

# FISHWRAPPER





# TOREM RES



Canadian Forces Base Comox B.C.

VOL 33 NO 06 21 MARCH 1991

**NEXT DEADLINE 08 APR 1991** 

COST: PRICELESS

Exploding a Myth--Comox Lawn Mowers at Work



Storm, after storm, after storm it was heavy equipment vs the elements and in the end after a seemingly endless battle, hard work paid off, "Black Top" was achieved and CFB Comox remained the only operational airdrome in British Columbia.

## New Digs for RCAFA

VICTORIA - The Royal Canadian Air Force Association, Wing 888 in Lazo, has received approval of a \$63,796 GO B.C. award to help construct a community hall facility, Provincial Secretary Howard Dirks and Comox MLA Stan Hagen have announced.

Dirks, minister responsible for GO B.C., said there are limited community use facilities in the Lazo area. "The Air Force Association wishes to construct a facility which will provide meeting space for a number of nonprofit groups including the Air Cadets, Boy Scouts, Pipe Band

Stan turns the first sod



Scouts rep. Scott Harnden, Comox MLA/Education Minister Stan Hagen, 386 RCAC Squadron rep. WO Angela Ramsden, 888 Wing President Stu Living and 386 RCAC Sqn CO Capt Andre Melancon turned the first sod for 888 Wing's new facilities recently. The \$278,000 complex is expected ready for use by the Fall.

and the Marine Rescue Society."

Hagen, Minister of Education, added that the building will also have a hall with a kitchen. "These facilities will be available to the community and will accommodate a variety of social and recreational events, such as dances and aerobic classes."

GO B.C. is a capital funding program which uses the proceeds from lotteries operated by the B.C. Lottery Corporation to assist a wide range of community initiatives.

The new facility consists of two modular buildings to be trucked down from CFB Holberg, a 3000 square ft. new building, with basement, and a large deck, facing the airfield. The plans are available for viewing at 888 Wing.

A crew from 888 Wing will go to Holberg soon, and expect to finish disassembly by mid-April. Haida Transport of Campbell River are donating B-train trailers for the move, with Canada-La-Farge Cement Co. supplying the tractor.

Most of the labour during construction will be supplied by volunteers (call Bill Shields at 339-0604 if you'd like to help)

continued on page 2

#### **VU Changes Command**



Base Commander Col J.E. McGee addresses the parade and welcomes the new VU33 CO, Maj E.J. Beth. Seated is outgoing CO, Maj L.G. Bolton.

## On the base

**BTNO Hockey Invitational** (Story on page 10)



BComd and BTNO presenting team captain CFB Winnipeg with 1st place trophy.



BComd presenting team captain, 1 SVC BN Calgary with 2nd place



BComd and BTNO presenting Cpl Delcourt of CFB Winnipeg with MVP trophy





## The Tug of the Kite

A small boy and his grandfather were flying a kite on a hill. The kite soared into the sky. Then suddenly a low cloud hid it from their sight. After a few minutes, the grandfather said to the boy, "Bobby, maybe some thief up in that cloud stole your kite!" The boy shook his head in disagreement. A few minutes later, the grandfather said again, "Bobby, maybe some thief up in that cloud stole your kite!" Again the boy shook his head. "But Bobby," said the grandfather "how can you be so sure that kite is still at the end of your string?" The boy replied, "Because I can feel something you can't feel. I can feel the kite tug at my string."

This little story illustrates how many people who weren't privileged to see Jesus after His resurrection were sure nonetheless that He had risen from the dead. They were sure for the same reason the boy was sure that no one had stolen his kite. They felt the tug of Jesus in their lives. In other words, they experienced the power of the risen Jesus at work

in their hearts This year,on the occasion of Easter, may we all feel the tug of Jesus in our lives!

Excerpt from Illustrated Homilies by M. Link (Contributed by G. Veilleux, BChap

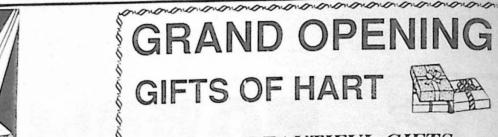


#### More RCAFA

continued from page 1

and skilled work will be con-

Construction should commence in mid-May and the facility should be ready by Fall Total cost of the project is estimated at \$278,000, partly raised by grants, the balance by RCAFA. The present 888 Wing building is for sale (offers to 339. 0604).





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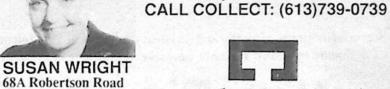
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TO LOSE! ZWIN

## Tee Pee Park

by Lt(N) Fred Bradley, BPerO

For those of you who have no idea where Tee Pee Park is located, or if you qualify to use the facility, or how much it costs, and planned improvements for 1991, this article will be of definite interest to you.

BPerO

THURSDAY 21 MARCH 1991

Tee Pee Park is located on DND property, at Air Force Beach, CFB Comox. There are 50 available campsites, some with direct access to the Straits of Georgia, and more with a picturesque view of mainland mountains. Twenty of the 50 campsites are allocated as seasonal, six month occupancy at a set rate. The remainder are designated for daily, weekly or monthly reservations. As well, the park has an existing boat ramp facility adjacent to the beautiful sandy Air Force Beach (at an additional charge).

Through Base personnel support program (PSP), submissions for 1990/91, Tee Pee Park has received a grant of 75K (PSP funding) and a Base fund loan for 25K, totaling 100K. This means that Tee Pee Park will experience the largest ever expenditure for facility upgrading and improvements in the history of the park. Projects which will be undertaken to BC park standards for 1991 include:

- installation of 50 approved fire rings

construction of a children's

installation of a 2000 gallon

playground construction of a wood storage shed with firewood available to the campers

sani dump station -construction of a combined handicapped equipped shower,

- new street names/signs (Aurora, Buffalo and Challenger). Also a new numbering system will be in place for the 1991 season

- road upgrading

toilet/laundry facility

-construction of 16 new picnic tables and refinishing of the existing 50 tables

painting and general maintenance of existing buildings

installation of water and electrical hook-ups to 25 of the sites along Challenger Street (Fall

This expansion has impacted directly upon rates needed to cover maintenance costs, loan repayments and future developments, as no other PSP funding will be availbable. In determining what the Development Commit tee regarded as the most reasonable rates for 1991, a survey was conducted whereby comparisons between local and BC parks facilities were considered. It was determined that after work

completion of which 80% is ex-

pected to be done for the '91 season, Tee Pee Park will have the highest quality of service, most reasonable rates, and better facilities than any BC park or privately owned establishment in the Comox Valley/Campbell River area. It is for these reasons the following rates are set for 1991, Tee Pee Park operations:

Daily - \$7.00 Weekly - \$45.00 Monthly - \$160.00 Seasonal - \$400.00 Boat ramp seasonal fee -\$30.00 Daily boat ramp fee - \$3.00

For those of you so far optimistic about Tee Pee Park development and are interested in camping at this prime CF facility, the following personnel are encouraged to utilize the park:

members of the CAF and their dependents

DND and NPF employees (full time) and their dependetns - retired service people -members of the RCMP

It is expected that once all projects are completed at Tee Pee Park for 1991, CFB Comox will have a military camping facility unparalled in the Canadian Forces. It is all designed for you - so On the base Padre Bob



**EASTER** 

Once again I seem to have quite a bit to tell you. As you saw from the full page pictures in the last Totem Times we had a super day for our Baden Powell/Thinking Day Service. Anice sunny day for a parade and a good turn out by all the members of the Guiding/Scouting Movement who were lead from Airport School to the Chapel by Sandy Cochrane, our Piper. During the Service each group re-affirmed the Promises and all in all it turned out to be a great start to Baden Powell Week.

At the beginning of March our new Command Chaplain (P), Col G.G. Davidson came out for a brief peek at the Comox Valley. He thought I was hiding some of the beauty of this posting. How can one hide the grandeur of the Comox Valley even if we did have snow at the time to remind him of Winnipeg. (That reminds me, I didn't think that that four letter word SNOW and March went together here. Oh well, it has improved the skiing.)

Since he was wearing green we toured the Tower to show him the office with the best view, and each of the Squadrons to tell him

of our many roles within MAG, ATG and Fighter Group. Not wanting to overload him with all that Air Force talk we spent a super morning on the water with our Marine Section. As we were on our way back home we came by a herd (if that is what they are called) of sea lions. There were lots of seagulls in the area and an eagle was chasing a seagull. (It was sort of like an Aurora chasing a T-Bird.) My thanks to all who helped make the Command Chaplain's first visit a good one.

Today is the first full day of spring and next Friday is Good Friday. During Lent we have been studying God's Covenant with us starting with His Covenant with Noah not to destroy the earth with floods again and the sign of that Covenant, His bow in the sky (the rainbow). The rules were set out. God was faithful in the relationship but mankind failed. According to the laws of the day when one party failed to live up to their part of the agreement, then it no

longer held for the other. God showed his love for us by staying constant and still abiding by Covenants that would have been null and void in the courts of the

day. As we read the events of the first Holy Week we can see the dilemma of the people involved. Read how they struggled with what they had been taught was different that what this itinerate preacher from Nazareth was saying. Try to imagine the egg shells they were walking on as they tried to lead a nation that was under Roman rule. They were not particularly bad people! They were trying to protect their religion as they knew it and the relationship with their conquerors, the Romans. Come on along and join us as we struggle with the problems of that First Eastertide. Our Services will be as follows:

Palm Sunday 1100 hrs Service Good Friday 1930 hrs Service Easter 0700 hrs Sunrise Service at Air Force Beach followed by breakfast back at the Chapel. Please sign up on Sunday to allow for our planning.

1100 hrs Service including Communion and a Baptism.



year, for the last time, the federal sales tax credit. But if you automated phone service called T.I.P.S., for answers to comdon't file a tax return because you don't owe any taxes, you mon questions. For a complete list of services and phone could miss out. numbers in your region, see your Guide. Is tax filing easier this year? What other services are available Revenue Canada has introduced new measures to simplify You can visit Seasonal Tax Assistance Centres in convenient

Tax Tips for your 1990 Return

"Why should I file a tax return if I don't owe amthing?"

the tax filing process. The guides use clearer, plainer language, the Special return has been trimmed down and there are two new "no calculation" returns. The one-page, gold 65 Plus return is for seniors with income from pensions or interest. The white Short return is for people, like students, with simpler tax situations. If you choose one of the "no calculation" returns, we'll do all the calculations, including any federal or provincial credits you may be eligible for.

Revenue Canada doesn't just collect taxes, it also delivers

federal and provincial credits you could benefit from, including

the goods and services tax credit, the child tax credit, and this

Got some tips?

First, look in the Guide that comes in your tax package. It gives you step-by-step instructions and helpful tax tips. Read the expl mations for the lines that apply to you, and ignore those that Jon't. If your income situation hasn't changed much from last year, you can use last year's return as a reference.

What if I have questions?

If you can't find the answers in the Guide, you can call the people at Revenue Canada. The best times to get through locations, like shopping malls, for information, guides and forms. See your local newspaper for times and locations. There's also a video called "Stepping Through Your Tax

are before 10:00 a.m. and after 2:00 p.m. From February

25 through April 30, Revenue Canada's phone hours are

extended to 8:00 p.m., Monday to Thursday, There's also an

Return" that you can borrow from public libraries or your district taxation office.

Anything I should watch for?

Make sure all the personal information printed on your return is correct, especially your address. Before you start, make sure you have all your receipts and information slips. Check your calculations, and attach all the information that's asked for in the return. These steps will help avoid delays in getting your

If I move, will I still get my cheque?

If you're moving, call or write Revenue Canada with your new address, so we can make sure your cheque gets to you. If you have more questions, talk to the people at Revenue Canada Taxation. They're People with Answers.

## PEOPLE WITH ANSWERS

Revenue Canada Taxation Revenu Canada Impôt

Canadä

NORM

BLONDEL

more time to get things done.

A microchip was a small french fry.

more complex, and a lot less stable.

dollars.

Editorial

"Grandpa.....tell us about the good old days"

.. from a song by The Judds.

In the 50s, it seems to me, the clocks didn't tick so fast: there seemed

We were in the first flush of post-war prosperity. Crude oil was two

dollars a barrel. The McGuire Sisters chirruped at us from our new, gaily

coloured plastic radios. Colour TV was just over the horizon. Joe Mc-

Carthy was a sour memory. This new kid, Elvis Presley, was causing our

youngsters to get a bit uppity, but he'd settle down, and so would our

Mom and Dad lived in a nice PMO or in a subdivision nearby, there

was a big Ford, Chevy or Plymouth - or even a Studebaker - in the

driveway, a three-legged tin barbecue, burning real chunks of charcoal,

billowed steak fumes on weekends. Mortgages were five or six percent -

for life! - and a nice three bedroom rancher could be had for nine thousand

Life was good, but not perfect. Soviet subs menaced our shores, Viet

Nam was a "Domino", you got your old age pension at 70, we didn't

know, or seem to care about the hazards of tobacco smoking, or

cholesterol. We knew about hemp, or "Reefers", but Pot was a Utensil

and Hippie was broad in the beam. It wasn't until the early sixties when

our kids exploded into rebellion, that life seemed to become suddenly

Perhaps it was the Beatles - not their songs, but their hair - which

triggered such a massive rejection of our social values. Hair was the most

visible symbol of change, or rebellion. It was also the least harmful... With

a change in social mores came drugs, dropouts, more disease, more crime,

and rejection of the idea of marriage and the family as something to work

Today we have youth gangs killing each other, single parents all over

the place from the fifty percent of Canadian marriages now ending in

divorce after only five years, or from a careless - or carefree - attitude

toward sex. There is massive consumer fraud, massive pollution, and

massive distrust of public officials. Our kids can't read, write or spell

It's not all bad: We have environmentalists, recycling, organic garden-

ing, PBS, whalesaving, clean air acts and regiments of people giving their

time, talents and money to a thousand worthy causes. Perhaps we are

But still, there are times when I like to think back to the "Good old

days", when life seemed a lot less complicated and certainly less menac-

Feedback

One way of surveying our readers is by goofing up on the front page.

We printed the wrong deadline in our March 7 edition. Calls came

flooding into 3 of our 2 answering machines, a pigeon delivered some-

thing, and a note was found in a bottle on Long Beach. That's feedback.

properly, but some of them still get into university.

ing, and when the clocks didn't seem to tick so fast.

Now we know you read the Fishwrapper.

pulling back from the edge.

CAREER

MANGLERS

0

## Comment

## Letters

#### Thanks from the Heart

Dear Sir:

Thank you!

As another successful Heart Month draws to a close, we want to give credit where credit is due.

