



EASTER GREETINGS from the FISHWRAPPER



TOTEM TIMES



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 non-profit 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 medal.



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 (RC))



More RCAFA

continued from page 1

and skilled work will be contracted out.

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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NEXT DEADLINE 08 APR



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.

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

Tee Pee Park

- construction of a children's playground
- construction of a wood storage shed with firewood available to the campers
- installation of a 2000 gallon sani dump station
- construction of a combined handicapped equipped shower, toilet/laundry facility
- new street names/signs (Aurora, Buffalo and Challenger). Also a new numbering system will be in place for the 1991 season
- road upgrading
- 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 '91).

This expansion has impacted directly upon rates needed to cover maintenance costs, loan repayments and future developments, as no other PSP funding will be available. In determining what the Development Committee 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 dependents
- 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 unparalleled in the Canadian Forces. It is all designed for you - so come out and enjoy it.

Tax Tips for your 1990 Return

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

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 year, for the last time, the federal sales tax credit. But if you don't file a tax return because you don't owe any taxes, you could miss out.

Is tax filing easier this year?

Revenue Canada has introduced new measures to simplify 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.

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 explanations for the lines that apply to you, and ignore those that don'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

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 automated phone service called T.I.P.S., for answers to common questions. For a complete list of services and phone numbers in your region, see your Guide.

What other services are available?

You can visit Seasonal Tax Assistance Centres in convenient 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 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 refund.

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

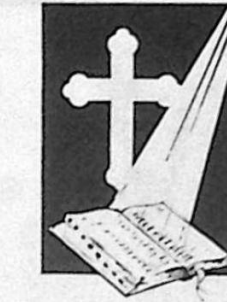
Revenu Canada
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Canada

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. A nice 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 than 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 Easter. 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.
See you in Chapel
Padre Bob

Padre Bob

Padre Bob



Editorial

**NORM
BLONDEL**



"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 more time to get things done.

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 McCarthy 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 kids, we thought.

Mom and Dad lived in a nice PMQ 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 dollars.

A microchip was a small french fry.

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 more complex, and a lot less stable.

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 for.

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 properly, but some of them still get into university.

It's not all bad: We have environmentalists, recycling, organic gardening, PBS, whalesaving, clean air acts and regiments of people giving their time, talents and money to a thousand worthy causes. Perhaps we are pulling back from the edge.

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

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 something, and a note was found in a bottle on Long Beach. That's feedback. Now we know you read the Fishwrapper.

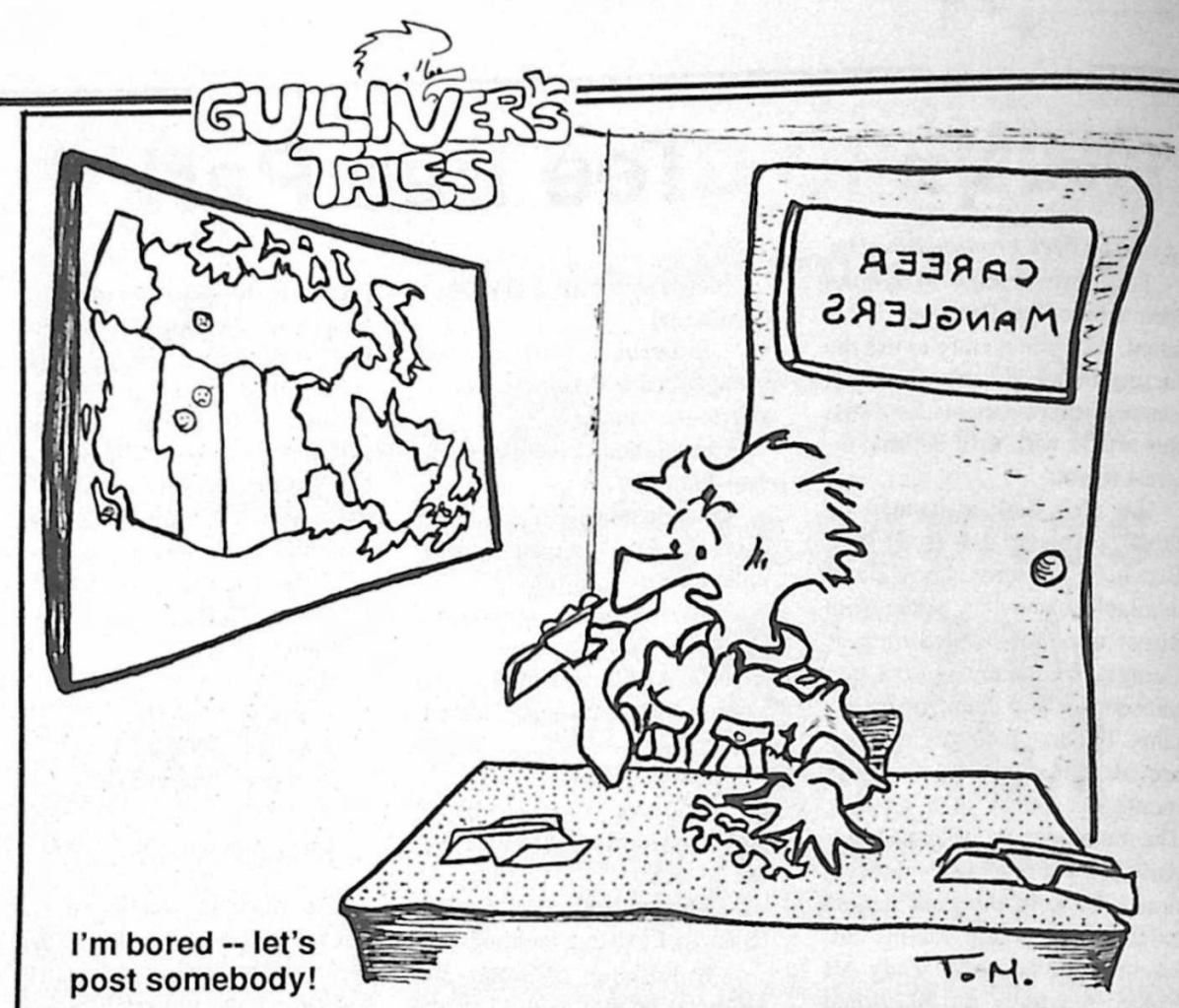
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Family Support Centre

Together Again

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 Derrick Manning, MCpl Joe Brenot, and Major Gary Liddiard. No doubt the next few weeks will see the return of the rest of our personnel.

In the meantime, if you have been selected to go to Alert, Golan, Cyprus, Damascus, etc., please drop by the Family Support 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 putting us in touch with your family. With the finish of the Gulf War we hope to be able to continue supporting families who are separated due to military commitments. 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 can.

At present, we call the 'single wives' periodically to see how

they are doing. We also have been meeting on Monday mornings - discussing family separations 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 things that you are.

We are in the process of forming a Board of Directors for the Family Support Centre. With the Board in place, we will be eligible for funding from Ottawa, if and when that decision is made.

Our future, here at the Family Support Centre is unsure, but we will be open until mid-April at least.

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 student. To register please phone us at the Family Support Centre 339-5684.

How God created the military wife

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 specs 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

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 life-saving 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 thanks!

Sincerely,
Linda Muller
Communications Coordinator

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

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 goal.

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 support!

Yours truly,
(Mrs.) 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, torpedo 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 professionalism of the photography.

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

Victoria Cross

Dear Editor:

In response to your editorial of 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. is undeniably a part of Canada's military history, and the 93 V.Cs awarded Canadians attests to that fact.

Unfortunately there seems to exist, an element in this country

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 continuing erosion.

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

Yours sincerely
John Novak

Aviation Special Event

Dear Sir:

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

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 require.

Yours sincerely,
(Mrs.) Rose Zalesky
Executive Director

Air Force Trivia



Trivia Answer

Heinkel He 115. Originally from the Royal Norwegian Air Force. One of three that escaped to the UK from the Nazis in 1940. Tested by the RAF and allocated serial numbers BV185 to BV187.

from the H.W. Holmes collection

Section News



407 Squadron

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 Akersstream, 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 bugged 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 Mitchell 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 victories.

Courses in the Air Force seem to be a part of life which MCpl Vatheuer 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, Alta.).

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-the-phone 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.

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

Smitty's Comox FAMILY RESTAURANT

Nothing holds a carrot to Mr. McGregor's garden except Smitty's

EASTER DINNER
Mar. 30 & 31
Saturday & Sunday 4 pm-8 pm
Chicken Polynesian or Seafood Platter or Sirloin Steak Oscar
includes Caesar salad or homemade soup, vegetables, potatoes & peach melba (peaches over soft ice cream smothered in hot chocolate sauce & sprinkled with toasted almonds)

Adults \$9.95
Seniors \$7.95

-Reservations recommended
-Regular menu is available

Smitty's
2000 1st from Comox Mass
7 days a week
7:30 am - 9 pm
339-3911



BAMSO

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 spot.

By the time this is in print the intersection hockey finals will have been played. To the members of the BAMSO hockey team, 1 hope congratulations are in order.

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.

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

We are eagerly awaiting word from Lisa Wilgess 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 family again.

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.

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

Section News



442 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 Reimer 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,

Mark Pigeau had a pretty safe job and Maintenance had to give Servicing a wake-up call. The most dangerous place to be for the Parade was in front of Troy; those buttons were loaded and could go off at anytime. With the news of the Powell River ferry move official, 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!

Capt Franklin is no longer single, so congrats to him as well. What's he going to do to get off the next parade? While we're upstairs, a warm welcome to our new CO, Maj Beth, and his family. 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 for it!

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!



Improving your odds against Canada's #1 killer.

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 Mushroom Bay.

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 scholarship.

Chopper Maint

Chopper Maint is in mourning over Mo Leger and the volleyball team's 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 QLS 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 haircut list.

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 interesting entertainment.

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 glamorous.

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

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 toumey was played with cut-throat 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 Lavoie 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

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 forte!

Friday morning proceeded to test our coordination and athletic superiority. We definitely had a surplus of wind (hot air?) as we ached 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 welcome Pte Rachelle Laforge, working in 1 Supply Group and Pte 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.

Bookshelf Bestsellers

10 Top Paperbacks Week ending: 15 March

- | | | |
|---|--|---|
| 1. Skinny Legs and All.....
.....Robbins | 5. Daughters of the Prince.....
.....Herman | 8. Dragon Revenant.....
.....Barber |
| 2. Force of Eagles.....
.....Herman | 6. Kings' Test.....
.....Brooks | 9. Seize the Sky.....
.....Weis |
| 3. Scions of Shannara.....
.....Brooks | 7. By Reason of Insanity.....
.....Ludlum | 10. Empire of Heaven.....
.....Stevens |
| | | Ching Sledge |

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 and dinner?

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

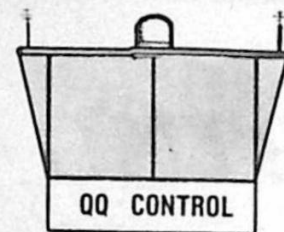
- Why? - Close to the Base;
- Well priced/excellent snack bar;
- Well maintained;
- Very scenic.

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

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

INFO 8720

Section News



As the Beacon Turns

Aloha Beacon browsers and welcome back to the 'Coaches Corner' 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 faced-off (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

aspirins would have fallen out). The highlight of the tournament was a charity game between the ATC All Stars and a local radio station centered by ex-Canadian Yvonne Lambert. Approximately 300 athletic supporters were on hand to watch ATC lose gracefully, 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 Canadian 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 think)!

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/QQ ATC Hockey Tournament, winners for the fourth straight time!! (Watch out Canadians and Islanders, make room for another dynasty)

Anyway...let's get the Zamboni out and yak about other things...like work! First of all, I'd like to welcome Cpl Banfield to 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

PT'ing in ye 'ol Steel Tree Fort while Lt's Godden and Van Berkel continue their quest for Checkoutheed 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 tee-off yet another successful 'Whap-Shucks' good time. (I'll try to keep the volume down to a dull roar this time.)

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 monitor guard.

It Takes All Kinds

Giant walls of rock and timber tower above a misty floor,
It's prehistoric shape dwarfing foothills of pine.
A sash of snow and ice drapes over defiant shoulders,
As sparkles of light dances to the rhythm of dawn,
Pillars of spruce moan in the September wind,
As an eagle circles high over his domain.
With a sudden shriek, the bird of prey plummets to earth,
"What a beautiful day to try out my new rifle!"

MPs at Work



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".

RECYCLE THIS NEWSPAPER TOTEM TIMES



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A valuable addition to your AIRCOM files... The CAFT 1991 Update is an up-to-the-minute report on the key AIRCOM events that have occurred since publication in 1987 of Larry Milberry's acclaimed book, CANADA'S AIR FORCE TODAY.

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The CAFT 1991 Update includes 50 original photos by Larry Milberry, mainly from his recent visit to Bahrain and Doha.

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KEEP CANADA BEAUTIFUL



888 (KOMOX) WING
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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 person.

DND AND MILITARY PERSONNEL WELCOME
WING HOURS OF OPERATION ARE AS FOLLOWS:

Thurs 11 a.m. - 6 p.m. (except AFIS nights)
Fri and Sat 11 a.m. - 1 a.m.

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

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-resistant cap.

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

On the base

MP Magic

In with the new, then out with the old



The 1942 Guardhouse, in 1991

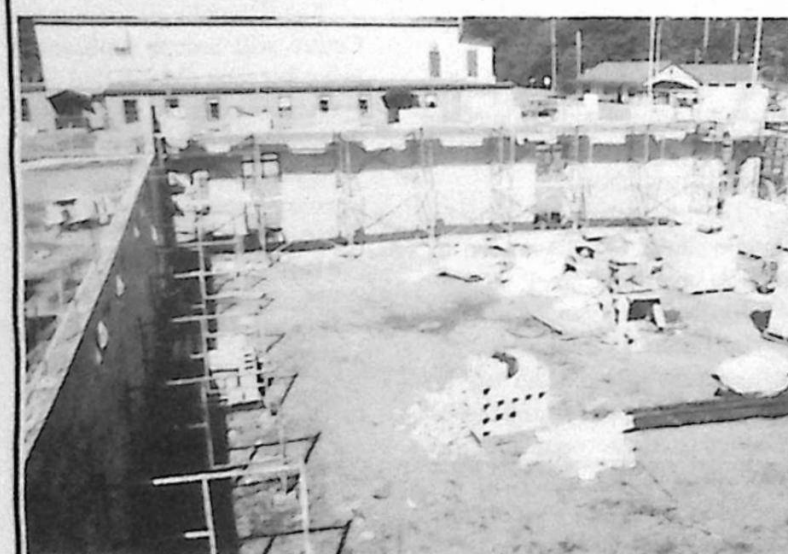


Bob turns the first sod...



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-hereditary" circa 1942 "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.



The walls go up...



Then the roof...



Going...



Going...



Gone...



and Voila! a new crowbar hotel

Feature



Stories from the Hamish Collection

Old columns from the Comox District Free Press, circa 1967



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, I 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 ceremonies pointed out that a few generations ago audience participation made for better entertainment. The better the audience reacted the better the actors per-

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 is next best.

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 coming community events.



Country 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 time.

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 same day.

Waiting for the lights to

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 sized town.

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 chawin' the fat about some earlier days. We had a few chuckles together while discussing some of the various characters who had come and gone. I don't know whether you have to be a character to live out in the country, or whether one just becomes a character from living in

the country. (I must remember to go to Hornby Island and make some enquiries over there!) Perhaps the cities have characters too, but they are probably swallowed up in the crowds. You always seem to hear more about the country characters - like the traveller stopped by the old farmer and asked directions to a neighboring farm.

"Well," the old farmer directed, "you just go on down this road away 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 saw any red barn."

"Of course you didn't" replied the farmer, "that barn's been burned down for years, but everyone knows where old Jed's red barn used to be."

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 not 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 is next best.

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

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 northern 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 by now that I had become a married 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 in the various local activities.



Upon Retirement

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

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 Force.

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 bureaucratic 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 qualify!

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 outcries, 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 holidays 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

Leisure

B.C. Bestsellers

Week Ending: March 10, 1991
Produced: March 12, 1991
(Brackets) represent last week's position

FICTION

- 1 (1) The Secret Pilgrim.....Le Carre
- 2 (2) Heartbeat.....Steel
- 3 (5) Lives of The Saints.....Ricci
- 4 (3) Rumpole a la Carte.....Mortimer
- 5 (4) The Plains of Passage.....Auel
- 6 (6) The Stories of Eva Luna.....Allende
- 7 (-) The Old Contemptibles.....Grimes
- 8 (10) Haroun and The Sea of Stories.....Rushdie
- 9 (7) Four Past Midnight.....King
- 10 (-) Possession.....Byatt

NON-FICTION

- 1 (2) Iron John: A Book About Men.....Bly
- 2 (1) From Beirut to Jerusalem.....Friedman
- 3 (4) Homecoming.....Bradshaw
- 4 (3) The Wealthy Barber.....Chilton
- 5 (-) Lighthearted Everyday Cooking.....Lindsay
- 6 (8) Powershift.....Toffler
- 7 (7) Bradshaw On Family.....Bradshaw
- 8 (-) Words With Power.....Frye
- 9 (-) And The Sea Will Tell.....Bugliosi
- 10 (-) Three Men and a Forester.....Mahood & Drushka

Art Scene

Pottery Weekend

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 concentrate on problem solving and personal vision.

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 pining down, moving toward softness and quiet.

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 relationship with the natural world, through detailed images and more personal abstraction.

This workshop will emphasize the strengths of individual approaches 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 informative workshop. Early registration is encouraged to ensure a spot in this dynamic workshop. For more information either drop in to The Old School House or call, 752-6133.

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NEXT DEADLINE 08 APR
NOON



Christine Mayer

Soup 'N Sandwiches

Country Kitchen

Sandwich Spreads

Beef

Roast beef cut in chunks
(about 2 cups)
3 tbsps salad dressing
1 tbsp Worcestershire sauce
Dash of Tabasco
Horseradish to taste
1/2 onion or 1 tbsp onion soup
mix
A few sweet pickles
Salt and pepper

Chicken

1 or 2 cups of cooked chicken
1 small piece of celery
Some onion or onion soup
mix
Pickles or olives
2 or 3 tbsps of salad dressing

Ham

1 cup of left over ham
1 small piece of celery
Dash of garlic salt
A few pickles
2 tbsps salad dressing
2 tps 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.

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

I am sure the handiest kitchen aid is the food processor, especially the larger capacity, heavy duty ones. The speed with which it shreds, chops, grinds, etc., is fantastic and it is quiet to operate.

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 example.

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 tbsps dry onion soup (optional)
Salt and pepper to taste

Method:

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 cooked.

Happy 92nd Birthday

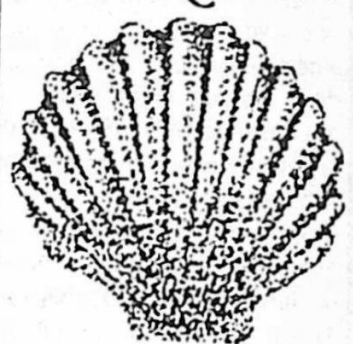


The Sick & Visiting members of the Royal Canadian Legion Br. 17 and the staff at Glacier View Lodge paid their respects to Lucy Muir, a World War I veteran nurse celebrated her 92nd birthday on 21 Feb 91 at the residence.

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On and off base

BC's King of the Road

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

Chevrolet Flatdeck trucks because, "if you bought one truck you would always remain a one truck outfit."

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 Interior.

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



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, 1974, his widow was left with the

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

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 a week.



Bob King

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

Have you ever done any of the following?

- ☐ Exceeded the speed limit
- ☐ Not signalled a lane change
- ☐ Not stopped at a red light before turning right
- ☐ Driven after drinking
- ☐ Followed too closely
- ☐ Not come to a full stop at a stop sign
- ☐ Backed up unsafely
- ☐ Not signalled a turn
- ☐ Cut in unsafely.

If you can honestly say you've never done any of the above, then you're a really good driver.

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 than \$4.5 million every working day.

What's ICBC doing about it?

We're working to reduce the number of accidents through traffic safety education. And by promoting the use of safety belts.

ICBC also works with school children and educators, the police, safety councils and governments on continuing "grass roots" traffic safety programs.

At ICBC, we're doing what we can. But the real solution lies with the individual motorist.

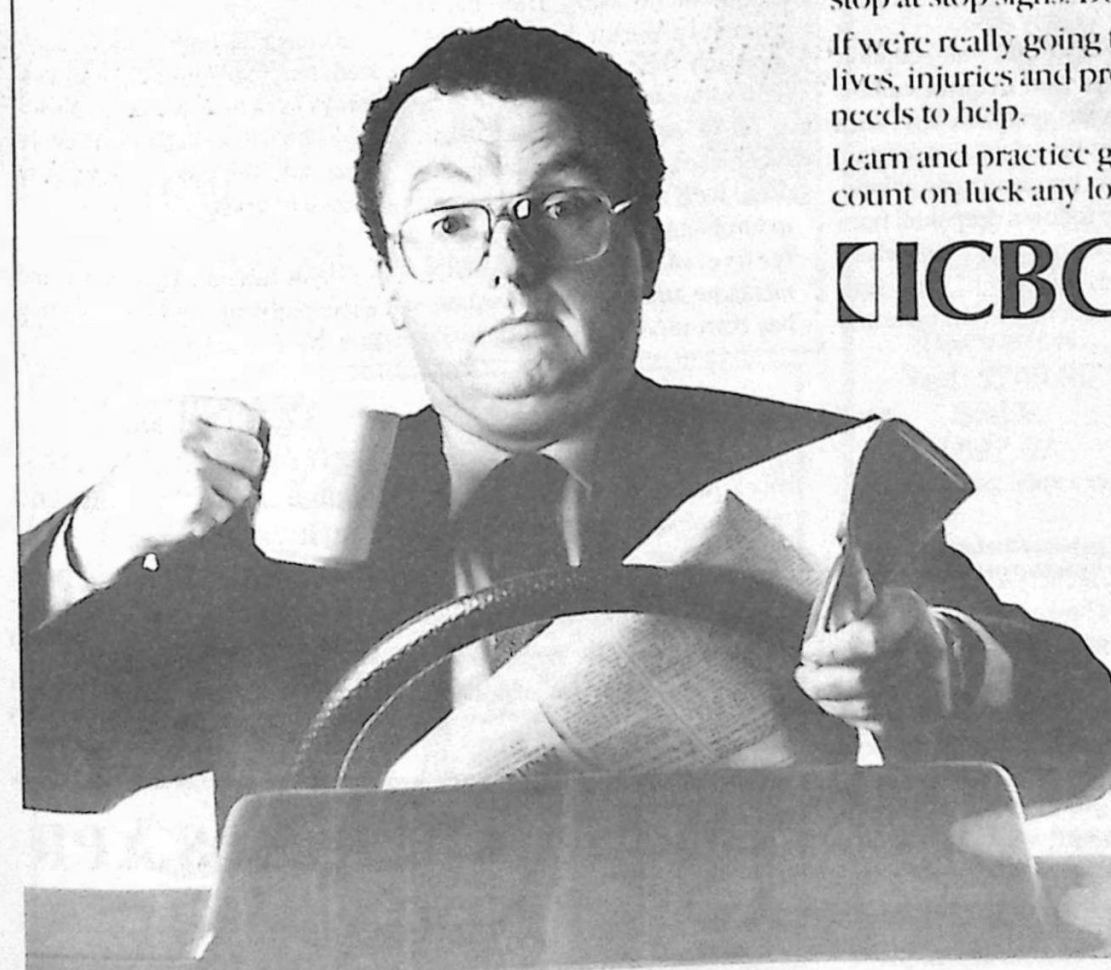
What can you do?

