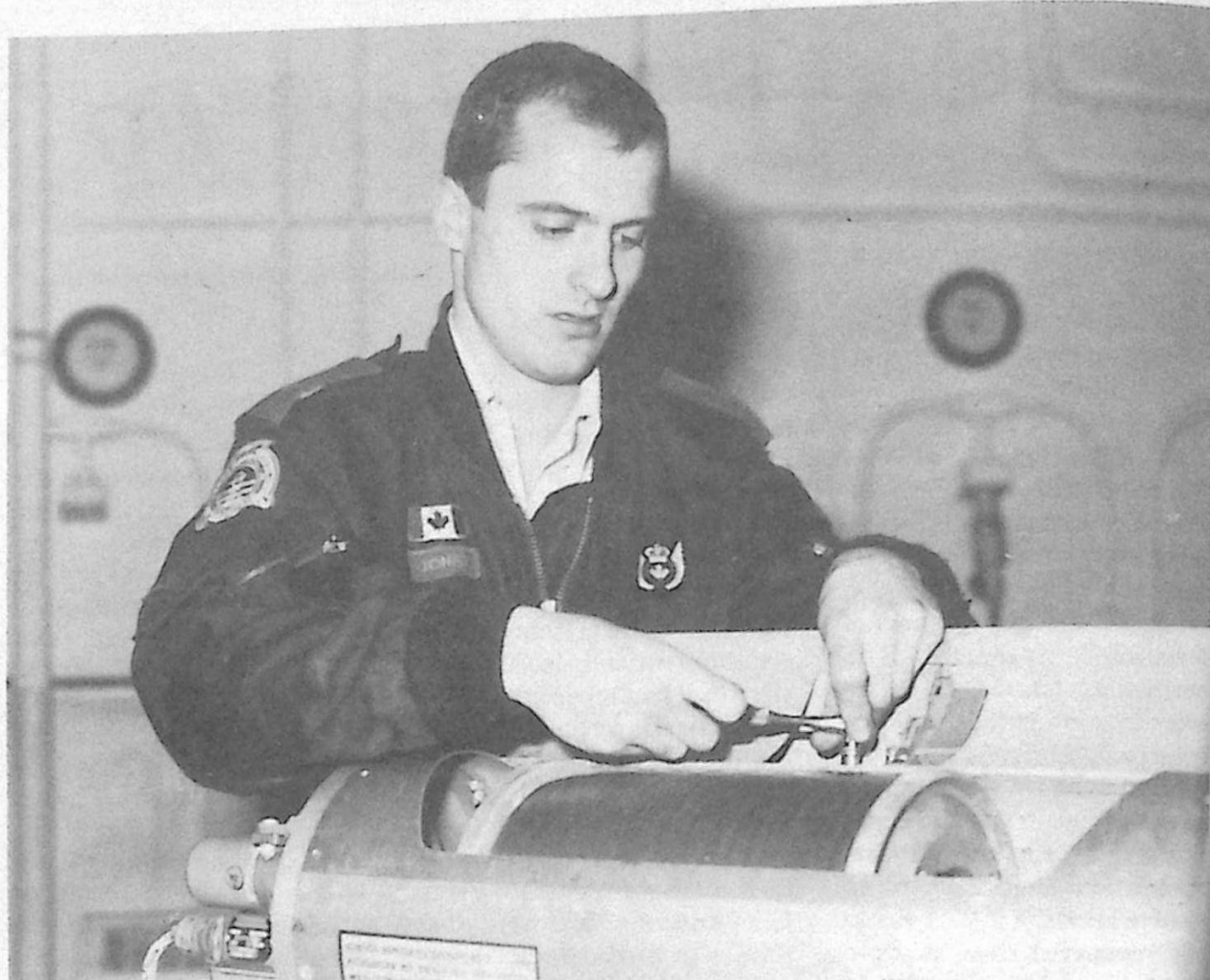
MCpl Boyd 'magic hands' Russel is back. He did his best to keep things interesting for his team-mates in the recent Regional Old Timers Playoffs. He helped the Comox team to their second consecutive Pacific Region Championship. Congratulations.

Welcome back Pte Tony Hernandez after his stint in brake & wheel and AMSE & whatever. We missed his smiling face and quick wit. Well at least we're 'half' right.

MCpl Brian 'the hoser' Shackleton hosted a card party last Friday, and a magical transformation of Pte Darren Herle took place. It appears there is a direct relation to the amount of talk and the amount of 'chips'. The smaller the pile of poker chips, the quieter he gets. The event was blessed with a guest appearance of one of our former Sqn members, Sgt Jim Alberding. All in all, it was a fairly quiet event with nobody even trying the hot tub. I guess the boys figured they'd be in enough 'hot water' when they got home.

Sgt Ted Town is still away on his 'gringo' course. We'll have a farewell maintenance supper in his honour sometime around

continued on page 8



Congratulations to Cpl Gary Jones on his recent promotion to Cpl. Cpl Jones is an Air Weapons Systems Technician at Base Armament. He is seen here performing maintenance on the Delmar Towed Target system which he operates from the back seat of the T-33 aircraft.

A LITTLE EFFORT CAN TAKE YOU A LONG WAY.

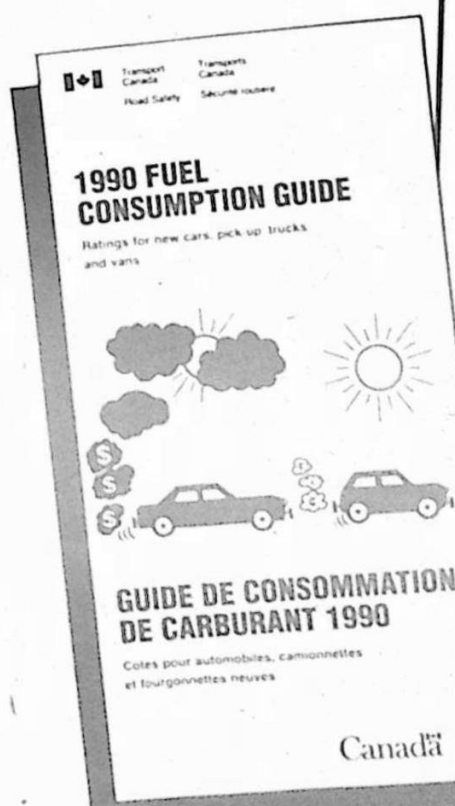
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Section News



BAMSO

Canex

continued from page 1

Welcome to Sunny Comox, the land where the sun always shines, it never snows and the grass is always green. Okay, so I lied about the snow. And okay, I lied about the sun always shining. At least the grass underneath remains green all the time. And just think, at least our snow will turn to water and run away in a couple of days!

The Whistler ski trip was an outstanding success again this year and Corrina Miller, Karen Bodner and the rest of the organizing crew are to be congratulated on doing such a fantastic job. I haven't heard all of the stories yet but I'm sure that Rob Boucher has some great stories about his toboggan ride down from the top of Seventh Heaven. It is rumoured that Rob thought that all the Ski Patrollers were female, blonde, 5' 6" and beautiful so he fell to see what he could catch. With Rob's luck, the ski patroller was probably male 6' 1", scruffy and ate beans for lunch. Hope your knee heals quickly, Rob.

The annual trip to Ottawa to visit the 500 series Career Managers is now history and it is hoped that all are satisfied with the postings or non-postings which they received. It should of course, be remembered that these postings are set in quicksand and are dependent upon how many bases we have left open after the next budget.

Who knows, at the rate things are going, we may all be glad that we paid into UIC.

I would also like to make comment to all of those people who complained about travelling Service Air and always said that Commercial was so much better. At Christmas, I was scheduled to fly to Montreal for 4 days and then on to Tampa for 6 days and then return via Toronto. Two airlines were involved, Air Canada and NorthWest and all was in order when we left. By the time I got home, my luggage had been lost 3 times, we went on 4 different Air Lines and I saw cities and places that I didn't even know existed. Do you know how hard it is to make a good impression on your girl friends parents when you don't speak French, they don't speak English and you have to stand down wind of them as your luggage is amongst the

For all of those of you who are wondering, I am finally posted this year and the BAMSO organization will be passed on to someone else who is hopefully more normal and who won't get injured quite as much. I don't know for sure where I'm going but the Career Manager promised me an eastern posting. This, fortunately, eliminated Masset and Holberg so the field has really been narrowed down. So I'll keep you posted on the

ongoing story of finding someone or someplace who will take me. After all, there has to be someone who doesn't know me.

It is the time of year for awards to be handed out and I want everyone to know that I received an award, as well. You have seen how athletes who have been injured receive awards for making comebacks. I want it known by one and all that I received the award 'For the Athlete Who Made NO Comeback at All'.

BAMSO
Base Photo

Busy? Not us. In 1989 our little ol' section produced over 34,000 color and over 6,000 black and white prints; took over 4,000 official negatives and mounted some 7,000 slides. Somewhere in there we copied videos, went on courses and even managed a few TD trips. Not too shabby considering we are NOT a ONE HOUR photo service. 1990 is shaping up to be even busier, with several special projects on the go and several more on the horizon. Our intrepid photographers are busy 'shooting' People at Work, display photos for Air Show 90 and a photo story on the soon to depart Tracker. Many of these photographs are on display throughout the base and some will soon be gracing the covers of Flight Comment and the Sentinel.

Rod Cando will soon be heading east AGAIN!, this time on his 6A course in beautiful Borden. Ace'em Roddy. Word is out that Gerry Fairbrother is being posted to DNDOT Ottawa this summer. Rod has not stopped smiling since he heard from 'above' that the new Sgt will be a female, making Rod the ONLY male in the section. The entire section is now in training for this years Snow to Surf. George, Rod, Kim, and Alisa will be on the all photo team with members of 407 photo. Sgt 'whats his name' has crossed over the line and will compete with the Sr NCOs. Early betting has the SR NCOs finishing ahead of the photogs. . . or was that the other way around.

BAMSO
Armament

There have been a few changes since our last submission. After a long peaceful holiday and the birth of a beautiful baby boy, MCpl Murray has returned to the fold.

And speaking of babies, Cpl Jones and his wife Kim have also been blessed with a beautiful baby girl they call Melissa. Just in time to spend the raise that accompanied his promotion to Cpl. Gary and Kim have taken their best asset home to meet her ancestors. Congratulation to both families.

Gary isn't the only one off on holidays. Bob Patenaude spent a month off in Truk Lagoon, wherever that is, and is currently basking in the sun in Florida & enjoying Disney World.

EOD has been busy setting off flares and fireworks, unfortunately no one noticed except the tower: "EOD what are your intentions?"

Our token land type is prospering well down here. With a few adjustments and changes in responsibilities we air types can honestly say "Sorry that isn't our department".

Our rather newly arrived Cpl Fairbairn has been kept quite busy lately. Rick is frantically trying to emulate his hero and become a fly guy; he's even giving driving lessons in his spare time. But only if you want to go backwards.

Its officially -- unofficial: we'll be losing two of our more active residents sometime soon. Cpl Giles and her spouse are selling everything and heading off to the land of schnitzel and beer tents. Keep your fingers crossed that they are still able to, with all of the changes coming about.

MCpl Demorest has decided to leave the Armed Forces and pursue a career on the outside. Rod has elected to 'retire' close to his hometown, in Kingston and should be there in plenty of time to give his mother a Mother's Day present in person. The next time you're in Kingston check out the street corners -- he'll make a fortune. Best of Luck, Rod.

The military connection

Canex will remain under military control, Canex management will report to the Canex Board of Directors which is chaired by DGPS and includes a representative from each of the Commands. In addition, there will be four civilians on the Board to offer advice from a business perspective.

The Canex Board of Directors will report to the NPF Board of Directors, and will be charged with ensuring that Canex fulfills its mission statement.

The Mission Statement

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

"To me," says Col Jack Arseneault, President of Canex, "that means that we cannot be successful if we do not do everything in our power to meet your needs. By meeting your needs, we will run a profitable organization that continues to generate funds for your recreational and welfare requirements."

What's in it for me?

The objective of the reorganization is to allow Canex to fulfill its mission more effectively. Its mission is customer satisfaction. If the new Canex satisfies its customers, we all win.

"Right now, we are preparing pricing policies for Canex," says Mr. Lunt, "that will put Canex right in there with the competition. This may not mean that you will get the lowest price on every item, but it does mean that overall Canex will be hard to beat. Once we convince you of that through our actions, our sales will increase and so will our contribution to your Base Fund."

There is still more work to be done before the new Canex takes over. And the transition period is two to three years. However, the signs are there that the new Canex will have a lot in it for you and me. Watch for it!

We erred:

In the 25 Jan Fishwrapper we inadvertently switched the photo captions for the promotions of MCpl Smith and Cpl Rayburn, MP Section. We apologise for the error.

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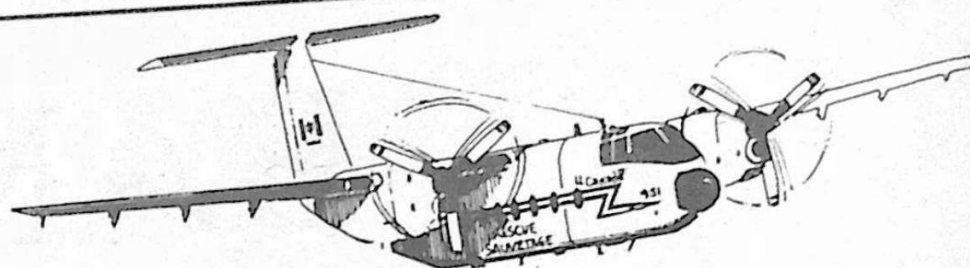
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Section News



442 Squadron



We'll start off the month by extending our heart felt congratulations to Brian and Bev Branch, on the successful arrival of their first child, a bouncing baby girl. The young lady is reported to be doing just fine and has been very busy caring for her nervous new parents.

The Lab side of the house has been very busy as of late with the hair pulling prior to and during our recent visit by the ATG watchdogs, and a rash of annual and pre check rides. Lab side all scored well on their closed book exams and no one was more surprised than Joe Casey himself with his staggering 94%. Speaking of staggering, congrats and a lid flip are extended to our two Engineers with no first names on their recent promotions. 'Mac' MacGregor and 'Pin' Pinault are now at the lofty height of MCpl and the two can

be seen swaggering around the hanger with their extra shoulder hardware. For those of you who don't believe in God; and for what many believe was a total impossibility the inevitable has finally happened, Boxer 'I never break down on the Road' Scott, did, The Lab 'wanna be' Engineer has met his match, in Smithers, with a BAD Prop.