We couldn't have done it without you!

Because of your support through community calendar listings, use of drop-in ads, and coverage of our events - we were able to get our message out.

We're still waiting for the final results, but we know we've made great strides toward our \$7 million goal for programs of lifesaving research and education.

And that's great news. Especially for the hundreds of thousands of Canadians affected by heart disease and stroke.

So, please accept our sincere

Sincerely, Linda Muller Communications Coordinator

P.S. We'd also like to acknow ledge the vital role volunteers in your community played in making our campaign a success.

Dear Editor:

#### **Victoria Cross**

Dear Editor:

March 7th, I am writing to concur entirely with your observations regarding the possibility of a substitute for the Victoria Cross. Among all the annals of military history, the citations accompanying this award, reveal that it was not conferred lightly, and in many instances posthumously. Rank, religion or colour were never considered in the final evaluation of the recipient's courage. The V.C. in undeniably a part of Canada's military history, and the 93 V.Cs awarded Canadians attests to that

In response to your editorial of

Unfortunately there seems to exist, an element in this country

I wish to point out to John

Novak that my proof of hangar

size relating to the Stirling

aircraft wing span in no way

served to shoot down one of his

earlier statements. Now he raises

the question "Why was it neces-

sary for the Air Ministry to insist

that the Short Bros Aircraft Com-

pany reduce the wing span of

The answer can be found in the

original B12/36 specification that

required an aircraft that could be

broken down into transportable

sections for 35 ft packing cases

which could be handled on rail

their initial Stirling design?"

clouds the issue. After all it

that would have us turn our backs on our past, proud and great. Their subtle endeavours convey a program of gradual erosion of our time honoured traditions, even to the severing of our ties with the Crown and Commonwealth of Nations. The proposed replacement and subsequent abolishment of the V.C., thereby depriving the Canadian military of the award is yet another facet of the continu-

No sir! No substitute award, regardless of how much hype it receives, will ever supercede the Victoria Cross, in honour alone. Yours sincerely

wagons. The original Stirling

design was planned to have a 112

ft wing span which did not meet

the B12/36 specification, hence

the reduction in span to 99 ft. It

was also laid down in the

specification that such parts

should be interchangeable, a pru-

dent piece of foresight in view of

the attrition to be experienced

It may be of interest to know

that I am an ex-Stirling type, so

perhaps arbritration may not now

when war came.

be necessary.

Editor's Comment: I called John Novak and he agrees discussion about

the Stirling has run its course. I congratulate all participants on a lively

and informative exchange. Trivia never had it so good...Norm.

Air

Sincerely,

H.W. Holmes

Force

John Novak

#### Aviation Special **Event**

Dear Sir:

We would appreciate it if you could include the following aviation special event in the Totem

Mark July 13th and 14th on your calendar for the Canadian Museum of Flight and Transportation's 10th annual "Wings & Wheels".

In cooperation with over twenty other organizations who collect and display aviation and transportation related items. there will be exhibits of aircraft. vintage autos, trucks, motorcycles, fire engines, steam equipment, military vehicles, models, and much more.

Hot air balloon rides, helicopter rides, fly-bys and air displays, a parachute drop-in, and children's program will be featured.

There is a food service, lots of door prizes, and parking is free. Hours are 9 - 4. Admission a modest \$3.

The Canadian Museum of Flight and Transportation is a volunteer operated, self-supporting non-profit organization dedicated to preserving aviation heritage. More than 24 aircraft are exhibited in an outdoor park setting during the mid-May through mid-October season near Crescent Beach, BC. Admission is \$3 except for children under 6,

who are admitted free. I will be pleased to provide any further information that you may

> Yours sincerely. (Mrs.) Rose Zalesky Executive Director

## ing erosion.

Stirling Finish

#### Save the Children Thanks

Dear Sir:

Christmas card sales mounted up to \$231,000 in BC this past season marking our best year ever. We wish to thank all our loyal customers, hard-working volunteers and participating retailers for helping us reach this

Money raised is matched by CIDA (Canadian International Development Agency). It works overseas to give children in the Third World a brighter future. Currently, Save the Children funds 72 projects in 18 countries.

Among our projects you will find an eye care clinic in southern India which treats patients, especially women who damage their eyes cooking family meals over open fires.

In Zimbabwe, we distribute seeds and information so families can grow their own protein thus lessening their dependence on imported food.

Save the Children sells a local product to fund our work overseas. Our cards are all the work of BC artists, are printed here and packaged by the mentally handicapped. This year the line included a student design chosen after a province-wide search.

Again, thank you British Columbians for your generous

Yours truly, (Ms.) Leslie Howard Campaign Chairman

#### **About Trivia**

It's a Hienkel

Dear Editor:

Despite the RAF insignia on your "Trivia a/c Mar 7th", I consider to be a Heinkel He 115 twin engined float plane. First flown in 1936, it entered service with the Luftwaffe's coastal reconnaissance section as a mine layer, tornedo bomber, and reconnaissance aircraft. Its most successful role was that of mine laying, and in 1939-40 sowed mines in British coastal waters, including the Thames Estuary. These mines were the newly developed Ger-

man magnetic type, which caught the British by surprise, and resulted in the loss of 250,000 tonnes of shipping within a three month period. He 115s were also employed in the invasion of Norway in 1940. Ironically, one of the foreign operators of the He 115 was the Norwegian Air Force and these aircraft flew against German forces during the campaign, Yours sincerely,

John Novak

#### 1991 Adorable Babies

Johnson & Johnson is conducting a search for Canada's 12 most Adorable Babies.

One grand prize of \$25,000 in post secondary scholarship funds and eleven secondary prizes of \$10,000 each in scholarship funds can be won.

Proud parents, grandparents, aunts and uncles, amateur photographers and friends of the little tots can enter the contest by

submitting photos of their babies - born after May 31, 1988 - along with a clever, descriptive caption for each photo. Entries will be judged on the 'adorableness' of the photo, the charm and originality of the caption, not on the professionalsim of the photography.

Call 1-800-265-8383 and enter before 30 Jun 91.

## Norm Biondel

I'm bored -- let's

post somebody!

**Family Support Centre** 

With the Gulf War drawing to

a close, we are happy to see the

return of the first of our Base

heroes. Welcome back Cpl Der-

rick Manning, MCpl Joe Brenot,

and Major Gary Liddiard. No

doubt the next few weeks will see

the return of the rest of our per-

In the meantime, if you have

been selected to go to Alert,

Golan, Cyprus, Damascus, etc.,

please drop by the Family Sup-

port Centre - as we have a booklet

which will make your departure

plans less confusing. The booklet

is an offshoot of the "OP FRIC-

TION Deployment Handbook".

Subjects covered are legal and

financial matters, base services

available to your family in your

absence, plus others. Your visit

will also be your first step in put-

ting us in touch with your family.

With the finish of the Gulf War we

hope to be able to continue sup-

porting families who are

separated due to military com-

mittments. You can rest assured

knowing if your family has car

problems, house problems or any

other kind of trouble, either we

can help or find someone who

At present, we call the 'single

wives' periodically to see how

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**Together Again** 

they are doing. We also have

been meeting on Monday morn-

ings - discussing family separa-

tions and how best to cope with

them. We hope to have some

guest speakers in the near future.

There is support, knowing that

you are not alone, and someone

else is experiencing the same

We are in the process of form-

ing a Board of Directors for the

Family Support Centre. With the

Board in place, we will be eligible

for funding from Ottawa, if and

Our future, here at the Family

Support Centre is unsure, but we

will be open until mid-April at

The Red Cross babysitting

course was held at the Family

Support Centre March 16th and

17th, there were 13 teens who

took the course which was given

by Corporal Nielsen from the

Firehall. The next course will be

held April 1st and 2nd if enough

interest is shown. The minimum

number of students is nine. Ages

can vary from 12 and up, 11 if

they turn 12 in the next six

months. The cost is \$5.00 per su-

dent. To register please phone us

at the Family Support Centre 339-

when that decision is made.

things that you are.

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#### How God created the military wife

TOM

The good Lord was creating a model for military wives and was into his sixth day of overtime when an angel appeared. She said, "Lord, you seem to be having a lot of trouble with this one. What's wrong with the standard model?'

The Lord replied, "Have you seen the spees on this order? She has to be completely independent, possess the qualities of both father and mother, be a perfect hostess to four or 40 with an hour's notice, run on black coffee,handle every emergency imaginable without a manual, be able to carry on cheerfully, even if she is pregnant and has the flu, and she must be willing to move to a new location 10 times in 17 years. And oh, yes, she must have six pairs of hands.'

The angel shook her head. "Six pairs of hands? No way."

The Lord continued, "Don't worry, we will make other military wives to help her. And we will give her an unusually strong heart so it can swell with pride in her husband's achievements, sustain the pain of separations, beat soundly when it is overworked -continued on page 8



## Section News



## 407 Squadron

## BAMSO

#### 407 ASO

Our infamous 2 Crew is back on line once again. We welcome back WO Chris Little from his SLC course in Borden. Grats out to him from 2 Crew for being No. 2 on the course. Our Super Tech Pte Tim Dykeman is back off his Cryogenics course in Borden where of course he kicked butt, and showed Borden what 2 Crew is made of. Obviously New Zealand did no harm to Cpl Trevor MacLaren and our one and only Sgt Ralph Akerstream, who look a bit more tanned and worn out from their 'hard' TD.

We once again are losing techs to good old Greenwood. Cpl Wayne Wyatt is going on his CRS First Line Maintenance course and Cpl Larry Reid and Cpl Donny Brenson are both going on their run-up course.

And, of course, we can't forget about Cpl Greg Fleet. Nice crutches, dude. He says he bunged up his knee playing hockey. Ya, right!

Here's 2 Crew signing off and saying good work Engine and IE Techs on the quick fix of aircraft 110. What would 407 do without 2 Crew.

returned to us on the 8th of March if they can be pried from the back alley in Halifax. They are believed to be holed up due to the inclement weather. Best of luck, boys!

MCpl Michell and Cpl Mitchell are curling for their country again. Good luck, fellas! That's all the gossip I have for the Armament section. Now on to the photo side of life.

The Photo Section curlers were on route to a bonspiel in Cold Lake. They took a vote twenty minutes from landing and

decided they were the best team. At this time leading members of the team produced water pistols that were surreptitiously hidden and forced the air crew to return to Comox where they could celebrate all their untold vic-

Courses in the Air Force seem to be a part of life which MCpl Vattheuer on her XG-9L and Cpl Colebank on her POET course are quickly finding out. Sgt Mattson is in the process of being screened for Germany, MCpl Morrison is in the same boat, (only rowing for Cold Lake,

#### Photo Armament

Hello folks from 407 Armament Shop! There have been some changes since the last edition. For some, good news. For others, not so good. So let's start from the top.

We had a pretty close call for a couple of our armourers. Woody and Ray were selected to go to the Gulf but because of Saddam's drastic change of mood (not by choice), it was cancelled.

Sgt Cook is in Borden on the 9L course. He phoned a couple of times already for some over-thephone tutoring. I guess you really can't teach an old dog new tricks. Since Cookie's been gone it has been surprisingly quiet around the section for some reason! Good luck on your course Cookie. Cpl Kelly Christensen has recently returned from Greenwood where she enjoyed 404 Squadron's hospitality. She successfully completed the 572.04 course. Finally, the TD part.

MWO Bill Fisher (the man) is in Ottawa apparently playing hockey and having fun. Well we'll find out soon enough.

Just a couple of days ago, we received TAE results and I'll tell you there were a few happy Techs around here. Cpls Mark Keen and Alex MacFayden did really well on their QL5 exam and Pte Boudreau on his QL4. Good show, boys! Cpl Cindy Leduc just got back off leave. If you haven't already heard, she attended and passed her level 2 ski instructors

Sgt Jim Newhouse had his knees and tummy operated on and is doing well. As a result of this Sgt Bernie Godin moved from BAMSO to 3 Crew. Jim is looking forward to his terminal leave.

Brad Halstead had a car accident. Nothing serious but he has been on sick leave and light duties for what seems like forever. Consequently, we had Mark Keen come over to 3 Crew to help out for a while. MCpl Gary Wentz had his hernia operated on. He's doing well but still moving pretty slow. Frankly, Gary has never been known for his speed but at least his shirts should fit better

Meanwhile, the search for two servicing Techs, Cpl Dale Pillar and Cpl Rob Nielsen is on. Upon completing the torpedo course in Greenwood, N.S. there was no transportation for their return to Comox. Taking matters into their own hands, they decided to hitch hike back to BC. They were last seen laying in provisions for their trip at the TOP HAT. The search for transportation for them continues. It is believed they will be

#### Nav Com Lab

Another tale is about to unfold from the depths of the NAVCOM LABS. The weather was warming and thoughts of fishing and motorcycles are in the minds of most men but HOCKEY still holds the men of NAVCOM LABS in its grasp. Dan Forget is still holding on to the first place spot in the hockey pool but Gerry Wiesner has not given up hope even though he is in about 10th

By the time this is in print the intersection hockey finals will have been played. To the members of the BAMSO hockey team, I hope congratulations are in

As this time of year always brings, many of our people are away on, or just getting back from, courses. Grant Gilfillan was away on the ARN 82 course in Trenton and is now on the APS 505 course in Bagotville. Al Coles was in Bagotville for the ARN 89 course and Pierre d'-Aragon is getting ready to go on the ARN 508 course in Borden.

Ron Davies is in Penhold and we all know what course is held there! Dave Threndyle was on the ARC 164 course in Shearwater and is now awaiting a trip to sunny Greenwood on the FLIR course. Darcy Parker is soon to return from his ATAT rotation. I don't know if we recognize him as he has been gone so long. A welcome to Al Curadeau who is here on ATAT training.

We are eagerly awaiting word from Lisa Wilgress on the birth of her baby. By our next column we will let you all know.

Until next time from us in "As the LABS Turn"

#### Workshops

With the first quarter of 1991

almost over, I know that most of you readers out in LaLa land are eagerly awaiting the latest news from the bashers with baited breath. Since last report we have gained two new members, Al Bennett and George Neumann, both civilians. Pte Kevin Dawson is now Cpl Dawson (congratulations). Three of our number have written the latest round of TAEs. Cpl Dawson, Cpl Long and Cpl Walker all did well to pass that particularly brutal set of exams. Sgt Einarson has been to, and returned from, Borden having successfully passed his 6B paperwork Course. Pte Delong has just recently been reunited with his wife and young daughter, having been separated by lack of Married Quarters, but one big happy fami-

There is also some joyous news for one of our number because recently he found out that his wife is with child and I'll leave it to you all to figure out to whom this happy event will occur.