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 stop at stop signs. Don't drink and drive.

If we're really going to control the rising costs in lives, injuries and property damage - everybody needs to help.

Learn and practice good driving habits. We can't count on luck any longer.

ICBC Together, we can drive insurance costs down.



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Good Friday - Easter
Monday
 Retail Store - Closed Good
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 1200-1600 hrs
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Public announcements

Base Library Hours

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

Indoor Soccer Training

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

Bowling Alley

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

Bouladrome

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

Gymnasium

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

Gymnase

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

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Personal Exercise Program

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

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.



Totem Inn
JUNIOR RANKS TGIF
FRIDAY 22 MARCH 91
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TGIF STARTS AT 1700
GAMES STARTING AT 1730
FOOD SERVED UNTIL 1800

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Free Pizza Chain opportunity in two year established Dallas Two For One Pizza, Powell River and Aldergrove. No experience necessary. 1-339-5244 or 1-339-7771 between 8 p.m. - 12 p.m.

Guaranteed Success. \$7,700,000,000 Satellite Industry. Sell SpaceTech's 35" Dish to Homes, Apartments, R.V.'s from your protected territory. Inventory secure investment (\$5,000). SpaceTech Electronics, Mr. Dorsett, (604)522-5494.

Ambulance Service For Sale in Saskatchewan. Approximately 900 calls annually. Municipal contract. Government subsidy. Base and residence included. Serious enquiries only. Write to P.O. Box 1044, Saskatoon, Sask., S7K 3M8.

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An advertising "Best Buy"

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

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

Ex-RCAF Airwomen's Social

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

Parents & Tots

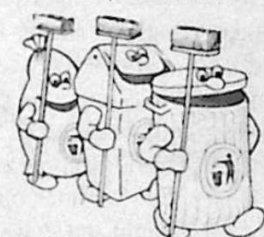
The group will meet at the Community Centre next to Canex. Time: 10 a.m.-11:30 p.m.

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 arrangements.

For more information contact Base Peri staff, loc 8315.



PITCH-IN

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 Percy 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.

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

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BUSINESS PERSONALS

EDUCATION

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COMING EVENTS

RETAILERS - Boost your sales! Find unique merchandise at Calgary Gift & Fashion Accessories Show, Mar 22-24, 1991, Big Four Building, Wholesale Show-Trade only. (403)253-9555.

FORMER WESTLOCK and District residents you're invited. 75th Anniversary Homecoming weekend June 28 - July 1, 1991. For information: Box 1690, Westlock, AB, T0G 2L0. Phone (403)349-3260.

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

EDUCATION

CHEF TRAINING PROGRAM. Make your future financially secure. Join Canada's #1 industry. Cooking is a recession-proof career. Short, intense training. Financial terms. Gov't funding. Continuous enrollment. DUBRILLE FRENCH CULINARY SCHOOL, 1522 W. 8 Ave., Vancouver, B.C., V3H 3V5. Toll-free 1-800-667-7288.

An exciting career in HAIRDRESSING. Apply now for the April 1991 Hairdressing program. For further information, or to register contact: Selkirk College, Nelson, B.C. Marge Dolan, 852-6601.

HELP WANTED

FOR SALE MISC

Peter's Bros. Paving and Inland Contracting are disposing of approximately 150 surplus pieces of growing industry. Easy financial plans. Gov't assist. Continuous enrollment. Jobs galore. DUBRILLE FRENCH CULINARY SCHOOL, 1522 W. 8 Ave., Vancouver, B.C., V6J 4R8. APPLY YOURSELF. Toll-free 1-800-667-7288. LEARN WITH THE LEADERS.

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FOR SALE MISC

Remote mountain resort hiring for summer. Chambermaids, waitresses, gas attendants, cashiers. For application send self-addressed stamped envelope to Glacier Park Lodge, Rogers Pass, B.C., V0E 2S0.

FOR SALE MISC

Boundary Hospital, Grand Forks, in Southern B.C., 70-bed Hospital with busy out-patient department is in immediate need of relief staff Physiotherapist for + or - 4 days/week at least until August 1991. Some experience preferred. Salary and benefits in accordance with the Health Sciences Association Collective Agreement. L. required. There is one full-time and one part-time Physiotherapist and two Aides on staff. If you want to work in a pleasant atmosphere in a beautiful area with great climate, please send your resume and contact Arjan Stolk, Boundary Hospital, Box 189, Grand Forks, B.C., V0H 1H0. Phone (604)42-8211.

FOR SALE MISC

Would you like to correspond with unattached Christian people, ages 18-80, the object being companionship or marriage. Write ASHGRIVE, P.O. Box 205, Chase, B.C., V0E 1M0.

FOR SALE MISC

PEMBERTON. \$215,000 - Custom Swiss home on 6.89 acres. Beautiful yard. Cleared and fenced acreage, barn, shed, coral. Excellent Hobby Farm. Call Wendy, 932-5679, First Resort Realty Corp.

FOR SALE MISC

SKIER'S: Lake Louise, Canada's Favourite! Lift and lodging packages from \$36/day (per person quad, minimum 3 days, spring season). Other package plans available. 1-800-363-0003.

FOR SALE MISC

AUSTRALIA/NEW ZEALAND. Call the South Pacific specialist, ANZA Travel, Vancouver/Auckland, return from \$1,204 to \$1,724. Vancouver/Sydney return from \$1,344 to \$1,863. Vancouver call: 734-7725. Toll-free 1-800-972-6928.

HELP WANTED

HELP WANTED

Mature person with E.C.E. CERTIFICATE to supervise 0-3 years daycare serving single parents. Salary negotiable. Possible housing included. Resume: Box 2737, Creston, B.C., V0B 1G0. Phone (604)428-9892, Diane.

HELP WANTED

FINANCIAL ADVISOR opening with the Tishqot Tribal Council, 102-383 Oliver Street, Williams Lake, B.C., V2G 1M4. For more information, call 992-3918, Fax 398-5798, submit resumes to above address.

HELP WANTED

ALBERTA TEXAS Longhorn Association Select Bull and Female Sale, The Westerner, Red Deer, Alberta, Saturday, March 23, 1991, 1 p.m. Phone (403)347-2788.

HELP WANTED

WOULD YOU LIKE to correspond with unattached Christian people, ages 18-80, the object being companionship or marriage. Write ASHGRIVE, P.O. Box 205, Chase, B.C., V0E 1M0.

HELP WANTED

PEMBERTON. \$215,000 - Custom Swiss home on 6.89 acres. Beautiful yard. Cleared and fenced acreage, barn, shed, coral. Excellent Hobby Farm. Call Wendy, 932-5679, First Resort Realty Corp.

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HELP WANTED

Reporters required for one of Central Alberta's leading weekly newspapers. Experience with weekly newspaper reporting a definite asset. Successful applicant must possess valid driver's license, reliable vehicle and camera. Send resume including samples of published work to: Old's Gazette, P.O. Box 820, Old's Alberta, T0M 1P0, ATTN: Mary-Jane Harper or phone (403)556-3351.

from the Rec Centre

Partner Training vs 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 low-down, 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 consistent 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 though.

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 Rec Centre.

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 Cover de Alene, North Idaho College Pipe and Drum School, June 1990.

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Canada Trust Franchise



WOs/Sgts 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 chat.

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 from residential wood smoke and auto emissions with tips from the Association.

B.C. Lung Association
Box 34009, Station D
Vancouver, B.C. V6L 4M2

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8:00 a.m. and 10:00 a.m.

Fr. John Paetkau - 339-2925

JESUS IS LORD

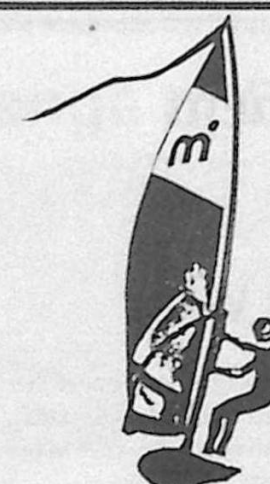
TO OUR VOLUNTEERS:
Our heartfelt thanks for a job well done!



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Recreation

Windsurfing Club



For those who don't know, CFB Comox does have a windsurfing club, presently operating on a year-round basis from the Goose Spit. What an ideal location! A semi-enclosed bay that provides good sailing with good winds and sandy beaches without the hassle of ocean surf.

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.

The windsurfing club is now doing a membership drive to en-

sure the continued existence of the club in years to come. We need your support to justify the feasibility of the purchase of new equipment.

No financial commitment is required at this time, just a phone call to one of the following members saying "Yes, I'm interested".

If you can't reach us by phone drop us a note.

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

Canadian Crossword

By Rick McConnell

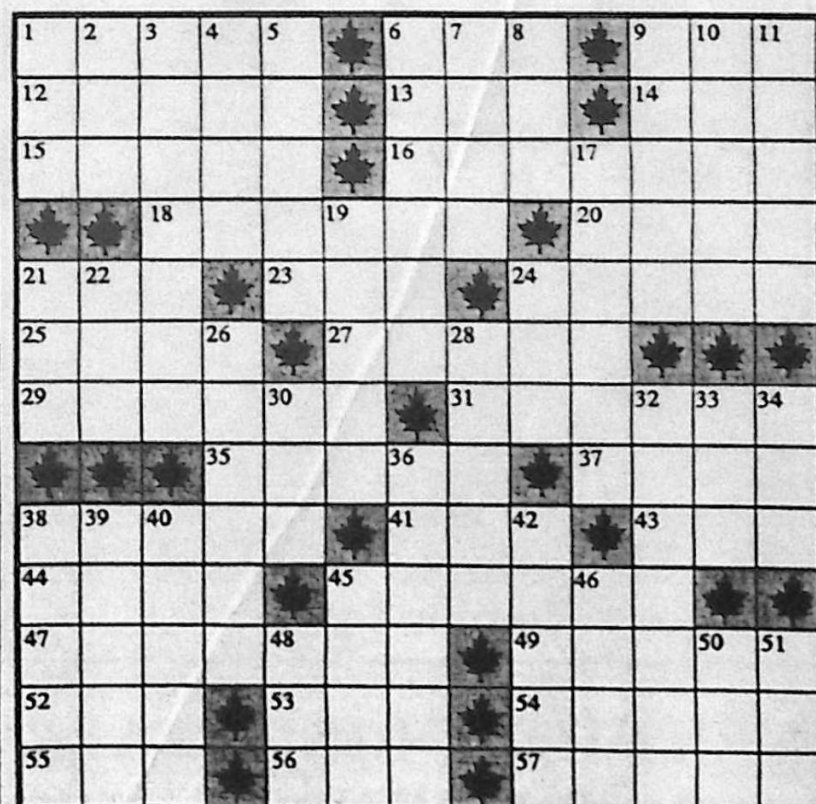
Solution on page 24

ACROSS
1. Furious
6. Pat
9. Disallow
12. Belief
13. Corrida cry
14. Shoulder (comb. form)
15. Alarm
16. Normal
18. Fig tree
20. Tops
21. Start for gram or dermis
23. Community hoop group (abbr.)
24. Care for
25. Choose
27. Famous lemon
29. Whiteman, to a Maori
31. Tolkien character
35. Sheepish

Stallone character?
37. Blood components
41. Pitcher
43. Wiper
44. Cupid
45. At the back of the boat
47. Cast a spell
49. Beirut hostage
52. One in Wacouana
53. Her
54. Decathlete
55. Bit
56. Ever, in poetry
57. Tales

2. Onassis
3. Boxing champ
4. Trevor
5. Thought
6. Skating champ
7. Thicke
8. Wager
9. Driller
10. Build-up
11. Nick of Hollywood
17. Bent lights
19. Structural steel
21. Cabinet member
22. Zadora
24. Buzzword
26. "Hurricane Helen"
28. Comedian

30. Owned
32. Gold diver
33. U.S.
34. Label
36. Early hockey great
38. Premiere
39. Forum
40. Moved the boat
42. Early hockey great
45. Year
46. Pro
48. Half a small fly?
50. Decimal base
51. Printer's measurements



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On the Base

Entertainment Scene

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 was dedicated 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."



Debbie Post

**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 McConochies 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 Kelly.

3rd L.N.: Bing Shearer; Peggy Falconer; Rosalie Lloyd; Jamie Bull and Glen Caslake.

4th L.N.: Ron Carter; Lorraine Courtmanche; Marg Wreggitt and Al Gavel.

2nd L.G.: Dean Verdenhalven; Larry Blais; Anne Blake and Bob Sayer.

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

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

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.

The ladies scheduled golf season at G.G., will open with a nine hole competition on Tuesday, 26 March at 9 a.m. Followed by a 'get acquainted' luncheon. Please come, rain or shine.

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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DON'T SMOKE
British Columbia Lung Association



(L-R) President Murray Jacklin, V-President Bill Brundige, Ladies Club Captain Frankie McCaffery and Members 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 McClish, Plans & Engineering Rick Salmon and Jr. Rep. Greg Fleet.

The 'Mens Opening' tournament (members only) will be held at G.G., on Saturday, 6 April at 9 a.m. Shot gun start. Watch for more information at the pro shop.

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

April. Sign up by 10:30 a.m. for 11 a.m. start. For more 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 House.

On and off base

VU33 Change of Command



On Parade -- and the T-Birds fly past.



New CO Major E.J. Beth (with Capt Harry Chapin) inspects his airmen.



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.



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Fri 29 Mar.....Closed for Good Friday
Sun 31 Mar.....Closed for Easter Sunday
Sun 24 Mar..... 3:30 - 6:30 "Touch of Class" 6 piece band no charge
Sat 30 Mar.....TBA

REGULAR ACTIVITIES

BINGOS..... Thur, Fri, Sun at 7:00 PM
MONDAY.....FUN EUCHRE
TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 6:30 PM
SATURDAY.....FUN BRIDGE AT 12:30 PM

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EVENTS

SATURDAY 6 APRIL.....VIMY VETERANS SUPPER
SUNDAY 7 APRIL.....GLEN CLARK BING.

SPORTS

SUNDAY 24 MARCH.....FUN CRIB 1 PM
Reg. 12 noon. \$5 per person.

BRANCH 160 COMOX

339-2022

ENTERTAINMENT

Fri 08 Mar.....Music by ALLEY CATS

REGULAR ACTIVITIES

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

EVENTS

FRIDAY 22 MARCH.....HAWAIIAN NIGHT
Music by WHITEWATER
Fri 29 Mar.....Closed for GOOD FRIDAY
Sun 31 Mar.....Closed for EASTER SUNDAY
Fri 05 Apr.....Music by WESTWIND
Fri 12 Apr.....Music by WHITEWATER

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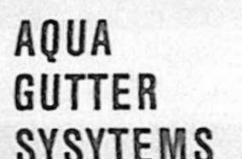
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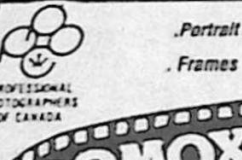
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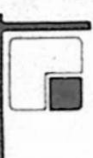
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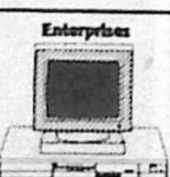
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On and off base

Dog
Talk



Schutzhund (Guard Dog)

by Gerry Gerow

This week, a training book. Schutzhund by Susan Barwig, and Stewart Hilliard, Macmillan publishing Co. New York, and Maxwell Macmillan, Canada, Don Mills, Ont. \$27.95.

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 around from country to country.

The authors are both accomplished dog trainers and handlers with a tremendous amount of experience in the Schutzhund field. All the basic training information is here. While I don't think that anyone should attempt this type of training without expert advice, this book does explain clearly the various trials and what to expect. It certainly should be read by anyone who is thinking of

taking up the sport of Schutzhund.

This book is a 243 page, hard cover edition, well illustrated with over one hundred photographs of Schutzhund dogs at work. It has just been published, so if it is not available you can have the store order it for you.

Let's talk a little about hunting dogs. After all they are closer to my heart than any other group. 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 shopping 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 parents in the field.

I am fortunate to own a really good hunting dog. Frequently, when in the field, another hunter will ask, how did you train her to

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 connected 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 command 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 usually be overcome with patience and time. It is best to wait until summer and then go into the water to play. Soon he won't want to come out.

FIRST AID FOR POISONING



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 one-ounce 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 water and rinse.



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

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Saturday.....1900 hrs
Sunday.....1000 hrs
Daily Masses.....As announced in the Bulletin,
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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
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CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the
month in the Parish Hall, preceded by Mass in the Chapel at 7:00
pm. President: Mrs. Claudette LeBlanc, phone 339-3002.

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

ST MICHAEL & ALL ANGELS PROTESTANT
CHAPEL

BASE CHAPLAIN (P) - Maj R.E. Baker
CHAPEL - St. Michael & All Angels, Wallace Gardens,
Bldg 88

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

SUNDAY WORSHIP - Each Sunday at 1100 hrs.

HOLY COMMUNION - First Sunday of the month.

SUNDAY SCHOOL - Each Sunday at 1100 hrs.

NURSERY SCHOOL - Each Sunday at 1100 hrs.

CHOIR - practices 1830 hrs, Thursday at Chapel.

CHAPEL GUILD - meets once a month, first Thursday at the
Chapel 7:30 pm, President Betha Baker 339-0189.

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

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

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 picture of Canadian society and its cultural diversity. On June 4th, Census Day, everyone counts.

NOTICE

OPENING OF CAN-CADE

CAN-CADE will be opening its 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.

CANEX

THE Comox Valley NEWCOMERS' CLUB



.....Welcomes You

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

Create the Hospice, Save a Park!

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

Name: _____ Please PRINT

Phone No. _____

Address: _____

Mail to: Hospice in the Park Trust Fund
Box 1404, Comox, B.C. V9N 7Z9

Postal Code: _____ Please PRINT



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

Signed _____ Date: _____

For further information, phone the Office: 339-5470, 339-5237

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FIGHT THE LUNG CRIPPLERS

A Parade Without Music? Boring!



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

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

Military and Civilians Welcome.

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LAMBO	SERA	
DARED	URN	RAG
EROS	ASTER	
BEWITCH	WAITE	
UNE	SHE	STEEN
TAD	EER	YARNS

CANEX

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(On Purchases Under \$1,500)

Serving and pensioned members of the Canadian Forces, 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.

CANEX



Watching the Whales

....page 13

Yon Kipper Day

St. George's Day
23 April



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 33 NO 7 11 APRIL 1991

NEXT DEADLINE 22 APRIL 1991

COST: PRICELESS

DND helps experts assess Gulf Oil Spill.

The world was shocked last Jan 15 when Iraqi forces opened Kuwaiti oil pipeline valves sending millions of barrels of light crude spewing into the waters of the Persian Gulf. This action, which resulted in the largest oil spill in history, prompted an emergency response by many members of the United Nations' coalition. For its part, the Canadian Government gave the Department of National Defence, in conjunction with other federal departments, a key role in the organizing and executing a Canadian expert survey of the disaster.

DND became involved almost immediately after the oil spill was detected. The department was given the responsibility of organizing an inter-departmental panel consisting of representatives from Environment Canada, the Coast Guard, Energy, Mines and Resources, DND itself, and other relevant departments. The meeting, which was held at National Defence Headquarters (NDHQ) on Sunday, 27 Jan, was chaired by LGen David Huddleston, Deputy Chief of the Defence Staff.

When asked about putting the size of the slick into perspective, DND analysts say that although there are many estimates on the size of the spill and the exact number of barrels of oil involved, about the only thing for sure is that it is very big. Even by low estimates, it's two to three times bigger than that of the Exxon Valdez Alaskan oil spill.

As a result of the meeting at NDHQ, the government sent a six-member Emergency Environmental Assessment team to the Gulf. The team, which was escorted by LCol J.A. Séguin of the Directorate of Military Plans Coordination at NDHQ, left Canada on 1 Feb, and returned 12 Feb, after visiting Bahrain and Qatar.

"We visited several sites in the area, including vital industrial energy and water desalination plants, and ecological areas, such as bird and sea mammal

sanctuaries," says LCol Séguin. "We also met with local authorities in both countries, including members of their respective environment protection committees."

Based on the team's findings, and a list of materials identified by the Bahrain committee, both Canadian equipment and expertise were provided. The equipment sent to the Gulf on CF air transport includes 20,000 feet of 36 inch harbor booms used to bring the oil eventually to Bahrain and Qatar, the winds and weather have been favorable in slowing its spread. It has impacted into the bays and inlets north of Al Jubayl, Saudi Arabia, however, where the oil caused some environmental damage.

