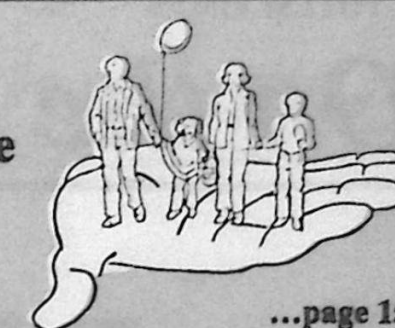




## JRC Ribbon-Cutting

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## Family Support Centre Re-Opens



...page 15



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 33 NO 02 24 JANUARY 1991

NEXT DEADLINE 04 FEBRUARY 1991

COST: PRICELESS

## CF Units in Persian Gulf

### Receive Commendation

OTTAWA -- The Department of National Defence announced today the award of Canadian Forces Unit Commendations to those CF units which initially deployed to the Persian Gulf.

The Chief of the Defence Staff, General John de Chastelain, approved the awards for HMCS Protecteur, HMCS Athabaskan, HMCS Terra Nova, 409 Tactical Fighter Squadron and "M" Company, 3rd Battalion, The Royal Canadian Regiment.

"Each unit was cited for their determination and professionalism in conducting their activities under harsh climatic conditions in an unfamiliar

region", said General de Chastelain. "Our units have achieved unqualified success in their operations to date and have earned the respect of their peers in other allied forces in the region."

The Canadian Forces Unit Commendation was awarded on three occasions in 1990: to HMCS Provider, for its role in the rescue of 90 boat people on the South China Sea in June; to the CF aerial demonstration team, the Snowbirds, on the occasion of their 25th anniversary; and to 5e Brigade mecanisee du Canada, for their support during the Oka Crisis in the summer.

National Non-Smoking Week January 21 - 27, 1991

## Fact Sheet on Children & Tobacco

Children and tobacco don't go together. Smoking by a woman during pregnancy creates special problems - twice the risk of miscarriage, a smaller birthweight for the baby and greater risk of stillbirth and crib death.

Most pregnant women voluntarily quit smoking, but nurses encourage those who do not to seek help from their local health unit, their doctor, or a quit-smoking program. They can learn how-to-quit strategies and their unborn babies will love them for it. Without cigarettes a baby gets up to 40 percent more oxygen and more nourishment through the placenta.

Parents of newborns and toddlers best protect their little ones if they keep their environment smoke-free. If a family member has not yet quit, restrict smoking to one well-ventilated room not used by the children. This helps greatly.

Nurses recognize that smoke constricts the tiny lungs and airways of the infant much more easily than those of an adult. Also, because infants breathe much faster than adults, they inhale more air and more pollution in

comparison to their total bodyweight. Studies show babies in their first year of life have a higher rate of pneumonia and bronchitis if their parents smoke at home. Toddlers, also, have twice as much upper respiratory illness if their parents smoke.

Even if you smoke, you can deliver the message to your older children, "Do as I say, not as I do". Schools challenge children to be nonsmokers and to value a clean environment with fresh air. When they come home, support the no smoking messages they bring. Listen carefully and be open and honest about how you started to smoke, why you find it hard to stop. Tell them you are interested in what they are learning for themselves.

This is especially important in the early grades. Over half of today's young adults had their first cigarette before the age of 12. By age 19, one-third of teenagers smoke daily.

Minimize children's access to tobacco. Don't send children on errands for cigarettes - even with a note. Firstly, it is illegal to sell

## Base Commander's Commendation



CFB Comox "Service Man of the Year" receives his award from Base Commander Col J.E. McGee. In attendance are (L-R) Maj Houle, 442 SAMED; LCol Cloutier, CD 442 and Base Chief Warrant Officer CWO T. Doherty. Well done Robert!

## 442 Tech wins Base Commander's Award

MCpl Robert S. Wild, an engine technician with 442 Squadron, got a surprise at the Junior Ranks' Christmas Dinner in December, when he received the prestigious Base Commander's award for outstanding performance in 1991, the "CFB Comox Serviceman of the Year".

Based on many criteria, the

all-round performance of MCpl Wild was measured with several candidates nominated by their squadrons and sections, and came out slightly ahead of the well-chosen group.

31 year-old Wild was "completely surprised" when he was called up front to receive his plaque (reproduced below) from the Base Commander, Col J.E.

McGee. Like his fellow candidates, he was unaware the selection process had been carried out.

Robert is married to Cpl Nancy Wild, a CRS Tech with BAMSO-NAVCOM. They have a boy aged 8 years.

CFB Comox congratulates MCpl Wild for an outstanding year. Keep it up Bob.



Continued on page 21



# On the base

## Work Out in Winter

Avoid the winter blues and get out of the house to walk, run or ski throughout the winter. You can cancel some Christmas calories and lift your spirits at the same time.

Nurses recommend you dress wisely. Anyone who works out in winter has learned the importance of layering clothes and adapting to the cold. Staying comfortable is a key factor in having fun and being safe.

Layering means wearing several layers of clothes, one on top of the other. Each serves a different purpose.

Start with underwear that draws perspiration away from your body. Underwear made of synthetic fabrics such as polypropylene serves to do this well. Cotton does not. It will hold moisture and make you feel cold and clammy.

Next wear a synthetic turtleneck, wool sweater or pile jacket. This is the layer where you may double or triple layer for extra warmth. Extra tights, leg warmers or thermal longjohns can help on your lower body.

On top, wear a jacket that is waterproof, wind-resistant and breathable. Breathable fabrics allow moisture to escape when you perspire. One well-known jacket fabric is Gore-Tex.

Jackets that zip open are preferable to pullover shells. Zippers that open from the top and bottom are most adaptable. You can let air in most easily and also remove underlying clothing with the least effort.

Mittens are warmer than gloves because your fingers are kept together and there's less surface exposed to the cold. There are also liners of polypropylene that add to your comfort.

Hats are essential because so much heat is lost through the head. Wool or synthetic are the best bet.

Wear boots or shoes that are slightly too large rather than slightly too small in the cold.

**Creative Gift Ideas**

- Stocking stuffers: airbrushed ski caps & socks
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Then you may add an extra pair of socks or have a small amount of extra space to trap warm air. Nurses will tell you that tight footwear constricts circulation and can cause painfully cold feet in a hurry.

Don't, however, overdress. One of the most common problems is to step outdoors, feel the cold and put on far too much clothing. Nurses remind you that exercise raises the body's temperature significantly. Even a moderate workout can make you feel that it's 30 degrees warmer than it is.

As soon as you start to sweat

take off one layer of clothes. Whenever you stop for a while put the extra layer back on before you even notice the cold. This way you can maintain a fairly steady and comfortable temperature.

Watch for the wind as well. It may be from the weather or the speed that you are travelling. Either way it intensifies the cold and necessitates dressing more warmly.

Once dressed warmly and effectively you're well on the way to all the fresh air and exercise you could want in the winter.

The monthly meeting of our Lady of the Sacred Heart Catholic Women's League was held on Thursday, 17 Jan, in the Parish Hall. Before the meeting was called to order, the members prayed the Rosary for the war in the Persian Gulf. Following the meeting, our guest speaker, Helen Comess, from the Department of Social Services and Housing, gave a very informative talk on the topic of adoption.

Our Christmas party and pot luck supper was held on 14 Dec with a gift exchange and each member bringing a wrapped gift for a refugee family living in our

area. This yearly event was well attended by husbands and a few special guests, including our spiritual director Father Vielleux as well as Padre Baker and his wife. We also had a surprise visit from past president Edna Sinclair and her husband Al who were visiting from Edmonton.

On 30 Dec we had a special family blessing in the chapel. Unfortunately the weather conditions hampered attendance but otherwise all went well and was followed by a reception in the parish hall.

Continued on page 3

## CWL Sacred Heart

## NEXT DEADLINE 4 FEB

### INSURANCE CORPORATION OF BRITISH COLUMBIA

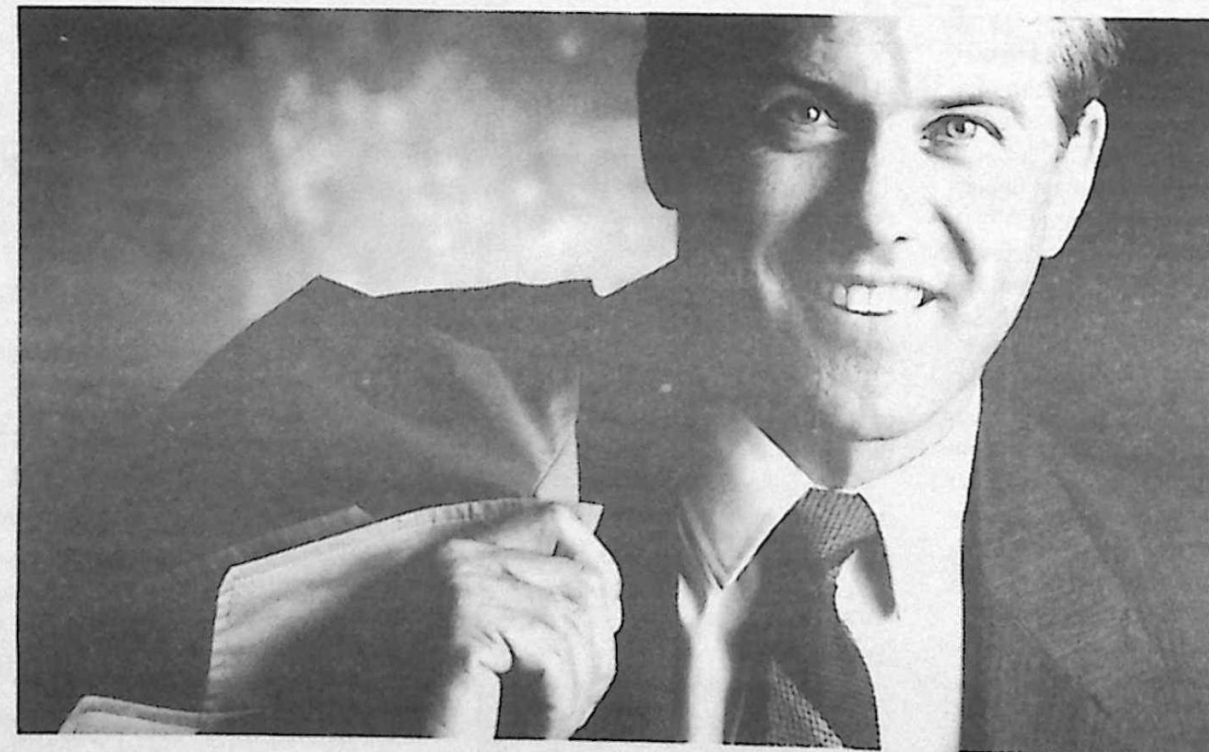
"Can claimants in an accident dispute get fair treatment when their adjusters both work for ICBC?" The answer is yes, for two reasons. First, the adjuster for each party serves as an impartial representative in the claims process. And, second, since most claims are totally paid by Autoplan, the adjusters have no reason to favour either side. After considering every element of a case, both adjusters use their experience and expertise to reach an equitable settlement. Anything less would be unfair to the claimant. But to offer more would be equally unfair to some two million other ICBC policyholders whose premiums are affected by rising claims costs.

Last year, 81% of the people surveyed who had property damage claims were satisfied with their settlements. 98% of injury claims were settled out of court. Many claimants opted to settle disputes through mediation and other alternatives, rather than long, costly legal action.

Which side is your adjuster on? On the side of fairness.

**ICBC** Together, we can drive insurance costs down.

## Which side is your ICBC adjuster on?



# On the base

## Padre Bob



Well folks, things have continued busy at the Chapel and you won't! In my last article before Christmas I told you that I was all ready for our Christmas Eve Services, and told you not to worry about bringing out friends or guests. Well we had all of the pews opened out and a couple of chairs were used. We did have enough Orders of Service, but we ran out of candles for our Candle Light Service. You won, but keep up that kind of problem. It is great! The services went well and all had a Blessed Christmas.

Before Christmas, the Sunday School students, teachers, and members of the congregation sent Christmas cards to military members in the Gulf. We received some nice cards in return telling us of conditions in their camps. We also sent cards to a family who were members of our congregation last year but were posted to Germany last summer. We had learned that the husband was in the Gulf while mum and the kids were left in Germany. We received a very nice letter in return thanking us for our prayers and cards during their times of tension last fall. We have also been sending over reading

material for the troops on a continuing basis and last Sunday the Sunday School teachers, students and members of the congregation signed Valentine cards for our gals and guys in the Gulf.

Although I have been keeping my head down with annual reports to complete, others have not. When the Chapel Guild met they decided to sponsor a parents and tots group. A long time Guild member, a busy mum and member of the PMQ Community, Julie Mercer, has kindly agreed to be the main hostess for the group. But I will let Bonnie Cochrane tell you more about that later.

A couple of the fellows of the congregation got together for coffee and we will be having a men's fellowship starting up soon. The aim is to provide a time when the guys can meet and get to know each other better than the weekly coffee fellowship time allows. We want to thread the path between being another social club and being a men's bible study so we shall see what evolves.

Our Religion-In-Life classes began last Monday evening at which members of the Guiding/Scouting Movement can earn their Stage 1 or 2 Religion-In-

### BOPsO Presents CD



Sgt T.C. Schrader, ATC, being presented with his CD by LCol Bishop, BOPsO.

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Life emblems. These emblems will be given out at our Baden Powell/Thinking Day Service on Sunday, 17 Feb 91. If you have Cubs, Brownies, Guides or Scouts who would like to earn this emblem and have been attending Sunday School or church (of your choice - this is not limited

to our chapel congregation) send them along to the chapel next Monday between 4 pm and 5 pm and they can catch the last three classes.

Before I take up too much of Norm's paper, I had better turn this over to Bonnie and let her tell you about Parents and Tots.

## Parents/Tots Drop-in Discussion Jan 25

With the closure of the AMU concession stand last year, St. Michael and All Angels Chapel Guild lost not only their main source of income, but also their prime form of community service. Other fund raising projects have replaced the lost revenue, but until now, a new community service project had not been found.

In these troubled times, we feel we can best be of service by helping to support the family. Particularly, we want to help young families who may not know how to cope with the everyday stresses, let alone the added burdens to which we, as military families, are now subject. Beginning on Friday, 25 Jan, the Guild will sponsor a Parents and Tots drop-in group discussion facility. Sound complicated? It isn't. We

invite all parents of pre-schoolers to come out once a week just to talk. What will we talk about? That's up to you. You will have to come and tell us what your concerns as a parent are. You, and your youngsters, can have some time out of the house; the kids can play together, while the adults talk about doubts and fears, frustrations and joys, worries and wonders.

We will provide coffee, tea, juice, and other parents just like you. From time to time we will invite various professionals (doctors, nurses, social workers, educators) to join our discussions as guest speakers. But your concerns and needs, the things you want and need to discuss, will always come first. Together we can find solutions to problems, share experiences, provide in-

sights, and maybe make some new friends.

Come out and talk with us. We care!

**Place: Protestant Chapel Annex, next to Arena**  
**Date: Fridays, starting Jan 25 - 10-11:30 am.**

continued from page 2

### More CWL

On New Years Eve, a few of our members and their families went to Laurel Lodge in Courtenay and celebrated with the elderly residents in the form of a wine and cheese party and sing along. The evening was enjoyed by all. We visit this lodge once a month and play Bingo with the residents and serve them a small lunch afterward. Anyone from the parish is always welcome to come along. Our next visit is on 28 Jan at 7 pm.

Our Thrift Shop is in need of a new location and so will be closed until further notice. Thanks to everyone and we will keep you posted on the re-opening.

Our next Sunday brunch will be a Valentine Brunch and will be held on Sunday, 10 Feb, after Mass. Hope to see you all there.

The next general meeting will be held on Valentines Day, 14 Feb, at the parish hall. For more information, please call our president, Claudette LeBlanc, at 339-3004.

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**KINSMEN**

The Canadian military has always responded when it has been needed. Kinsmen and Kinettes were created as a result of the camaraderie and friendships that developed in World War I. During the Second World War, the Kin Family sent millions of quarts of milk to Britain and books and magazines to the Merchant Marines.

At this time of the year that symbolizes peace and understanding,

### THE KINSMEN OF THE COMOX VALLEY

would like to send their best wishes to our Canadian forces stationed overseas on our behalf:

MIDDLE EAST • GERMANY • HAITI  
CYPRUS • CENTRAL AMERICA  
PAKISTAN • AFGHANISTAN • IRAN/IRAQ  
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and see what happens when the dust settles after the stampede.  
But when, when??  
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Sounds good!

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# Editorial

NORM  
BLONDEL



## Valiant Canadians

"Caesar's spirit, raging for revenge... Shall in these confines,  
with a monarch's voice cry, 'Havoc!' and let slip the dogs of war."  
...Shakespeare, "Julius Caesar"

For the first time since the Korean Conflict, which began more than forty years ago, Canadians have become actively involved in a shooting war. Our CF-18 Squadron, based in Qatar, is now flying point-duty for the Gulf Coalition air attack forces, to help end a tyranny.

We applaud the courage, resolve and skill embodied in our comrades in the Persian Gulf. With their superb training and their inner strength, we know they will perform with valour.

Adding immeasurably to their morale will be the knowledge that they have, from Canadians, our whole hearted support.