That's about it from the bashers but remember, if you see one of us on the way to a job just say "hi", because we won't have time to stop and chat. There's a job out there and we gotta do it.

#### **Poisons**

Do you know that most poisonings occur when a product is in use? It's a fact that could help you save a life.

On March 17-23, 1991 we will observe Poison Prevention Week. The theme for this year is "Put Poison In Its Place". Over the years, people have learned that it is important to lock up poisons and keep them out of the reach of children. Cabinet safety locks have been developed, child-resistant caps have been placed on potentially poisonous products and warning symbols have been developed.

Yet, in 1989 alone, over 30,000 poisonings were reported to the B.C. Drug and Poison Information Centre. Part of the reason why accidental poisonings continue to occur is that children

continued on page 8



#### JR RANKS **EASTER** BINGO **SUNDAY 24 MAR** AT 1900 **BOOK OF 3 FOR \$5.00 BOOK OF 6 FOR \$7.00 BOOK OF 9 FOR \$9.00** DABBERS \$1.00 - 2 Family sized hams on games 10 & 20 - All other game prizes will be chocolates and Easter goodies. **OPEN TO**

MEMBERS/GUESTS

#### VU33 Squadron

#### Maintenance Mutterings

Our Sqn hockey team has won another game and are now in the playoffs. I guess this means we'd better find a NATO stock number for brown paper bags so more fans can come out. On the subject of hockey, it appears that Dave Savourin has done some 'stick handling' on the pool and a comment was made by the SWO (Sqn type) that he was going to study up on Dave's methods.

To get away from hockey, one only has to look at the Maintenance coveralls and their logos. The CRS 'Comm Cup' was won by Brian Shackleton and Bill Cook and was witnessed by a bevy of athletic supporters. Mike Jameson was off to Namao on his HAI which consisted of three consecutive runs on the roller coaster at the West Edmonton Mall (complete with sick sac).

JR Walsh is off to Ottawa on course and Reiner is in Victoria. Boyd Russell was quite impressed with his official looking handwritten memo, reference Parade excusal: some got it, some didn't!! Speaking of the Parade,

**2nd Set of** 

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Mark Pigeau had a pretty safe job and Maintenance had to give Servicing a wake-up call. The most Capt Franklin is no longer dangerous place to be for the

cial, there go the aforementioned buttons, - duck everyone!! One only has to look at the standings in the hockey pool to figure out what is the cause of our SWO's recent troubles. Talk about your 'kick start'. We were going to put him on the Parade but

didn't have the heart. 'Nuff said! Dave Brown has a new truck ..... applaud on dotted line ..... thank you. On second thought, don't clap, throw money. Thank you again. On Parade, Dave literally 'blew it'.

#### Servicing Snickers

Harry Weeds did his part to keep the mosquito population down to a tolerable level via the golf cart. Unfortunately, those of us he gassed with it were only slightly more fortunate than those he almost ran over with it. Leave it to Harry to aim for the ones that have limited mobility

MCpls Dinel and Keller picked up their CDs. Congrats!

single, so congrats to him as well. What's he going to do to get off Parade was in front of Troy; those the next parade? While we're buttons were loaded and could go upstairs, a warm welcome to our off at anytime. With the news of new CO, Maj Beth, and his famithe Powell River ferry move offily. Rumour has it that his first order of business is to host a garage sale with good bargains on snow shovels, skidoo suits and other North Bay type stuff. A few of our Sqn people might just be looking over this selection of goods - Sgt Grubwieser, Sgt Town, Al Nantel, Sqn MWO?? For the rest of the old timers, wait 'till next summer, there is going to be the 'Mother of all Garage Sales' of the same type stuff. Wait

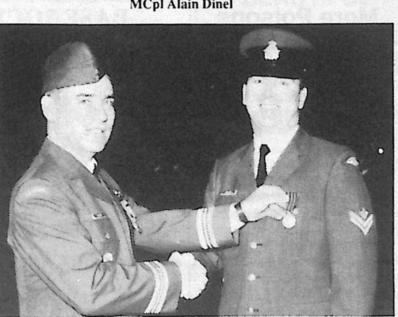
> As this goes to press, #2 Crew is having a luncheon at the 'Griffin' so there should be some good gossip for next edition.

A late flash about the Parade -Darren Herle did some fancy flying to ensure he didn't miss it. He used a lot of shoe polish to put on a really good show, but he could have used a little of the Boot Black' on his upper lip.

#### VU33 CDs Maj L.G. Bolton presenting



MCpl Alain Dinel



MCpl Mark Keller

#### TO OUR SPECIAL VOLUNTEERS:

For your hard work and dedication, we say.

A GREAT BIG THANK YOU!

BC & YUKON

your odds against Canada's #1 killer.

## Squadron

Section News

#### Servicing

MCpl Laybolt participated in the broomball regionals held in Comox. The team finished second to Chilliwack losing the final game 3-1. Wilf was said to have played his best from the penalty box.

#### **Engine Bay**

Happy Birthday to Darrel Fournier from Engine Bay Crew. After a long course in Borden, the Sgt is finally back to the Mush-

#### Safety Systems Pte Wood, stop combing your

hair with a thunderflash! By the way what are you trying to hide? Sgt Ferris is still training for the iron man competition. MCpl Redmond would like to know the whereabouts of parts missing to his rotary rocket. John was also accused of being in coveralls and smiling and we are also investigating why he goes to Vancouver all the time or is always at the airport on Friday afternoons. John says that he is convinced that Cpl Bell was here on a sailing

#### Chopper Maint

over Mo Leger and the volleyball teams defeat over the Regionals. If only Mo was six inches taller. The spring that is in Marc Letourneau's walk is due to the fact that his girlfriend has finally arrived. Sgt Kendell owes Cpl 'Goose' Gosling a jug of beer for passing his QL5 exam. P.S. Gary - pay up!

#### **Buff Maint**

Congrats to Cpl Lessard on his promotion. He and Cpl Morris from 1 Crew are in competition to be on the Base Chief's best hair-

The long awaited Herring Roe deployment for the Labs has finally happened. The yearly ritual for 442 started Friday, 15 Mar, when two Lab crews left on 311 to hold standby in Port hardy.

442 is responsible for the aviation portion of SAR for the Herring Roe fishery. Both the Buffs and Labs can be involved. Whereas the Buffs maintain their normal standby posture in Comox, the Labs usually deploy to Port Hardy, Sandspit or Prince Rupert to follow the transiting fishing vessels as the season

progresses. Lab flight really looks forward to this annual event as it not only gets them out of the local circuit for a change, but it also allows the standby Crew to have the aircraft all to themselves. Now that the standby crew doesn't have to share their aircraft with the OTF, things will definitely be quieter around Ops. Too bad, because the

daily negotiations for the serviceable Lab sometimes did provide

As for the Buffs, another northern trainer, then a MRP for a chinook in Faro, Yukon, throw in an ELT or two and it's hard to keep up. They've also got a couple of 'jammies' coming up to Colorado Springs and Alameda for five days each. Somehow chasing herring sperm doesn't seem quite so glamourous.

## Family Support Centre

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, (Kinninnik) 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.

## Section News



## Supply Signals

A huge 'hello' from Base Supply, although those of you who attended the Winter Carnival may have other names for us ('Nerds', 'Geeks', come to mind). The picture tells all. It goes to show that Base Supply has lots of team spirit.

'Revenge of the Nerds' was an easy theme for costumes as there were many latent nerds among Base Supply. It's amazing how tight, short pants, polyester skirts, mismatched socks and taped glasses brought about a complete character change (and all right out of our closets!). We hear there is now a shortage of pens in the system as pocket protectors swelled by day three.

Wednesday night started everything off with our Roseanne Barr impersonation by Cathy Warrender, who, by the way, was much better. We then moved on to the activities of the evening. The ping pong relay game proved challenging as we dodged body checks from opposing teams. There were sore knees all around after a rousing game of blow-ball. And last, after much calorie burning, we couldn't believe it when there was a whole four tablespoons of water in the

#### More Together

and tired, and be large enough to say, 'I understand,' when she doesn't and say, 'I love you,'

The angel circled the model of the military wife, looked at it closely and sighed, "It looks fine, but it's too soft.'

"She might look soft," replied the Lord, "but she has the strength of a lion. You would not believe what she can endure."

Finally, the angel bent over and ran her finger across the cheek of the Lord's creation. "There's a leak," she announced. "Something is wrong with the construction. I am not surprised

pitcher after the water relay. Must have been a hole in the bottom. Meanwhile, on the Sgt and

WO side, cards were being played. Crib, Euchre and Hockey. The tourney was played with cutthroat precision and much skill displayed by Kathy Edwardsen and Don Ayotte.

Thursday afternoon started off with the tug-of-war, which didn't turn out very well in our favour, although Reg Lavoic managed to grab a few worms for a quick energy snack when he made a 'trip' into the mud.

Inside, Judy Brown and Cathy Preece played their hearts out at badminton, with only one racket between them. After four gruelling games they were spelled off by Dan Renwick and Paul Kavanaugh.

By Thursday night our Nerd following had multiplied. The events at the Officers' Mess were well attended as even our newest member to Base Supply, Jean Van Der Mark, got in on the fun as she flipped and flopped on the floor with Lisa Mills and Yves Augeras Blindfold Pick-up team-mates.

Many vocal chords were damaged on that event. As well

#### continued from page 4

that it has cracked. You are trying to put too much into this model."

The Lord appeared offended at the angle's lack of confidence. "What you see is not a leak," he said. "It's a tear."

"A tear? What is it there for?" asked the angel.

The Lord replied, "It's for joy, sadness, pain, disappointment, loneliness, pride and a dedication to all the values that she and her husband hold dear."

"You are a genius!" excalimed the angel.

The Lord looked puzzled and replied, "I didn't put it there." Author Unknown



#### **Supply Celebrations**



Base Supply members (too many to name) show their Winter Carnival spirit.

that night we were great golfers, marshmallow flingers and artists. But pool playing was not our

Friday morning proceeded to test our coordination and athletic superiority. We definitely had a surplus of wind (hot air?) as we aced the blow-ball but had a deficiency of accuracy on the hoola hoop toss.

During the afternoon we put the remainder of our energy into the heated game of volley ball, with Harold McKay and his briefcase leading the pack. Nothing more will be said so we can skip

over any mention of the skit. All in all, it was a fun-filled three days and a very successful year for Base Supply as we pulled ourselves out of 14th place last year to 4th place this year.

We would like to take this opportunity to thank all involved in the organization and all who participated and spectated.

A week after all the fun and follies of the Winter Carnival, Base Supply enjoyed a sun-filled day on the slopes. There were a couple of minor spills and

tumbles, but there was so much fun had by all, that these were barely even noticeable. Pte Joyce Mills, joining us from Borden only two days prior, decided that she deserved a day of relaxation on the 'hills' too. Welcome to CFB Wonderful, Joyce!

We would also like to wel-

come Pte Rachelle Laforge, working in 1 Supply Group and Ptc Holly Parsons, working in MPO. Both arrived from CFB Borden on the 11 Mar 91. And a warm welcome to Mr. Jim Tourila, who is working in Clothing Stores until the end of March.

## **Bookshell Bestsellers**

*	10 Top Paperbacks	week ending: 15 March
1. Skinny Legs and All		
2. Force of Eagles	5. Daughters of the Prince  Barber	8. Dragon Revenant
3. Scions of Shannara	6. Kings' Test	9. Seize the Sky
4. The Bourne Ultimatum	7. By Reason of Insanity	10.Empire of Heaven

#### More Poisons continued from page 6

are poisoned while products are being used. It's when you take the furniture polish out of the cabinet that the potential for a poisoning exists.

The scenario goes something like this. Mom removes the liquid furniture polish from the cabinet and places it on the dining room table. The telephone rings and mom goes to answer it in the kitchen. Three-year-old Bobby has been watching mom and he climbs onto a chair, grabs the container of polish, and drinks it. Mom has been out of the room for less than a minute. That's all the time it takes for a poisoning to occur. Poison Centres receive calls like this one every day.

Remember to return potential poisons to their safe storage place. If the telephone or door bell rings, take the product, or the continued on page 9

#### BASE SOCIAL CENTRE



- Getting together with a friend; Planning a wedding reception, or a Section function;

Looking for a well priced area for lunch

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

Why?- Close to the Base;

Well priced/excellent snack bar; Well maintained:

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

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

INFO 8720

## Section News



Aloha Beacon browsers and

As the **Beacon Turns** 

asprins would have fallen out).

ATC All Stars and a local radio

station centered by ex-Canadien

Yvonne Lambert. Approximately

300 athletic supporters were on

hand to watch ATC lose graceful-

ly, 7-3. Speaking of losing, if any

of you guys visit the Bagotville

area, could you keep an eye out for

and ATC party hat, a small bottle

of shampoo, a Montreal Canadien

pennant (signed by the entire

Misfit team) and 57 billion brain

cells - they're all mine! Anyway,

congratulations YBG for a job

well done. I had a super time (I

welcome back to the 'Coaches Comer' of ATC! 'Tis coming on to the third week of March and with that brings a strange phenomenon that occurs each spring. It's when millions of husbands begin treating their spouses in extra special ways; when the remote control suddenly becomes misplaced every day around 5 p.m.; when an uncontrollable urge to find a pool hits many an arm-chair general manager! Yup, you guessed it gals! Hockey, hockey and more hockey!!!

Speaking of which, I just got back from La Belle province where the 20th International ATC Hockey Tournament was facedoff (in more ways than one). 169 fellow circuit sitters fell out of planes and buses at CFB Bagotville to form the 14 team menagerie. Those Barons-of-the-Bar came to represent their airports from Montreal, Quebec, Moncton, Winnipeg, Toronto (2 teams), Chicago, Minneapolis, New York, Cleveland, Boston, Bagotville and ... FINLAND! You'd think that the 'Fins' would have stolen the show but they didn't ... they were the fourteenth team, the 'Misfits'.

I'm proud to say that I was a part of that near 'Miracle-on-Ice' team, a team that is surely destined for the hockey 'Hall-of-Hangovers'. To make a fuzzy story short, the Toronto team was the big winner and the 'Misfits' ... well ... we all came home with our heads held high (otherwise our

**TOTEM TIMES** 

CANADA'S AIR FORCE TODAY 1991 UPDATE

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Please send me my CAFT 1991 Update

The highlight of the tournament while Lt's Godden and Van was a charity game between the Berkel continue their quest for Checkouthood in Radar. Pte's 'Bella Bella' Best and 'Bella Coola' Belley are almost flying solo at good 'ol CCP 69. Al Munday is preparing himself for his VFR course starting this May at Ticktee and I think those cart wheels down the hall is a good indication you're ready Al. Our annual ATC Golf Tournament is rapidly approaching (end of April) and Capt March and his merry men are preparing to teeoff yet another successful 'Whap-Shucks' good time. (I'll try to keep the volume down to a dull roar this time.)