J.J. Landry and Boxer went on a Trainer to Mexico for a couple days, Geez Boss have a talk with Boxer, if he's gonna breakdown somewhere, Wayne Webster had a successful trip with the CO to the interior and Bert Howard has been locked in his office, making funny engine noises with his lips, while pushing his desk around the room.

Finally, Kevin Morawski says he'd even swap his first rescue for a cross country to Kamloops. Talk about

dedication, Serge Poirier has been trying desperately for two years to get a helmet that fits properly, but finally, in desperation had to resolve to having his ears removed by the MO. Congrats to Vimy Trevors and Joe Casey for passing their check rides, pay your party fund, and from the believe it or not department Paul Caughy swears it was really Elvis who drove his car into a snow bank and bent his bumper. Talk at you soon, Byebye.

Navs

The Navs just underwent a 'friendly' visit from Maj Grandmaison (otherwise known as 'Pupent') who dissected the section and gave us the ATG line on doing things. He arrived earlier than the rest of the AET team because of his heavy schedule, but we suspect it was to provide more time to dig. Fletch has departed the fix and

is off to Trenton and the Herc Basic OTU. He received an unofficial mugout at the Leeward and his official one will be carried out on his return prior to departing for Edmonton. Marc Ouellet is in Cornwall learning how to look for boats the Coast Guard way in French -- should be readily employable on his return to the west coast. Brad White has dugout his red pens as the new training Nav and though Neal Matthews and Mike Loader breathed a sigh of relief when Fletch left it may be short lived. Maj Pete Howe is a single parent for 4 weeks and has been seen begging for meals from various quarters -- seem to be working, though Harold refuses to babysit.

Lab Flight

Congratulations to Capt Erdos who is the newest A/C in the Flight.

In the continuing saga of Nicaragua and the Sinai Capt Erdos and Lt Mills spent a morning in Victoria getting their Kit. A few highlights for Central America includes ground sheets, sleeping bags,

mosquito netting (sounds like nice accommodations) and Rob still awaits his most prized possession, The First Aid Kit with his snake bite venom and survival book with 101 different ways to cook reptiles.

More Anker Klankin

continued from page 6

the end of the month, so all you guys have plenty of time to get your jeans ironed and your 't' shirts washed. MCpl Ernie MacAlpine or as he is affectionately referred to as the 'S Grub O' is down to the short strokes as his upcoming retirement draws near. We'll sure miss him when he's gone, especially at breacktime.

And now for the good stuff: There is a Sqn ski day at Forbidden Plateau on Friday 16 Feb 90. Contact your Sqn ski rep for details, and if you have to ask who that is, you've been living in a cave.

2 Crew

We would like to welcome our new AF Tech, Pte Paul Walter to VU33. Even though

he has only been with us for a week, he has already mastered getting into and out of the D-6 mule. He hasn't however learned how to sit in a chair at the 'Mex'. Cpl Dave Sabourin was on his POL course in Borden last week, but is staying in Ontario for a few more days to run-a-muck in Ottawa.

With last weeks snow storm, came the posting news from Ottawa. It's hard to say what caused all the long faces around here, the snow or the rumours of Cold Lake and Shearwater!

Hopefully we have seen the end of the snow and February promises to be busy with a ski day (16 Feb), winter carnival (22-23 Feb) and MCpl Shackleton 'Hoser party' (24 Feb).

AMCRO

Capt Snow finally came home. We still don't know if he was sulking or celebrating after the career manager visit. MWO Cameron has had a steady line of smiling faces coming out of his office since his return from

Ottawa. Are Finnegan's scratches from a new cat or could it be from a hockey game? Sgt Williams has to get steroid

shots in his shoulders, the only side effect is slight darkening of the skin and an continuing urge to run. Cpl Renaud has been

going to the BOR to extend her further knowledge in her recent trade; so she should be a Super Clerk by this summer . . .

solution on page 13

Crossword

By Rick McConnell

ACROSS

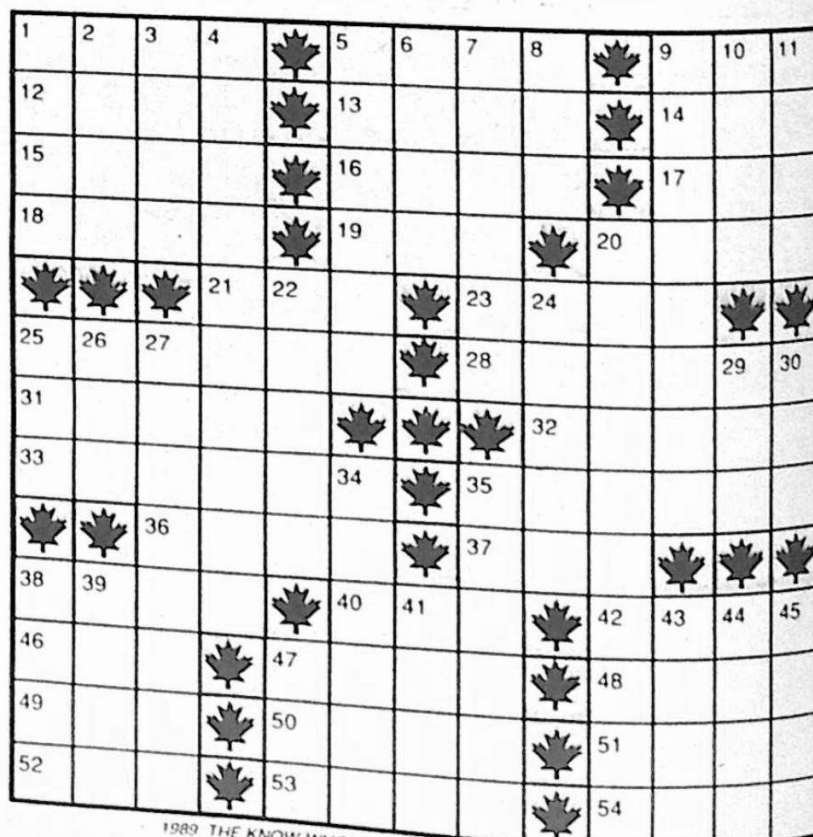
- 1 Long way
- 5 Fastener
- 9 Cad
- 12 Pianist Peter
- 13 Hair bugs
- 14 Cheer
- 15 Oolong and Pekoe
- 16 Song ending
- 17 Adele
- 18 River to the North Sea
- 19 Spider pride
- 20 Peruse
- 21 Seen in Sully
- 23 Large amount
- 25 grill
- 28 Refinery product
- 31 Clamp
- 32 Freshly
- 33 Like some lamps
- 35 Views
- 36 Slippery
- 37 Verve
- 38 Green emotion
- 40 Top dog (abbr.)

DOWN

- 42 Kiln
- 46 Spook writer
- 47 Fly
- 48 Words of understanding
- 49 Greek letter
- 50 Mail
- 51 Tidy
- 52 Ever
- 53 Picnic pests
- 54 Humble
- 1 Feed the kitty
- 2 Sense
- 3 Mid-Easterner
- 4 Flowery Dale in Sask.
- 5 Scratched
- 6 Lemon cousin
- 7 Headache helper
- 8 Write
- 9 Flowery Ville in Sask.
- 10 Pincher Creek prov.

11 Set up

- 20 Queen Charlotte tip
- 22 "Wait dark"
- 24 Spear
- 25 Listener
- 26 Former hoop league
- 27 Flowery town west of Edmonton
- 29 a la Crosse
- 30 Fleur-de-
- 34 Shogun
- 35 Newspaper section
- 38 Foil
- 39 Memo
- 41 Sun-up site
- 43 Boating
- 44 Connection
- 45 Head of Hades Hills
- 47 Health club



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Section News



MP Child Ident

The Military Police Section at CFB Comox, now have Child Identification Passports available. These passports are designed to provide Police or Social Workers with a current photograph and fingerprints of children in the event that a need arose for identification.

The Military Police urge you to educate and 'Streetproof' your children. Talk openly with your children, be 'askable'. The following are the guidelines you may want to set out for your children:

- an unattended child is a child at risk. Arrange with your child for an alternate place to wait if delayed or separated;
- if possible, have your child travel to and from school by the same route and stay at least in pairs;
- make sure your child knows his full particulars (full name, address, including province, phone number, area code, and the correct procedure for placing a long distance call);
- when dressing your child avoid using clothing with his/her name printed on it, as not everyone who uses a child's first name actually knows him/her. The child's name can be an essential tool for a potential abductor;
- check the credentials of your babysitter thoroughly. Also instruct your child not to answer the door when home alone or reveal over the telephone that he/she is home alone;
- reiterate to your child that it is not rude to ignore an adult seeking directions on the street. Another adult should be asked for more complete directions. Also, advise your child that if a stranger asks them to come near a vehicle, they should refuse. If they are followed by a vehicle or person they should

run home or to the nearest public place yelling for help and should avoid deserted places;

g. tackle the subject of sexual abuse. Approach the issue the same way you would road safety. It is important to note that almost always when a child asks you about sexual abuse, it is after it has happened! If abuse has taken place:

1) **DO** encourage your child to talk about it;

2) **DO** establish in your child's mind that he/she is not to blame;

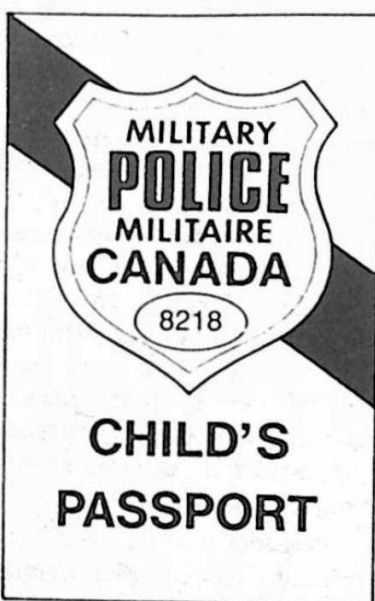
3) **DO NOT** correct your child's story. Pay attention to the original words, even those which may be babyish;

4) **DO NOT** modify what your child is attempting to say, you'll only confuse them;

5) **DO NOT** show anger or horror. If unable to control your emotions, make it clear that your anger is directed towards the offender, not your child;

6) Contact the Military Police immediately at 339-8218 or 339-8425.

For more information please contact the Military Police Investigation Section at 339-8436 or 339-8449.



Truckin' Tales



From left to right MWO Ray Boulanger and Capt Darryl Hamilton from BEME next to Maj Tom Fisher and MWO Dave Foreman representing Base Transport.

Where have all the Engineers gone?

Effective 15 Jan 90, the Base Electrical Mechanical Engineering section (BEME) will report directly to the Base Technical Services Officer -- BTSO -- LCol Mack.

In the past, BEME has been an integral part of Base Transportation which is contrary to the normal CF Base concept where BEME forms an independent section within the Technical Services Branch.

The current separation of BEME from the Base Transportation section is for a trial period of 6 months. This trial period will serve to indicate whether or not it is more operationally effective to have the BEME as an independent section or opposed to being a sub-section of BTn.

Capt Darrell Hamilton is the Section Head who has a wealth of experience in the Maintenance world along with his 2 i/c, MWO Ray Belanger. Ray came to CFB Comox from Calgary last summer as a newly promoted MWO.

Although now separated, the MSE operators and vehicle mechanics have always shared many good work relations along with good parties together, and will hopefully continue to do so in the future, regardless of the new change.

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10 TOTEM TIMES

National news

RRMC 50th



The Castle at Royal Roads Military College was built by Samuel MacLure for the Honourable James Dunsmuir, a past premier and lieutenant governor of British Columbia. Royal Roads gets its name from the anchorage offshore in the Straits of Juan de Fuca.

The grounds and buildings which now make up Royal Roads Military College have a long and interesting history. The original estate, known as Hatley Park, was purchased by the Honourable James Dunsmuir just after the turn of the century. Dunsmuir was a very colourful individual whose exploits both in business and public life are of note. Between 1900 and 1902 he served as the Premier of the Province of British Columbia and was later to serve as the Lieutenant Governor.

Dunsmuir was once quoted as saying: "Money doesn't matter just build what I want." The building which he had commissioned and which is aptly referred to as the 'Castle' certainly reflects this sentiment. Dunsmuir lived in the Castle until his death in 1920 while his wife lived on at the estate until her death in 1937. In 1940 the estate was purchased by the Dominion government and soon thereafter became HMCS Royal Roads, its name taken from the anchorage just offshore which had been used for many years by ships of the Royal Navy and later ships of the Royal Canadian Navy.

This wartime establishment turned out what became known as the '90 day wonders'. They were volunteer reserve officers hastily trained in their craft for service with the RCN during WW II. The year 1942 saw the re-establishment of the Royal Canadian Naval College at Royal Roads. In 1947, it became the RCN-RCAF Joint Services College and with the entrance of army officers a year later the name changed once again to the Joint Services College Royal Roads. It was in 1968 that the name Royal Roads Military College was officially adopted.

Preparations for the events marking the 50th Anniversary of Royal Roads Military College are continuing. At this time details for this year's Ex-Cadet Reunion scheduled for the weekend of 3-4 March are presently being finalized. This reunion will follow the general outline of the yearly Western Reunion weekend held each year at Royal Roads for ex-cadets from right across Canada.

For the first time the annual reunion weekend will be held in conjunction with a Tri-CMC Sports Weekend. Teams from not only Royal Roads but also

from the Royal Military College in Kingston, Ontario and the College Militaire Royal in St. Jean, Quebec will be competing against each other in a variety of sports.

Contingents from each of the three colleges are also scheduled to take part in the Ex-Cadet Parade to be held on Sunday morning. This parade will also mark the first time that the college colours of all three Canadian military colleges will be paraded together.

As you can appreciate the task of contacting 50 years worth of ex-cadets who are now living across Canada and in some cases around the world has not been easy. This past summer over 3000 letters were mailed out not only to those who attended Royal Roads Military College but also to graduates of the Royal Canadian Naval College, Royal Roads and those who completed wartime training at HMCS Royal Roads. Already many returns have been received and it appears that the reunion weekend will be well attended.

Although the reunion weekend is an occasion specifically intended for ex-

cadets there are a number of events to be held throughout 1990 which will be open to the public. These include the following:

Graduation Ceremonies 18 - 19 May 1990: The graduation ceremonies will include the Sunset Ceremony on 18 May and the Graduation Parade on 19 May 1990. Both events are open to the public.

Open House 30 September 1990: The Open House will start at 1300 hrs with band, drill and sports displays preceding a demonstration by the *Snowbirds*, and the *Skyhawks*, and the *Riding Troop of the Lord Strathcona's Horse (Royal Canadian)*. Displays of college activities and academic programs will complete the day.