Beginning with the Christmas edition, we have been sending six copies of the Totem Times to Qatar, each time we go to print. It is in these pages we invite our readers to express their support for our men and women in the Persian Gulf. The mails may be slow, but your words of encouragement will reach the pilots, ground crew and support staff of the "Canada Dry" detachment at Qatar.

We will make space available for your messages: write what you feel, and if you are a regular contributor, feel free to include your own message in your column. Readers, on or off the Base can send in or bring their letters to the Totem Times.

Now is the time for you to speak out in support of valiant Canadians.

## A Welcome Return

The news that our Family Support Centre is being reactivated, albeit for families directly affected by the assignment of personnel to the Persian Gulf, is welcome indeed.

So much work went into the original Family Support Centre project, only for it to cease operations in mid-1990, that its loss was keenly felt. If the only criterion for restarting the Centre depends on the duration of the Gulf war, then so be it. We can hope, however, that by some means this valuable facility will still be around after our people return from Qatar.

## The Picture of Dorian (Norm) Gray

Those familiar with Oscar Wilde's story of the portrait which aged, while its human original was able to pursue a life of dissipation without signs of wear and tear, will, if they scan the picture at the top of this column, realize the story is by no means true.

Honesty hurts, but I've had to replace my six-year-old picture with one taken at Christmas. Too many people were mistaking me for my dad.

## Kinsmen/Kinettes Support our Forces in Gulf

Kinsmen and Kinettes have a long association with the Canadian military. Beginning with the founding of Kin in 1920 by Hal Rogers, who missed the camaraderie and fellowship of his World War I army buddies, through to the enormous Milk for Britain campaign in the Second World War, Kinsmen and Kinettes have appreciated the efforts of our servicemen and women.

1991 sees Canadian military personnel on alert in the Persian Gulf and on peacekeeping assignments in Germany and Cyprus. At this time it might be fitting for our organization to assume a leadership

ship role in recognizing the efforts of the Canadian Armed Forces.

The greatest need is recognition to the overseas personnel that average Canadians actually appreciate their efforts. The best way for Kinsmen and Kinettes to show their appreciation is not to mail cards and letters because of the backlog in the mail system, but rather approach their local newspaper and place a message of support to the overseas military personnel. The Department of National Defence has pledged to identify all Kin messages and send them overseas.

A solid effort by Kinsmen and Kinette clubs across the country can further establish our all-Canadian identity and place Kin in a leadership position in supporting our military. Kin is a dynamic organization in tune with today's topical issues.

Most importantly, however, Canadian service men and women will realize that Canadians care. Today's challenge is to show them that Kin cares.

For more information about Kin, please call 338-6125 or 339-4923.

## A Jumbo Dream

by HAMISH

I woke up about 2 a.m. in my camper van with this crazy dream going through my head. It seemed like a good yarn so I reached for the flashlight, paper and pencil beside my bunk. It seems quite a number of people write notes to themselves in the dark. I tried it a few times but come morning I could never make out what I had written, so therefore, the flashlight. Even at that, many items that seemed like brilliant ideas in the middle of the night turned out to be either meaningless, or not worth bothering with in the daylight. This one, however, seemed like a "keeper" and from the various scribbled notes I developed it into the following:

I was on a charter "jumbo" jet to London and return. As we were taxiing out to the runway the public address system came to life with, "This is your captain speaking. People have asked us why we take so long to taxi out to the runway and why we seem to wait so long when we get out there. Well, there's a large weighing machine built into the taxi strip and as we pass slowly over it the scale master calculates if we are overweight for the take-off and by how much. If it's only two or three hundred pounds overweight, we ask the stewards to throw off a half-dozen or more

suitcases from the luggage hold, but don't worry, they will follow you on another flight! If it is considerably more overweight, we ask the crew to get out the shopping carts. We pick them up from the local parking lots; have to keep down the cost of flying you know. They go down the aisles picking up the excess weight from the passengers. This often results in many people tossing in their "duty free bottles". It's surprising how much duty free merchandise comes on board one of these flights. When we reach the end of the taxi strip we come to a stop to put off all that has been collected, including the shopping carts."

A passenger called out enquiring about what happened to it all. The captain replied, "Oh, they're all recycled; have to keep down the costs of flying you know." A long groan went up through the passengers then the captain came on with "Oh, I thought you meant the shopping carts. For those of you who wish to get back your duty free bottles or whatever, we offer a very reasonable return flight." More groans.

The captain went on to relate, "On a recent flight out of London we were informed that we were several hundred pounds over-

weight so out with the shopping carts. At one aisle seat a small Cockney chap said to the steward, "Here guv'nor, take the missus, she's around ten stone (that's about 140 pounds to you non-Englishmen). It'll save me and a dozen other blokes parting with our bottles. And if about a dozen other'll do the same we can all get together and have a wing ding party all the way across the ocean."

We all had a good laugh, then the captain came on to tell us we were coming up to the weigh scales. "When I give the word, everyone take a deep breath and hold it for about fifteen seconds," people laughing. The scale master thinks we'll have to back up and a pause, then, "Now!" There was a large hissing sound as everyone sucked in a deep breath, followed by a ghostly silence. Just then the plane made a slight lurch and the captain said, "Oh, oh, somebody let out their air too soon!" Well sir, the whole plane broke out laughing and when things quieted down again the captain said, "I guess that wasn't so funny. The scale master just reported the numbers on the scales went all jiggly. Must have been all you

Continued on page 24

# Comment

## About Trivia

### Handley Page Hampden

Dear Norm:

The Trivia aircraft 10 Jan 91 is a Handley Page Hampden medium bomber. Its prototype first flew in June 1936, and the production types entered RAF service in August, 1938. They first went on operations over Wilhelmshaven, Germany, on the first day of war, September 3rd, 1939. Until the introduction of the four engined heavy bombers, the Hampden, along with other medium bomber types, carried the burden of bomber commands air war over Europe. In comparison to enemy aircraft, the Hampden was outmoded, and very vulnerable. Many of its operations were unescorted by fighter cover, resulting in heavy losses. Hampdens were also in service with Coastal Command, and duties included mine laying, and torpedo strikes on enemy shipping.

In 1939 a British financed consortium of Canadian companies was formed to build the Hampden in Canada. The consortium was

known as 'Canadian Associated Aircraft Ltd.' and included the firms of Canadian Vickers, Canadian Car and Foundry, and Fairchild in Quebec, and Fleet, National Steel Car, and Ottawa Car in Ontario.

Each of these firms built components which were trucked to assembly plants at St. Hubert and Malton. The first Canadian built Hampden flew at St. Hubert on August 9th, 1940. After being test flown, Hampdens bound for Britain were flown to Halifax. The engines were removed, and returned to CAA Ltd. locations, while the airframes were shipped overseas. Of the 160 aircraft built in Canada, 84 went overseas, and 76 remained in Canada for training and operational purposes. The Hampdens served with RCAF Squadrons overseas (408, 415 and 420). Bomber Command withdrew Hampdens from operational service in September 1942.

Sincerely,  
John Novak

## More Stirling

Dear Editor:

Concerning the aircraft depicted in the Trivia article in 'Totem Times' for 20 Dec 90, here are some facts.

The aircraft is a Stirling MKIV Glider Tug, not a MKIII Heavy Bomber. Note the absence of a Frazer-Nash nose turret. This and the absence of a mid upper turret were common to the MKIV.

Identity code X9 was allocated to 299 Squadron and the code for 199 Squadron was EX. I would suggest that Tom Palmer take a closer look at the 'Stirling File' reference which I also have in my aviation collection.

The statement that the wing

span of a Stirling aircraft was reduced in order for them to fit in a standard size 100 ft RAF hangar does not make sense. The hangars in use at the time on bomber airfields had ample clearance. Type A hangars 120 ft, type C 150 ft, and also 150 ft for types J and K.

As late as 22 Mar 45, Bomber Command's order of battle listed Stirlings on the strength of 199 Squadron based at North Creak, Norfolk.

Sincerely,  
H.W. Holmes  
Victoria, B.C.  
Editors Note: John, Tom and Dwayne. Any response?

## January is Kinsmen Mothers' March Month Because of you...it works!

January, 1991 has been set aside for the 38th Annual Kinsmen Mothers' March. During the first two weeks, the focus will be on public awareness, followed by the March from January 15th to 31st. The Kinsmen Mothers' March is the main source of funding for the Kinsmen Rehabilitation Foundation of B.C. Since 1952, the Foundation has been helping children and adults with physical disabilities achieve the highest possible level of independence.

The Mothers' March has grown from the one-hour blitz to a campaign spanning 16 days. Last January, more than 25,000 volunteers raised \$1.4 million by canvassing door-to-door in their communities.

The Kinsmen and Kinette Clubs will again be organizing the Kinsmen Mothers' March in communities throughout the province and they have planned special events to promote the campaign in many of them.

When a Mothers' March volunteer calls at your door, please give generously. Your support will help create an independent and productive future for someone with a physical disability. BECAUSE OF YOU...IT WORKS!

For more information, contact your local Kinsmen/Kinette Club or call Kathy Salloum, Kinsmen Rehabilitation Foundation, (604)736-8841.

## Posted to Greenwood?

### Here's the Annapolis Valley

There are quaint country towns like Wolfville, Middleton, Bridgetown, and Annapolis Royal where farmers come on Saturday mornings to bring their produce, crafts and preserves for sale.

You can tour fine old colonial mansions like Uniacke House, a National Historic Site, or Prescott House, where the Gravenstein apple was first planted.

Grand Pre National Historic Park near Wolfville tells the story of Nova Scotia Acadians, of how they settled the land, and then, through the fates of colonial conflict, were removed from their homes by the Expulsion Orders of 1755 and scattered about North America in a social tragedy that is still remembered today in story, song and pageants.

At Annapolis Royal, Canada's oldest town, founded in 1635, former sea captain's houses have become tourist homes while antique and craft shops line historic St. George Street. Fort Anne, Canada's oldest National Historic Park established in 1917, looks out over the Annapolis Basin, a well-preserved reminder of the pitched battles that occurred during the colonial era.

The beauty of the Annapolis Valley begins early with the arrival of the cream-coloured apple blossom petals in May and lasts until the final leaves of autumn drop from the trees in October. In between are lazy summer days of

canoeing in the Annapolis River, or tubing down the Gaspereaux, or beachcombing along the mud flats below Cape Blomidon.

Roadside fruit and vegetable stands and u-pick strawberry fields invite you to bring back a special valley treat.

It's a worldwind tour of uncommon delights found nowhere else in Atlantic Canada.

Tours of the valley may include a visit to a winery, or an exotic zoo, or a lobster pond. There's a turn of the century schoolhouse that serves ice cream with homemade topping, a magnificent hilltop look-off over brown and green farm fields, a wildlife park with deer from the Royal herd, the oldest blockhouse (Fort Edward) in Canada, and country fairs and harvest festivals in summer and fall.

Tours of the Annapolis Valley usually originate from Nova Scotia's capital city of Halifax about 40 miles away. The Evangeline Trail, Route One from Halifax to Yarmouth is the scenic travelway to take.

For further information, contact:  
Dave Harley  
Editorial Services  
Nova Scotia Tourism  
and Culture  
Box 456  
Halifax, NS  
B3J 2R5.

## NEXT DEADLINE 4 FEB

## Air Force Trivia



### Trivia Answer

Handley Page Hampden AT137 of 455 Squadron RAAF, April 1942. Destroyed in a ground fire at Leuchars, June 42.



from the  
H.W. Holmes collection

# TOTEM TIMES

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# Section News



## BTNO AS THE WHEEL TURNS

Who says it never snows in CFB Comox? During the period of January 6th through to the 11th we accumulated much more than our normal share of that terrible white stuff. For most of us here in the Comox Valley snow usually means a lot of fun and we tend to take advantage of it because it usually rains before we can fully enjoy it. This year, however, it seems the novelty wore off quickly and we actually began to pray for rain. But the snow continued to fall and our heavy equipment

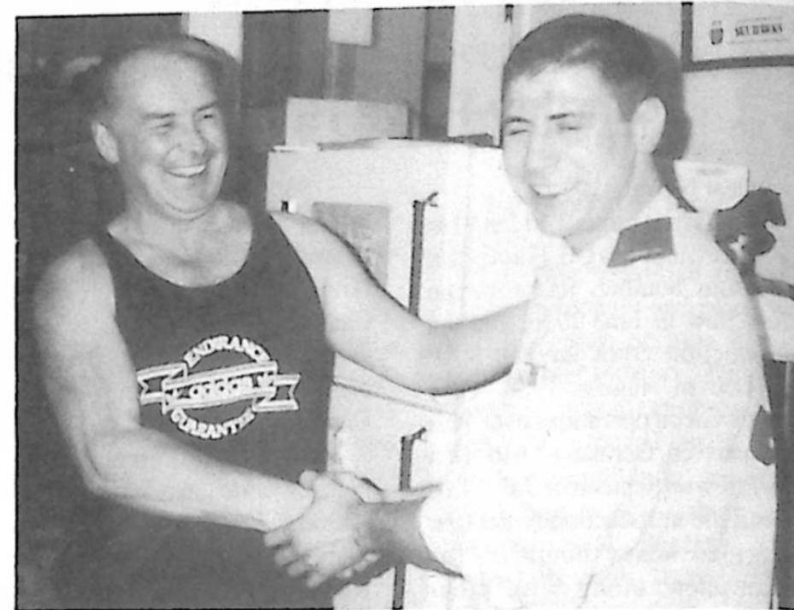
section along with other Base Transportation sub-section personnel worked around the clock ensuring the aerodrome remained open. This was a feat in itself considering that CFB Comox had the only open runway on Vancouver Island. This team of dedicated individuals, most of whom volunteered their assistance on their own time, exhibited an excellent display of skill and camaraderie and they deserve a big pat on the back for a very commendable job.

On the 16th of January the Jr

NCOs walked all over the Seniors, (Officers included) in a best out of five volleyball tournament. Lt Karen Vedova resorted to dirty tactics by luring our ringer, 5'4" MCpl Alphy Alexander to the net, violently kicking him square on the knee cap. Fortunately her devious scheme proved a failure because after a lengthy cry our Airborne hero was back and this inspired the whole team to victory. Now the losers have the option of deciding on a sport in which they believe they can win in the next upcoming month. We all thought it would be checkers or creative writing, (which Sgt Dale Eadie was insisting on) however, the Seniors settled for bowling. Major Fisher agreed with one stipulation that all the Jr NCOs have their hands tied behind their backs, enabling the older fellows to have a fighting chance. After the volleyball tournament was over a smoker was held at Base Transport where a couple of announcements were made by Major Fisher, one being the promotion of Master Seaman Stu Jackman, and yes, Iggy really did it this time, he's now better known as Cpl Ignacz. Congratulations, guys!

Pte Karl and Kathryn Lewis are proud to announce the birth of their first son, Kristopher Charles, weighing in at 6 lbs 13 oz on the 20th of January at 05:23. Congrats from all of us Karl.

### BTNO Promotions

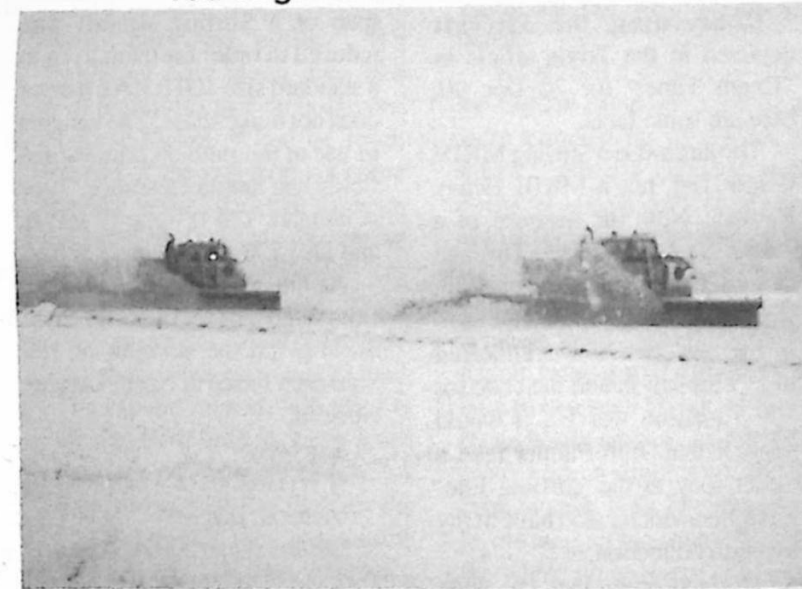


Cpl Mike Ignacz



MS Stu Jackman

Yes Virginia: It snows at Comox!



