



## 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

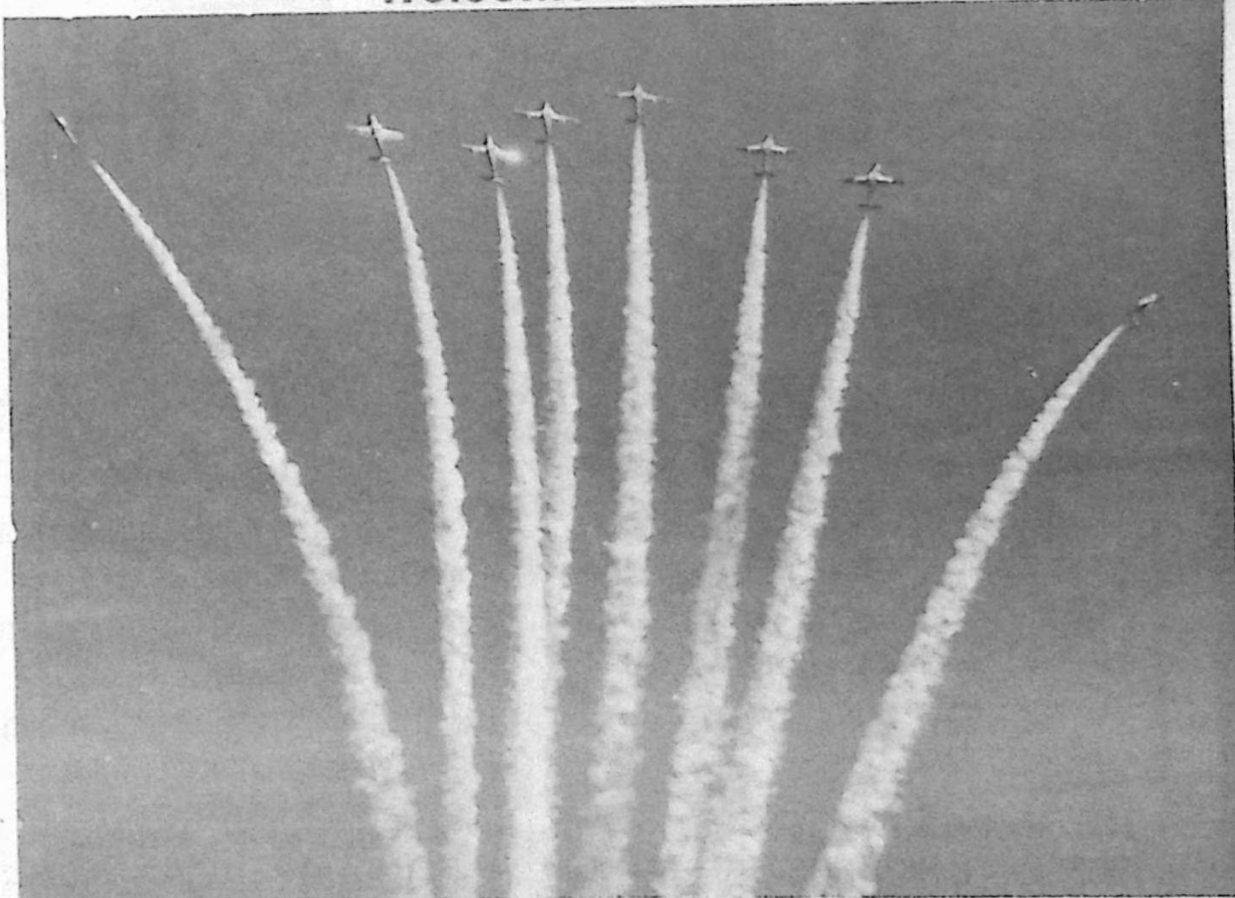
**continued on page 2**

## 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

effort. The Provincial Emergency Program and the Provincial Public Affairs Bureau are taking a number of steps to promote Emergency Preparedness Week, including the production of posters, media releases, seeking corporate sponsorships, and holding an Emergency Preparedness volunteer recognition banquet. Other provincial ministries, municipalities, crown corporations, and private businesses will also be highlighting their achievements during this week.