Freedom of the City of Victoria 20 October 1990: Details for this event are still in the initial planning stages. It is hoped that the day's activities will include not only the parade through downtown Victoria but also the presentation of displays at Beacon Hill Park.

Anyone seeking further information on 50th Anniversary activities may contact the 50th Anniversary Coordinator, Mr. A.J. Bryan at 380-5945.



The new coat of arms was recently presented by Her Excellency The Right Honourable Jeanne Sauvé, Governor General of Canada during her recent visit to Royal Roads Military College, 12 September 1989.



Asst. Deputy Minister (Ma- terial) appointed.

OTTAWA -- The Deputy Minister of National Defence,

Robert R. Fowler, has announced the appointment of Robert D. Gillespie, 39, of Guelph, Ontario, as Assistant Deputy Minister (Material) for the Department. The appointment has been approved by the Public Service Commission.

Mr. Gillespie's appointment is effective 21 February,

following the retirement of Mr. Eldon J. Healey who currently holds the position. Mr. Gillespie is currently the Chief

of Supply for the Department of National Defence, a position he has held since 1985.

Mr. Gillespie was born in Guelph, Ont. He graduated from the University of Waterloo in 1973. Mr. Gillespie has held numerous federal government positions with the National Capital Commission, the Treasury Board Secretariat, the Department of Regional Industrial Expansion and the Department of National

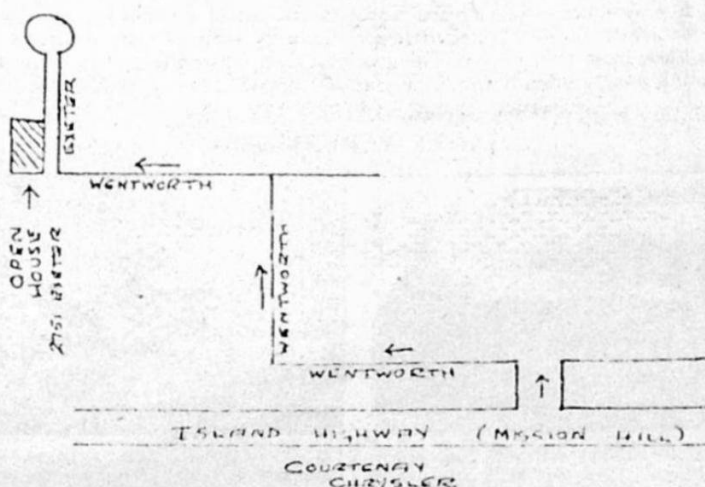
Defence. Mr. Gillespie was also part of an executive interchange with the Australian Department of Finance as Assistant Secretary, Education and Science Branch in Canberra, Australia.

Mr. Gillespie completed the Program for Management Development at the Harvard Business School in 1988.



NATIONAL REAL ESTATE SERVICE

OPEN HOUSES



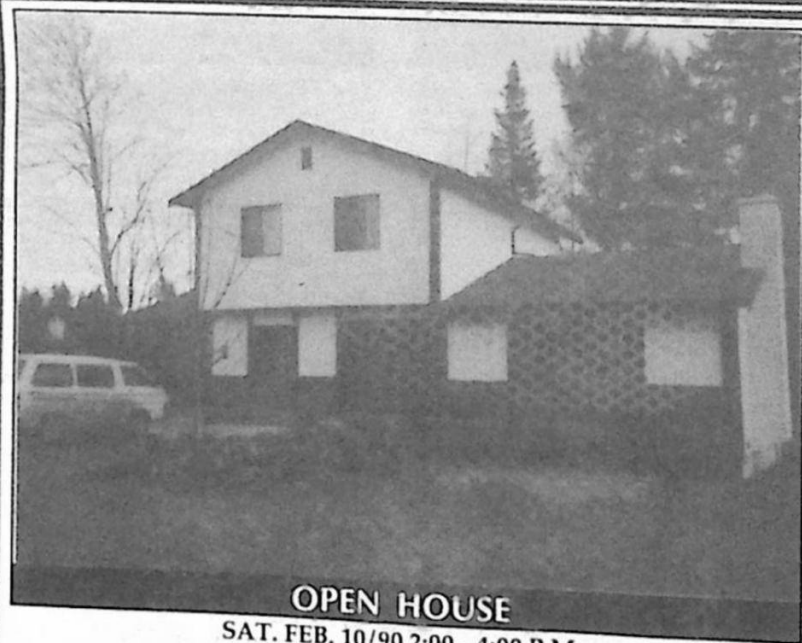
OPEN HOUSE

SAT. & SUN., FEB 10 & 11, 1:00 - 3:00 P.M.

2751 EXETER PLACE COURTENAY

this brand new 3 bedroom features oak cabinets, breakfast nook, formal dining room w/ bay window, full ensuite & walk-in closet off master. Brick hearth & woodheater in living room, & more! \$119,000.

MAGGIE GARDINER 334-0869



OPEN HOUSE

SAT. FEB. 10/90 2:00 - 4:00 P.M.

530 PRITCHARD ROAD COMOX

by buying this 3 bedroom, 1 1/2 bath family home on a deluxe Comox lot! This 2 level home boasts a private backyard, partially bordered by a creek & dotted with assorted fruit trees. Extra parking. \$97,700.

LIZ ALDRIDGE 337-8942

RESIDENTIAL

DOWNTOWN COURTENAY



DOWNTOWN CONVENIENCE

in the old orchard area 2 blocks from all the amenities. This 2 bedroom cutie sits on 2 lots. \$64,900.

KEN STEWART 338-0868

REDUCED FROM \$99,500



HOBBY FARM

Beautiful rural setting on 5 acres off Marsden. House has 4 bedrooms plus an 8 stall barn, greenhouse & garden. Hydro lines cross back of property. \$89,900

BRENT CUNLIFFE 334-4972

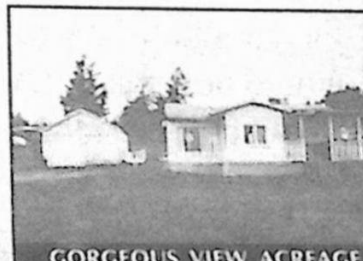
NEW - NEW - NEW



ENJOY CARPENTRY?

Then don't miss this terrific workshop set up in a roomy 2 car garage. Cabinets for all your tools & it has its own separate electrical service. \$84,000.

BOB HILBORN 335-2238



GORGEOUS VIEW ACREAGE

Possible to subdivide or rent out existing home and build your view home on back side of property. \$69,000.

BRIAN SHAW 339-6559



NICER THAN NEW \$94,500.

Located in a very nice neighbourhood in Comox. Features of this home include 3 bedrooms, 2 bathrooms, Kent woodstove, garage, dishwasher, sundeck & more.

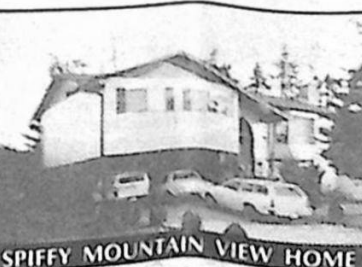
JOHN FORIN 334-2728



A QUIET COUNTRY ACRE

This cozy 3 bedroom home is located not far from Comox on 1 acre for \$81,900.

RUDY WITTHOFT 339-5634



SPIFFY MOUNTAIN VIEW HOME

An absolute beauty, this home features 3 large bedrooms, an ensuite on main, large living room with bay window with mountain view. \$109,900.

BRUCE LANGLANDS 335-0133



COMOX EXECUTIVE

Quality 4 bedroom executive home in prestigious Highwood subdivision. Large, spacious rooms throughout. \$139,900.

ERROL JERNSLET 334-2855

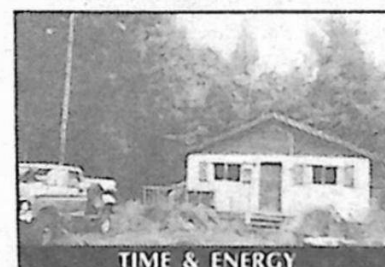
SEMI-WATERFRONT



ONLY THE FINEST

went into this semi-waterfront lovely 3 bedroom home with a view looking out over the sea to the mainland mountains. \$137,500.

YVONNE MAHRT 339-2729



TIME & ENERGY

is required to give this 3 bedroom rural cottage some touch up & landscaping. Once inside you'll be surprised to find a clean & comfortable home. \$54,900.

CLAIRE TETREAU 339-0709

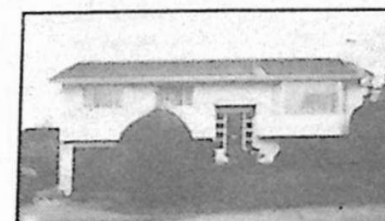
NICE RANCHER



A RAY OF SUNSHINE

Bright, roomy rancher in west Courtenay. Vaulted ceilings - beautifully accented in cedar. \$89,500.

J. GORDON ELLISON 339-4727



IMMACULATE & AFFORDABLE

This large split entry home is located in a quiet residential area of Comox close to schools & recreation. \$95,000.

GEORGIA MCLELLAN 339-4642

ANOTHER CUMBERLAND CHARMER

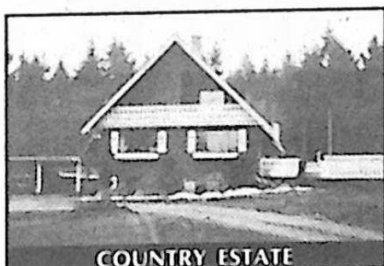
Open and airy 4 bedroom home with large rooms and high ceilings. Most of the windows have been replaced and the home is neat and tidy with washer/dryer hookup, knotty pine kitchen cupboards & large fenced yard. \$59,000.

JOHN FORIN 334-2728



NRS BLOCK BROS. REALTY LTD.
1742 Cliffe Avenue
Courtenay, B.C. V9N 2K8
Telephone: (604) 334-3111

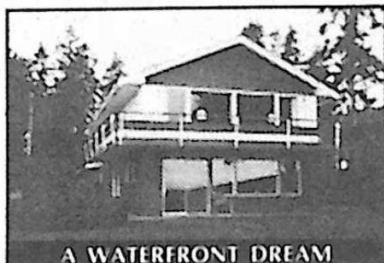
RESIDENTIAL



COUNTRY ESTATE

situated on 3 acres of prime acreage just 8 minutes from downtown Courtenay. This elegant home has so many features it's hard to list them all! \$225,000.

BRUCE LANGLANDS 335-0133



A WATERFRONT DREAM

Your dreams have come true when you look at this quality 3 bedroom home on a beautiful walk-on waterfront beach. \$189,000.

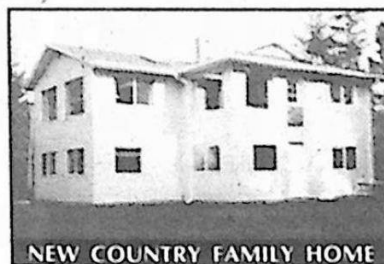
BRUCE LANGLANDS 335-0133



PICTURESQUE RURAL LIFESTYLE

this 53.6 acre farm has excellent soil, boasts a solid 3 bdrm. home, barn, & several outbuildings & is offered for sale at \$180,000.

RUDY WITTHOEFT 339-5634

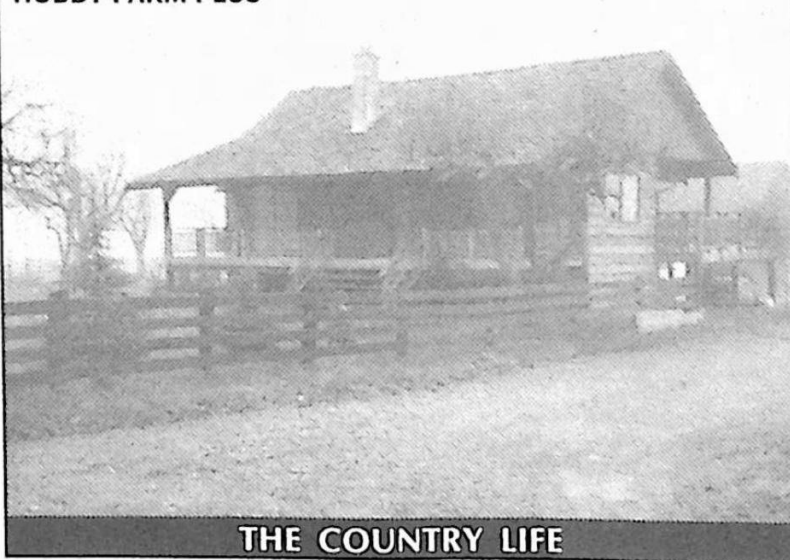


NEW COUNTRY FAMILY HOME

on 5 acs. This brand new 2600 sq ft home boasts 4 bedrooms, 2 baths, family room, large rumpus room, wired workshop & garden area. Lots more! \$179,000.

BRENT CUNLIFFE 334-4972

HOBBY FARM PLUS



THE COUNTRY LIFE

with a mntn view home on 22 acs of some of the best land in the Comox Valley. Completely cross fenced with an old style barn. Property has a wide variety of fruit trees, an organic garden, produces a great crop of hay & has plenty of water from a drilled well. The home has been completely remodelled both inside & out with a large covered porch on the front of the house & sundecks off the back overlooking the whole property. \$154,900.

KEN STEWART 338-0868



A RARE BEAUTY

If there was ever a home with everything, this is it. Play billiards in the pool room as you watch your guests bubble away in the indoor hot tub. \$189,500

KEN GRANT 338-0946



MT. WASHINGTON DUPLEX

Up/down unit. Downstairs unit has large sunken living room & f/p & sleeps 8-10. Upstairs unit is a little smaller but sleeps 8 comfortably. \$146,900.

BRENT CUNLIFFE 334-4972



BRENT CUNLIFFE

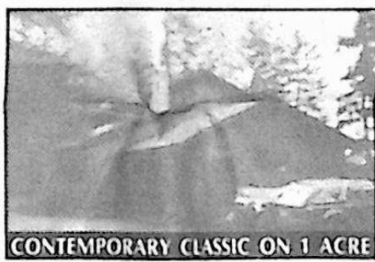
So you've found your dream house. Now all you need to do is sell your current house, then move in. But what if your house doesn't sell? Does the very idea send shivers down your spine? So it should. You could lose your option on your dream home, and have to start at square one again. Of course, if your dream home is listed with NRS Block Bros., and you list your house through us, then this situation would never arise. Ask me about NRS Block Bros.' unique trade plan.



HOME WITH CHARACTER

Private, beautiful setting, trees, 2 storey contemporary home situated in the prime Huband Road area. \$125,000.