One factor the experts hope might be favorable to a successful outcome is that Kuwaiti light crude contains fewer hydrocarbon components than oil from other parts of the world which, though this should not be overstated, could mean that up to 30 percent of the oil may have evaporated in the first week. This does not mean that the clean-up will be easy ... but the clean-up is progressing.

"We will let the local people do as much as they can," says LCol Reid. "The Bahrainis, in particular, seem well prepared for this. And, quite simply, Headquarters CANFORME (Canadian Forces Middle East) doesn't have the folks to do anything like this. Our people there already have jobs to perform."

retain spills, oil skimmers and equipment to frighten birds away from the spill area so they don't land, and to clean them if they do land. Canada will also send an expert from Environment Canada to explain the use of the equipment, and an offer was made to Bahrain to bring some of their officials to Canada to take an oil spill management and environment protection course at Cornwall, Ont.

DND also provided transport for four Canadian Coast Guard

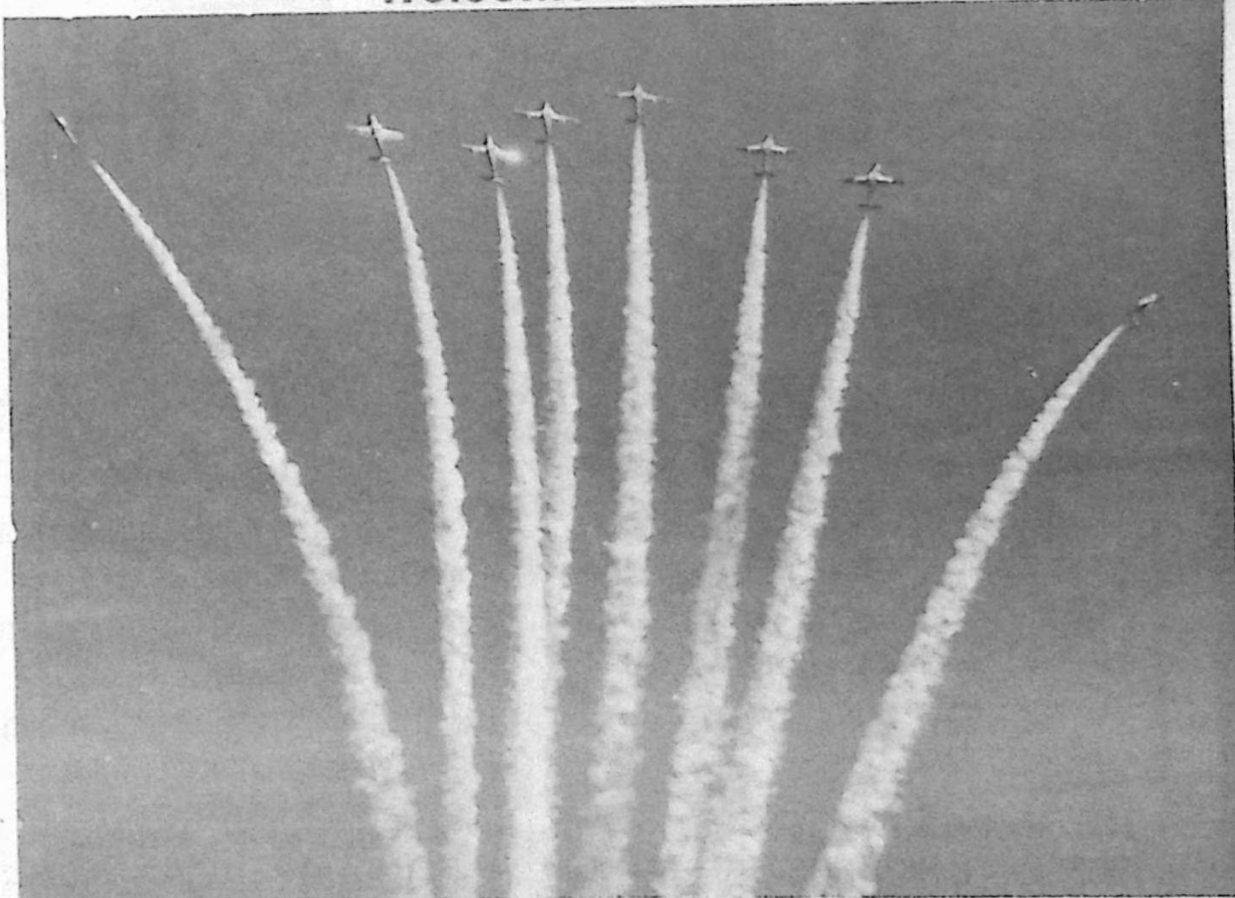
continued on page 2

ARAF Flight Commander Changes



BComd Col J.E. McGee authorizes the Change of Command, with new Flight Commander Capt R.V. Preus and outgoing Flight Commander Maj P.J. Moran attending.

Welcome Snowbirds



Snowbirds at Comox until Apr 21

MOOSE JAW -- Canada's precision military aerobatic team, the Snowbirds, is at CFB Comox until 21 April 91, for their annual training deployment.

Colonel Terry Humphries, Base Commander of Canadian Forces Base Moose Jaw, is

pleased to announce that the team's 1991 schedule has been approved and preparations are well under way for the upcoming show season.

The Snowbirds are coming off a very successful 20th Anniversary season where the team per-

formed its 1000th official air demonstration early in the year. Over 64 million people across North America have been thrilled by the aerial precision of Canada's aerobatic team.

Continued on page 3

On and off base

More Gulf Spill

continued from page 1

members and another Environment Canada employee. Currently, DND is preparing to transport Energy, Mines and Resources remote sensing specialists.

"Our role in this effort is to provide airlift and administrative support for personnel and materials sent by Canada to the Gulf," explains LCol B.A. Reid, also of DMPC. "We provide air travel from Canada to the Gulf via Lahr and quarters if they need them in Germany. We also provide administrative support, and equipment, such as NBC gear (nuclear, biological and chemical warfare protective clothing), as well as the use of a FAX machine, photocopier, or even a car to get around if they need it. We'll do everything we can to help, provided it does not jeopardize our missions there."

But the people who should get the most credit for assisting the experts, he points out, are those at CANFORME (Canadian Forces Middle East Headquarters) -- people like LCol Al Cole who met the Canadian experts when

they arrived in Bahrain and assisted them in getting settled; accompanied them to meetings and helped with introductions to both local government and military officials.

"It was also LCol Cole who provided off loading, storage and transport for the booms, skimmer and trailer," says LCol Reid. "CANFORME provided a Challenger aircraft to the spill survey team, and the local public affairs officers at the headquarters organized press conferences and briefings on their behalf."

Those at Canadian Forces Europe contributed as well by meeting flights, kitting out and familiarizing people with individual protective equipment and sending them on their way, often at all hours of the day and night and on short notice.

At this writing (mid-March) the spill remained in the upper Gulf, broken into a number of blobs, patches, slicks and sheens. Although the currents in the Gulf move in a counter-clockwise direction, and could therefore



Sharing the Responsibility: An Emergency Preparedness Week Overview

On August 30, 1990, the Honorable David Lam, Lieutenant Governor, proclaimed April 22 to 27, 1991, as Emergency Preparedness Week in the province. This is the first time Emergency Preparedness has been recognized in this way and reflects the growing awareness of the need to be ready to protect and support all citizens in the event of disaster.

A key factor in determining the capacity of a community to deal with emergency situations is the level of awareness of its residents. The success of provincial and municipal emergency preparedness lies in the understanding that there is something each of us can do on a personal, social, or professional level to bring about heightened awareness and a responsible attitude toward emergency planning.

Emergency Preparedness Week is an opportunity for all British Columbians to get involved to help ensure that their community can provide the best care to its residents in an emergency situation. The theme "Sharing the Responsibility" is aimed at encouraging more people to become involved in preparedness both within their own homes as well as in their communities. We urge you to incorporate this theme into your local Emergency Preparedness Week activities, your community will benefit from its message and your event will benefit from the momentum of this province wide

Next Edition: an Emergency Preparedness Quiz

Obituary



Cpl Lonnie W. Holowaty

The men and women of Base Aircraft Maintenance Organization sadly announce the passing of Cpl Lonnie W. Holowaty, a Safety Systems Technician, age 35, at CFB Comox on 31 March 1991.

Cpl Holowaty's home was in White Rock, BC, and he was returned there with appropriate military honours on 8 April 1991.

He will be missed by all who knew him.



KEEP CANADA BEAUTIFUL

On the base

More Snowbirds

continued from page 1

After the first show traditionally held at its home base of CFB Moose Jaw, the team will begin its 1991 season on the 30th of April in Thompson, Manitoba and perform its final display on the 6th of October in Topeka, Kansas.

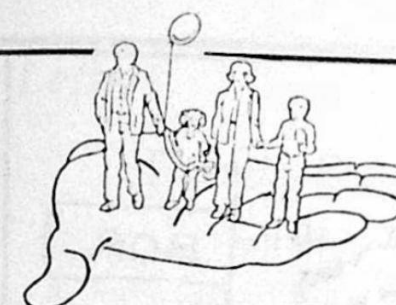
The workup for the 1991 season began last November when competitive tryouts were held to select new team members to replace the Snowbirds who had come to the end of their two-year tour. Changing half of the team

each year is done to ensure a uniform level of expertise is maintained from year to year.

The new Snowbird Commanding Officer and Team Leader for the 1991 season is Major Bob Stephan, who flew in the opposing/lead solo position in 1983-84 and again as lead solo in 1989.

An experienced Canadian Forces fighter pilot, Major Stephan has accumulated over 3500 hours on jet fighter and trainer aircraft.

Family Support Centre



We are happy to welcome back the remaining Op Friction personnel Pte Monteyne, Corporal Devries Stadelar and MCpl Branch.

We are continuing our Monday morning discussion group. We have had a good response and will continue our group on Monday mornings from 9:30 a.m. to 11:30 a.m. We will be having guest speakers on subjects of interest to our families.

If you are being posted to Damascus, Golan, Cyprus, Alert, etc., please drop by the Family Support Centre to pick up a deployment handbook, which will make your departure easier. We can help you find baby sit-

ters for a casual evening out or on a daily basis while you work, perhaps holiday, child care. You can pick up a list at the Family Support Centre.

The last Red Cross baby sitting course was a success and perhaps another will be held. If you are interested in this course please phone the Family Support Centre. It covers rights and responsibilities, child care, nutrition, games and activities, emergencies, basic first aid and more. We need 9-12 students. Ages can vary from 12 and up, 11 if they turn 12 in the next 6 months. The cost is \$5 per student.

We have many new french pocket books, mostly romance

which you are welcome to borrow.

Don't forget the Parents and Tots Friday mornings from 10 - 11:30 at the Community Centre.

We would like to thank Pierre Gravel and the Auto Hobby Club for their help and prompt service when we needed them.

If you need assistance with your income tax, contact the Family Support Centre for more information.

Please feel free to phone for more information or drop by for a coffee and give us your ideas.

Phone: 339-8654 - 119 Little River Road (Kinninnik).

NEXT DEADLINE 22 APR NOON



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Last year's 'Little Miss' & 'Little Master' Winners

(L to R) "Little Master" Daniel Bailey, "Little Miss" Rosalynne Nicol, "Princess" Jacqueline Keys

Most Photogenic

Baby Contest

We Take The Pictures... Awards For Each Category

PRE-REGISTRATION
2 Days

Sat., April 13th and Sun., April 14th

Photos will be taken during Mall Hours April 15-25. All entries must be submitted by 6:00 p.m. April 25. Judging will be at 2:00 p.m. Sat., April 27.

***0-6 months
*6-18 months**

***18-36 months
*3-5 years**

Congratulations to our "Easter Colouring Contest" Winners
Age 3-5 CHRISTOPHER BARKER 5 yrs. Giant Bunny
Age 6-8 SCOTT EWEN 8 yrs. \$15 Gift Certificate
Age 9-12 SARAH EGAN 11 yrs. \$25 Gift Certificate

MALL HOURS

Mon-Wed 9:30-6:00
Thurs & Fri 9:30-6:00

Saturday 9:30-6:00
Sunday 12:00-5:00

Driftwood Mall
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TOTEM TIMES



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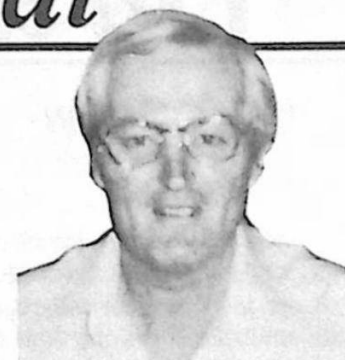
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Editorial

**NORM
BLONDEL**



A Double-Bitted Axe

I was out in the middle of Clayoquot Sound in a Zodiac on April 5, getting pounded by fifteen-foot waves with spray-tops, mopping at a half frozen but dripping nose, trying to see through salt-encrusted eyelids, fighting down nausea as I reached down to grab my camera out of its plastic bag whenever a huge, barnacle-encrusted head rose out of the heaving depths to peer at me from an eye situated under its jaw, and feeling the slow onset of frostbite through my gum-boots and a bone-chilling damp around all of my susceptible parts, only slightly retarded by the bright yellow survival suit I was wearing.

Wife remarked that I looked rather pasty-faced and miserable. Inside, I was exhilarated, entranced and thoroughly awed by three spectacles of nature: the tree-clothed beauty of Clayoquot Sound, the elemental power of the sea, and those fascinating - and friendly - gray whales. To experience these, I was prepared to put up with anything. I did, and I was not alone. In our Zodiac were a TV crew from CHEK, and Willy and Brenda from Calgary. In our companion Zodiac was a group from Japan. The hotels, motels and B&Bs of Tofino were crammed with visitors. It was Whale Festival Week.

The stormy west coast of Vancouver Island did its malevolent best to drive us away. It rained incessantly. The Pacific was in a fury, ripping away at the shoreline, even dragging sections of road into the maelstrom, and it was cold, windy and dark. Ideal tourist conditions? Maybe so; Tofino was wall-to-wall tourists that week. The tour-boats, Zodiacs and floatplanes were busy and the restaurants full.

What is my point? If tourists are prepared to put up with these terrible environmental conditions in order to experience the full majesty of nature - the treed slopes, the sea in all its moods and those fascinating whales - then these tourists and the thousands yet to come, should cast a significant vote in the debate surrounding the fate of Clayoquot Sound, and similar areas under seige around Vancouver Island by the lumber industry.

I am not a "Tree Hugger". Neither do I feel our environment should be totally sacrificed for jobs. Like most B.C. citizens, I feel a reasonable saw-off can be reached between the two camps. Between these two positions sits a very powerful economic argument: Tourism. It is worth millions of dollars to the B.C. economy, it is growing, and it must be counted in any economic environmental argument.

As a tourist in my own province, I would argue that, in selected areas of B.C., what is seen through the tourists' eyes should be spared the axe -- or that axe may prove to have two edges.

Snowboids

"Spring has Sprung; the grass has riz:
We know where the Snowboids is.
The little red 'boids is on the wing.
Over the Valley, doing their thing."

We welcome the Snowbirds once again to the pristine (?) climate of Comox. We hope you have a good year, 'birds. You do the Blue proud.



Carnival



BComd Col McGee presents the Winter Carnival Trophy to the winning team captain, o/c Steve Caron of B Admin Team A. Team A consisted of personnel from LTC, Base Admin, and Comptroller sections. Congratulations on your well earned victory.

It Never Snows In Comox
Participation and fun was had by all (thanks to appropriate foot of snow) for the 1991 Winter Carnival.

The many organizers and participants assured the successful event will be continued in the future.

The Base Winter Carnival

Committee would like to thank the local business merchants for their generous sponsorship.
Superior Video
Overwaita Foods
Electro Audio/Video
Bonanza
White Tower Restaurant
Red Ruby Restaurant
Tulio's Casita Restaurant

The Old Bank Restaurant
Markarios Hair Design
Merle Norman
Cream Of The Crop
Hairport
JJ's Gym
Phase 2 Fitness Centre
Wendy Kampman Fitness Inst.

TOTEM TIMES

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CARTOONISTS.....Teresa McIsaac, Boyd Rausch
CIRCULATION.....Gord and Stephanie Boutillier 339-0624

PHONE NOS. 339-2541 (office) 338-0259 (Editor res.) address correspondence to the Editor, Totem Times, CFB Comox, Lazo, B.C. V0R 2K0. Subscription rate \$10.00 per year. FAX number ... 339-8673

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

Comment

Letters

Family Support Centre

Dear Editor:
Re: Family Support Centre
I recently had the privilege of visiting the Family Support Centre at CFB Comox and was very impressed that such a centre exists for the military families at the Base. As a civilian, a taxpayer, and a volunteer within the Comox Valley, I feel that the military community has special needs

which cannot always be met in the civilian community, but can be met by the Family Support Centre. I hope and trust that military families will continue to use and support this service and to encourage the Department of National Defence to support it financially.

Yours truly,
Kerren Shalanski

PMQ Vandalism

This is an open letter to all PMQ residents:

The next time I catch your child pulling out my flowers, tearing down my decorative border fence, abusing my lawn swing, beating up on or trying to break into my storage shed, using my child's toys without permission, or in any way defacing or attempting to destroy my property, I am taking the following course of action:

1. I will contact the MPs with

your child's name and address and description of damages.

2. I will notify the Base Commander so he in turn can contact your CO for further action.

In closing I would like to say I have "had it" with the vandalism which is allowed to occur on this Base.

Do you know where your children are and do you know whose property they are abusing? If not it's time to find out!! -
Name and address withheld

About Trivia

It's a Fortress (1)

Dear Editor:

Re Air Force trivia for 21 March, I can shed some light on the subject and start another great debate.

The aircraft in question AN-528 is a Boeing built B-17C. (Yes, it's the older brother to the "Big-tailed Bird" we airplane buffs so readily identify!)

This airplane, along with some nineteen sister ships given to the Royal Air Force (Bomber Command) under the auspices of H.R.1776 - the Lend-Lease Act, as passed by the U.S. Congress 11 March 1941.

These twenty aircraft were assigned to No.90 Squadron at West Raynham in May 1941 - ostensibly to be used to train Bomber Command aircrews in preparation for future models of the fortress.

However, due to Britain's plight during that time (ie the war in Europe), the airplanes were rushed into combat with disastrous results. Of the original twenty Fortress 1's as they were designated, only five survived past December 1942. Of these five two were reassigned back to the U.S. Army Air Corps and remaining three were given to the Coastal Command for convoy escort duties and anti submarine patrolling.

My resources, however, give no specific information as to the eventual disposition of each of the twenty Fortress 1's. If anybody has any more information please write in.

Sincerely
Pte Colin E. Olsen
442 Sqn Avionics

The BAdMO gets all the best jobs



Congratulations to the winner of the 1991 Winter Carnival Snow Queen competition ... Lt Linda Cyr of Language Training Centre.

About Trivia

It's a Fortress (2)

Dear Editor:

Regarding the "Trivia Pic" of 21st Mar, it is of one of the many variants of the B17 Flying Fortress. The following information may be of some interest to your readers.

In June 1934 the Boeing Company began work on a four engine for the US Army Air Corp. The model 299 was built as a private venture and the prototype first flew in July 1935. Despite the crash of the prototype, which was due to aircrew error rather than to a fault in design or manufacture, the US Army Air Corp ordered a batch of them for service testing. Orders for the first production version followed in 1937. Boeing's gamble with the prototype eventually paid off, as by the time production ceased some 12,731 Fortress of all variants had been built.

In 1941 the RAF received a few B17Cs and their operation over Germany confirmed the need for a greater defensive fire power. This was provided in the B17E, which also featured a revised tail unit for greater stability in the standard high-altitude bombing role. The B17F was an improved B17E, and the final B17G (8,680) aircraft) was the definitive model, with a chin turret to deter head on fighter attacks.

The B17 operated in several theatres of WWII, but is best remembered as the mainstay of the 8th Army Air Force in its daylight raids against Germany. B17s dropped nearly half a million tons of bombs on targets in Europe alone, a greater tonnage than any other American bomber aircraft. But this record was only achieved at a high price, and some

5000 B17's were destroyed on combat missions.

B17s were also operated by the RCAF in October 1943. No.168 Squadron was formed as a Heavy Transport Unit at Stn Rockcliffe, Ottawa. Equipped in December 1943 with 6 Fortress MK11As, the Squadron performed the duties of carrying mail, to Canadian servicemen and women in the UK, North Africa, and later the Continent.

Although primarily used as a bomber throughout its service life, variants of the B17 were also produced for air sea rescue (carrying a lifeboat beneath the fuselage), photo recon, and electronic counter measures.

Yours sincerely,
John Novak

It's a Fortress (3)

Dear Editor:

Trivia Aircraft - Vol.33, #6
Is a Boeing model 299T, Flying Fortress B-17C, one of a batch of 20 aircraft supplied to the RAF in May 1941 under the Lend-Lease Agreement. These B-17s equipped #90 Squadron RAF at West Raynham in #2 Group and was operational on 8 Jul '41. High casualties (5.6%) during the next few months caused them to be withdrawn, most of these operations were on High Level daylight bombing raids. Most of the raids during Aug '41 were to Bremen, Dusseldorf, Emden and Brest.

The first of these aircraft wiped off its undercarriage on landing at W. Raynham, the second was lost on ops to Brest 16 Aug, the third burned on ground, a further 3 were lost to fighters on

a raid to Oslo, 8 Sep '41, in an attack on the battleship 'Admiral Scheer', the seventh lost on a high altitude test, the eighth dove into the ground from low altitude. The first sortie from Polebrook by 90 Sqn on 8 Jul '41 was to Wilhelmshaven and the last #2 Grp sortie on 25 Sep '41 was to Emden.