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**

**RECYCLE THIS NEWSPAPER**  
TOTEM TIMES



# THREE GREAT REASONS TO STAY IN HALIFAX THIS SEASON



- Beautifully Appointed Guest Rooms
- Award Winning Cuisine
- 24 Hour Room Service
- Indoor Pool, Whirlpool, Sundeck and Fitness Centre
- Indoor Parking

1725 Market St., Halifax  
(902) 425-1986 1-800-565-1567



**THE CITADEL INN**  
HALIFAX

- Complimentary Continental Breakfast
- Spacious Guest Rooms
- Indoor Pool, Fitness Centre and Sundeck
- Arthur's for Casual Fine Dining
- Metro Centre and Shopping are Steps Away
- Free Parking

1960 Brunswick St., Halifax  
(902) 422-1391 1-800-565-7162



- A Suite for the Price of a Room
- Microwave, Fridge, Coffeemaker, Dishes
- Complimentary Continental Breakfast
- Free Grocery Shopping Service
- Whirlpool and Fitness Centre
- Weekly Managers Reception

1583 Brunswick St., Halifax  
(902) 420-0555 1-800-565-1263

Also located in Sydney, N.S.  
(902) 562-6500  
1-800-565-9466

**ALL IN THE HEART OF DOWNTOWN**  
**CENTENNIAL HOTELS**  
SERVING THE MILITARY FOR OVER 25 YEARS

Ask about our Special Military Rates

# 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.

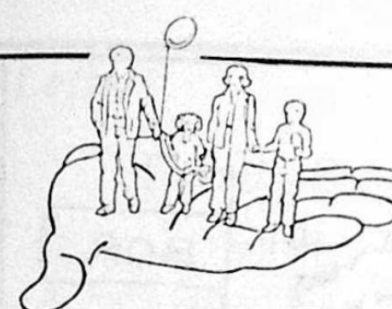
The workup for the 1991 season began last November when competitive tryouts were held to select new team members to replace the Snowbirds who had come to the end of their two-year tour. Changing half of the team

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 sitters 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



## Get Ready For Summer!!

- BIKINI LINES • LEGS • BREASTS
- UNDERARMS • ALL FACIAL HAIR
- FOR MEN & WOMEN

Take care of summer time needs now! End the cycle of waxing, tweezing, shaving, and depilatory use. Electrolysis is the only permanent answer!

338-0136

Dove Electrolysis  
435 5th St.  
Courtenay



**CANADA SUMMER SEAT SALE**  
Coast to Coast

April - September '91  
Book Early

334-0355

Square 1 Travel

In the Driftwood Mall

Capture your child's expression in Driftwood Mall's Expression Session And Enter To Win!!



(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

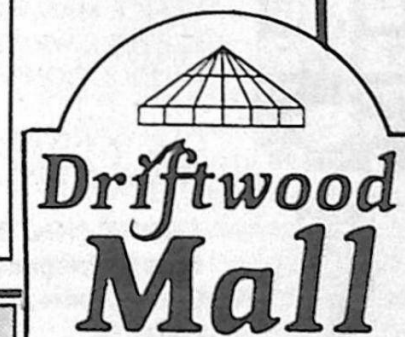
**PRE-REGISTRATION**  
2 Days

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



40 STORES TO SERVE YOU

## MALL HOURS

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

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



Josee Migneault



## TRANSFERRED?

Moving can be so complicated. Let me make it a little bit easier by finding a realtor to help you wherever you may be moving to.

JOSÉE MIGNEAULT Res: 337-5915

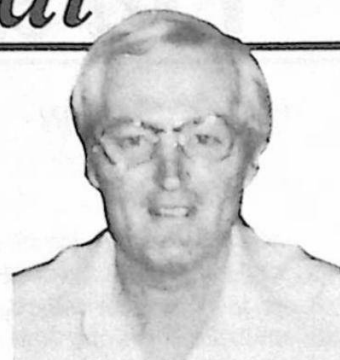
Bus: 334-3124

Realty World - Coast Country Realty Ltd.