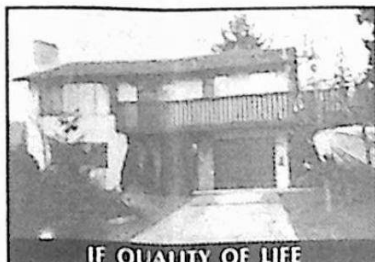
GEORGIA MCLELLAN 339-4642



CONTEMPORARY CLASSIC ON 1 ACRE

with 3 spacious bdrms, 2 1/2 baths this lovely home melds the cozy warmth of cedar in the living room with the bright cheery, European kitchen. \$135,000.

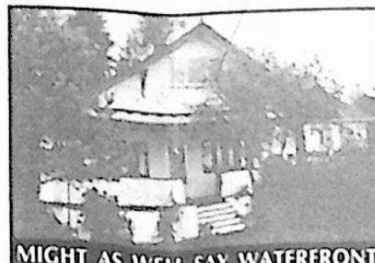
BRENT CUNLIFFE 334-4972



IF QUALITY OF LIFE

is important to you, you'll enjoy the short walk to golf course, shopping mall, marina & schools. Home is located in an area of executive homes. \$118,000.

GEORGIA MCLELLAN 339-4642



MIGHT AS WELL SAY WATERFRONT

with an outstanding ocean & harbour view and without paying waterfront taxes. \$115,000.

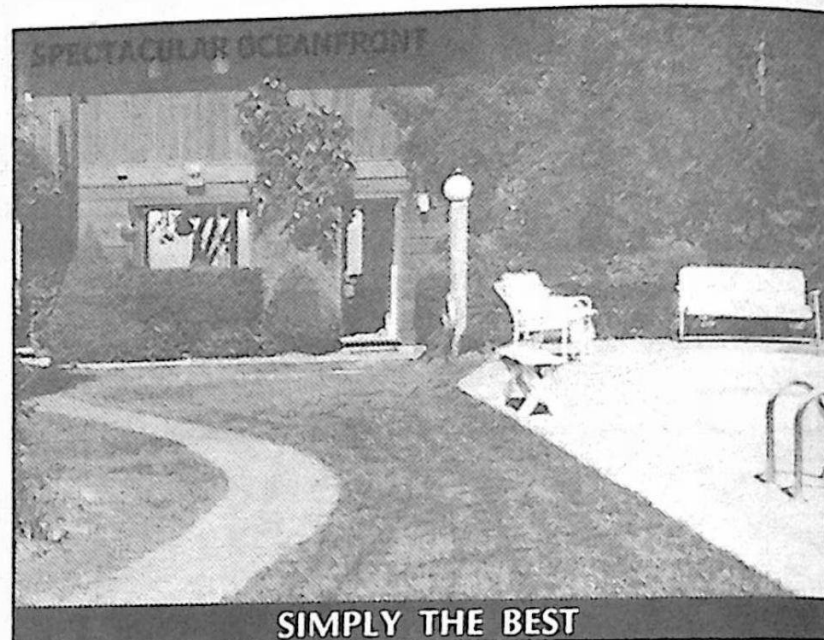
DICK GARDINER 338-9918



CAPTURE A LITTLE HISTORY

... as well as a mountain view from this wonderful 20 acre Merville farm. \$215,000.

LIZ ALDRIDGE 337-8942

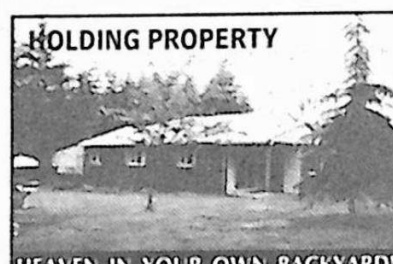


SIMPLY THE BEST

One of the best waterfront properties in the Valley. Just a few steps to the beach & a sweeping view of the water to the mainland mountains. The 4 bedroom architecturally designed home abounds with extras - designed to have a view from every room. The grounds are a masterpiece & incl covered swimming pool, garden house, 2 car carport, fenced garden & more. \$289,000.

YVONNE MAHRT 339-2729

JANET WARE 338-1582



HOLDING PROPERTY

1.69 beautiful acres with well maintained 2 bedroom, 1158 sq. ft. home, with attached greenhouse. \$86,500.

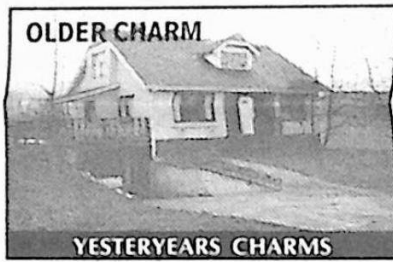
LIZ ALDRIDGE 337-8942



SEMI-RURAL SETTING

On a large lot with a stone wall entranceway, this bungalow sports 3 spacious bedrooms, new carpets, woodstove & garage as just some features. \$84,900.

BRENT CUNLIFFE 334-4972

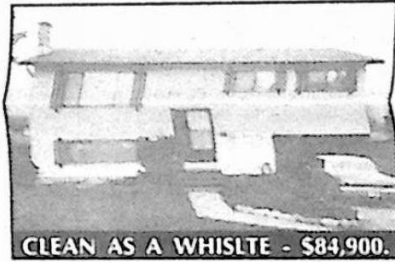


OLDER CHARM

YESTERYEARS CHARMS

with large rooms, this 3 bdrm home retains some of those older features from the past, coved ceilings, brick fireplace for cool winter evenings. \$84,900.

KEN STEWART 338-0868



CLEAN AS A WHISKEY - \$84,900.

You will appreciate the tender loving care shown to this home, especially the woodwork. Priced to sell.

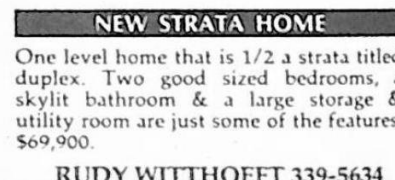
JOHN FORIN 334-2728



TODAYS BEST BUY

3 bedroom rancher with mountain view, ensuite off master bedroom, new efficient propane fireplace in living room, gourmet kitchen with beautiful cabinets, built-in oven & range. \$79,900.

BRUCE LANGLANDS 335-0133



NEW STRATA HOME

One level home that is 1/2 a strata titled duplex. Two good sized bedrooms, a skylit bathroom & a large storage & utility room are just some of the features. \$69,900.

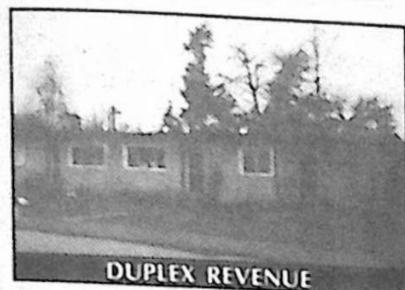
RUDY WITTHOEFT 339-5634



BRIAN SHAW

They say a picture is worth a thousand words. That's great — do you know how much a thousand-word newspaper ad costs? When you list your home with me at NRS Block Bros., it will be featured with a picture and a write-up in our weekly newspaper flyer. People who want to buy houses look at our flyer. These are the people who will want to look at your home. Call me.

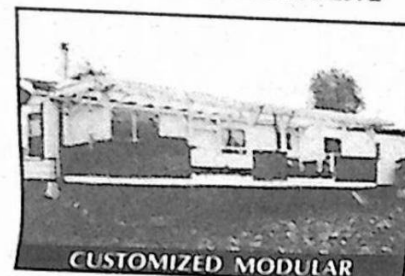
RESIDENTIAL



DUPLEX REVENUE

Central location in Crtny w/ excellent revenue & occupancy record. 2 bdrms on one side & 2 or 3 bdrms on other side for a total rent of \$875./mo. \$79,900.

BRENT CUNLIFFE 334-4972



CUSTOMIZED MODULAR

Two bdrms., 2yr. old modular home on a quiet 1/2 acre property close to the beach & nature park. Priced at \$79,900.

RUDY WITTHOEFT 339-5634

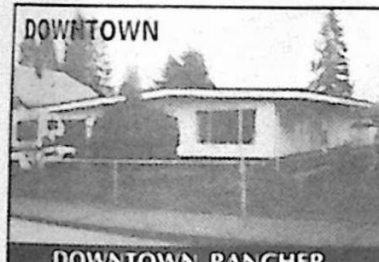


FAR & FEW BETWEEN

2 bedroom rancher, skylite in mas. bdrm with ensuite. Fridge & stove included in bright spacious kitchen. \$78,500.

ROD MALTBY 338-5029

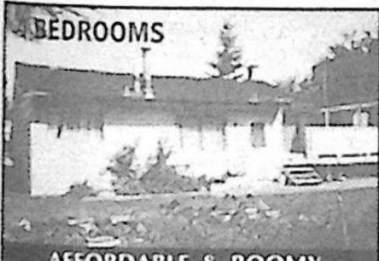
J. GORDON ELLISON 339-4727



DOWNTOWN RANCHER

Roomy, one level home - clean as a whistle - closets galore. Fenced yard and an enclosed 24 x 14' garage. Could be a workshop or hobby room. \$77,500.

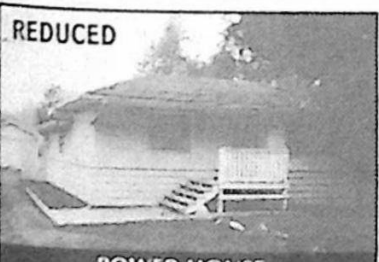
J. GORDON ELLISON 339-4727



AFFORDABLE & ROOMY

If you like elbowroom, you'll love this 4 bedroom rancher on a quiet Comox avenue close to everything. \$76,500.

BOB HILBORN 335-2238



POWER-HOUSE

That's right! This 3 bedroom, split level is on Powerhouse Road. Comfy home is given a degree of privacy on it's own 1/2 acre of land. \$69,900.

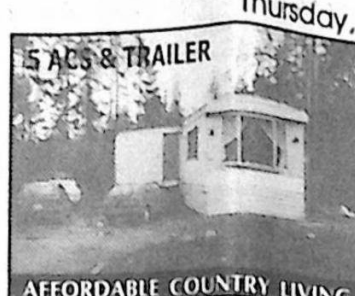
BRIAN SHAW 339-6559



SKI HILL ROUND THE CORNER!

from this 1 acre rural property with a unique cedar, 3 bedroom, smaller home waiting for your family. \$69,500.

ROD MALTBY 338-5029



5 ACS & TRAILER

AFFORDABLE COUNTRY LIVING

5 ac and Mobile are waiting just for you. This 1973 Neonex 12 x 68 trailer has 8 ft. ceilings. Large bay window in living room. \$59,500.

DARLENE YAKICHUK 339-2972



RUDY WITTHOEFT

Wouldn't it be nice if you had something to sell that everyone else wanted? If you own waterfront acreage, then you do have something! There's not enough to go around - 80% less was offered for sale this December than in December 1988. Of course the average price was up 52% as a result. If you have considered turning some of your waterfront acreage into cash, call me at NRS Block Bros. I can advertise your property across Canada for the best results.



NICE QUIET LOCATION

with 3 bedrooms. Located in rural area of Courtenay. Treed site gives feeling of privacy, country style. \$69,500.

BRIAN SHAW 339-6559



THE BEST OF EVERYTHING

Rural living only 5 minutes to town, 2 bedroom renovated home with livingroom, familyroom 10 x 16, wired workshop, greenhouse. \$57,900

BRUCE LANGLANDS 335-0133



NEW - NEW - NEW

CHECK IT OUT!

Cozy 3 bedroom rancher with on extra sleeping loft for company. Ensuite off the master bedroom. Priced at \$69,000.

RUDY WITTHOEFT 339-5634



WINDMILL!

ZAM DOESN'T SLEEP HERE!

Begin your own "FANTASY GARDEN". Situated on almost a 1/2 acre of country privacy this unique little home is definitely one of a kind. \$58,500.

ROD MALTBY 338-5029



ROOM FOR EXPANSION

AMPLE ROOM

for pets & growing family on this superb 4.94 ac, Marsden Rd property. Catch the Glacier View from large sundeck of your 12x58 Safeway Mobile. \$64,500.

LIZ ALDRIDGE 337-8942



GARDENER'S PARADISE

GARDENERS PARADISE

2+ bedroom mobile with addition in immaculate condition on large 94 x 464' lot at end of quiet no-through road close to town. \$56,500.

MAGGIE GARDINER 334-0869

Thursday, February 8, 1990

Totem Times



FAMILY CONDOMINIUM

3 bedroom condo with 1 1/2 bathrooms. Very nicely done with cedar walls in livingroom and bathroom. Extra storage space outside. \$56,500.

BRUCE LANGLANDS 335-0133



CUMBERLAND CHARMER

Neat, crisp 2 bedroom home in immaculate condition. Floor coverings, paint & trim just like new. Partial concrete foundation. \$46,500.00

DICK GARDINER 338-9918



JOHN FORIN

It might be just me, but I'd rather deal with a mature business any day. To me, maturity translates into experience, professionalism and just plain "know-how". As with people, maturity comes with age. These days, any business that can last 22 years is a business that is doing a lot of right things. That's the kind of people I want on my side. NRS Block Bros. - 22 years in the Comox Valley.



KEN GRANT

60,000 people can't be wrong! That's how many are expected to move to beautiful B.C. in 1990. Most of them will be looking for housing. And what will you see in the back seats of many of their cars? The NRS Block Bros. Catalog of Homes! This catalog is available in offices all across Canada and is a valuable tool for the informed home buyer. Block Bros. - Canada's true National Real Estate Service.



ESTATE SALE

Two bedroom home on just over one acre of land close to town offered at \$45,000. Almost 1000 sq ft, partial foundation, piped water & an attached carport.

RUDY WITTHOEFT 339-5634

Lots and Lots.

Our catalogs also contain full listings of exquisite building lots available for your dream home. All across Canada. Just call us. There's a lot in it for you.

FREE. NRS CATALOG OF HOMES

NRS NATIONAL REAL ESTATE SERVICE

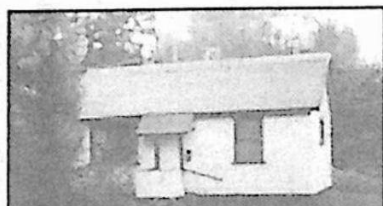
RESIDENTIAL

NEAT & CLEAN



FOR STARTERS OR RETIREMENT
this 8 year old 14 x 70' mobile home is clean, affordable and cozy! \$37,000.