Known in the RAF as Flying Fortress Mk I and this first batch were RAF serial # AN518-AN537. After #90 Sqn was stood down, the remaining aircraft (12) went to Coastal Command operating with #206 and #220 Sqn from Benbecula on maritime reconnaissance by Oct '41. Then in November, four aircraft were transferred to the Near East for night attacks on

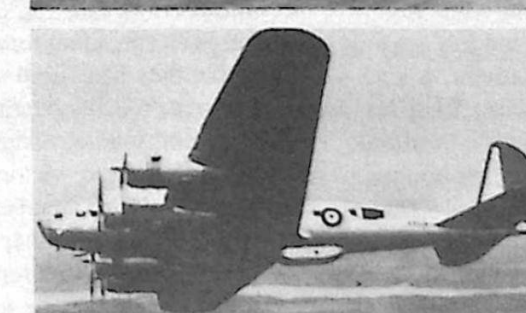
such targets as Benghazi & Tobruk which continued until May 1942. One aircraft turned up in India in late 1942 and was turned over to the USAAF.

Please find enclosed a few pictures that you may use if you are getting to a few Canadian trivia items. They are self-explanatory on the photo. They came to me from a Courtenay resident, Mrs. A. Dobrey and are spare copies you can keep for your records and when finished please send to Comox Air Force Museum.

Enjoy your papereach time it comes, and my second copy goes over to PMQs, Belmont Park.

Sincerely,
Thos W. Palmer

Air Force Trivia



from the H.W. Holmes collection

Trivia Answer

Boeing Fortress MK.1 90 Squadron RCAF. The serial AM528 is incorrect due to an error on the part of the manufacturer. Initially the 20 aircraft allocated to the Squadron were numbered AM518 to AM537. These were later changed to AN518 to AN537.

Section News



407 ASO

"Hello" from ASO 1 Crew Servicing. A belated Happy Holiday to everyone. As it turned out the 407 Servicing world had a quiet Easter weekend, not even a flight incident to worry about. The Aircrew obviously heard we were fresh out of folders!

A hearty welcome to Sgt Willy Rivett who arrives from WO Warriner's 'Wonderous Wizards' in the maintenance organization. Turns out he's a very versatile SNCO, returning to maintenance once already to ramrod the troops and quickly rebounding to servicing crew chief duties in the absence of the infamous WO 'Casper' McAllister.

A fond farewell to Sgt Jenkins - we'll miss you Brad, and so will the 'Shackles' (his boat) on those nice 4 day weekends.

While we're talking about those ruffian riggers, Cpl Bennett and company have informed me that MCpl Cadieux's absence is much appreciated this shift. They are finally getting a chance to pull the wool over the Sgt's eyes!

MCpl Geub has been away frequently as of late, instructing first aid courses. Keep up the good work Bob! Kudos also go out to Cpl Marc Legros for his volunteered assistance organizing the ASO sports day.

Congratulations are in order for Cpl Frank Dubreuil. His outstanding efforts won him top spot on the IET First Line Course in ZX; no small accomplishment! Speaking of ZX, two of our Demon Dazzlers are presently upgrading their Communicative 'Technical' skills in the mighty Hornell Centre. Good luck to MCpl Chris Arnaud and Cpl Mike Dymond on their IST Line Course.

Congratulations also to Pauline and Jim on the purchase of their lovely home - we can hardly wait for the hot tub party! Too bad Jim is on JLC. He is missing all the exciting chores that accompany the purchase. Right Pauline!

News flash just in - a certain Sgt on the crew has just had his 404 revoked (expired DDC). Turns out not a soul realized he had one. Is there a message here John?

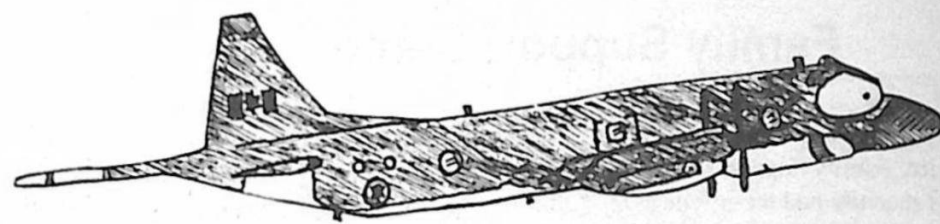
Also, rumour has it Pierre Gravel and Bernie Gagnon have submitted a MACR requesting beds for the Car Club. Boy, their wives must be understanding women.

That's it for this dip of the quill. We wish everyone an enjoyable spring (not hard in Comox) and hopefully we'll have some exciting fishing tales for the next 1 Crew Saga. Happy Trails!

ARMPO

The world of Photo is moving on, so to speak. MCpl Gord Morrison is preparing to move to 419

407 Squadron



Sqn at CFB Cool Pool and two members of his crew may follow him as they are in the process of screening for Cold Lake. Screening seems to be the operative word these days as Sgt Rod Mattison has completed his for Lahr, Germany.

Not to be left out of postings, there have been some internal transfers. Cpl Dawn Summers and Cpl Frank Jahrig are leaving the world of Aurora servicing to try their hand at processing and printing. MCpl Dan Mallette and Cpl Gary Blinn are leaving Photo Processing for Aurora servicing where they will learn the meaning of A/C wash. In addition, Cpl Leona Colebank is in sunny Ontario learning the world of electronics. Cpl Donna Lush will soon be joining her and MCpl Simone Vatheucis is relearning on XG and 9L.

Congratulations to MCpl Dave Hooper and his wife Alisa on the healthy addition of a son, Jake, to their family. Finally, WO Dan Finney has been seen with an ear to ear smile. Could it be that golf season is here again.

DEMON DOINS

The Sqn has been alive with activity these past weeks and many note worthy events have taken place. Lt Brian Clancy was married this past weekend. As he spends a few days with his lovely bride on the slopes of Whistler mountain we hope he makes good use of his coffee mug. Congratulations.

Capt Mike Savard, the youngest looking Tac Nav in Squadron history, is off to sunny California, where he will immerse himself both in the intricacies of electronic warfare and that cool California surf. Good luck Mike.

Capt Fred Bigelow returned from staff school recently, a shadow of his former self. Many were unaware of the fact that he was ever gone (something we find hard to believe). Most were more surprised to discover that pilots are indeed able to read and write. Yes, yes, control yourself. Do keep in mind that it was a 'special' staff school for pilots, complete with morning naps, finger painting, show and tell, and a recently introduced course entitled 'How to spend your flight pay while on a ground job'.

Sgt Rob McFadyen, a.k.a. 'superdad', was counselling his young son recently on future career opportunities. Rob's son said with determination, "Dad, when I grow up, I wanna be a pilot." To which Rob replied, "It's one or the other, son, ya can't have both." Ha! For those pilots who don't understand, ask Rob if he has a spare hour to explain it.

Crew Six, whose new official motto is 'We'll be Back', returned triumphantly from a recent exercise to discover that their crew room had been gaily decorated by some of their fellow squadron members. Those who decorated the room meant well, but didn't intend for the box of confetti to fall on the cleaning woman's head. Crew Six, ever good spirited about such things, replied with their unofficial motto...which cannot be printed here.

Tricksterism is alive and well at 407. In a remarkable display of camaraderie and good will, some remarkable fellows gave Capt Mark Forseille's truck a much needed paint job. Using the latest fluorescent colours, these kind hearted souls painted every square inch of bare rust on Mark's truck, and even painted a rifle on the rear window. Mark is so proud of the generosity of his friends, he has started to park the truck at the post office so everyone can see it. Understandably, Mark is concerned that such generosity not go unrewarded, so he is thinking about leaving the truck with someone special as an ever lasting reminder not to mess with him.

Capt Ron Vincent, master acoustician, possessor of the largest shoulders in NATO, has declined to say a few words in this column about his much-publicized cycling trip down the Baha Peninsula. It seems Ron was rather disappointed with the whole experience...the food was greasy, the men of the region were somewhat enamoured of his cycling companion, and a huge, grossly shaped bug of unknown origin landed on his leg and bit him. To top it off his plastic three wheeled cycle just couldn't keep up with the rest of the group. Thanks for the warning, Ron.

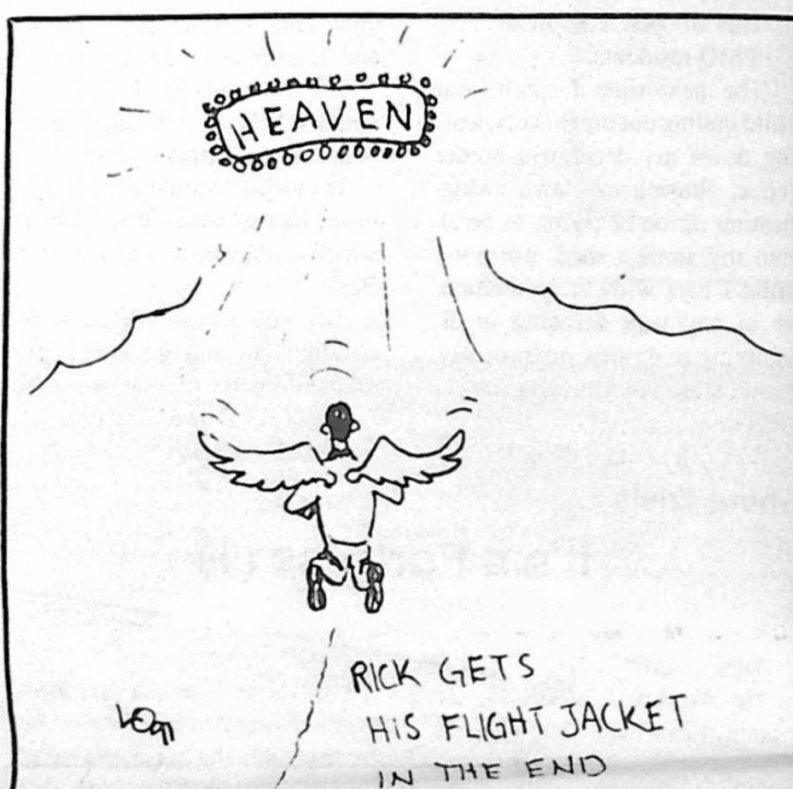
Lt Dave Culhane, who never seems to tire of saying "Bah, flaring is for wimps," continues to work feverishly on completing his house. If there is anyone on Base who has not yet helped Dave build his house, please call him so he can enlist your aid and give you directions.

Crew checks are almost over, and Squadron standard is tight lipped about the performance of the various crews thus far. Crew Two has been spreading rumours saying that they have it all sewn up. Someone probably overheard Capt Dubreuil talking about his meticulously plotted victory in the hockey pool. The members of Crew Six are hoping that they will be declared victorious on reputation alone, without having to fly the Corex. If, however, they were to be assessed solely on reputation, they'd be far more likely to

go to jail than to Fincastle.

The Squadron's annual 'All Ranks Mess Dinner' was held recently at the Jr Ranks Mess. The evening was enjoyable and provided a valuable opportunity for many Squadron members to

display their outstanding table manners and their marksmanship. To the members of the All Ranks Fund Committee, whose efforts served to make the evening a smashing success, thank you. Until next time...nuff said!



FORD SAYS "THANK YOU" TO CANADIAN FORCES MEMBERS

OAKVILLE, Ont., March 26 -- Members of the Canadian Forces on active duty, and active members of Canada's reserve forces, will receive a \$500 discount from Ford of Canada on the purchase of a new Ford, Mercury or Lincoln car, or Ford light truck, the company announced today. Approximately 116,000 men and women are eligible for the special discount.

"We believe they deserve our appreciation for their often unsung dedication to duty," Kenneth W. Harrigan, Chairman and Chief Executive Officer, said. "The discount is available to all members of both the regular and reserve Canadian Forces, whether they served in the Persian Gulf or not," he added.

"Canadians are proud of the role played by the men and women of the Armed Forces, and this is one small way of recognizing their efforts in times of peace and war," Mr. Harrigan said.

The \$500 discount will apply in addition to any other consumer incentives available at the time of purchase, and will be available from April 1 until December 31, 1991. The new vehicle must be purchased from a Ford or Mercury dealership in Canada and only one \$500 discount will be paid to each eligible member of the Canadian Forces or their immediate family.

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Section News

ARAF Parade & Presentations



New Flight Commander Capt R.V. Preus with outgoing Flight Commander Maj P.J. Moran inspect members of the Air Reserve Augmentation Flight.



Commander Air Reserve Group, Brigadier-General E.W. Linden presents CF Certificate of Service to ARAF Comox Flight Commander, Maj Pat Moran.



Deputy Commander Air Reserve Group, Colonel G.B. Bartley presents CF Certificate of Service to ARAF Comox Training Officer, MWO Duke Reid.



Commander Air Reserve Group, Brigadier-General E.W. Linden presents CF Certificate of Service to ARAF Det Pat Bay Flight Commander Maj Dean Nelson.

At an ARAF Mess Dinner held on 28 Feb 91, Flight Commanders Maj Pat Moran of ARAF Comox and Maj Dean Nelson of ARAF Det Pat Bay, were honoured on the occasion of their retirement from the Primary Reserve. MWO Duke Reid, the ARAF Comox Training Officer, was also honoured on this occasion.

Brigadier-General E.W. Linden, Commander Air Reserve Group was the guest speaker. In his address he spoke on the current growth both in numbers and technology of the Air Reserve and how these relate to the Total Force Concept.

During his visit he announced the provisional appointments of Capt R.V. Preus as ARAF Comox Flight Commander and Maj D.A. Audet as ARAF Det Pat Bay Flight Commander. Warrant Officer D.H. Breese has been appointed ARAF Comox Training Officer.

A Change of Command Parade was held on 14 Mar 1991. The presiding officer was Brigadier-General B.D. Bowen, Commander Maritime Air Group.

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Section News



Supply Signals

On Wed, 27 Mar 91, we had the occasion to interview MWO Smith. As the interview time approached, I felt nervous and apprehensive. His noticeably friendly and polite demeanor instantly put me at ease.

MWO Smith's job description as Supply Administration Officer entails many duties, including Security Officer, disciplinarian, PT coordinator (for Supply), projects, training and development, MIS and stock taking, supports the upper echelon with managerial decisions, takes care of administrative needs and last, but not least, management of personnel.

MWO Smith is from a small town called South Porcupine situated five miles from Timmins, Ontario. He completed the ninth grade and shortly thereafter, enlisted. He jokingly implies that he chose a military career over that of a gold miner.

His countless postings and temporary duties are extensive and diverse; this depth of experience is surely envied by all. He reflects positively about his varied postings and temporary duties. He was initially posted to the depot in Toronto in 1965. In 1969 he was posted to the HMCS Bonaventure which he later admitted is one of his fondest memories. His eyes widen with reminiscent delight as he recalls the camaraderie and the esprit de

corps on ships. He said, proudly, that he was one of the first Air Force servicemen to be posted on the Bonaventure. From 1970 to 1973 he found himself at CFB Ottawa. Subsequently there was HMCS Qu'Appelle (east coast), followed by HMCS Fraser, back to Toronto for three years, one year in the Middle East at Ismailia, then nine months in Montreal for 1976 Olympics, a short stint in SAR ONE (fishing camp in Labrador), later to Halifax HMCS Athabasca, after to sneak in the sunny rays of Bermuda, where he eventually married his wife, Heather, and, finally, six busy years in Ottawa before coming to our beloved CFB Comox.

While he was in Ottawa he was employed three years as Item Manager for badges, buttons and bows and also had the pleasure of being the only military person involved in the Distinctive Environmental Uniform Project Office.

MWO Smith frequently and affectionately talks about his adopted daughter and lovely wife. His daughter was his 40th birthday gift which he remarks, "Is the best present I have ever received." Incidentally, on the day of this interview, the Smiths were celebrating the fourth year that young Missy has been a part of their family.

He has many hobbies, including leisure sports, family camping

trips, hunting, fishing and darts. He also keeps active as a Director of the Board at the Comox Valley Child Development Centre and was recently Mayor of the PMQs.

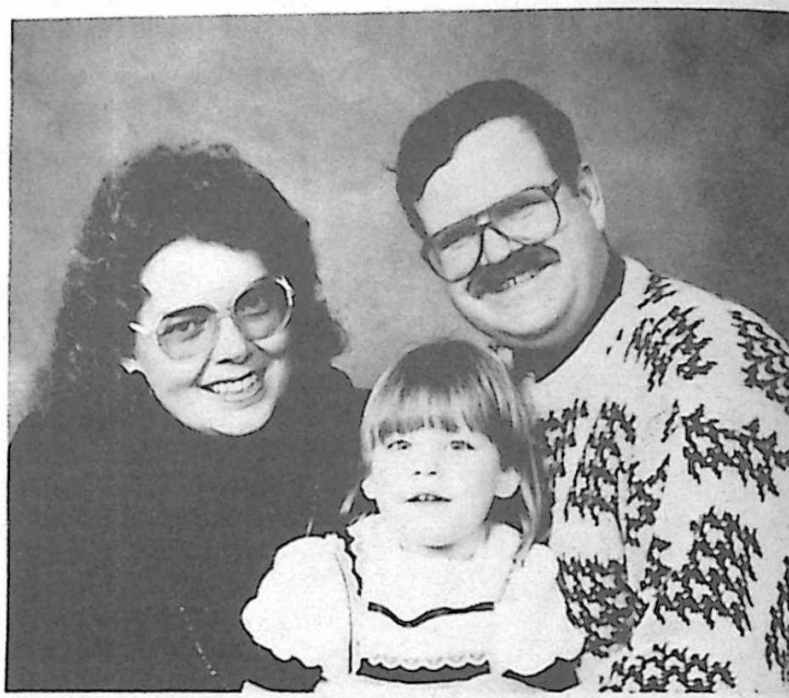
In his 27 years of service, he has witnessed automation of the depots, improved material handling equipment, increased possibility for commissioning, recruits having higher education level, and the overall modernization of supply. Unfortunately, he says, a decline in discipline has also been evident.

In the near future there are plans for a Haz Mat compound to be constructed, the CE compound to be roofed and BEME Supply to expand the warehouse storage.

He expresses grave concern about the shortage of housing, especially for single parents posted in. He touches upon the tough times for privates with families to support. His sympathies are very genuine and show a human element often unseen behind the rank.

Upon total reflection, he reiterates the importance of his wife and daughter and the integral role they play in his life. Furthermore, he said he was proud to be here working with such excellent people. If this interview is favourably biased, perhaps it is so, but suddenly the man does not seem so unapproachable.

MWO Smith - SAO, with wife Heather and Missy.



BCompt Pay Writer receives CD

The Acting Base Comptroller, Capt Steve Jackson had the pleasure of presenting Master Seaman Mike Priestley with his Canadian Decoration (CD). This photo will serve as a handy reference to remind Mike where the CD is to be pinned on his tunic. Unfortunately, Mike never did receive a photo when issued his Air Command badge!! The CD photo does not reveal all but your secret is safe with us Mike!

The T-4 slips have all been distributed for another taxation year and I am sure everyone is anxiously awaiting their tax

refund cheque from Revenue Canada.

As most of you are aware, our General Pay Increase retroactive to 1 April 1991 will not be announced until the Public Service Employees wage increase has been settled.

The Pay Office is anxiously awaiting what should be the last run of hard copy pay bills for this Base prior to implementing the new Central Computation Pay System (CCPS) prepared to serve you as they are receiving training on the new system in April and May at CFSAL, Borden.



A CD for Mike - Capt Jackson presenting

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Section News

As the beacon turns

Bonjourno Beacon believers and welcome back to the 'ol grape vine. First of all, congrats are in order for the miracle-on-ice-team representing Base Ops. Not only was the "B" division championship theirs this year, but the Base Commander's Cup as well!! Way to go, eh! Speaking of hockey, this years pool is off to a fast pace with three Comoxians in the top ten. I'd be a lot closer if they would let S. Lebeau play!!

The Snow Birds are back in town for their annual practice and should give a shot in the arm for the 'ol PAR run count. (Let's see ... that's nine traffic and nine finals, at 4 runs per day times ...)

Speaking of traffic, the F18s will be back home to roost in the Q this week. (It must be spring .. Hornets, Snow Birds and Thunderbirds buzzin' to beat the band!)

And Spring is that time of year when many an airman/airwoman prepare themselves for courses 'n postings! A lot will be happening in the next few months so here's the rundown. Starting with courses, Cpls Norris and Lafontaine will be back from the Visa-500 in Ticktee this week as our newest fives grads. (Just in time to get their posting messages.) Another

Section duo presently on course is Steve Knox and Norm Leduc, who are enjoying the joys of spit shining and drill commands in Borden on their SLC Course. Capt Miles will also walk thru the Borden main gate for his course, the NBC Staff Officer Course. On his return to the Valley, he will take on the role of B. Nuke O. Cornwall will prove to be a popular meeting place for numerous fellow controllers of QQ. WO Munday will take that permanent grin back to his old stomping grounds at Ticktee for his VFR course this May. Al will undoubtedly see Pte Leblanc and Cpl Banfield in the halls carrying TQ3 material for their course. Capt McLeod and Sgt Schrader will also be in Eastern Ontario for a Sim Op & Trng course while Cpts Roy and Carre will do the Fires 'n Gravy thing in Cornwall during their ATC Supervisors Course. Trenton will be the last stop for training this spring for one of our fellow circuit-sitters, Lt Yeoman, who will leave on the 27th of May for her TRACS course. In the temporary duty department, WO Taylor and Pte Belley will be spending some time away from the Valley. Earl Taylor is packing a supply of sun-

tan lotion and beach towels for his Middle East tour (Sinai), starting the 30th of April. (Have a good one Earl!) Gilles Belley's tour of duty will be a bit further north ... well OK, a lot further north, like Alert! Gilles is hard at work brushing up on Eskimo customs and dog team commands. (Watch out for those rabbit herds Gilles.)

Well that's the courses and TD for the immediate future. How about postings this year! As I mentioned before, Barry and Andre are back from their Radar Course just in time to start searching for that PLCC card! Barry Norris is heading for Goose Bay while Andre's packing for Bagtown. Martin Gagnon will join Barry in Goose and Stephen Gregoire will team up with Andre Lafontaine in La Belle Province de Bagotville. Steve Knox and Jan Karr will be off to Oiler country in Namao this APS while M.C. Carre clears off base for Moose Jaw, Sask. And last but certainly not least, Cpl Sandra Guenther will be leaving us for Greenwood, N.S. So ... that's the posted out ... how about the posted in?

