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Church
Parade**
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TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 33 NO 05 7 MARCH 1991

NEXT DEADLINE 04 MARCH 1991

COST: PRICELESS

Canadian Forces Air Resources Re-organized

OTTAWA -- The Minister of National Defence, the Honourable Bill McKnight, has announced the reorganization of certain air resources in Canada and Europe, resulting from the April 1989 and February 1990 budgets.

"These changes are budget-driven and will help the Air Force to rationalize and consolidate its operations and resources and will not limit our operational effectiveness, except in the field of heavy helicopter support," said Mr. McKnight.

The changes are as follows:

- The CC-115 Buffalo aircraft will be replaced by the CC-130 Hercules when 413 Transport and Rescue Squadron moves from Canadian Forces Base (CFB) Summerside, P.E.I. to CFB Greenwood, N.S. this summer. The Hercules will replace the Buffalo as the primary fixed-wing search and rescue aircraft at CFB Greenwood. The search and rescue capability will be enhanced as a result of the better speed, range and endurance capability of the Hercules.

- 409 Tactical Fighter

Squadron and a Fighter Wing Headquarters, located in Germany, will be disbanded as part of the plan to reduce personnel stationed at Canadian Forces Europe. The CF-18 aircraft and pilots will be reassigned to the remaining European-based squadrons, thereby maintaining Canada's NATO commitments. Some support personnel will return to Canada.

- 414 Electronic Warfare Squadron, CFB North Bay, with its Challenger and T-33 aircraft will move in 1992 and be reconstituted as two squadrons: 414 Squadron to be located at CFB Comox, B.C. (80 - 100 families are involved.) and 434 Squadron at CFB Shearwater, N.S.

By reassigning these aircraft to a coastal patrol role, the Canadian Forces will bolster the government's commitment to: intercept shipments of illegal drugs, enhance surveillance and enforcement of fisheries regulations, assist search and rescue missions and provide aerial pollution monitoring services.

continued on page 6

A Broth of St. Patrick's Day to All!



Listening to the Kids



Paying close attention to the concerns of these Willow Point Elementary School Grade 1 students are (L-R): CWO Doherty, Base Chief; Sgt Farrel, BCWO's office; Cpl Rogers and teacher Mrs. Marchand.

Valentines for the Gulf

by Norm Blondel

A small group of CF personnel, led by Base Chief Warrant Officer T.W. Doherty, visited a first-graders class at Willow Point Elementary School, Campbell River, recently, in response to their request to send Valentine greetings to CF personnel in the Persian Gulf. The request was received via the local MLA through Sgt Barber in R & D.

Some of the children's messages appear at the end of this article.

To make the visit more interesting for the twelve youngsters involved, Base Photo ran off some CF-18 and other photographs, which were presented to the children and their teacher, Mrs. June Marchand.

The concept of war being a new one to these six-year-olds, their Valentine messages reflected a concern for the safety of our CF personnel:

"I hope nobody gets hurt. I have a cousin in the war..." writes Amanda Knight, age 6. "Try to be happy over there," states Clayton McAstocker, also a six-year-old.

The CFB Comox group included CWO Doherty, Sgt Farrel, MCpl Cando and Cpl (W) Rogers. Cpl Rogers recently completed a tour in Namibia, and was able to answer questions about life overseas in the CF.

CWO Doherty had some further suggestions for the support of our Gulf personnel: "Mail is the highlight of the day out there," he stated, "and books."

Recently, the RCN Association of Nanaimo sent 30 video tapes, and 200 lb of books. See page 20 for more pictures of the Willow Point visit.

Valentine messages from the children

Dear Canadians,

I hope nobody gets hurt. I have a cousin in the war. Tomorrow is Valentine's Day and I hope you have a nice Valentine.

Yours truly,
Amanda Knight
I am 6

Dear Canadians,

Try to be happy over there.
Yours truly,
Clayton McAstocker
6 years old

Dear People in the war,

I hope the war would stop. I am six. Thank you for doing that.

Yours truly,
Lindsay Russell

To our Moms, Dads, Sons, daughters and friends who are on duty in the Middle East fighting against Iraq.

Firstly, we all hope you are healthy and in good spirits when these letters reach you. Also, we, the people here in Campbell River, are very proud of each and every one of you and look forward to your victorious return to Canada.

Carry-on the good work knowing, many of us left behind are right there with you in spirit if not in the flesh.

Respectfully yours
Steve & June Marchand
and
Grade 1, kindergarden class.

On the base

Dyslexia - A Learning Disability

Some dyslexic students with serious difficulties in school are sent either to a Resource Room or to a special, often private, remedial school.

Many parents object to such special placements, saying, "I don't want my child to feel different"; "Won't she be teased about being sent to the Resource Room?"; "He would be embarrassed to tell his friends he goes to a special school."

Students get the message very quickly that they are different

Consider the student who, in kindergarten, observes the other children learning letters easily while he has great difficulty telling one from the other or remembering the letters' sounds. That student gets the message very quickly that he is different.

Consider the student who is in the lowest reading group in second grade; she watches her classmates fidget while she labours to read. Or consider the second grader who is still struggling with subtraction while others are busy with multiplication - and only she has to recopy

papers daily because of errors of alignment, copying incorrectly from the board, or computation mistakes. That student knows that she is different.

Consider the middle school student who can read the exasperation in a teacher's face or voice when he hears, "Did you study this?" "If only you would work harder!" The student, who has been working as hard as he can, harder than the other students but for lesser results, knows that he is different.

Consider the child who dreads disappointing a parent, even more than failing himself, who hears the parent say repeatedly, "Don't you care? Don't you want to do well? What will you do when you grow up if you didn't do well in school?" That child has difference confirmed.

The child who isn't reading at grade level, the child who has trouble understanding the math lesson and doing the homework, is intelligent - indeed often very bright - and clearly capable of learning.

The child learns that he is dumb, lazy, or no good

Unfortunately what the child learns is a different lesson:

- The kindergartner, watching others succeed, learns, "I'm dumb."

- The second grader, behind and constantly recopying, has learned, "I hate school."

- The middle schooler hears the teacher's message as "You're lazy."

- The child who knows he has disappointed his parents by failing to do well in school thinks, "I'm no good."

These lessons are cumulative and reinforce one another. Every day in school is additional proof of "I'm different", "I'm dumb"; "I'm lazy," they say, "and I'm no good." Every day in school be-

comes a nightmare of fear of the next humiliation.

Finding out that he or she is dyslexic can be a relief

Often the diagnosis and label of "dyslexia" is a relief to a child. It says, "There is something wrong. It is not you. It has a name. Other people have it. There are grownups who know what to do about it, who know how to teach you, who understand that you learn in a different way from others, who believe that you can succeed."

When such children attend special remedial schools, often, for the first time since nursery school, they feel accepted. They look around and see others like themselves, with likeable attributes and many strengths. They begin to feel successful and more

LEARNING DISABILITIES
ASSOCIATION

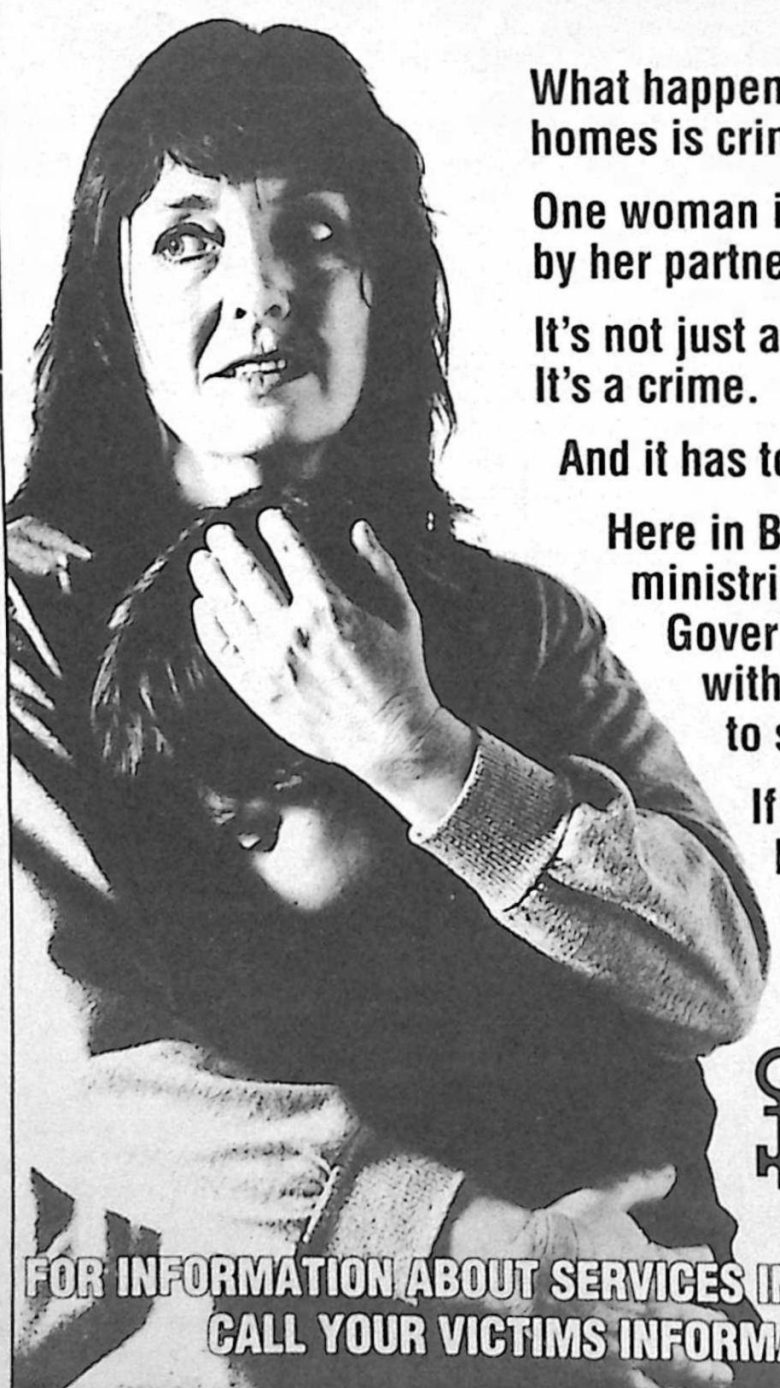


B.C.

confident as they work with teachers who understand how they learn.

They have felt different all along because they are different; they learn in a different way. But parents, in pain for their children, have been shielding them unnecessarily (and usually unsuccessfully) by saying, "I don't want my child to feel different." They are different and they can only be helped when they - and their parents - recognize and accept that fact.

Violence Against Women is a Crime



What happens in some homes is criminal.

One woman in six is abused by her partner.

It's not just a family matter. It's a crime.

And it has to stop.

Here in British Columbia, ministries of the Provincial Government are working with community groups to solve the problem.

If you're a victim or know one, there are people who can help.

Women's Programs

Carol Gran
Minister Responsible for Women's Programs

FOR INFORMATION ABOUT SERVICES IN YOUR COMMUNITY,
CALL YOUR VICTIMS INFORMATION LINE.

1 - 800 - VICTIMS • 1 - 800 - 842 - 8467

Learning Disabilities Association

This is awareness of LEARNING DISABILITIES WEEK across Canada - the Comox Valley Chapter meets on the 3rd Wed of the month at 7:30 p.m. at the Lefcoe Centre, downstairs. The next meeting is on 20 Mar 91. For more information call Vicki 338-7789, Theresa 337-8496 or Bev 339-3357.

For those interested in helping the hyperactive child - or (Attention Deficit Hyperactivity Disorder) ADHD, there is a workshop to be held in Campbell River on Fri 8 Mar 91 between 8:30 a.m. - 3:30 p.m. at the St. Patrick's Hall (Church) at 34 S. Alder Street. Registration is \$35 per person or \$50 for two family members. For further information please call Bev Chadderton at 339-3357 (after 5 p.m.). The workshop will be presented by Dr. Charlotte Johnston, Asst. Professor, Department Psychology UBC.

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On the base



Whalefest '91

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

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

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

generated great interest in their biology and behavior. During the festival, whale researchers will present their latest findings.

To celebrate the annual return of the Gray Whales, Pacific Rim National Park and the coastal communities of Ucluelet and Tofino are hosting the 5th annual Pacific Rim Whale Festival, coinciding with the peak of the whale migration. This year, the Festival begins March 23 and continues until April 7.

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

Many unique events will be presented during the Festival. There will be lots to do, see and learn at "WHALEFEST '91", so come on over to the wild west coast to see the Gray whales on parade!

For more information on "WHALEFEST '91", please write:
Whalefest '91
P.O. Box 476
Tofino, BC
V0R 2Z0

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Gary Peppard 339-3376

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Josee Migneault

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Create the Hospice, Save a Park!

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

Name: _____ Phone No. _____

Address: _____ Please PRINT

_____ Please PRINT

_____ Please PRINT

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

Signed: _____ Date: _____

For further information, phone the Office: 339-5470, 339-5217



B.C. Job Protection Commission

Healthy community life depends on secure businesses and jobs.

Through the formation of the B.C. Job Protection

Commission, part of the government's new

Taxpayer Protection Plan, the Ministry

of Regional and Economic Development

is taking action to keep businesses

running and jobs protected.



The mandate of the Commission is to prevent or reduce the impact of plant closures and layoffs in businesses that are the mainstays of communities, especially in the Interior and the North.

Its philosophy is to provide short-term assistance for businesses which, in the long term, can stand on their own.

Its purpose is to keep paycheques coming in for British Columbians.

3. Economic Plan:

This form of assistance applies only to

'strategic industries' - those businesses whose operations are deemed significant to local or regional economies.

In negotiating an Economic Plan, the Commissioner may authorize various voluntary concessions from governments or utilities.

The B.C. Job Protection Commission is appointed for a two-year period. It will see British Columbia through the current challenge of tough economic times.

For further information, write:

B.C. Job Protection Commission
Parliament Buildings
Victoria, B.C., V8V 1X4 or call:
in Vancouver 775-0162 or outside Vancouver
Toll-free 1-800-665-4605



Honourable Bud Smith, Q.C.
Minister of Regional and Economic Development

HOW IT WORKS

The Commission, led by Commissioner Doug Kerley, will operate at arm's length from the government to seek the voluntary co-operation of affected parties, which may include shareholders, managers, union and non-union employees, suppliers, customers, creditors, utilities and governments.

The Commission may offer eligible businesses three kinds of assistance:

1. Counselling:

The Commission will assist with the cost of professional advisors to identify possible courses of action that would enable the business to survive.

2. Mediation:

The Commissioner may become directly involved in mediating a plan to prevent the closure of a plant or to reduce the impact of such a closure on a community.

NEXT DEADLINE 18 MAR

Editorial

**NORM
BLONDEL**



The Ultimate Award

From 1972 on, military decorations and awards have undergone a "Canadianizing" process, a policy which has received general favour, except in the case of our premier award for valour, the Victoria Cross.

Recent reports that this, too, might be replaced by a Canadian version, indicate that, in advertising venacular, someone may be again "Running the idea up a flagpole to see if anyone salutes it."

Personally, I wouldn't salute the idea, I'd turn my back on it. The Victoria Cross transcends our national border. It is awarded to members of the Commonwealth, who, in face of the enemy, put their lives on the line to protect and preserve those of their comrades. It has been awarded to 93 Canadians, and hundreds more members of the Commonwealth, ranging from white-skinned habitues of Debrett's peerage to inhabitants of mud huts in some far corner of the old Empire. From Anglicans to Zambians, the award has meant the same -- for a supreme act of valour, in war.

Perhaps the proponents of a medal -- not cast from the cannons of Sebastopol, but made of something dug up around Sudbury -- feel we should "repatriate" the award, the same way we acquired our own constitution. If they do feel that way, I would suggest they think their proposition through.

The Victoria Cross is deeply woven into our national fabric. It is, with our attachment to the Crown, the oldest symbol of our membership in the Commonwealth, transcending our National Unity issue. It is the supreme symbol of those whom we revere the most -- our Canadian war heroes.

To replace the V.C. would, in my opinion, be tantamount to digging up their graves and scattering their bones around. One might pose a more important question: If we cannot revere our heroes, can we revere ourselves? Our pride in being Canadians is firmly based on our reputation in the world. That reputation was largely earned on the field of battle, in places like Vimy Ridge.

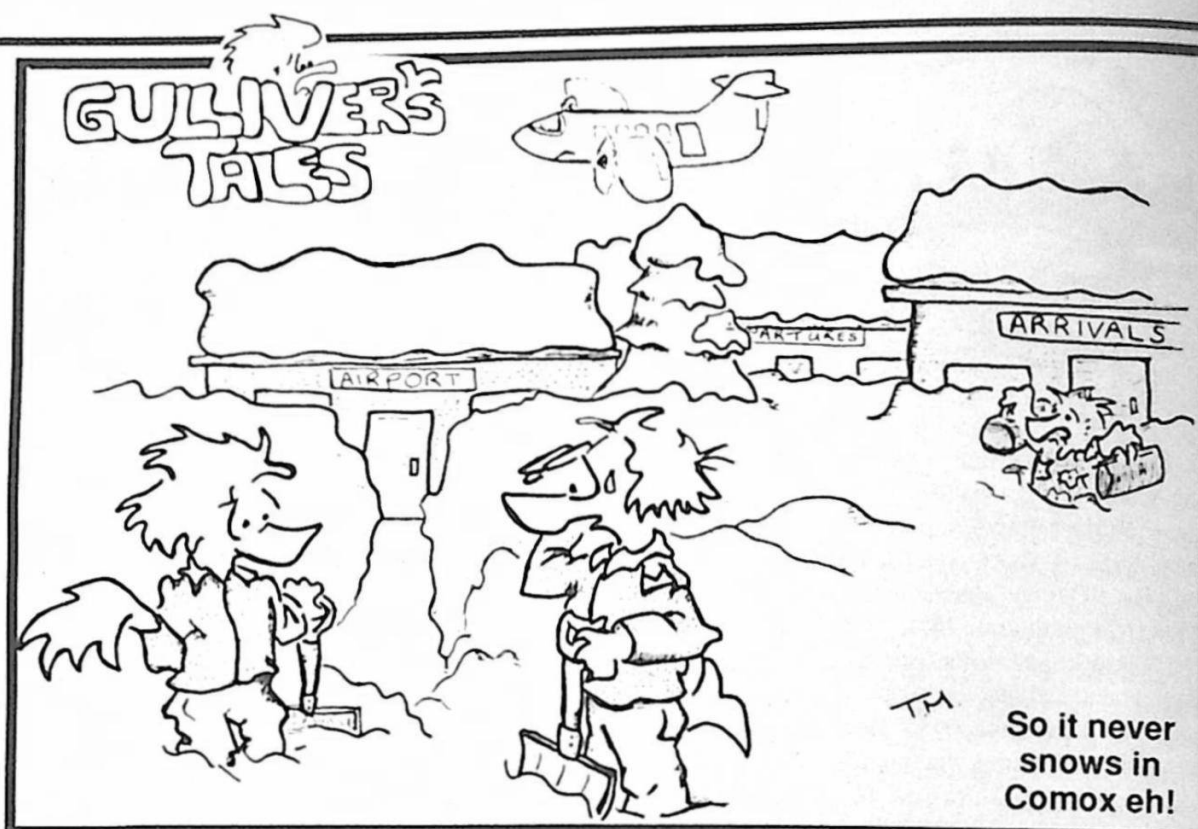
Let us preserve the Victoria Cross.