JANET WARE 338-1582



SMALL HOUSE - LARGE PROPERTY

.53 acre on Willemar Avenue ideal for multi family 4-plex or perhaps subdivide into 2 lots. House could be easily moved. \$32,000.

BRUCE LANGLANDS 335-0133

VACANT LAND

VARNEY BAY, QUATSINO SOUND

(formerly known as Marble Cove) 108 acres with approximately one mile of waterfront comprising of 5 separate parcels 36 acres, 30 acres, 27 acres, 8.8 acres and a 6 acres island. \$425,000.

MAGGIE GARDINER 334-0869

SPECTACULAR W/F VIEW PROPERTY

in "exclusive Ships Point". This beautifully treed waterfront offers a panoramic view of Baynes Sound and is protected by Denman Island. \$112,000.

SANDI TETREAU 339-0709

DONT BE LEFT HIGH & DRY!

Move quickly on this prime, 1/2 acre waterfront lot on Coho Drive. \$117,000.

LIZ ALDRIDGE 337-8942

29% OF PANORAMIC WATERFRONT

served with hydro, phone and water. Very quiet area. Lot is treed - air is refreshing! Call L/S for details. \$125,000.

MAGGIE GARDINER 334-0869

RARE WATERFRONT PROPERTY

82.9' of prime walk-on waterfront already cleared and waiting for your waterfront dream home. The view is unsurpassed. On municipal water, cable T.V. and in an area of quality waterfront homes. \$88,000.

BRUCE LANGLANDS 335-0133

WATERFRONT WITH MARINE VIEW!

It's waterfront, it's treed, it slopes to a walk-on beach and it's only \$85,000!

CLAIRE TETREAU 339-0709

WATERFRONT ACREAGES

Far from the crowd with 3 lots to choose from. Located midway between Courtenay and Qualicum Beach on a small bay looking toward Denman Island. \$198,000.

RUDY WITTHOEFT 339-5634

60 PRIME ACRES

presently in ALR but possible subdivision to 20 acre parcels. 25 acres was a beaver pond now drained and contains up to 4 feet of dark black loam. \$84,900.

BOB HILBORN 335-2238

OPPORTUNITY FOR DEVELOPMENT

Approximately 4.5 acres of land within city limits yet it feels like country. Close to all the City of Courtenay has to offer. Property could be ideal as an investment - there are very few lots available in the City. \$69,000.

MARIANNE WOODROW 338-6600

COZY COUNTRY KITCHEN

in Cumberland. A warm home with 3 bedrooms - room for everyone. A large lot in a central location. \$47,000.

MARIANNE WOODROW 338-6600

EXCELLENT DEVELOPMENT PROPERTY!

R-2 zoning - a wonderful opportunity to subdivide into 8 good sized lots. (see L/S for plans) It has easy access to shops, services and recreational facilities. Can hook up to city water and sewer. \$49,900.

YVONNE MAHRT 339-2729

ONE OF THE BEST!

with walking distance of downtown Comox, Comox Golf Club and waterfront. One of the best in town - don't wait, it won't last! \$34,900.

CLAIRE TETREAU 339-0709

SOUTHERN EXPOSURE

On a clear day you can SEA forever! Denman, Hornby, Texada Islands, Beaufort Range and coast mountains. Watch the boats come home from this property up on the bluff. Offered at \$42,500.

J. GORDON ELLISON 339-4727

THE BEST OF CORNERS

, a walk away from the Comox Mall and the golf course and we won't forget the Filberg Lodge. Together with a beautiful mountain view, this lot is situated in a wonderful neighbourhood of many new homes. \$31,500.

MARIANNE WOODROW 338-6600

SPECTACULAR OCEAN & MNTN VIEWS

The only way to describe this homesite in Union Bay offered at \$29,900.

J. GORDON ELLISON 339-4727

COUNTRY LOT

on just under 1/2 acre (.40ac), Fanny Bay water system, Hydro available, paved road, a super neighbourhood pub nearby. Priced to sell \$25,900.

CLAIRE TETREAU 339-0709

I DONT BELIEVE IT

I didn't either, but the owner says SELL. \$25,000!!! A corner lot with a view of the island mountains near the center of downtown Comox ready for your dream home.

GEORGIA MCLELLAN 339-4642

BEAUTIFUL OCEAN VIEW PROPERTY

Check out this beautiful .58 acre ocean view, nicely treed property in a very quiet area on a quiet no-through road just north of Courtenay. \$22,900.

BRUCE LANGLANDS 335-0133

COMOX LOT - MOUNTAIN VIEW

Looking for a big lot on a nice cul-de-sac in Comox, look at this! It is quite unusual, actually ideal for a ground level basement home. \$22,500.

JOHN FORIN 334-2728

HIGHWAY FRONTAGE ACREAGE

with access also from Stephan Road. Well treed site. Lot size highway 345, back 348.55, left side 286, right side 334.55. Lot D adjoining is for sale also - 2.07 acres for \$20,000. \$22,000.

BRENT CUNLIFFE 334-4972

YOU GET WHAT YOU PAY FOR!

... so put your money on this lovely treed corner lot and capture a mountain view and maybe the ocean too with the right home. \$27,500.

SANDI TETREAU 339-0709

VIEW, TREES, QUIET AREA

Building lot is on a quiet cres in subdivision in Mission Hill area. This .35 acre lot offers an excellent site for your new home. Piped water is available. The view of Mt. Washington and range is always a pleasant sight. \$24,000.

DARLENE YAKICHUK 339-2972

ONLY ONE OF ITS KIND

This magnificent property looks over the Comox Lake. Put your log house on the hill here & you see nothing but nature. One of the few properties by the lake & probably the loveliest & most spectacular for view and privacy. \$23,500.

YVONNE MAHRT 339-2729

SPECTACULAR PANORAMA VIEWS

of Fanny Bay and the mountains. This property has the ultimate southwestern exposure that leaves you basking in the sun & capturing the sunsets. \$23,000.

SANDI TETREAU 339-0709

A PANORAMIC VIEW

on lovely Panorama Cresc. Neighbourhood boasts many fine homes of quality and distinction with underground services. \$21,500.

JANET WARE 338-1582

UNSPOILED OCEAN VIEW

can be yours from this larger than half acre level building lot in the luxurious Craigdarroch Beach subdivision. It's on municipal water and priced to sell at \$22,900.

BOB HILBORN 335-2238

1/2 ACRE FOR RURAL LIFE

Piped water available in an out of town developing subdivision. Enjoy the quiet life 15 minutes from Courtenay and minutes from the Denman Island ferry. \$19,900.

BRIAN SHAW 339-6559

PRICES ARE GOING UP!

Just a stone's throw from the beach with access across the street. This nicely treed property is located in a lovely recreational area, excellent water system, hydro avail, paved roads with boat launching nearby. \$17,900.

CLAIRE TETREAU 339-0709

SEMI-RURAL AREA

with piped water, cablevision etc. the Meadowbrook area has lots to offer with mountain views and proximity to town. Great building lot is 2 acres and is offered at only \$16,000.

BRENT CUNLIFFE 334-4972

PRICE SAYS IT ALL - \$15,900.

Extra large building lot on the outskirts of Courtenay. The area is serviced with piped water, paved road, hydro, telephone & cable T.V.

JOHN FORIN 334-2728

RURAL HOMESITE IN SHIPS POINT

Drive by this treed building lot - 90 x 250' and then check out this popular recreational area with excellent beaches, boat launching & super walking areas. \$16,500.

SANDI TETREAU 339-0709

1 ACRE PRIVACY - \$19,500.

Priced to sell. Located in the Sandpines acreages with walking distance of Point Holmes waterfront. This area is serviced with paved road, hydro & telephone.

JOHN FORIN 334-2728

1/2 ACRE WITH OCEAN VIEW

Piped water in a rural setting. Enjoy the quiet life in an area of new homes. Just South of Royston in the Briardale Subdivision \$19,500.

J. GORDON ELLISON 339-4727

EXCELLENT LOCATION

Very desirable building lot just west of Courtenay on municipal water and only five minutes to downtown Courtenay. \$12,900.

BRUCE LANGLANDS 335-0133

CUMBERLANDS BEST BUY

Can you believe this price? Situated in one of the nicer neighbourhood's of Cumberland, this lot is conveniently located near a park & within walking distance to all village amenities. \$7,500.

JANET WARE 338-1582

I.C. & I.

INVESTORS?



CITY CENTRE MALL

A fully leased retail complex of 8 stores offering a variety of services to a Valley population of 50,000 that's growing. Generates \$72,000./yr. \$410,000.

KEN STEWART 338-0868



ZORBAS RESTAURANT

A full service restaurant located on the main street of Comox with a beautiful view of the harbour and mountains. \$200,000.

RUDY WITTHOEFT 339-5634



2 ACRES HIGHWAY COMMERCIAL

Located in the Merville area with over 450' on the Isl. Hwy. and 8000 sq ft. of shop & residential space at \$189,000.

RUDY WITTHOEFT 339-5634

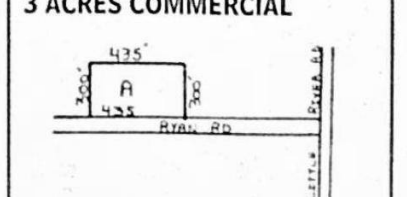


START YOUR OWN BUSINESS

A fine location with high visibility, close to town centre. This commercial building has 2 show rooms, storage room, office and bathroom. \$110,000.

YVONNE MAHRT 339-2729

3 ACRES COMMERCIAL

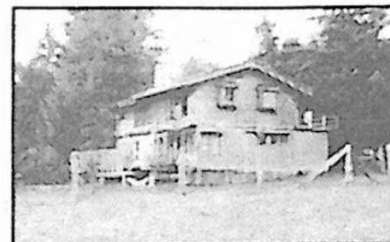


3 ACRES ZONED COMMERCIAL

Located on a well travelled main road in the Comox Valley. C-1 zoning. \$44,900.

BRIAN SHAW 339-6559

DENMAN & HORNBY ISLANDS



PIPPIN RIDGE ORCHARD

on Denman is for sale. Approx 2000 apple trees in production and full juice pressing, refrigeration & pasteurization facilities are included. \$349,000.

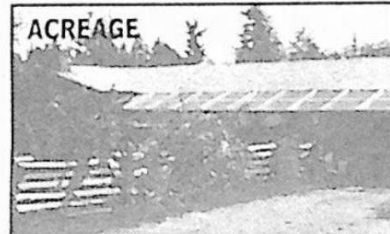
ALLAN MATHER 335-2505



LUXURY, PRIVACY & WATERFRONT!

The moment you step in this 1500 sq ft custom built waterfront home you will be impressed! Spacious foyer area has a skylight & cedar highlights. \$175,000

SALLY PAY 335-2104



ACREAGE

If you hate sharing a bathroom this home is for you! Each of the 3 bedrooms has an ensuite! Now if you love a hot tub, then this is it too! \$150,000.

SALLY PAY 335-2104



ISLD HOME WITH EUROPEAN FLAVOUR

Spice up your life in this versatile and attractive home on Denman Island. Cedar, driftwood and rock work make this 3 bedroom home very classy! \$96,000.

SALLY PAY 335-2104



MILLION DOLLAR VIEW!

& log home too! On 12.02 acs! Built to last this cozy 2 bedroom log home offers a fabulous view looking towards Hornby Isld & the Coastal Mtns. \$91,000.

SALLY PAY 335-2104

CATCH THE SUNS LINGERING MOMENTS

... high atop the ridge on Denman Island! If peace and quiet and an incredible ocean - mountain view is on your property shopping list, then this is it! \$110,000.

SALLY PAY 335-2104

A PIECE OF AN OLD FARM

on Denman Island is for sale on Swan Road. This 2.5 acre parcel has 2 excellent shallow wells and is partially snake-rail cedar fenced. \$29,900.

SALLY PAY 335-2104

On and off the base

Officers' Mess Ladies' Club

The January 'Win, Lose or Draw' night was, as promised, lots of fun. Two lucky teams went away with prizes. Our guest was Kathleen Pietrzykowski of 'Discover Toys'. Vicky d'Entremont won a book which Kathleen gave as a door prize, and our raffle winner was Gwen Hughes. She went home with a 4-piece luncheon placemat set from the Wise Owl. Congratulations to the winners.

During the business portion of our meeting it was voted by the assembly that the profits from the October's Art Auction would be distributed as follows:

\$250 to Girl Guides of Canada and First Lazo Group;
\$250 to Community Playgroup;

\$500 to Y.A.N.A. (You Are Not Alone).

Although most people are familiar with the Girl Guides of Canada and First Lazo Group, the following is a brief description of two lesser known but no less important community services.

The Community Playgroup will be initiated in the spring and will be a place where parents come with their children (infants to 5 years old). This invites both parent and child to interact in a positive social environment. Under the auspice of the Family Support Centre a group of volunteers will be providing the direction and organization necessary to initiate the playgroup.

Y.A.N.A. was formed to help the families whose child must be moved from the Valley for medical care, whether it be a congenital disease, a handicap, sudden illness, accident or injury. Funds are made available to any family of a child (unborn to 19 years old) living in the Comox Valley and School District No. 71; and there is no obligation for repayment. Y.A.N.A. has already funded 5 families on the Base. The Society has also purchased many items for the Pediatrics ward at St. Joseph's Hospital. At Children's Hospital in Vancouver, \$500 is on hand to help with the needs of Comox Valley families while they are there. There are also 4 return air fares; this fund is constantly being replenished. So remember, if your family is in need of support, contact Sandra Williams Y.A.N.A., 1790 Kilpatrick Ave., 338-8876.

On 25 January, the Base Commander Col J.E. McGee, Mrs. Donna McGee, and the OMLC President Monique Marchand-Godwin made the official presentation to the selected organizations.

Our next function is a Lingerie/Romance Bingo to be held Wednesday, 21 Feb. The time is 7 for 7:30, entrance fee is \$1.00 for members and \$4.00 for guests. Cards are 3 for \$1. On the same night don't forget to register for the SKI DAY at Mt Washington to be held 26 FEB.

See you at Bingo and on the slope!!

News from your Family Support Centre

Playpen safety

Young children get to know their world by being curious. Frequently, this leads them into trouble. That is why playpens are such a good idea.

A playpen is a place where children can play safely with whatever you choose to give them.

It is important, of course, that the playthings you select are safe for your child. But just as important is the safety of the playpen itself.

Under the Hazardous Products Act, all playpens imported, advertised or sold in Canada must meet certain safety requirements. This has been the law since September 1976. but still, accidents can happen.

Tragically, the fault is often with unsafe, second-hand playpens that have not been maintained or are not being used properly.

Avoiding Accidents

The following are a few suggestions to help minimize the risk of accidents with playpens.