Greenwood sends us Capt Sjolie and Cold Lake sends Capt Dimmer. 2Lt Cyr will be Comox

bound along with OCdts Paquet(w), Lajoie, Gagnon, Champagne and Wyers. In the NCM department, MCpls Webber and Couvrette will commence check-out here this summer along with Pte Fernandez. That's the new kids on the block for the 91 APS. Needless to say, the Gravel Pit should have a good workout this fall. In the retiring department, Maj Stariha will hand up the 'ol headset for the last time this year and join the ranks of permanent R

and R! The helm will be handed over to Maj Hopp this fall. As you can see folks, there's going to be a lot of activity around the 'mushroom factory and steel tree fort' this spring/summer. That's it for now gang. Until next time, take care and may our runway of life never need urea.

Trekee Trivia: The USS Enterprise tops out at 109 billion 824 million KPH! (That first turn to final can be very trickie!)



HOUSE FOR SALE - GREENWOOD. Spacious 4 bdrm executive rancher in quiet area near base and mall. Large well landscaped lot, two fireplaces, finished basement, double attached garage, L.R., FR, DR, entertainment room laundry, games, large work rm, MBR with ensuite, large deck and patio. Price \$123,900. Phone (902)765-8587.



MURDER MYSTERY NIGHT

AT JUNIOR RANKS



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 non-participants at 2200 hrs.

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

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NEXT DEADLINE 22 APR

OFFICERS MESS CFB COMOX APRIL 1991 CALENDAR

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

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

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

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

UPCOMING EVENTS ENTERTAINMENT

12 May.....Mother's Day Brunch
17 May.....Comedy Night & Farewell
08 Jun.....Candlelight Dinner
15 Jun.....Beach BBQ

UPCOMING EVENTS SPORTS

1-3 May.....Snooker/Pool Championship
11 May.....Family Bicycle Rally
24 May.....Outdoor Games Competition
01 Jun.....Fishing Derby
15 Jun.....Beach Volleyball Competition

Section News

MSE SAFETY



Check your bike NOW!

Spring is a great season to check the safety of your bicycle. Conducting a regular maintenance program through the summer will help keep your two-wheeled transportation in tip-top shape.

Keeping your bike in good working order will go a long way to help you ride safely. You can conduct a regular maintenance program by following a few simple steps every month during the cycling season. Parents and children can clean, oil and inspect all parts of the bicycle together. A mechanic can help with more complicated maintenance. Have your bicycle checked by a mechanic each year either at the beginning or end of the cycling season.

1. **Frame** - make sure that all

bolts and nuts are tight.

2. **Handlebars** - make sure they are tight!

3. **Lights/Reflectors/Mirrors** - clean them up and replace worn out batteries and bulbs.

4. **Seat** - check to make sure the saddle is positioned correctly and is firmly secured.

5. **Pedals** - they should rotate freely and not wiggle from side to side.

6. **Wheels** - the wheels should turn evenly without wobbling. Check the spokes to ensure they are evenly tightened.

7. **Tires** - check for cracks in the tires and inflate to the correct air pressure.

8. **Chain** - clean with penetrating oil, wipe clean, then lightly oil. Ensure it is tight with no broken links.

9. **Brakes** - lightly oil all pivot points and tie down brake cables. Ensure they work properly and that the pads are not worn. If you are unsure how to adjust your brakes ask a bike mechanic.

10. **Ask a Mechanic** - having your bike checked each spring by a mechanic will ensure your bearings are greased and your gears shift smoothly. Do it early and avoid the rush.

Ensure you and your children are aware of bicycle safety and always wear a helmet when riding. *Happy Biking!*

Safety quiz

Question: When a blowout occurs on a front tire, you

a. maintain a firm grip on the steering wheel, keep vehicle straight as possible, let up on the accelerator, do not brake until car is under control;

b. grip the steering wheel firmly, let up on the accelerator and jam on the brakes;

c. grip the steering wheel firmly, let up on the accelerator and gear down; or

d. grip the steering wheel firmly, accelerate and steer left or right.

Answer: "A"



BTNO

AS THE WHEEL TURNS

The beautiful Comox Valley is once again fresh and alive with the uniform humming of reawakened lawn mowers, blossoming trees and colorful flowers. We have all this at sea level while the scenic splendours of snow capped mountains remain infested with avid skiers determined to take advantage of the remnants of winter. I can't think of any place I'd rather be, but there's always a time for moving on. Throughout my short lived career in the military, I've met a lot of fine people and inevitably I've had to say goodbye to a lot of good friends. Mr. Joe McLeod is such a person. His pleasant manner and cheerful demeanor has made it a pleasure to have been acquainted with him. However, after careful thought Joe has decided that working is cutting into his golf, so ultimately the only thing left to do is to retire. We're going to miss his smiling face and wish him all the best in the future.

March was the month for the mother of all floor hockey games. The Senior NCOs still have skid marks all over their bodies after the Jr. NCOs ran over and dragged them all over the Base gym. The Jr. NCOs were equipped with a set of lethal

weapons. (Cpl Chris Rusk and Cpl Linda Chasse), a French connection with energy enough to overtake Superman. The only spark of retaliation displayed by the old guys was an incident deep in the SR. NCOs zone when Sgt Willie Snider literally knocked Cpl Gary O'Brien out of his shoes. Rumor has it that Sgt Snider was only bent over and gasping for air when he happened to land the perfect check, but he won't admit it. Sgt Dale Eadie scored the most goals for the Sr. NCOs due to the campsite he set up in front of his opponents goal. Even during face offs he was off side. While posing as a goal tender the endless stream of rapid fire proved too much for MWO MacNair, but he didn't give up even when beads of sweat clouded his safety glasses and he accidentally scored on himself. Major Fisher and Sgt Gord Sherritt with lamenated sick chits sat on the bench and later insisted things would have been different had they been in there.

If you were scared off, it's safe to visit MSE Safety this week as safety Linda is over her Q.N.T. (Code initials for a one day monthly inflection which turns her into a temperamental dragon.)

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Section News



Base Telecom

ABATS

Hey there sports fans! Once again it's time to venture into the world of Base Telecom, so without further ado...

Lots of excitement surrounding the section these days as we bask in the afterglow of our Tech inspection. Yes indeed, we electronic types can still pull off an excellent rating despite adverse conditions - ie personnel on sick leave, on course, oh yes, and maybe the floor wasn't waxed as nicely as possible because we were working on the demon the Dictaphone. Congratulations to all BTelO personnel on a job well done.

Best wishes to newest member of the Navids staff, Cpl Charlene Burnham, as she recovers from surgery. Charlene joined us in December from Victoria and has been shaking the dust off our sleepy little heads ever since, so hurry up and get back here - we miss your smiling face! (Don't tell Steve Lalonde 'cause he might get some bright idea about horseback riding again and we all remember what happened last time don't we?)

Welcome back to all you studious types recently returned from courses in such exotic locales as Trenton, Kingston and

Winnipeg. Kudos to Cpl Debbie MacNeill on taking the top spot on her C & P course. I guess she managed to resist that damned O'-Tooles place. Not so the very lovely Cpl Peirson during his NAMS training. Not a problem for Blair (Brad to his friends), who as usual cranked out excellent marks! Cpl Mike Girard and newly accelerated Cpl (way to go!) Brenda Beaton are back from the ADF course in Kingston, preceded by Cpl Denis Evans (fine job on the HF course Big Guy) and MCpl Sylvain 'SLY' Laurin and Pte 'BOOTS' Boutillier (the new Tacan GRN-516). Last but not least Pte Guy Champagne is finally back from 5 months of TQ5 BLISS! Guy had himself a great time and as a bonus, took the top student award as well. Congratulations Guy!

Sgt Denis Gamache is home and skiing on real mountains again since he finished his four month ASR course, and we've rolled out the welcome mats for MCpl Rob Vienneau and Cpl Kelly Gough on the occasion of their return from the CCS course. Oh yes, those crazy nuts Sgt Gord Tooker and Don Anderson had a tremendous time in Edmonton learning all about the UNIX

Operating System and System Administration. Good going guys. We missed you!

Next time you're out sailing or swimming this spring, spare a warm thought for Brenda Beaton as she winds her way from Eureka to Alert this May and June as part of Op Hurricane performing microwave link maintenance. Think tropical Brenda!

Our final words today concern a vital member of the Base Telecom Organization. Ten years ago, Diane Price walked into our world and I know of at least three BTelOs who may never be the same. Saturday night, 16 Mar, we took over the Glacier Greens Social Centre in her honour, to bestow a few tokens upon Diane and to throw in a couple well-intended roast-like barbs while we could. Diane is off to join her husband Doug in their new home in Surrey and we wish them the very best of luck. Thanks to Wanneeta Briggs, Kelly Gough and June Bean for organizing the party and once again many thanks to Diane for her years of hard work and for having all the answers to our off-the-wall questions. Until next time...



442 Squadron

1 Crew

A miracle has happened - Chuck has no comment. This is the start of a new mini-series on 1 Crew for the next following 4 weeks. Clue #1 - a new secret love affair started during a passionate engine change and the odd couple has overcome the language barrier. (Congratulations from 1 Crew.)

Lab Maint

Pte Delude is on a Swan trip to Penitence. MCpl Roenspies is on leave trying to brew enough beer for the summer.

Buff Maint

Buff Maint is currently dispersed to shops in which they can be gainfully employed after their long love - 8 relationship with 454.

Engine Bay

Mike doesn't know the difference between wash and clean.

Avionics

Farewell and good luck to Guy Letellier, on his way to the land of Servicing. Welcome back to John and José from their course in Bagotville.

Hello and welcome to another chapter of the one and only 'Aesop's Fables'. All is well here in our well 'oiled' school, both staff and students alike (some more than others).

April is upon us at last and the new fishing licences are valid once again. Course 9101 is still alive and kicking, seven students strong. They are recently back from our operational orientation and citizenship tour to Victoria and Washington. This was a chance for the up and coming fledgling aviators to see how the other half of the world lives and for the instructors to get a bit of R & R, which they did with a flourish. To say the least, all tours were expertly planned and leadership was unsurpassed, as usual.

The Det Commander of this particular trip got his long awaited chance to demonstrate his leadership abilities, which are actually a story all in themselves. Seems that very early on in the trip, in an attempt to demonstrate his vast knowledge of local wildlife, he expounded to great lengths on the feeding habits of one 'Lesterios Carnivorus'. This proved to be such a well received topic that he was forced to demonstrate the famous Naked Eight Ball shot in the Chiefs and POs Mess in Victoria. Transcripts of the conversation between the PMC of that Mess and the DET Commander are available on request.

In a failed attempt to out-do his fearless leader, the 2 i/c of the trip felt obliged to give a quick lesson on how to drive a luggage rack, much to the delight of the management of the hotel. Call me crazy but you haven't lived until you watch your peers race at MACH 2 toward the end of the hall in a luggage rack. It brings a lump to my throat every time I think about it.

It was indeed a well deserved trip. To all external agencies that made it possible, thanks. To 442 Sqn, don't worry about the Hor-

net. We will take good care of him.

Down in the bullpen, things are running as smoothly as ever. The Carcer mangler has come and gone (and so have many of our most cherished dreams.) All the instructors excluding myself that is, have been most gracious in accepting another tour of duty in the pen. In particular, Sgt Mud has finally been loaded on TDC 1, a miracle in itself, but then again, his choice of lesson topics has always been a matter of concern here, as you can see in the photo. Getting back to myself, it seems that I am headed for an operational sqn, giving me the chance to shed the terrible "D" cat ius. Don't worry though Ron, I won't forget all the little people who made this possible. So now that all the people on Base know a slot for a SGT is opening up in ABATS soon, you can all put your request in to come here. The only stipulation you must meet is that you must be an AESOP, and drive a truck.

Also leaving the school in the near and somewhat near future are the two lovely ladies in our orderly room. Cindy is off to bigger and better worlds at Workmens' Comp and Jackie is off to Calgary in search of a man. (They said I wasn't allowed to mention he needs to fit a BB description. Mind you by looking at this picture, you have to question why?!!)

For those of you who have wandered by our place of higher learning, the 'Curtains have Arrived!' This makes us all very happy because now we can carry out our assigned duties in relative darkness, a concept that fits well with the mushroom growing program and the worm farming class. The life of a combat aviator is indeed broad and all reaching.

Once again I find myself at the end. Til next time, remember, 'Keep 'em lean and low...Wahuungall!'

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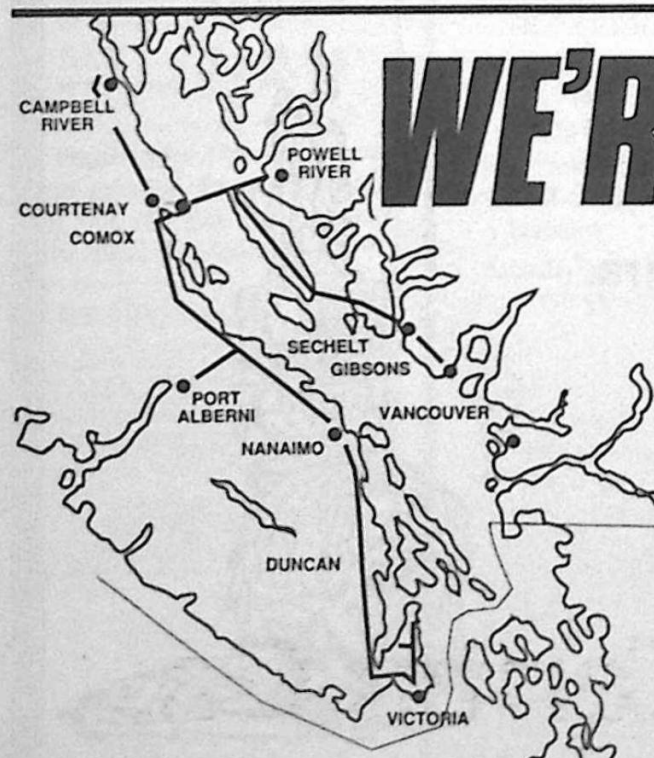
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Recreation

BTSO BONSPIEL 1991

Number One Team



1st Place BTSO Spiel

Curling Prowess from the Technical Side

The 22nd of March saw BTSO branch personnel taking to the ice to demonstrate their curling prowess. A total of 120 curlers took part in a bonspiel which fostered good sportsmanship, fellowship and just plain fun instead of serious curling. The bonspiel was opened by the BTSO, LCol King, who delivered a fine rock.

The day concluded with an excellent meal and a DJ. (Was the DJ the dessert? ... DD) Prizes were awarded for the first three rinks which are featured elsewhere in this edition. Special prizes were awarded for Best Dive - Sharon Keys from Base Safety (Safety Sam assures she was wearing the proper footwear); Best Delivery - Darlene Albright who is able to take a running head start with each rock thrown; and, Best Costumes - Cathy Hailes, Diane Price, Big Al (the kiddies pal) Buckham, C. Johnson and Gerry Boucher. All in all, a great day.

Special thanks to the organizing committee for making this the most successful BTSO Spiel ever.



Opening Ceremony



WO Sandy Cochrane leads official party past the restless curlers.

What do they wear...



Well done Sandy. Always willing to have cool breezes up his kilt!

Beauty Rock Colonel!



LCol King shows the way to officially open BTSO Bonspiel

Number Two Team

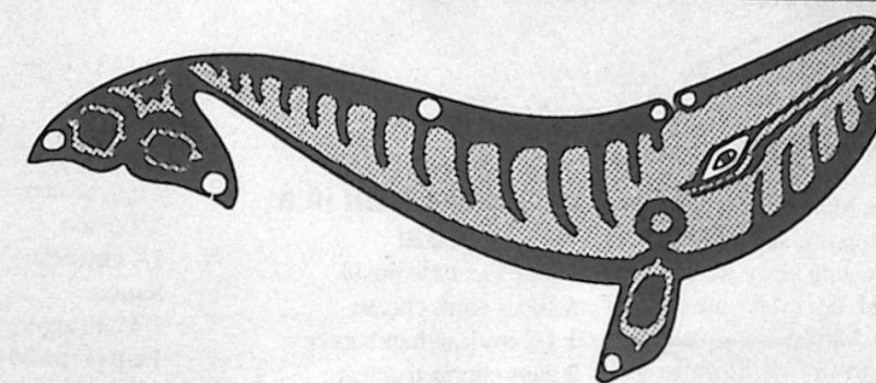


2nd Place BTSO Spiel

Feature

A storm-tossed odyssey in Clayoquot Sound

Calm before Storm



Watching the Whales

TOFINO 5 Apr '91 -- It was hardly the day one would choose to go boating. Thirty-five knot gales and a chilling mixture of rain and hail lashed the west coast of Vancouver Island, the sun appeared only for brief periods, and the tree-clad calderas surrounding Clayoquot Sound spent most of the day shrouded in low, grey clouds. Shari Bondy, our skipper and guide assured us however that as long as we didn't venture out into the Pacific Ocean, we would be quite safe watching the gray whales in their feeding grounds.

This was Whalefest '91 and the hostilities of Tofino and Ucluelet -- two fishing villages located at opposite ends of Pacific Rim National Park -- were crisscrossed with tourists with one aim in mind -- getting a good look at migrating gray whales, as they stopped to feed in nutrient-rich waters along the west coast.

Our boat was a Zodiac, a large, rigid hull inflatable, driven by an outboard motor. It was crewed by a helmsman and our skipper/guide, Shari Bondy, known locally also for her photographic skills and as a scrappy environmentalist. The passengers were the writer and his wife Julie, in-laws Brenda and Willy Thomsen from Calgary and a three-person film crew from CHEK-TV Victoria, Producer/Director Lynn Charman, Cameraman Don West and Soundman Mike Baer. They were filming a segment for "Western Living", to be aired in January 1992.

Preparation for the trip re-

quired we climb inside bulky flotation suits, don gloves, gumboots and woolly hats, and then do up every zipper in sight. Then we clumped down to the wharf and stepped carefully into the Zodiac, parking ourselves tandem-fashion on benches in the craft. Cameras were carefully stowed in plastic bags at our feet. A companion Zodiac, laden with tourists from Japan, followed in our wake as we ploughed our way out into the middle of the Sound. The trip out took half an hour. On arrival at the feeding grounds, we watched and waited for the tell-tale water-spouts, and then slowly headed toward them, standing back about 100 meters. Although the official guidelines required us to keep our distance, the whales took little notice of the rules, surfacing as close as ten feet away, in a manoeuvre known as "Spy-Hopping", -- looking at us from an eye positioned inconspicuously under the jawline.

They feed on tube-worms and other marine organisms on the sea floor, straining sand through their "baleens". Grays are very friendly, and seem to like having humans around. They'll sometimes rest their noses on a boat's edge, suspending their fifty-foot length in the water without tipping the boat, waiting for a nose-rub. After a good feed, they will often engage in calisthenics, standing on the ocean floor on their tails, porpoising, and "spy-hopping", possibly checking for killer whales, which chase and bite them.

Stopping around on fifteen-

foot swells, with a gale blowing the tops of waves into your face might crimp the occasion for some people, but I only felt elation. Seeing these magnificent, threatened creatures from ten feet away drove all thoughts of discomfort from my mind.

We remained in the feeding area for about an hour, also seeing a lot of bird-life, and taking in the wild, largely unspoiled forestry covering the surrounding calderas (small extinct volcanoes, I'm told) forming a circle around Clayoquot Sound.

The trip back was wild, wild fun. I felt like a passenger on a two-by-twelve plank, hitting each wave with a butt-crunching slap. I was glad of my nether padding. ("You mean chubby buns," wife remarked.) I was also sitting in a horizontal salt-shower with the tap turned on Full. The slipstream clawed my woolly hat off, but Don the TV cameraman stuck his hand out and snagged it as it went by. I was actually sorry when we coasted into the wharf, the kind of regret one feels at the end of a particularly thrilling roller-coaster ride.

We paid \$40.00 a piece for the trip and it was worth every penny. The friendly staff in Tofino's McQuinna Lodge, the fine west coast art available in local galleries, the good food, the berserk waves tearing at Long Beach, were also high points of our Whalefest '91 visit to the west coast.

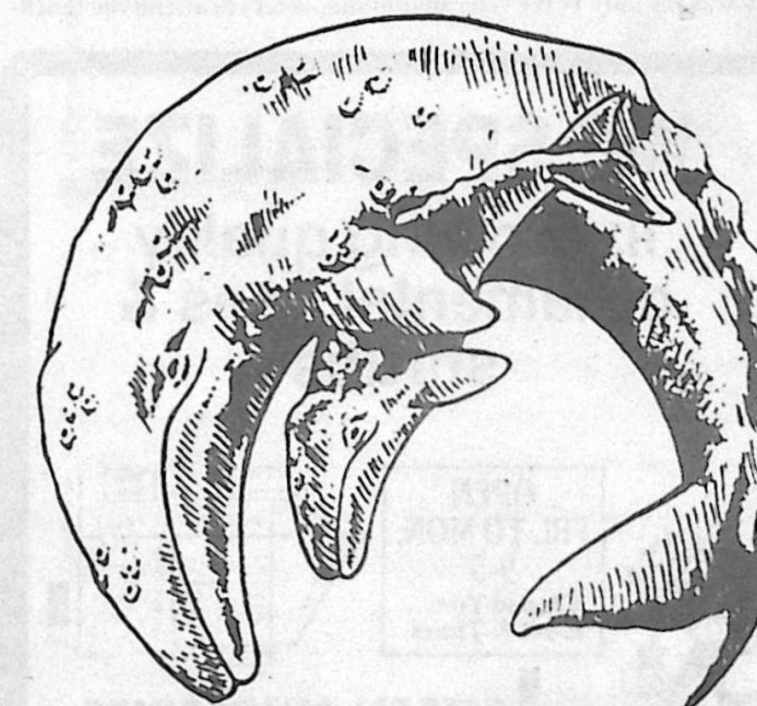
Next year we'll be back to try out the hot springs.

.... Norm Blondel

Story-Teller



Our skipper and guide, Shari Bondy



Our companion Zodiac, in calmer waters near the Tofino wharf.

Cheese!



CHEK-TV checks out the Totem Times - mutual photography between the writer and Don West (L) and Lynn Charman.

Wife shoots Ketch



Wife takes a shot -- "Duen" is a ketch also used in whale-watching and tours around the west coast islets.