NOTE

The advertisement on page 24 was placed that way at the request of our client. Although we are prepared, at times, to stand on our heads to please an advertiser, such was not the case this time. Nor were we drinking anything stronger than Dawna's delicious coffee.

Writer's Cramp?

This is your newspaper. Your Section and Squadron news is interesting and informative, and it has number one priority in these pages. So, why aren't you writing? We print all kinds of interesting stuff, to be sure, but it does look a bit odd when we have to fill the "Section News" pages with articles about health and nutrition. Our deadlines are every other Monday, at noon. Please be there.



Family Separations

Family Support Centre

The following is taken from the U.S. Department of the Air Force, Family Separations AFP 30-36. It may be of some help in understanding typical family dynamics that result from a separation of indeterminate length.

1 Canadian Field Hospital - Dependant's Handbook.

Every separation follows a cycle with three different stages:

1. Preparation - getting ready, both physically and emotionally, for the service member's departure;

2. Survival - coping with the separation on a day-to-day basis; and

3. Reunion - homecoming and reacquaintance of family members with one another.

Anticipation of Departure

With every pending departure, nervous tension is generated. Pressure builds when trying to get everything done. You must pack, attend to last minute details, and still save time for your family. Each person in the family may begin to demonstrate sadness, anger, fear, emptiness, relief, excitement, happiness, anxiety, or a mixture of these emotions. There is no "normal" way to feel.

Pulling Away

When people anticipate a separation, often they will begin to gradually pull away in order to protect themselves from getting

hurt. For example, if you have a good friend who will be moving away, you might find yourself purposely seeing less and less of this friend during the last few weeks before departure. This is a way of gradually removing the person from your life so that you will not hurt as much when the friend is gone.

People tend to act similarly when they are about to be separated from their spouse or children. They may put space between themselves and their family members without even knowing why they are doing so. The departing family member may become totally involved with work prior to leaving. Spouses may become withdrawn, moody, or they may pick a fight or begin to make plans that do not include their partner. Often both partners feel hurt. "This is not the way it is 'supposed' to be", both think to themselves. Sometimes both parties will experience guilty feelings about their behaviour prior to the separation. The first letter often starts with, "I'm sorry for the way I acted for the past few days. I really care about you. I don't know what made me act that way..."

If you have had these feelings, you are not alone. Talk to each other and keep talking to each other. Learn what to expect and try to alternate ways of coping

with the situation. Sometimes just being aware that what you are experiencing is completely 'normal' begins to ease the tension.

Departure

This is the day of the departure. Each family has its own way of saying "goodbye". Some see the member off and watch the plane disappear out of sight. Others prefer the privacy of their own home as they do not feel comfortable around other people during this personal moment. Some families take the children out of school to participate in the farewell, others prefer not to disrupt their children's daily schedule or involve their children in such an emotional experience. Do what works best for your family.

Grieving

Most people will go through some kind of a grieving process. This process will differ greatly from person to person. Some feel a great sense of relief because the tension leading up to the departure has come to an end. Others find it difficult to get through the first night, the first few days, or even the first few weeks. Allow yourself 'permission' to feel 'down in the dumps' for a while. However, if these feelings continue to persist, talk with someone. Do not isolate yourself.

continued on page 7

TOTEM TIMES

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Published every second Thursday, with the permission of the Base Commander, CFB Comox. Second Class mail registration 4098.

Letters

Legion Curling Thanks

Dear Sir:

On behalf of the Royal Canadian Legion Provincial Curling Championship Committee, it gives me a great deal of pleasure to write to you and express our appreciation for the coverage your paper provided in highlighting for our local community, the first Provincial Curling Championship, hosted by Branch #17.

Naturally, in hosting our first championship, the committee members were concerned about spectator participation. The publishing of the picture of our local team, together with the write-up, put our fears to rest as

many local residents came out to watch each draw.

Yours truly,
A.M. Anderson
Chairman
Provincial Curling (R)
Championship Committee

Editor's comment: Thank you Andy: as a military community newspaper, we are happy to provide coverage for the Legion, RCAFA, Korea Veterans, Navy League, Reserves, and so on. Send us your pictures and articles. We'll find the space...Norm.

Ukrainian 100th

Dear Sir:

This year is the 100th anniversary of Ukrainian settlement in Canada. The Comox Valley Ukrainian Cultural Society will be celebrating our 10th year as a club. We are planning several projects for the coming year and wish to invite members of the Comox military community who are of Ukrainian descent to join our club in celebrating and shar-

ing our heritage. We have several former military persons as members. Meetings are held on the second Tuesday of each month at the Filberg Centre Lower Lounge in Courtenay at 7:30 p.m. For more information call Jan, 339-7075 or Joan, 334-3465.

Thank you,
Jan Fraser,
Secretary

Family Support Centre

Dear Sir:

I am writing to express my concern over the possible closing of the Family Support Centre, due to the successful conclusion of the Gulf War.

This facility is, in my opinion a much needed one, and if it were closed, many wives and members would suffer.

When a serviceman is called away, either on course or temporary duty, it is the wives who, for the most part, are left behind.

Where would we be without the help and information the

Centre provides?

If a babysitter is needed, they have the list of sitters. If financial help is needed the information is there. If a shoulder is needed or an ear to listen, they are there.

The Family Support Centre is the only place here for dependants to go for much of this information, and it would be a real disadvantage to us if it were not to remain open.

I hope it will remain so.

Sincerely,
Elizabeth Watts.

Glen Clark Legion Bursary

Sir:

Courtenay Legion, Branch 17, in cooperation with Mrs. Glenn Clark and the Clark family, have established a continuing bursary in the name of the late Glenn Clark.

To date, over \$2,500 has been contributed. It is hoped that a sum of \$7,000 might eventually be reached, which would ensure that the bursary would continue in perpetuity.

Glenn Clark was a Life Member of Branch 17, and for over thirty years was the main force behind the organization of countless Bingo nights to raise money for community organizations and

charitable projects.

Any of Glenn's many friends in the Valley, who might wish to contribute to his bursary in any amount, may do so at the Legion branch office, or by mail, to Box 3034, Courtenay, B.C., V9N 5N3.

A Bingo, with proceeds to go toward the bursary, is being planned to commemorate Glenn Clark's reputation in the Valley as "Mr. Bingo". It is hoped that bingo players throughout the Valley will turn out and support this event as a tribute to him.

Henry Mayer
Publicity Chairman

Miss Comox Valley Sought

Sir:

On behalf of the Comox Nautical Committee, it is with pleasure that we extend an invitation to participate in the "Miss Comox Valley" competition.

This event is organized by the "Miss Comox Valley" Committee in conjunction with Comox Nautical Days. The registration deadline for contestants is May 3, 1991. Registration is \$250.00, payable to Miss Comox Valley Nautical Committee c/o Town of Comox.

This is not a beauty pageant. We are looking for a female representative to act as Ambassador to the Comox Valley. Once you have chosen "The Miss" for your school/organization, we would like to have her participation along with the other representatives at events such as: Cumberland Parade - May 20, B.C. Day Parade in Courtenay - July 1, Chamber of Commerce Luncheon - May 29, plus other occasions to be announced later.

Exposure to these occasions will broaden the contestants'

knowledge of the Comox Valley, and build confidence and experience before they compete before a panel of Judges for "The Miss Comox Valley" competition July 27/91.

The "1991 Miss Comox Valley" will receive cash prizes and gifts along with a \$500.00 bursary from Marty Douglas of "Realty World". "Miss Comox Valley" will go on to compete at the P.N.E. in Vancouver for "Miss P.N.E." and "Miss Lady Fair" in August. Contestants will be brought to Vancouver, accommodated at a first class hotel, entertained and returned home at the expense of the Pacific National Exhibition.

Miss Comox Valley Requirements:

1. Must be a resident of Canada for two years.
2. Must be a resident of the Comox Valley for 6 months.
3. Must never have been married or lived common law; cannot have had a marriage annulled or given birth to a child.

4. Must have reached their 17 birthday by opening of the P.N.E., August 17, 1991,* but not have reached their 21 birthday by opening day of the P.N.E., August 17, 1991.*

5. Contestant must be of good character and possess poise, personality, charm, attractive face and figure, and have a minimum education equivalent to grade nine, successfully completed.

We are confident your contestant will enjoy one of the most memorable events of her life and we look forward to welcoming her to the "Miss Comox Valley Competition".

Should there be further questions concerning the competition, please feel free to call:

Birdie Pilon
(Miss Comox Valley Coordinator)
Res. 338-2148
or Images 338-5424.
*Date to be confirmed by P.N.E.

About Trivia Stirling Arbitration?

Dear Editor:
I would like to thank you for the support from your newspaper. You help make it all happen.
Sincerely,
Dorothy Andraites
Comox Valley B.C. Lung Director



Dear Editor:
It appears that we have a lingering controversy over the subject of the Stirling bomber's wing span versus RAF hangar widths. Reader H.W. Holmes's latest input on the matter is very interesting, but tends to cloud the issue. Quoting hangar plans and dimensions does not shed any light on the original issue. Why was it necessary for the Air Ministry to insist that the short Bros. A/C Company reduce the wing span of their initial Stirling design?

To enable us to close the hangar doors on this matter, may I make a suggestion? Let's get some arbitration going on it.

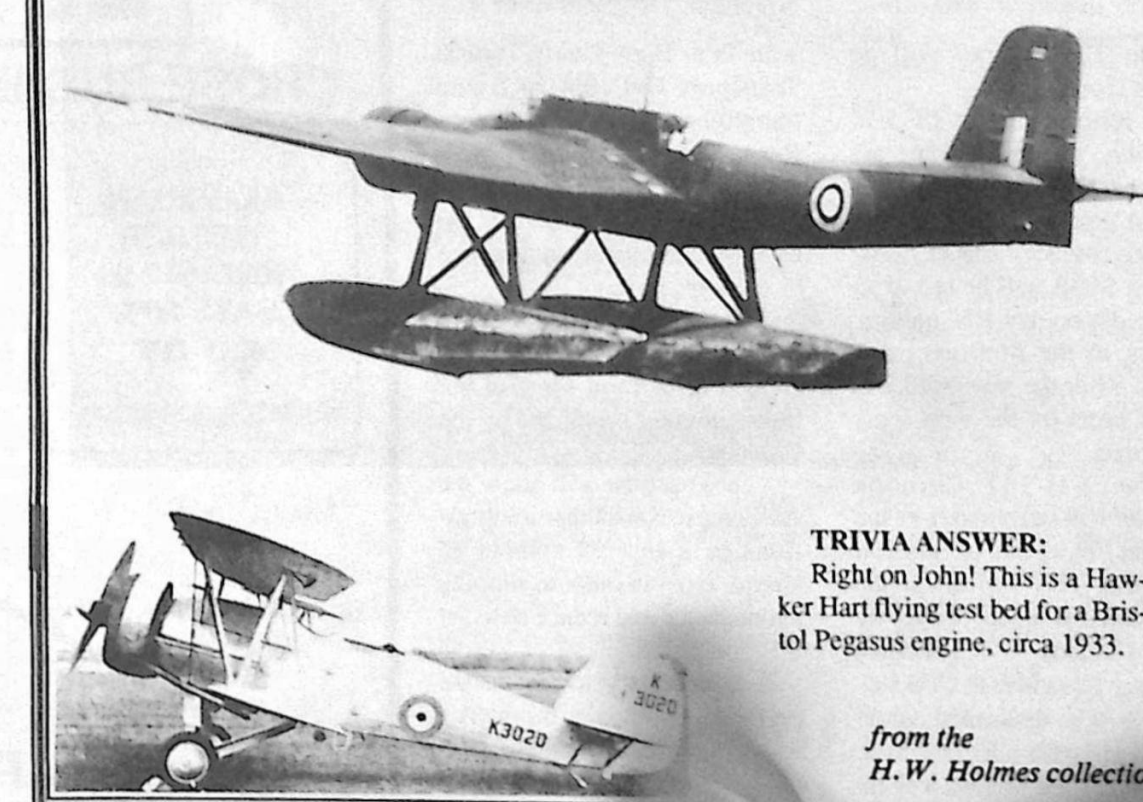
There must be some ex-Stirling types out there who could enlighten us. Maybe a submission through the RCAFA Magazine would bring some answers. What do you say, Norm?

Yours sincerely,
John Novak

Ed. replies: Right John: I'll send this to "Air Force" magazine for arbitration. This could escalate.

P.S. As to your Trivia of 21 Feb, I will rush in where angels fear to tread. It's a Hawker Hart flying test bed!

Air Force Trivia



TRIVIA ANSWER:
Right on John! This is a Hawker Hart flying test bed for a Bristol Pegasus engine, circa 1933.

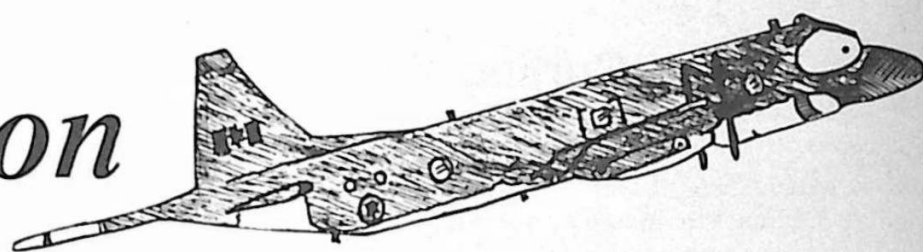
from the
H.W. Holmes collection

**NEXT DEADLINE 18 MAR
NOON**

Section News



407 Squadron



407 Maint

Welcome again to another chapter in the life of 407's Maintenance Crew. As we head into new and better weather with spring fever in our hearts, we can reminisce about the aircraft which almost had us beat...well, maybe just a little less early on delivery. It was indeed, back to back, as aircraft 110 pulled out of the shop and our recently adopted bird, 111, was quickly accepted with open arms for a little of our trademark T.L.C.

Now for a low level, high speed pass, on our team's people. Pte Martin Sylvestre has defected over to One-Crew Servicing, kind of a forced retirement due to ATAT rotations. Your presence will surely be missed, Martin, and keep up the great work. You're gonna like the 7-3/7-4 shift with this weather coming up. Our hats are off to Cpl Travis Commandeur on his impressive victory in Ontario's capital, the big T.O., having passed both pilot and navigator acceptance screening.

If you ever get tired of flying you can always go dilly-dallying on the computers, but we understand that your love for flying, along with patience and perseverance is, your real forte.

Also, our sincere thanks and appreciation go out to Cpl Rob Laprade from Two-Crew for lending us his expertise as well as his friendly mannerism in handling one of the longest wiring snags we've seen in a while.

Finally, while we've seen our fair share of T.D.s in the past, things have been a little quieter lately with the exception of Cpl Pat MacNeil who managed to swing a California trip and MCpl Stuart Anderson, whose Hawaii trip was unfortunately diverted to the True North at short notice. The switch went off without a hitch, thanks to some quick thinking and organized work on behalf of Stew and his snag crew.

It's off to the Winter Games this weekend and we hope everyone comes to participate

and cheer us on in the fun. And Mitch, we know you're a little under the weather lately and hope you feel better soon, 'cause we all need to hear it from you, too! Bravo Zulu

Photo Armament

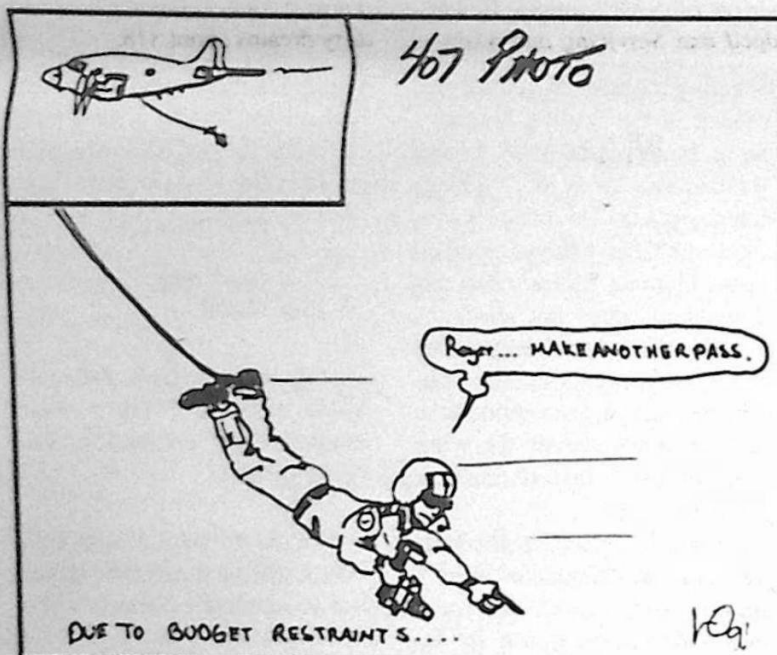
It's time for another installment from the Armourers and Photo Techs of 407 Sqn. MCpl Simone Vatheuer has left photo processing to join 3 Crew. She says she left because she couldn't take anymore of a certain MCpl's whining about 'the lack of a flight jacket and a desk'. Cpl Donna Lush has just returned from 5 days sick leave. Hope your shoulder operation went well 'Lefty'. MCpl Dave Hooper and Cpl Doug O'Brien attended a photo equipment demonstration in Vancouver last week. It was truly beneficial to our trade as Doug and a few others came back with all new ski equipment. MCpl Kevin Battersby, proud of his

Irish heritage, has gotten his hair cut just like that female Irish singer, Sinéad O'Connor. Nice slice Kev! Sgt Rod Mattson can now be considered 'armed and dangerous' as he's just returned from his 6B in Borden. Only one more week until the annual Cold Lake Photo Funspl. I have no doubt that the Photo Techs from Comox will give a real good accounting of themselves up in Cool Pool.