Meanwhile, hockey of the Inter-Section flavour is heating up here at the double Q with the play-offs in full swing. The Base Ops team is focusing on the 'B' Division Championship now that the core is back from the VR/OO ATC Hockey Tournament, winners for the fourth straight time!! monitor guard. (Watch out Canadiens and Is-

landers, make room for another Anyway...let's get the Zamboni out and yak about other ing foothills of pine. things...like work! First of all, I'd like to welcome Cpl Banfield to over defiant shoulders, As sparkles of light dances to the rhythm of dawn,

the land of the leave-pass and wish him all the best in his future ATC endeavours. Another new face of sorts is Capt Roy who has left the VFR den to join his IMC counterparts downstairs to qualify in Term/Arrival. Bienvenue dans la Mushroom Factory Serge! 2Lt's Faulkner and Lapointe are being kept busy

PTTing in ye 'ol Steel Tree Fort

In closing, I'd like to leave you with another of my 'poems to ponder', this one dedicated to those we all meet from time to time that make you shake your head and say, "It takes all kinds!" Until next time, take care and

It Takes All Kinds Giant walls of rock and timber tower above a misty floor, It's prehistoric shape dwarf-

A sash of snow and ice drapes

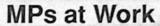
Pillers of spruce moan in the September wind,

As an eagle circles high over his domaine.

out my new rifle!"

With a sudden shriek, the bird of prey plummets to earth, "What a beautiful day to try







Capt Ray Cossette, BSecurO, is presenting Sgt Harvey Schweitzman with his new rank. Since he has been out of uniform for so long, detailed instructions were provided as to where he was to affix the new rank badges. Congratulations Harvey - many more.



Capt Ray Cossette, BSecurO, presents MCpl Yves Lord with his new rank effective 1 Jan 91. Yves is a Patrolman on "B" Crew and he also acts as 2 i/c of the shift. Keep up the good work, Yves.



In order to meet additional Military Police taskings brought on by the Gulf War a little imagination was necessary to find the required manpower. MCpl Frank Aroz is seen manning the 7 Hgr Gate - on a rare snowy morning - ably assisted by his 2 i/c Pte "White".



888 (KOMOX) WING RCAFA CALENDAR OF EVENTS **MARCH 1991** 

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

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.

More

Poisons

... continued from page 8

child, with you. Clean up after a craft project, empty cocktail glasses immediately after a party, and put away cleaning products. Try not to use these products in front of children. Don't take medicine while they are watching, and remember to replace the child-

Always remember to "Put Poison In Its Place". If a poisoning does occur, call your local Poison Control Centre immedi-

resistant cap.

## Section News



#### How to Spot Drunk Drivers

Intoxicated drivers may not be handicapped to the point of weaving across the center line. These drivers can be even more dangerous than drivers who are obviously impaired because they're harder to spot. Watch for drivers who weave within their lane or hug the edge of the road. Other signs that a driver may have been drinking include:

Unusually wide turns Inconsistent driving speeds and rapid acceleration or deceleration Unreasonably slow driving or

Responding slowly to traffic signals

stopping for no apparent

Frequent lane changes at excessive speeds Improper passing with insufficient clearance Driving at night without

Driving with the windows down in cold weather Failure to dim lights to oncoming traffic

To avoid the dangers drunk drivers pose, keep your eyes moving as you drive. Stay alert and be prepared to take evasive action. If you can, avoid the most dangerous driving times. According to the National Safety Council, between 10 pm and 3 am on Friday and Saturday nights, about one out of every ten drivers on the road is drunk.

Alcohol reduces your coordination and make basic driving manoeuvres, like braking and steering, more difficult to perform correctly. Alcohol also hurts your concentration. It makes it harder to pay attention to more than one thing at a time, say, at an intersection with signals and cross traffic. Even in 'moderate' amounts - just two or three bottles of beer - alcohol can slow your ability to make accurate driving judgments.

Dr. Julian Waller, professor of medicine at the University of Vermont, says that at lower blood alcohol concentration (BAC), alcohol narrows your field of

vision. It reduces your peripheral

vision and makes it harder to see

vehicles, pedestrians and other

obstacles around you. Alcohol

also magnifies glare and in-

creases night blindness, Waller

his licence number, type and

color of vehicle, where he is and

the direction he is headed. Pass

this information on to the RCMP,

Safety quiz

ing the service brakes not

functioning, will attempt to stop

a. pumping the service brakes

b. placing transmission into

c. driving onto the shoulder to

d. using engine compression

through the transmission and ap-

Answer: "D"

slow the vehicle; or

AT JUNIOR

plying the handbrake.

in the hope of reactiviating them;

A good driver suddenly find-

telephone 338-1321.

If you spot a drunk driver, get

## BTNO

#### THE WHEEL TURNS

it was heavy equipment vs the elements and in the end after a seemingly endless battle, hard work paid off, "Black Top" was achieved and CFB Comox remained the only operational airdrome in British Columbia. The highly professional manner and concerted team effort displayed by our SPV Section contributed immensely to this success. Now that the SNIC season is fast approaching an end it's time to give credit where credit is due. On behalf of the BTNO, Maj T.H. Fisher, I'd like to pass on a resounding 'good show' to all individuals involved.

On the 25th of February until the 1st of March, the second Annual Prairie/Pacific Truckers and Mover Hockey Tournament took place here at CFB Comox. The Meet and Greet held at Glacier Greens Golf Club sparked off a great beginning to a very successful week. The following day our Col McGee officially opened the games, dropping the first puck of the series. Throughout the week,

Storm, after storm, after storm we witnessed a lot of exciting hockey but in the end it boiled down to CFB Winnipeg and 1 SVC BN Calgary. We figured Calgary had it all sewn up, however, Winnipeg took the overall first place trophy and gold medals home along with the most valuable player trophy which was awarded to assistant captain, Cpl Delcourt, upon leading his team to victory, CFB Cold Lake skated to a bronze medal win, CFB Comox was fourth, CFB Edmonton was fifth and CFB Chilliwack finished sixth.

> The committee which organized this event would like to thank all the gracious sponsors who made the tournament a reality. They are: The Griffin Pub: The Leeward Pub; Pizza Delight; Action Sports (Campbell River): A&W; Wendy's; The Washington Inn; D&D Collision; Tilden; Windsor Plywood; Bino's; Brian McLean Chev Olds; The Collingwood Inn; Hairport; Goods; Glenn's Small Cars; and, The

## Ripples from the beaver pond

Rumours are starting to fly fast and furious about who is going where this APS. Sgt Laird, an electrician, will be coming to us in June from 1 CEU and Cpl Kombargi, a WSPOL Tech, will be coming in Aug from CFB Goose Bay. There will be more new faces but I don't have it in blue and white yet. Unfortunately, I know we'll have to say goodbye to a few familiar smiling faces too. Cpl Huard, a Stat Eng, will be off to Goose Bay, Cpl Lachapelle, a WSPOL Tech, will be off to 5 RGC Valcartier in Aug,

MWO Perry has just returned from a six month tour of Damascus (some people get all the breaks!) and will be back to work in April. We would like to welcome you home with open arms and wish you would show your cheery self around here more often. Glad to have you back.

Speaking of returning, Jan

weeks with an injured back but has bounced back to meet and greet you in our canteen. Many thanks to Frances Archambault for helping us out during Jan's Participants in the CFB

Buckham was home for two

Comox Winter Carnival had a blast and spectators were wowed with the action. Now everyone is looking forward to the BTSO Funspiel coming up 22 Mar. Come out and let your hair down.

Now SAV has come and gone, everyone can relax and carry on as per normal. The initial report proved we do know what we are doing. I realize this may come as a shock to some people. Now we'll be panic laden in preparation for roll-over. Hopefully, all will go well and we'll be able to carry on with no serious problems.

Until next time - CHIMO!

#### I'm shocked!

The Old Lady knows that children grow and learn by exploring their environment. That environment can be dangerous to the young child who is not old enough to understand the risks of 'live' electrical current. Misuse of electricity and electrical appliances can cause shocks, odily injuries and even death. Warn children not to stick fingers or play things into wall outlets and be sure to install plastic safety plugn all unused wall sockets. Little ones are apt to put electrical cords into their mouths causing severe burns and facial deformities. Extension cords should be used as temporary measures and all cords must e kept in good repair. Never leave rons, toasters and small appliances within the reach of youngsters who are unattended and roll up elecrical cords which are not in use. Don't overload circuits and keep appliances away from the sink and pathtub and out of the reach of hildren who are in the bathroom While all these measures will make your home a safer environment for your growing children the Old Lady eminds you that there is no substitute for parental supervision!



## From the Fire Chief

Section News

#### **Hot Liquids**

The greatest single cause of burns is a hot liquid. Such burns occur most frequently in the kitchen and the most commonly injured person is a child. Toddlers and pre-school children are most frequently the victims of scald burns with a large number of these burns resulting from a lack of supervision.

A pot or pan on the stove is a temptation to a child. They may reach up and pull the pot of boiling liquid or the pan of cooking food on themselves. Always make sure all pot and pan handles are turned inwards on the stove, away from the reach of children.

A tablecloth hanging over the side of a table may leald him to grab it pulling along with it a pot of steaming tea or some other hot liquid or food. When children are

ARTHRITIS

over the sides of tables or any other piece of furniture should never be used. Fire Safe

present, table cloths that hang

## Home

A fire safe home has: a home fire excape plan; smoke detectors; approved type safety containers for flammable liquids; hot water tested to ensure that it is an acceptable comfortable temperature at the bathtub faucet or shower head; 15 amp fuses in all but utility circuits; fire extinguishers on each floor; and, family members who know the dangers of fire and are aware of how to prevent fires and burns. For any special aspect of fire safety or fire prevention contact your local fire department.

#### National Defence Job Postings

Effective March 18 to March 28, 1991, the referral of applicants to DND civilian positions will change.

The Canada Employment Centre will accept applications twice per year (March and September) for potential vacancies in the following occupations:

\*Electricians

\*Carpenters

\*Painters

\*Drivers

\*Heating Plant Operators \*Oil Burner Mechanics

\*Steam Fitters

Cleaners

Roads & Grounds

Labourers

Kitchen Helpers Trades Helpers

\*Please note: Applicants applying for positions with a \*star require licenses or trade qualifications (proof must be sup-

All vacancies for occupations not listed above will be posted on the Canada Employment Centre Job Board when received.

All applications submitted for the positions listed above will be forwarded to CFB Comox.

CFB Comox will contact you when/if they have a job vacancy you are suited for.

It is not necessary to contact CFB Comox. They will phone you when they want to interview you. Your application will be held for 6 months and considered for all vacancies in the occupations you have applied for.





Junior Ranks Mess will be having a Murder Mystery night on 20 Apr 91. Limited to 125 people to participate. Cocktails at 1830, followed by a buffet Dinner. Cost \$15.00 per member. Cut-off date 12 April.

April 13th names will be drawn as 10 characters will be needed to participate. Prizes for winning detective team who solves the murder. Prize for the best costume. After the mystery is solved, dance to D.J. "TOTAL SOUND".



Doors will be opened to

RANKS

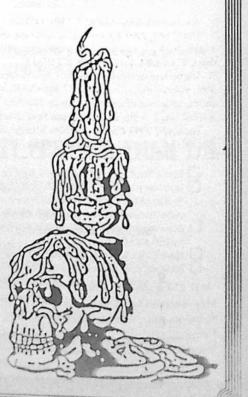
non-participants at 2000 hrs.

Tickets for Dance -\$2.00 sold only at door.

A & CC Productions

THE CORPORATE

MURDER MYSTERY EXPERIENCE



#### Flight Safety Briefing

Colonel John David, Director Flight Safety, and Major Peter Abbott, DFS 4-2, recently presented the Annual DFS Flight Safety Briefings at CFB Comox on 25th and 26th of February, Col David reviewed the Air Force performance in the air and on the ground over the past year. In many areas, such as reporting of E Category occurrences, there were significant improvements and our stats indicated that we were working hard at maintaining a safe, effective operation. In some other areas we need to con-

tinue with our efforts to improve our record.

Overall, Col David expressed his view that CFB Comox has a very good safety record and an active and effective flight safety program of which we all should be proud. The BComd, however, cautioned that we should not bask in our glory too long and we must all continue to work as hard as we have been doing in the past in order to maintain our record.

About 550 personnel attended one of the three briefings given at the Base Recreation Centre.

#### OFFICERS MESS CFB COMOX **APRIL 1991 CALENDAR**

Monday April 1 HOCKEY PLAY-OFF POOL

Wednesdays April 3, 10, 17, 24 OFFICERS COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Wednesdays April 10, 24 OLC BRIDGE CLUB

Wednesday April 10 **GOLF TOURNAMENT** 

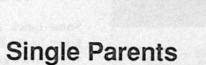
Friday April 5 MIXED TGIF. Chinese buffet and music by DJ.

Friday/Saturday April 12/13 PACIFIC CHAPTER CANADIAN FIGHTER PILOT'S REUNION

Saturday April 13 CAR RALLY - See calendar for details

Wednesday April 17 OMLC GREEN THUMB NIGHT - Speaker Rae Eckel,

Saturday April 27 MONTE CARLO NIGHT - !!Fantabulous Prizes!!



Statistics Canada says the from death of a spouse, 35 percent single-parent family showed startling growth in the years between 1981 and 1986 and now com-

Eighty-two percent are headed by women. Fifty-seven percent of these families resulted from divorce and separation. The result resulted from death of spouse (28 percent) and unmarried mothers (15 percent).

prises 13 percent of Canada's

StatsCan

families.

These figures stand in sharp contrast to the 1960s and 63 percent of these families resulted

from separation and divorce, and only two percent from single, unmarried parenthood. The same pattern holds true for

single-parent familes headed by males, says StatsCan. By the 1980s, separation and

divorce accounted for 67 percent of such families, death of the spouse for 30 percent, and nevermarried fathers accounted for just four percent. In the 1960s, the overwhelm-

ing reason was death of a spouse followed distantly by marriage breakdown.