Leisure

B.C. Bestsellers

Week Ending: March 31, 1991
Produced: April 2, 1991
(Brackets) represent last week's position

FICTION

- 1 (2) Druid of Shannara.....Brooks
- 2 (1) The Secret Pilgrim.....Le Carre
- 3 (5) The Plains of Passage.....Auel
- 4 (4) Heartbeat.....Steel
- 5 (7) Rumpole a la Carte.....Mortimer
- 6 (3) Lives of The Saints.....Ricci
- 7 (8) Disappearing Moon Cafe.....Lee
- 8 (6) The Old Contemptibles.....Grimes
- 9 (-) The Eagle Has Flown.....Higgins
- 10 (-) Cold Fire.....Koontz

NON-FICTION

- 1 (3) Lighthearted Everyday Cooking.....Lindsay
- 2 (2) Iron John: A Book About Men.....Bly
- 3 (1) Homecoming.....Bradshaw
- 4 (-) Breach of Promise.....Leslie
- 5 (4) Bradshaw On Family.....Bradshaw
- 6 (7) The Wealthy Barber.....Chilton
- 7 (6) From Beirut to Jerusalem.....Friedman
- 8 (-) Gretzy: An Autobiography.....Gretzy
- 9 (5) Graedon's Best Medicine.....Graedon
- 10(8) Webster!.....Webster

Men's Crib League

The Comox Valley Men's Cribbage League originated in 1924 and plays through the fall and winter. The 50th Anniversary of the club was celebrated in 1974, and this year completed the 67th year.

Over the years the league has had as many as fifteen teams including five teams from Cumberland. Teams consist of 12 - 16 members and are supported and hosted by the Comox Golf Club, Elk's Club, Sgts Mess of CFB Comox and hotels and Legions as far south as Union Bay and north to Campbell River.

Games are played every Wednesday evening starting at 8 p.m. and usually end by 11 p.m. Lunch is always provided by the host and host team.

The League Committee sets the schedule for the season each fall and arranges play-off times and changes as applicable.

There are 13 trophies awarded at the end of each season. Some trophies are provided by local businesses and some commemorate past members who

provided many years of service to keep the league in existence. They are the Maynard, Auchterlonie, Flowers, Seale and Thompson, Hawley, Jack Edwards, Ed Boyd, Fred Richardson, MacKenzie, Bunt Woods, Guy Ellis, Fred Barress and Wally Gage cups.

Last year the Comox Legion won five trophies under "Captain" John Marinus. This year the Sgts Mess team won six trophies under the leadership of "Captain" Ray Robert. The Arbutus Hotel won three with George Hubley behind the wheel. One trophy each was won by Comox Golf Club, Elk's A Team, Courtenay Legion and Eagles of Campbell River.

In most years the season is completed with a banquet, trophy presentation and dance. Due to increased costs, this function was not possible this year. Awards were presented at the Jr Ranks Club with President Max Solterman and Jack Brown, Treasurer, officiating.



Christine Mayer

Man-Made Meals!
A lot of men are super cooks and enjoy creating tasty dishes. There should be more men's recipes soon. Maybe we should challenge Norman (Editor) to contribute a recipe or two. How about it Norman? (You're on - Editor)

Lloyd Hawley's Stew

1 to 2 lbs round steak cubed (bite size). Dredge with flour in plastic bag. Braise to brown (approx. 10 mins)

In large pot with the meat add:
1/8 tsp garlic
1/8 tsp curry powder
1/8 tsp pepper
Salt to taste
1 tsp Worcestershire sauce
2 to 3 unpeeled white potatoes diced
1 lge sweet potato diced
3 to 4 carrots sliced and coiled
3 cooking onions sliced
4 stalks celery sliced
1 small turnip diced
1/2 cup lima beans (frozen ok)
1 or 2 parsnips coiled
Small wedge of cabbage (opt)
3 bay leaves (remove when cooked)
Enough water to cover ingredients.
Method:
Bring ingredients to boil then lower heat and simmer at least 3 hrs. Enjoy!

Lloyd says this freezes well.



Christine Mayer, our Country Cook, visits with Lucy Muir at the Vimy luncheon, held at Br.17, Courtenay Legion on Friday, April 5. Lucy was the only WWI veteran (nursing sister) to attend the luncheon.

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THURSDAY 11 APRIL 1991

Country Kitchen

Vick Hicks Loaf in a Loaf

1 loaf Viennese bread
8 slices Kraft cheese
1 1/2 lbs lean hamburger
2 cups chopped celery
1 lge onion chopped
1 lge red bell pepper
2 sml green peppers
3 cloves garlic minced
1 small can mushroom soup
Salt & pepper
Method:
Slice the top of bread, put

aside. Hollow out center. Place cheese slices in hollowed out bread. Blend together hamburger, celery, onion, garlic, peppers, seasoning, and the bread crumbs. Add mushroom soup. If necessary add a little water if filling not moist enough. Place mixture in loaf and put top of bread back. Wrap in two layers of tinfoil. Bake at 350° for 45 mins.

Note: I got the wrong bread. I used the squat French loaf instead of the super long stick type. It turned out really well but took much longer to cook. This is very tasty and different.

Another switch in meat loaves is:

Bob Wable's famous Applesauce Meat Loaf.
3 slices bread
1 lb ground beef
1/4 cup apple sauce
1/2 tsp salt

1 egg beaten
1/2 onion
1/4 cup celery
Sauce:
1/4 cup apple sauce
1 tsp prepared mustard
1/2 tsp vinegar
1 tbsp brown sugar
Method:
Mix all ingredients into an

oval ball. Put indentation on top of meat loaf. Pour sauce in. Cook at 350° for 1 hr. Take out and put on plate while still hot, to drain.

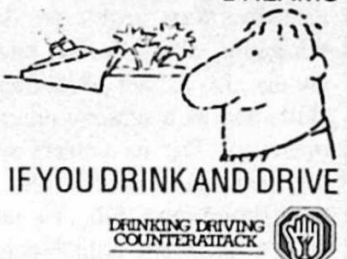
Bob's Carrot Cake

1 1/2 cups salad oil
2 cups sugar
4 eggs
2 cups flour
2 tsp baking powder
2 tsp baking soda
2 tsp cinnamon
2 tsp salt
3 cups grated carrots
Icing:
14 ounces cream cheese
1/4 cup soft butter
2 tps vanilla
1 lb icing sugar
Method:
Cream oil, sugar, eggs. Alter-

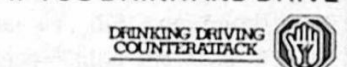
nate dry ingredients with carrots. Grease 2-8x8" pans or 1 larger equivalent pan. Bake at 350° for 1 hr. Ice when cool.

I tasted this cake. It's delicious and Bob says grating the carrots coarsely adds to the texture and taste of the cake.

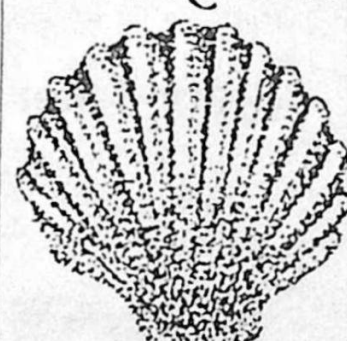
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THURSDAY 11 APRIL 1991



A Day With Rosey

This article is for those of you, who like me spend your day doing endless housework, watching Sesame Street and unsuccessfully trying to find time for yourself. Believe it or not there is humour in it all. I have three children and a husband, which more times than not I consider my fourth child, so I have a few humorous stories to tell. I sure hope some of you out there can relate - I'd hate to think I go through all of this alone.

The Housewife's Lament

I'm just a little housewife with dishes three times a day, With laundry, and cleaning, and cooking, and toys to put away.

Now it's not that I mind the housework, or the screaming kids at play.

It's that husband who burns me when he says with a smile, "Honey, did you do anything today?"

A Great Game - (or so I thought).

My son, who is three going on twenty-three, except when he has to go to the bathroom, thinks my purpose in life is to be busy. The idea of having time to myself has excited me beyond control since the birth of my first child seven years ago. I decided in order to get what I wanted, I had to think as a three year old would. I consider myself of average intelligence and though my being a six year

veteran of Mr. Dress Up would come in handy here. I probed my creative mind and came up with a game called "Mommy's Not Here". I was thrilled, surely this was going to work. I was actually going to have time for me. My brain went into top speed deciding what I would do first. I thought I could pluck my eyebrows (at this point I have only one eyebrow that extends all the way across my forehead), or maybe write a letter, my friends and relatives think I'm dead. I finally settled on reading a book - besides finding a piece of writing paper and something other than a crayon to write with would require half a dozen blood hounds and maybe Sherlock Holmes.

I explained the rules of this "game" to my son, further explaining to him that all he had to do to win was leave Mommy alone - simple. I was sure he understood as he ran out the door extracting one wet kiss and a heartfelt hug from me.

I began collecting what I thought I would need - a blanket, a pillow, a cup of tea and my beloved book. I did this while assuring myself that my youngest son wouldn't wake up from his morning nap quite yet.

It was going to be wonderful "not being here". I couldn't believe how smart I was; however, my euphoria soon died as my son decided he had to go pee. Decision time: do I get up from the comfortable couch now and

Caught in the Act



Is this blatant disregard of the "Official Secrets Act"?

Spy identified as Maj Randy Kampman, BCEO, alias rotten Randy, was caught leering around the rear of the crash truck secretly scouting the "CFB Fire Balls" Snow to Surf team at their training camp.

Rotten Randy is believed to be a member of an opposition team known as the KIWI Club "Old F--ts". Due to the nature of fellow competitors, the Fire Balls realized they would be the victims of reconnaissance. Therefore, it was decided to masquerade training techniques.

Just the look on Rotten Randy's face when he realizes that the canoeing contest won't be stationary, will more than make up the dastardly deed.

help him or do I get up from the comfortable couch later and change him. I was soon reminded that the latter meant laundry so I got up to help him. I settled back onto the couch determined that this would still work. I no sooner got done the page I was reading when the phone rang. It was my daughter calling from school. "Mommy, I've lost my lunch." My first thought was 'so!' Realizing she had no idea about the game her brother and I were playing I mellowed out and suggested she would have to come home for

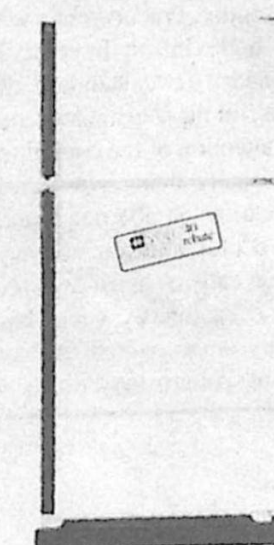
lunch. How could anybody lose a lunch walking three short blocks to school. As my thoughts left my wonderful but neglected book, they turned to lunch and what to prepare. I then assured myself that the newly purchased Tupperware lunch kit (bought just three days ago and costing \$12.98) that was also lost was not important - we could spend quality time together eating our lunch.

I would likely have become slightly upset at this second interruption but I realized that if I wanted to get back to my book I

didn't have time to be upset. My son was still playing outside making a valiant effort to win mommy's game. I crawled back on to the couch hesitating to read on, calculating the odds that there would be any more interruptions. I never had a chance to finish calculating when my husband phoned. "Hi Honey. Can you pack a bag for me." His hasty conversation informed me that he was being deployed and wouldn't be

continued on page 17

Smart.



\$40 rebate

Smarter.



I finished lunch and finally was alone again with my three year old. It was his turn to assure me that the game was a flop when he said "Mommy, are you here yet because playing this game is hard work - I like bugging you!" Stay tuned next time for another...

Day With Rosey

There are now more than 200 Power Smart energy-efficient refrigerators for you to choose from. And to cash rebates. When you're shopping for a new fridge, just look for the Power Smart sticker. There are en get a \$40 rebate, and there are super energy-efficient models with a super rebate of \$65. Be sure to ask you the qualifying Power Smart models. Complete lists also available from your salesperson or local h receive our special Power Smart rebate form. Fill it out and send it in with proof of purchase. Your rebate And because your new fridge is Power Smart, you also get on-going energy savings. So you save now...and you save later.

BChydro



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Health & fitness



ASK YOUR PHARMACIST

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

Put Your Best Foot Forward

In an average lifespan, your feet carry you the equivalent of three times around the world, so they deserve to have you stand up for them.

Simple care will prevent many of the problems leading to that often heard complaint, "my feet are killing me".

Your feet can reveal disorders in other parts of the body. For example, swelling caused by abnormally large amounts of fluid can be a sign of heart, kidney or other diseases.

Foot conditions can also indicate the onset of diabetes. Diabetics must pay close attention to giving their feet the proper care. Because of the nature of the disease, patients may not be aware of small foot injuries, cuts or scratches which can allow infection to start.

Careful foot care includes bathing the feet in warm water, careful nail cutting and the prevention of "Athlete's Foot", a contagious infection characterized by itching and redness.

Foot care doesn't have to be difficult and knowing all the rewards make it that much easier. Shoes, for example, shouldn't need to be "broken in". They should fit well from the moment you put them on. Shoes which fit and wear well won't cause corns, calluses or bunions.

Ask your pharmacist if you have any questions about foot care or the products you'll find in the pharmacy. He or she will be happy to make it easier for your feet to stand up for themselves.

First Aid First

You may not realize it, but "Home, Sweet, Home" may not always be the same as "Home, Safe, Home". No matter how hard we try, many accidents happen in and around the house. Having the right first aid supplies is important because you never know when a life may depend on it.

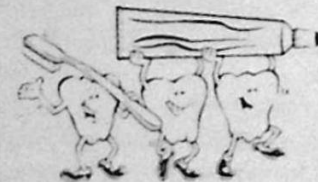
With so many activities, the key to avoiding mishaps is prevention. For starters, make a list of your family's regular activities and note the type of injury each might produce.

Be prepared to deal with accidents in areas where there's lots of traffic. In the kitchen, for example, you could be faced with burns, scalds or cuts. The kitchen may also be the place your children run with scraped knees, insect bites or "something in my eye".

The workshop and garage are also potential accident sites in this age of do-it-yourself. Fingers nicked by hammers, splinters from lumber, or cuts and scrapes from fiddling with the car are among the emergencies you may have to deal with. And don't forget strains and sprains from jogging, tennis and other popular sports.

Once you've made a comprehensive list of possible injuries, ask your pharmacist about the type and quantity of first aid supplies and medications you need to include in a complete kit. Place a kit in each possible area where accidents might occur and make sure family members know where to find it.

Your pharmacist can give you tips to make your home a safer place to work and play. Remember, peace of mind comes from knowing you're well prepared for any emergency that might arise.



Dental Month

Once a year, regular force members are subjected to the dreaded annual dental checkup in order that their level of dental fitness can be determined. The following is a typical scenario at the dental clinic: as the patient lies in the dental chair, fearing the worst, the dentist calmly peers into his gaping orifice and says to the dental assistant, "Replace composite on the mesial of 23." Most people are left confused by the jargon (and sometimes bad humour) exchanged between the dentist and the dental assistant during the appointment. In the pursuit of improving dental awareness among Base personnel

during our national dental health month, here is a mini-lexicon of some of the terms you may over-hear while in the dental chair.

Alginate - this pink-coloured gelatinous material is used with the dental trays to take impressions of the dental arches; contains alginate, an extract of a certain brown seaweed.

Amalgam - the most widely-used filling material; composed mainly of silver, tin, copper, and mercury. May contain varying amounts of zinc, palladium and indium.

Buccal - the surface of the tooth that faces toward the cheek.

Composite - a tooth-coloured

filling material used mainly in areas of the mouth where esthetics is of prime concern; composed of a polymatrix, glass or silica fillers, and usually an accelerator that hardens the material when it is exposed to high intensity light.

Distal - the surface of the tooth that is furthest from the dental midline.

Liner - suspension of calcium hydroxide used to protect the dental pulp in deep cavities.

Lingual - the surface of the tooth that faces toward the tongue.

Mesial - the surface of the tooth that is closest to the dental

midline.

Periodontal Disease - breakdown of the supporting structures of the teeth, marked by gum inflammation and pocketing around the teeth.

PFM Crown - short for "porcelain-fused-to-metal" crown. As the name implies, this type of capping is made of firing a colour-matched porcelain onto a core of either gold alloy or base metal.

TMJ - short for "temporomandibular joint", which is the articulation between the temporal bone of the skull and the lower jaw; often a source of discomfort for some individuals, e.g. grinders.

Veneer - a facing, made either of composite or porcelain, placed on the front teeth to improve esthetics (e.g. discoloured teeth, closing minor gaps between teeth).

Continued on page 17

info health

Dr. Bob Young

Chronic Fatigue Syndrome

Are you tired because you are tired, or have you got the "always tired" disease? Persistent exhaustion has been given a number of medical names in the past, with neurasthenia, although obsolete now, being a long term favorite.

Chronic fatigue syndrome (CFS), sometimes called myalgic encephalomyelitis, is the currently popular term. The disease was first described in the 1930s and has received considerable attention in the last 15 years.

It is claimed that about 100,000 Canadians have the condition. While not life-threatening it can be very debilitating and seriously interfere with normal day-to-day living.

CFS receives very little space in most medical textbooks. Many

do not mention it at all, but newer ones are starting to. One of the reasons may be that many doctors remain unconvinced, or at least skeptical, about the disease. Because fatigue is such a common symptom and part of most illnesses they are reluctant to ascribe the symptom to a specific disease.

Part of the problem may be that the cause is not known, although various viruses are being increasingly implicated, either alone or in combination with other factors. The disease often occurs following a respiratory infection, most of which are viral.

The Epstein-Barr virus, the cause of infectious mononucleosis, and the polio virus have been studied carefully.

Some researchers feel that any virus that is capable of infecting the brain or other nerve tissue may trigger CFS in certain circumstances.

There is a lot of interest in the condition. The Nightingale Research Foundation in Ottawa is very active, and international symposia and meetings attract researchers from around the world.

At least two medicines may be useful in treating the condition - at least they show early promise.

And researchers are slowly convincing practicing physicians that CFS really exists, although the topic can still generate heated arguments when doctors get together.

Practitioner Profile

In the early days of my practice I used to amuse myself by keeping a running graph of the number of patients I treated. After all, big companies keep a chart of their performance - why shouldn't I? Every month I would put a dot on the squared paper and draw another line.

Now this is done for me, and for every doctor in BC who bills the medical plan. It appears, not as a graph, but as a nine-page printout, on wide paper. It is prepared by the plan and distributed by the BC Medical Association once each year.

It is my practitioner profile, and it tells me all about my practice, and what I did to earn each dollar of the previous year's income. It compares my practice with all others within my field, which is general practice, and tells me whether I see my patients

more or less often than my colleagues, the percentage that I refer to other doctors, and the lab work and other tests I order.

It also keeps track of the investigations and operations done on "my" patients by the specialists I use.

Virtually every move I make gets tallied up so I won't bore you by listing them.

Abnormal profiles are screened by a Patterns of Practice committee. Practices vary widely, but a deviation beyond a set boundary (two standard deviations, for the statisticians) attracts the attention of the committee.

Usually there is a legitimate reason for an aberrant practice - the doctor may do nothing but house calls or assist at surgery - but occasionally some hanky-panky is discovered. A doctor's billing pattern may not be with

the number of patients in the practice, or reflect the expected amount of illness in the age group being treated.

When the committee can prove wrongdoing the doctor is punished, usually through a fine (or repayment to the Medical Plan) but sometimes by having future billings pro-rated and paid at a less than 100 percent level.

For the rest of us the profile provides assurance that we are practicing in a manner similar to our colleagues, referring about the right number of patients, and ordering enough, but not too many lab tests and x-rays.

The profile only counts and compares numbers; the quality of the care that generates the numbers is monitored in other ways.



Harry Sweeney
music reviews and syndicated columnist

Marty Stuart Rock & Hillbilly Highlights Tempted

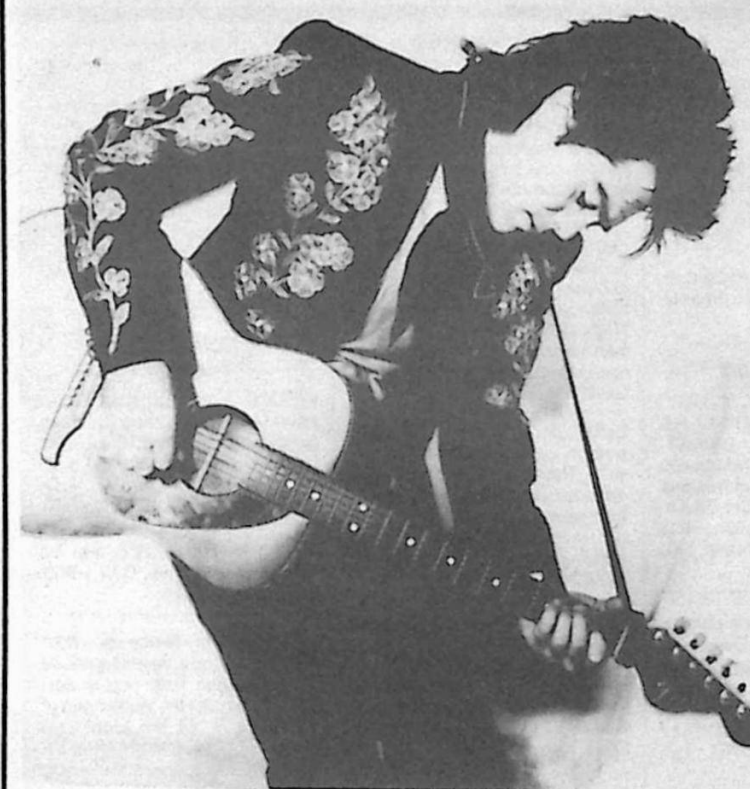
A long time ago, country music was referred to as music for hillbillies. Somewhere between the older term of western and the more modern country, it was called hillbilly. Marty Stuart's music falls somewhere between two different styles of music. It fits somewhere between country and rock. In his own words he describes it as hard rockin' hillbilly music. Whatever you call it, it's good enough to go head-to-head on the charts against such stalwarts as Clint Black, Randy Travis and Alabama. It's commercial enough to sell an awful lot of tapes and CDs and it's smooth enough to overflow the country charts and spill onto the pop markets.