And now a few words from our foreign correspondent down in Armament. Sgt Jim Cook is going on a 9L course in Borden. Remember Jim, all that electrical stuff runs on smoke. If you let the smoke out, it won't work anymore. Pte Pierrette Ledrew has been bed ridden lately due to illness(?). Luckily, her husband recently arrived from Shearwater to assist in her recovery. Coincidence? Nah, I don't think so! Mark Keen, Alex MacFayden and Al Boudreau have recently written TAEs and are anxiously

awaiting their results. Rumour has it that all their marks were in the 90s... or was that 09s?

All of 407 Arm/Photo would like to welcome Frank and Linda Sabiston and family in from Cold Lake. Hope you all enjoy your stay here in Comox.



More Air Resources

continued from page 1

Eight T-33 aircraft will be based at Comox.

The restructuring of CF EW (electronic warfare) training assets to two Main Operating Bases (MOBs), one east, one west, significantly reduces transit costs. The east MOB will be tasked to provide day-to-day EW training to users in the Maritimes and Quebec, while the west MOB will support users on the west coast and Alberta.

The CH-147 Chinook helicopter will be retired from the Canadian Forces due to financial constraints. This will affect the two squadrons which currently fly the Chinook. 447 Transport Helicopter Squadron at CFB Edmonton will be disbanded, while 450 Transport Helicopter Squadron at CFB Ottawa will be reorganized as a total force unit

with Twin Huey Utility Tactical Transport Helicopters flying transport and Special Emergency Response Team (SERT) missions.

The seven Chinooks are too expensive to operate in this time of fiscal restraint.

The CH 135 Twin Huey fleet will have its flying hours increased to perform some of the tasks currently conducted by the Chinooks.

"These actions will allow the Air Force to consolidate its operations to a limited number of aircraft types in order to simplify maintenance and reduce costs.

It is necessary to rationalize the fleet now in order for the Air Force to maintain operational capabilities within budgetary constraints," the MND reiterated.

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Section News



VU33 Squadron



442 Squadron

Once again it's time to report in and bring our readers up to date on all the latest here at VU. First item that makes the list is the Maintenance luncheon which turned out to be a huge success. People listened in awe to Mark Pigeau's stories about the good old days when he had long hair -- who'd believe that? J.R. Walsh has decided that for the next luncheon he will bring 2 pair of pants with him.

Other big news has got to be the announcement of 414 Sqn coming here next summer. Just think, all those extra people in our section... Now we'll start getting some recognition. Maybe we'll pick up a few hockey players who will be able to boost our slightly less than unbeatable team to somewhat dizzier heights. Speaking of hockey, our very own Brett Pasolli has been scoring like crazy. We may have to give him a better contract or the Canucks will be trying to draft him.

Other sports news has Tony Hernandez returning from Esquimalt with a sore thumb and

shattered hopes of going to the Nationals for basketball as he and his dribbling buddies managed to get a few less baskets than the opposition.

VU33 ski day came and went without any major disasters. Everyone who ventured up the hill managed to get back down -- all bones intact. Mike Jameson was overheard asking Troy Jagard if he could put his car in the back of his truck to go down that poor excuse for a road. A lot of people are also trying to find Vick's secret for getting two life tickets for the price of one.

Meanwhile, back at the ranch, Chris Rousseau was giving a bowling clinic to Tom Cook and some of the other non-skiers. See Chris for details.

Apparently, Mark Keller's time with the Snowbirds didn't teach him enough about the Air Force 'cause he and Mike Jameson just returned from their AFFIS course where they learned all kinds of light blue facts and information.

Welcome to Jim Beresford,

our new Safety Systems type person who is trying to fill Jamie Bull's vacant slot. He's off to a great start, as he has been seen helping out other folks -- like Boyd Russell. Speaking of which, MCpl Boyd would like to lodge a minor beef with Capt Harry. Something to do with the Sqn photo taken way back in Nov.

Chris Vrabel has officially retired from being anyone's chauffeur. Seems that his boss hates it when he gets dropped off, but not picked back up. And Chris hates it when he has to keep going back out to turn off the headlights.

The canteen has had a few surprises in their cash box lately. Seems that some Dominican(?) money has been appearing here and there and everywhere. Hey Darren -- where was it that you went on your vacation? Hmmm

Seems like that covers just about everything, so I'll depart for now. I've got an income tax return that is just dying to get spent and a new truck that is begging me to take it for a ride.

Things on the R side of the T & R have been too quiet for the liking of most of the Snakes. Other than the occasional medevac or ELT search, 442 has had to entertain themselves by doing other things. For the most part, Buff Flight has been doing trainers and Lab Flight maintenance runs. The latest highlight being the recent Buff trip to Sour-dough days in Whitehorse. Once again 442 was one of the headliners at the airshow. As usual, the northern hospitality was outstanding and the evening entertainment was a la can can. The crew members no doubt enjoyed themselves because they brought the weather back with them. The Labs have proved that they are not above doing the occasional trash haul flight themselves. Labs Flight successfully transported four deployment to the SAR Tech annual field exercise on the Southgate River. The exercise is shrouded in secrecy, but once again the SAR Techs proved that they are smarter than the average Dolly Varden. During this slow period of SAR activity it was hoped that Servicing and Main-

tenance would have gotten a breather, but no luck. They unfortunately have had their hands full with the Labs. On a brighter note, everyone is happy to see that Maintenance's sense of humour is better than the servability of the Labs.

1 Crew

We're happy to see the nice weather is finally here. By the way Mazzie, your posting slump has been denied.

2 Crew

Rumor has it wild Bob the biker needs a 404 for riding his bicycle. Also 2 Crew would like to say goodbye to Cpl Kilpatrick (Gerbal) who is off to Engine Bay.

Buff Maint

Rumor has it Bruce Morgan is going to log control and guess who his replacement is supposed to be - Rene Aubertin.

Eng. Bay

Other Engine Techs want to know if Andy Schuster is having dirty dreams about 318.

More Family

continued from page 4

Shifting Gears

During this period of time, people accept the fact that they are separated from a loved one and begin to act independently. You will probably experience some growing pains as you learn to handle situations independently. However, you will experience a great deal of personal growth as you become successful at tasks you used to think you would be unable to accomplish on your own.

Anticipation of Homecoming

As the time for a reunion approaches, you begin to make plans as a couple and a family again. Now that you have gained confidence in managing the household and family by yourself, you may find that you are a little reluctant to give up some of this independence. You may have ambivalent feelings about the reunion - excited, yet anxious about how your life will change. Some nervous tension will again be present in the family in preparation for the homecoming.

Homecoming

There is usually a lot of excitement when the family is reunited. It is the culmination of weeks or months of waiting. You may also feel tense and nervous when you see your spouse for the first time. Families should handle a homecoming in a way that feels most comfortable to them. Some families prefer some quiet time at home together, others like to be surrounded by friends and relatives, and some families enjoy going out to a special place to celebrate.

Shifting Gears

After the initial excitement of homecoming wears off, family members will begin to get reacquainted with one another. The separated family member gradually becomes integrated back into the family routine. This is not always a smooth transition, so expect some rough times. After all, you have not lived together as a family for a while. Allow some time and keep the lines of communication open.

Bookshelf Bestsellers

10 Top Paperbacks

Week ending: 01 March

The Bourne Ultimatum
.....Ludlum
Scions of Shannara
.....Brooks
Bitter Sweet
.....Spencer
Silence of the Lambs
.....Harris

The Conquest
.....Devereaux
Pocahontas
.....Donnel
Men in Blue
.....Griffen

Misery
.....King
The Adept
.....Kurtz
Dawn
.....Andrews

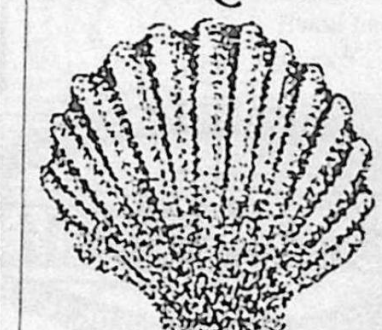


The Canadian Forces Base Comox, Family Support Centre has once again been reactivated. We will be forming a Board of Directors in the near future, and are looking for prospective board members. If you have skills or knowledge which you feel would enhance this group, if you feel strongly about Family Support, and feel you can contribute positively to this group, or if you have used Family Support or been a part of it at sometime and would like to promote the Service, please contact:

Holly Liddiard
Director, Family Support Centre
CFB Comox, Lazo, BC
VOR 2K0
119 Little River Road, (Kinninnick)
Phone 339-8654 or 339-8655

If you are coping on your own these days, because your spouse is away, perhaps you would like to meet with others in the same circumstances. We will be having our second get together on Mon 11 Mar at 0930 hrs-1130 hrs. The informal discussion will be about family separations and maintaining relationships. If you would like to join us, or if you need further information, please call Holly Liddiard 339-8654 or 8655.

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Section News

ABATS

Aesop's

Hello and welcome to another chapter of 'How the school turns'. The first item on the agenda today is the effective use of time management. Unfortunately, it seems that I am sadly lacking in this department. Even though I am aware that my next statement will put a devastating crush on the literary community, I find myself time expired in my valiant but failed attempts to write a bi-monthly column and effectively run the administration of the school. As a result, I have elected to continue to run the school, and write only one column per month. (Editor's note: How about delegating?)

A warm welcome is extended to our new typist, Cindy. Also, new to the school are the students of Course 9101. This week starts week 5 and they are deep into electronics. Course 9004 has 'Come of Age' and are actively engaged in the flying phase. This phase of the course gives a whole new meaning to the exaggerated hand movements you have seen in the mess hall. With only four Radar flights to go, our fledgling aviators are eagerly anticipating the Radar check ride, and subsequent graduation and departure from Comox. Rumour has it that all senior students have packed and repacked their bags. Why they are so anxious to leave our beautifully located, thriving, and socially perfect valley has all the staff scratching their heads in wonderment. This reporter in particular is having difficulty grasping the concept that someone would not like it here, a place where it never snows, (Huh?...Ed) where everyone is happy, and where the cost of living is so liveable. Well, I guess it is just another of life's myriad of complexities.

Up in the bullpen, is intense, all instructors at their usual operational readiness. All you West Coasters will be pleased to know that the ac-

Fables

climatization process has taken a firm grip on the East Coast instructors. Apparently the short Warrant Officer has managed to get the Cape Bretoner out of the "ballet". The problem is that no one knows where they went. A totally unrelated incident is the fact that off-sales at a local pub and boat fuel sales at the local marina have increased tenfold. You may think that they are out fishing, but what is really happening is they are testing the principles of oceanography.

Out of the water, we go to a mountain road in a place far from JJ's and any other recognizable establishment. Seems that in an attempt to broaden their experiences, a couple of instructors have set off on a spelunking expedition in the newly acquired 'Mark 1 Tank'. After some incredible map reading, our intrepid aviators find that the last right turn should have been a left and they are now in the 'Deliverance Zone'. A quick consultation with a local and somewhat colourful elderly gentleman, they find that the road they have been travelling for several hours is closed because of snow about 1/2 mile ahead.

With little regard for danger (and some may say common sense) the men plunge on. It very quickly becomes evident the local was right and not just trying to frighten a couple of city boys. Undaunted by this minor setback, our guys quickly reorganize and plot a route to Campbell River and a local watering hole. Naturally, the expedition was termed a success and the ballet received rave reviews from our adventurers.

In the never ending quest to find ways to meet BMI commitments, ABATS Course Director of 9004 has made a stupendous breakthrough. A condensed version of this monumental occurrence goes like this:

By trying to effectively schedule radar navigation flights and have them stay consistent for a 24 hour period, you are guaranteed to change two pant sizes, develop a bleeding ulcer and age 20 years. The BMI solution lies in the fact that the older you get, the less you have to do.

That about covers the Bullpen. Has any section lost a Warrant Officer? We have found one wandering our halls, muttering something about management techniques, and lack of discipline. He keeps referring to SLC and Borden. Seems he is a recent graduate of CF Leadership Academy. We are pretty sure he doesn't belong to us, since we all fly and he cannot seem to recognize an Aurora. We have also discovered a clerk of curls in our midst. Seems that one day she was straight, the next? Don't worry, it looks nice and it was for a good cause.

A little known fact about our operation here (in fact so little that it seems that only the Sgts were aware of it) is the fact we bring in morally upstanding and operationally incredible guest lecturers from other aircraft and environments. The last plague we had hails from Victoria. It seems that after he left, there was a rush on new door locks and car defenders. The loose pieces of clothing still being found - two weeks later.

All this in an attempt to broaden and mold our students careers. Sometimes, the cross gets almost too heavy to carry.

Well, that's about it this week. In future columns you can look forward to the 'AXE' rears his ugly head, and Charles relaxes. Remember, Keep 'em Lean and Low!!
Wauunga



Supply Signals

"Howdy" from Base Supply. The first priority is to wish Cpl Tim McNeill and wife, Karen, very hearty congratulations on the birth of their baby girl.

Unfortunately, Supply activities seem to be at a lull right now, except for a large shuffle of personnel which are too numerous to name, but a word of warning, don't expect to see those familiar faces where they used to be. Clothing Stores, not only has an almost complete new staff, but is once again going through a major face lift.

Although none of the staff of Purchasing Section has moved, except for a temporary placement of Mr. Ray Robert at 3 Supply Group, it is hard to find anyone there. If they are not off on a course or seminar, you can find them buried under a stack of paperwork at the end of the fiscal

year approaches.

Base Supply has had a few representatives at the BC Winter Games, 21-24 Feb. MCpls Bill Bailey and Serge Huserau and Cpls Norm Hailes and Barry Hower attended with the Base broomball team. Cpl Bob McMahon could not participate as he was on his POL course.

Looks like a real competition is brewing among the two Snow to Surf teams of Base Supply this year. Lots of training and preparing has been initiated already.

On a last note (or two) we would like to extend good wishes to MCpl Al Pryor who is presently on his 6As in Borden. And, oh yes, I hear it through the grapevine that by the time this article is published, a certain MCpl in 6 Supply Group will be able to drive 'Her' car on Base. Won't that be nice, Judy?

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Section News



BTNO AS THE

WHEEL TURNS

Okay...Okay! First of all, I may as well quit delaying the inevitable and dispense with all the unimportant events which took place in the past two weeks. Fortunately, for all you readers out there, only one such event comes to mind. Against all the known laws of nature the Sr/NCOs and Officers equipped with equine footwear strategically hidden in their rear pockets, overcame all odds, stunning the Jr NCOs in a best out of three, then a best out of five and yes, you guessed it, a best out of seven, volleyball fiasco.

I'm quite certain MCpl Hector Pitre was being paid big bucks to play on our team. If the volleyball court had been the length of a

football field I'm sure he'd somehow have managed to serve the ball out of bounds. I guess I shouldn't talk though, in my case the width of the court was a problem. It was hard to live this down but in coming to terms with the embarrassment of it all, I must also mention that they only had five players until the fifth game and they won the first six out of seven. It was an outstanding feat on their part, I mean, when you consider the average age of their team and all.

I'll end again in welcoming another new member to our Section. Cpl Mike McLaughlin was recently posted in from CFB Winnipeg. Welcome aboard Mike.

Forces serving in Operation

Desert Shield

Silver Coin Minted for Military

Totonto--A limited number of silver coins commemorating the 1990-91 Operation Desert Shield in the Persian Gulf are being minted and are being offered to all members of the forces and their families.

This special commemorative silver coin represents each of the

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DIAC Maint

Overheard at the water cooler-

The first two months of 1991 have been busy for the DIAC maint/training crew. AOSE course 9101 was completed without a hitch. Sgt Roger Isnor and MCpl Brian Chase attended from Greenwood, Cpl Pete Tremblett was the only candidate from Comox Pre course preparations are now underway for our next course which starts March 19th.

Farewell was said to WO Ken Creed, as he packed his bags and headed east to the frostbite capital of Alberta. January's gotta be a funtime to get posted to Wonderland North. We all wish Ken and his family well and hope they enjoy their tour at Cold Lake. Replacing Ken, after a brief stop in Tool Control, is WO Scott Teasdale, who just arrived from Trenton. We can't make any tool jokes 'cause he's got to proof this.

Ugly rumours -

Capt Paul Carter is doing his screening for Cold Lake this APS. I hear propwash freezes up there. MCpl Don Vinette may be posted to Cold Lake or Greenwood this APS. Then again he may not be.

Glen, phone your wife. A t-shirt may seriously affect your BMI.

Someone has moved into Dave Ward's house. Sound like a commitment - we'll investigate.

Our GTE turned into a SAV and was over PDQ.

MCpl Mark Middleton was seen butting in line in front of little kids at Disneyland.

Dyslexia is catching. Jamie, Don and Pete's wives

are pregnant. Must be something in the water.

Sgt Jim Symons slipped coming out of the hack. Watch out for that ice Jim, it's slippery.

MCpl Hervé Thibodeau has a new roommate???

So there you have it, all the gossip that's worth printing (and some that's not). Until next time, look both ways before crossing the street, don't eat the yellow snow (for you guys heading to Cold Lake) and keep your divots shallow.

I/E, I/S Labs

It's time again for another update from IE/IS Labs. Tension has slightly decreased since Feb. ATAT exam, although the marks are not back yet, it is believed that everyone did OK.

With the hot summer days rapidly approaching, people are talking about and making plans for what they will do this year. The infamous 'King of Ping Smock' title has faded into a distant memory as paddles clash for a new conquest 'Playing for a Pop'. It seems that the IE Techs still hold a slight upper hand over the IS Techs, but with the recent acquisition of an able walker, the IS Techs are making a slight comeback even as their BMI's tip the scales against them. Overseeing all this from high atop his perch is MCpl Rob Turgeon who is busy flipping thru real estate guides and newspapers looking for that perfect little hideaway. I've got some swampland in Florida for sale!

On the lighter side of things, Pte Russell and Pte Hutchins are feverishly studying, preparing for

their ATAT exam in June - good luck guys.

On a more serious note, our fearless leader Sgt Sloan, is counting the days to his retirement.

And let us not forget the boys in the battery shops who are locked away in their own little world keeping the ball rolling.