# 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

EDITOR - BUSINESS MANAGER.....Norm Blondel  
ASSISTANT EDITOR.....Karen Vedova  
OFFICE MANAGER.....Dawna Dozzi  
FEATURE WRITER.....Jim Kirk  
PRODUCTION STAFF.....Julie Blondel, Liz Basham  
Teresa Miles, Ron Fisher  
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

The **TOTEM TIMES** is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, DF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item.

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 I'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 I'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

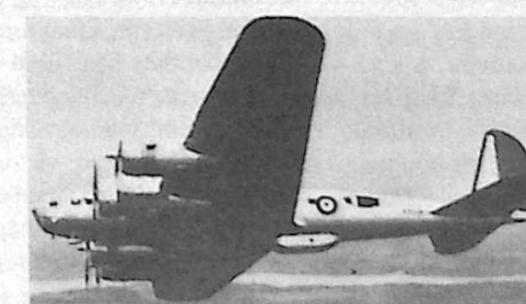
such targets as Benghazi & Tobruk which continued until May 1942. One aircraft turned up in India in late 1942 and was turned over to the USAAF.

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

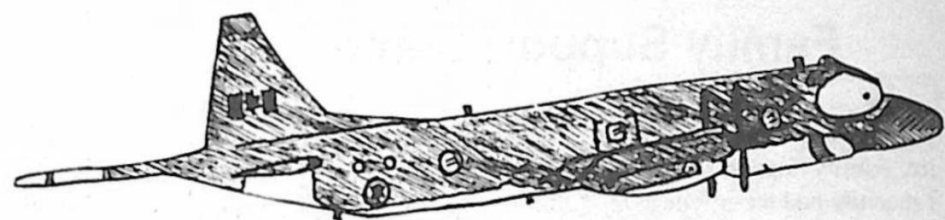
Boeing Fortress MK.1 90 Squadron RCAF. The serial AM528 is incorrect due to an error on the part of the manufacturer. Initially the 20 aircraft allocated to the Squadron were numbered AM518 to AM537. These were later changed to AN518 to AN537.



## Section News



## 407 Squadron



## 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

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.

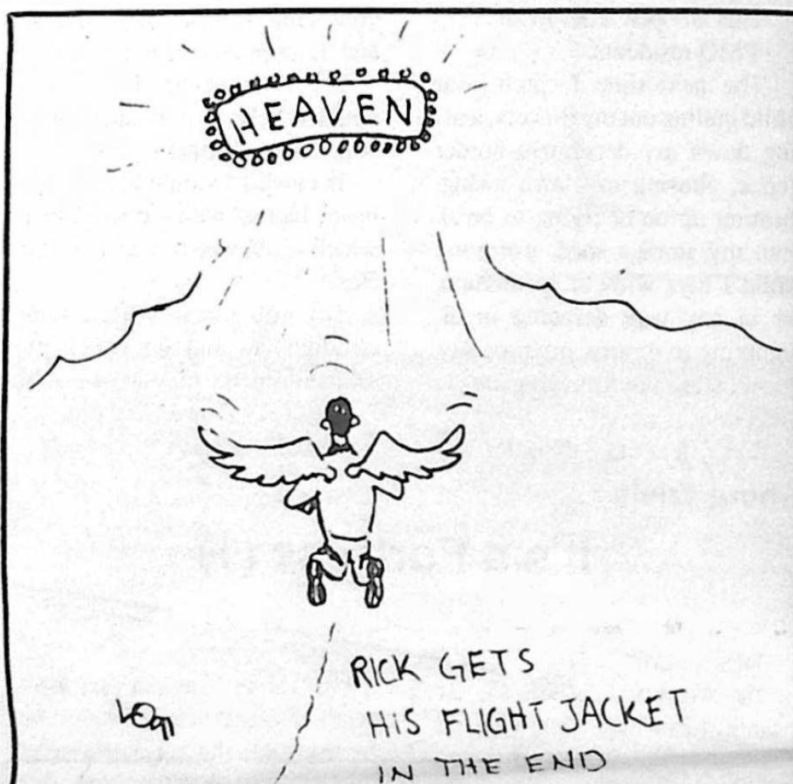
Crew checks are almost over, and Squadron standard is tight lipped about the performance of the various crews thus far. Crew Two has been spreading rumours saying that they have it all sewn up. Someone probably overheard Capt Dubreuil talking about his meticulously plotted victory in the hockey pool. 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.