THURSDAY 21 MARCH 1991

Feature

## On the base

MP Magic

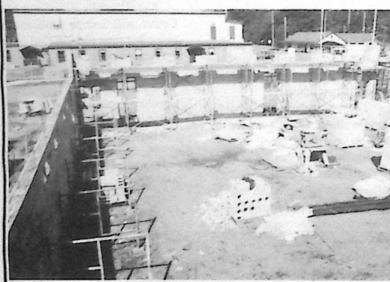
## In with the new, then out with the old



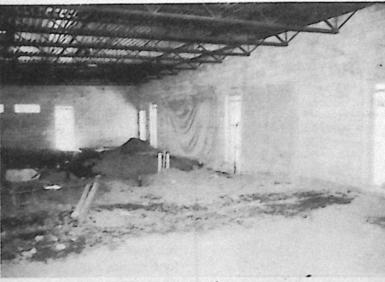
The 1942 Guardhouse, in 1991



Bob turns the first sod ...



The walls go up...



Then the roof ...



Magic - It Works

Some quick action had to be taken by the BSecurO this past week. After getting over the initial shock that the "non-hercirca 1942 ritage" "temporary" guardhouse was being demolished, it was decided a new building was required. Using BIG tools, a new MP building was put together in a hurry to the satisfaction of all. Cell block visiting hours are 24 hours a day. For the rest of the new MP building, visiting hours are as posted.



Going ..

Gone...



and Voila! a new crowbar hotel



## Stories from the **Hamish Collection**

#### On Participation with "George"

The Best of Barkerville Revue was a roaring success as testified by the troupe's two recent sell-out performances in Courtenay, and, daresay, all along their route. There were a few reasons why such large audiences enjoyed the show so much - the ability of the actors, the style of entertainment, and probably not the least was the encouragement given by the performers to the audience to take part in the show. This latter is an element sadly missing in modern entertainment.

At first the audience was a bit shy and had to be coaxed by the very capable master of ceremonies. This was to be expected. After all, we have become accustomed to sitting in front of a TV set, silently watching the entertainment (?) being ground out for us, or at the movie theatres, the same, with no audience participation. We have become a nation content with letting "George" do it.

The Barkerville master of eremonies pointed out that a few ticipation made for better enterainment. The better the audience

formed. Local theatre groups should keep this in mind when planning future efforts.

This thought can be carried on into other projects such as winter carnivals, July 1st parades, fall fairs, etc., etc. The more the public at large will take part in an event the more it will get out of it both collectively and individually. Instead of the government always having to do something or other for us, perhaps we could do more getting out and doing it for ourselves. It could create quite a feeling of accomplishment and, who knows, perhaps being about a reduction in taxes, or help keep the mill rate from going up, which

Participation was probably the keynote of the early pioneers. They took part in everything around them in laying the foundation for building Canada's first 100 years. I am not suggesting today that we have to build our own schools, or bridges, and so on, but there are numerous community projects that could be carried out if more participated.

So how about giving "George" a rest and participating in the

The start of 1967 - Centennial Year - finds me in the unfamiliar position of being among the ranks of the unemployed. Since the latter part of the 1930s this is a first

time experience. At that time I went north as an apprentice fur trader in the employ of the Honorable Company of Gentlemen Adventurers the HBC. To live in the north, one was required to be pretty much of a Jack-of-all-trades, a term notmuch in use nowadays. Our main work was buying

furs and selling or trading merchandise, but often included buying gold, cordwood, wild rice, or whatever other commodity was at hand. Besides having to haul and portage our own freight in, we might have to register births, deaths and marriages; weather reports, entomological surveys and game; to repair a canoe, build a warehouse, cut our winter supply of wood, hunt, fish, trap for our winter supply of food for ourselves and our dogs. While in the Yukon I have hauled mail overland and along the Yukon river by dog team to Dawson City. And I have taught Sunday School in Whitehorse in the vestry where Robert Service wrote some of his

the country. (I must remember to

go to Homby Island and make

some enquiries over there!) Per-

haps the cities have characters

too, but they are probably swal-

lowed up in the crowds. You al-

ways seem to hear more about the

country characters - like the

traveller stopped by the old

farmer and asked directions to a

directed, "you just go on down

this road aways and turn left at old

Jed's red barn." In about half an

hour the traveller was back and

complained, "I've been down this

road five or six miles and I never

"Of course you didn't" replied

the farmer, "that barn's been

burned down for years, but

everyone knows where old Jed's

"Well," the old farmer

neighboring farm.

saw any red barn."

red barn used to be."

#### On Unemployment

famous rhymes. From the Yukon across to Quebec I put in nine years of fur trading, with a three years leave of absence to join the RCAF. In my travels I worked and

flew with some of the almost legendary bush pilots of their day in many types of aircraft. I then joined the Air Force as aircrew, was commissioned as a pilot and attached to the staff of the Commonwealth air training plan. It was an interesting and sometimes exciting occupation, including my own version of "a wing and a prayer!" Toward the end of the war I had worked up to "flying desk" as O/C, night flying on our station. Nine days after my discharge I was back behind a counter in the fur trade in north-

em Ontario. After a few years more of moving about the north it was time to settle down - to let down some roots, as they say. You can guess bynow that I had become amarried man. My wife and I purchased a small general store and post office operation on the west coast. We operated this small business in this little community for 15 years as well as taking part

Then it was time to get out from behind the counter so we sold out, packed our camper and took an extensive trip - our first holiday in over 15 years and our second honeymoon. It was considerably longer than our first honeymoon which was squeezed in on an extended 72-hour pass from the Air

After an enjoyable holiday through California, parts of Arizona and Mexico, I had to look around for an occupation. Oyster picking and loading kept me busy for a few months and then through a casual enquiry I found myself employed in the construction industry - quite a change from behind a counter! However, with winter arriving and construction coming to a halt I find myself faced with various forms from a beauractratic unemployment commission which requires my answering all sorts of questions. It's all quite foreign to me ... Occupation? What do I put there? Unemployed? That might be worth contemplating, although I gather there's not much pay in that occupation. None to be exact! It seems that I have not made sufficient contributions to



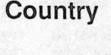
#### A newspaper columnist recently wrote that if you are considering early retirement that you should take a week off and watch the daytime TV shows. This would quickly make you change your mind. But it really needn't, you know. There's a lot more to do than just watch TV. Many happily retired people I have spoken to say they are busier now than when they were working for a living, the difference being that they are doing what they want to do. Of course many are not getting any remuneration from it but that doesn't seem to matter in most cases. On the other hand there are some who are able to use their talents in part-time employment, thus easing their way into

full-time retirement. Nowadays there are all types of courses and forms of literature available on almost any subject of your choosing. I know of some who have made a hobby of studying former school subjects, such as algebra, geometry, latin, history and so on. Or how about fulfilling some of your childhood dreams? Think back to when you might have made such a statement as, "I'm going to be a cowboy when I grow up". OK, buy a horse or join the local riding club

## Upon Retirement

and be a cowboy! Or, "When I grow up I'm going to be a train engineer". So build a model railroad system and be your own engineer. At the risk of being clobbered by numerous outcrys, I would say that most women have had the opportunity to fulfill most of their childhood plans, except of course that her husband might not have turned out to be the man of her dreams. However, I would suggest that it is too late to do anything about that. But many retired couples share hobbies and find new interests together. We see a lot of retired couples travelling by camper, or with a trailer, taking extensive holdiays and exploring new trails.

Most women have declared at one time or another, "When I ever get the time I'd like to make a patchwork quilt, or paint a picture, take up photography, or even write a book!" Sure, and why not! You might even be able to get the old man to join in! You would like to make a vase? Or try your hand at sculpturing? First, you need some clay. Have friend hubby join you on a clay hunting field trip. When you have found your deposit of nice wet, blue clay have your partner dig out all he continued on page 16 .



## Characters

The residents of Courtenay probably wouldn't give it a second thought, but for the country residents a trip into Courtenay can be a hectic thing. It's all the people, cars, traffic lights, (admittedly at only two corners so far) and those cement sidewalks! When it comes to finding a parking space one has to wonder where all the cars come from; and those parking meters seem to be moving farther afield from downtown almost every time one ventures into town.

Occasionally, however, it's an experience to go into town, particularly on a Friday. Perhaps you don't get very much accomplished but you sure meet a lot of folks. It seems you can catch up on a lot of your social calls just by standing awhile on one of the main street corners, that is providing you've got the

The last trip into Courtenay I must have exchanged 'Hellos' views on the weather, and other pleasantries with at least a dozen friends while covering a distance of only two blocks. I didn't realize I knew so many people; or else everyone I knew was out on the

Waiting for the lights to comes a character from living in

change was one of my neighbors (in the country your neighbors might live four or five miles away), and we had a moment or two to catch up on some news before moving across the intersection. Then in the middle of the street we met a mutual friend and had time to pause briefly to exchange greetings. (You couldn't do that in a city like Vancouver, or Victoria when the crowds surge forward across the street!) Here's hoping Courtenay doesn't enlarge too much more. A two-drug store sized town is a good size to get around in. On the prairies we used to rate a town by the number of grain elevators - three elevators usually meant one drug store, but five elevators and two drug stores was getting to be quite a good

While stopping for a bite to eat I bumped into a former neighbor who had moved in closer to town, so we sat down together for a half hour or so of chewin' the fat about some earlier days. We had a few chuckles together while discussing some of the various characters who had come and and gone. I don't know whether you have to be a character to live out in the country, or whether one just be-

And this one, to finish up on.

The tourist stopped to chat with the old timer sitting on the steps of the country general store. Discussing the old timer's age, the tourist remarked, "It must be a healthy place to live out here. What is the death rate around here?" "Same as anywheres else I reckon," came the answer, "just Produced: March 12, 1991

1 (1) The Secret Pilgrim.

3 (5) Lives of The Saints.

4 (3) Rumpole a la Carte.

5 (4) The Plains of Passage.

6 (6) The Stories of Eva Luna

7 (-) The Old Contemptibles.

9 (7) Four Past Midnight...

10 (-) Possession...

3 (4) Homecoming.

6 (8) Powershift.

4 (3) The Wealthy Barber.

7 (7) Bradshaw On Family...

9 (-) And The Sea Will Tell.

10(-) Three Men and a Forester.

8 (-) Words With Power....

8 (10) Haroun and The Sea of Stories...

1 (2) Iron John: A Book About Men.,

5 (-) Lighthearted Everyday Cooking...

2 (1) From Beirut to Jerusalem...

2 (2) Heartbeat.

Leisure

(Brackets) represent last week's position

**B.C. Bestsellers** ---:

FICTION

NON-FICTION

Art Scene

The Old School House and Gallery has a special workshop

planned for potters and would-be potters on the weekend of March

23 & 24. Talented and artistically diverse, Pamela Stevenson and

Susanne Ashmore, present this two-day workshop which will con-

Susanne Ashmore is an award winning ceramic artist having won

awards in the International Ceramics Competition in Mino, Japan,

and in 1990 as a finalist in The Table of Honour Competition for

Government House, Victoria, BC, a competition and exhibition to

design dinnerware (a 7 piece place setting) for Lieutenant Governor

David C. Lam. As a potter she views function as having meanings

other than those of everyday domestic use. She is interested in

Pamela Stevenson's work is diverse, consisting of dancing tea

services, fanciful dragons, masks and magical sculptural forms.

Functional stoneware and porcelain pots express Pamela's relation-

ship with the natural world, through detailed images and more

This workshop will emphasize the strengths of individual ap-

proaches and expressions. The artists' similarities and differences

provide a lively contrast! While the intent of the workshop is not

predominantly technical it promises to be a stimulating and infor-

in this dynamic workshop. For more information either drop in to

ive workshop. Early registration is encouraged to ensure a spot

MR. SWEEPER (COURTENAY)

centrate on problem solving and personal vision.

paring down, moving toward softness and quiet.

The Old School House or call, 752-6133.

personal abstraction.

**Pottery Weekend** 

## On and off base

## Country Kitchen

## Soup 'N Sandwiches

#### Christine Mayer

I am sure the handiest kitchen .Le Carre aid is the food processor, espe-..Steel cially the larger capacity, heavy ..Ricci duty ones. The speed with which .Mortimer it shreds, chops, grinds, etc., is ...Auel fantastic and it is quiet to operate. .Allende

..Grimes

..Friedman

.Bradshaw

..Lindsay

..Bradshaw

.Bugliosi

.Mahood & Drushka

...Chilton

...Toffler

....Frye

..Rushdie

...King

.. Byatt

We use ours almost daily and consider it one of the better buys we ever made. So if you don't already have one, but may be considering one, it's a great asset in the kitchen. You can make soups, pickles, prepare vegetables grate cheese, make bread crumbs, knead bread, and whip. There is no end to its usefulness. Besides the regular uses, you can create your own concoctions. The following recipes are a good ex-

#### Lentil Soup

1 lb. lentils (the orange kind not the brown kind) Ham bone or leftover ham with some fat 1 large onion (chopped) 2 carrots (chopped) 1 or 2 sticks celery (chopped) 2 tblsps dry onion soup

(optional)

This soup is made like yellow split pea soup but cooks a lot faster and tastes as good if not better. Simmer until vegetables and lentils are tender.

I sometimes use ham rind and cut up bacon. The smoked flavour from the rind enhances the flavour and is similar in taste to ham. Remove rind when soup is

#### Sandwich Spreads Beef

Roast beef cut in chunks (about 2 cups) 3 tblsps salad dressing 1 tblsp Worchestershire sauce Dash of Tobasco Horseradish to taste 1/2 onion or 1 tblsp onion soup A few sweet pickles

\*\*\*\*\*\*\*\* Chicken

Salt and pepper

1 or 2 cups of cooked chicken 1 small piece of celery Some onion or onion soup Pickles or olives

2 or 3 tblsps of salad dressing \*\*\*\*\*\*\*

#### Ham

1 cup of left over ham 1 small piece of celery Dash of garlic salt A few pickles 2 tblsps salad dressing 2 tsps of ketchup These are just suggestions but

good combinations and the amounts are to individual taste. Put all ingredients in together

and process at full speed. With the regular blade it should only take seconds to make your spread. These spreads are great on sandwiches or crackers.

#### Manhatten Clam Chowder

2 cups clam meat with juice or 1 1/2" cube salt pork (diced) 1 small onion chopped fine 1 med. peeled potato diced 2 cups stewed tomatoes

chopped 1/4 tsp thyme Salt and pepper to taste

Method:

Measure the clam juice from shucked or steamed clams. Add water if necessary to make 2 1/2 cups. Cut the clams in small pieces and set aside. Cook salt pork slowly in small skillet until the fat melts and the pork is crisp and brown. Strain fat and set meat aside. Put 2 tsps of the fat into a large pot. Heat the fat and add onion and cook 10 mins, until limp. Stir in potato and clam juice. Cover and simmer 10 mins. Add tomatoes and simmer 10 mins, more. Stir in clam meat and thyme. Cook for another 5 or 10 mins. until clams and potato are

#### Pumkin Pie Filler

done. Add salt and pepper.