Heavy equipment battles the storm

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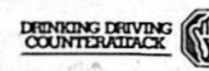
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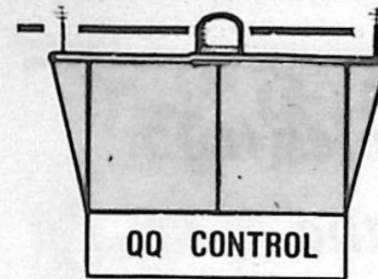
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# Section News



## As the beacon turns

Hi boys and girls! Welcome back to the land of the head sets where clearances 'R' us! Let's start with the weather shall we. It's hard to believe that driving was a chore around these parts lately but it sure was! The recent winter invasion caught a lot of us with our ski-pants down and caused havoc province wide and CFB Comox was no exception. One snowy, cool, slushy, icy, foggy and basically lousy afternoon, a Base Stand down was announced. With Route 66 all but impassible, getting our diligent day workers home required a plan B Ops 10 to the rescue! Yup, the good ol' Follow-Me truck was to be the pace car for the 'Stand down 500', leading a co-worker convoy down Rwy 29 to the 7 Hangar gate. But not all of our defensive driving graduates made it home safely without problems. It would seem that a certain 'Flying Dutchman' lost control of his mechanical steed while on his way home and became yet another victim of 'Ice Station Zebra'. Welcome to the club Nickster. Speaking of clubs, a reliable source informed me that Dan Borne (to be wild) has a right foot of that description. 'Days of Thunder' Dan must have been

pressured by the ol' hour glass one day when he gate climbed from work leaving a rooster tail of \*%\$%\$ behind him that was higher than a navel on a basket ball player! (Those particles of rubber'n ice left a marvellous mosaic on the side of the tower Dan!) The last neige fall also created a 'Dog-day-afternoon' for a couple of our resident aerodrome sitters. While shooting the marde in the VFR den, Lt 'Gun-Tape' Godden and our beloved 'Birdman of Alcatraz' noticed a four-legged problem heading toward them along good ol' Route 66. With a potential runway incursion dogging about, they sped off to intercept this curious canine. After wading through the winter wonderland for a spell, the dashing doberman decided he had enough and made his way to the main gate leaving a damp dispatched duo in his dust (or should I say...slush)? Dog-gone it guys, thanks for your flight safety support! It took a while but the snow finally stopped falling and slowly reversed itself into something you don't have to shovel. Puddles to ponds was the aftermath which spotted the Comox Valley. Our aerodrome had its share of some

### Who he?



"Good golly, Miss Molly, if it ain't Buddy Holly." Who is this mushroom?

mini lakes too! At the intersection of Rwy 18/36 and Rwy 11/29, an oasis was formed attracting many a fine-feathered flapper. To give you an idea of the size of the problem the Tower was faced with, National Geographic could have shot a special on a Gulls' version of 'Woodstock'!

Anyway...as you can see, the weather played a main role during the last month or so but how about some good ol' Section gossip. Sandra Guenther is beginning to 'show' why she's been so interested in wall paper and the color of baby clothes lately. Hey Sandra, my prediction is 6 lbs 3

ozs...it's a girl!!! Speaking of girls...Martin, I heard that a certain Term Controller is very sensitive when it comes to a 'pretty woman'! I can't say who told me but put it this way, this person is a natural Emcee! Pte 'Bella Bella' Belley has joined us in the Mushroom factory and is commencing his checkout at good ol' CCP 69 while 'MTI' Maillee is being kept busy with his post course OJT at PAR One.

And finally...I've been busy lately trying to find the weather limits for SVFR for fixed-wing aircraft in the Middle East and I finally found it. It's 'aircraft ceiling aluminium overcast with a visibility of one mile in lead'!

Beacon fans it's that time again to cover up the ol' ink well and go back into hiding. May the Hi-Tacan of happiness intercept your inbound radial (or something like that)!

## WO & Sgt's Wives Club

Mon, Jan 14 was the first meeting for 1991. President Jackie Symes welcomed everyone back and introduced guests.

A brief meeting was enjoyed and it was announced what is to be expected in the future months.

Coffee, tea and treats were then enjoyed with everyone having the opportunity to chat.

Liz Hillard won the 50/50 draw and Tanya Mattson won the door prize.

One of the upcoming events for the month of Feb (in celebration of Valentine's Day), is being sponsored by the WO & Sgt's Mess members. A 'Greek Cabaret' dinner show will be held complete with dancers, with invitations being extended to all members and spouses of the Mess and Wives Club.

Admission is potluck.  
Time: Mon, Feb 11 6:30  
for 7:00 pm  
Sure to be fun! Oompa!

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## Section News



## News from the Bashers

So here we are with the yuletide season behind us. It follows that after a lull in the workshops activity, be it short or long, most of the avian machinery seems to be in a state that requires our collective attentions to be focused on making all serviceable with some degree of alacrity. In other words, as 1991 begins, we are all very busy. It seems everything must fly in the morning, and as most of the personnel in the shop are fairly new to the Base, we have our work cut out for us. But enough of the old lament of overworked and underpaid. The shop consists of:

WO Al Gavel, formerly Sgt Gavel of same shop;

Sgt Bill Einarson, formally MCpl Einarson from AMDU Trenton;

MCpl Roger Beauchamp, still in Comox;

MCpl Jean Grandmont, just returned from Honduras (6 months);

MCpl Brian McDougall, formerly Cpl McDougall (Shearwater);

Cpl Gary Haynes who has been in Comox a couple of years; Cpl Adrian Luczanko, formerly of Cold Lake;

Cpl Russ Armitage, who has been in Comox a while too;

Cpl Mike Long, formerly Army but saw the light;

Cpl Chris Walker, formerly Navy also saw the light;

Pte Kevin Dawson, formerly Navy and still seeks light;

Pte Mike DeLong, formerly CIV and doesn't know what light is; and

Mr. Russ Parker who knows everybody and everything.

Those are the bashers and if you happen to see one on the way to a job just say hi, because we won't have time to stop and chat. There's a job out there and we gotta do it.

## Brake &amp; Wheel

The B & W shop is now back into the swing of things after enjoying a well deserved break over the Christmas holidays.

We are still adjusting to the new environmental changes which have occurred in the shop, which include:

Sgt Jim Lafrance's recent promotion from MCpl;

Cpl Jay Birstonas's return from 442 Lab Maint, where he was on his rotation; and

the new kid in the shop, Pte Paul Hoesgrove, who arrived the 14th Jan from CFSATE in Borden.

## I/E, I/S Labs

Everyone here in Labs seems to be gearing up for spring. There is already talk of summer vacations, days on the beach, and the ongoing discussions of what the best and most rad looking bicycle components are. Apparently, if

## BAMSO

Ripples from  
the  
beaver pond

Things don't always go as planned, but we all wish you guys the sweet taste of victory.

The prestigious, KING OF PING smock is being fought for daily, with a slight edge being held by the IE team. With a little more discipline and personal drive, the IS team will bring the others to their knees and take rightful possession of the smock.

In closing I would just like to say that we all wish the best to the people who are already in, and going to, the Middle East. We hope that this will be over soon and we see everyone safely back home. We all seem to forget just how much we really do have here.

Yes, fans, we're finally back - bigger and better than ever. Okay, at least we're back!

In my last article we were welcoming new personnel to CE during APS 90. Since then people have come and gone on courses, TD, leave, etc. I could probably write a book on all the events that have happened since then, so I'll just go over the most memorable.

Our Fall baseball game, Christmas Open House and our Christmas Party definitely stand out in my mind. Participants had a great time. We are now looking forward to the upcoming Beaver Cup 28-31 Jan 91, BTSS Mess Dinner 12 Feb 91 (everyone will enjoy themselves at this event) and BTSS Curling Funspiel 22-23 Mar 91.

Congratulations are in order for CFB Comox Curlers as they recently won the regional curling championships. Way to go guys!

As usual CE has been busy. Major projects we have done or are doing consist of:

- a. upgrading Q1 electrical;
- b. upgrading POL Wharf pumps and motors;
- c. total renovations of B23;
- d. Pews for the church;
- e. renovate B22 for ABATS;
- f. Holberg maintenance.

On the darker side of life, we would like to extend our blessings to those serving and about to serve in the Persian Gulf. Our thoughts and hearts are with you. Until next time - CHIMO!

## 1 THE FIRST OF TWO EDUCATION SYSTEM REPORTS:

You asked us to prepare B.C.'s  
children for the 21st century.Our new school system will  
give them every opportunity.

## The future isn't what it used to be.

B.C.'s education system has served us well for generations. But the challenges facing the graduating class of the Year 2000 were undreamed of even a decade ago. Certainly, the old basics of reading, writing and math skills must be re-emphasized. But in their new world, our children must also be prepared to cope with:

- sophisticated new technologies
- growing environmental concerns
- fewer resource industry jobs
- greater need for "people" skills

So tomorrow's graduates must be creative and analytical thinkers, clear communicators, information managers, problem solvers and, above all, lifelong learners.

## You told us it was time to change.

The 1988 Royal Commission on Education studied the needs of our school system province-wide. More than 2000 submissions were received from students, parents, teachers, employers and other

concerned individuals and organizations. To summarize what you told us: the present system has worked well for students who plan to go on to higher education - but not as well for those who don't.

## Here's what we're doing about it.

To equip students for the Year 2000 and beyond, British Columbia is introducing teaching methods that are focused on the needs of the learner, rather than those of the system. While the basics will be taught, we know that different children learn in different ways and at different rates.

So the new emphasis will be on what individuals can do, not on what they can't. Each individual will be encouraged to achieve his or her personal best.

## The immediate changes.

(1) The new Primary Program is being successfully introduced in many school districts. It will be implemented system-wide by the fall of 1991.

(2) Dual entry was also introduced in 33 districts in 1990, with 96% of parents surveyed expressing their approval. Dual entry permits children to enter school within four months of their fifth birthday, in either September or January, instead of having to wait up to eight months.

## Intermediate and Graduation Programs.

Drafts of these proposed programs have been submitted to parent groups and others sharing a concern for our education system, with requests for their response. Phased implementation of the Intermediate Program will begin optionally in the 1991-92 school year; the Graduation Program will begin in 1995-96.

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



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## Section News

## 442 awards

442  
Squadron

## 442 Aircrew

All has been fairly quiet at the Squadron since the beginning of the new year. Everybody has been glued to the television on the goings-on in the Gulf.

On Wed 16 Jan the standby Lab was launched to pre-position in Port Hardy for the possible ditching of a balloonist 'floating' across the Pacific. He planned to ditch in the Queen Charlotte area but overshot his mark and ended up in Yellowknife safe and sound.

On the sports side of things the 442 Flyers have just come from a great weekend of hockey at the Campbell River Mens Hockey Tournament. The Flyers finished with the 'B' division championship. The first game was played Fri evening against the George Bellavance Welding team from Campbell River. It was a hard-fought close game but the Flyers came up with the short end of the straw in a 4-2 loss. This put the team in the 'B' division and with a 0730 hrs game Sat morning. This team was the Duncan Beavers. Goals came fast and furious in the see-saw battle with

442 coming out the victors in this one with a 10-8 decision. Next came the Duncan Leakys and another close game found the Flyers winning 5-4. On Sun morning our new opponents were a local Courtenay team. Once again 442 prevailed with a convincing 8-3 win. The 'B' Championship arrived and the stands were filled to the brim (approx 50) and the Flyers ready to do battle. The Vancouver Yellow Pages were to be the opponents. Even though this was the 5th game in 3 days, it did not slow our Flyers. They maintained their aggressiveness throughout and when it was all over we became the victors with a 7-4 victory. During the course of the tournament a showdown was held and our own Mike Byrne became the top goalie with only 2 goals being scored against him out of 30 shots. Guy Godin was the final games MVP. The team would like to thank all the fans that came out and thanks to Corey Waugh who did a great job keeping the water bottles full.

## Aircrew

## Lab Maintenance

The chopper crew are very angered and are desperately seeking a new mascot because the old one was defaced.

## Buffalo Maintenance

Buff maintenance finally has a new home in No.3 Hangar. Pte Lessard is the new addition to Buff Maint and is seen appearing out of the L/H wheel well on occasion.

## Servicing

1 Crew welcomes a new addition to its crew, Pte Yaniuik. Welcome!

## Maintenance

come aboard John. Cpl Janet Deslisle endured harsh Trenton and Bagotville climate on her Buff and Lab courses before Christmas. A group of adventurous overworked Techs had a chance to mellow out in sunny San Francisco on a five day fun-filled "MRP". Dewey Numan, Mario Tremblay, Stu Sharpe and Mike Hanley went to change an engine on a Trenton Buff (again). Cpl Dan Baker gave numerous demonstrations on the art of 'hot dogging'. Thanks to MCpl Rick Hanes for organizing and coordinating this event.



Capt Colin Goodman, MCpl Renee Aubertin, Cpl Ken Rickard and Cpl Sandy Cummings shown with LCol Cloutier, CO 442 Sqn, after being presented their CDs.



Cpl Tom Girardin receives his cheque and plaque from LCol Cloutier for a Suggestion Award. He suggested the necessity for a flight control pedestal in the rotary wing maintenance shop.

## Smoking is a Young Woman's Issue



Are you a young woman, 20-29 years old and a smoker? If so, you are not alone. Up to 40 percent of young women in your age group smoke.

Surveys show that, older women and pregnant women of all ages have quit smoking more readily. Young women who smoke and are not pregnant are in contrast to this trend. They are just beginning to consider cutting down or quitting, but not many have done so yet.

When interviewed, most young women reported first smoking between 12 and 14 years of age. They were persuaded to

try by friends who were part of the same crowd. Most had one or both parents who were smokers. Adapting to the habit was simple and by 17 or 18 years of age they became regular smokers.

On average, they now smoke a pack a day. Most believe this helps them control weight, makes them feel independent and sexually attractive, and helps them relax and overcome stress and fatigue.

Young women smokers find the company of other smokers reinforces their habit. Women who have a spouse who smokes are three times more likely to be

smokers than women who have non-smoking spouses. If most or all of a woman's friends smoke, she is seven times more likely to be a smoker herself.

Some young women were aware of the serious risk of cardiovascular problems if they continued to smoke and use oral contraceptives after age 30. Others were aware that smoking during pregnancy was a problem but didn't know why.

Nurses confirm that many young women are unaware that the risk of a miscarriage is almost twice as high for smoking mothers. Children of smoking

mothers are, on average, eight ounces smaller at birth and therefore more prone to developmental problems. Nor do young women generally know that the risk of stillbirth or crib death is higher for smokers.

Lung cancer was well recognized by young women interviewed as a long-term risk but many did not know that the rate of lung cancer in women has risen so quickly that it now matches breast cancer as the major cause of death in women over 40.

Women who reported quitting smoking did so for many reasons. Most quit on their own. Women

who attended cessation programs found the support of others in the program and their family and friends most beneficial. All-female programs were especially effective in developing coping skills for tension and anxiety, weight control and relapse.

As women, nurses face the same issues of smoking and quitting. They encourage you to join them in their commitment to a smoke-free January.

...from the Registered Nurses  
Association of B.C.



# Section News



## VU33 Squadron

'What's in a name' department...

In our Squadron we have:  
2 Chris; Vrubel and Brouseau.

2 Cooks; Bill and Tom.  
2 Lavignes; Brian and Marty.  
1 Roy; we got rid of one and got one back.

2 Martins; one first name, one last.

4 Marks (Marcs); Keller, Boutet, Pigeau and Pilon.

2 Colours; 1 brown, 1 black  
4 Als; Knight, Nichols, Nantel and Dinel.

2 Daves; Saboo and Browner.  
2 Brians; Shack and Weiner (3 if you count Paul and add a D).

2 Glens; Caslake and Arsenault.

2 Harrys; Weeds and Chapin.  
3 Pauls; Briand, Nolan and Walters.

2 Tonys; Pasolli and Hernandez.

2 Dans; Finnegan and Martin (Darren Herle hopes to have his first Dan soon).

2 Bernards; Nevin and Yves (no saint).

We have:  
1 Sheppard, and no sheep;

1 Town, a medium sized Town, just a tad bigger than a village;

1 small guy who makes noise in the leaves (Russell);  
some small change (Nichols); something you find in the swamp (Weeds);

1 Storie - if he was taller he'd be two stories;

1 Shackleton - the RAF retired them years ago;

1 Pilon - not the kind you find in a parking lot;

1 Knight - without the suit of armour;

2 Cooks - one might, the other won't;

1 Stew but no chili;

1 Bo who don't know diddley;

1 Roe (sounds fishy to me);

1 Bull (I'll leave that one alone).

In the awards section: 1 Oscar and 2 Tonys. Not bad for a bunch of bad actors eh! If I missed anybody, you're darn lucky. That's all.



## 407 Sqn

Hello from 1 Crew Servicing. The busy festive season has once again come and gone with the usual exchange of good will and season's greetings. Our Crew Christmas party on the 12th of Dec was a resounding success due to the exceptional organizational skills of Sylvain Cadieux. Pierre Gravel and Pauline Laroche. Invited guests included the ASO, Lt Price, Main/Supt, MWO Hallam and Serv/Supt WO George MacDonald and their better halves. Everyone had a great time and enjoyed a lovely meal prepared by the Sgt's and WO's Mess kitchen staff. A variety of delicious dishes were served on one plate and seconds were available - no complaints there!

Back in 7 Hangar the servicing world is adapting well to a new policy concerning shift coverage. Under this arrangement evening shift is responsible for any servicing action between 1500 and 2400hrs and day shift covers all other periods. This has met with good reception among the troops and alleviates a lot of tired bodies and angry wives in the wee hours of the morning. Moreover, our overtime has reduced dramatically.

ly recently with no aircraft in for periodic inspection.

We wish to welcome all our newcomers and hope they have a pleasant tour. These include Marc Legros (AET), Bobbie Wosowich (RST), Frank Dubreuil (IET), Martine Morin (Photo) and a special belated welcome to our resident hockey expert, and Maple Leaf fan complete with helmet, Brad Marriott (AET). Also, nice to have Dave Graham (IST) back after courses in Greenwood and Borden.

A word on the GST. Our infamous Acrostar wheeling boss has absolutely no sympathy for those who didn't take part in the pre-cutoff savings. He took advantage of the situation and stocked up on garbage cans before the 31st of December!