*Mesh-walled playpens should not have openings large enough to catch a button or hook, to trap fingers, or act as a toe-hold for a climbing infant. Instead, the walls should be of mosquito-type netting or other fine mesh.

*Never leave an infant in a drop-sided mesh playpen when

continued on page 20

Officers' Mess Ladies' Club presentations

Base Commander Col J.E. McGee, Mrs. Donna McGee and OMLC President Monique Marchand-Godwin presented cheques of \$250 each to Girl Guides Canada and the community Playgroup, and \$500 to Y.A.N.A. (You Are Not Alone) on 25 Jan.



First Lazo Group recipient Bonnie Cochrane.



Y.A.N.A. recipient Sandra Williams



Girl Guides and Brownies recipients Claudette Leblanc and Lorriane Holden.

Section News

Safe Driving Awards



Sgt B. Godin - Base Arm't



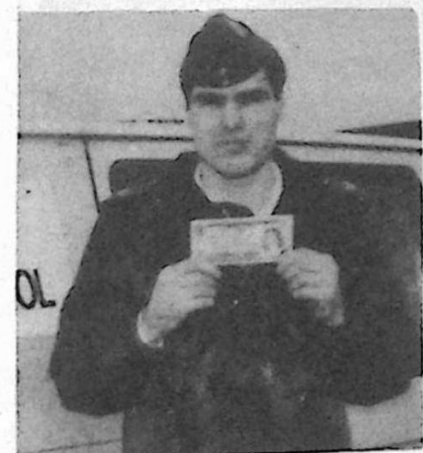
Ms K. Perry - Base Chaplin's Office



Pte C. Desrochers - Military Police



Pte O'Reilly - Base Accommodation



Cpl J. Laurin - BTelO

407 Squadron

The debate concerning the 'Tinkerbell Club' rages on. The photographic proof (alluded to but not shown last edition) of Capts Bob Schwartz and Bert Fenton swimming in the ocean on New Year's day has been analyzed by experts and declared a shoddy reproduction. We can only conclude that the evidence for Bob and Bert's claim is somewhat lacking. However, there is substantial evidence that both these characters are figments of our imagination.

Capt Mark Wisted and Richard Szegidewicz (Shag-a-devitch) were mugged out at a recent squadron luncheon. Both individuals had their opportunity to say a few words after the meal. Mark graciously thanked the CO for giving him the opportunity to go to 404 Sqn -- he particularly liked the part about going in February. Shag overcame his inherent shyness to express his fondness for certain individuals and deep respect for all navigators.

Capt Mike 'Slim' (you can also call him 'Chub' since he kind of looks like that skinny kid 'Chub' on 'The forest Rangers') Perrault is a funny guy to go away on trips with. Two trips ago in Moffet he dropped a huge wad of money on the ground, then proceeded to walk into the Price Club. His loss of currency would have gone undetected if an honest crew member (he didn't have time to stash the loot) hadn't

pointed out Mike's five million dollars on the sidewalk. Last trip to Hawaii, Slim threw the rental car keys to a couple of crew mates on the elevator. The elevator doors closed before the keys reached their intended destination, causing them to fall approximately 300 stories down the elevator shaft. Yep, Slim/Chub sure is a funny guy to go away with.

Those crew checks are heating up to fevered pitch as everyone battles for the right to go to Greenwood. So far Crews 2, 6, and 5 have been assessed, and it has been rumoured that all are tied for second.

For crew checks, the Crew 6 navigators did their part of the crew presentation on the Infrared Threat to the Aurora. Standards critiqued this topic as not being specific enough. Capt Paul Ormsby admitted afterward that he should have went with his secondary topic: The Infrared Threat to Paul Ormsby Sitting at the Navcom Station on Aircraft 140110, 22 Nov 89, 1432 Universal Coordinated Time.

Capt Ken Westerveld plummeted down Mount Washington while skiing not long ago and received twelve stitches in the gluteus maximus (I believe the proper medical term is 'butterski') for his troubles. Ken claims he was shot by a sniper. Some are questioning the validity of this statement.

Nuff said.

MSE Safety

To make a left turn from a four-lane street into a four-lane street, both of which carry two-way traffic, the correct procedure is to:

- Turn from the lane closest to the centre line into the lane next to the curb.
- Turn from the lane closest to the curb into the lane

closest to the centre line.

- Turn from the lane closest to the centre line into the lane closest to the centre line.

- Turn from the lane closest to the curb into the lane closest to the curb.

Answer "c"

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LEGION LOG

BRANCH 17 COURTENAY

ENTERTAINMENT

Fri & Sat 16 & 17 Feb. Music by WESTWIND
Fri & Sat 23 & 24 Feb. Music by COUNTRYMEN
Fri & Sat 2 & 3 Mar. Music by SHABOOM

REGULAR ACTIVITIES

BINGOS—Thu, Fri, Sun at 7:00 PM

MONDAY.....FUN EUCHRE
TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 6:30PM
SATURDAY.....FUN BRIDGE AT 12:30

SPORTS

SUNDAY 25 FEBRUARY Fun Crib Tournament, registration 12 to 1, play starts 1 pm, open to all crib players.

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information
NOW OPEN SUNDAYS.....12—7 PM

BRANCH 160 COMOX

ENTERTAINMENT

FRI 16 FEB. Music by ALLEYCATS
FRI 23 FEB. Music by ALLEYCATS
FRI 2 MAR. 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 pm
C.V. Crib League. (Home & Away) 8 pm
THURSDAYS.....*1st Br. Exec. Mtg. 8 pm
L.A. Exec. Mtg. (as req.)
*2nd L.A. Gen. Mtg., Upper Hall, 8 pm
*3rd Br. Gen. Mtg., Upper Hall, 8 pm
FRIDAYS.....Meat Draws, 2-6 pm
Dance, Lounge, unless advised
SATURDAYS.....Meat Draws, Lounge 2-6 pm

EVENTS

SATURDAY 10 FEB JOINT BRANCH & L.A. INSTALLATION OF 1990 OFFICERS & EXECUTIVES. Upper hall, 6:30pm, dinner 7 pm, ceremonies 8 pm, dancing to music by COUNTRYMEN tickets \$7.50/person available at bar or office

FRIDAY 16 FEBRUARY Valentines dance, spot prizes.

SPORTS

SAT & SUN 17 & 18 FEB--ZONE DART PLAYOFFS in Courtenay Legion

FRIDAY 16 FEBRUARY DARTS STEAK SHOOT upper hall 7pm, members & guests \$5/person entry fee.

SUNDAY 18 FEBRUARY MONTHLY EUCHRE TOURNEY, \$5.00, lounge 1 pm.

SATURDAY 24 FEBRUARY DON DRYSDALE MEMORIAL DART TOURNEY, upper hall \$5 entry fee.

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Section News



Supply Signals

Hello again from Base Supply. This week we would like to give you a little more insight into the operations of our Customer Services section. Most DA Holders and Reps are probably familiar with the services performed there, but for those that don't know, as well as anyone who just wish to have a general knowledge, here we go.

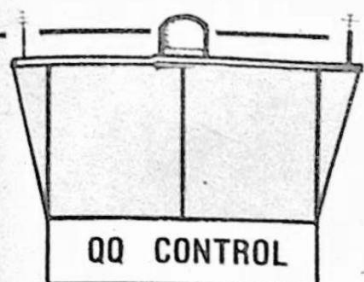
Customer Services Section (CSS) falls under the direction of the SCO, Lt Auger, and Customer Services Supt WO Howell. The CSS is broken down into four different desks, Customer Accounts, (CA) Cadet Accounts, MACRs and Major Equipment, under the supervision of Sgt Vander Kooy. Assisting Maxine in her job is MS Bailey, who is also the site manager for our new TNR Computer System. (Ray would like everyone to know there is nothing wrong with the computer, it works perfectly, it is the operators). Cpl Arnold handles the CA desk which means she looks after all inquiries pertaining to the Distribution Accounts, Static Unit Accounts and Materiel Supply Accounts for the base. Barbie must, also, maintain a file on each of these accounts, handle paperwork and verifications. The Cadet and Camp Accounts that are supported by CFB Comox are under the watchful eye of AB Houser. Along with maintaining their files, answering inquiries, Shane also, must ensure that the annual and semi annual verifications are done on time by the appropriate

Supply tech. The MACR desk is handled by Cpl Gordon, who assists the customer in initiation of MACRs for nonentitled material. Tom processes the MACRs for submission, either locally or NDHQ and completes all paperwork when approval is granted. Last but not least is Major Equipment, under the direction of Cpl Hailes. All movement and paperwork for aircraft, aircraft engines, vehicles etc between bases and units must pass through Norm's desk. Along with these day to day operations, the CSS conducts a Cadet and Distribution Account holder's seminar every year and Maxine handles our TQ4 training.

Now, we'll get to what is happening in the different areas of Supply. Cpl Dan Boulet is heading to the middle east in March, followed by Kathy Edwardsen in June. Although John Couture and June Kinshella aren't headed to the land of the sand they are in new surroundings. June has gone to POL, whereas John took over for her at MPO. Also, headed to new jobs are Cathy Hidgon (MIS), Al Pryor is taking over from Pat Armstrong at 6 Sup Gp who in turn is replacing Mitch Scott at rations. Mitch will be looking after MPO, Al's old job.

To finish on a happy note, Bill Watts is once again the proud papa of a son. Simon joined the family on 26 Jan weighing in at 7 lbs 6 ozs. Congratulations to Bill and Caroline from all of us at Base Supply.

As the beacon turns



COMOX ATC WINS THE VANCOUVER ACC HOCKEY TOURNAMENT and drops the trophy three times. Disorderly mob celebrates. Now that's news worth reporting.

Last year's motley crew that represented us at the hockey tournament also won this coveted award and dropped it, once, causing fifty dollars worth of damage. This year's team managed to drop and break it three times during the ATC Cup Parade in downtown Vancouver. Repairs are estimated at around a hundred dollars. Martin Gagnon was heard saying: "I wish Vancouver would win every once in a while, this is getting expensive."

On the ugly side of this excellent adventure, I received reports that Jacques Maille was seen cartwheeling between tables at Kits' Pub in West Vancouver. Later that night, back in Jericho Beach barracks, Erik Howk went to the washrooms and couldn't find his way back to his dormitory, so he tried to get into Barry Norris' top bunk. Barry explained to me that Erik was having a hard time climbing up there. He tried and tried, but after awhile he simply gave up and fell asleep on his feet, clinging to the mess of sheets that, luckily, were tucked-in in a proper military fashion that morning. In another part of the barracks, Peter Wooldridge snored so loudly that he kept the very few sober people

awake all night. I didn't get any details on the hockey games they played but, you know; they didn't really go there to play hockey...

Today's technology and air traffic control

The Control Tower's staff has been making requests for technological devices that may help hold in check that oh so pesky problem of 'Controller Workload'. What they have in mind this time is a submarine type of telescope that would enable a controller to scan the airport from a prone position e.g. in bed. There are few things more annoying than having to get up from bed to watch some airplane take-off when you've seen it done a million times before... Thanks to this telescope, controllers may one day spend their whole shift in the prone position.

Another technological device has been mentioned by those Tower 'weenies'. It is the 'Clap-on, Clap-off' audible switch advertised during those very late night TV shows. It consists of a little box that you put on your electrical outlets; when a loud clapping noise is picked up by a receiver on the box, a switch is opened or closed and a light (or whatever you want) goes on or off. Here is the idea: it is late at night, there aren't any good movies on TV, the duty controller's eyelids are getting droopy and the B'Stand is physically bigger

than the controller. Is he/she expected to get up and turn off the lights before he/she falls asleep? Nonsense? Just clap the lights off.

"Nothing wrong with that idea!" I can hear some of you say. Well! good luck to you guys in the tower and I hereby invite the Terminal people to come up with some ideas on how to make our lot a little easier to bare with.

On the soap scene now. Everyone is asked to cough up fifteen bucks for the baby shower. (At baby showers, girls get together, drink tea and look at baby clothes and oooh aaah a lot.)

Long time since we all got together and talked snop? Tom Miles is walking off the beaten path by inviting everyone to his place for a **FASCHING PARTY B.Y.O.B.** 10 Feb 1930 hrs, RSVP, costumes optional. We are all dying to see if it's going to be like the real thing...



Solution

A	F	A	R	C	L	I	P	R	A	T
N	E	R	O	L	I	C	E	O	L	E
T	E	A	S	A	M	E	N	S	T	E
E	L	B	E	W	E	B	R	E	A	D
B	A	R	A	N	D	G	A	S	O	I
U	B	O	L	T						
G	A	S	L	I	T	S	C	E	N	E
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E	N	V	Y	C	E	O	O	A	S	T
P	O	E	S	O	A	R	I	S	E	E
E	T	A	P	O	S	T	N	E	A	T
E	E	R	A	N	T	S	T	A	M	E

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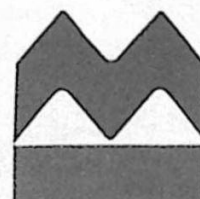
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Local scene

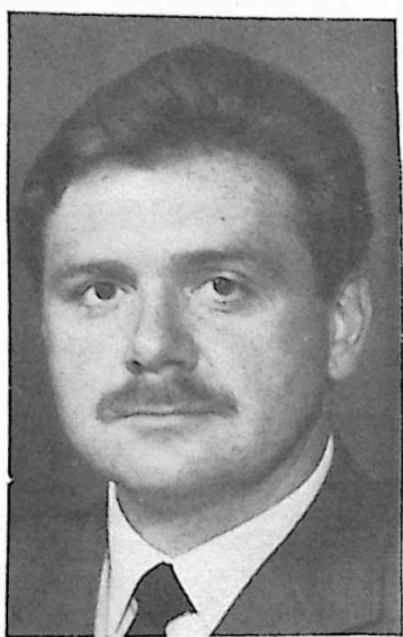
Scouts

continued from page 3

needing a longer time to develop the independence and self-confidence that the Venturer program requires, as well as the lack of successfully-operating Venturer companies in some areas of the country.

The critical point of the decision whether or not to remain in the troop will be the needs of the individual Scout, with leaders, parents, and the Scout himself all having a say in the final choice.

For the most part the success of the program changes in Cubs and Scouts will depend on the leaders and their approach to implementing those changes. Parents, service scouts, and various councils will also have a role to play. The best thing to bring to the task will be a positive attitude. None of the recommendations were made lightly or hastily. They represent years of hard work by many people for the betterment of an organization that seeks to build character in all its members, to their good and that of the world.