1 large can of pumkin 2 cups brown sugar 1 tin of evaporated milk Dash of salt and pepper

1/2 tsp of maple or caramel flavouring

1/4 tsp ginger 1.4 tsp cloves

Method:

Salt and pepper to taste

Marg Cale has given us a couple more recipes. The clam chowder is her favourite chowder recipe and with Easter coming shortly, the pumkin pie would be a great desert for that special

#### 2 tsps flour 1/4 tsp cinnamon 1/4 tsp nutmeg

Mix all together until well blended. Pour into pie crust and bake at 450° for 10 mins. Reduce heat to 350° until done.

#### Happy 92nd Birthday



The Sick & Visiting members of the Royal Canadian Legion Br. 17 and the staff at Glacier View Lodge paid their respects to Lucy Muir. Lucy, a World War I veteran nurse celebrated her 92nd birthday on





get your Totem Times here

2751 Cliffe Ave., Driftwood Mall,

Courtenay, B.C. VIN 2L8 604-338-5943



#### BC's King of the Road

Have you ever done any of the following?

☐ Exceeded the speed limit ☐ Not signalled a

too closely \subseteq Not come to a full stop at a stop

sign 

Backed up unsafely 

Not signalled a turn

If you can honestly say you've never done any of

Unfortunately, not everyone is a good driver. Or

even a lucky one. In 1990 Autoplan is paying out

more in claims than at any time in history: more

the above, then you're a really good driver.

than \$4.5 million every working day:

lane change 
Not stopped at a red light before

turning right 

Driven after drinking 

Followed

CLOVERDALE: Trucking is BC's fifth largest industry. With annual revenues exceeding \$2 billion, trucking directly employs over 20,000 British Columbians. The story of these men and women who helped pull our province together cannot be told without recounting the exploits of the industry's biggest contender -Aubrey L. 'Bob' King.

Through a succession of hostile take-overs, shrewd buy-outs and market saturation, Bob King built a trucking monopoly during the 1930s and 40s that took the industry by storm.

Born near Halifax, Nova Scotia in July, 1900, Bob King came to Vancouver to seek his fortune in 1921. Working as a driver and dispatcher at BC Rapid Transit, he met and married Jean Wilson in 1928. The next year, he started King's Cartage with the purchase of two new one-ton

☐ Cut in unsafely.

Chevrolet Flatdeck trucks betruck outfit."

In November, 1958, Bob King's successful trucking enterprise came to an abrupt halt As a result of a labor dispute, King promptly locked his vehicles in several warehouses around Vancouver and fired all but three drivers. King sold or abandoned various branches of

cause, "if you bought one truck you would always remain a one

During the 30s and 40s King expanded his service by purchasing several other trucking operations including Comet Delivery, White Transport (which hauled to and from the Okanagan) and Seattle-Vancouver Motor Freight. By the late 40s King dominated trucking in the Lower Mainland, on the lucrative Vancouver/Seattle route, and into the

> BC Transportation Museum - a vintage collection of cars and trucks at Cloverdale, BC his operation. Only Central Transfer remained under King's management until 1973, when he finally ordered its closure. When King died in March,

Are you a good driver? Or just a lucky one?

1974, his widow was left with the

What's ICBC doing about it?

the use of safety belts.

What can you do?

We're working to reduce the number of accidents

through traffic safety education. And by promoting

educators, the police, safety councils and govern-

ments on continuing "grass roots" traffic safety

At ICBC, we're doing what we can. But the real

Obey the rules. We all know them. Stick to the

speed limit. Use your turn signals. Don't run yellow

(and especially red) lights. Come to a complete

solution lies with the individual motorist.

ICBC also works with school children and

task of managing over one hundred vehicles that had been held in storage for over 20 years. Her donation of the vehicles to the Province of BC provided the impetus for establishing a central INSURANCE CORPORATION OF BRITISH COLUMBIA

location for the preservation, restoration, and display of British Columbia's historic transportation artifacts. Many of these original and restored King vehicles form the nucleus of the truck collection now at the BC Transportation Museum - the third largest truck display in North America.

Located at 11790 #10 Highway in Cloverdale, the Museum is open to the public Saturday, Sunday and Monday from 10 a.m. - 5 p.m. with banquet services and private tours available seven days





#### VACUUMS . New & Used Vacuums. อุกินอูกละ Trendvac . Filter Queen Panasonic. . Built In Vacuum Systems . Dynavac Easy Flo . Ultra-Clean . We specialize in fast service to out of town MAIL ORDERS WELCOMED NANCY HARDER Tel: 338-1990 Next To SAAN 2-2401 Cliffe Avenue Courtenay R.C. LOCALLY OWNED & OPERATED \*\*\*\*\*\*\*\*\*\*

**NEXT DEADLINE 08 APR** NOON

## Health & fitness



#### **ASK YOUR** PHARMACIST

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

#### **Rest Easy About Getting To** Sleep

Have you ever realized you spend about a third of your life asleep? Of course, not everyone needs eight hours a night. Some can get by with fewer, babies and young children need more. The key is getting enough to be able to wake up rested, refreshed and ready to meet the challenges of a new day.

When you don't sleep well, it's usually no secret. Your tiredness or irritability is sure to invite comments about getting up on "the wrong side of the bed".

Some sleep disorders you may come across can't be helped by a glass of warm milk or a hot bath before bed. They can only be diagnosed and treated by a doctor.

For example, narcolepsy is an irresistible urge to sleep, accompanied by muscular weakness, especially in stressful situations. "Night Terror", a condition common to children, usually occurs within an hour of falling asleep. Symptoms include a racing pulse and disorientation. Nightmares, which happen to us all at one time or another, are not the same.

The causes of insomnia are usually simpler to pinpoint, ranging from personal problems or physical ailments to changes in lifestyles. Having your regular bedtime upset or even a new mattress can lead to a fitful night of counting sheep.

Tossing and turning for a couple of nights in a row is no reason for concern. If the ceiling starts to be the focus of attention for a longer period see your doctor. Remember, the worst thing you can do after a couple of bad nights is keep yourself awake by worrying about falling asleep.

Be sure to check with your pharmacist if you have any questions about medications your doctor might prescribe for insomnia. He or she can also help if you need information on non-prescription

#### What Ever Happened To Snake Oil?

"Yes sir, ladies and gentlemen, just one swallow of this fabulous elixir cures boils, the flux, indigestion, runny noses, lethargy and a host of other ailments." This and other testimonials like it were the standards of the travelling medicine show which has disappeared except for the occasional scene in an old cowboy movie.

The medicine show and its usually alcohol-laced products were finally put to rest with the passage of the Proprietary and Patent Medicine Act by the federal government in 1908. Since then, exotic mixtures with imaginative names and wild claims of healing properties have been banned.

You can still find proprietary medicines on your drugstore shelf, but their contents and advertising are controlled by laws and regulations designed to protect the public.

The medicines can help in the treatment long as the package directions are followed carefully. However, sometimes non-prescription drugs don't work because the user may be sensitive to one ingredient or another.

Your pharmacist is a good source of information about nonprescription drugs. He or she has extensive training and experience identifying drug ingredients, their proper use and possible side effects when combined with other medication. If you're not sure about the effects of combining prescription and non-prescription drugs, ask your pharmacist or doctor.

#### More Hamish

can manage to carry home. Fifty pounds is not very bulky and exercise is good for him!

Then there is the hobby of lapidary, (rock polishing). Take off to the hills with pick and rock hammer and load up with all the rock he can pack. Don't be disappointed if the first few loads of rock don't seem to be the right type for polishing, there's lots of rock in them thar hills! And when your back yard begins to look like a miniature quarry, you can al-

ways build a rock garden! And there's another hobby for you great exercise too!

Grandparents and even greatgrandparents can join in too. You're never too old to take part in the fun of being retired. It's a matter of relativity. When I congratulated a chap on the arrival of a great-grandson and asked him how it felt being a greatgrandfather, he replied, "Just great, but I don't feel like a greatgrandfather. The only thing that bothers me is the thought of being

## info health

Dr. Bob Young



the person (under professional su-

pervision) to the anxiety-trigger-

Social phobias involve other

people, particularly when they

are interacting with or observing

the phobia victim. Social gather-

ings, business or other meetings,

buses or subways are frequent

locations. Patients feel others are

examining them in a critical man-

ner, and the symptoms are similar

to those outlined above. This

phobia is often incapacitating.

and much more severe than mere

Again, treatment is by be-

havior therapy, using exposure

techniques called habituation,

desensitization, and flooding. All

are relatively simple and can be

taught by trained people and even

learned from books or computer

programs. Drugs, particularly an-

ing factors.

nervousness.

#### Agoraphobia

I tell my patients that everyone Agoraphobia is a fear of being is allowed to have one phobia, if rapped, a fear of open, or public only because most people do. Each of us can probably think of a situation or an idea that gives us the shivers. Mine is a fear of falling - not from a height, just falling. Probably due to my ineptness, as a youth, at gymnastic tumbling.

Phobia is a Greek word meaning fear. In psychiatry, the term implies an unrealistic or exaggerated fear - an aversion to things or places that cause little anxiety in the majority of people.

Simple phobias are common, often nervously "laughed off" by the sufferer, and are seldom significant problems. Fear of heights, small enclosures, animals (snakes, spiders, mice even dogs and cats), blood, thunderstorms, or flying are familiar examples. Unpleasant, but not incapacitating.

places - there are a number of definitions. People with this condition become extremely anxious, to the point where they may be unable to function, in certain situations. The symptoms of an anxiety neurosis are present; sweating, shaking, dry mouth, overbreathing, bowel and bladder

urgency and frequency, and

headache, among others.

Agoraphobics may be afraid to leave home alone, enter an elevator, stand in line, travel even a few meters away from home, or enter a store. As they restrict their activity to avoid known anxietyproducing situations new symptoms appear. The patient may retreat completely, never leaving home.

Behavior therapy is effective in treating both these phobias but the challenge is much greater in the case of agoraphobia. Behavior thereapy means exposing

number of people who have a

fective in many cases. The

medicine, trade-named Atrovent,

has been used as an oral inhaled

mock like this. Then I have this

tall, cool one just within easy

reach. Then I fold my hands

across my middle like this and

gaze upward into the blue and

watch the birds fly by. Yes sir,

very relaxing sort of a hobby.

Very relaxing...ZZZZZZZ.

tidepressants, are also used, but are not as effective.

designed for use in the nostrils.

#### Rhinorrea enter the nose - and infection can

for a solution.

Sniff, blow, and wipe, over and over. Often this is not a true disease, but it is a nuisance for many people.

There are cases, perhaps the majority, when a constantly wet nose is due to an underlying problem. Hayfever, for instance, produces a profuse nasal discharge when the victim is exposed to material that triggers an allergic reaction. Chronic sinusitis also may be characterized by rhinorrhea, the medical term for a runny nose.

And, of course, the common cold virus is a frequent culprit, but here the symptom lasts only

as long as the infection persists. A rare but dangerous rhinorrhea may follow a deep skull fracture. Cerebro-spinal fluid, which surrounds the brain, may leak through the crack in the bone and

married to a great grandmother."

less, from archery to Zebra breed-

ing, your choice is unlimited with

a little imagination. My hobby?

Funny you should ask. I was just

about to start again. My hobby?

Well, I guess you would sorta

class it as bird watching. You see,

I have this hammock stretched

out between these two sturdy

trees, and I crawl into the ham-

Yes, the list of hobbies is end-

spray for asthma for several travel in the opposite direction. years. It is now also marketed as There remains a significant an aerosol with a spray head

watery discharge for no apparent reason. They are not ill, but they Success in drying up the nose are sick and tired of having a wet will be apparent within a day or nose, often decorated by the two if the drug is going to work. presence of a drop of water hang-There is no rebound excess secreing from its tip. tion, and tolerance does not occur Most of these people have - if it works it will continue to do tried many nasal sprays, both so. There are no side effects of prescribed and over-the-counter, concern.

to little or no avail. They have generally given up, and no longer Dosage is highly individualapproach their doctors looking ized, ranging from a high of two sprays in each nostril four times a Early reports indicate that day, down to a single spray every relief may now be available. A other day. Too much might cause drug with the imposing name excessive dryness. ipratropium bromide is very ef-

> If you have the blow, sniff, and wipe problem your doctor may now be able to help you.

#### WANTED: continued from page 1 3

Your personal births, engagement, wedding and death announcements, including photos. These will be published free of charge to all DND personnel and Civilian employees, retired DND personnel and RCMP.

## NEXT DEADLINE 08 APR NOON



## music reviews and syndicated columnist

#### **Queens Logic**

Soundtrack success is frequently tied to the success of the movie that it represents. "Queens Logic" (Epic) has the strength to stand on its own merits regardless of whether the movie is a hit or not. "Queens Logic", starring Kevin Bacon and Linda Fiorentino, only in release a couple of weeks, is already showing good box-office numbers. The recently released soundtrack is receiving good reviews and, because of its built-in star appeal and proven hit material, should become a solid sales item.

Henry Lee Summer opens the proceedings with the infectious "Fooled Around and Fell In Love", which features a guitar solo by Joe Walsh, while Cheap Trick revive their '79 certified gold "I Want You To Want Me". The late Marvin Gaye's soulful rendition of "Let's Get It On" and Sly and The Family Stone's visit to the past via "Thank You (Falletinme Be Mice Elf Again)", along with Van Morrison's "Jackie Wilson Said" and Mott The Hoople's revival of Bowie's "All The Young Dudes" are all solid musical offerings.

Adding to the overall sales appeal are Wild Cherry's "Play That Funky Music", Johnny Nash's reggae flavoured "Stir It Up" and J.D. Souther's easy-paced winner "You're Only Lonely". The 15track outing is wrapped up by The Delphonics, Argent, Eddie Money, Cheryl Lynn and The Emotions. Good grooves throughout.

#### Will to Power

With the silky-smooth "I'm Not In Love" already cracking top-20 charts Will To Power's "Journey Home" (Epic) looks like an odds-on-favourite to pull down precious metal certification.

"Journey Home" is a nine-track, ten if your count the reprise on "Fly Bird", that Itterally jumps from the tape machine and demands your reet to dance. The title track has all the major ingredients for singles success while "Don't Like It" and "Fly Bird", with their incessant dance groove and on-target lyric line should quickly become a radio active. Top notch production, along with some smokin' sax are perfectly fused to Elin Michaels and Bob Rosenberg up-front vocal deliveries. Bob, who wrote all the tracks with the exception of "Boogie Nights" (Rod Temperton) and "I'm Not In Love" (Gouldman/Stewart), produced the set.