In closing, a fond farewell to Cpl Caissie. We will miss you Rick but perhaps your additional expertise will assist 2 Crew's continuous struggle to reach 1 Crew's standard of excellence.

On behalf of WO Pete McAllister and all his merry men and women (you too Bernie H.), we wish everyone all the best in 1991!

## Fair Play Issues

In June, 1986, the Minister of Fitness and Amateur Sport established the Commission for Fair Play in response to a growing concern by many Canadians about the erosion of the principles of fair play and the increasing level of violence in sport.

Twenty prominent Canadians from the sport, medical and educational communities, the private sector and the media are generously volunteering their time and expertise to promote fair play. The following six points outline what the Commission believes to be the key issues of fair play in sport.

**WINNING AT ALL COSTS** implies the win is of so much importance that any action is justified to achieve it. Such an attitude causes many of the problems in sport today. When winning is given too much emphasis, many other valuable aspects of sport -- such as character and skill development, participation, fun and social interaction -- are forgotten. Pursuing personal excellence should be the goal and that is not measured solely by the winning of a trophy or medal. Everyone enjoys winning, but even those who do not place first are successful if they perform at their best and enjoy the contest.

**CHEATING** by taking performance-enhancing substances, breaking rules or any other method, cannot be accepted in sport. Many people who cheat do so because they want to win at any cost -- yet there can be no pride taken in a win accomplished in this manner. Only when the ethics of sport are adhered to is the victory admirable.

**VIOLENCE** or any aggressive action falling outside the rules, cannot be tolerated in sport anymore than in other areas of

life. Innumerable polls have shown that players and fans want it eliminated. Violence deteriorates the quality of the game -- success should not be based on physical harassment of opponents but on the skill and prowess of the contestants. Violence is not a legitimate tactic and studies show it does not relieve tensions or frustration during the game -- instead it breeds more aggression. It also causes serious, sometimes fatal injuries, high insurance premiums and drops in enrolment in some sports.

**RESPECT** should be shown for opponents, the rules and the officials. Without opponents, there can be no contest. Without rules, there is no framework for that contest to be an equal one. Without officials, there is no way to ensure the framework is adhered to.

**"Dignity must be maintained at all times by all participants. Temper tantrums, verbal abuse of other players or officials and showing off are inappropriate behaviour and contravene the spirit of sportsmanship that is desired. All participants must also learn to win and lose graciously. Spectators, too, have these responsibilities."**

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sportsmanship that is desired. All participants must also learn to win and lose graciously. Spectators, too, have these responsibilities.

**EQUAL AND FAIR OPPORTUNITIES** should be available to all people who wish to participate in sport, regardless of age, sex, size or ability. If a child is not allowed a fair opportunity to participate, that child is being denied an important opportunity for self-discovery, personal growth and moral education. Realistically, some sports do not currently have the resources to provide opportunities for all. Still, equal access should not cease to be a goal nor be impeded by prejudices or inflexibility.

According to the Commission for Fair Play, the following summarizes the ideals that should be adopted by all those involved in sport:

1. Respect for the rules
2. Respect for the officials and acceptance of decisions
3. Respect for the opponent
4. Concern for access to equal and fair opportunity
5. Maintenance of dignity under all circumstances

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**NEXT DEADLINE 4 FEB**

# Section News



## Totem Inn JUNIOR RANKS MESS

Re-opens its doors



Flanked by present and previous PMCs and Mess Managers, Base Commander Col J.E. McGee cuts the ribbon, declaring the new Junior Ranks Club officially open. Man eye-to-eye with the BComd is Cpl Weiner Lavigne, who initiated the project.

**MR. SWEEPER (COURTENAY)  
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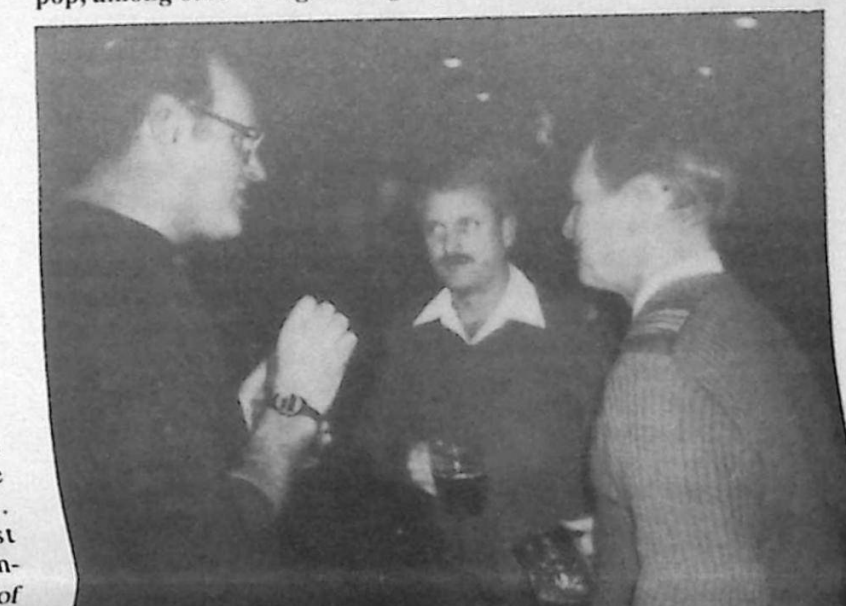
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## Opening Shots



"Are you being served?" -- The bar staff was kept busy serving diet pop, among other things. Foreground: Judith Arsenault.



"Now listen!" -- Weiner Lavigne tells it like it is to BAdmO LCol Anderson, and an ex-PMC.



"Yours is nicer than ours." -- Base Chief Terry Doherty (L) lists the good points.



"Theirs is nicer than ours." -- BPSvcO Maj Besnard and LCol King (BTSO) may have plans of their own.

After an extensive renovation, the Junior Ranks Club officially opened its doors on 11 Jan at a ribbon-cutting ceremony by the Base Commander, Col J.E. McGee, attended by most Squadron and Section Commanders of CFB Comox, all of the past and present JRC PMCs, the Mess Manager, and a large turnout of Base personnel.

The renovation project was initiated by then - PMC Cpl Weiner Lavigne, and carried on by a number of successors, over a period of approximately two years, with much positive input by C.E. and Base Admin staff.

The "new" club features an open-plan arrangement of refreshment and dancing areas, and a pub-like environment in the games room. Light and medium oak has been used throughout.

In his address to the assembled members and guests, BComd Col McGee praised the personnel serving in Persian Gulf operations and expressed the hope that we will see them back soon.

During the ceremonies, PMC Peter Wooldridge was presented with a solid brass gavel.

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# Gulf Update

## Overview of Canada's Commitment to "Op Friction"

In the wake of Iraq's invasion of Kuwait on Aug. 2, 1990, the United Nations Security Council (UNSC) unanimously approved Resolution 661 imposing economic sanctions on Iraq.

Many nations offered military forces to assist in this effort and on Aug. 10, the Prime Minister announced that Canada would contribute two destroyers and a supply ship to aid the multinational military effort in the Persian Gulf.

On Aug. 25, the UNSC adopted Resolution 665. It called on participating nations to use such measures as may be necessary to halt all inward and outward maritime shipping to ensure compliance with Resolution 661.

To date, some 30 nations are participating, including Argentina, Australia, Belgium, Canada, Denmark, France, Greece, Italy, The Netherlands, Norway, Spain, the United Kingdom, and the United States of America.

### Canadian Task Group (CATG) 302.3

The initial Canadian military component, designated Canadian Task Group (CATG) 302.3, under the command of Commodore Ken Summers, was assigned the following mission:

"To assist in deterring further Iraqi aggression by contributing to international efforts in support of the UN Security Council decision. This multinational effort is set up to impose economic sanctions against Iraq through surveillance, monitoring and, as necessary, interception, of all inward and outward maritime shipping. It involves the inspection and verification of all cargoes and destinations to ensure strict implementation of provisions related to shipping as laid down in Security Council Resolution 661."

In order to fulfil the mission, designated ships received upgrades and additional weapons. The modifications and sea trials were completed on Aug. 23. The ships left from Halifax on Aug. 24. During their transit to the Suez Canal, a series of specific "work-up" exercises were held. These exercises were supported by other Canadian naval ships and aircraft, as well as aircraft from the United Kingdom and France. By the time the CATG arrived in Bahrain on Sep. 27, all crews were combat ready for their mission.

The CATG sailed for its first patrol in the Persian Gulf on Oct. 1 and completed its first boarding operation on Oct. 2. Since then, the CATG has been operating in three different patrol sectors in the Gulf. Two ships are continuously

on-station in the Gulf while the third is alongside in port conducting maintenance and resupply.

While on patrol, the CATG ships have been working with warships of other nations in a cooperative, negotiated effort to execute the UN mandate. During daily operations, Canadian ships intercept an average of 20 vessels, representing more than 20 per cent of the total intercepts by all ships of the multinational force. By mid-December, CATG 302.3 had completed more than 1,350 interceptions and 22 boardings of suspect vessels.

These operations have effectively cut off Iraqi maritime trade. Unique capabilities of the Canadian fleet, such as *Sea King* helicopters equipped with the Forward Looking Infrared (FLIR) detection device, have greatly enhanced the Multinational Forces' overall capability, particularly in the areas of night detection and boarding operations.

### Special Support Measures

With the initial commitment of Canadian ships to the Gulf, certain special bilateral arrangements were put in place to support our deployed forces. A small support facility was deployed to Bahrain in order to coordinate ship replenishment. Under a special arrangement with the United States Navy, a Canadian surgical team was placed on board the hospital ship USNS *Mercy* to ensure that Canadian military personnel receive the best medical care possible in-theatre. Other medical teams are on seven days standby to respond to casualty situations in the case of hostilities.

### Canadian Air Task Group Middle East

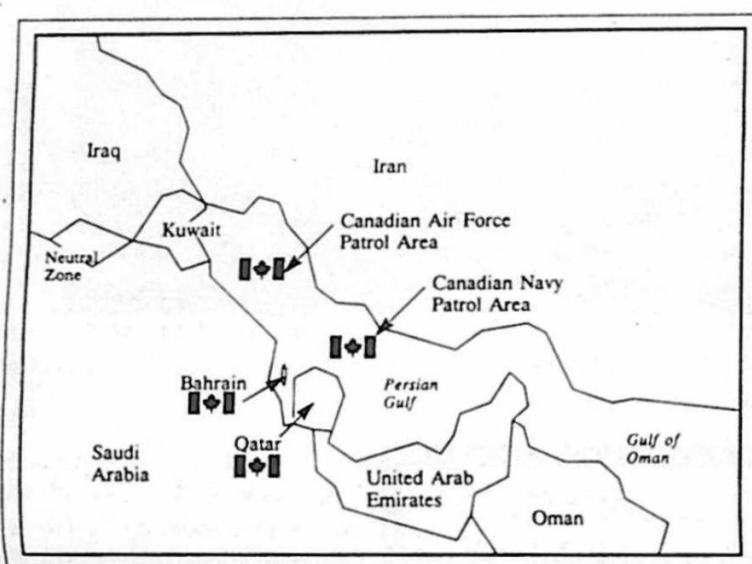
On Sept. 14, the Prime Minister announced the decision to send a CF-18 squadron to the Gulf in order to provide air cover for the Canadian ships and to augment the multinational air resources already in place.

Qatar agreed to provide an operating base and facilities for 409 Tactical Fighter Squadron from CFB Baden-Soellingen, Germany. (409 Squadron was relieved by 439 Tactical Fighter Squadron, also of Baden-Soellingen, in mid-December 1990.)

At this base in Qatar, nicknamed *Canada Dry*, security is currently provided by the 1st Battalion, Royal 22<sup>e</sup> Régiment from CFB Lahr.

Deployments took place on Oct. 6, and the first Combat Air Patrol (CAP) was flown Oct. 7. On average, 18 CF-18 missions are flown daily, in a mix of operations and training.

### Canadian Forces in the Persian Gulf



### Exchange Officers

In addition to these commitments, the Chief of the Defence Staff approved the deployment of Canadian Forces officers on exchange duties with allied nations to serve with those forces in the Gulf. While the numbers frequently change, there are approximately 13 Canadians on exchange with British forces in the Gulf and five with the American forces.

### Command and Control

Middle East nations, supporting the UN resolutions, have provided bases and support facilities to multinational forces.

The Canadian Forces in the Gulf are under Canadian command and control for the duration of their operational mission.

The United States, with the largest military force in-theatre and through its possession of advanced integrated command and control systems, has taken the lead in the coordination of the multinational forces. The Canadian Forces operate as a cooperative partner with the U.S. naval commander who exercises command over all American forces deployed in the American Operation *Desert Shield* and who coordinates all multinational naval and air activity on and over the Gulf.

The commander of the United States Navy's Maritime Interdiction Force (MIF) meets with other national commanders, including the Canadian commander, Commodore Ken Summers, on a regular basis to update the procedures used in enforcing the sanctions and to develop plans for future operations.

The Persian Gulf and its approaches have been divided into several geographic sectors for ease of coordination for the naval effort. Each area has a designated coordination, and each multinational naval ship reports

its findings of commercial vessels to the MIF staff as they occur. The MIF staff in turn publishes an hourly situation report to multinational force ships to ensure all are informed and to prevent duplication of effort.

The commander of the U.S. Central Air Force (CENTAF) controls the airspace over land and coordinates the tasking of all air activity. The Commander of the U.S. Naval Forces Central (NAVCENT) exercises control of the airspace over the Persian Gulf waters.

### CANFOR ME Headquarters

A joint air and naval headquarters, under the command of Commodore Ken Summers, was established to command Canadian Forces units in-theatre and to coordinate the many support activities involved. It is known as Canadian Forces Middle East Headquarters, or HQCANFOR ME. A new signals unit was also established (90 Canadian Headquarters & Signals Squadron). The deployment of the headquarters personnel and equipment to Bahrain was completed on Oct. 27.

### Air Operations

The Canadian Air Task Group Middle East operates in conjunction with U.S. and other national aircraft. To ensure that there is Canadian input into the aircraft tasking process, a Canadian liaison staff has been attached to the air force headquarters in Saudi Arabia.

Aircraft flying on CAP (combat air patrol) missions receive flight control direction through specialized United States Navy ships. The aircraft thus react to direction from U.S. controllers to carry out their CAP missions. To date, this arrangement has proven very effective.

### Sustainment

Sustainment for our forces is conducted via Boeing 707 and CC130 *Hercules* flights from Trenton, Ont. through Lahr to Bahrain and Qatar.

### Hostilities

In the event of hostilities in the Persian Gulf, any changes to the Operation *Friction* mission would require the approval of the Canadian government and would be communicated to Commodore Summers through the Minister of National Defence and the Chief of the Defence Staff.

### Postal Services

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

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

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

or to:

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

or to:

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

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

Send your message to the Persian Gulf, in the Totem Times

See editorial on page 4

## Feature

# TRAVELS WITH HAMISH

## GRID

Mid day  
Southern California  
January 6, 1991.  
Happy New Year!

This is your roving reporter with my first report from Southern California. I took off from home almost a month ago with 'old man winter' close on my heels - all the way down.

Winter caught up with me at Santa Barbara with tumbling temperatures resulting in icicles hanging from oranges in some orchards in some areas!

I'm writing this in my R.V., parked in the middle of a six lane south bound freeway in the vicinity of the L.A. International Airport.

My first impression of this country in one word is: 'GRIDLOCK'! In the last 15 minutes we seem to have moved about 3 miles (about 12 mph).

About every minute or two another huge jumbo jet breaks through the smog overhead and appears as if it is planning to land on the freeway. And they keep coming, bringing yet more humanity to board buses and taxis to add more congestion to the already clogged traffic!

Looking across to the northbound freeway the traffic is just the same. When we're moving they're stopped and vice versa.

My second impression? MASS UNEMPLOYMENT! With all these people and vehicles jam-packed on every road, highway and freeway - who is working? Are they all looking for work? Or on welfare? Or an awful lot of travelling salesmen? (Sorry - salespersons.) The only people I could see at work were the ambulance drivers and tow truck operators.

A general classification of those observed fell into the following categories:

The Retired; in their Lincolns,

Mercedes or R.V.s.

The C.E.O.s and G.M.s and some politicians, away from their offices to attend business lunches at their country golf clubs, in their Rolls Royces or chauffeur driven limousines.

The Professors; doctors, dentists, architects, etc. en-route to conventions in their Ferraris.

Students; off to school or college in their Broncos.

I gather there is at least one vehicle per member of each household.

The scores of travelling salespersons in their assortment of Japanese imports.

And that leaves the poor folk; chugging along in their Oldsmobiles, Buicks and Cadillacs, from the many used car lots; 'Honest Abe's', 'Hungry Harry's', or 'Mad Dog Murray's' (to name a few). And all belching smoke or parked on the shoulders with hoods up, or stalled - out of gas!