MQ Mayor

Lt. Jeff Carlisle

As of 1 March 1990 I will be the new Mayor of the MQ Association. Terry Smith, the retiring Mayor put a great deal of effort into last year's program and my mandate is to

'maintain the momentum' that Terry has established. At the last council meeting, 16 Jan 90, I submitted the program and budget for this year. Some of the activities to look forward to include:

Easter Egg Hunt
Spring Garage Sale
Bicycle Rodeo
Beautiful MQ Contest
Mom & Tots
Baseball
Playground Equipment Replacement
Ladies Fitness Program
Youth Bowling
Family Day/Volksmarch
Fall Activities Night

In addition to these events the council continues to support for the Scouts, Cubs, Beavers, Brownies and Guides.

If you are paying the two dollar per month MQ Association Assessment you and your family are entitled to attend all of these functions.

Not a bad deal for two dollars a month! Complete details on all of these activities will be published throughout the year.

The MQ Association meets on the third Tuesday of every month in the Rec Centre. I extend my personal invitation to all MQ Association members to these meetings. If you have any questions, complaints, or suggestions the council is very interested in hearing from you. I look forward to the next year as the Mayor and I hope that the community takes an interest in our program by attending the various activities. The council works hard to provide a service for the betterment of the community.

Keep in mind that if you want to become actively involved in the MQ Association we are always looking for new councillors.

Lt. Jeff Carlisle



Minor Hockey Coaching

Date/time 24 Feb 9am to 5pm
25 Feb 11 am to 6 pm
Deadline to register 16 Feb
Place Blg 22, CFB Comox
Cost \$30.00
Coordinator Paul Weed
Home 339-7844
Bus 339-8282
Equipment Skates, stick
gloves, etc
Ice Times 24 Feb 1:45 to 3:30
25 Feb 4:30 to 6:00
Location Glacier Gardens



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Tete Jaune Lodge in beautiful B.C. has log restaurant for lease; situated on the banks of the Fraser River. For enquiries call 1-604-566-9815.

Gift shop in Village Green Mall, Vernon, B.C. Ideal location. Phone: (604)549-2777 or (604)542-1416.

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HELP WANTED

RECREATION CO-ORDINATOR: The Town of Smithers is seeking the services of a self-motivated individual who will be responsible for the co-ordination of the delivery of recreation programs and services to the Town. This is a mid-management, non-union position reporting directly to the Clerk-Administrator and working in close liaison with the Advisory Cultural Parks and Recreation Commission. The ideal candidate will be a graduate student from a recognized Community College or University with a major degree in Recreation. A minimum of two years practical experience desired. The Town of Smithers of approximately 5,000 is located in the heart of the beautiful Bulkley Valley and has excellent recreational opportunities and other Community amenities. Interested individuals are invited to forward their resumes, with expected salary, to the undersigned by February 15, 1990: E. McMurrin, Clerk-Administrator, Town of Smithers, P.O. Box 879, Smithers, B.C., V0J 2N0.

Journeyman or 3rd year apprentice technician required for Fraser Valley GM Dealership for night staff. Experience with GM electrical systems an asset. Apply to: Norm Koch, Service Mgr., Motorcade, Chev Olds, Cadillac (604)859-5271, (604)530-0254.

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Twice weekly newspaper requires experienced sales rep. with layout skills to take over established sales territory. Must be self-motivated and own reliable transportation. Send resume to: Publisher, Courtenay Comox Valley Record, Box 3729, Courtenay, B.C., V9N 7P1.

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Leisure

Padre Bob speaks:

Well that was fun! I put in a very invigorating evening shovelling snow from our driveway and walk, but now it is time to think of curling up in my favourite chair to read the Totem Times.

As I did last time I will let Liz Basham, our Chapel Guild president, outline the activities of the Guild, but first, tonight is the night for the Romance Bingo! The gals are being awfully secretive about their night promising lots of fun for the girls but keeping us guys guessing. Have fun girls! It is tonight at 7:30 pm in the Chapel Annex. Don't miss it!

Our Chapel Guild will be hosting the Comox World Day of Prayer Service on Friday 2 March at 1:30 pm but more of that later. Now over to Liz to hear about the exciting news from the Guild.

Our new year began in September 89 with an open meeting at Betha Baker's home. There were approximately 6 members present. It was decided we would change our meeting date from the first Monday of the month to the first Thursday, in hopes of picking up more members. It worked -- we now have 14 members and 3 helpers.

Due to losing the AMU canteen we had to scramble and come up with fund-raising activities. Our first was a Craft-Bake Sale held in the Canex complex foyer. This was a great success and we would like to repeat the Bake Sale around Easter.

In November I was a guest at the opening of the CWL Thrift Shop. Much joking as the 'shirt-sleeve' weather was heard during the photo session. Where else could you dress like that in mid November but CFB Comox.

December was a very busy month for our Guild. At that time we made our annual donation and will be donating

the 2nd half in February when they will begin to feel the crunch again.

In January we watched a video of Marg Walker's trip to Vellore-Ludhiana. This was very interesting as you got to see just what was being done with the funds from the umbrella sponsorship of the Canadian council of Churches. The Guilds from every Canadian Forces Base both here and Europe have as their major project Vellore-Ludhiana. The video helped bring to the forefront just how much our funds were appreciated and how they were utilized.

The Guild plans a 'Bingo' in February with the theme of Valentines Day being carried out by 'Red and White' foods. In March we are planning a 'Couples Evening' with Pic-tionary being played by 2 groups. Sharpen those pencils folks!

Some ideas in the works for Spring are; a possible Bake Sale in April, a Donations-Only Parking Lot Sale to assist everyone with Spring cleaning, and a discussion on 'Street Proofing' children.

Elections are held in early June and then plans are finalized for the wind-up. We all gather at a local restaurant for fellowship, to welcome our new executive and say our goodbyes to departing members. The cycle then repeats itself again the following September.

As you can see this is a fun group and we enjoy ourselves enormously. There is always room for new members and you can join at anytime through the year. If the group appeals to you feel free to attend one of our up-coming social evenings -- but expect a warm-welcome.

OFFICERS MESS FEBRUARY 90 CALENDAR

FRIDAYS 9, 16, 23 FEBRUARY

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WEDNESDAYS 14, 21, 28 FEBRUARY

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WEDNESDAY 14, and 28 FEBRUARY
LADIES CLUB BRIDGE 7:30 in the Lounge

WEDNESDAY 21 FEBRUARY
OMLC Lingerie/Romance Bingo

MONDAY 26 FEBRUARY
OMLC Ski Day at Mt. Washington

SATURDAY 17 FEBRUARY Rags to Riches Candlelight Dinner. Come with you sweetheart to an evening of good times. Men dress as your favourite hobo, ladies dress as royalty. For more details see flyer.



888 (KOMOX) WING

The Royal Canadian Air Force Association is alive and well and is currently being restructured to take the RCAFA into the 21st century. On the local front 888 (Komox) Wing's membership has stabilized over the past few years, but we are not dying. Our members have been very busy raising funds in support

RCAF Association

of different organizations such as The Air Cadet League of Canada, 386 Air Cadet Squadron, The Comox Air Force Museum, Comox Marine Rescue Auxiliary, Comox Valley Food Bank, The Heart Fund, The Salvation Army, The Friendly Visitors, and The Christmas Toy Shop.

We have recently purchased nearly 1.8 acres of land, next to the CFB Comox Air Park overlooking The Base, for our new Wing home. We anticipate starting construction of our new home in the very near future. On the social side, our Wing is very active. Some of our Wing events include, Heritage Night an evening with the students of the Air Force Indoctrination School, Wing dinners, pub nights, Wing bingos, games nights, and summer Bar-B-Ques.

888 (KOMOX) Wing is open

Thursday from 12 noon to 6 pm, and Fridays and Saturdays from 11 am to 1 am. All DND personnel (civilian and military) are welcome to visit and use our Wing facilities. Our facilities are available at no charge, to military sections for promotion parties, farewell parties, or section get togethers any afternoon or evening of the week. For reservations or more information contact Bill Ault our club/bar manager at 339-0244, or the Wing bartender on any open day at 339-3433.

One last thought -- our present membership is mainly retired personal, and getting older. Be a leader of your peers, join us today. We need you -- the younger person to help the ROYAL CANADIAN AIR FORCE ASSOCIATION grow with the 90s.

Alan W. Scott
Publicity Chairperson
339-4035

Chapel Chimes

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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. Mary Kerr, Phone 339-2552.

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

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) — Maj R.E. Baker

CHAPEL — St. Michael & All Angels, Wallace Gardens, Bldg 88

OFFICE — Headquarters, Bldg 45, Room 48, Telephone 8273

SUNDAY WORSHIP — Each Sunday at 1100 hrs.

HOLY COMMUNION — First Sunday of the month.

SUNDAY SCHOOL — each Sunday at 1100 hrs.

NURSERY SERVICES — Provided during Divine Worship for children up to three years of age.

CHOIR — Practices 1830 hrs, Tuesdays at the Chapel.

CHAPEL GUILD — Meets once a month, usually the first Monday. President: Elizabeth Basham, phone 339-4314.



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Health & fitness



ASK YOUR PHARMACIST

by Bill McConnachie, B.Sc. Pharm.,
Community Pharmacist, Vancouver
Shoppers Drug Mart

Baby 1

If you're pregnant or want to become pregnant, consider this: everything you put in your body goes into your baby's body too. Whatever you eat, drink or swallow passes from your body into your baby. So, if you're taking any medications, either prescription or non-prescription, they can adversely affect your unborn child.

There's no doubt some medications have saved the life of many unborn infants. But, there are commonly used medications that can harm them. Many are particularly harmful during the first three months of pregnancy when the fetus and major organ systems are rapidly developing. Therefore, if you are pregnant, ask your doctor or pharmacist before taking any medication, either prescription or non prescription.

Some epilepsy medications, for example, have been known to cause birth defects. When taken during the last weeks of pregnancy, certain tranquilizers may cause adverse reactions in newborns such as drowsiness, unusually slow heartbeat, shortness of breath and other breathing difficulties.

Estrogens and progestins (the primary ingredients of most birth control pills) can cause birth defects if taken during pregnancy. If you suspect you may have become pregnant while taking birth control pills, stop taking them immediately and check with your doctor.

Some painkillers are so common we often take them for granted. However, if taken during the last three months of pregnancy, they can prolong pregnancy and cause excessive bleeding before and after delivery. If you need medication to relieve pain, always ask your doctor or pharmacist which is best to take.

Your Shoppers Drug Mart pharmacist wants you to know and understand the medications you take and their effect of your unborn baby. The more you know, the healthier you and your baby will be.

In our next column, we'll look at the effects of alcohol and cigarettes and the benefits of good nutrition and exercise.

Baby 2

In our last column we discussed the possible effects various prescription and non-prescription medications can have on your unborn baby. The key point to remember is that everything you put into your own body goes into your baby's body. So, before taking any medication, check with your doctor or pharmacist.

Don't make the mistake of just drawing the line at medications. Alcohol, for example, is rarely recognized for what it is -- a powerful drug. Alcohol use during pregnancy is the most common cause of birth defects.

When a pregnant woman regularly consumes alcohol, she runs the risk of giving birth to a baby with Fetal Alcohol Syndrome (FAS). Children born with this condition can suffer from slow growth, facial deformities, learning and behavioural disorders, heart abnormalities and other complications.

Drinking during the first few months of pregnancy is believed to be the most harmful. Since a safe level of alcohol consumption has yet to be determined for pregnant women, don't drink.

Smoking, too, has an adverse affect on an unborn child. The nicotine in cigarettes produces body changes which may cause miscarriage, still birth or low birth weight. Smoking during pregnancy has also been linked to premature births. If you need help to stop smoking, ask your doctor and pharmacist.

Your Shoppers Drug Mart pharmacist is also a good source of information about the proper foods and dietary supplements you and your baby will need. When you are pregnant, your need for calcium, protein, iron and vitamins increases.

Don't forget about exercise, an important part of prenatal care. If you were already on a regular exercise program before you became pregnant, consult your doctor to determine if you should alter or reduce your activities. Even a limited amount of exercise, like the occasional walk, will improve circulation and provide more efficient digestion of food, better appetite and more restful sleep.

Hepatitis

Inflammation of the liver or hepatitis is a common condition. The usual cause are alcohol, drugs (medicines), and infection. Acute viral hepatitis is probably the most important 'germ' cause of liver inflammation.

Viral hepatitis is actually due to one of several viruses. As they have been identified older terms such as serum hepatitis and infectious hepatitis are no longer used.

Hepatitis A virus (HAV) and Hepatitis B virus (HBV) will be discussed here. HAV is usually caught by eating fecally infected food or drink. The food may have been prepared or handled by a carrier, or been contaminated through contact with sewage.

HBV is more likely to be passed from person to person through the skin, through a scratch or by transfusion with

info health

Dr. Bob Young



infected blood or contact with other body fluids. Health workers are at risk, and most hospitals provide a vaccination program. Drug addicts sharing needles probably pass more hepatitis than AIDS to their friends.

Hepatitis victims become sick quickly, with the disease starting with loss of appetite, nausea, vomiting and a fever. Skin rashes may form and joints may hurt. Later the urine turns dark brown and jaundice (yellow skin) appears.

Most people feel better when jaundice occurs. It recedes and the patient is usually better by the time a month or two goes by.

In some the disease is so mild it is never diagnosed -- a doctor may not even be consulted. In others the disease runs wild, causing death in short order.

Personal immune status appears to be the most important variable. There is no doubt that the patient is ill in the average case, but general medical measures (there is no specific treatment) suffice and once the jaundice clears the patient can return to normal activity or work.

Laboratory tests are very helpful in diagnosing hepatitis, and following its course. Sometimes acute hepatitis becomes a chronic disease due to semi-permanent damage to the liver. A needle biopsy of the liver and examination of the specimen under a microscope is necessary to diagnose this.

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SILVER TOTEMS

'Bones'

(Myers sinks winner in double OT)

The CFB Comox Silver Totems changed a frustrating season into one to remember as they won their second consecutive Pac Region Old Timers Hockey Championship. Never a team to do things the easy way, it took a dramatic goal by Joe Myers in double overtime before victory was theirs. It was a combination of superb goaltending by Bill Fisher, a stalwart defence, timely scoring and the return of the Midas touch by the Magic Man, Boyd Russell. Russell led the offense with a goal each game. Comox will now begin preparing for the Nationals in Shearwater in March.