There is a wealth of solid material here, including "Best Friend's Girl", "Clock On The Wall" and "It's My Life". While new to the international scene, "Journey Home" will undoubtedly give Will To Power their place in the spotlight.



#### **EARTH, WIND & FIRE**

Earth, Wind & Fire are just one of the many featured artists on the 15-song soundtrack of Queens Logic.



## On and off base





Place: Jr Ranks Club Totem Inn Lounge

Time: 2:00 - 4:00 PM Date: 24 March '91

Great show lined up! 40!! Door prizes to be won! Tickets \$5.00 ea available through Liz Basham 339-4314 or also available at the door. Invite a friend to come along.

Refreshments will be served.

# Ensternation - Celebration - C

SALE PRICES IN EFFECT UNTIL 20 Mar-30 Mar



Write On **Easter Egg** Reg. \$1.49 SALE 77¢

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## Public announcements

#### **Base Library Hours**

Dunuing 10	
Monday	1100-1300 hr
	1800-2100 hr
Tuesday	1800-2100 hr
Wednesday	1100-1300 hr
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

Sun	1300-1600 Casual
Juni	1800-2300 Mixed
	League
Mon	1800-2300 Mens
ues	1800-2300 Ladies

....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'òperation sont les suivantes: Dimanche....1300-1600 Libre

1800-2300 Ligue Mixte Lundi.....1800-2300 Hommes Mardi.....1800-2300 Femmes ...1300-1600

Femmes ...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

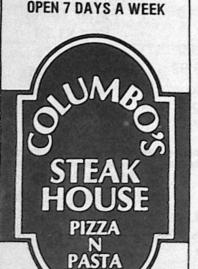
1830-2100 Units/Sections who wish to schedule specific times are to contact Sgt Plante at loc 8690.

#### Gymnase

Les heures d'operation pour usage courante sont les suivantes. Lundi au Vendredi 0730-1700 1830-2100

> 1300-1700 1830-2100

Les unitès et les sections qui desirent ceduler des heures particulieres sont pries de contacter Sgt B. Plante au local 8690.



338-1488 **FREE DELIVERY** 

#### 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 at-

#### Jr Ranks Ladies Meeting

Jr Ranks Ladies Club Meeting, March 21, 7:30 p.m., Totem Inn Lounge. Finalization for the Fashion Show and nominations for '91-'92 Executive.

Come on out and enjoy our hospitality.

#### **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.

#### Comox Glacier Wanderers

March, 1991. For information

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

#### Totem Inn

phone 339-3945.

JUNIOR RANKS TGIF FRIDAY 22 MARCH 91

DARTS TGIF STARTS AT 1700 **GAMES STARTING AT 1730 FOOD SERVED UNTIL 1800** 

#### 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

#### Parents & Tots

7075 or Barb, 339-0594.

information please call Jan, 339-

The group will meet at the Community Centre next to Canex. Time: 10 a.m.-11:30 p.m.

#### 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 arrange-

For more information contact Base Peri staff, loc 8315.



#### A CAN OF FOOD ONCE IN A WHILE. IS IT REALLY THAT MUCH??

At the top stairs of 1 Hangar SW entrance in their canteen, 442 Sqn has a food deposit box for the needy.

Bring a can once in a while or take it to the food bank building at 1126F Piercy Ave. In Courtenay. It is open Monday to Friday 9:30 am to 4:30 pm.

Don't be shy and don't waste any time. They need all of us.

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one part-time Physiotherapist and

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tral Alberta's leading weekly

newspapers. Experience with

cant must possess valid driver's

era. Send resume including

samples of published work to

Old's Gazette, P.O. Box 820,

Olds Alberta, TOM 1PO, ATTN:

Mary-Jane Harper or phone

(403)556-3351.

definite asset. Successful appli

Hospital, Box 189, Grand For

work in a pleasant atmosphere in

hysiotherapist for + or - 4 days/

Pass, B.C., VOE 2SO.

resses, gas attendants, cashier

#### AND FOR THE POSTED OUT:

The Food Bank at 1126F Ave. has a freezer and fridge, so don't waste your food. Please bring it to them. They need it the most

Give to someone who cannot give back.

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FORMER WESTLOCK and Disid residents you're invited. 75th end June 28 - July 1, 1991, Furtlock, AB, ToG 2L0, Phone

Historical Arms Collectors Society 19th annual Firearms and Mililaria Show, Saturday, March 23. 10 a.m. - 6 p.m. Sunday, March 24. 9 a.m. - 4 p.m. Vancouvi rade and Convention Centre

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tioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/ proximately 150 surplus pieces of ers, Trailers, Paving Equipment Belly Dumps, Ponys, Hiabs, tors, Dozers, Truck Scales, Graders and Crushing Equipment. Call Vic Kampe, (604)493-6791, Pen-

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Free Cigarettes and Cigars. Grow lobacco anywhere in Canada. Complete kit includes seeds, prowing and curing instructions 2432, Parksville, B.C. VOR 2SO.

#### HELP WANTED

Employment Opportunity. Executive Director to work under direction of the Board. Salary negotiable. Closing date: April 15. Starting date: May 1st, 1991. 1991. Submit resumes to: DZEL K'ANT Indian Friendship Centre, Box 2920, Smithers, B.C., VOJ 2No. Attn: Von Sarac, (604)847-

HELP WANTED Mature person with E.C.E. CER-

LAID OFF? TRAIN to manage an TIFICATE to supervise 0-3 years Apartment/Condominium Building. Many jobs available. Governlaycare serving single parents. ment licensed home study certification course. Job placement ing included, Resume: Box 2737 Creston, B.C., V0B 1G0. Phone 1(604)428-9892, Diane. BE THE FIRST in your area to

FINANCIAL ADVISOR opening with the Tsilhqot'in Tribal Council, 102-383 Oliver Street, Williams Lake, B.C., V2G 1M4. For more 398-5798, submit resumes to

#### LIVESTOCK

ALBERTA TEXAS Longhorn Association Select Bull and Female Sale. The Westerner, Red Deer Alberta, Saturday, March 23, 1991, 1 p.m. Phone (403)347-

#### PERSONALS

WOULD YOU LIKE to correspond with unattached Christian riage. Write ASHGROVE, P.O. Box 205, Chase, B.C., V0E 1M0.

#### REAL ESTATE

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#### THURSDAY 21 MARCH 1991

## Recreation

from the Rec Centre

## Partner Training Individual Training

Whenever you strive to work out harder than usual, but find that you lack the necessary drive to really push it, then training with a partner can be quite beneficial. Whether you swim, jog, walk, run, bodybuild, cycle or whatever, a training partner is an excellent source of inspiration. All you have to make sure of is that your training partner is as well driven toward his own goals as you are, and both of you can end up having an excellent workout. A good partner can motivate, inspire, push you harder, get that little extra out of you that you might have otherwise failed to give, and also share his/her own personal experiences on training. This can be a real bonus since at times new knowledge on training may creep up that you might not be aware of but your training partner may at times have the scoop, the lowdown, the info! So, if partner training is your bag, go for it! Co-ed training is even more fun. You might not train as hard but at

least you can get an eyeful! On the other side of the coin, individual training will let you have more training time, work out faster in less time, give you more chance to do things you want to do! The bonus here is that you, don't have to rely on anyone but yourself for your workouts, and if it's a lousy one, you just blame yourself. We really have to tip our hats to these gals and guys because they're really the last few diehards out there who have the intestinal fortitude and personal drive to be consistant in their workouts!

Working out alone instills a certain kind of discipline that you just can't get from working out with a partner.

A lot of individual trainers have a great deal of pride and rightly so. They've earned it! Don't get me wrong. I'm not suggesting that fitness is a cure all for everything. I am implying that it greatly enhances one's life

To sum up, we see both pros

and cons on both sides, but it just boils down to your decision. Try the one you like, or even better try both, and experience each to get a

better knowledge of them. Any questions you may have on either method of training, call me - Cpl Savard, your local PERI at the

## **Local Editor Wins Pilgrimage**



Debra Martin won a competition for her work with the Junior Pipe Band for a 1991 Pilgrimage of Remembrance, sponsored by the Dominion Command, Royal Canadian Legion. Debra will tour Cenotaph sites in Europe this summer.

Debra is Editor of the Comox District Free Press (Greensheet) and Pipe Major of the Courtenay Legion Pipe Band.

Pictured with Debra are her students of the Junior Pipe Band at Branch 17, Courtenay Legion, at Couer de Alene, North Idaho College Pipe and Drum School, June 1990.

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#### WOs/Sqts Ladies

The March 11th meeting was brought to order by president Jackie Symes. An enjoyable evening was had, with everyone being serenaded with Irish music to celebrate St. Patrick's Day.

Reminders for entertainment

were the April 8 meeting at the mess at 8 p.m. is a chocolate demonstration. Feel free to get involved. The May meeting is to be a craft and cake Bingo - and don't forget - The 'elections' are the same night. Don't be shy. Come out and support your new executive for next year!

A lovely cake with a pot of gold was presented to Willie the bartender (going on vacation). Have a happy Willie! Treats, coffee and tea were then available, with everyone having time to

The 50/50 was won by Jan Fraser, the doorprize by Cath Warrender, and the two wee shamrock plants went to Vicki LaFort and Geraldine Del Fabro.

A very Happy Easter, with its joy and peace, is extended to you and yours.

## CLEAR THE AIR

Reduce air pollution

and auto emissions with tips B.C. Lung Association

> ST. PETER'S Anglican/Episcopa Church

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-JESUS IS LORD-

**HOLY EUCHARIST** 8:00 a.m. and 10:00 a.m. Fr. John Paetkau - 339-2925

TO OUR **VOLUNTEERS:** Our heartfelt

thanks

for a job

well done!



your odds against Canada's

Improving

## Windsurfing Club

For those who don't know, sure the continued existance of CFB Comox does have a the club in years to come. We need your support to justify the windsurfing club, presently feasibility of the purchase of new operating on a year-round basis from the Goose Spit. What an ideal location! A semi-enclosed No financial commitment is bay that provides good sailing required at this time, just a phone with good winds and sandy

drop us a note.

For a yearly fee, members come and go as they please with reliable access to boards, sails, wetsuits and life jackets. Also limited storage for members with their own boards.

beaches without the hassle of

The windsurfing club is now

For information call Lt Godden (ATC) local 8115 or Cpl Sabourin (VU33) local 8481.

call to one of the following mem-

bers saying "Yes, I'm interested".

If you can't reach us by phone

Martin

32.Gold diver

Sylvie

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hockey

Jackson

40. Moved

30.Owned

33.U.S.

doing a membership drive to en-

ACROSS

1.Furious

12.Belief

9.Disallow

13.Corrida cry

14.Shoulder

form)

15.Alarm

16.Normal

18. Fig tree

21.Start for

gram or

dermis

23.Commun

group (abbr.)

24. Care for

25.Choose

27.Famous

31.Tolkien

lemon

29. Whiteman,

character

35. Sheepish

ity hoop

20.Tops

#### Canadian Crossword By Rick McConnell Solution on page 24

Stallone 2.Onassis 3.Boxing character? 37.Blood champ Trevoi 4. Thought onents 38.Challenged 5.Boxing

41.Pitcher 34.Label champ 43. Wiper 36. Early Lalonde 44.Cupid 6.Skating 45. At the back champ Jackson of the boat 38.Premiere 47.Cast a spell 7. Thicke 49.Beirut 8. Wager 39.Forum

hostage 9.Driller Тепту 10.Build-up 52. One in 11.Nick of Wacouna 53.Her 17.Bent lights 19.Structural

54.Decathlete Dave 55.Bit 56.Ever,in

followers

(abbr.)

Jake 22.Zadora 1.Pope's 26."Hurricane

the boat 42.Early hockey Hollywood great Lalonde 45.Yearn 21.Cabinet 46.Pro \_\_\_

member 24.Buzzword

Helen"

28.Comedian

48.Half a small fly? 50.Decimal base 51. Printer's measurements

22

1990, The Know-Whole-Bard Features Syndicate 8-92

#1 killer.

## On and off base

## Entertainment Scene

On the Base

#### Warbler comes West

In October of 1990 singer/entertainer Debbie Post ended her concert for the first time with a song called "God Bless Canada". The song wasdedicated to all our men and women who serve in our Canadian military around the world and here at home.

Debbie received a standing ovation from the audience that night. In the audience was Sgt Kevin Fader who was there representing Col D. Wilson, Base Commander, CFB Trenton. After the show Debbie did an interview with Sgt Fader for Radio Astra, and mentioned that she would go to the Persian Gulf to entertain our troops at Christmas. Details could not be worked out however, so Debbie thought that she would do the next best thing. At her own expense, Debbie went into Manta Sound in Toronto and recorded two songs, "God Bless Canada and He's My Hero" and had 2000 cassettes pressed to be sent to the troops in the Persian Gulf. On December 14th, Debbie delivered the 2000 cassettes to Col D. Wilson and they were sent over to the Persian Gulf in time for Christmas. This gesture was to show the men and women in the Gulf that they are on the minds of all Canadians and that Canadians are proud of all the men and women who serve our country.

At the same time the song "God Bless Canada" was released to all radio stations across Canada and the public response has been overwhelming. All radio stations that are playing the record are reporting very heavy phone response. The cards and letters that have been written to Debbie have been very heartwarming. It is not often that a record has this kind of effect and motivates listeners to call the stations with their comments. Newspapers and television newscasts have been quick to pick up on this story and the same is true. Whenever an article is written, or Debbie is interviewed on television news, the switchboards light up. This is very gratifying for Debbie and shows that Canadians from coast to coast support the efforts of our men and women who serve in our military.

1991 will see Debbie touring a great deal. In July she will be in Western Canada and will be performing at such events as Big Valley Jamboree in Craven, Sask. She will be there on Saturday, July 13th. If you see Debbie's name anywhere please come out and say hello. Talks are also underway for Debbie to tour with Lee Greenwood and in September, Barbara Mandrell. Debbie has been performing since she was 10 and has shared the stage with some of the biggest names in the entertainment business. Names such as Roy Orbison, Roy Clark, Larry Gatlin and Gatlin Brothers, Roger Miller, Lee Greenwood to name but a few. Debbie's live show is one of high energy, backed up by five of Canada's best musicians and a sound and light show second to none. Her ability to entertain an audience rather than just sing to them has built Debbie a very large fan following. Her hit records such as "Love Hurts", "Good Good Lovin'", "Stay Away", and "Down To My Last Tear" have had extensive airplay on contemporary and country radio stations alike. As one reviewer wrote, "The world is rich with singers, but there are few real entertainers. Debbie Post is a real entertainer."