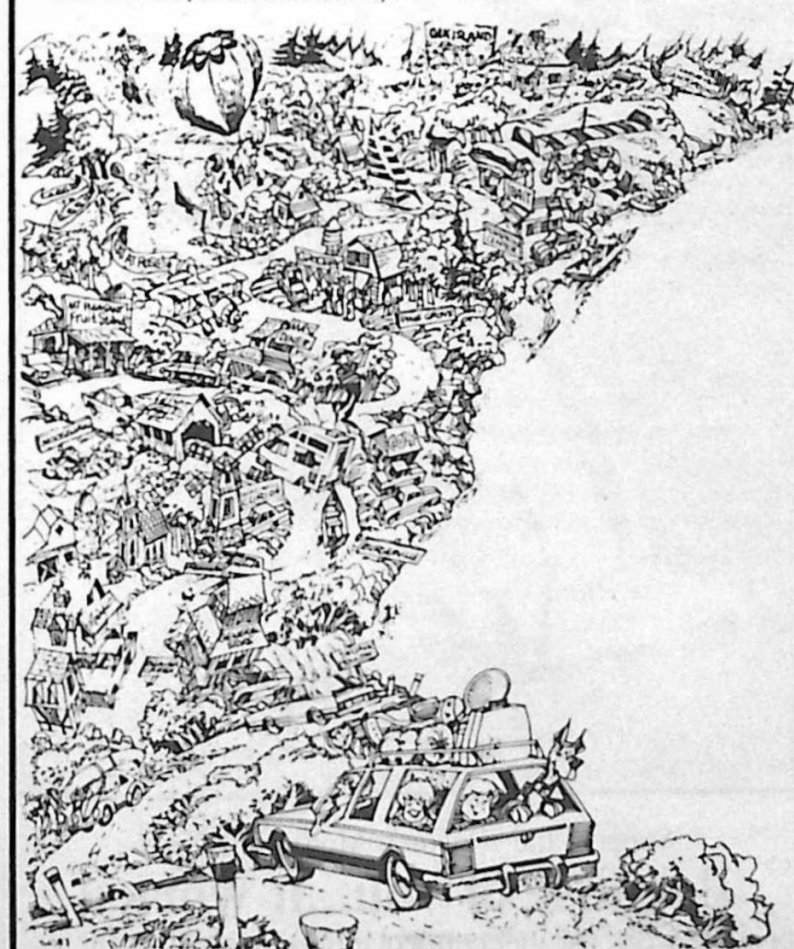
Gas prices ranging between \$1.30 and \$1.85 per U.S. gal. Crawling along on these so called 'freeways' is hard on gas consumption, not to mention the smog pollution.

If I ever get to the other end of this city, (there seems to be no way of by-passing it; just like driving through Nanaimo, only a hundred miles more).

I'll be heading off into the south eastern deserts. I'll probably report back from there on the growing habits of the cacti, or the antics of the road runners (did you know they're related to the woodpecker family?) or some other less hectic subject than freeway traffic.

Going to sign off now as the traffic seems to be moving at a more steady pace and I might reach today's destination before dark.

Regards, HAMISH



## LOCK

Indio, California  
9 Jan 1991

Hello again:

Your roving reporter en-route eastward, about 120 miles from L.A., at a small town on the map called Indio. This is an interesting place, located on highways 111 and interstate 10. (Did you know you can travel from BC to Florida on just two interstate freeways? (No.5 north to south and No.10 west to east.)

Indio is in the heart of the Coachella Valley and may be considered the northern entrance to the Imperial Valley, El Centro being the southern entrance, off interstate 8. Both valleys are noted for their fruit and vegetable crops which are planted and harvested all year.

Indio has become the agricultural center and is noted far and wide for its Date Festival, held during February each year. The Chamber of Commerce members and many of the citizens dress up

in Arabian costumes as they prepare for the Festival. Two or three square blocks of the city around the agricultural grounds are transformed into scenes from the *Tales from Arabian Nights*. The circus comes to town with various rides for young and old. Camel and ostrich races are held - they're a riot! Elephants, tigers, etc., are on the scene. Show buildings display the many varieties of fruits and vegetables grown, many of which have been entered in prize winning competitions. Jams, jellies, pies, preserves, etc., are also entered in competitions. Crafts and hobbies of all kinds are demonstrated and on display.

Stage shows take place in a large open air theater with visits by various movie and T.V. stars. It would be difficult to see and take in everything in a single visit.

In the evenings a large stage presentation of *Tales from Arabian Nights* is put on with live animals as part of the act. Grandly

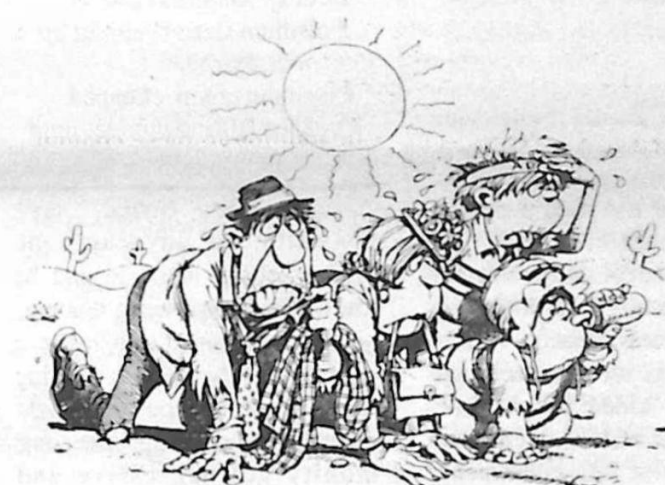
costumed sheiks, harem girls, kings, princes and princesses are all part of the story.

Dozens of buses arrive daily bringing people from all over the continent. 'Tractor trains' shuttle back and forth carrying visitors from the parking lots to the Festival grounds. It's a huge and well organized event. It's too late this year but enquire of your local travel agent if you want a short break next winter. Besides the Festival you can visit one of the nearby date farms, sample their wares, (you never knew there were so many varieties of dates, date candies, ice cream, milk shakes, etc.) and you're invited to watch their ongoing film 'The Sex Life of the Date'. Live and learn.

From Indio I'll be moving on down to the Salton sea area and some hot springs to unlash (short for unwind and relax) and get some knots and kinks out of the old bones.

Regards, HAMISH

## INTO THE DESERT



Los Angeles area. Atmospheric pressures and temperature differences at times cause an outward flow which picks up speed and sand as it is forced through the valley.

It was too late for me to move on after the storm had passed through, so I looked for a more suitable camp spot further from the highway. While moving along the desert trail I came across a hermit camped in a small, partly hidden, cul de sac. I stopped and walked over to where he was cutting some firewood. As I attempted to exchange greetings, I quickly got the message that visitors weren't welcome as he mumbled "I don't cotton much to strangers." After I explained I was from Canada and was looking for a spot to park for the night, he put down his axe and pointed up the road as he told me of a suitable place. I thanked him and began to leave when he asked me what part of Canada I was from and where I was heading. I turned back to answer him and ended up visiting with him for 15 or 20 minutes.

He was an elderly, wiry built gent, with a grey beard and white hair, partly covered by a well-worn black baseball cap. He wore faded blue denim trousers and

jacket. His small tar paper shack was built from materials picked up at garbage dumps. His old car, of a non-descript faded color was at least 30 yrs old. He explained he didn't use it much, "just ten miles to town and back twice a month to pick up water, a bit of grub and my security cheque."

He kept track of time by his water supply. He filled a 1 gal jug each day from one of three 5 gal jerry cans. When he poured in the last gallon it was time to head to town.

He busied himself with some prospecting though he admitted to having found "nothin' much worthwhile." The rest of his time was occupied with hunting for firewood, hauling it home and chopping it. "I don't bother nobody and nobody bothers me."

He is typical of the many hermits or 'desert rats' found throughout the desert areas.

72 degs today. Thinking of you all!

Regards, HAMISH

P.S. coyotes howling nearby - probably picked up the scent of my small terrier, and trying to entice him to 'come out and play'. I'm having a job to persuade 'Sparky' to stay in the van.



# Leisure

## B.C. Bestsellers

Week Ending: January 13, 1991  
Produced: January 15, 1991  
(Brackets) represent last week's position

### FICTION

- 1 (1) The Plains of Passage.....Auel
- 2 (2) Four Past Midnight.....King
- 3 (5) Longshot.....Francis
- 4 (3) Haroun and the Sea of Stories.....Rushdie
- 5 (-) Memories of Midnight.....Sheldon
- 6 (10) Roses Are Difficult Here.....Mitchell
- 7 (7) Friend of My Youth.....Hodgins
- 8 (8) The Ruby Knight.....Eddings
- 9 (4) The Witching Hour.....Rice
- 10 (-) Message From Nam.....Steel

### NON-FICTION

- 1 (1) Webster!.....Webster
- 2 (2) The Great Depression, 1929-1939.....Berton
- 3 (4) Gretzky: An Autobiography.....Gretzky
- 4 (7) Overtime: The Legend of Guy LaFleur.....Germain
- 5 (9) An Artist In Nature.....Baileman
- 6 (3) Trudeau and our Times.....McCall & Clarkson
- 7 (10) Powershift.....Toffler
- 8 (-) Writing in the Rain.....White
- 9 (8) Spilsbury's Album.....Spilsbury
- 10 (5) By Way of Deception.....Hoy & Ostrovsky

## Kids & Tobacco It's a crime.

Health organizations and the provincial government are asking adults to get tough with retailers who break the law by selling cigarettes to children under the age of 16.

It is estimated that Canadians under the age of 18 smoked over 20 billion cigarettes in 1986, representing an annual market of over \$260 million. These are conservative estimates based on consumption figures obtained under the Access to Information Act.

A large percentage of those tobacco sales were illegal. Under the Criminal Code of Canada, the Tobacco Restraint Act of 1908 prohibits the sale and possession of tobacco products to persons under 16 years of age.

The B.C. Committee for National Non-Smoking Week, with representatives from several health care organizations and the Ministry of Health is focusing attention on retailers who break that law by selling tobacco products to children during National Non-Smoking Week, January 21-27.

"Tobacco is a powerfully addictive product," said committee spokesperson Shirley Thompson. A recent Surgeon-General's Report from the USA confirmed that nicotine is as addictive as heroin and cocaine. Children should be protected from access to tobacco the same as they are protected from access to any other potentially harmful drug."

A 1990 Canadian study on Students and Tobacco showed that of those who tried tobacco, 95% did so before they were 16 years of age, with almost half of these young people taking that first cigarette before the age of 12. A study of British Columbia youth, conducted by the B.C. Committee to Reduce Tobacco

Use, showed similar results with 98% of youth polled having tried smoking by the age of 18. Sixty-three percent had tried their first cigarette by age 13.

The Canadian study turned up some interesting facts about how children access tobacco. Half of the grade six tobacco users purchased the "kiddie pack", a special package of 15 cigarettes that retails in most B.C. convenience stores for about \$3.49. For children who don't have the price of a "kiddie pack", many corner stores now sell cigarettes individually, displaying them prominently in a glass jar beside the cash register. And that too, is illegal in Canada.

Under Section 246 of the Excise Tax, administered by the Department of National Revenue, it is an offence to sell single or loose cigarettes. Cigarettes may only be sold by the package with the cellophane and "Duty Paid" strip intact.

In spite of these laws, less than half of the 12 year olds surveyed in the Canadian study had ever had a cashier refuse to sell them tobacco.

"It's virtually impossible to monitor the selling of tobacco illegally to minors," admits Corporal Garry Sexsmith of the Vancouver RCMP, Federal Enforcement Section, Federal Statistics.

"In the case of a store or restaurant selling single cigarettes, we send an officer down and inform the owner that it's illegal to sell single cigarettes and give them a copy of the applicable excise tax."

"If the public sees it (selling of tobacco illegally to minors) happening they should call their local police of RCMP or the Revenue



Christine Mayer

If you have never tried Borsch you are in for a taste treat. We love soup and were curious to find out what this well known soup tasted like. This recipe came from an old Ukrainian cook book so this is an authentic recipe.

I have used this recipe many times and have some of the soup in my freezer now. I would recommend you keep this recipe either for now or future use.

### BORSCH

You make a rich broth first - about a pound or more of beef, a couple of pork hocks, and, for better flavour, some left over ham.

10 to 12 cups water  
1 tsp salt

Simmer for 2 hours (until meat is cooked.) Cook and skim off fat. Remove meat. (It should be cut up and added just before the soup is finished cooking.)

Heat up again and add:

2 medium sized beets cut up in thin strips  
1 medium onion, chopped  
Cook for 10 to 15 minutes until beets are almost done.

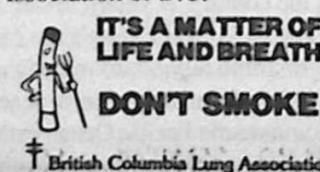
Canada Excise office," says Sexsmith. He advocates the public getting involved and he knows from experience that personal involvement can make a difference. When he was working at the North Vancouver Detachment several years ago, the community got aggressive and starting reporting retailers who were illegally selling tobacco.

"There was a lot of pressure from parent groups and others and it seemed to make a difference," Sexsmith said.

Shirley Thompson would like to see that type of pressure put on throughout the province. "We want retailers to know what the law is. We would like the public to approach retailers in a non-threatening way and let them know that it is illegal to sell cigarettes to minors. If the retailer is not receptive, then the owner should be reported to the RCMP."

"The point is that we all need to be educated. We want the public to know that by taking action they can protect themselves and their children."

For more information, contact one of the B.C. Committee for National Non-Smoking Week member organizations: B.C. Lung association; Adventist Health Network; B.C. Ministry of Health; Canadian Cancer Society, B.C. and Yukon Division; Heart and Stroke Foundation of B.C. & Yukon or the Registered Nurses Association of B.C.



## Country Kitchen

## Borsch Soup

Add:  
1 small carrot cut in thin strips  
1 medium potato diced  
1 cup thinly sliced celery  
1/2 cup of diced string green beans.

Cool for about 10 minutes.

Add:  
2 to 3 cups shredded cabbage. (Do not overcook cabbage.)  
Stir in:

3/4 cup of strained tomatoes or tomato juice  
1/2 clove garlic (optional)  
Dash of lemon juice  
Salt and pepper to taste  
Chopped dill

Serve with sour cream.

The following recipes are from an excellent cook Shirley Stewart. I have some others which I have tasted at "pot lucks" and will share in later issues.

### COFFEE CAKE

(Easy to make and delicious)  
1/4 cup butter or margarine  
1 1/2 cups flour  
1/2 tsp salt  
1 cup sour cream

1 cup white sugar  
2 eggs beaten  
1/2 tsp baking soda

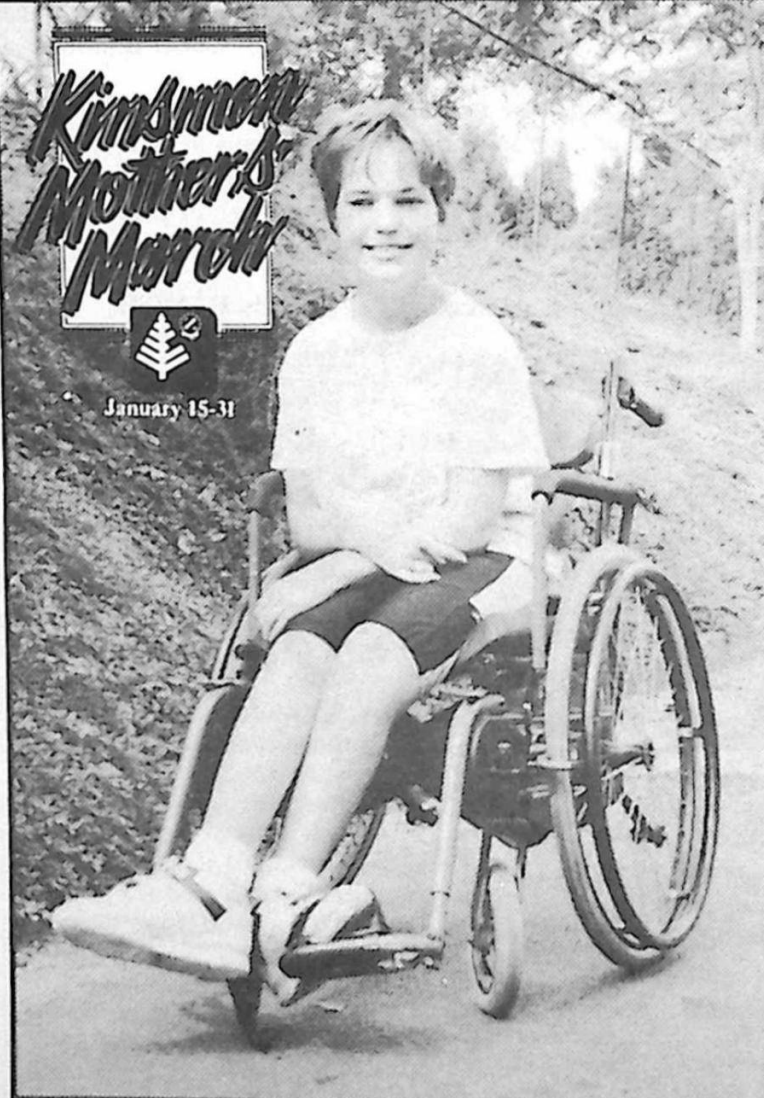
### Filling:

3/4 cup brown sugar  
1 tsp cinnamon  
Cream margarine and sugar. Add eggs. Beat well. Add dry ingredients alternately with cream. Grease 8 x 8 pan. Place 1/2 batter in pan. Sprinkle 1/2 filling over. Put remainder of batter on top. Place remainder of filling on top. Bake 350 oven for approx 45 mins.