**PLUS 8.9% or up to \$1,000.00 CASH**

Comox Valley Ford Sales  
360 Island Highway

Dealer No. 6609  
Phone 334-3161



SUSAN WRIGHT  
68A Robertson Road  
Nepean Plaza, Nepean  
Ontario K2H 8P5

## OTTAWA BOUND?

Let me help you find your new home.  
CALL COLLECT: (613) 729-0739  
FAX: 339-8673



Canada Trust Realty

## Section News

## ARAF Parade &amp; 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.

## Hey Beautiful!

... did you know that at Sooter's you can get...

19 Professional Color Baby Portraits for only...

\$14.98



Portraits taken in privacy of our studios. Package includes: 1 - 5x7, 2 - 5x7, 1 - 10 - Gift Size, 3 Different Portrait Packages to choose from.

BONUS! BUY 2 PACKAGES and GET 1 FREE. SUPER BUY 3 PACKAGES and GET 2 FREE. BONUS! PLUS FREE 10x13 PORTRAIT PLUS ALL PROFESSIONAL NEGATIVES FREE!

Sooter's

685 Cliffe Ave. Courtenay 334-3333

ALL PRICES SUBJECT TO CHANGE WITHOUT NOTICE. SOOTER'S RESERVES THE RIGHT TO WITHDRAW THESE OFFERS AT ANY TIME.

## 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

## COMOX VALLEY REALTY

Real Estate Service  
...without high pressure

**Evelyn Power**

Realtor



Bus (604) 338-7777  
Res (604) 337-5876  
FAX (604) 338-5410  
Pager (604) 1-978-5517

333 FIFTH STREET, COURTENAY, B.C. V9N 1J9  
Canada Trust Franchise

ST. PETER'S  
Anglican/Episcopal  
Church

218 CHURCH ST., COMOX

HOLY EUCHARIST

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

Fr. John Paikau - 339-2925

JESUS IS LORD



# 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.

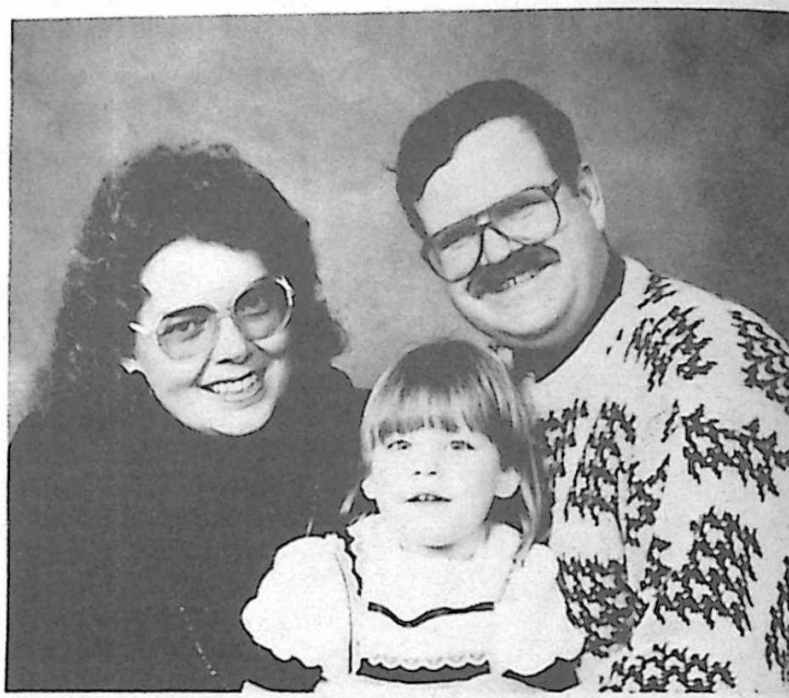
In his 27 years of service, he has witnessed automation of the depots, improved material handling equipment, increased possibility for commissioning, recruits having higher education level, and the overall modernization of supply. Unfortunately, he says, a decline in discipline has also been evident.