Esquimalt

The Silver Totems opened defence of their Pac Region championship with a hard fought 4-1 victory over CFB Esquimalt. Comox was led by the outstanding goaltending of Bill Fisher as he continually frustrated the Esquimalt attack. Big Ted Norrie opened the scoring when he converted a passing play from Bale and Coull to give Comox a 1-0 lead. Boyd Russell began to weave his magic when he made it 2-0, assist going to Coull and Garipey. Carl Mullin then broke the game wide open when he scored just 17 seconds later. Comox held a 3-0 lead at the end of the opening stanza. The final frame see-sawed back and forth with each team scoring once, Steve Bale notched the Silver Totems final tally unassisted.

Chilliwack/Esquimalt

Chilliwack, the early favourites, found themselves in tough against a tight checking and very determined Esquimalt squad. Esquimalt took a 1-0 lead and held on until the 15 minute mark of the final period. Chilliwack then exploded for 2 goals and a tight 2-1 victory.

Chilliwack

Comox got away from their dump and chase style of play and it cost them as they fell behind 3-0 at the end of the first period. They came out flying in the second period, but as has been the case all season they were unable to buy a goal. Magic Man Russell scored the Silver Totems lone tally from Norrie. However one goal was not enough as Chilliwack went on to a 4-1 win.

Chilliwack

Comox was now facing the very difficult task of having to defeat Chilliwack twice if they hoped to retain their Championship. A loss would send them home and Chilliwack to the Nationals.

Coach Tom Esler did not have to remind the players that the season hung in balance on how they played this all important game. In order to combat strong blue line play by the Chilliwack defence Comox would have to return to their dump and chase style. Dump and chase they did, in a tight checking opening frame that

produced few good scoring chances for either team. Bill Fisher and his counterpart in the Chilliwack net were both perfect as the first period ended in a scoreless draw. The pressure was mounting for Comox as a goal by Chilliwack could be the end of their hopes of repeating as champs. Then with 7 minutes gone in the final frame the Magic Man took a pass from Armstrong and Norrie, weaved his way through three defenders and tucked the puck into the net. Comox 1 Chilliwack 0. Chilliwack continued to press but were unable to solve Bill Fisher in nets as Comox clung to their precarious on goal lead. With just over a minute to go Steve Bale fed a pass to Bill Todd, Todd shoots, SAVE, rebound, Todd Shoots . . . SCORES! Comox wins 2-0 as Bill Fisher plays a superb game in net as the regulars are shut-out of the season.

Chilliwack

The scene was now set, The Pac Region Championship now rested on the outcome of one game, 40 minutes of hockey. The tension was heavy, the opening goal was very important and could play a major role in determining the winner and champion.

The game opened on a fast and furious pace with defences on both teams allowing few good scoring chances. Six minutes into the contest Barry Howell fed a pass to Boyd Russell, the Magic Man deked

out the goalie and put the puck into the net to give Comox a 1-0 lead. Neither team was able to score again in the first period as Comox continued to hold onto their 1-0 lead. Seven minutes into the final frame Chilliwack finally solved Bill Fisher and evened the count at 1-1. Comox then took advantage of a power play at the 10 minute mark when Steve Bale rifled in a pass from Bill Snow. Lady Luck then turned sour on Comox when they tipped in the tying goal just over a minute later. The score remained deadlocked at 2-2 for the remainder of the period. The game would now be decided in overtime. Both teams came out flying in the first overtime, however neither team were able to find the net. The Pac Region Championship would now be decided on the next goal as the teams headed into sudden-death. Chances were few in the overtime period and both goalies were more than equal to the task at hand. The key play took place when Wayne Hay put on a burst of speed and

tried to go around a chilliwack defender penalty Chilliwack for holding. The Magic Man then went to work once again as he won the face-off and fed a picture perfect pass to a wide open Joe Myers. Myers rifled the puck towards an opening in the net SCORES!!!! The CFB Comox Silver Totems WIN and retain the Pac Region Championship! **Parting shot**

Congrats guys . . . next time not quite so dramatic, ok? Prior to leaving for the Regionals there was some concern if Joe Myers was going to be able to go. Seems he was observed 'shooting' a Dowe out of season during a team practise. Beware Joe, there may be a Dowe hiding behind the net. Christmas present to Stan Lawless from his wife, A535 for his jaw. Joe Myers claims he was 'blessed' by the NHL when he was shot by an errant puck at a Canucks/Flames game. It appears Barry Howell may have a 'future job' when he retires.

continued on page 19

NEXT DEADLINE

19 Feb 1990

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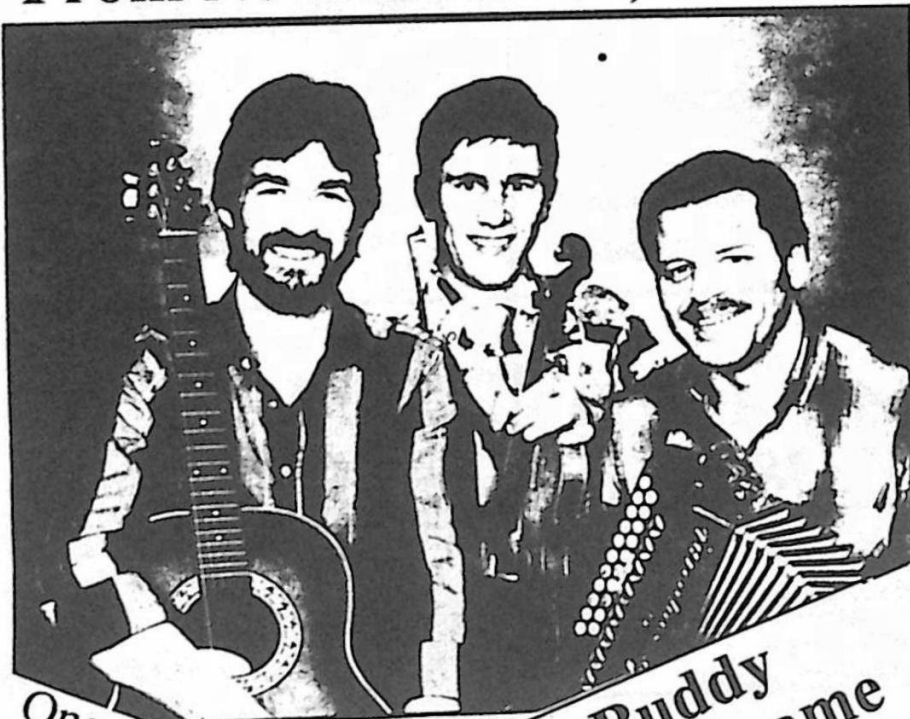
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Halifax Chronicle Herald

11 Feb 1990 8 pm

Public announcements

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CFS Shelbourne

CFS Shelbourne will celebrate 35 years of commissioned service 1 Apr 90. It is intended to recognize this not inconsiderable feat with a birthday party and appropriate fanfare. Former shipmates of HM-CS/CFS Shelbourne are invited to attend the festivities which

will culminate in a formal birthday banquet Saturday 31 Mar 90.

For further information contact XO Shelbourne LCDR Hatton at Avn 447-7485 Comm 902-875-2056, Halifax area 427-7485 Local 236/244.

Jr Ranks Ladies Club

Just a reminder about our Valentines Meeting 15 Feb 90.

What's happening? Well come on out and see! You never know what you will see or do! Guaranteed good time to be had by all! Door Prize Draw also!

See you there!
for info

Liz 339-4314
Gloria 339-0592
Linda 339-3241

PMS Self Help

Do you suffer from PMS or know someone who does? If you do here's some good news. The Self Help PMS Group which met last year is starting up again. It will be meeting on the last Wednesday of each month at 7 pm at the family support centre. C'mon out and sit in with the group, we'll be glad to see you.

School reunion

The Viscount Alexander school has been in existence since 1952. June 1990 is the last month that the Viscount Alexander School is to be operated as a DND school; indeed as a school at all. As of September 1990, the children are to attend Ottawa schools, and the remaining teachers are to become Ottawa employees.

Many teachers, support staff, parents and students have been a part of the school's life. To commemorate the end of the era of DND dependents' education at CFB Ottawa, and the closing of the Viscount Alexander school in particular, the school will be open for

visitation on the afternoon of Saturday 19 May, between 1:00 pm and 4:00 pm. We hope you can join us to take a tour of the school and to see some of your 'old haunts' and your 'old Gurus'.

Basketball

In order to compile an accurate file on current Basketball Officials in the CAF the Command PERO requests information as follows:

- a. last three SIN;
- b. surname and first name;
- c. rank;
- d. CABO/FIBA rating -- A, B, or C;

- e. highest level of competition (expand as necessary);
- f. number of yrs experience;
- g. age;
- h. additional comments.

Please send all pertinent information to the Base Recreation Centre prior to 12 Feb 90. Further info can be obtained by calling MCpl Rothermund at the Base Gym Local 8315.

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Leisure



Country Kitchen

Hester's Shepherd's Pie Orange Bran Muffins

If you watch the Brit comedy, 'Fresh Fields' (Chan 3, Sundays), you are no doubt familiar with Hester and her Shepherd's pie.

This is the perfect meal for someone who has put in a full day filling box-gardens with horse-poo (as I have recently), and is as hungry as the horse which helped fill the boxes. Wife offers this version of Hester's Shepherd's Pie, adapted from an old Stork Margarine cookbook once owned by her mother. The muffin recipe comes courtesy of Mrs. Jean (John) Novack of Courtenay, giving Country Kitchen a local flavour. We would like to maintain. To help us do this, please send in your favourite recipes. We will print them in the order received . . .

Norm.

Shepherd's Pie
1 lb cooked beef
1 large onion
1 oz marg
1 heaped tbsp flour
3/4 pint stock or water
1 rounded teasp meat or veg extract (Bovril, Oxo, etc)

Grind the beef, or use pre-cooked lean ground, fat removed. Chop onion finely and just brown in marg. Add flour to onion and stir over heat until just brown. Add stock and stir until boiling. Cook for 3 min, stirring continuously. Remove. Add extract, season to taste and stir in. Add the meat, mix well and add more seasoning if necessary.

Put into a medium size casserole.
1 lb freshly boiled potatoes
1 oz marg
2 tbsp milk
salt/pepper to taste

Mash together, beat until smooth. Season to taste and spread evenly over meat mixture, marking surface with fork.

Bake in centre of oven for 30 min at 400 deg F or until lightly browned on top.
Serves 5 to 6.

Orange Bran Muffins

This adaptation is lower in sugar, but still delicious!

1/4 cup orange juice
1 egg
1/4 cup marg or butter
1/3 cup white sugar
1/4 cup bran
1/4 cup white flour

2 teasp baking powder
1/2 cup raisins
Mix together, place in muffin tins and bake in a pre-heated oven 400 deg F for 15 to 20 minutes.

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BIENVENUE A TOUS

Totem Inn

Junior Ranks presents Buddy Washburn and the Other Fellers' on Sunday 11 Feb in the lounge. This Newfoundland musical comedy trio who sing about everything from bagging moose to an operatic version of I've the b'y will entertain you for the evening. Cost of the performance is \$10 per person. Tickets will be available at the office to Junior Ranks members only until 7 Feb at which time it will be open to other ranks on a first come first serve basis. No reservations accepted. Also note the performers request that there be no smoking during their performance. Performance begins at 2000 hrs.

Silver Totems Hockey

continued from page 17

Just before the winning goal was scored he told Bill Sapinsky that Joe was going to score! Any more predictions Barry? Bill 'Sniper' Sapinsky notched the winning goal over Nanaimo in a 6-5 game held just after the regionals. Incidentally, Joe's bruises did NOT come from playing hockey, seems he had a real fight with a bunch of kids in trying to get his NHL puck.

Obituary

WARD, Henry Borden, passed away on 18 Jan 90 at Moncton N.B., after a brief illness. A retired CNR brakeman, Mr. Ward was predeceased by his wife Ethel. He is survived by daughters Mrs. Lawrence Cormier (Amherst, N.S.) and Mrs. Thomas Kamada of Courtenay, B.C., son Ray Ward of Fredericton, N.B., Mrs. Lillian Cotteau of Maynard, Mass., U.S.A., and Mrs. Marion Ashe and Mrs. Elsie Scoggens, both of Sackville, N.B. Funeral service was held at Tuttle Brothers Memorial Chapel, Moncton, N.B. and interment at Memorial Gardens, Port Alberni, B.C. on 30 Jan 1990.

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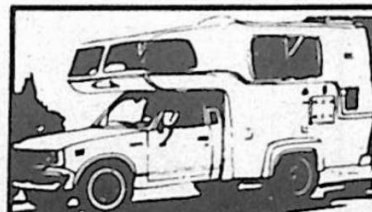
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one of the sides is not fixed firmly in the fully raised position. The infant may roll into the space created between the floor pad and the loose mesh side, become trapped, and suffocate.

*Avoid scarves, necklaces, cords, elastics or long pacifier strings that might entrap a child, with the possible result of death or injury.

*No playpen should have more than two wheels or casters. This prevents the child from moving the playpen into any unsafe area and helps keep the child out of harm's way.

*Before you put a child in a playpen, make sure its walls are securely raised and fastened. This way there is little risk of the child's fingers being pinched, crushed or even amputated.

*Examine the playpen regularly to ensure that there are no missing parts, and that everything is secure. Check for wood splinters or sharp edges on the playpen. Ensure that the playpen is stable and has not been weakened by use.

*Vinyl top rails and mattress pads should be frequently examined for rips or tears. Loose pieces of vinyl could cause a child to choke or suffocate. A child could also crawl inside a torn mattress pad and suffocate. (Children often graduate to playpens at the same time they are teething, so this is an especially important precaution.)

*Large objects such as stuffed toys should not be left in playpens with children. They

continued from page 11

can be used as steps for attempted escapes, which can lead to falls and other mishaps.

*Once a child can climb out, the playpen should no longer be used.

*Playpen wall, when measured from the floor to the top of the rail, should be at least 48 cm high.

*To prevent possible entanglement, remove toys strung across playpens when baby begins to push up on hands and knees or is over five months of age.

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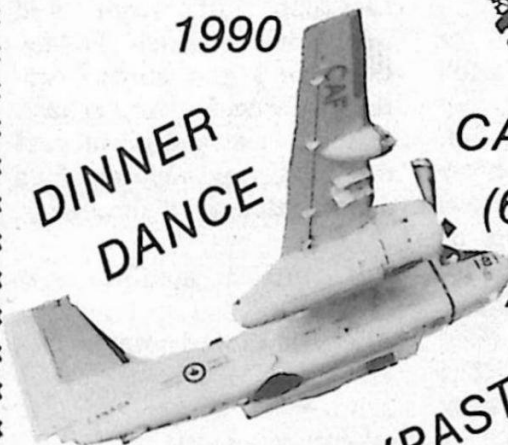
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