### BROWNIES

1 cup brown sugar  
2 eggs  
1/2 cup flour  
3/4 cup walnuts  
1/2 cup butter or margarine  
3 tbsp cocoa  
1 tsp vanilla  
Mix butter, sugar and eggs well. Add dry ingredients. Mix in walnuts. Bake in 8 x 8 pan at 350 for 35 mins.  
Ice with chocolate butter icing. This recipe can be doubled.  
**GOOD!**

## RECYCLE THIS NEWSPAPER TOTEM TIMES



Support the Kinsmen Mothers' March  
**Because of you...it works!**  
We work for independence for disabled people

# On and off base

## Coin a Masterpiece

Coins! A medium of exchange. A ride on the bus. A can of cola.

We use them daily but never give a second thought to the coins we hold in our hands or carry in our pockets.

And when we think of art, we think of paintings in galleries and sculptures in museums. But think again. If you look closely at those coins in your pocket, you'll see that the design on all Canadian coins is a tiny masterpiece usually initiated by the artist.

Coin design is an excellent opportunity for Canadian artists to show their talents and to build a reputation of success.

When the Royal Canadian Mint plans to issue a new coin, it usually selects a basic theme and holds a competition, inviting artists from across Canada to submit designs. The Mint supplies the theme, but the design itself is the creation of the artist. Designs are submitted anonymously and judged on their creative merits by an independent panel of coin experts, historians and art critics.

Having your design selected as the winner brings many special rewards, but coin design also presents the artist with unique challenges.

Themes usually relate to Canadian history or culture, and the Mint insists on painstaking accuracy in its designs, so artists are required to reflect these accurate details in the final designs. Commercial artist John Mardon recalls that, when designing the 1990 \$100 gold collector coin to commemorate International Literacy Year, he studied the Inuit syllabic alphabet with the help of the Inuit Tapirisat to ensure his use of the symbols for the word "literacy" were accurate. Mardon worked with models and photographs to perfect his design for the amautik, the Inuit coat worn by the woman on the coin.

Painter-illustrator David Craig also used models in developing his sketches for the 1990 silver dollar which depicts famous explorer Henry Kelsey and a group of Native guides sighting buffalo on the Canadian prairies.

"It is very important for coins to be balanced," explains Craig. Because the design will be very small in its final form on a round coin, it's essential to balance the various figures within the available space.

"To design coins you have to be able to draw and have imagination," comments Dora de Pedery-HUNT. A medal-designer and author of a book on medals, she's been successful in coin design competitions such as the 1976 \$100 gold collector coin marking the Montreal Olympics and the 1986 gold coin for the International Year of Peace. Her most recent achievement was designing the new portrait of Queen Elizabeth II, showing a more "contemporary" mature monarch, which appears on all Canadian

coins beginning in 1990. "I am a great admirer of the Queen so I was happy to do it," she says proudly.

"You have to study as many coins as possible from every century," suggests de Pedery-HUNT, to appreciate how other artists have approached the subject.

Coin design has been an art form since 650 BC when Lydian merchants began striking their pellets of electrum (a gold-silver alloy) with a lion's head symbol. Early Greek civilizations struck coins with a hammer to make designs of gods and goddesses, heroes, and nature themes, including the bee, stag and owl.

Canadian coins reflect our own culture and environment, featuring scenes from our history like the schooner on the dime to wildlife like the loon on the dollar. Today's process of translating the artist's drawing onto coins is, however, more complicated technology than the Greek hammer.

The artists' design is sculpted

in plaster to form a 30-centimetre disc. Through several intermediate models, the design is reduced to coin size, then copied on a treated steel block which is used to create the dies which actually strike the coins. Regular circulating coins like the nickel and dime are struck once; finest-quality collector coins like the commemorative silver dollar and \$100 gold coin are struck multiple times to sharpen the relief and precision of the artist's design.

Canadian artists strive to be winners in the Mint's coin design competitions. It's interesting work, there's a monetary reward, and the wide exposure builds an artist's portfolio and reputation. But artists agree it is the permanence they find most appealing.

"There's the satisfaction of knowing my design will be around a long time after I'm gone," says David Craig. "It's like immortalizing something."

## Family Support Centre

The Family Support Centre has once again opened its doors. At present the main focus is assisting families who have a loved one going to the Gulf. An information booklet is being assembled. This booklet will give specific advice on how to prepare your finances and other affairs in your spouse's absence. It will also give you names and phone numbers to call in times of need.

We will be contacting each family as their husband/wife is selected. The Family Support Centre hopes to bring together people who have a loved one involved in the Gulf, whether that person be husband, wife, father, mother, son, daughter or friend. We are here to share a coffee and information with you and to help you through a stressful time.

We are located at 119 Little River Road (Kinnikinnik). We are open daily, and our phone number is 339-8654.

If we can help you, or if you have suggestions how to help others through this difficult time, call us or drop by.

Director: Mrs. Holly Liddiard  
Secretary: Mrs. Colleen Gagnon  
OPI: Capt Desnoyers



SEE YOU AT THE  
**LEEWARD!**

**PUB HOURS:**  
Monday to Thursday  
11:00 a.m. to 1:00 a.m.  
Friday and Saturday  
11:00 a.m. to 1:30 a.m.  
Sunday  
11 a.m. - 12:30 a.m.

**THE LEEWARD**  
NEIGHBOURHOOD PUB  
& BREWERY

good food!  
KITCHEN HOURS  
11AM - 10PM  
good times!

- country cooking
- rural hospitality
- reasonable prices
- clean air system
- brewing our own natural Leeward lager

RESERVATIONS ARE  
SUGGESTED FOR LARGE GROUPS

649 ANDERTON RD., COMOX 339-5400

## Census Area Manager Appointed for the Comox - Alberni Region.



Joanne Melling is the Census Area Manager for the CFB Comox area. June 4th is Census Day and it's important that everyone is counted. Accurate census data is essential for planning community services.

The next Census of Population and of Agriculture will take place on June 4, 1991. According to David Rushton, Regional Director for Statistics Canada, "We are now establishing, at the community level, the organizational structure required to successfully complete the 1991 Census in British Columbia and the Yukon, including hiring highly qualified Census Area Managers who have an excellent understanding of their local community."

Joanne Melling is the Census Area Manager for the CFB Comox area. "I've lived in the region since 1960 and have been a census commissioner three times," notes Melling. "Because I am familiar with the way census material is used, I realize how important it is that everyone gets counted."

This year Melling and 29 other area managers will be in charge of about 4,500 temporary census representatives hired throughout British Columbia and the Yukon.



## 888 Komox Wing RCAFA

### CALENDAR OF EVENTS JANUARY 1991

SAT 12 - "MEDIEVAL FEAST". Limited tickets, multi-course dinner, \$10 per person, 6:30 for 7:30 p.m. Members and guests.

SAT 19 - "NON-SMOKING NIGHT" - "BINGO" 8 p.m.

FRI 25 - "INFORMAL MEET & GREET" all day in the Wing. Come out and welcome the Pacific Group Executive Council members to Comox and our Wing.

SAT 26 - "OLD UNIFORM NIGHT" in the Officers' Mess. Details and time TBA.

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

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



# Health & fitness



## ASK YOUR PHARMACIST

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

### The Eyes Have It

The eye is the most accurate and sensitive camera in the world, but unlike the man-made version, nature's camera has to last a lifetime.

Often the simplest accidents can cause serious damage so every effort should be made to prevent them. Choosing safe toys and play areas for children, using tools only while wearing the right safety equipment and paying strict attention to eye care can prevent irreparable damage.

Eyes should be checked by a physician during the pre-school and early school years and regularly after that on the advice of your doctor, ophthalmologist or optometrist.

Because a child's eyes are not fully formed at birth, they change as a child grows. Any problems must be discovered as early as possible, especially in the case of crossed eyes or "lazy eye".

Parents should beware of signs given by children whose eyes are giving them trouble. Watch to see if your child blinks, squints or frowns frequently. Often a child will tilt his or her head, or try to brush away a blur.

Red, encrusted or swollen eyelids or watery eyes may be a sign of something more serious. If a child appears to hold a book too close or stumbles over small objects, take note. Crossed eyes, an inability to see distant objects clearly, or the recurrence of styes are all conditions you should report to your doctor.

Normally, it's not necessary to have an annual eye examination if you're between 20 and 40, unless ordered by your doctor. Once you reach 40, it's a good idea to start yearly checkups. During this period, several changes can take place which affect the eye. Some of these have few symptoms, others have none at all so it is doubly important to arrange for regular checkups.

Your pharmacist or other health care professional can help if you notice a change in your vision. Headaches, eye-aches, a blurring of vision or double vision, a need for brighter reading light or glasses that don't seem to help are just a few conditions to watch out for.

We learn through our eyes and there is no substitute for the magic of sight. Remember to treat your eyes and those of your children with care. If you suspect a problem, ask your pharmacist for advice as a member of the professional health care team in your neighbourhood.

### Laxative Use Can Lead to Constipation

Laxatives are perhaps the most misused non-prescription medication of our time. Constipation can have many different causes and there are products designed to work in many different ways. If cause and treatment are not carefully matched and the product is incorrectly used, a laxative can damage your digestive tract and lead to chronic constipation.

Studies show the normal range of elimination in adults is from three times a day to three times a week. Many people abuse laxatives simply because they've never taken the trouble to identify their own normal pattern.

Constipation may be caused by improper diet, irregular eating, mental stress or fatigue. The sudden change of diet, mealtimes and water when travelling or organic problems such as ulcers in the digestive tract can also be factors.

The perfect laxative will probably never be found because neither science nor the body is perfect. Products available today are designed for a specific action.

For example, they may be stimulant, bulk-forming or stool-softening. No laxative is intended for long-term use. Consult your doctor if a laxative is not effective within a week.

You can avoid constipation if you use common sense and respect your body's needs and habits. People who include enough fibre in their diets, get daily exercise and who don't regularly use laxatives aren't usually bothered by constipation.

If you do have a problem, ask your pharmacist before buying any product. However, don't be embarrassed if he or she asks you to answer some simple questions about personal habits before making a recommendation.

RECYCLE THIS  
NEWSPAPER  
TOTEM TIMES



## info health

Dr. Bob Young



### Abnormal Heart Rhythm

"I have tremor cordis on me; my heart dances." So wrote William Shakespeare in 'The Winter's Tale'. An abnormal heart rhythm may be called a dancing heart but often the boogie beat is a dance of death.

Variation in the rate, rhythm, and regularity of heartbeats is common, and in many cases normal. Babies and children have faster rates than adults; exercise increases the heart rate, sleep reduces it. People with overactive thyroid glands or with a fever have tachycardia, or a fast rate.

The heart contracts, or beats, as the result of an electric current generated about 72 times a minute by the sinus node, the heart's spark plug. The muscle contracts in an organized fashion, pumping the blood through the

heart's chambers and out to the lungs or the body.

Things go wrong if the sinus node sputters, if an irritated or 'hot' spot in the heart muscle fires a burst before the node does, if the electrical distribution system is broken or short-circuited, as an effect of certain drugs, and in the presence of many forms of heart disease.

The dysrhythmias (abnormal beats) are frequently more dangerous than the underlying disease - or, the danger of the underlying disease (which may be in the lungs, heart, or elsewhere) is the fact that it can produce a dangerous rhythm.

Feeling the pulse or listening to the heart discloses the dysrhythmia; a cardiogram records it for analysis. A 24 hour

recording may be required to catch an intermittent irregularity.

Some rhythms are harmless and need no therapy. Others are dangerous because they tire the heart or destroy effective pumping action. A few are rapidly or immediately fatal - an example is ventricular fibrillation (a worm-like shivering of the ventricles) that may be caused by a heart attack or coronary artery disease.

Some rhythms can be converted back to normal using a controlled electric shock. Most require specific drug therapy, usually indefinitely, or, occasionally just until the cause of the dysrhythmia has been corrected.

Although we have an ever-increasing number of effective drugs to combat it, 'tremor cordis' remains worrisome.

### Islet Transplants

the disease.

Miniaturized electronic technology has given us the home glucose monitor. Measuring blood sugar levels at home saves many trips to the hospital or the laboratory. When used intelligently by patients who can interpret and react to the numbers, control of sugar levels improves greatly. This almost certainly assures fewer and less severe long-term complications.

Home glucose monitoring by pregnant diabetics is capable of reducing the infant mortality of their offspring to near normal. If good control starts two months before the pregnancy the congenital malformation rate in infants of diabetic mothers also drops from seven per cent to normal.

Even the diet prescribed for diabetics has changed as knowledge has increased. Gone are the high fat and protein foods

(with all their cholesterol); in are high fiber, high complex carbohydrate meals. What is good for diabetics is good for our hearts too.

Genetic discoveries and advances in immunology have also led to improved understanding of the diabetic process. It appears that the inherited susceptibility to become diabetic must be triggered by an infection, environmental factors, or at least something, in most cases.

What has not changed in the past 25 years is the need for diabetics to educate themselves about the disease and to be meticulous in controlling it. Doctor and patient must work together, with most of the day-to-day responsibility, over a lifetime, resting with the patient.

### How to determine if you are exercising at the right intensity or speed!

There are various levels of intensity. For most exercises, we recommend the 'talk test'. If you can talk with ease and feel that you can 'go on forever', this is a good indicator that you are exercising at a comfortable, low intensity or slow speed. If you can talk without great difficulty, and have the feeling that you can maintain the same level of activity for quite

a while, you are probably exercising at an average speed or intensity.

If you're so out of breath that it's difficult to talk ... or you have the impression that you cannot keep going for more than one hour, even in a case of absolute necessity ... then the intensity or speed is high.

It would be important to note that whenever you reach a plateau or sticking point, then you should consider alternating your levels of intensity training.

This will more or less 'shock' the body and prevent it from adapting to the same level of training all the time.

Note: Some information taken from the CF Express Manuals.

# On and off base



music reviews and syndicated columnist

### RUST IN PEACE (By Barry Sweeney)

Call it thrash rock, speed rock, heavy metal or whatever label you want to lay on it, it is loud. It is the music of headbangers. It is the music of Megadeth, a quartet (Dave Mustaine, Nick Menza, David Ellefson, Marty Friedman) of heavy metal rockers who have just released their fourth album "Rust In Peace" (Capitol).

Following their "Killing Is My Business...And Business Is Good" (Combat Records), the group signed with Capitol and in 1986, released "Peace Sells...But Who's Buying" and two years later "So Far, So Good...So What!"

It's been a couple of years since the group worked on the concert stage or in the recording studio. "There will be no album before its time" says bassist Dave Ellefson. "And now it's time." This set is filled with heavy metal sounds and is not intended for those who like their music quiet and laid-back.

#### JERRY JERRY

"Battle Hymn of the Apartment" (Aquarius) has recently been re-released. It's good-time music. It is actually refreshing to hear an album that is not over-synthesized, not over-produced and, above all, not in the Euro-pop vein with layering and/or rap running rampant throughout.

This is just good listening or dancing music. There is a certain spontaneity about this set that makes it appealing. There is often irony in the lyrics and tracks like "Free Love", "Downhearted" and "The Drift" are good grooves. Jerry is currently touring in support of the set.

#### SWEENEY'S SCENE

Rap, rather than dying as many predicted, is one of the top selling music forms. The Hammer just surpassed 10 million sales while Vanilla Ice has 5 million sales to his credit and has just been awarded a triple platinum plaque for Canadian sales. Don't have a cow, man. The Simpsons are 'singing the blues' in the top of the best seller lists.



### Happy Wellness 1991!! Good Eating Habits

With the start of a new year, it is time to take a fresh approach towards eating habits. Canada's Guidelines For Healthy Eating, devised by Health and Welfare Canada, are five good ways to improve your eating pattern.

Enjoy a variety of foods. Emphasize cereals, grain products, fruits and vegetables. Reduce your fat in your diet by choosing low-fat dairy products, lean meats and foods prepared with little or no fat. Achieve and maintain a healthy bodyweight by enjoying regular physical activity and wholesome eating. Limit your consumption of salt, alcohol

and caffeine. Make it a New Year's resolution to eat well and live well in 1991!

#### Don't Put a Freeze on Eating Produce!

Overall prices for fresh fruits and vegetables are generally higher in the winter months because of higher amounts of imported produce. The California freeze will certainly aggravate the situation over the next month or two. While other sources for citrus fruit are being found, consumers can still enjoy fresh fruits such as apples, bananas and

## Fact Sheet on Children and Tobacco

Public opinion polls indicate that over 80% of Canadians support enforced restrictions on the sale of tobacco products to minors.

The College of Pharmacists in Quebec and Ontario have resolved to ban tobacco sales in pharmacies.

It is estimated that Canadians under the age of 18 smoked over two billion cigarettes in 1986, representing an annual market of over \$260 million. This is a conservative estimate based on consumption figures obtained under the Access to Information Act.

Tobacco is a powerfully addictive product. A recent landmark U.S. Surgeon-General's Report confirmed that nicotine is as addictive as heroin and cocaine. The Royal Society of Canada has recommended that tobacco use be classified as nicotine addiction.

Of all the 15 year olds currently smoking, tobacco use will kill 8 times more than car accidents, suicide, murder, AIDS and drug abuse ALL COMBINED. Tobacco is by far "the real drug problem".

According to the Special Study of Youth (HWC 1988), there are about 500,000 young people between ages 13 and 19 who smoke in Canada.

Based on recent Health and Welfare surveys, over 90% of young people who smoke report that they started smoking before age 17.

The largest onset of smoking in Canada is among those 14 years of age and under, with close to 40% of young people who smoke starting before age 12.

If tobacco use can be prevented prior to age 19, it will be prevented for the vast majority of Canadians, since very few people begin after age 20.

Tobacco is a gateway drug: research suggests that preventing tobacco use may reduce the potential for other forms of drug abuse.