**NEXT DEADLINE 08 APR** NOON

## 1991 Glacier Greens Golf Club Executive

#### Winter Golf Closing

A team consisting of Roy Downey, Jim McCaffery, Dick Nex, Ardyth Wood and Collin Olson, captured the first low gross honors sponsored by Mc-Conochies Furniture & Appliances on Sunday at the closing of winter golf.

1st L.N.: (Sponsored by Windsor Plywood) Norm Fellbaum; Barb Carter; John Holly and Russ Wreggitt.

2nd L.N.: Arnie Mathus; Frankie McCaffery; Elsie Downey; Earl Marten and Mary

3rd L.N.: Bing Shearer; Peggy Falconer, Rosalie Lloyd; Jamie Bull and Glen Caslake. 4th L.N.: Ron Carter; Lorraine

Courtemanche; Marg Wreggitt and Al Gavel. 2nd L.G.: Dean Verdenhalven: Larry Blais; Anne Blake and Bob

3rd L.G.: John Courtemanche; Fran Hume; Harry Lewis and Ray

4th L.G.: Ron Campbell; Shirley Shearer; Pat Copeland and

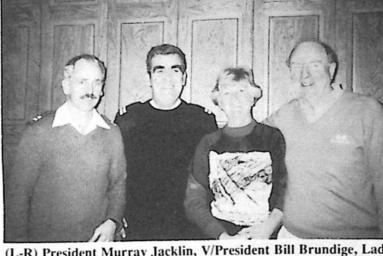
Hidden Hole: Fran Hume and Ardyth Wood.

When Ron Campbell addressed his ball for his second shot on #8 you just knew that ball was going for an Eagle. Well done and congratulations Ron.

K.P. on #4: Ray Cossette. K.P. on #7: Bing Shearer. K.P. on #13: Jack Hawkins. K.P. on #16: Jamie Bull.

Glacier Greens opens the golf season with a mixed 4 ball (membership only) on Sunday 24 Mar at 9 a.m. Shot gun start. Sign up at the pro shop. Cut off date and time - 12 noon Saturday.

nine hole competition on Tues- pro shop. day, 26 March at 9 a.m. Followed by a 'get acquainted'



(L-R) President Murray Jacklin, V/President Bill Brundige, Ladies Club Captain Frankie McCaffery and Memberships Russ Wreggitt.



(L-R) Handicaps Stu Mohler, Club Captain Larry Blais, Secretary Wayne Collins and Course Supt. Steve Bailey.



(L-R) Tourn. Chairman Don Middleton, Sr. Rep. John Ferguson, Public Relations Rose McCliesh, Plans & Engineering Rick Salmon and Jr. Rep. Greg Fleet.

The 'Mens Opening' tournament (members only) will be held at G.G., on Saturday, 6 The ladies scheduled golf April at 9 a.m. Shot gun start. season at G.G., will open with a Watch for more information at the

There will be a Zone 6 Jrs. luncheon. Please come, rain or inter-club golf tournament at Glacier Greens on Sunday, 7

April. Sign up by 10:30 a.m. for 11 a.m. start. Formore information call Greg Fleet at 339-0794.

Glacier Greens Golf Club Ladies General Meeting: 11 April, 7 p.m. at the Club House.

The next monthly committee meeting of the G.G.G.C. will be held 2 March at 1 p.m. at the Club

#### Engagement. Melancon-Commandeur



Engagement - Mr. & Mrs. Andre Melancon, of Comox, are pleased to announce the engagement of their daughter Marie Lynne to Travis Scott Commandeur, of 407 Sqn, CFB Comox. The marriage will take place at Christ The King Church, Courtenay, B.C. in April 1991.

#### 1991 Zone 6 Seniors (North) Golf Association Schedule Apr 17..... March Meadows

Apr 26 .....Qualicum May 08 .....Mt. Brenton May 15..... Sunnydale May 27 .....Cowichan Jun 12 .....Sequoia Springs Jun 19..... Comox

Jun 26......Gabriola Jul 03.....Storey Creek Jul 10..... March Meadows Jul 24..... Fairwinds Jul 31..... Glacier Greens

Aug 09...... Sunnydale Aug 21...... Port Alberni Aug 28...... Arbutus Ridge Sep 13..... Eaglecrest

Sep 23...... Nanaimo

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Fri 29 MarClosed for Good Friday
Sun 31 Mar
Sun 24 Mar 3:30 - 6:30 "Touch of Class" 6 piece band
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Sat 30 MarTBA
BINGOS Thur, Fri, Sun at 7:00 PM
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TUESDAYPUB DARTS

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.TGIF & MONEY DRAW AT 6:30 PM

.FUN BRIDGE AT 12:30 PM

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\*EVENTS\*\*\*

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\*\*\*ENTERTAINMENT\*\*\*

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

\*\*\*EVENTS\*\*\*

SATURDAYS...

Dance. Lounge. (Unless advised)

Meat Draws, Lounge 2 - Whenever?

.. HAWAIIAN NIGHT FRIDAY 22 MARCH... Music by WHITEWATER .. Closed for GOOD FRIDAY Fri 29 Mar.. .Closed for EASTER SUNDAY Sun 31 Mar. ...Music by WESTWIND Music by WHITEWATER Fri 12 Apr...

SATURDAY 13 APRIL - ANNUAL HONOURS & AWARDS NIGHT - Upper Hall at 6:30 PM. Tickets available Monday 25 March - S8 per person.

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> \*\*\*SPORTS\*\*\* TBA

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All yours, E.J.... BComd Col J.E. McGee authorizes the change of command, with new CO Maj E.J. Beth (L) and outgoing CO Maj L.G. Bolton (R) attending.

Talk

This week, a training book.

Schutzhund by Susan Barwig,

and Stewart Hilliard, Macmillan

publishing Co. New York, and

Maxwell Macmillan, Canada,

Schutzhund means guard dog

in German, and that's what this

book is all about. Training your

guard dog. The sport of

Schutzhund is truly international,

and the various degrees and trials

can be taken in Europe, Canada,

or America. It adds a great deal

of versatility to those who move

The authors are both ac-

complished dog trainers and

handlers with a tremendous

amount of experience in the

tion is here. While I don't think

that anyone should attempt this

type of training without expert

wrice, this book does explain

clearly the various trials and what

to expect. It certainly should be

read by anyone who is thinking of

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by Gerry Gerow

hunt so well. The answer is

simple. You don't. The dog is

born with a basic instinct to hunt.

If it is not there, nothing will

help. The dog is simply a nice pet.

However, you must train your

dog to do a lot of the things con-

nected with hunting. Retrieving

must be taught to many breeds.

They'll learn fast, but it must be

taught. I also believe in basic

obedience training. A hunting

dog which will not obey a com-

mand to return to you is a real

liability in the field. Every so

often you run into a hunting dog,

which is an excellent dog in every

respect, except that he/she does

not like water. A hunting dog that

refuses to get its feet wet is not

really much good. This can usual-

ly be overcome with patience and

time. It is best to wait until sum-

mer and then go into the water to

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Let's talk a little about hunting

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Are you aware that if a hunting

dog is not given the opportunity

to hunt, the instinct to do so will

diminish with each generation

until you have a really nice pet

who wouldn't know a pheasant

from a horse. So, if you are shop-

ping for a hunting dog, you have

to be careful that it comes from

hunting stock and not pet stock. It

is best to ask to see the pups

I am fortunate to own a really

good hunting dog. Frequently,

when in the field, another hunter

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parents in the field.

have the store order it for you.

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#### SWALLOWED POISONS

MEDICINE: Do not give anything by mouth until you call for advice. HOUSEHOLD PRODUCTS OR CHEMICALS: Unless victim is unconscious, having convulsions, or cannot swallow -- give milk or water immediately . . . then call Poison Control Centre about whether you should make the victim vomit or not. Always keep on hand at home a oneounce bottle (30ml) of IPECAC SYRUP (available without prescription from your local drug store) for each child or grandchild in the home. Use only on advice of Poison Control Centre, emergency department or physician.



#### POISONS IN THE EYE

Flood the eye with lukewarm (not hot) water poured from a jug or large glass 2 or 3 inches from the eye. Repeat for 15 minutes. Have victim blink as much as possible while flooding the eye. Do not force the eyelid open.



#### POISONS ON THE SKIN

Flood skin with water for 10 minutes. Remove contaminated clothing. Then wash gently with soap and rater and



#### INHALED POISONS

Immediately get the victim to fresh air. Avoid breathing fumes. Open doors and windows wide. If victim is not breathing, start artificial respiration.

#### AFTER FIRST AID, CALL

POISON CONTROL CENTRE

#### **NEXT DEADLINE 08 APR**

## **CHAPEL CHIMES**

#### OUR LADY OF THE SACRED HEART CHAPEL(RC)

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

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

RECONCILIATION - Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten Seasons. BAPTISMS & MARRIAGES - By appointment - notice well

in advance please. CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the

month it the Parish Hall, preceded by Mass in the Chapel at 7:00 pm. President: Mrs. Claudette LeBlanc, phone 339-3002. CATECHISM CLASSES - September - May in the PMQ School at 1830 hrs, every Wednesday, Coordinators; Bonnie Gillis, 339-3496, and John LeRoss, 339-4388.

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BASE CHAPLAIN (P) - Mai R.E. Baker CHAPEL - St. Michael & All Angels, Wallace Gardens,

OFFICE - Headquarters, Bldg 45, Room 48, Telephone 8273 SUNDAY WORSHIP - Each Sunday at 1100 hrs. HOLY COMMUNION - First Sunday of the month. SUNDAY SCHOOL - Each Sunday at 1100 hrs. NURSERY SCHOOL - Each Sunday at 1100 hrs. CHOIR - practices 1830 hrs, Thursday at Chapel. CriAPEL GUILD - meets once a month, first Thursday at the Chapel 7:30 pm, President Betha Baker 339-0189.

PROTECT YOUR EXPRESS LUNGS

T British Columbia Lung Association



## On and off base

Census Day

#### Immigrants to be Counted

About 15% of all immigrants to Canada choose British Columbia as their home. In 1989, 25,335 new immigrants brought their skills, investment dollars, and new perspectives to the province. "In BC we have over 80 ethnocultural groups," notes Yasmin Jiwani, Ethnic Liaison Officer for the 1991 Census of Canada.

The next Canadian Census will take place on June 4th, 1991. Like many other organizations which support initiatives to assist new immigrants in achieving full participation in Canadian society, Statistics Canada makes a special effort to ensure that these people are aware of the Census and understand the benefits of participating. According to Jiwani, "Posters showing the diversity of Canadian society are just one of the ways we encourage people to be counted on Census Day. Other initiatives include providing census questions in 30 different languages, and a multilingual Telephone Assistance Service."

Immigrants are accepted in many categories, among them family reunification, skilled worker and business immigration 

categories. As a signatory of the United Nations Convention, Canada also has an obligation to protect and give sanctuary to refugees. In the 1991 Census we will be counting, for the first time, refugee claimants, individuals holding student or work visas, and those who are in Canada on ministerial permits. "People come to Canada for a variety of reasons," notes Jiwani, "for economic considerations, to join family members, to live in a more politically stable environment, and to live in peace."

Everyone counts in the Census. Census data provides a basis for decision-making about social, educational and health needs in every community, and is used by businesses in choosing to locate in your area. Census population counts are used to calculate federal government transfer payments to the provinces. For every person missed in the 1991 Census the provinces could lose some \$600 every year over the five year intercensal period. "This is why it is so important that we reach out to immigrants across the province, and work closely with

A poster by artist Nora Patrich, forms an integral part of the Ethnic Liaison Program for the 1991 Census. Nora is herself an immigrant to Canada, having fled Argentina in 1977, when her husband was assassinated. Of her adopted country Ms. Patrich says, "I didn't realize how much Canada was my home until I went back to visit Argentina. I'm glad I have been able to grow and understand that to love a culture or a place, you don't have to be nationalistic. I really believe in multiculturalism." While information about individuals provided on census questionnaires is kept completely confidential, by law, information about Canadians as a whole will provide a new picutre of Canadian society and its cultural diversity. On June 4th, Census Day, everyone counts.

community based multicultural organizations to explain the Census and encourage new Canadians to participate. That way everyone in the community benefits," says Jiwani.

#### WHO

open to women of all ages who have resided in the area for less than two years

#### WHAT

primarily a social club with many fun activities, including mixed socials

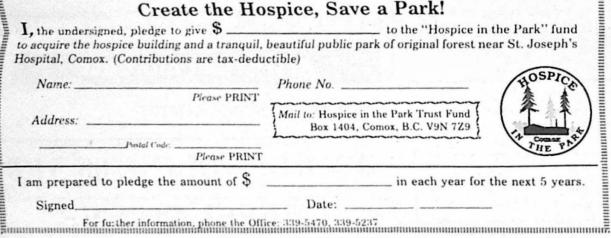
#### WHEN

general meeting on the SECOND MONDAY (next meeting April 8) of each month at 7:30 p.m. (not July & August)

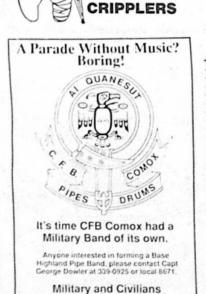
#### WHERE

Dusty's Den in Comox on Beaufort Ave. (beside Town Hall)

FOR FURTHER INFORMATION CALL: Joan at 338-6388





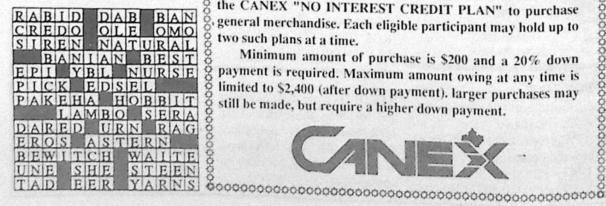


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permanent DND civilian employees and foreign military personnel filling established positions on the Base/Station can use the CANEX "NO INTEREST CREDIT PLAN" to purchase general merchandise. Each eligible participant may hold up to two such plans at a time.

Minimum amount of purchase is \$200 and a 20% down payment is required. Maximum amount owing at any time is limited to \$2,400 (after down payment). larger purchases may still be made, but require a higher down payment.



#### NOTICE

#### **OPENING OF CAN-CADE**

CAN-CADE will be opening it's doors 1800 hours 18 March 1991. This Arcade is located in the Canex Mall. Hours of operation:

Monday - Sunday 0830 - 2300 hours

This Arcade is for Authorized Patrons. You will be asked for your Dependents Pass, Canex Card, or I.D. Card to gain entry to this Arcade. This is your Arcade. We ask your support in making this a place to enjoy.



### THE Comox Valley **NEWCOMERS'** CLUB



.....Welcomes You