Stuart's last outing 'Hillbilly Rock' turned into a mega hit for the guitar-twangin' country rocker and his latest effort 'Tempted' (MCSA) has all the necessary ingredients to surpass the previous hit in chart numbers and sales. The just released 'Tempted' has already made impressive gains at rack and retail and the debut single 'Little Things' has quickly broken top five.

Opening with the shuffling 'I'm Blue, I'm Lonesome', Stuart quickly turns up the heat and tells how he's gonna 'Paint the Town Tonight' and then shifts into a ballad vein with 'Till I Found You'. Staccato rhythm and a strong back-beat highlight the title track which is almost certain to be released as a single. 'Blue Train', 'Half A Heart' and the Neil Young penned opus 'Get Back to the Country' round out the musical proceedings.

Sweeney's Scene

During the recent Gulf war it seemed that everytime you turned on a news program some mid-east 'expert' was being interviewed. It didn't matter whether it was local, national or international news every show seemed to have an 'expert'. How come, with thousands of mid-east experts available, not one of them predicted the Iraq invasion of Kuwait?



Marty Stewart

More Dental

Continued from page 16

For example, a lower right first molar would be designated "46".

With all this knowledge at hand, our confused patient who "needs a composite on the mesial of 23" quickly realizes that he needs a tooth-coloured filling on his upper left eyetooth, on the

surface closest to the midline. Too easy, right?

Don't be afraid to ask questions regarding dental care to any of the clinic staff at your next appointment. We don't bite - although some of you do.

**NEXT DEADLINE 22 APR
NOON**

French Cadre Programme

The French Cadre Program is celebrating its 10th anniversary during the week of April 8 to 12, 1991.

The Cadre Program first opened its doors to 33 francophone children in 1981. Now, 10 years later, the Cadre Program regroups 64 children, 3 1/2 teachers, 2 aides working part time, a learning assistant whose expertise we share with Powell River, and a language monitor who also visits classes in the Immersion Program.

During the Cadre Program week, the children will be busy with different activities. We have invited a guest speaker to make a presentation to the parents. The birthday party will be on Friday, April 12. The students and the parents will get together at the Base Pavilion to have lunch in the real tradition of the 'Sugar Bush Camp'. The Cadre Program from Powell River will join us for the celebrations.

The Cadre Program is meant for children who have at least one parent who is French or for children who are already receiving a French education comparable to this program. French is the mother tongue of our teachers and the curriculum favors French Canadian traditions and culture. This program and if a quality French education interests you, you can obtain more information by contacting the school's mentioned above.

DIX ANS, CA SE FETE

Le Programme Cadre de français, c'est comme une petite famille qui travaille et qui s'amuse ensemble.

La semaine du Programme Cadre de Français du 8 au 12 avril 1991.

Le Programme Cadre de français célèbre cette année son dixième anniversaire. Le Programme Cadre s'adresse aux enfants ayant au moins un parent francophone ou ayant déjà reçu une éducation française comparable à celle de ce programme. Le Programme Cadre a ouvert ses portes en 1981; il accueillait 33 enfants de la maternelle à la 7^{ème} année. Après quelques crises de croissance le Programme Cadre compte cette année 64 étudiants, de la maternelle à la 9^{ème} année, 3 1/2 professeurs, 2 aides à temps partiel, une orthopédagogue et une monitrice de langue. On a raison d'être fiers de notre Programme! Un tel succès n'aurait pu être réalisé sans l'aide du Secrétariat d'Etat, des subventions du gouvernement fédéral, de l'assistance de l'APPCF de Vancouver, de la coopération de la commission scolaire et surtout le dévouement constant des parents du Programme.

Le curriculum du Programme Cadre de français vise à renforcer nos traditions et notre culture canadienne-française. Nos professeurs sont conscients de leurs responsabilités envers la

communauté francophone et, avec le comité de parents, organisent des activités parascolaires en français.

La semaine du 8 au 12 avril sera donc une semaine de fête. Les professeurs organisent des activités au niveau des classes qu'ils ont en cours. Jeudi le 11 avril, Mlle Paulette Bouffard, coordonnatrice provinciale des comités de parents viendra donner une conférence sur la nature du Programme et les fonctions du comité de parents. Vendredi le 12 avril, c'est vraiment la fête et le Programme Cadre de Powell River se joint à nous pour une fête au sucre qui se tiendra au pavillon de la Base. Dix ans, ça se fête!

Si ce programme d'éducation française de qualité vous intéresse pour vos enfants, vous pouvez obtenir plus de renseignements en contactant les écoles suivantes:

Au District #71, le Programme Cadre est offert au niveau primaire (maternelle à 6^{ème} année) à l'école AIRPORT ELEMENTARY; adresse: BFC Comox, C.P. 40, LAZO, C.B., VOR 2K0; Tel: 339-3732.

Pour les niveaux 7, 8, 9, le Programme Cadre est offert pour les matières suivantes: français, mathématiques et sciences humaines. Ces cours se donnent à l'école ROBB ROAD JUNIOR HIGH, située au 1909 Robb Road, Comox, C.B., V9N 4S4, tel: 339-2232.



Cadre French Programme - grades 4, 5 & 6 celebrating a birthday for Mrs. Perreault.

MSE Safety Chuckle

Drivers Statement of the Month

Coming home, I drove into the wrong house and collided with a tree I don't have.

More Rosey

Continued from page 15

back for three days. Deployment my---!!! Of course he was going to an exciting warm place and wouldn't even consider taking the kids. I was beginning to think that this wasn't a good game to play anymore. I hesitantly closed my book and set my mind on the task at hand - packing. I reluctant-

ly packed up, complete with love note. (I love you and bring me back something expensive.) By this time he was home to pick it up and with a quick kiss he was gone. I thought I could still have a quiet cup of coffee before my youngest son woke up. Do I need to tell you I didn't get my coffee.

Public announcements

Base Library Hours

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

Indoor Soccer Training

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

Bowling Alley

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

Bouladrome

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

Gymnasium

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

Gymnase

Les heures d'operation pour usage courante sont les suivantes.
Lundi au Vendredi 0730-1700
1830-2100
Samedi et Dimanche 1300-1700
1830-2100
Les unites et les sections qui desiront ceder des heures particulieres sont pries de contacter Sgt B. Plante au local 8690.

Personal Exercise Program

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

Boat Launch Passes

Tee Pee Park Boat Launch Season Passes - 1991.
Boat launch season passes are now available by contacting Linda Rose, PMQ Secretary, at 339-8571. Passes may be acquired at the new community centre from 0800-1200 Monday to Friday. Once the seasonal caretakers are employed at Tee Pee Park, boat passes will also be available on location. The price for the 1991 season will be \$30.00 or \$3.00 per day.

Softball

CFB Comox will host a Softball BC Umpires Clinic, Level 1 & II, 21 Apr 91. Interested persons are to contact the Rec Centre, loc 8315.

Parents & Tots

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

Wallace Garden's T-Ball Coaching

Attention PMQ Residents:
In order to run T-Ball this year we are in desperate need of a Coordinator and Coaches. If you are interested in either of these positions please contact Linda Rose, loc 8571, between 0800 to 1200 hrs, or Capt Sealby, loc 8735.

Expres. Appointments
Subject appointments are to be made through loc 8315 and will only be accepted from 0730 to 1130 hrs, Mon., Wed., and Fri.

Cdn Fighter Pilots Reunion

Canadian Fighter Pilots Reunion - 12-14 Apr 91
Approximately 80 members of the Canadian Fighter pilots Association (Pacific Wing) and their ladies will hold a reunion at CFB Comox Officers Mess 12-14 Apr 91.

Base OPI is Capt W.H. Welsh, loc 8776. OPI for the static/fly display is Maj Liddiard, D/BOPS, loc 8210.

Fifth Annual CFE Bodybuilding Competition

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

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

For more information contact Base Peri staff, loc 8315.

Citizen's Forum at Courtenay Legion April 14

The last chance to place your views on Canada's future before the Citizen's Forum will take place at Branch 17, Royal Canadian Legion at 1330 hours. This meeting is open to all members of the public.

Smitty's COMOX FAMILY RESTAURANT

Keep Your Kitchen Clean Eat at Smitty's

DINNER SPECIALS

Oysters Florentine
Curried Chicken
Ultimate
Combination Platter
Seafood Roll-Up
Steak & Kidney Pie
\$7.95-\$9.95
All dinners include Caesar Salad or homemade soup, vegetables, your choice of baked, mashed, croquette potatoes or rice pilaf and our special house dessert.

SUNDAYS

Prime Rib \$9.95
Roast Turkey \$8.95
includes soup or salad & desert

Smitty's
dinner from 11:30 a.m. - 8 p.m.
339-3911

BLANKET CLASSIFIEDS

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers.
TO PLACE AN AD CALL THIS PAPER OR BCYCNA AT (604) 669-9222.

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

BCYCNA

BRITISH COLUMBIA AND YUKON COMMUNITY NEWSPAPERS ASSOCIATION

AUTOMOTIVE

Attention Ford SuperCab owners (F series) - Seat Lift Kit available to raise rear bench seat. Contact your local Ford Dealer or call toll-free 1-800-561-7867.

Ford authorized, remanufactured all make engine special. Rebates: 4 cylinder from \$150 up to \$545. Savings for 6.9 diesel V-8. Ask about Extended Warranties or Lifetime Service Guarantee. Call your local participating Ford or Mercury Dealer. Offer expires May 31, 1991.

BUILDING SUPPLIES

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

BUSINESS OPPORTUNITIES

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

VENDING. Pop, chips, snacks, coffee, cigarette machines. Prime guaranteed producing locations. No overhead, no employees, instant returns, all cash. Resession proof. Investments from \$2,900. (604) 597-3532.

UNLIMITED INCOME POTENTIAL. Manufacturer now accepting applications for provincial distributors of "JUICEWORKS", the amazing new fresh juice vendor. Call Acton Assemblies (416) 873-7806 for information package.

BILLION DOLLAR INDUSTRY - TURKEY. Huge profits. Ground Floor Opportunity. Minimum investment of \$9,000. Call manufacturer 576-1322.

How to Quickly start a successful home based business. Over 100 different courses & books available. Import/Export, Financial Broker, Mail order, Consultant etc. For a free 10" x 12", 48 page catalogue, send postage & a large envelope to L.W.S. Inc., 214-510 W. Hastings, Vancouver, B.C., V6B 1L8.

BUSINESS OPPORTUNITIES

OWN ALL CASH Snack Vending Route. Newest machine is opening up great locations. No competition. Earnings can exceed \$1,000 weekly part-time. \$16,000 U.S. investment. 1-800-444-6615.

BUSINESS PERSONALS

ORDER YOUR "LOVE STUFF" BY MAIL FROM OUR NEW LOVER'S LANE CATALOG! You're assured privacy and security from our established store! Check us out in the BBB IN HOME SHOPPING! BEST SELECTION! GREAT SERVICE! 55 CATALAN LOVER'S LANE, BOUTIQUE, 1074 SHOPPERS ROW, CAMPBELL RIVER, B.C., V9W 2C6. PH 286-1010.

"Swingers" Tune up your golf swing at Fairwinds Golf Resort on Vancouver Island. 5 Day Golf School, groups of four from \$55 per person, twin. For information, Reservations, Free Brochure 1-800-663-7060, Schooner Cove Resort at Fairwinds.

EDUCATION

VANCOUVER COMMUNITY COLLEGE is now accepting applications for its Recreation Facilities Management Program and its Recreation Leadership Program. These are two-year career-oriented programs at Langara Campus. (604) 324-5276.

EQUIPMENT & MACHINERY

Welco 20 Grapple Bucket, two tires and wheels, 20.5 x 25, for a 644 John Deere. \$6,000 firm. Phone 635-6453 mornings or evenings.

FOR SALE MISC

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

Join thousands of satisfied customers. Buy wigs at wholesale prices. From \$39.95. Ship by catalogue and save. For FREE catalogue CALL TOLL-FREE 1-800-466-7775.

GARDENING

Aluminum/Glass Greenhouses and Solariums. Single and double glazed, straight and curved eave units. Phone or write for FREE BROCHURE: B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby, B.C., V5E 2R1. 433-4220.

Topsoil, Bark Mulch delivered. 1-4 yards. W.M. Developments. 250-7620.

HELP WANTED

SEAMSTRESS/KNITTERS WANTED FOR FULL/PART-TIME HOMEWORK!!! Up to \$400 weekly! Send self-addressed stamped envelope: HCH-D3 Enterprises, P.O. Square One, Box 2011, Mississauga, Ontario, L5B 3C6.

EXPERIENCE living in Australia, New Zealand, Japan Europe or U.K. for a 4-13 month agricultural exchange program. For details call the International Agricultural Exchange Association, 1501-17 Ave., S.W., Calgary, AB, T2T 0E2.

CHATEAU LAKE LOUISE has openings for: First Cook - You must possess a two year certificate of formal training with two to three years' experience. Positions are also available for Second and Prep Cooks with related experience. Security Officer - Previous experience is required, as are a Security Enforcement College diploma and current CPR and First Aid certification. House-keeping Floor Supervisor - This is a junior management role with opportunities to develop a full range of supervisory skills and knowledge. You will enjoy a wide variety of responsibilities and shifts. Housekeeping or supervisory experience would be an asset. These are permanent, full-time opportunities with subsidized accommodation and meals plus competitive wages and a medical plan. To apply, please submit your resume, indicating the position of interest to: Chateau Lake Louise, Attn: Human Resources, Lake Louise, AB, T0L 1E0.

HELP WANTED

LAID OFF? TRAIN to manage an Apartment/Condominium Building. Many jobs available. Government licensed home study certification course. Job placement assistance. 681-5456 or 1-800-665-8339.

Looking for a fun, profitable, people oriented business you can coordinate out of your home? Balance Fashions offers dynamic 100% cotton clothing, minimal investment and substantial profit margin! Call Nancy 1-800-565-5601

LUMBER HARDWARE salesperson required. Western Canada. Permanent position. Advancement opportunities. Competitive salary and benefits. Reply to: Gene Hagen, Fischer Lumber, Box 66, Westlock, AB. (403) 349-6557.

Remote mountain resort hiring for summer. Chambermaids, waitresses, gas attendants, cashiers. For application send self-addressed stamped envelope to: Glacier Park Lodge, Rogers Pass, B.C., V0E 2S0.

Journeyman Plumber - Gasfitter needed. Will accept 4th year apprentices. Wages negotiable. Resumes and references to Box 5000, Powell River News, Powell River, B.C., V8A 2C3.

"OUTSIDE SALESPERSON" required for North Island Industrial Territory. Contact Joe O'Shea, c/o Malkin & Pinton, 1461 Willow Street, Campbell River, B.C., V9W 3M8.

Architect Department Head. High quality international hand-drawn log construction company seeks architect to develop design department. Desired skills include experience in staff management, residential design, log construction, CADD Systems, client and production staff communication, construction document preparation; minimum 5 years experience; Architectural degree. Compensation depends on experience. Provide resume with salary required to: Recruiting, P.O. Box 1750, Vernon, B.C., V1T 8C3.

HELP WANTED

WOULD YOU LIKE to correspond with unattached Christian people, ages 18-40, the object being companionship or marriage. Write ASHGROVE, P.O. Box 205, Chase, B.C., V0E 1M0.

PERSONALS

BODY, MIND, SPIRIT, find out who you really are. Call 1-800-FOR-TRUTH.

ECKANKAR: Discover how dreams, divine love and spiritual exercises can help you understand and meet the challenges of life. Religion of the Light and Sound of God. Call 24 hour recorded message for more information. (206) 357-1229.

LOSE WEIGHT - LOOK GREAT! Free information. All new natural package. Fast results. Send name, address today: Diet Service Institute, 2 Bloor St. W., Suite 100, Toronto, Ontario, M4W 3E2.

TRAVEL

AUSTRALIA/NEW ZEALAND. Call the South Pacific specialist, ANZA Travel, Vancouver/Auckland, return from \$1,204 to \$1,724. Vancouver/Sydney return from \$1,344 to \$1,863. Vancouver call: 734-7725. Toll-free 1-800-972-6928.

CABINS - Saratoga Resorts. Beautiful North Shuswap. (604) 955-2449 or (604) 955-6594. May - September. "BOOK NOW".

BLANKET CLASSIFIED ADS
An advertising "Best Buy"

Recreation



CFB Comox Wins Regional Badminton

CFB Comox wisked their way to the Pacific Region Badminton Championship in Chilliwack 22-26 Mar 91. CFB Comox totaled 32 team points to CFB Chilliwack's 27 team points. Marie-France Paquet won the women's singles while Mario Guitard swept through the mens opens singles championship. Doug Mann and Vic Arsenault finished 2nd in Senior Vets and Junior Vets respectively, earning the right to represent the Region at the Nationals.

O.J. Williams finished third in the open singles, earning him the right to represent the Region at the Nationals also.

The Pacific Region team is:
Open Singles - O.J. Williams; Mario Guitard; Mike Turcotte; Mario Gervais.

Servicewomen - Marie-France Paquet; Irma Piper.

Junior Vets - All Brockley; Vic Arsenault.

Senior Vets - John McLeod; Doug Mann.

CFB Comox Ladies Capture '91 Pac Region Volley Ball Championship



Jubilation - the 1991 Pac Region Volley Ball Champs.

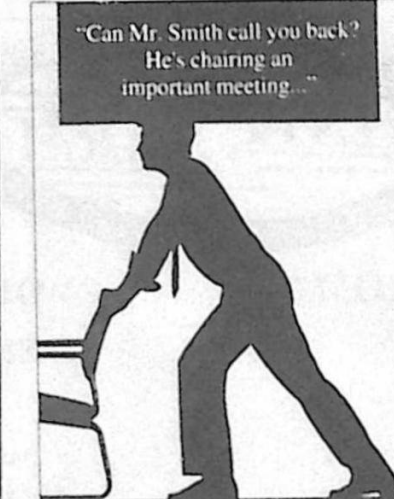


June & Linda on the block - Karen looking on

With determination, heart and a whole basket of team spirit, the CFB Comox Service Womens volleyball team captured the 1991 Pac Region Volleyball Championship in CFB Chilliwack. The tournament was held 9-12 Mar 91 with teams from CFB Chilliwack, CFB Esquimalt, CFB Comox and Canadian DET from Whidby Island.

The Comox ladies finished second in the round robin, advancing to the finals against CFB Esquimalt. The Comox ladies jumped to a quick start winning the game 15-10. Esquimalt rallied back and won game 2 and 3. The fourth game was a defensive battle with the score bouncing back and forth with Comox coming out on top 15-13. The fifth and final game was over quickly. Esquimalt didn't have a chance to recover losing the match 3-2 to Comox.

CFB Comox now advances to the CF Nationals 8-12 Apr 91 in St. Jean, P.Q. Good luck girls, keep smiling and most importantly have fun.



Make your move.

There is more than one way to be a champion. Get up and stretch between calls so you won't become part of the furniture!

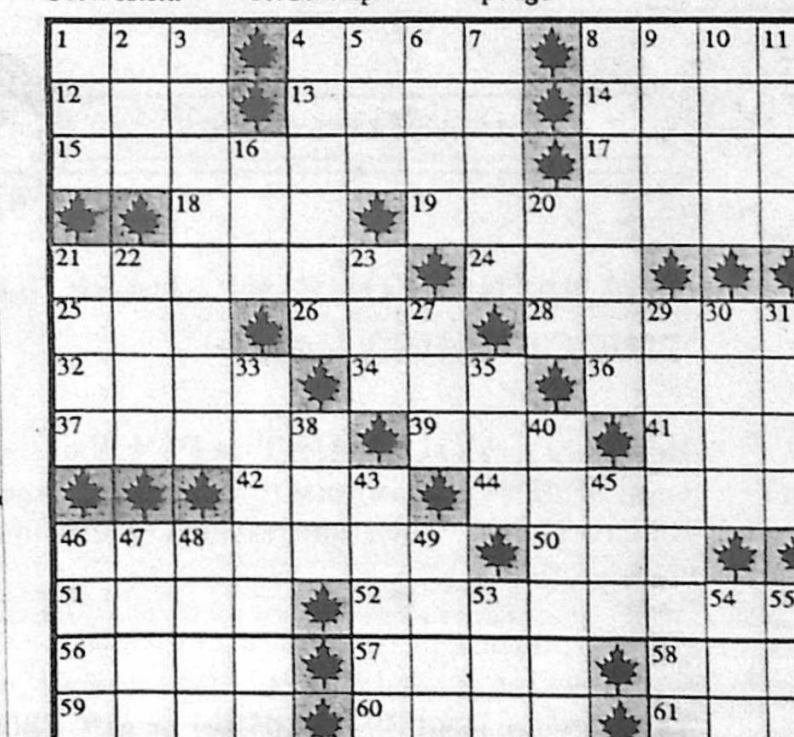
PARTICIPATION

Canadian Crossword

By Rick McConnell

Solution on page 22

- ACROSS**
1. Robber's co-star
 4. Back
 8. Front
 12. Alias
 13. Soften
 14. Prayer end
 15. Algonquian Myth. hero
 17. Tidy
 18. "Rockaria" band (abbr)
 19. Van. Isle
 21. Certain teeth
 24. Drill piece
 25. Mr. Baba
 26. Not either
 32. Chance
 34. Sure
 36. Certain package
 37. Western
 39. Jewel
 41. Mr. McGrew
 42. It's hot or cold
 44. Exams of import
 46. Native artist Agnes
 50. Steal
 51. Software convenience
 52. Algonquian Myth. hero
 56. Hawaiian goose
 57. Tagalog river
 58. I.O.U.'s counterpart?
 59. Summer drinks
 60. Give up
 61. Util. name
 23. Turf
 27. Wiper
 29. Social butterfly
 30. Spoken
 31. Sir John A.s
 33. Carbon compounds
 35. Dashboard abbr.
 38. Certain wheel
 40. Desert scene
 43. Riot
 45. Head
 46. Spanish girl
 47. Perfected
 48. Nil
 49. Cabbage
 53. Sleep
 54. Girl's name
 55. Slick stuff



On and off base



Junior Ranks

Ladies

The Spring Fling Fashion Show was held on 24 Mar 91. Reitmans, Maida's, Bears and Balloons, Lady Footlocker, Mariposa, and The Knack clothing was modeled. Hair styles were done courtesy of the Cutting Bench, make-up by Kalima and jewelry by 5th Avenue.