Environmental tobacco smoke worsens asthma in children. Infants of parents who smoke have an increased risk of bronchitis and pneumonia.

The U.S. Environmental Protection Agency has issued a draft report classifying second-hand smoke as a "Class A" carcinogen known to cause cancer.

grapes. Salad items such as lettuce and celery may be more expensive for a short time, however other vegetables are available such as Canadian grown carrots, cabbage, onions, mushrooms, rutabagas, parsnips and potatoes. Get the best value from your food dollar by substituting one fruit or vegetable for another and by handling, storing and preparing produce carefully at home. Always treat produce with tender loving care. This is especially important when prices are high.

## Island Skeet Association

1991 Schedule

Five Classes: AA - A - B - C - D

Event 1	410 Ga.	75 Targets
Event 2	20 Ga.	
Event 3	12 Ga.	

I.S.A. Pin for every event and each class  
PLUS High Overall Badges for each class

### SHOOT DATES & CLUBS

Jan. 13/91	Cowichan Valley Gun Club
Feb. 3/91	S.V.I. Rangers
Mar. 17/91	Victoria Fish & Game
Apr. 7/91	Cumberland Gun Club
Apr. 21/91	Qualicum Gun Club

### I.S.A. Championships

May 4 & 5/91 Nanaimo Fish & Game  
9:00 a.m. SHARP!

200 Skeet Targets

Four Events - Five Classes

410, 20 Ga., 12 Ga. and Doubles

\*H.O.A. Calculated on 150 targets (Dbl.s excl.)

\*Top Gun calculated on 200 targets

Saturday, May 4/91 - Doubles and Fun Shoots

\*\* Barbeque - Saturday Evening

Guests Welcome

Sunday, May 5/91 - 410, 20, 12 Ga. then AWARDS

ALL Shoots start at 9:00 a.m. SHARP!  
Shoot any OR all events

Ammunition and lunch available at all clubs

\*\* To qualify for awards at Championships a shooter is required to have shot at least two 1991 preliminary I.S.A. shoots

### For Information Call

Jim McHattie	I.S.A. Coordinator	652-1411
Ron Stubbings	S.V.I.P.	695-7075
Phil Graydon	Victoria F & G	721-3192
Jack Fonck	Cowichan	748-2886
Bill Sampson	Nanaimo	733-8326
Ted Butler	Qualicum	248-8224
Alex Stuart	Cumberland	339-6307

## Chapel Chimes

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) — Maj J.G.A. Veilleux

CHAPEL — Our Lady of the Sacred Heart (on Base)

OFFICE — Headquarters, Bldg 45, Rm 48, Telephone 8274

MASS SCHEDULE:

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

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

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

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

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

### ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) — Maj R.E. Baker

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

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

SUNDAY WORSHIP — Each Sunday at 1100 hrs.

HOLY COMMUNION — First Sunday of the month.

SUNDAY SCHOOL - Each Sunday at 1100 hrs

NURSERY SCHOOL - Each Sunday at 1100 hrs

CHOIR — practices 1830 hrs, Thursday at Chapel

CHAPEL GUILD — meets once a month, first Thursday at the Chapel 7:30 pm, President Liz Basham 339-4314.



# Public announcements

## Base Library Hours

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

## Indoor Soccer Training

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

## Entrainement au Soccer Interieur

Tous ceux et celles intéressés(es) à jouer au soccer intérieur sont les bienvenus à la gymnase de la base mercredi, à 2000 hrs. Pour plus ample renseignement contacter MCpl David Rothermund au loc 8315.

## Ball Hockey Players Wanted

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

## On Recherche des Joueurs de Hockey Ball

Tous ceux et celles intéressés à jouer au hockey balle pour l'équipe de la base, contacter le plus rapidement possible Cpl Herle au local 8505 ou MCpl Rothermund au local 8315. Les pratiques vont débutees au debut de janvier 1991.

## Re-Registration of Permanent Lockers - Servicemen's Changeroom - Base Gym

A re-registration of servicemen's changeroom lockers is now underway. Those who have not re-registered at the Sports Stores must do so by no later than 04 Feb 91. Failure to comply will result in locks being removed.

## Re-Enregistrement des Armoires Vestiaires Permanentes du Personnel Militaire Masculin - Centre des Loisirs de la Base

Un re-enregistrement des armoires permanentes pour le personnel militaire masculin est maintenant en cours. Ceux qui ne sont pas déjà re-enregistrés au magasin du gymnase doivent le faire avant le 4 février 91, sinon leur armoire sera redistribuée aux personnes sur la liste d'attente.

## Broomball

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

## Balon-Balai

BFC Comox a faire hôte pour le championnat de la région Pacifique au Balon-Balai du 03-09 Mars 91. Les volontaires intéressés à assister pour garder les points etc., devraient contacter le bureau de loisir à 8315.

## Welcome Home to Moose Jaw!

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

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

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

MAIL YOUR LIST TODAY to:

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

## Casual Skate Cancellation

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

## Patinage Casuel Cancellation

Le patinage casuel va être annulé 16 Feb 91 de 12:00-13:00 hrs.

## Crossroads Crisis Training

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

## 108 Comm Flt. Reunion

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

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

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

Sunday, a Thanksgiving dinner will be served.

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

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

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

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

## Base Squash Playdown Meeting

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

This meeting is a must attend.

## Tournoi de Squash sur Base

Il y aura une reunion pour tous les membres interessé - 30 Janvier 1991 à 1100 hrs dans la chambre de conférence au Bureau de loisir.

La date du tournoi sera décidée à cette reunion.

Cette reunion est obligatoire!

## Personal Exercise Program

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

## Programme d'exercice personnel

Un programme supervise est commencer au bureau de loisir de 0730-0830 Lun au Ven. Tout les membres sont bienvenue à joindre. Les nouveaux devez ce presenter le Mardi ou Jeudi pour de l'instruction et prendre a peu pres 0.5 heures et les membres devrait être habiller en propre vetement de sport.

# On and off base

## OFFICERS' MESS

Members and Guests.

### FEBRUARY 1991 CALENDAR

Wednesdays February 6, 13, 20, 27

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

Fridays February 1, 8, 15, 22

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

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

Friday February 8

SKI DAY - Cross country: ticket \$5; rental \$6.50; lesson \$7  
Downhill: \$23; ticket and rental \$31; lesson included in pkg.

Transportation bus leaving parking lot behind Mess at 0700 hrs. Cost: Members \$3 - Guests \$5.

Tuesday February 12

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

Wednesdays February 13, 27 - OMLC BRIDGE CLUB

February 20 - OMLC ROMANCE BINGO

Saturday February 16

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

### UPCOMING EVENTS FOR MARCH

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

## BASE SOCIAL CENTRE



- Getting together with a friend;

- Planning a wedding reception,

or a Section function;

- Looking for a well priced area for lunch and dinner?

## DON'T LOOK ANY FURTHER THAN THE BASE SOCIAL CENTRE.

Why? - Close to the Base;

- Well priced/excellent snack bar;

- Well maintained;

- Very scenic.

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

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

INFO 8720

Coming Soon

## 1991 Base Winter Carnival

Date: 21 Feb through to 23 Feb

## Events:

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

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

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

## Legion Champs



The rink of Andy Anderson, Chris Bodner, Daryl Wright and Dennis Viklund won the right to represent Courtenay in the upcoming Legion Provincials, to be held at Courtenay, Feb 7-10.

The Royal Canadian Legion Branch #17, Courtenay will host the 1991 Provincial Legion Curling Championship at the Comox Valley Curling Club from 7-10 Feb 91. Sixteen rinks from all over B.C. will take part, the winner going to the National Finals in

Osoyoos in Mar. Additionally, a team from our Branch, skipped by Andy Anderson, recently won the North Central Vancouver Island zone play-off held in Port Alberni and will be competing in the Provincial Championship. To all our friends in the Comox Valley

we extend a special invitation to the Courtenay Curling Club during the playdowns for some exciting, top calibre curling. The members of Branch #17 wish Andy and his team every success in the upcoming Provincial Championship.

## Wanderers Walk Comox

The Comox Glacier Wanderers held their first Volkswalks of the new year, in Comox, on the 1st of January 1991 and in Courtenay, on the 6th of January 1991. We had 45 walkers in Comox and 30 in Courtenay, possibly due to inclement weather.

The Comox Glacier Wanderers are members of the Canadian Volkspport Federation, an affiliate of the International Federation of Popular Sports (IVV) which has worldwide membership.

We urge all people to come out and try one of our walks, bring a friend along, you will find it an enjoyable time.

Please watch for notices of other walks being held this year at places like Forbidden Plateau, Long Beach, Courtenay and Comox, to name a few. Our First Event Walk will be held at Oyster River in the latter part of March.

For more information phone 339-3982.

## Canadian Crossword

By Rick McConnell

Solution on page 21

ACROSS	31. "a boy!"	DOWN	27. Transgress
1. Tea in China	32. Revived type	1. Hammer	28. Switch position
4. Site	33. Massage	2. Bean eye	29. Dashboard abbr.
8. Reveal	34. Act of 1867 (abbr.)	3. Landed	31. Certain tooth
12. Diamond	35. First Nat'l Park	4. Cooking liquid	32. "Beefing" k.d.
13. Laugh words	36. Cul-de- sac	5. Subject of a Rover's song	34. Scrooge exclamation
14. Barf	37. Sea eagle	6. State of Cleveland	35. Hematoma
15. Clay now	38. Nat'l Park in east NB	7. Hide workers	36. Griddled bread
16. Emerald Isle	45. Dog food brand	8. Assegai	37. Red dye
17. Arthurian Lady	46. Porkfish	9. Musclemann	38. Cabbage cousin
18. Nat'l Park in Alta.	47. Mislead in the House	10. Rube	39. Corrida cries
21. Arid	48. Bright or McQuay of CFL	11. Marries	40. Atop
22. Sound organ	49. Elevating man	19. Whirlpool	41. Mosquito's threat
23. Nat'l Park on a bay of great tides	50. Sum up	23. Distant	42. Bator
26. Part of a lake or river	51. Serf	24. Affirming grunt	43. Verdi heroine
27. Turf	52. Levesque point	25. Cribbage point	44. Give up
30. Nautical greeting	53. No to a Highlander	26. glance	

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# Military update



SL(N) Derek McClellan — on watchkeeping duty aboard HMCS Terra Nova in the Persian Gulf — takes a bearing on a surface contact. HMCS Terra Nova is one of three Canadian ships patrolling the gulf to enforce the U.N.'s embargo against Iraq.

## 1990 In Review

At the beginning of 1990, a great wind of freedom was blowing throughout the countries of Eastern Europe. The resulting upheaval would lead to Germany's reunification on October 3, almost a year after the fall of the Berlin wall (on November 9, 1989).

### Détente in East-West Relations

In the very first days of January, a Canadian Forces CC130 Hercules transport plane flew across the skies of Hungary with the complete co-operation of that East-bloc nation's government. This simple flight demonstrated the beginning of a new trust and a marked improvement in the relationship between East and West.

From February 12 to 28, Canada played host to our NATO allies and the member states of the Warsaw Treaty Organization (WTO) in Ottawa. The two groups attempted to come up with an agreement which would provide for regular overflights of each other's territory using unarmed surveillance aircraft. The follow-up round of Open Skies negotiations ended in Budapest on May 10 without a treaty. The negotiations were suspended until an agreement on the reduction of conventional armed forces in Europe could be reached.

### Treaty on the reduction of conventional armed forces in Europe

And thus on November 19, in Paris, the leaders of the sixteen member nations of NATO and the six-member WTO countries put an end to the cold war by signing a treaty that made deep cuts in the number of conventional forces in Europe.

### Conference on Security and Co-operation in Europe

Following the signing of the treaty, the leaders from the remaining 12 non-aligned nations of Europe joined the aforementioned 22 at the Paris summit of the Conference on Security and Co-operation in Europe (CSCE) (November 19 to November 21).

The CSCE took the first steps in institutionalizing a forum which deals with all the interrelated issues essential to security and co-operation in Europe, without infringing upon the military alliances as they now exist, at least not in the foreseeable future.

Such a summit had been made possible by the meeting in Vienna from January 16 to February 5 of senior military officers from the 35 member-states. (East Germany had its own delegation at the time.) They had met to hold discussions dealing with military doctrines and strategies of their respective countries. The event marked the first time that the Chiefs of the Defence Staff of NATO nations, WTO countries and the non-aligned nations of Europe had met for discussion.

Canada-Soviet military exchange program  
In that and other forums, Canada continues to promote a better understanding among nations. The Canadian Forces contributes military experts on arms control and verification, for example.

The centre-piece of bilateral initiatives with East-bloc nations is the Canada-Soviet military exchange program which was initiated in 1989. During 1990, it enabled senior officials, journalists, military education officials and historians to take part in visits — eight in total — to both countries. The highlight of these exchanges took place in June when three Canadian destroyers and a supply vessel visited the Soviet port of Vladivostok, the first call by Western ships to that port since 1930.

### The Blue Beret

Cyprus and the Middle East  
The Canadian Forces are widely known as some of the world's best and most enthusiastic peacekeepers. In fact, more than 80 000 Canadian men and women have served in peacekeeping operations since the United Nations' creation in 1945. In 1990, more than 1 042 servicemen and women were involved, at one time or another, in nine dif-

ferent peacekeeping operations. In Cyprus, 575 members of the CF are proudly wearing the blue beret. (Canada's involvement on that island dates back to 1964.) In the Middle East alone, Canada maintains troops or observers in Syria and Israel, on the Golan Heights, in Lebanon, Egypt, and along the Iran-Iraq border.

### ONUCA

Canadian servicemen and women were deployed closer to home in 1989 when the U.N. was asked to help five Central American countries establish peace in their region. The mission was called ONUCA (which is the acronym for its Spanish name). Thanks to the addition of eight *Twin Hueys* and *Jet Rangers* aircraft, our troops (175 strong at one point) were able to run missions such as medical evacuation flights, transportation of ground observers and resupply. In December, the repatriation of the 89 *Rotary Wing Aviation Unit* was announced. This leaves 23 CF observers involved in *Op Sultan*.

### Mission Accomplished

Two other missions ended in 1990: 250 Canadians came back from Namibia in January after having assisted that country gain its independence through free elections. And the Canadian military engineers who had been sent to Afghanistan in 1989 to train Afghan refugees in recognizing and dealing with the countless land mines and booby traps left after years of war, finally returned to Canada.

### Haiti

In the month of December, 11 Canadian members were sent as military observers to Haiti to monitor the election process in that country.

### Peacekeeping monument

The Minister of National Defence announced the world's first monument dedicated to the peacekeeping troops would be built in Ottawa to underscore the Canadian Forces' exceptional contribution to peacekeeping efforts throughout the world. (In fact, since 1948, Canada has participated in all but one of the 22 United Nations peacekeeping operations and has been involved in four others as well.)

### NATO (North Atlantic Treaty Organization)

Canada's commitment to peace is based on the three principles of deterrence, collective security and establishment of trust among nations. These principles explain why our country is involved both as a peacekeeper and as a full member of NATO. Although the number of Canadian troops stationed in Europe will be reduced by 1400 in 1991, neither the operational effectiveness of the Canadian Forces in Europe nor Canada's commitment to NATO will diminish in the short run.

### Rescue Mission in the South China Sea

Although *HMCS Provider* was not part of a peacekeeping mission or on a NATO exercise at the

time, the crew did Canada proud when it rescued Vietnamese refugees in the South China Sea in June 1990. The 90 people, including 13 children, had been adrift for two weeks on a small boat. They had been without food or water for nine days and despite having been rescued, two of them died as a result of suffering from exposure, malnutrition and dehydration. The crew provided medical care, food, clothing and even some toys for the children. In Manila, (the chief port of the Philippines), the boat people were left in the care of international agencies.

### Drug War

Closer to home, the Canadian Forces assists, now more than ever, other federal agencies in the ongoing effort to curtail the illegal entry of drugs into the country.

### New Equipment

In order to play a full part in the various roles they are called upon to perform, the Canadian Forces must continue the necessary upgrading of equipment for both the regular and reserve forces, despite recent cutbacks in defence spending.

### The Bison

In September, the Honourable Bill McKnight, Minister of National Defence, took delivery of the first of 199 Light Armoured Vehicles on behalf of the Militia. The *Bison* is an eight-wheeled vehicle that comes in several shapes to fit its many functions: it may be used, among other things, as an armoured personnel carrier, a command post, a mortar carrier or a maintenance vehicle. The *Bison* will provide the Militia with a better training tool in territorial defence, peacekeeping operations and disaster relief.



Two soldiers from the 5<sup>e</sup> Brigade mécanisée du Canada keep watch over the pine forest at Oka. The crisis came to a peaceful end on the night of September 26, 1990.

### The Iris Communications System

Computing Devices Company of Nepean, Ont., has been selected to provide the Iris Communications Systems for the Canadian Forces. Iris will replace outdated communications equipment which is currently in use with Canadian Forces army units.

### HMCS Halifax

On September 22, *HMCS Halifax* arrived at the port it is named after and will call home. The new patrol frigate is the first of 12 that will eventually be built

for the Navy. It is equipped with modern anti-air and anti-surface weapons; sea trials are currently under way.