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

SEE YOU AT THE LEeward!

**THE LEeward NEIGHBOURHOOD PUB & BREWERY**

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

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

**good times!**

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

\*RESERVATIONS ARE SUGGESTED FOR LARGE GROUPS

649 ANDERTON RD., COMOX 339-5400

# 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 Capt 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".

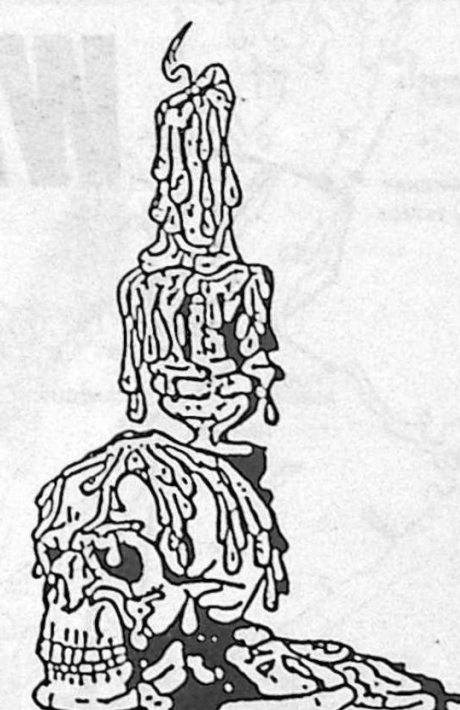
Doors will be opened to non-participants at 2200 hrs.

Tickets for Dance -

\$2.00 sold only at door.

A & CC Productions

THE CORPORATE MURDER MYSTERY EXPERIENCE



### Sooter's!

Take all your film to the professionals

2 Services to choose from  
3 Picture sizes to choose from  
Save with Sooter's ECONO COLOR film developing and printing

3 1/2 X5 \$7.98\*  
24 Exposures.....

4X6 \$10.47\*  
24 Exposures.....

5X7 \$12.96\*  
24 Exposures.....

- Econo color film developing and printing. Pre-paid service on all C-41, 110, 126, 135 and disc. Film (full frames only)

Free Upgrade!\*

Pay only for the 4X6 regular size prints and receive BIG BEAUTIFUL 5X7 SUPER SIZE COLOR ENLARGEMENTS from every one of your negatives at NO EXTRA CHARGE at the time of film developing.

\*WITH THIS COUPON COUPON GOOD UNTIL APRIL 30, 1991. \*ECONO COLOR FILM PAID SERVICE ON ALL C-41, 110, 126, 135, AND DISC FILM (FULL FRAMES ONLY).

685 Cliffe Ave.  
Courtenay  
334-3333

PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE. SOOTER'S RESERVES THE RIGHT TO WITHDRAW THEIR OFFERS AT ANY TIME.

## 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 splendors 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.)

## PARKSIDE

### Home and Office Furniture

• 7000 sq. ft. • Fresh Stock Twice Weekly • No Junk  
• Upholstery Cleaned • Free Saturday Delivery

**COURTENAY'S BEST USED & NEW**  
239A Puntledge Road, Courtenay  
(Across from Comox Valley Ford) **334-4448**

# 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 Waretta 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!'

## NEXT DEADLINE 22 APR

# INTO VANCOUVER ISLAND



and energy efficient appliances. Should you choose to finance, Centra Gas makes it easy (O.A.C.). And because natural gas is a B.C. product, our supply doesn't depend on what's happening elsewhere in the world and its cost will remain less than fuel oil for years to come.

Natural gas is environmentally-friendly, energy and cost efficient, clean, convenient and provides better home comfort. Find out today how you can convert your home or business to natural gas, the energy choice for Vancouver Island!