In closing, IE/IS Labs would like to wish all the best for the men and women serving in the Persian Gulf, and may they return home safely.

RTT Lab

It's that time again when RTT is asked to come up with a little something about our shop. Since everything is so TOP SECRET and HUSH HUSH, there is no reason to go on about stuff we can't talk about anyway.

So let's see what the people of the shop have been up to. MCpl Willie Oliver visited family in Kingston, Ont., for a couple of weeks during Christmas leave. His Mom got a chance to visit the end of February.

Ski day, 24 Jan found Willie for the first time at B.C. ski hills. He is really looking forward to Heather and himself going again in early March.

Sgt Al Doole was in Kingston for the first time at the beginning of January. The weather there was very, very cold. He was glad to get back to his curling and the warm weather.

Cpl Pete Francey just got back from spending a month on course in Greenwood, Nova Scotia. We'll hold him responsible for bringing all the snow back with him.



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The Cumberland Chamber of Commerce invites all those interested in displaying and selling their crafts to come to the Cumberland Empire Day's Craft Market, on Saturday, May 18, 1991.

Ceramics, wooden furniture and toys, dolls, pottery, and weaving are just a few of the crafts that have appeared at previous Empire Day markets. Rides on our refurbished Kiddie Kars will be available for the entertainment and enjoyment of the little tykes.

A great pancake breakfast will be served at 8:00 a.m. The market will be open until 2:00 p.m.

Anyone who would be interested in participating in the Craft Market can phone the Cumberland Chamber of Commerce at 336-8313 for more information and to register for a space.

CRAFT MARKET HOURS:
8:00 a.m. - 2:00 p.m.

Section News

"Soupy" Sandwiches

Master-Corporal Vincent "Soupy" Campbell has been a cook for his entire 16-year military career. His father served for 30 years, during World War II and Korea.

"He knew that it was in me to take this kind of position," says MCpl Campbell from the Canadian Forces Middle East headquarters in Bahrain. "He just told me to watch myself."

He misses his wife Tina and their 16-year-old daughter Faye, but the member of 1 Service Battalion of Calgary says he's fared well since arriving in-theatre last Oct. 20.

"It's alright," he says. "We're always a bit on edge because we're not sure how it's going to turn out. You can be in a relaxed mode but always in the back of your mind you think: 'If something does happen...' But we're here to do the job."

And it's quite a job that MCpl Campbell and his assistant, Cpl Chris Moore, are doing. They prepare hundreds and hundreds of sandwiches for the headquarters members' noon meal.

But making sandwiches is only part of the job. In fact, MCpl Campbell has organized what has become the focal point of the en-

tire headquarters - the canteen. From the ground up and with non-public funds, he turned a dingy, medium-sized room in the old dockyard warehouse that houses HQ CANFORME into a hub of activity where co-workers can have a good chat and an even better sandwich.

"I did it with the help of other people," says the modest cook. "They pitched in and pointed me in the right direction."

Making the correct change, converting the Bahraini dinar into a denomination Canadians can understand (it helps to multiply by three) was the most difficult challenge of setting up the lunch counter. The Bahraini dinar is currently worth about \$3.16 Canadian.

But the greatest contribution MCpl Campbell has made to the headquarters doesn't cost any money in either currency. It is his smile, free of charge.

"I try to keep a happy face no matter how the day is going," he says. "If they (the members of the headquarters who are customers at his canteen) see me out of sorts ... well, everybody knows me. I'm a happy-go-lucky person. I like to try to make people happy and help them try to relax."

With walls decorated with letters from Canadian school

children, the canteen is filled with tables and chairs and lined with bookshelves of paperbacks, magazines and newspapers donated by Canadians through Director of Physical Education, Recreation and Amenities in Ottawa.

The room, without a view, is the closest thing to home the Canadians have in Bahrain. The canteen sold poppies for Remembrance Day, was graced by a Christmas tree in December and has been the location of many a war story before and since Jan. 16.

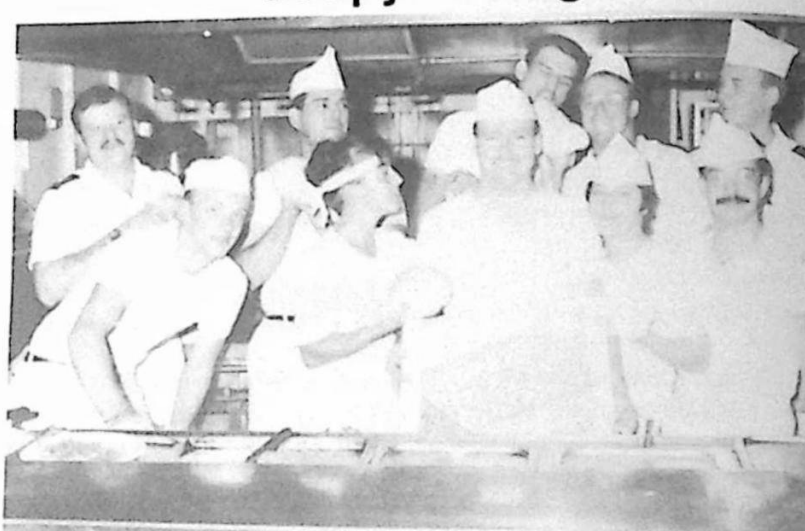
"This is my family right at the moment," says MCpl Campbell. "We have to look after one another and lean on each other." And as a cook he says it's part of the trade to have a good attitude.

"You meet the boys (and the women members of the headquarters' staff) every morning, breakfast, noon and night," he explains. "Your attitude toward them influences their whole day, especially at breakfast. Yours is the second face they see in the morning, the first being their own in the mirror."

Although the members are responsible for getting their own breakfasts and evening meals,

continued on page 11

Soupy's Gang



PO2 Jim Wright gave his cooks permission to be "crazy". From left to right are: PO2 Wright, Pte John Robinson, Pte Stephan Pepin, MCpl Sylvie Poulin, AS "Bird" Peacock, Cpl Roger Brown, MCpl Val Delorme, LS Rudy Gleason-Beard, LS Barry Schiedl, and OS Jim Huestis. Missing from the photo is CPO2 Mitch Leblanc, leader of the cooks who sailed with HMCS Protecteur to the Gulf last August.



PO1 Barry Schryer, left, works on one of Qatar's mess tents with the help of Cpl Mike Corrie.

Section News

More Soupy

continued from page 10

depending upon their shifts, in the apartments where they live in Bahrain, MCpl Campbell's canteen keeps them supplied with morning coffee, snacks and cold drinks.

"I've kept smiling and saying, 'Have a nice day'. After so many years, it comes naturally," he says. "And after doing it for so long, I forget about my troubles. It's not a one-way street."

Asked what he looks forward to when he returns home, he doesn't hesitate. After being reunited with his family, he has only one request.

"I never want to see another sandwich as long as I live," he says, with a smile.

Food for Thought

At sea for weeks at a time, thousands of kilometres from home, where Middle East temperatures can fry an egg on the upper deck let alone the boiler room catwalk, mealtime takes on added significance.

The meals prepared for the ship's company that sailed HMCS Protecteur from Halifax Harbour last August had to contain two ingredients: good nutrition and good morale.

Petty Officer 2nd Class Jim Wright, in charge of production-control until rotated home in January, is one of the original 11 members who worked in the main galley during Protecteur's first six months in the Gulf.

"The Chief (CPO2 Mitch Leblanc) wrote the menus to make sure the meals kept up with nutrition," says PO2 Wright. "But we also tried to give the crew choices, to give them what's popular and to please the 'ketchup crowd' with major meat and potatoes meals."

"And we tried to stay in tune with what the younger people like to eat," he says. "Things like pizza, and if they had a special request, we'd try."

Of course there were the usual requests for birthday cakes and the infamous cream pies that became something of a tradition in the supply ship. It was a pie (paper plate filled with whipped cream) in the face for many an unsuspecting birthday celebrant. But PO2 Wright liked to receive requests for different kinds of ethnic foods like East Indian, Indonesian, and authentic Chinese - the kinds of foods he enjoyed sampling when he went ashore.

The staff began its day at 6 a.m. and kept going until 7 or 7:30 p.m. each night, seven days a week. But the long hours didn't get to the cooks as much as the heat. At times temperatures rose above the 40C mark in the galley, while the humidity registered at nearly 100 percent.

PO2 Wright and his galley crew kept their spirits up, despite the heat, by giving themselves permission to be "crazy", especially when serving the crew at the steam line.

"I let them be crazy," says the 23-year navy veteran who, with the exception of four years in Germany, has served on east coast ships his entire career. "I encouraged the banter when they were serving. It was important that they were happy. It was good morale and it bounced off to the others going through the line."

The general consensus from the ship's company, now all safely back and enjoying their snowy Nova Scotia homes, is that the meals and the craziness were consistently good.

"I can't recall one serious complaint," says PO2 Wright.

If you can stand the heat ...

Petty Officer 1st Class Barry Schryer went 'down south' on the second chalk into Qatar last October and was among the first 15 people on the ground. But in his 28 years of military service, 12 of those years at sea and 10 years in the field, with a couple of isolation postings thrown in for good measure, he's never seen anything like what awaited him at Canada Dry One.

"This place looked like a wrecking yard," he says. "There were wrecked cars and trucks piled up from one end to the other."

PO Schryer, senior cook with 3rd Battalion The Royal Canadian Regiment, had his work cut out for him.

The kitchen that existed in the former immigrant labor camp was limited in equipment, to say the least. While still in Germany, he was told that he'd be setting up in a tactical situation. But two days before he left his home base of Baden-Söllingen, he found out there would be a split camp - Canada Dry One and Canada Dry Two (CD1 and CD2).

"Initially, there was only one kitchen until CD2 was set up and working," he says.

In searing temperatures, he and his band of cooks served four meals a day, plus. "There's always an oddball shift," he says, making a schedule of 24/7 necessary.

The day PO Schryer got off the plane from Baden last Oct. 4, it was 2 a.m. and 38C with 80 percent humidity. It went up to 47C the next day.

At first, he and the other cooks were working 16 hours a day, every day. But once the kitchen at CD2 was up and running, all the cooks, whose secondary duty is running the decontamination stations in the event of chemical attack, started to get one day off a week. They worked 16 hours a day in almost unbearable heat and humidity to get that off, however.

"When we got CD2 set up, it was 38C outside, 42C in the dining tent and 45C in the kitchen

tent," he recalls. "It was very physically demanding. It was more the humidity than the heat that made you feel like a limp rag."

PO Schryer found the local produce he was able to buy in Qatar to be fresh, and the selection of imported goods allowed him to do his job well.

"The standard of rations was as good as anything you'd get in Canada," he says. "We cooked some local specialty items, too. We didn't try camel meat, but it was available."

One food item that is unavailable throughout the Arabian Gulf is pork and Canadians stationed at Bahrain and Qatar miss not having bacon or sausage with their eggs in the morning. And for the members who come straight in-theatre from Germany where Black Forest ham and the best of bratwurst originate, it can be a bit of a culture shock.

PO Schryer tried to make up for it, though. He purchased local fish for seafood dinners and prepared ethnic foods like curries.

"I just tried things in new ways," he says, "but I still had to be concerned about nutrition."

The only senior NCO sailor serving at Qatar, a distinction he wore with pride among his Air Force and Army comrades, he saw his number one task as morale boosting for the original cooks of Canada Dry One.

"If I can't cook, it's too late now," he jokes, but on a more serious note adds, "You had to come with the right attitude. This is not just another exercise."

Base Commander presents



Sgt Donald Monk is presented a 10 TAG Commander's Commendation by the Base Commander Col Jack McGee for his decisiveness, professionalism and marked sense of urgency while serving with the CCMFO in the Sinai. On 29 Dec 1988, Sgt Monk was the Flight Engineer on a Twin Huey which carried out a rescue and medevac of crew members from a crashed Israeli CH-53. His reaction directly contributed to the saving of lives.

NEXT DEADLINE 18 MAR



JUNIOR RANKS MESS

PRESENTS

ST. PATRICK'S DANCE

Come and Enjoy

Long John Baldry
&
Kathi McDonald

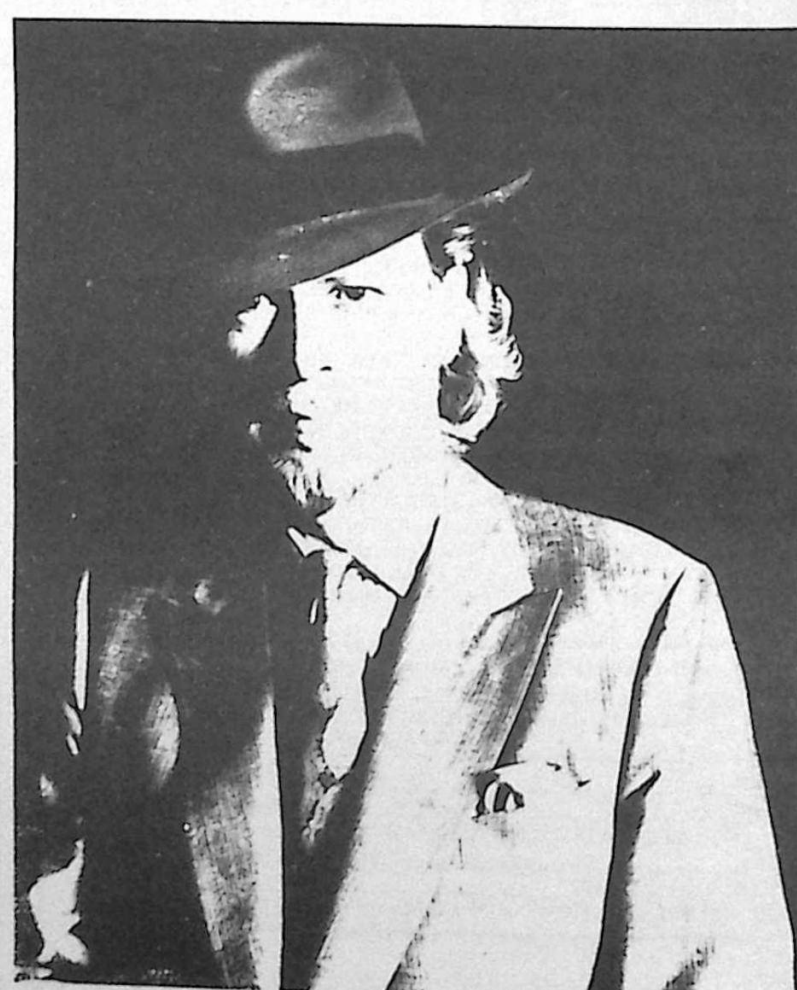
Time: 2000 hrs (Dance Starts at 21000)

Admission: Tickets in advance by cash or acquittance
Cut-off date is 14 Mar 91

\$5.00 members/\$7.00 non-members
(At the door it will be \$8.00/ticket)

Dress: Semi-formal (Jeans allowed but no sweatpants)

Food: Sandwiches & Veggies w/dip served at 2230



LONG JOHN BALDRY

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Baden-Powell Sunday Church Parade



Darren Astles
- banner bearer

off to Church we go...

BORING? NO WAY!

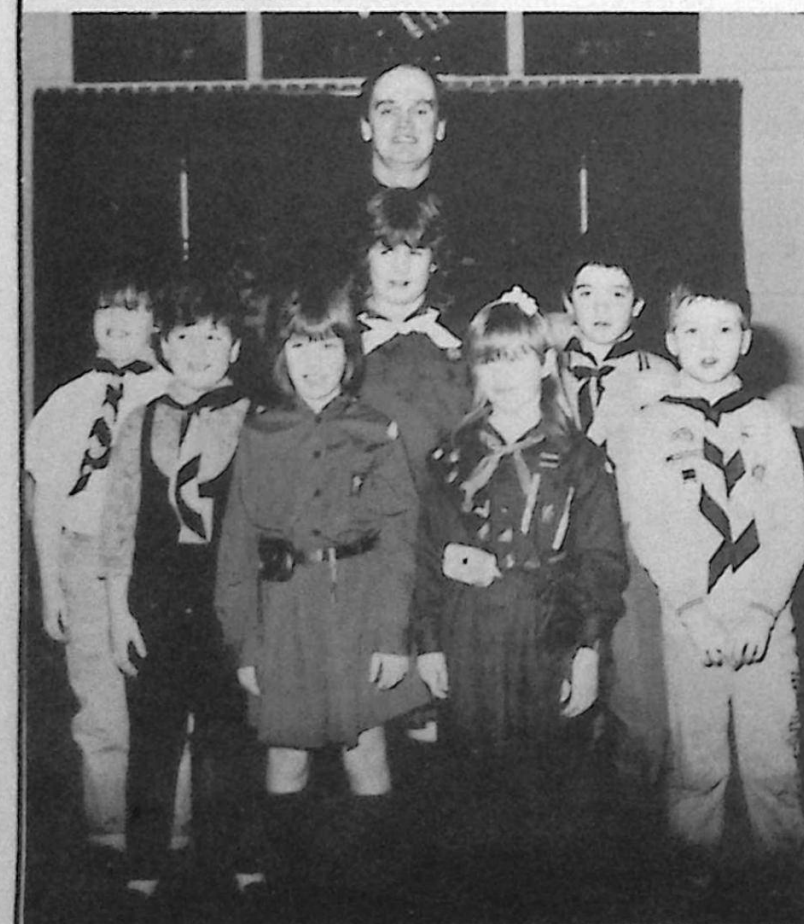
"Whenever I hear youngsters complaining about being bored, I laugh at the idea. We were always so busy with trips, camps, and meetings, we wished there were 48 hours in every day!"



Lord Baden Powell



In days gone by



Religion in Life grads, with Padre Bob.



1st Lazo Beaver Colony

Feature



Travels with Hamish

The Alaska Highway

50th Anniversary 1991

In 1992 there will be great 'goings on' along the entire length of the Alaska Highway. From one end to the other they will be celebrating the fiftieth anniversary of the construction and opening of the road between Dawson Creek, BC and Fairbanks, Alaska. It was first known as the Alcan (Alaska-Canada) Highway. (Nothing to do with Alcan Aluminum), and then changed to its present name. Alberta already had a road from Edmonton to the BC border so the official 'mile zero' for the new road became Dawson Creek, about eight miles inside BC.