### Two 50th Anniversaries

The Royal Canadian Armoured Corps

The Royal Canadian Armoured Corps (RCAC) celebrated its 50th anniversary in 1990. Formed during the Second World War, The Royal Canadian Armoured Corps saw action in nearly every Canadian battle in Italy, France, the Netherlands, and Germany, emerging with 109 battle honours. Since then, regiments of the RCAC have served in the Korean War and have participated in numerous peacekeeping missions. The RCAC is currently composed of four regular force and 18 reserve force regiments, along with an Armour School.

### The Battle of Britain

On September 16, a parade, a memorial service and a fly-past by World War Two vintage aircraft and nine CF-18s, marked the 50th anniversary of the Battle of Britain during which Hitler suffered his first serious setback. Of the 90 Canadian airmen that took part in the many battles in England's skies, 20 were killed in action.

### Outstanding Events in 1990

The *Oka and Kahnawake* standoff  
Fortunately, the Canadian Forces did not lose a single life, be it in their ranks or in those of the Mohawks, as a result of military operations this summer at Oka and Kahnawake in Québec. Called in to relieve the Sûreté du Québec on August 17, the army, largely thanks to the calm and resolve of the members of the 5<sup>e</sup> Brigade mécanisée du Canada, was able to remove barricades and strong points and restore not only the

continued on page 22



## LEGION LOG

### BRANCH 17 COURTENAY

334-4322

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

Fri & Sat Jan 25 & 26.....Music by EL DURADO  
Fri & Sat Feb 01 & 02.....Music by SHABOOM  
Fri & Sat Feb 08 & 09.....Music by WESTWIND

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

BINGOS.....Thur, Fri, Sun at 7:00 PM

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

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

SUNDAY 27 JANUARY.....SIX PIECE DIXIELAND  
BAND - Lounge 3:30 - 6:30 PM

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

SUNDAY 27 JANUARY.....Fun Crib Tournament  
Registration 12-1 PM.  
FEBRUARY 7, 8, 9, 10.....BRANCH HOSTS LEGION  
PROVINCIAL CURLING CHAMPIONSHIP

### BRANCH 160 COMOX

339-2022

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

Fri 25 Jan.....Music by HIGHWAY 19  
Fri 01 Feb.....Music by ALLEYCATS  
Fri 08 Feb.....Music by NASHVILLE

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

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

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

SATURDAY 9 FEBRUARY - JOINT INSTALLATION OF  
OFFICERS. Branch upper Hall. No Host Bar. 6 PM. Dinner  
7 PM. Installation Ceremonies 8 PM. Dancing to follow. Tickets  
(Limited) \$15.00 per couple. Now on sale.

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AUCTION! Coming up in April.

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

SUNDAY 3 FEBRUARY - CRIB. Upper Hall. Reg 12:30 \$5.  
Start at 1:00 PM. Bar Food.  
FEBRUARY 15 & 17 - LEGION ZONE DARTS at Branch  
256, Nanaimo (Mount Benson). Branch 160 QUALIFYING  
ROUND FOR ZONE, Wed 30 Jan.  
FRIDAY 15 FEBRUARY - VALENTINE DANCE. 9 PM in  
Lounge. Music by SHABOOM.  
MARCH 9 & 10 - LEGION ZONE CRIB PLAYOFFS.  
Branch 160 qualifying round T.B.A.

# Recreation

## Glacier Greens Golf News

By R. McClellan



Due to the continuing inclement weather there has not been very much action golf wise. I did see a few golfers gazing down our snow blanketed fairways and undoubtedly hoping for some sunshine.

And, sure enough, on Sunday, 20 Jan, the sun shone down on 35 golfers for a competition round of 9 holes.

#### Results as follows:

1st L.G. Team: Norm Fellbaum; Lorraine Courtemanche; Bob Frenette; Jim Hume.

2nd L.G. Team: Bing Shearer; Frankie McCaffery; Jim Pateron; Ardyth Wood; Ann Blake.

1st L.N. Team: John Webber;

Dick Nex; Fran Hume; Jan Verbeek.

2nd L.N. Team: John Ferguson; Glen Caslake; Ray Cossette; Eleanor Grant; Chuck Perry.

K.P.: John Ferguson.

There was a record attendance of 43 ladies when G.G.G.C. held their ladies annual Christmas luncheon in December.

In the past, the ladies brought and exchanged gifts at the conclusion of lunch; however, this year, it was agreed that each lady bring a gift that had been carefully chosen and suitable for children of all ages. These gifts were placed in a box and were

delivered to the Comox Fire Hall by Dolly Pearson and Ann Blake. The Comox Fire Hall transferred these gifts later to the Comox Valley Toy Shop for distribution.

After a very delightful lunch, the ladies club captain Frankie McCaffery, thanked everyone for coming out and said that she was looking forward to seeing them all again when the golf season opens in the spring.

The next monthly committee meeting of the G.G.G.C. will be held at 1:00 pm on 24 Jan 91 at the club house.

Our congratulations to Murray Jacklin on his recent promotion.

## COACHING ASSOCIATION OF CANADA

### How to develop skills



A group of volleyball players anxiously await their turn to serve. Twelve-year-old Joey eyes the ball carefully as he readies in position. He leans forward slowly as he takes his big swing - and misses.

To adults, a volleyball serve requires simple skills. Why can't children grasp these skills more easily?

Actually, the human nerve and muscle systems only reach full maturity in early adulthood. This makes it harder for young children to learn specific skills. As a result, they are less able to concentrate and to make decisions.

Learning basic skills, such as throwing and catching or swinging a bat, are the foundation for learning more sophisticated skills later on. Skill teaching is vital, but it must be done at the children's own level and when they are ready to learn - both mentally and physically.

Understanding that children progress at different rates is the first important step for coaches and parents trying to help their children learn new skills. Fortunately, youngsters tend to have more confidence than adults - more willing to try new skills, and less afraid of failing. But because they have very little experience, they rely on coaches and parents to tell them how they are progressing. Hence, providing regular positive feedback is essential to the learning process.

There are three stages to follow when teaching children to acquire new skills:

#### Stage 1: Understanding.

Before children can learn anything, they must understand what they are trying to achieve. Never assume children know what you want: show them, and explain in simple terms. Remember, they are not as good with words as you are. You may need to explain what you want several times in different ways for them to understand.

A child's attention span is limited, too. Remember to treat children as individuals. They will learn best by building on what they already know.

#### Stage 2: Practising

Once children understand what is to be achieved, practise is needed to refine the skills. Their experience with practising new skills must be meaningful and enjoyable. Be careful how much practice to give them, and what type of practice. Children with shorter attention spans will become restless more quickly. Give them positive feedback and think about how you can best reinforce the progress they are making. Keep practises short, simple and fun.

#### Stage 3: Performing

When the skills can be performed almost automatically, the

child must decide what skills to do and when to do them.

In complex situations like team sports, children react more slowly than adults. When players are faced with too many choices, they may simply be unable to make a decision. Give them as little as possible to think about. For beginners, start by making most of the decisions for them. Explain why the decision was made and encourage them to think for themselves next time. Be patient; progress at their rate not yours.

A series of articles developed from the National Coaching Certification Program on practical guidelines for coaches, parents, and teachers dealing with kids in sport.

### How to develop teamwork

A 9-year-old ringette player is ready in position. Immediately following the free pass, there will be twenty pairs of legs within 10 yards of the ring, all following that ring like a swarm of bees following its queen. Meanwhile, there are sideline pleas to "stay in position" and "get back to where you belong".

The volunteers who coach the

youngest of athletes know all about "beehive sports". It's part of the phenomena they encounter in almost every team sport.

Beehive sports is the result of kids just being kids. The concept of "teamwork" involves a set of relationships too complex for young children to grasp. Adults

Continued on page 22

### More Children & Tobacco

continued from page 1

Tobacco companies now tailor tobacco products to kids with cheaper packages of 15 cigarettes. One-half of grade 6 smokers say they use them.

Help keep children and tobacco apart. This is a challenge, but think about the possibilities and find a place to start.

refuse them tobacco. Support retailers who do refuse minors and challenge the others to follow suit.



# On and off base

Continued from page 21

often assume that sport will automatically help children learn to work together and to develop positive attitudes towards fair play. Eventually it will, but children themselves may see sport quite differently — as just another opportunity to play with friends.

When youngsters cluster around a ball, they are all playing as individuals. To play a team game, children must understand

the rules, and their tasks as members of the team. They must also understand the tasks of all the other team members.

As a coach or parent, it is important for you to encourage teamwork. Here's how:

**Keep the teams small.** Children can be baffled by too many choices. A small group of players reduces the number of choices open to them and simplifies decision-making. Once they are confident, you can

present more difficult situations which offer a larger number of possibilities. Therefore, 3 on 3 or 4 on 4 may be more appropriate at the younger levels.

**Have players change positions.** This allows them to get a feel for the importance of each position and the relationship between positions. Don't swap players too quickly or without proper instructions.

**Simplify the rules.** Remember, rules are normally written for games played at an adult level. Try not to be too rigid. Think of rules as a framework that may need to be built upon slowly. Introduce rules as they are needed, and adapt them in order to focus on what you want the children to learn.

**Find out more.** The National Coaching Certification Program offers weekend and evening courses for coaches in over 60 sports.

The program offers practical guidelines on planning a practice, dealing with parents, understanding the growth and development patterns of children and more. For further information contact the following office:

Sport and Recreation Division  
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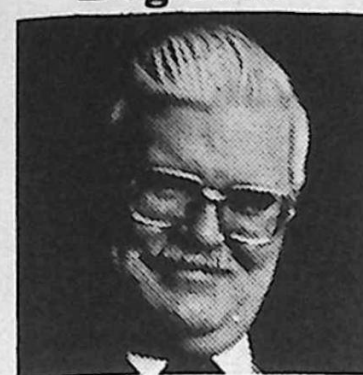
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# On and off base

## Dog Talk



## So, you got a puppy for Christmas

by Gerry Gerow

breed in Canada.

There is an excellent glossary at the end of the book, consisting of terms used in the dog world generally and especially with sled dogs. All in all this is one of the best breed books I have seen. It is a very well illustrated 260 page, hard cover edition. It should be in the book and pet stores now.

So, you got a puppy for Christmas, and cute as he is, the little rascal just won't quit wetting on the rug and chews everything in sight. Well, there are a few simple dos and don'ts which will straighten this up in no time.

First, chewing. Puppies teethe just like children. They also have baby teeth that fall out the same way when the permanent ones come in. They chew to aid in this teething process, and, I believe, because it is a fun thing to do and is instinctive. All puppies chew things. All puppies chew things that you don't want chewed, such as your good shoes, your camera case, your good belt, the seat belts, the upholstery of your car, and so on. Until it is a full year old, at any time the puppy is left alone, it must be safely confined where it can't chew anything that matters. Don't leave it alone in

The authors have included everything that should be in a good breed book, and have added a lot of information which is applicable only to the sled dogs, such as racing, weight pulling and backpacking. A complete chapter on the Malamute in Canada has been included, and deals very completely with the history of the

the car or truck cab, unless you don't care about the upholstery. Knowledgeable dog people use crates. These are available in pet stores. They are generally made of fiber glass and come in various sizes. The uneducated think wrongly, that crates are cruel. As long as there is room to lie down comfortably, your puppy will come to regard the crate as his home. Simply crate the puppy before you go to bed at night, letting him out in the morning when you can watch it. If you have to leave it alone while you go to work, just pop him back in the crate and it will be as happy as can be until you come home. Make sure the crate is large enough to accommodate him when he is full grown. Take him out to relieve himself at the first opportunity. Puppies, instinctively, will not soil their crate. When he reaches the full age of one year you will be able to leave him uncrated overnight and during the day, but you will probably find that he will still go to his crate to sleep.

Potty training is a very simple procedure. There is no point in disciplining the dog for what he did, after the fact. You must catch him in the act for discipline to

have any effect. 30 seconds after the deed is done he won't know what you are mad about. Sure, he will look guilty and ashamed when you drag him over and rub his nose in it, but he doesn't know why. He only knows that he has done something that displeased you, not what.

Take him out first thing in the morning, and make sure he goes. Always go to the same spot in the yard. Take him out again right after he eats and every few hours during the day. He will very quickly learn to wait for these breaks and not to do it in the house.

As an encouragement, always use a word or phrase while waiting for him to go. Choose a word or phrase that is not offensive, because you may want to use it while others are within earshot, sometime. Your dog will quickly

learn to associate this word or phrase with what he is supposed to do. This can save a lot of time when you are travelling with them by car, for instance, and want to get going.

Remember, that your puppy was born with a full brain. He is just as smart now as he will ever be, and what he learns now will stay with him all his life.

As I sit here in my den, surrounded by the various mementos of my 35 year Air Force career, and especially those memories from the Nighthawk, and Baden, and Cold Lake days, I can't help but think of the friends and acquaintances who are now in the Gulf area or on their way. I wish you all a speedy and safe return and to the ones on the pointy end, "good hunting".

## NEXT DEADLINE 4 FEBRUARY

**Royal Canadian Legion Branch 17**  
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**Courtenay, B.C.**  
**National Finals at Branch 173, Osoyoos**  
**Mar 17-23**

continued from page 20

## More Clipseet

naval blockade, in application of the United Nations' Security Council's resolution calling for Iraq to withdraw from Kuwait.

The destroyers Terra Nova and Athabaskan and the supply vessel Protecteur have intercepted more than 20 percent of all the civilian ships inspected in the area.

In early October, 409 Tactical Fighter CF-18 Squadron, based at CFB Baden-Soellingen, Germany, left for Qatar. They were replaced in mid-December by the 439 Tactical Fighter CF-18 Squadron, also based at CFB Baden-Soellingen. Approximately 150 personnel from CFB Cold Lake, Alta., were also sent in support.

Members of the 1st Battalion, Royal 22<sup>e</sup> Regiment, from CFB Lahr, Germany, recently replaced members from the 3rd Battalion, The Royal Canadian Regiment, based in CFB Baden-Soellingen, in order to continue to provide an

airfield security force in Qatar.

The headquarters established in the Gulf is now comprised of personnel from all three environments of the Canadian Forces. Structured on a new unit of the CF known as 90 Canadian Headquarters and Signals Squadron, it has been set up to furnish vital command and communications support to the 1 700 Canadian Forces personnel in the Gulf area.

The Lights Across Canada ceremony held simultaneously in Ottawa, in most of the provincial and territorial capitals across the country, in Lahr, Qatar and Bahrain on December 3, served as a reminder that peace and freedom have a price. The enormous sacrifices involved are the price the Canadian Forces are willing to pay to protect the present and secure the future for all Canadians.

## Bulletin Board

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# On and off base

## VERSES BY HAMISH

### I AM FINE, THANK YOU.

There's nothing the matter with me,  
I'm as healthy as I can be,  
I have arthritis in both my knees,  
And when I talk, I talk with a wheeze,  
My pulse is weak and my blood is thin,  
But I'm awfully well for the shape I'm in.

Arch supports I have for my feet,  
Or I wouldn't be able to be on the street,  
Sleep is denied me night after night,  
But every morning I'm still alright.  
My mem'ry is failing, my head's in a spin,  
But I,m awfully well for the shape I'm in.

Old age is golden, I've heard it said,  
But sometimes I wonder as I get into bed,  
With my ears in the drawer, my teeth in a cup,  
My eyes on the table until I wake up.  
E're sleep comes o'er me, I say to myself,  
Is there anything else I should lay on the shelf?

When I was young my slippers were red,  
I could kick my heels right over my head.  
When I grew older my slippers were blue,  
But still I could dance the whole night through.  
Now that I'm old my slippers are black,  
I walk to the store and puff myself back.

How do I know that my youth is all spent?  
Well, my 'get up and go' has got up and went.  
But I really don't mind when I think with a grin,  
Of all the great places my 'get up' has been.

The moral is this, as my tale I unfold,  
That for me and you who are growing old,  
It's better to say, 'I'm fine', with a grin  
Than to let folks know the shape we are in.

So I get up each morning and dust off my wits,  
Pick up the paper and read the 'obits';-  
If my name is still missing, I know I'm not dead,  
Then I get a good breakfast and go back to bed.  
\*\*\*\*\*

### A LITTLE MIXED UP

Just a line to say I'm living,  
That I'm NOT among the dead,  
Though I'm getting more forgetful  
And more mixed up in the head.

For sometimes, I can't remember  
When I stand at foot of stair,  
If I'm going up for something,  
Or I just came down from there?

And before the fridge so often,  
My poor mind is filled with doubt,  
Have I just put food away, or  
Have I come to take some out?

And there's times when it is dark out,  
With my night cap on my head,  
I don't know if I'm retiring  
Or just getting out of bed!

So, if I haven't written you,  
There's no need in getting sore,  
I may think that I have written  
And don't want to be a bore.

There I stood beside the mailbox,  
With a face so very red,  
Instead of mailing you my letter,  
I opened it instead!

### More "Jumbo"

do it over again. That will mean about fifty of you stronger men will have to get off and push. I can't back this thing up by myself!" More laughter, though somewhat nervous. Then the captain reported "It's O.K. They

managed to get a reading and we're less than two hundred pounds overweight. We should be able to cover that by returning the empty shopping carts to their rightful owners!"  
(Note: That wasn't how I dreamt it but ye editor deleted the original.)

(b-b-but you should see what he wrote! ....Editor.)  
"Now we're ready for take-off and if, when I give the word you will all lift your feet off the floor we'll take off into the wild blue yonder. Thank you for flying with Fearless Flights and a happy journey to wherever it is we are going."  
Some dream, eh?

P.S. If you have any such dreams, or yarns I'm sure the Editor is dreaming of receiving large quantities of submissions.

### Solution

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