The lounge was decorated festively with lots of balloons in pastel colours and spring flowers were the center pieces on the tables.

For a change of pace this year, children modeled with their parents, giving a family atmosphere to the show.

The merchants of the Valley really came through as donations of door prizes were received from over 40 area companies:

Kingfisher Resort; Smitty's; Decorama; Video Too; Pop Shoppe; Leward Pub; Radio Shack (Comox); Wendys; Heritage Restaurant; Pizza Hut; Sooters; Glacier Greens Golf Club (Base); Miracle Beach Resort; Green Sheet; Totem Times; Avon (Darlene Piercy Rep.); Trio Hair Salon; Make It & Take It; Courtenay Auto Supply;

Catholic Women's League

A special meeting of the Catholic Women's League was held on 14 Mar after the Way of the Cross in the Base Chapel. We were honored with some special guests at the Parish Hall. Members of three refugee families from El Salvador joined us for a social evening. These families now live in the Comox Valley and we helped support some of them over Christmas. A special time was had by all in sharing about life and traditions of both our countries.

The St. Patrick's Day Tea held at the Community Centre was a huge success with approximately 140 people attending. Included were some very special guests who were past associate members when our League started almost thirty years ago. The door prize was won by Fern Vachon and the

Hartmans Auto Supply; Middleton Meats; Lorne Hotel; Village Foods; Safeway; Whistle Stop; Kentucky Fried Chicken; Bonanza; Chicken Jacks; Book Shell; H & L Meats; Fanny Bay Inn; Snow Cap Clacier Waters; Comox Builders; Central Builders; Farqueson Farms; Valley Pet & House Sitting; Butcher Block; Tim Hortons; Kalima; Saan Store (Comox); and, Win's Silks.

To all our sponsors, to Pat and Kim Neilson for tickets, programs, and computer work, to the models and stores, to The Cutting Bench, the ladies from Kalima, to Anne for a super job on decorating, to the bar staff at the Mess, to our members for all the behind the scenes preparation, our heartfelt thanks from the executive.

Without the aid of all of these people our show couldn't have been presented.

Watch next issue for a complete update of our elections and details on our wind-up party.

Next Meeting: 25 Apr 91, 7 p.m., Totem Inn Lounge

three raffle prizes by Marjorie Major, Dorothy Sykes and Ruby Walton. The hall was decked out in green. Thanks to all who came out to support us.

The Thrift Shop has a temporary location in the new Community Centre and is open on Wednesday from 10 a.m. to 2 p.m. and on Saturday from 1 p.m. to 3 p.m.. Summer clothing is now available. Donations are needed and can be dropped off at the Community Centre from 9 a.m. to 12:30 p.m. Monday to Friday.

The next general meeting will be held on 11 Apr following Mass in the Chapel. Elections will be held for next year's executive. New members are always welcome. For more information please call our President, Claudette Leblanc at 339-3004.

Officers Ladies



of Genesis Galleries, and were drawn hourly. It seemed the people who drew the tickets won. What Luck!

A special thank you to the executive for their time and efforts to put the auction together, and to the special helpers - Reo Lizze, Winston Crawley and Roger Dunn, who spent hours setting up, helping throughout the auction, and did the clean up.

Once again, thank you for coming out to our and Genesis Gallery Auction. Hope you enjoy your art through the years.

Comming Up

It was an exciting evening and what a nice way to spend your money.

The auction was conducted by Genesis Galleries of Atlanta, Georgia, for the second year. The gallery provided us with a variety of pieces from Jan Wooster-Scott, John Kelly to Michel Delacroix and many others. The prices ranged from \$30 through to several thousand dollars.

The people who come out had a nice time, and enjoyed the evening.

The door prizes were courtesy



Trees for Canada

Each year for the past many years, scouting in Canada has participated in a program called 'Trees for Canada'. Following the Aims of the Scouting program, the object of this program is many fold: to provide for the boys and girls in scouting an opportunity to learn and concern themselves with today's environment. It provides a way for the Scouting groups to finance and support themselves, to be aware that they can, as individuals, help to provide a future in the forestry industry, and finally to provide a working base in the knowledge of forestry. In British Columbia, one of the leading industries is our forests. To this end, the Scouting organization works to realize the importance of keeping this resource alive and healthy. The boys and girls in Scouting in the Comox Valley will be planting

6000 Douglas Fir trees in an area from Cumberland to Black Creek. In their program they will be asking you to support them by pledging an amount per tree, planted per youth. The monies raised through this program will be divided three ways: local, Canada, and Scouting in the Third World countries. The knowledge the Scouting members will receive will be remembered and passed on. Support Scouting, support your environment, support trees for Canada.

WHAT - WHY - WHO - WHERE - WHEN

What: Trees for Canada Program

Why: To provide for the boys and girls of the Scouting program a means to identify themselves with the environment, and to do

their best to help the environment; this will also provide a means to help the public to identify Scouting with the outdoors and environment. To provide a program for Scouting in the Comox Valley in which they may earn monies to support themselves and Scouts in other parts of the world.

Who: The Scouting family, consisting of Beavers, Cubs, Scouts, Venturers and Rover-sacross Canada, specifically, the Beavers, Cubs, Scouts and Venturers in the Comox Valley.

Where: A deforested area east of Mount Washington.

When: Planting of trees will take place on April 13th from 10 a.m. to 3 p.m. The boys will be canvassing the area for pledges beginning February 25th.

Bookshell Bestsellers

10 Top Paperbacks Week ending: 13 April		
1. Scions of ShannaraBrooks	5. The Iran FacadeCookson	8. An Inconvenient WomanDunne
2. Silence of the LambsHarris	6. The Spy Went DancingAline	9. Bitter SweetSpencer
3. Men in BlueGriffen	7. The Green River KillerSmith	10. Mortal SinsEdward
4. Not Without My DaughterMamoody		

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Renseignez-vous auprès de votre aviseur local du RARM ou signalez le 1-800-267-6681.

On the Base



Glacier Greens

By R. McCliesh

Despite the cold and damp weather conditions, the **Mens Opening Tournament** sponsored by **Comox Builders Supply** was well attended. There were some good scores posted and a whole lot of ties to be broken.

1st L.G. Doug McArthur; 2nd L.G. Roy Downey; 3rd L.G. Wally Berger; 4th L.G. Steve Bailey.

1st L.N. Rick Forster; 2nd L.N. Bruno Bouliane; 3rd L.N. Bernard Richer-LaFleche; 4th L.N. Pat Copeland.

K.P. on #7 Wally Berger. K.P. on #13 Rick Verbeek. Eagle on #6 Mike Berger. Eagle on #17 Nick Mykitiuk.

A juniors inter-club golf tournament organized by Greg Fleet and hosted by the Glacier Greens Golf Club, was held on Sunday, 7 April. Start of play was damp, however, the weather cleared up for the back nine and some very good scores were turned in.

Anthony Reynolds of Storey Creek Golf Club captured the field low gross with a very impressive score of 70.

Age 14 and Under
1st L.G. Richie Samsin, P.R.; 1st L.N. Richard Sawchuck, Sun.; 2nd L.G. Brian Creed, Comox; 2nd L.N. G. Pettigrew, Sun.

Age 15 and 16
1st L.G. Scott Wenger, S.C.;

1st L.N. Steve Mardis, P.R.; 2nd L.G. Brandon Jackson, P.R.

Age 17 and 18
1st L.G. Colin Blake, Comox; 1st L.N. Dean Verdenhalven, G.G.; 2nd L.G. Mitch Wright, Comox.

Narrow wheeled golf carts will be banned from the Glacier Greens Golf Course effective 1 Oct 91.

The date for the **Early Bird Tournament** is set for **Sunday, 21 April 91**. Entry forms will be available at the pro shop.

The next monthly committee meeting will be held on **18 April 91 at 1:00 p.m.** at the club house.

Your PMQ Association

Community Council



Wow, what a turn-out!! On Saturday, 30 March 1991, almost 150 children plus mums and dads showed up for the Annual PMQ Association Easter Activities. The activities started with an excellent decorated-bike parade with the boys and girls peddling, pushing and walking their highly decorated modes of transport through the PMQs to the Airport School. With safety in mind, the parade was led by the MPs followed by the Easter Bunny (Trish Gallant in disguise). Once at the school the very amiable and certainly unbiased judges (alias LCol Terry Chester and his wife Barb), had their hands full judging the high quality of designs and styles used for bike decorations. However, a final selection was made, consolation prizes awarded and first prizes going to the following children:

Toddlers to 4 years - Heather Skinner;
5 years to 8 years - Rebecca Trevors; and
9 years to 12 years - Tarra Carruthers.

The children then moved to the colouring contest. Once again the judges facing a difficult task of selecting winners because of the incredible colouring talents of the boys and girls. With the overwhelming challenge of choosing the finalists the judges reached their decision of:

Toddlers to 4 years - Allison Haight;
5 years to 8 years - Tiffany Burley; and
9 years to 12 years - Angela Joyce.

Finally the throng of eager egg hunters moved over to the woods behind the school for the Easter Egg Scramble. Oo-oops, that

should be 'Hunt'! With shouts of joy and some groans the kids quickly picked up all the eggs. It was then back to the school for juice and tidbits. After all the awards and presentations, the children (with their parents in tow) left for home, hopefully happy after their Easter activities program.

The PMQ Association would like to thank Pat Adams, Brenda Burley, Germain Savard, Mike Turcotte and all the other volunteers for all their help in making the Easter activities such a great success. Remember, keep your eyes open for future activities in your PMQ area and:

THIS IS YOUR ASSOCIATION BE AN ACTIVE MEMBER

BTSO Award Presentations



Back row (L to R) Cpl D.R. Dessureault, B Tn, CD; Cpl A.M. Sirard, BEME, CD; MCpl N.J. Ruby, BAMSO, CD; WO W.W. Hay, Suggestion Award Certificate; Maj R.W. Piercey, BSUPO, Aerobic Excellence.

Front row (L to R) Cpl M.B.L. Chassé, B Tn, AIRCOM Certificate of Achievement; Cpl W.A. Court, BCE, CD; Cpl D.R. Cusson, B Tn, AIRCOM Certificate of Achievement; LCol G.S. King, BTSO.



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

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

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EVENTS

SUNDAY 14 APRIL.....CITIZEN'S FORUM ON CANADA'S FUTURE - 1 PM Upper Hall. Open to everyone.

SPORTS

SUNDAY 28 APRIL.....FUN CRIB AFTERNOON
Registration 12 PM

BRANCH 160 COMOX

339-2022

ENTERTAINMENT

Fri 12 Apr.....Music by WHITEWATER
Fri 19 Apr.....Music by ALLEYCATS
Fri 26 Apr.....Music by NASHVILLE

REGULAR ACTIVITIES

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

EVENTS

SATURDAY 13 APRIL - ANNUAL HONOURS & AWARDS NIGHT - Upper Hall at 6:30 PM. Tickets \$8 per person.

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SPORTS

SUNDAY 21 APRIL - Euchre. Lower Lounge. Reg \$5 12:30 PM

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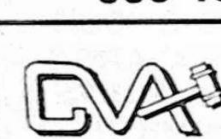
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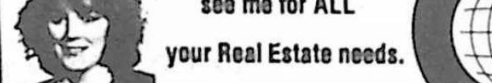
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On and off base

Dog Talk



by Gerry Gerow

New Airedale Terrier

This week, a breed book. The New Airedale Terrier, by June Dutcher and Janet Johnson Framke, Maxwell Macmillan, Canada, \$29.95

Both of the authors have a long involvement with the Airedale breed. Dutcher has bred and shown them since 1962 and Framke since 1969. Their credentials as breed experts are impeccable.

The Airedale Terrier was developed, naturally enough in the Aire Valley of Northern England. The breed history is extremely well presented, and covers thoroughly the development of the breed by crossing Terriers and Otterhounds. The Airedale is the largest of the terrier breed.

There is a section on Airedales in Canada, and the AKC breed standard is very well presented and analyzed. The breed is fairly popular in Canada, with over 100 registered in each of the last two years.

All the attributes of a good breed book can be found in this hard covered 276 page edition,

which is well illustrated with close to two hundred photos and line drawings. In the world of dog breed books, this one rates right up at the top. If you have an interest in the Airedale breed, you should have it in your library. This one is hot off the press, so you may have to wait to find it in the book stores, but it can be ordered from the publisher.

I just returned home from an obedience trial. (Did you learn anything Ger? - D.D.) The sport of obedience is becoming more and more popular all the time. In this particular trial my dog let me down in the 3 minute long sit, so I came home without any ribbons to show for the day, but there will be another day. Anyone can train and trial their own dog with a bit of guidance which is usually provided by trainers in obedience classes. Many people make the mistake of thinking that they will take their dog to an obedience class and the trainers will train their dog. What really happens is that the trainers teach you how to train your dog. Then at home, be-

tween the weekly classes, you train your dog at home. You don't turn out an obedience trial champion in one set of training classes. You will probably need at least three sets of classes, training almost every day at home between the classes, to pass your first novice trial. To obtain each degree you must pass at least three trials under different judges.

Trialing can be a lot of fun. Some people, mostly retired, spend whole summers campaigning their dogs all over Canada, trying to attain a high standing in the year end statistics. As they travel around the countryside, they have the opportunity to renew old friendships and make new ones, while having fun with their dogs. Most of the people travel around in self-contained motor homes, and most show sites provide parking areas for the homes at little or no cost. It really is an economical way for someone who is retired to spend their summer.

Padre Bob

No Excuse Sunday

To make it possible for everyone to attend Church this Sunday, we are going to have a special "No Excuse Sunday". Cots will be placed in the foyer for those who say "Sunday is my only day to sleep in". We will have steel helmets for those who say "The roof would cave in if I ever came to Church". Blankets will be furnished for those who think the Church is too cold, and fans for those who say it is too hot.

We will have hearing aids for those who say "The Padre speaks too softly" and cotton for those who say he preaches too loudly. Some relatives will be in attendance for those who like to go visiting on Sundays. There will be TV dinners for those who can't go to Church and cook dinner also. One section will be devoted to trees and grass for those who like to see God in nature. Finally, the Sanctuary will be decorated with both Christmas poinsettias and Easter lilies for those who have never seen the Church without them.

See you in Chapel

It certainly has been busy around the Chapel lately, and I had to work two days last week, both Friday and Sunday. Our Good Friday service had a lot of participation from the congregation as we enacted the events of Thursday and Friday of Holy Week. We started with wine being placed on the Lord's table to remind us of the institution of the Communion Service in Jesus' Last Supper. Next timbers were brought to the front of the Chapel which were nailed together as a cross and adorned with a board bearing Pilate's words, Jesus of Nazareth, King of the Jews, a robe and a crown of thorns. A container of sour wine with a sponge showed an attempt to provide help for Jesus and finally a soldier in uniform left a spear by the cross. We left after having read a passage confirming Jesus' death by crucifixion.

On Sunday morning we met at 0700 hrs at Airforce Beach. It was an overcast morning but fairly warm, with the gulls and seals frolicking in the bay. We met to

commemorate the practicality of the ladies, who, having observed the Sabbath rest, took the opportunity of first light to properly prepare Jesus' body for burial. Into the ordinary tasks of life dawned the Good News of Jesus' Resurrection. His Good News can break into the ordinary tasks of our lives as well. Following a short service at the beach about sixty folks met back at the Chapel for a breakfast of pancakes, banana or regular, scrambled eggs and hot cross buns. After breakfast the children had an Easter egg hunt in the yard of the Chapel, but that is not news to those of you live close to the Chapel and heard all the giggles. To complete the day our 1100 hrs service witnessed two Baptisms and Communion.

Coming Events

Sunday 14 April. Holy communion according to the rites of the Lutheran Church of Canada with Padre Art Flath.
Sunday 28 April will be NO EXCUSE SUNDAY

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

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

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

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

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

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CHAPEL - St. Michael & All Angels, Wallace Gardens,
Bldg 88
OFFICE - Headquarters, Bldg 45, Room 48, Telephone 8273
SUNDAY WORSHIP - Each Sunday at 1100 hrs.
HOLY COMMUNION - First Sunday of the month.
SUNDAY SCHOOL - Each Sunday at 1100 hrs.
NURSERY SCHOOL - Each Sunday at 1100 hrs.
CHOIR - practices 1830 hrs, Thursday at Chapel.
CHAPEL GUILD - meets once a month, first Thursday at the Chapel 7:30 pm, President Betha Baker 339-0189.

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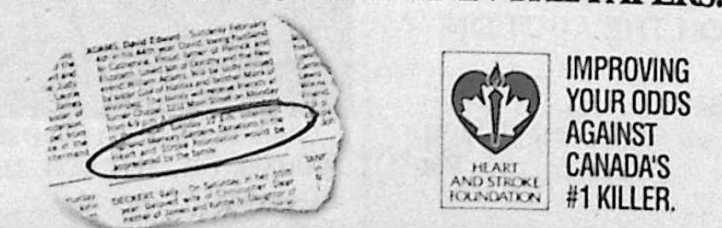
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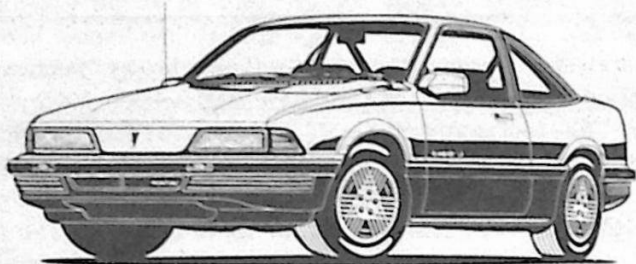


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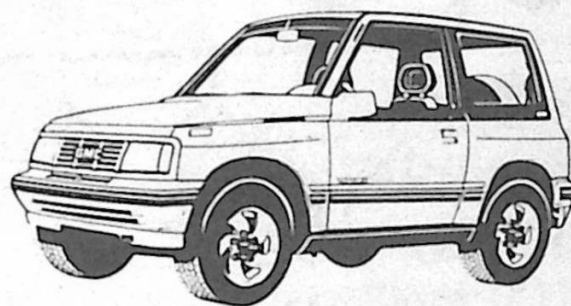
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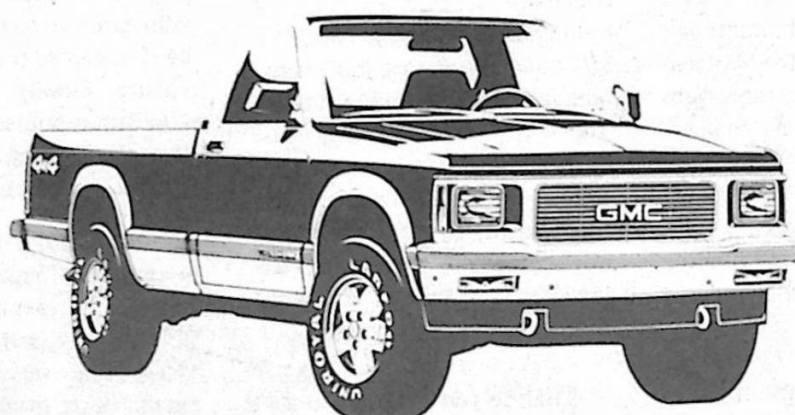
To Our Armed Forces Personnel



Sunbird LE Coupe



Tracker



Sonoma 4X4



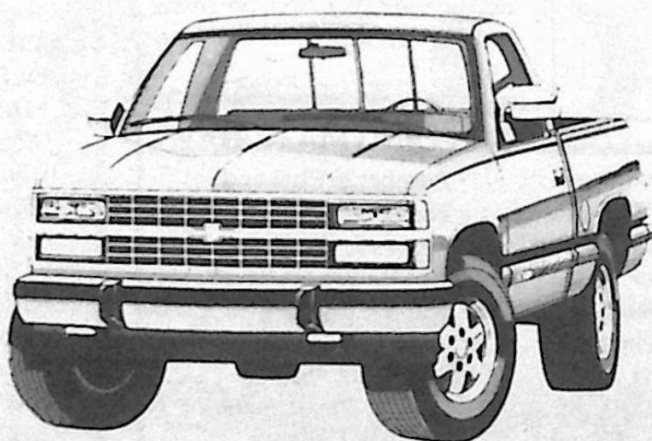
A Message From Your Comox Valley GM Dealers

General Motors of Canada Limited is pleased to announce an automotive incentive plan for all Regular and Reserve Canadian Armed Forces personnel. This special offer has been developed to acknowledge the accomplishment of our Military Forces during the recent Gulf conflict.

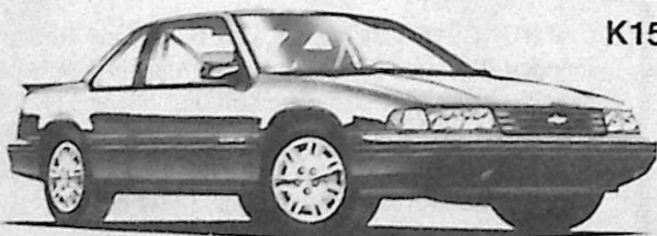
Mike Finneron Pontiac Buick Ltd. and Brian McLean Chevrolet Oldsmobile Ltd., your Comox Valley General Motors Dealers, would be pleased to go over the program details with you, but here are some of the highlights:

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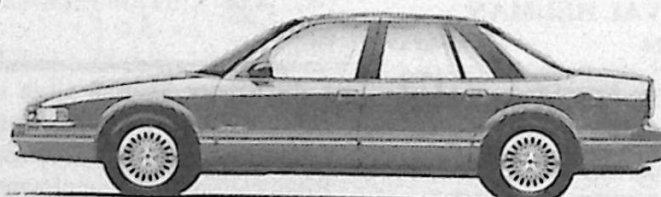
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