In the winter of 1938 I flew, as a passenger, in a single engine 'Waco' aircraft on skis from Edmonton to Whitehorse, approximately a thousand air miles. Four years later it required more than 1,200 miles of tortuous driving over corduroy sections, fording shallow creeks or crossing on hastily constructed wooden bridges, over steep mountain grades and miles of wilderness, never seen before, except perhaps by local natives, to travel the equivalent distance, but it was necessary and urgent. There was a war on.

In 1938 it took us three days of steady flying, from dark in the morning to dark in the afternoon. We spent our first night at Grande Prairie, Alberta, after landing in some farmer's field on the edge of town. Our second night was at Charlie Lake, on the outskirts of Fort St. John, BC. The next day we had a short lunch break at Fort Nelson. Then, as we had no radio contact in that region, we set down briefly at Watson Lake. (At that time it wasn't known whether Watson Lake belonged to BC or the Yukon.) We were able to get a weather report via shortwave, C.W. (Morse code) radio. As it turned out we had to take an alternate route around a storm area further ahead before reaching Whitehorse. It was 'seat of the pants' flying and visual contact navigation. Three years later I flew back to Edmonton non-stop in a ten passenger, twin engine, Lockheed 'Electra'.

The first survey for the Alaska Highway was carried out by Canadian Airways with Fairchild float equipped aircraft. In the summer of 1939 I helped with the servicing of two of these aircraft working between Whitehorse and the Alaska border.

World War II began in the fall of '39 and although the Americans had not entered the war until late in '41 they became

interested in the construction of a tote road through northern BC and the Yukon to Alaska because of the possible submarine threat to their shipping between the U.S. and Alaska. In 1941 and 1942, between the Canadian Department of Transportation and the U.S. Army Engineers, some ten thousand men, machines and equipment fought the mud and the rain, the muskies and the cold to carve out almost 1,500 miles of road in only eight months!

At the same time a 'staging route' was built, roughly parallel to the new road. This was a chain of emergency landing fields for the various aircraft, mostly military, that would be flying to Fairbanks and on to the Aleutian Islands.

A third project was rushed through at the same time; the building of the Canol (Canadian Oil) Pipe Line from the Norman Wells tar sands down the Mackenzie River to a refinery at Whitehorse where high grade aviation gasoline was produced.

While I was in Whitehorse in March 1942 the first train load of U.S. Army Engineers arrived. The unit was made up entirely of black personnel from the southern States, most of whom had never seen snow before. There was plenty of snow still piled up to six feet high outside the railway station where they were assembled awaiting transportation to their camp area up near the airfield. I overheard them joking about the snow and someone suggested having a picture taken. Someone else called out, "If they take a picture of us we sho' 'nuff goin' to show up against this here background!"

Following completion of the new road there was much activity seen along its entire length. Edmonton was used as the marshalling area for most of the supplies heading to Alaska. Long convoys of trucks travelled day and night, often assisted by Crawler tractors located in many of the rough spots.

When Russia became our ally, the U.S. agreed to supply them with aircraft through their 'Lend Lease Program'. It was arranged that the transfer of some of the planes would take place at Fort St. John, which was one of the main airfields of the new staging route. The Russians sent their crews over across the Bering Sea, Alaska and the Yukon to meet up with the U.S. crews. The Americans gave the Russian pilots a familiarization flight on the handling of the new aircraft before transferring them to the new owners. An RCAF control tower

officer told of one U.S. pilot who swore he would never go up with another Russian pilot again. "He was somewhat 'green around the gills' when he checked back in," he said. The American pilot yelled, "He tried to kill me! When I turned the controls over to him he put that 'kite' through maneuvers I've never seen before. I ordered him to take us back and land the plane before he killed us both! That 'blankety blank' just laughed and said 'What's the matter Yank? You scared to die?' then he put the plane into a steep dive and did a quick pull up just above the ground. While landing he said, 'Is good. We take it!'"

After the war the Canadian government took over the maintenance of the Alcan Highway for a while before BC took over the section running through BC, at which time the name was changed to the present Alaska Highway. Although still known by that name, BC made it a continuation of Highway 97, north from Cache Creek and through Prince George. Considerable straightening, re-routing and paving has been carried out over the years so that it now qualifies as an all weather standard highway.

From Whitehorse the road continues north west as Yukon Hwy #1 to the Alaskan border and on to Fairbanks, a distance of about 500 miles. Yukon #2 heads north from Whitehorse over 300 miles to Dawson City. Fairly recent construction of about 375 miles completed the Dempster Highway from Dawson, north across the Arctic circle and east into the North West Territories, to Fort McPherson and Inuvik.

An alternative and shorter route to the Alaska Highway has been under construction for some time in north western BC. It is #37, better known as the Stewart-Cassiar Highway. It runs from Kitwanga, on the Skeena River and meets the Alaska Highway at the Yukon border. It's paved for about 250 of its 400 miles. Large trucks regularly haul ore from Cassiar down to the coast at Stewart. At the end of Stewart's main street is Hyder, Alaska, where everyone is invited to visit and become 'Hyderized'. The road into Stewart passes close to the Bear Glacier which makes an interesting stop to watch the blue ice breaking off and falling into the Bear River. (Take a spare gas can and, or gas up at every opportunity; gas stations are few and far between.)

Continued on page 17



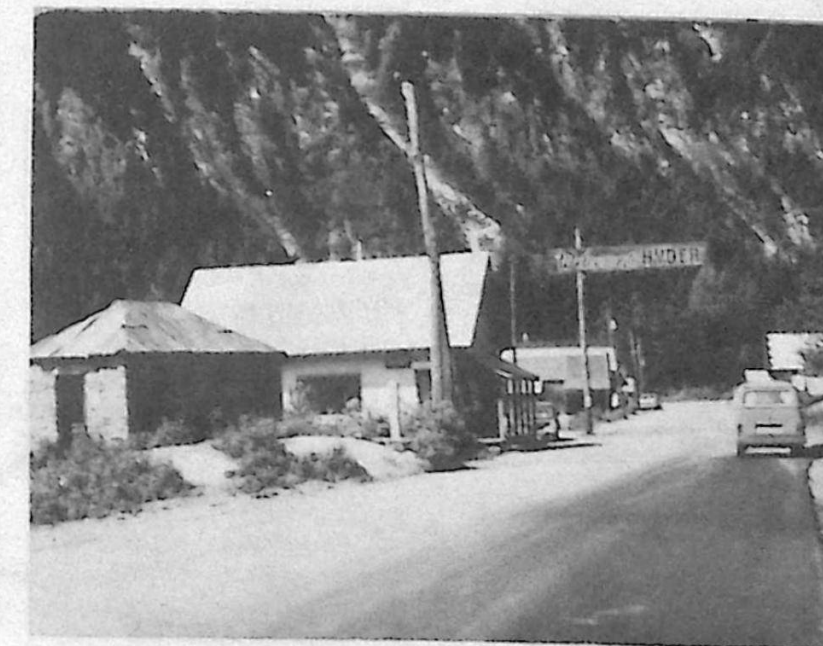
Off the edge at Dease Lake - make way for construction equipment!



Jade cutting a one-ton boulder at Stewart, B.C.



Bear River Pass enroute to Stewart, B.C.



End of pavement at Alaska border, Stewart-Hyder. Main street of Hyder, Alaska.

Leisure

B.C. Bestsellers

Week Ending: February 24, 1991
Produced: February 26, 1991
(Brackets) represent last week's position

FICTION

- 1 (3) Heartbeat.....Steel
- 2 (1) The Secret Pilgrim.....Le Carre
- 3 (2) The Plains of Passage.....Auel
- 4 (10) Rumpole a la Carte.....Mortimer
- 5 (-) The Stories of Eva Luna.....Allende
- 6 (7) The General in His Labyrinth.....Marquez
- 7 (-) Cold Fire.....Koontz
- 8 (5) Lives of The Saints.....Ricci
- 9 (6) Haroun and The Sea of Stories.....Rushdie
- 10 (-) The Witching Hour.....Rice

NON-FICTION

- 1 (-) The Wealthy Barber.....Chilton
- 2 (5) By Way of Deception.....Hoy & Ostrovsky
- 3 (-) From Beirut to Jerusalem.....Friedman
- 4 (1) The Great Depression, 1929-1939.....Berton
- 5 (2) Webster!.....Webster
- 6 (3) Homecoming.....Bradshaw
- 7 (4) Iron John: A Book About Men.....Bly
- 8 (-) Graedon's Best Medicine.....Graedon
- 9 (-) Three Men and a Forester.....Mahood & Drushka
- 10 (6) Bradshaw on Family.....Bradshaw

Catholic Women's League

Sacred Heart

The regular monthly meeting of our Lady of the Sacred Heart Catholic Womens League was held on February 14th in the Parish Hall following Mass in the Chapel. Because it was Valentine's Day, our president asked each member to bring along a picture of her wedding day, which proved to be quite an interest to the social part of the meeting.

The Valentine brunch was unfortunately not well attended and it was decided to discontinue the Sunday brunch for a period of time.

Our thrift shop has a new temporary location in the new community centre (the old Credit Union building next to the Canex) and will re-open on Wednesday, March 6th. The new hours will be Wednesday, from 10 a.m. to 2 p.m. and Saturdays, from 1 p.m. to 3 p.m.

A world day of prayer will be held at 1:30 p.m. on March 1st at St. Peter's Anglican Church, 218 Church Street in Comox. This day is for all Christians - men, women

and children - and the theme is "On The Journey Together". Babysitting services will be provided.

We will be holding a St. Patrick's Day tea on Sunday, March 17th from 2 p.m. to 4 p.m. in the community centre (beside Canex). There will be a \$2.50 charge. Everyone is welcome.

We visited Laurel Lodge on January 28th and played bingo with the residents. Our next visit will be on February 25th at 7 p.m.

The next business meeting will be held on March 7th following 7 p.m. Mass in the Chapel. This is one week earlier than usual to allow free time at our regular monthly meeting on March 14th, when we will be honored with a visit from some very special guests - the refugee family which we supported at Christmas time. Everyone from the Parish is welcome to join us.

If you are interested in joining our C.W.L. or would like more information, please call the president, Claudette LeBlanc at 339-3004.

Please join us for a cup of friendship and love -

St. Patrick's Day Tea
Sunday Mar 17
2:00-4:00 p.m.
Community Centre
Beside Canex
CFB Comox
Welcome All
ENTRANCE \$2.50
COME AND SUPPORT THE CATHOLIC WOMEN'S LEAGUE



Christine Mayer

If you haven't made any of these dishes for a long time, maybe you would like to try them again. They are tasty and easy to make for any beginner cook collecting basic recipes.

Cabbage Rolls

- Ingredients:
- 1 large cabbage or two medium sized
 - 2 lbs hamburger
 - 2 sticks of finely chopped celery
 - 2 large finely chopped onions
 - 1/2 lb. bacon (approx.) cut in small pieces
 - 5 or 6 cups of partially cooked rice
 - 1 can tomato soup
 - 1 can tomato paste
 - 1 can of tomatoes

Season hamburger with: garlic salt or cloves of garlic chopped
Worcestershire sauce
dash of Tabasco
salt and pepper
Add enough of the above to give a nice flavour.

These quantities make a big roast pan full, so you may be able to freeze some for future use.

Method:

Hollow the main core of the cabbage, immerse in boiling water and boil for a few minutes to soften leaves. Take off as many leaves as possible. You may have to repeat the process to loosen all the leaves.

In a large bowl combine seasoned hamburger, the chopped celery and onions (save some of the onion to sprinkle through the roast pan when packing the cabbage rolls). Add the partially cooked rice. There is no specific amount but it should be about

equal to the rest of the ingredients.

Cut some of the thick core of the cabbage leaves for easier rolling. Place generous amounts of meat, rice mixture at the core end of leaf. Fold end over then sides. Finish rolling.

Place in roast pan in rows with a sprinkling of onion and the canned tomatoes through the layers. Dilute the soup, add water to about twice the quantity of the tomato paste. Pour over the packed cabbage rolls. There should be enough liquid to almost cover. Add more if needed as the tomato flavour makes all the difference in the taste.

Bake covered at 350° for 2 to 3 hours or until the whole contents have been simmering right through, for at least half an hour.

Shepherd's Pie

Oven 350°

- 6 med. potatoes (boiled)
- 1-2 cups leftover gravy
- 1 tbsp Worcestershire sauce
- 1/2 tsp thyme
- dash ground nutmeg
- 1 med. onion (finely chopped)
- 4 cups finely ground roast beef
- salt and pepper
- 3 tbsp butter
- 1 tsp salt
- 1/3 light cream
- 1 well beaten egg
- paprika

Method:

Drain cooked potatoes, mash until broken up, add butter, salt and cream. Keep mashing until creamy. Add beaten egg and whip until creamy.

Heat gravy to boiling in saucepan. Add Worcestershire, thyme, nutmeg, and onion and simmer for 10 mins. Add meat and salt and pepper to taste.

Pour meat mixture into greased 2 quart casserole, spoon mashed potatoes over top, sprinkle paprika over. Bake about 30 mins. or until meat mixture is bubbling and potatoes nicely browned.

Lemon Desert (Souffle)

Oven 325°

- 2 tbsp butter or margarine
- 3/4 cup white sugar
- 1/4 cup flour
- 1/4 tsp salt
- 3 tbsp lemon juice
- 1 tbsp grated lemon rind
- 3 eggs separated
- 1 1/2 cups milk

Method:

Cream butter, add white sugar, flour, salt, lemon juice and rind. Beat egg yolks until thick. Add milk. Combine the two mixtures. Fold in stiffly beaten eggs, sweetened with brown sugar. Pour into a greased casserole placed in a pan of water. Bake for 45 mins. or until set.

Apple Crisp

Oven 350°

- 6 med. apples
- 1/4 cup white sugar
- 1/4 cup butter
- 1/2 cup flour
- 3/4 cup brown sugar
- cinnamon

Method:

Peel the apples and slice into buttered baking dish. Sprinkle with white sugar and cinnamon. Combine the butter, flour and sugar. Spread over the apples, and bake for about 30 mins., or until apples are soft and top golden brown.

RECYCLE THIS NEWSPAPER TOTEM TIMES

SEE YOU AT THE LEeward!

THE LEeward NEIGHBOURHOOD PUB & BREWERY

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

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Fr. John Paetkau - 339-2925

JESUS IS LORD

On and off base

10th Annual Hoser Party

Hoser Shack



Hoser Host Brian Shackleton poses with his 10th Annual Souvenir Shirt.

The threat of rain didn't dampen the 'Hoser Spirit' as a record Comox crowd attended Shack's 10th Annual Hoser Party. Jill and Brian Shackleton hosted the party at Hoser Acre Plus on Rennie Road near Merville on Saturday, 2 Feb. 91. A crowd of rookie and veteran Hosers, totaling over 55 in all, enjoyed a real fun filled day. They participated in 'Hoser Olympic Games' and munched on back bacon and cheese bunnies.

This annual event is always held outside on a Saturday afternoon in February and moves with 'Shack'. The first three were held in Cold Lake, Alta., the next four in Greenwood, N.S., and the last three here in the Comox Valley.

On arrival, all Hosers signed the official register and received one of seven different colored ribbons with their name printed on it; each color designating either an organizer (red), or one of the six Hoser Teams. Participants arriving with a 1990 ribbon automatically received a new ribbon of the same color to enable them to remain on the same team they were with previously. Team captains were designated by Shack, printing the 'Captain' on the bottom of the applicable colored ribbon. Each Captain was given a team flag which he was responsible to raise or lower on the proper flag pole after each event. When the judges' scores were tallied after each Hoser game, the top three teams took their respective positions on the medal podium. Here they received bronze, silver or gold medals (bottle caps on strings), in front of their corresponding flag pole. Between events, people socialized around a cosy campfire with Hoser refreshments.

Janice and Craig Reed returned to test their Hoser athletic skills for the third consecutive year. Janice captained the Donut team and Craig captained the Beer team. Their enthusiasm was contagious as they brought at least a car load of 'rookie Hosers' to the games, all of whom had a great time and vowed to attend any future events.

Rick Skrzyzala made his Hoser pilgrimage from Victoria to make up part of the judge panel. Rick officially denied that he was bought by the Earmuff team, but says to thank the members of the Earmuffs for all the 'refreshments' they gave him. Rick received a 'special hat' for being the Hoser who came the furthest to the party.

Lloyd Bolton (Earmuffs) said that the smooth hands of a pilot aided him in winning the frisbee toss. Judith Arsenault proved that a Hosette can win gold as she out-golfed the competition to take the highest position on the medal podium for the Earmuff team. Chris Vrabel, also of the Earmuffs, quickly devoured his three donuts and let out a shrill whistle

to capture the gold medal in the donut eating contest. The 'Down Under' event involves one member of a team, standing on his/her head with his feet supported by a second team mate. From this position, the person on his head 'downs' a drink in a six team race. Keith Tanner (Donuts) and Sylvain Alaire's (Toques) practice round cost them as they finished sixth and fifth respectively. Lloyd Stajkowski (Back Bacon) proved to be the Hoser who worked on his head the best as he won this unique event.

The best beverage drinking team was the Toque team for they won the 'Beer Shot Glass Relay' and after a judicial decision, they also won the 'Team Beer Race', narrowly beating out the Beer team for the gold medal. The Back Bacon team showed real togetherness as they won the team Donut Relay event. J.C. Tallon (Donuts) was quite 'tired' at the end of the 'Hoser Sock Hop' but he did capture the gold medal. Speaking of medals, Doug O'Brien (Buns) proved to be the most versatile athlete of the games winning five medals in all.

In the 'Hoser Triathlon', a prestigious event of the Olympics, this year, the field was made up of half 'rookies' and half veteran Hosers of the Iron Man; the veterans being Ernie Romans 88 champ, Jim Alberding 89 champ and Mike Jameson 90 runner-up. The competition was very stiff as Jim fell to 5th place showing that rookies can perform. Mike repeated his second place performance but the clear winner was Ernie. The name Ernie Romans (Toques) is now in the official record book as the only two time Iron Man. For this unprecedented feat, Ernie was awarded a 'Special Hat'.

After nine events, the official

10th Hoser Olympic team standings were: 1st, Earmuffs (blue) 46 points; 2nd, Toques (white) 45 points; 3rd, Back Bacon (yellow) 40 points; 4th, Donuts (purple) 37 points; 5th, Buns (pink) 34 points; and, last but not forgotten, the Beer Team (green) with 25 points.

Congratulations go out to the overall team champions, the Earmuffs, who were comprised of Jim Alberding (captain), Chris Vrabel, Judith Arsenault, Lloyd Bolton, Bruce Schoettler, Mark Pilon and Woody. All winning team members were awarded 'Special Hats' for their efforts.

I, Brian Shackleton (Shack), would like to thank the judge panel, Rick Skrzyzala, Dan Martin, George McManus, Jeff Bondy, Duane Veitch, and Rod Cando who was also the official photographer of the games. I also thank my wife, Jill Shackleton, and Pat MacNeil who did such a fine job in preparing the back bacon this year.

Special thanks goes out to the following businesses for their donations, discounts, and general support of the very successful 10th Annual Hoser Party. These are Labatt Brewery Co. with Labatt's Blue as the official beverage of the games; HiTec Screen Printing who produced the ribbons, T-shirts, sweatshirts and donated the 'Special Hats' that were awarded in the games; H & L Meat Processors who prepared such delicious back bacon; Buns Master Bakery for their excellent buns and donuts; and Middleton Meats for the cheese that gave the Hoser bunnies that little extra.

Most of all I would like to thank the participants. Have a 'Good Day' and see all you Hosers at the 11th Annual Hoser Party, eh!

OFFICERS MESS CFB COMOX

MARCH 1991 CALENDAR

Wednesday 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.

Wednesday 27 - OLC BRIDGE CLUB

Friday 8, 15, 22, 29 - REGULAR TGIF/TGIT. Food as indicated. 1700-1800 hrs. Free taxi. Ask at bar.

Tuesday 12 - OMLC ART AUCTION - See calendar.

Wednesday 13 - RCAF 67th ANNIVERSARY MESS DINNER - See calendar.
BROOMBALL TOURNAMENT - See calendar

Saturday 16 - ST PATRICK'S DANCE - See calendar.
HOCKEY NIGHT IN VANCOUVER - See calendar

Friday 22 - TEE-TO-SKI DAY - See calendar

Sunday 24 - FAMILY DAY AT THE GYM - See calendar

Sunday 31 - EASTER BRUNCH - See calendar.

403 SQUADRON 50th ANNIVERSARY

403 SQUADRON CELEBRATES THE FIFTIETH ANNIVERSARY OF THE "WOLF PACK" THIS COMING SPRING. ALL FORMER MEMBERS OF 403 SQUADRON ARE REQUESTED TO CONTACT THE SQUADRON AT:

403 "WOLF" SQN.
CFB Gagetown
Oromocto, N.B.
EOG 2P0
506-422-2027
AUTOVON 622-8027



888 (KOMOX) WING RCAFA CALENDAR OF EVENTS MARCH 1991

SAT 09 - "BINGO" * "BINGO" * "BINGO" -- Members and Guests. 8 p.m.

THUR 14 - AFIS - HERITAGE NIGHT. Come out and meet the NEW BLUE. 7 p.m.

SAT 16 - ST. PATRICK'S POT LUCK SUPPER. Bring an Irish dish and enjoy a fun evening. No cost. Non-smoking night. 6 p.m.

SAT 23 - ENGLISH PUB NIGHT. Snacks, entertainment, darts, sing song, fun-fun-fun. \$5 per person. Limited tickets available at the bar.

SAT 30 - BINGO. 8 P.M. Members and guests.

WED. APR 3 - ANNUAL GENERAL MEETING. 8 p.m. This is your opportunity to vote for your Wing Executive for 1991/92. Come out and support your Wing.

REMINDER - 12th Annual CHARTER BALL - Sat., Apr 27 at the Comox Valley Rod & Gun Club. Dress Semi-Formal. Dinner by the Old House. Music by the CAMPA Band. Tickets are available at the bar after Mar 23 or from any of the Wing Executive. \$25 per person.

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

More Ahead With Modern Medicine

As recently as 100 years ago, doctors worked with few tools and their apothecaries with even fewer medicines.

Intuition, luck and improvisation played major roles in their work. Aside from drugs such as digitalis for heart conditions, quinine for fever and opium for pain, both relied on folk remedies which hadn't changed for centuries.

Today, the new sciences of biochemistry, molecular biology and genetic engineering make possible an incredible rate of progress in the diagnosis and treatment of disease. As a result, both doctors and pharmacists find it more important than ever to keep up with developments in their fields.

Patients, as well, must be aware -- of the terrific pressures on their doctor, of the likelihood they will meet new methods of treatment each time they seek professional care, and of their growing responsibilities. Modern medicine has a great deal to offer provided you know how to be a modern patient.

The day when a doctor had time to discuss every twinge is long gone and it's likely that with it went the remedies you used "for years" to treat those twinges.

Self-diagnosis and self-medication for minor complaints are necessary, safe, and effective today, provided you understand that no one knows modern medications better than your neighbourhood pharmacist.

It is his or her job to know all about the prescription and non-prescription products on the shelves; to know what they are for, how they work, what side effects they may have and what interactions may occur.

Use your neighbourhood pharmacist as a source of information on medical progress. He or she can best explain how developments may affect you.

If In Doubt, Throw It Out!

A well-known advice columnist was recently faced with one woman's plea for help.

"My husband insists on keeping leftover medicines in his dresser drawer. Where he leaves them doesn't bother me as much as his reason for saving them. He says he keeps the leftovers, especially antibiotics, to use the next time he gets sick. I'm worried about this. What should I do?"

The advice given was well worth repeating. Simply destroy all old medications. In the case of antibiotics, make sure they are used to the end of the prescription. This way, you'll be sure they've finished their job and there won't be any left over.

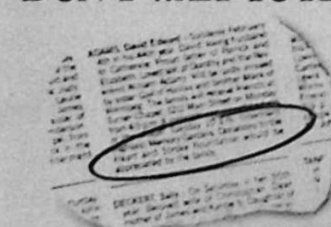
There are more than a few good reasons for not keeping medication. Most of all, it's dangerous where there might be children to accidentally take it. As time goes by, medication loses its effectiveness. Most of us have noticed ASA products which yellow and develop a vinegary odour with age.

Your doctor prescribes the amount of antibiotic he or she feels to be correct and expects it all to be used. Although they often make the patient feel better quickly, their use should be continued to prevent any flare-ups.

Extra care should be taken with children. They may refuse to take any more antibiotics if early doses show quick results. If the medication is stopped before the prescribed amount is taken, the infection may return with more serious consequences than the first time.

Your doctor and pharmacist can tell you how and for how long to take any prescription medication. But the responsibility for properly handling medicines, getting rid of old medication and using all of the antibiotics prescribed rests with you.

DON'T WAIT TO READ IT IN THE PAPERS.



IMPROVING
YOUR ODDS
AGAINST
CANADA'S
#1 KILLER.

PLEASE GIVE GENEROUSLY NOW.

info health

Dr. Bob Young



Breast Cancer

More cases of breast cancer are being discovered than ever before, and indications are that about one woman in 10 will receive this unwelcome diagnosis sometime during her lifetime.

We do not know what causes the disease in the first place, and why the increase during the last couple of decades is even more of a mystery. One possibility is that better detection techniques find cases earlier, "before the patient dies of something else".

More likely is an outside factor, a lifestyle component or environmental exposure, or a dietary habit that promotes the disease.

Alcohol use, cigarette smoking, birth control pills and other estrogen-containing medication - all these and others have been looked at, with no clear evidence implicating any of them. The pos-

sibility that high fat diets are related to the increase in the disease is being intensively researched at present.

Whatever the cause, the disease is a killer. Early detection is probably the most important ingredient in any treatment program. And finding the lump when it is small permits consideration of much less disfiguring surgery in its treatment. Retaining the breast, or most of it, is important to many women.

Breast examination by a physician, as well as by oneself (after instruction) remains an important method of finding lumps. The best-educated fingers, however, are unlikely to detect growths under the diameter of a dime. We must do better.

Well performed and interpreted mammograms (breast x-ray) can detect much smaller

growths, and help determine whether lumps of any size are malignant. In many places screening mammograms are available without referral - the woman phones, appears, and has the picture taken. They are also available in the usual manner, ordered by a physician.

The present recommendation is that most women over 40 should have a screening mammogram each year;

the exceptions are those with a known lump or who already have a breast cancer.

Mammograms help find cases in their early stages. The actual diagnosis depends on a biopsy - examining the tissue under a microscope. And any suspicious lump should be biopsied no matter what the mammogram shows.

Polycystic Kidneys

Sometimes the gods are kind. Every now and then a case comes along in which coincidence,

good luck, call it what you will, produces a completely unexpected diagnosis. Sometimes this is very fortuitous for the patient.

One, under the age of thirty, asked the doctor to check for a condition called polycystic kidneys, as an uncle had just died of this disease. "I feel perfectly well, and have no symptoms." The physical examination was also negative.

Polycystic kidneys sometimes run in families - but should medicare funds be used to search for unlikely disease? An ultrasound would be cheap and safe. It showed no sign of cysts.

Instead, hidden in the kidney was a cancer, confirmed immedi-

ately using CT scanning. The kidney was soon removed and there was no sign of any spread.

I have seen other instances - a bone tumor showing up in the lower leg, for instance. The patient had only a sprained ankle, but the x-ray clinic had run out of small film, the larger one they used showed the tumor, treatable at this early stage.

These diagnoses (and there are many other examples) came as a complete surprise to both the patient and the doctor. Not the same as screening test results, where you are looking for something, not expecting to find it but not flabbergasted when you do.

Nor are the lucky cases the same as those found during the course of a routine exam and associated blood tests. In these there

is a clue, a symptom, or a suspicion in the doctors mind that triggers further investigation and possibly a diagnosis.

Finding a malignant mole while listening for bronchitis would qualify as fortuitous, as would spotting a growth of the pituitary gland while taking an x-ray to check for a skull fracture.

Illnesses respond better if caught very early, and most cancers may grow for some time before there are any symptoms. Discovering one "ahead of its time" is usually a major bonus for the patient - perhaps lifesaving.

But it is the doctors, with their greater knowledge of what the patient has been spared, who are the ones left scratching their heads.

Act Quickly with Poisons

Over 60 hospital emergency rooms throughout B.C. have Poison Control Centres. The front of the phone directory carries the numbers. Nurses provide information and make treatment recommendations 24 hours a day at the centres in the event of an accidental poisoning.

Act quickly if you suspect poisoning. If medicine has been swallowed, do not give anything by mouth until you call Poison

Control for advice. If household products or chemicals have been swallowed, give milk or water immediately unless the victim is unconscious, convulsing or unable to swallow.

Call Poison Control about whether you should make the victim vomit or not. A nurse will ask you to identify the suspected poison and the amount taken. You may or may not need to go to the hospital.

If it is necessary to take someone quickly to the hospital you may not need an ambulance. If there is a source of immediate door-to-door transportation it will often be faster. But, be sure to take the package or container of the suspected poison to hospital with you.

Most calls to the Poison Control Centre are from children under the age of five and come

Continued on page 21



Barry Sweeney
music reviews and
syndicated columnist

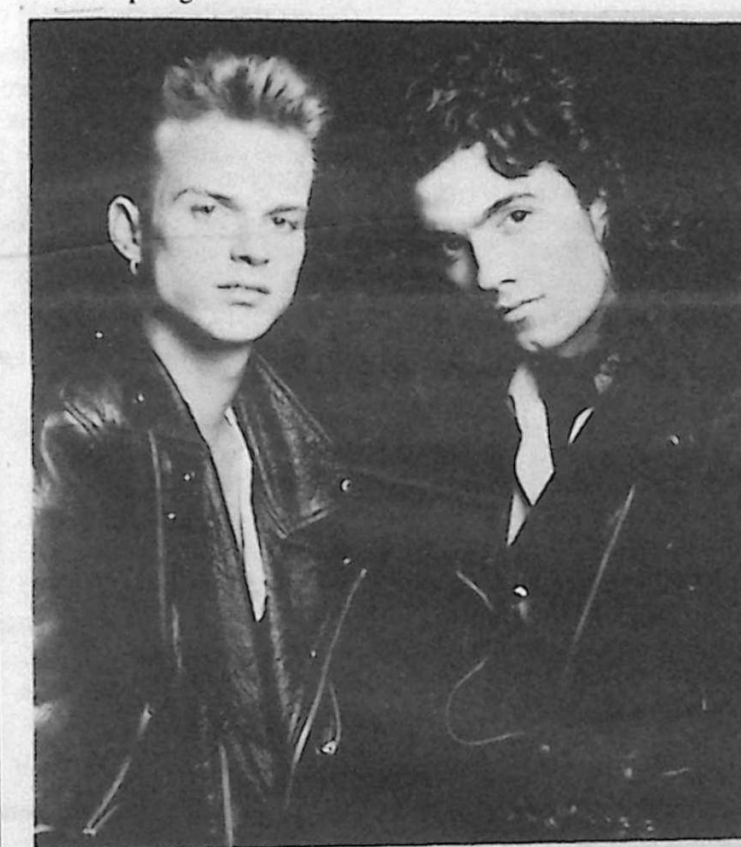
Canadian Talent

Acosta-Russell Debut

Uruguay-born, John Acosta who plays drums, guitar and keyboards, met Toronto native John Russell, who plays clarinet, sax, guitar and piano, at a Toronto high school. It was a chance meeting that took place in 1983 and has, over the past eight years, developed into the musical bonding of Acosta/Russell who self-titled debut (Eureka Records) features a hybrid mix of pop, r & b and funk.

Their sound is probably best described as hi-NRG. They wrote all the songs and deliver to perfection. Although they have created numerous rhythmic up-tempo gems in the set, it is the first single release, "Never Change My Mind", that highlights the musical and vocal blend the duo are capable of performing. This slow-grooving track is one of those gems that fits neatly into the pop mainstream and should quickly garner solid reaction at rack and retail.

Acosta/Russell have molded this set into a unique outing and, along with "Never Change My Mind", have solid commercial appeal on such tracks as "Without Your Love", "Once, Twice, Wrong", "Touch My Heart" and "Change Your Attitude". This is an excellent debut and one that should quickly propel the duo into the national spotlight.



Acosta/Russell

Sweeney's Scene

Reviewers are lucky people. They get to hear and give their impressions of what they think about music. In some aspects they are trying to save the public money from buying a product that is not worthy of the money. They also get to recommend a product that is worth the bucks. They get the first chance to analyze trends and they get to meet some of the most fascinating people in the world, entertainers. All of this because they write a column that people take the time to read. I want to take this opportunity to thank the people that read Musically Speaking for making it all worth while.

Our Easter Sale

is on its way!

20 - 30 MARCH 1991

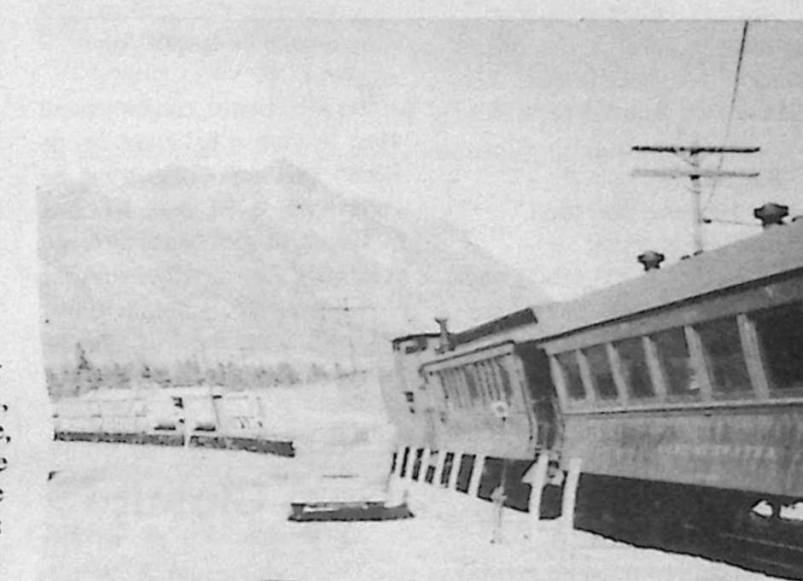
More Alaska

continued from page 13

Scenes from Alaska



Meziadin Lake, Stewart-Cassiar junction Hwy 37.



White Pass and Yukon railway (narrow gauge) heading to Whitehorse from Skagway, Alaska through Carcross, YT.



Driver killed - asleep at the wheel of a semi-trailer unit. Alaska Highway June 1980.

Those interested in obtaining information on the 1992 celebrations could write to the 1992 Committee, 10,003 - 100th St., Fort St. John, BC, V1J 3Y5 and ask for their 'Calendar of Events for 1992'. If they haven't information on the other towns they could advise where to write to such as Ft. Nelson, Watson Lake, or Whitehorse. At Watson Lake, the 'sign post capital of the world', their visitors' centre has a slide show of the early construction in the 1940s which is worth seeing.

Of course you don't have to wait until 1992 to make the trip. You could go in 1991 and you

may even want to go back again in 1992!

Weather is unpredictable, but anytime from April to September is usually OK. The long summer days of about twenty hours or more, depending on how far north you travel, are a phenomenon from mid-June to mid-July. You might need some insect repellent. However, the loud drone of the large mosquitoes gives you sufficient warning to duck or swing the bat!

If any other questions come to mind you could leave such questions in care of the 'Fishwrapper' staff, and I'll gladly respond. -J.P.K.

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.

Bowling Alley

Hours of operation as follows:
Sun.....1300-1600 Casual
1800-2300 Mixed League
Mon.....1800-2300 Mens
Tues.....1800-2300 Ladies
Wed.....1300-1600 Ladies
Thurs.....1800-2100 Casual
Units/Sections who wish to schedule specific times are to contact Mr. Pat Hudson, 339-3965 or PO1 Brandel, loc 8542.

Bouladrome

Les heures d'opération sont les suivantes:
Dimanche.....1300-1600 Libre
1800-2300 Ligue Mixte
Lundi.....1800-2300 Hommes
Mardi.....1800-2300 Femmes
Mercredi.....1300-1600 Femmes
Jeudi.....1800-2100 Libre

Gymnasium

Hours of operation for general use are listed below:
Mon to Fri.....0730-1700
1830-2100
Sat to Sun.....1300-1700
1830-2100
Units/Sections who wish to schedule specific times are to contact Sgt Plante at loc 8690.

Gymnase

Les heures d'opération pour usage courant sont les suivantes:
Lundi au Vendredi 0730-1700
1830-2100
Samedi et Dimanche 1300-1700
1830-2100
Les unités et les sections qui désirent céduler des heures particulières sont priées de contacter Sgt B. Plante au local 8690.

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.

Fifth Annual CFE

Bodybuilding Competition
CFB Borden, in conjunction with Baden Weight and Training Club, will be hosting the subject competition 25 May 1991.

Military, dependants and DND employees are eligible to compete. Competitors will have to make their own travel arrangements.

For more information contact Base Peri staff, loc 8315.

Cinquième compétition annuelle de culturisme des FCE

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

Gym Closure

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

Summer School

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

Date: August 11-24, 1991

Place: Canadian International College
North Vancouver

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

Three writing genres are offered, with respected and gifted instructors:

Creative Documentary,
Maria Campbell;
Fiction, Eve Zaremba; and
Poetry, Gay Allison.

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

For a descriptive brochure/application, please write:

WEST COAST WOMEN
AND WORDS
#210-640 West Broadway
Vancouver, B.C.
V5Z 1G4

Phone: (604)872-8014

Application deadline:

May 10, 1991.

PMQ Association

The PMQ Association has now moved to its new location in the Wallace Gardens Community Centre, situated next to Canex. Hours of operation are from 0800 to 1230 hrs. Monday to Friday. Local 8571.

Effective 1 Mar 91 the PMQ dues will increase to \$3.00 plus .21 GST per month, from \$2.00 plus .14 GST per month.

Ex-RCAF Airwomen's Social

The RCAF Airwomen's Reunion is planning a social for all women who served in the RCAF prior to 1968. The social will be held at the Social Centre located at CFB Comox Golf Club on Saturday, March 23 from 12 - 4 p.m. Lunch and bar available. Bring your course pictures, albums, renew old acquaintances and make new friends. If you are planning to attend or for more information please call Jan, 339-7075 or Barb, 339-0594.

Kuwait Says Thanks

"P.O. Bens, a Canadian Forces ham radio operator with CATGME made our first radio contact via CFARS with the 'Free State of Kuwait'." states CATGME Commander, Col Lalonde.

The radio operator at Kuwait was identified as "Masilin", of the European Committee. Part of his message read, "Pass on to all Canadians our greatest appreciation for your support in freeing Kuwait."

Bodybuilding /Weightlifting Club

There will be a meeting to discuss the formation of a club at the Rec Centre conference room on Tuesday, 19 Mar 91 at 1400 hrs. Members interested in joining are welcome.

Bodybuilding/Weight Training Club

Members interested in joining a Bodybuilding/Weightlifting Club are to register with Cpl Savard, loc 8315.

Meeting will be in the Rec Centre Conference Room at 1100 hrs, Tuesday, 26 Feb.

Attention Teenagers

Are you interested in dancing, games, talent shows, sports, socializing or just wanting a decent place to spend a Friday evening with friends?

If so, then you are invited to attend a meeting on Friday 8 Mar 91 at 7 p.m. at the Wallace Gardens Community Centre.

The only requirements are you must be 13 years of age or in Grade 7, and no older than 18 years of age. All we ask you to bring are your ideas. Remember this will be your night (with adult supervision).

For more information please contact:

Frances Archambault
339-5716
Rose Marie Rideout 339-2644
Debbie Snider 339-7763.

Tee Pee Campsites

Notice to all Tee Pee Park seasonal campers, site selection for the upcoming season (29 March to 14 October) will begin at 1200 hrs 20 Mar 91 at the CFB Comox Recreation Centre.

Selection will be on a first come, first serve basis, 20 pre-designated sites will be available. If unable to attend please send a personal representative, one reservation per person. The cost for a season site this year will be \$400.

To qualify, campers must be in one of the following categories:

1. Member of the CAF and their dependents
2. DND and NPF employees (full time) and their dependents
3. Retired Service people
4. Members of the RCMP

BLANKET CLASSIFIEDS

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers.

TO PLACE AN AD CALL THIS PAPER OR BCYCN AT (604) 669-9222.

\$195 for 25 words
\$3.70 each additional word

AUTOMOTIVE

Jeep Owners. Huge stock of parts. Low prices, instant shipping. For Jeeps 1942 to 1991. Gemini Sales, 4736 East Hastings, Burnaby, B.C., V5C 2K7. Phone (604)294-2623.

BUILDING SUPPLIES

DOORS! WINDOWS! Interior and exterior wood, metal and French doors, wood windows, skylights. MOHEI Call collect to WALKER DOOR and WINDOW in Vancouver at (604)266-1101.

BUSINESS OPPORTUNITIES

DICKIE DEE ICE CREAM. Seeking distributors to run leased ice cream bicycles for summer from home or small business. Training, equipment, support provided. Kirk (604)768-3669.

\$\$\$ EARN \$\$\$ You can make \$\$\$ overnight. For information send a self-addressed stamped envelope to: Tri Ex Consulting, Box 31603, Pitt Meadows, B.C., V3Y 2G7.

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

CLIP NEWSPAPER ITEMS - \$2.00-\$25.00 Each! Work at home - in spare time. Write TODAY. FREE details: Clippings (bc 7), #150 1857 West 4th, Vancouver, B.C., V6J 1M4.

SELLING YOUR BUSINESS! Save money by representing yourself! Advertise weekly throughout Canada and the Pacific Rim in our widely distributed publication. Call 531-4115.

BUSINESS PERSONALS

ORDER YOUR LOVE STUFF! BY MAIL FROM OUR NEW LOVERS' LANE. CATALOG! You're assured privacy and security from our established store! Check us out in the BBB IN HOME SHOPPING! BEST SELECTION! GREAT SERVICE! \$5/catalog. LOVERS' LANE BOUTIQUE, 1074 SHOPPER'S ROW, CAMPBELL RIVER, B.C., V9W 2C6. Tel: 286-1010.

EDUCATION

FREE career guide to home-study correspondence Diploma Courses. Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal, Medical Secretary, Psychology, Travel. Granton (5A) - 263 Adelaide West, Toronto, 1-800-950-1972.

EQUIPMENT & MACHINERY

1979 Western Star. New 1985 Cab. 1979 Peerless Log/Pole trailer. 1979, 130 Barko self-loader. Excellent condition. Must be seen. With or without job \$65,000. 632-5566.

FOR SALE MISC

AQUA-THERM woodburning outside hot-water furnace. Heat homes, shop, greenhouses. Forced-air adaptable. Information: \$5 including feasibility analysis. Aqua-Therm, Box 479, Sylvan Lake, AB, T0M 1Z0. (403)867-5816.

STAINED GLASS: Shop by mail. Glass and supplies. Great prices. 184p catalogue, \$5 (refundable). The Glass Place, 50 St-Anne, Pointe Claire, Quebec. H9S 4P8. Orders call: 1-800-363-7855.

FOR SALE MISC

Peter's Bros. Paving And Inland Contracting are disposing of approximately 150 surplus pieces of major equipment: Trucks, Loaders, Trailers, Paving Equipment, Belly Dumps, Pumps, Hiabs, Ambulances, Low Beds, Excavators, Dozers, Truck Scales, Graders and Crushing Equipment. Call Vic Kampe, (604)493-6791, Penticton.

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

HELP WANTED

Life Insurance Broker Required, Creston, B.C., General Insurance Agency. Must have proven life insurance sales ability, existing book of business. Creston's ideal for family - raising or pre-retirement. Fax resume 1-(604)428-4114.

LAID OFF? TRAIN to manage an Apartment/Condominium Building. Many jobs available. Government licensed home study certification course. Job placement assistance. 661-5456 or 1-800-665-8339.

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

HELP WANTED

Accountant Office Manager. Must be at the intermediate level of an accounting program and have computer skills. Duties include monthly financial statements and bookkeeping, assisting in operations and some secretarial work. This is a permanent position for a mature oriented business person on the Sunshine Coast. Send resume to Box 1000, Powell River News, 7030 Alberni, Powell River, B.C., V8A 2C3.

Wanted! Individuals who enjoy PEOPLE, FASHIONS AND SELF-EMPLOYMENT! Call Nancy at Balance Fashions and discover exciting opportunities for your own home-based fashion business! 1-800-565-5600.

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

Lillock Recreation Centre needs Aquatic Supervisor and Lifeguards mid-March to October. Submit applications stating qualifications, salary level to Management Committee, Box 143, Lillock, B.C., V0K 1V0.

Reporter/Photographer required for bi-weekly Coastal Newspaper. Sports experience preferred. Please send handwritten letter to Editor, Powell River News, 7030 Alberni, Powell River, B.C., V8A 2C3.

LIVESTOCK

Angus Bull Sale, 60 yearling bulls, 20 year old bulls. Sale date: March 16, 1991, 12 p.m. For information call Lee Brown, (403)742-4226.

NOTICE

GALLSTONES? If you or someone you know has suffered Gallstones or had their Gallbladder removed following a Nutri-System Diet, please call Amicus Law Centre today! 383-5012.

PERSONALS

WOULD YOU LIKE to correspond with unattached Christian people, ages 18-30, the object being companionship or marriage. Write ASHGROVE, P.O. Box 205, Chase, B.C., V0E 1M0.

TRAVEL

AUSTRALIA/NEW ZEALAND. Call the South Pacific specialist, ANZA Travel Vancouver/Ruckland, return from \$1,264 to \$1,724. Vancouver/Sydney return from \$1,344 to \$1,663. Vancouver call: 734-7725. Toll-free 1-800-972-6928.

SKIERS: Lake Louise, Canada's Favourite has 3 day ski and accommodation packages. From \$159/person, quad occupancy, regular season. Other package plans available. 1-800-363-0003.

BLANKET CLASSIFIED ADVERTISING

An advertising "Best Buy" Place your classified ad in over 100 community newspapers throughout B.C. and the Yukon for only \$195.00.

Contact this newspaper or call (604) 669 - 9222 for more information.

Winter Golf Results

Due to inclement weather, there was no golf this past Sunday, Golf as usual 10 Mar 91.

Sunday, 17 Mar 91 Winter Golf closing 18 hole tournament. Sign up by 9 a.m. for 9:30 tee off. Shot gun start.

There will be a mixed 4 ball on Sunday 24 Mar 91. Details next issue.

G.G.G.C. membership forms are available in the Social Centre/Club House.

Membership dues must be paid by 1 Apr 91; payable by cheque or money order.

Glacier Greens Tournaments - 1991

17 Mar Winter Golf Closing
24 Mar Mixed 4 Ball
26 Mar Ladies Get Acquainted (9 holes)
6 Apr Mens Opening
7 Apr Zone 6 Juniors
9 Apr Ladies Pin Day 1
10 Apr GG Srs Opening
13 Apr Ladies Spring Fling
14 Apr Mens Interclub SC at GG
16 Apr Ladies Pin Day 2
21 Apr Early Bird
23 Apr Ladies Interclub SD/Comox at GG
28 Apr Mens Interclub GG at SC

30 Apr ATC Tournament
1 May Ladies Pin Day 3
5 May Presidents Cup
7 May Ladies Interclub GG at SD
12 May Mens Interclub SS/PA at GG
14 May Ladies Dorothy Franklin Memorial
21 May Ladies Match Qualifying
24 May MPs Tournament
26 May Mens Interclub Comox at GG
1 Jun GG Mens Open
2 Jun GG Mens Open
4 Jun Ladies Interclub EC/PR at GG Pin Day 4
9 Jun Mens Interclub GG at PA

29 Sep Mens Thursday Night Closing
6 Oct Friday Night Mixed Closing
13 Oct Mixed 4 Ball Closing
22 Oct Ladies Windup
9 May Dist 6 Grandmothers - SD
12 May Ladies N. Island Open - Comox
18 May Mens Malaspina - PR
19 May Mens Malaspina - PR

11 Jun Ladies Powerhouse Pin Day 5
16 Jun GG Ladies Invitational
18 Jun Ladies Secret Partners
25 Jun Ladies Interclub GG at EC
29 Jun Labatts TPA
30 Jun Mens Interclub GG at Comox
2 Jul Ladies NCTC Qualifying Pin Day 6
6 Jul Labatts TPA
7 Jul Mens Interclub GG at SS
9 Jul Ladies Interclub GG at PP
16 Jul Ladies 2 Ball Qualifying
21 Jul Mr & Mrs/His & Hers Tournament
23 Jul Ladies Interclub GG at Comox
30 Jul Ladies Pin Day 7
31 Jul Zone 6 Srs Tournament
6 Aug Ladies Bingo, Bango, Bongo
10 Aug General Lett Tournament
13 Aug Ladies Interclub SS/PP at GG Pin Day 8
23 May Ladies Amateur & Sr - Fairwinds
24 May Ladies Amateur & Sr - Fairwinds
26 May Ladies Malaspina - PR
13 Jun Dist 6 Ladies N.H.A. - Comox
6 Jul Mens N. Island Open - Comox
7 Jul Mens N. Island Open - Comox
7 Jul Ladies Amateur Open - SS
13 Jul Campbell River Mens Open - SS
14 Jul Campbell River Mens Open - SS
3 Aug Mens Tillicum Open - SD
4 Aug Mens Tillicum Open - SD
5 Aug Mens Tillicum Open - SD
9 Aug Ladies N.C.T.C. - EC
17 Aug Ladies Tillicum Open - SD
18 Aug Ladies Tillicum Open - SD
22 Aug Ladies 2 Ball, Best Ball - Cowichan
7 Sep Seven Hills - Port Hardy
8 Sep Seven Hills - Port Hardy

Golf Shot



Winter Golf Anyone?



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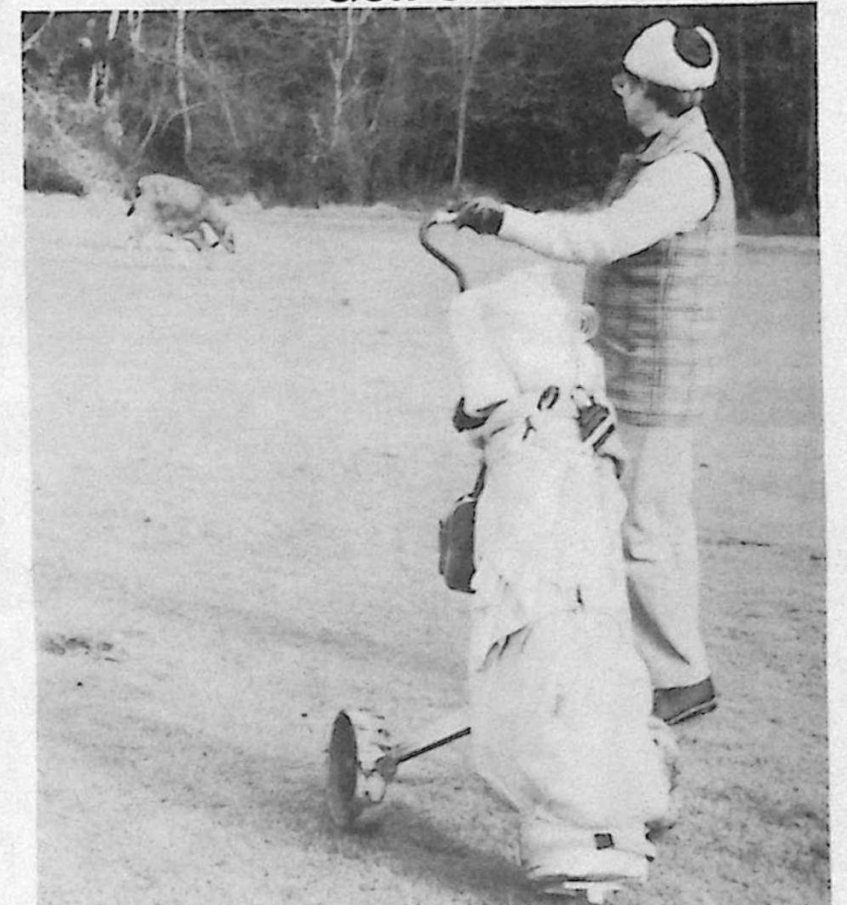
Chantel welcomes all her friends and new clients to see her at Trio Beauty Studio.

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10% off all services until March 30th

By R. McCliesh

Golf Shot



2 deers and 1 deer

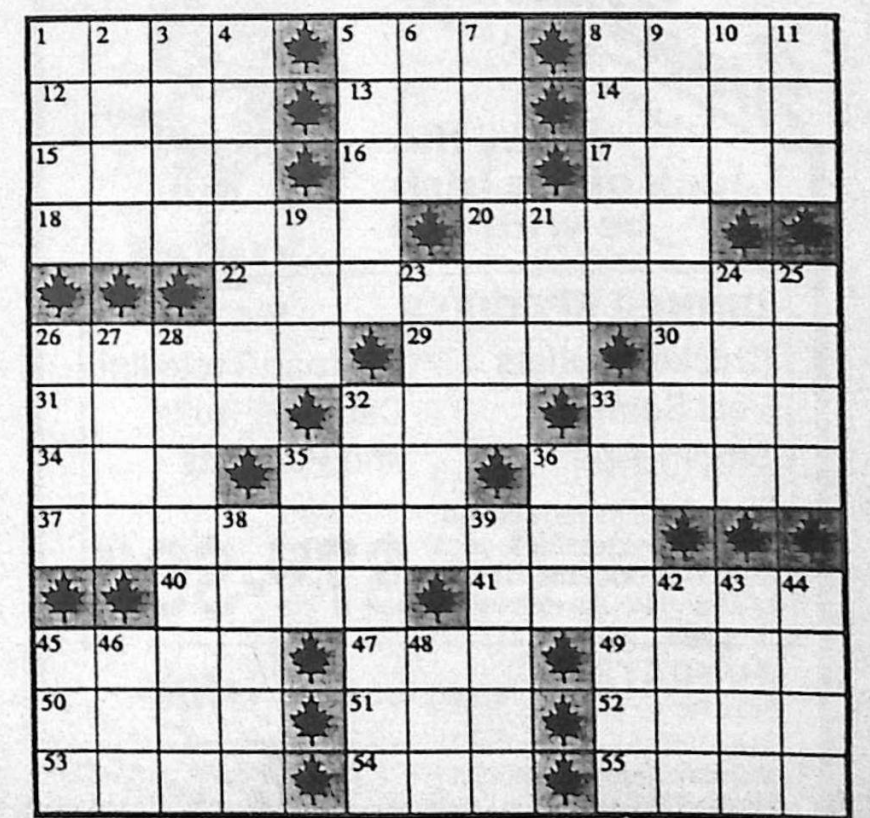
Canadian Crossword

By Rick McConnell

Solution on page 24

ACROSS
1 Juno winner Jordan
5 Formal address
8 Rear
12 Hair (comb. form)
13 Draw home style
14 Way down
15 Cheese type
16 Help
17 451 to Caesar
18 Summer subject of Happiness
20 Former Flame Hakan
22 Seven days of running bare?
26 Bulls
29 Alias
30 Vied
31 Heaven

DOWN
1 Description
2 Verdi
3 It's Grand in baseball
4 Retailer's name
5 Fundraiser Patricia
6 Three in Old Rome
7 Water & town in B.C. & Ont.
8 Commercial bovine
9 Sask. Lake
10 Salt in Sorel
11 Start for gram or dermis
19 Aliens (abbr.)
21 Town known for cheese and golf course expansion
23 Cologne
24 Let up
25 Joint
26 Polanski
27 Garfield's buddy
28 Crimson H2O in ON or AB
32 Alta. town made from crimson
33 Sooner
35 Before
36 Spooky writer
38 Foe
39 Crawl
42 Doing nothing
43 Penn or Connery
44 Horse measurement
45 wit
46 Ear prefix
48 Neilsen's nickname



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Military update

Willow Point: CF visits the kids.

...continued from page 1



A Valentine's Day visit by a group from CFB Comox (names on picture, front page). Below: Mrs. June Marchand receives a framed CF-18 picture from Base Chief CWO Terry Doherty.

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.

Art Scene

WILSDEN GALLERIES presents Peter Karsten - "Birds of the Pacific Northwest" in watercolour and Peter Robinson - "Landscapes of the Marble Meadow Area of Strathcona Park" in watercolour and oil. Peter Karsten lives in Calgary and has always been fascinated by wildlife and nature. He has had numerous exhibitions of his work and his latest show in Innsbruck, Austria was a sell out. Peter Robinson lives in Comox and has been painting full time for over 20 years. This show continues until Saturday, March 9, 1991.

Gallery location: 440 Anderton Ave., Courtenay (by the Fifth Street bridge)

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Comox Glacier Wanderers

Comox Glacier Wanderers invite all walkers to join them on their Annual 10K Volkswalk, starting between 10 a.m. and 12 noon from Fisherman's Lodge at Oyster River, on Sunday, 24 March, 1991. For information phone 339-3945.

Men's Base Fastball

All those interested in playing for the CFB Comox Men's Fastball team are urged to attend the meeting at the Base Gym on Thurs 14 Mar 91 at 1500 hrs or contact Lt Denis McGuire at local 8337. Practices will commence in early April.

Off the base

More Poisons

from parents, grandparents and other caretakers. Nurses report that calls occur just before meals and early in the morning on weekends - when parents are busy in the kitchen or trying to catch an extra few minutes of sleep.

Children under the age of five years most commonly ingest pharmaceuticals and poisonous plants. Nurses often receive calls

about excess consumption of cough and cold preparations, for instance, as well as children's vitamins. Frequently, the medications have been stored in the refrigerator.

They also receive many calls about children who have eaten indoor plants. The most common poisonous houseplants are poinsettias (leaves), mistletoe (ber-

ries), oleander (leaves and branches), rosary pea or castor bean (seeds), dilleniaceae, dumb cane, elephant ear (all parts) and hyacinths, daffodils, and narcissus (bulbs).

Watch for information from nurses in the Poison Control Centres during Poison Control Week in the month of March.

Continued from page 16

Autoplan

1991 Autoplan Changes

PREMIUMS

Who pays more? Why?

Based on past experience and projections, ICBC requires 4.5 per cent more premium income in 1991 - 3 per cent to pay for claims and improved Autoplan benefits, plus 1.5 per cent to offset the impact of the federal Goods and Services Tax.

Each year, ICBC determines which coverages, territories and vehicle uses have increased or decreased in relative claims cost.

If your premium is changed more than the average, it is because of the various factors which affect insurance rating: the value, age and use of your vehicle, where you live, what coverage you choose and where you are on the Claim-Rated Scale.

Compulsory Coverage

The largest part of your basic Autoplan insurance is made up of liability coverage (to protect you if claims are brought against you by others) and No-Fault Accident coverage. Premiums for these coverages, including extended liability, are being increased, on a province-wide average, by 4 per cent for claim-free motorists. As we mentioned above, depending upon where you live and the coverage you choose, the change in your premium may differ from the average.

Collision & Comprehensive

Each year about a third of all vehicle models are "aged" and the collision premium is adjusted to reflect decreased value. Collision premium increases may apply to other vehicle models.

Comprehensive coverage premiums are also adjusted to reflect claims experience, vehicle value, use and territory. Sharp increases in windshield, theft and vandalism claims have led ICBC to increase premiums for Comprehensive coverage by an average 15 per cent.

Underinsured Motorist Protection (UMP) will cost \$4 more.

GST Impact

When you buy your Autoplan insurance you will not pay the 7 per cent GST on your 1991 Autoplan premiums. Financial transactions of this nature are exempt.

However, ICBC will be required to pay the GST on many goods and services it purchases.

ANY GOOD NEWS?

Yes. More and more people are participating in carpools and we've made a change that will make carpooling an even better deal. In the past you could drive a vehicle rated for "pleasure only" to and from work on only 4 days in a calendar month. We've increased that to 6 days so that, even in the longer months of the year, four carpool members who own pleasure-rated vehicles can share the driving to and from work without rerating their vehicles, as long as each of them drives to work not more than 6 days in the calendar month. The change to 6 days also applies to some other vehicle use classes. Ask your Autoplan agent to be sure you are rated correctly.

Increased Weekly Benefits

As of January 1, 1991 accident victims who qualify will receive increased compensation for lost wages. ICBC is increasing the maximum weekly indemnity from \$200 to \$300 provided that does not exceed 75 per cent of the victim's gross weekly income at the time of the accident. This applies to all new claims as well as to all outstanding claims. Payments will not be retroactive but will start at the new level as of January 1991.

Short Term Savings

Prior to January 1, 1991 a surcharge of 5 per cent of the annual premium has been charged to people licensing and insuring their vehicles for periods of less than 12 months (short term licence and insurance). This surcharge has been reduced to 4 per cent (minimum \$20) to make the short term option even more affordable.

WHAT ELSE?

Territories

For insurance rating purposes, BC is divided into 14 territories. In the past your Autoplan agent asked where your vehicle was principally operated in determining your premium. Now, for most vehicles, the territory is defined as where the vehicle is "garaged" that is, "primarily located when not in use". In most cases, this would be the vehicle owner's home address. This and other territorial changes have been made to accurately reflect claims experience in different parts of the Province.

New consequences of misrating

ICBC has established a new procedure to deal with the serious problem of deliberate misrating of vehicles. If you make a claim and your vehicle is found to be misrated, you will pay ten times the difference between the cost of the coverage you were carrying at the time of the accident and the coverage you should have had, with a minimum of \$500 and a maximum of \$10,000. The bottom line - be sure your vehicle is correctly rated.

ICBC



On and off base

Census Day

In September of 1990, Vancouver became the first city in Canada to introduce wheelchair-accessible bus service. "The response to the service from community organizations and individuals has been overwhelmingly positive," notes Diane Gendron, spokesperson for BC Transit. "The number of

people in wheelchairs using the service tripled in the first two months of operation!" "Census data is a key factor in the planning for accessible service," notes Ron Drolet, BC Transit Manager of Planning for the Victoria region. "The Census is the only complete source of information about Canadian com-

munities, and as such it provides a basis for decision-making about a wide variety of community services including transit." The next Census of Population will take place on June 4th, 1991. In order to ensure that the data gathered in the Census is complete and accurate it is essential that everyone is counted on Census day.

The Census also provides a basis for additional special surveys conducted by Statistics Canada such as the Health and Activity Limitation survey. "By combining this survey information with census data, and our lists of registered users of systems like the handy DART service, we have excellent information about the

needs and location of potential users of the accessible service. Using this information we can do the bus replacement and route planning which results in putting the improved transit service on the road," says Drolet.

There is a direct benefit to
continued on page 23

Planning Accessible Transit

SERVICE DIRECTORY



SunLife of Canada

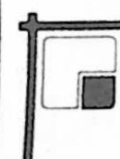
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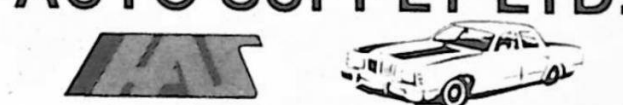
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On and off base

Dog Talk

by Gerry Gerow

The New Beagle

This week, another breed book, *The New Beagle*, by Judith and A.C. Musladin and Ada Lueke, Macmillan Publishing Co., New York, and Maxwell Macmillan, Don Mills, Ont. \$27.95.

The Musladins have been breeding and showing Beagles for thirty years and Lueke has been at it for 22, so it goes without saying that they know what they are writing about.

Beagles are a very popular breed of dog, both in the U.S.A. and in Canada. In Canada they account for almost one third of all the hound group registered each year. Beagle history both in England where the breed originated and in North America is well covered.

The American and English breed standards are included and discussed, but not that of the Canadian Kennel Club. This is a failing of all too many breed books. This is my only criticism of the book. Everything else required in a good breed book is here and well presented.

The new Beagle is a hard covered 270 page edition illustrated by around 200

photographs and a number of line drawings. This is certainly a book with a great deal of information for the owner or prospective owner of a Beagle. It is just published so if it is not in the stores, yet, ask them to order it for you.

This book received a nomination for breed book of the year from the Dog Writers Assn. of America. A much sought after honor. A book I reviewed about 3 months ago, *The Chosen Puppy*, was selected as the best reference book of the year.

What do you feed your dog? Dogs need a balanced diet just like a human being. They need protein, cereals, calcium and everything else, just like we do. Unfortunately there is no law in Canada covering what can or must be included in dog food, as there is in the United States. A dog food manufacturer in Canada can put just about anything in the bag and be legal. In general, if you are paying less than around \$30 for a 40 kilogram sack of food, you are probably not feeding your dog a proper diet. I like to supplement the regular food with milk bones as they help to keep their teeth



clean and are fun for the dogs also.

You can overdo it. Some dog foods are too rich for all but the most active dogs. If you are unsure what you should feed them, ask the folks at the pet supply store, or at your local veterinarian. The Vet is the preferred authority. Always ensure that your dog has access to fresh water at all times. They need a drink now and then just like the rest of us.

Speaking of overdoing it, I recall a time when I was raising a new puppy. I was weaning him from his mother and thinking that nothing was too good for him - I was feeding him milk and lots of raw hamburger. A little while later the vet discovered a heart murmur and a blood test confirmed that I was killing him with kindness. A change of diet fixed him right up.

I would like to congratulate the people at Medley (Cold Lake) for their efforts to get something similar to the Association of Island Obedience Clubs, going in their area. I wish them every success.

More Census

continued from page 22.

everyone in the community through participation in the Census. Information on individual questionnaires is kept strictly confidential, by law. Information about the community as a whole provides a vital basis for decisions on education, health care, public protection and transit services.

For people with disabilities, the introduction of the lift-equipped buses in Vancouver has allowed much better access to educational and employment opportunities. "In addition, the service adds the spark of spontaneity to the life of a disabled person," notes Drolet. "Now these people can decide to go out on the spur-

of-the-moment rather than having to plan their activities two or three days in advance in order to ensure access to transportation."

According to BC Transit, more than 5000 people who use wheelchairs live within the Vancouver Regional Transit service area. In September of this year, the municipalities of Richmond, North Vancouver, Port Coquitlam and Langley will receive accessible service as part of the second stage of the BC Transit Accessible Bus Service plan. The Census on June 4th will provide new information about the disabled living in every community in British Columbia and the Yukon.



Using a lift-equipped bus in Vancouver.

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CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the
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CATECHISM CLASSES - September - May in the PMQ
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CHOIR - practices 1830 hrs, Thursday at Chapel.
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Drink and drive?



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On and off base

Officers Ladies

Our Lingerie Bingo, held 20 Feb 91 was a great success. Everyone had a good time and lots of laughs. The Bingo was worthwhile for those lucky winners! There were lots of wonderful prizes given away. Some ladies were lucky enough to win two prizes. Congratulations to all the winners and a big thank you to Barb Vermette for the great door prize.

Our March event is almost here everyone! Tuesday 12 Mar we will be hosting the Art Auction, to be held at the Officers

Mess. The preview will begin at 7:00 p.m. and the Auction will follow at 8:00 p.m. This event is not to be missed. We hope to see everyone there.



Congratulations going out to Ray and Jan deMoor on the birth of a beautiful baby boy.

WOs/Sgts Ladies

For a few short hours the WO & Sgts Mess was transformed into a scene from the 'Arabian Nights'. After an outstanding pot luck dinner, our ladies and their husbands were entertained in the style of Sultans.

Tamarask and Troupe Zagharret put on a show of Eastern belly dancing that was unforgettable. The intoxicating music and movement of the dance, mixed with dazzling costumes, sent adrenaline levels flowing. Draws were held during intermission for Valentine chocolates.

John Boudreau won the wine basket.

A big thank you to Tamarask and her troupe for a wonderful evening.

Thanks also to Jackie Symes for all her hard work in making this possible, to the Mess entertainment committee for their sponsorship, to Denis Pistun and Vern Prowse for their help with video and spotlight.

See you next meeting - Mar 11 at 8:00p.m.!

Jr Ranks Ladies

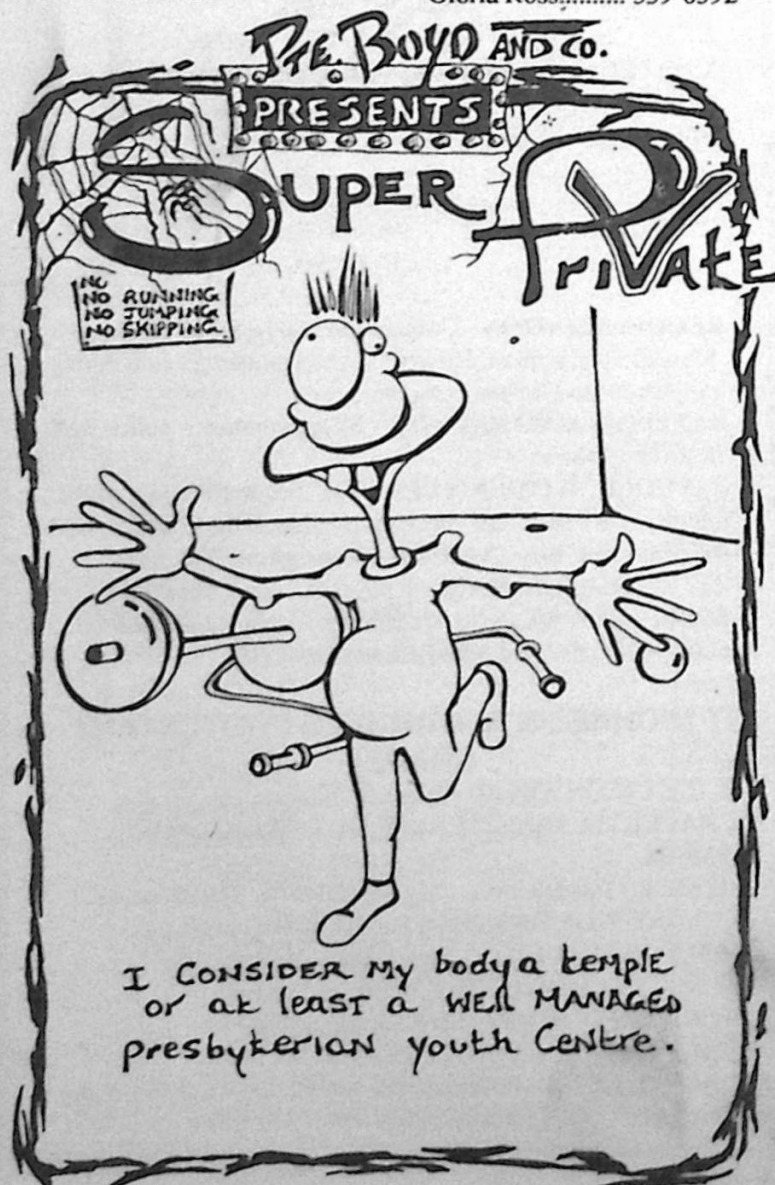
A Romance Bingo was held. The prizes were lingerie or gifts certificates. The winners were all extremely pleased; the losers envious.

Plans have been activated for the Spring Fashion Show. This will be held 24 Mar at 2 p.m. in the Jr Ranks lounge. There is a vast array of door prizes to be drawn. To date there are over 30 confirmed sponsors. Chances of winning a door prize are better than the '649 lottery'. Refreshments will be served.

A meeting will be held 21 Mar in the lounge to finalize the fashion show. This will also be a nomination meeting for positions on the 1991/92 executive. Elections will be held at the April meeting.

Anyone wishing to purchase tickets or receive general information about the club, please contact one of the following:

Liz Basham..... 339-4314
Kelly Haines..... 339-0139
Linda McLaren... 339-3241
Gloria Ross..... 339-0592



Easy Care, Easy Wear For Kids Only - Makes Happy Moms

Laurette Subchak, Kids Only Clothing Club Inc. says mothers know best about kids clothes. With today's career women, mother and wife, who has time to shop. It's becoming a popular trend in the 90s to operate a business from your home. It's easy, but most of all convenient. Shop from your own home or your neighbors.

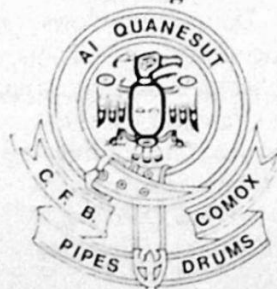
When talking to professionals in the working force, I found most often you hear it's difficult shopping with tired, hungry children. When you work all day, who has time to spend hours dragging children around shopping. If you do not take the children with you, most often you end up returning the clothes you thought would be suitable.

Kids Only offers fun, easy care, easy wear clothing for children, 6 mos. - 12 yrs, plus oversized styles. Basically, the way it works is that there are 32 pieces of clothing and hundreds of combinations.

There are a lot of unique features that most children's clothing does not have. The clothing is sold by height because several children of the same age can wear different sizes of clothing. With their adjustable waistbands, extra length for growth, and bonded knee reinforcements, growth spurts are no problem.

Mothers can finally sit back and enjoy shopping from your own home. (Please refer to advertisements in Bulletin Board.) Most of all, your kids will love you for it!

A Parade Without Music? Boring!



It's time CFB Comox had a Military Band of its own.

Anyone interested in forming a Base Highland Pipe Band, please contact Capt George Dowler at 339-0925 or local 8671.

Military and Civilians Welcome.

Solution

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

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