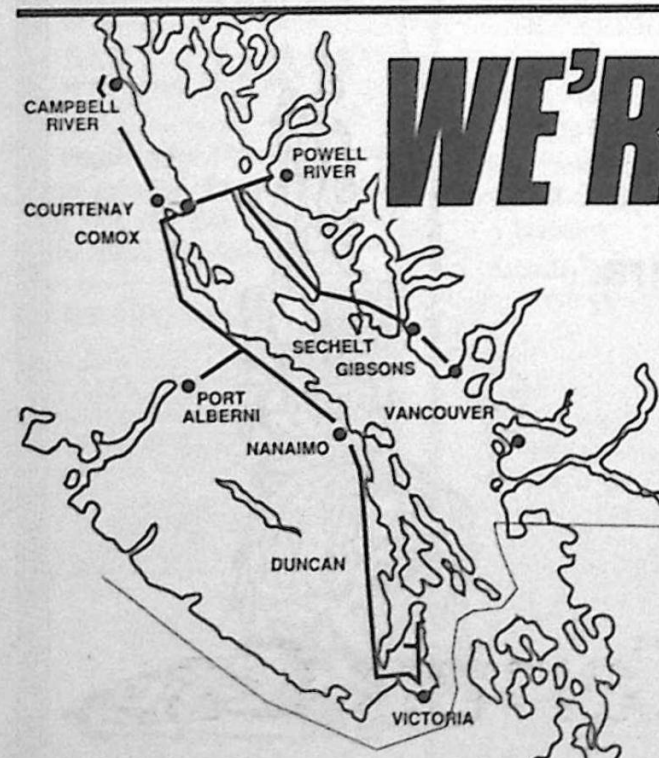
QUESTIONS?  
CALL YOUR AREA CENTRA GAS SALES OFFICE:  
COURTENAY: 338-9997

For more information or Qualified Dealer Listings drop by our Customer Service Centre  
479 4th Street, Courtenay.

OR CALL US TOLL FREE: 1-800-565-4636 ext. 401

*The difference*  
is our energy!

# Centra Gas



# WE'RE PUTTING OUR ENERGY

In a few short months, the exciting challenge of the natural gas pipeline project and the intensive construction of the pipeline itself will be complete. Now you can really make the clean choice to natural gas, the new, cost-efficient energy source!

Centra Gas is proud to offer you this energy choice that is the kindest fossil fuel for our environment. And we're proud to have been selected as the distribution company which will supply natural gas to you! In the past, you've known us as ICG Utilities (British Columbia) Ltd. Though our

name has changed, we look forward to serving your energy needs with the same commitment to quality and service that many of you have already enjoyed for many years.

When you convert to natural gas, the results are clear, clean, and cost efficient! Ask a "Qualified Dealer" in your area about the "Clean Choice" grants available right now to convert your heating system plus our water heater rebate. Then, take advantage of all the savings and benefits of environmentally-friendly natural gas heating systems





# 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

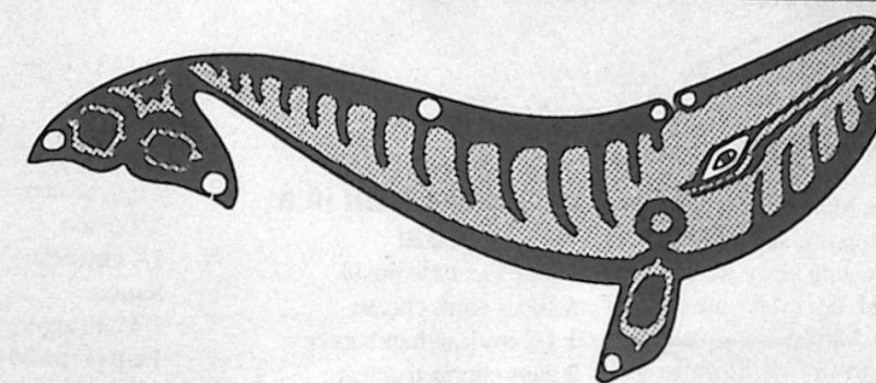


2nd Place BTSO Spiel

# 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.

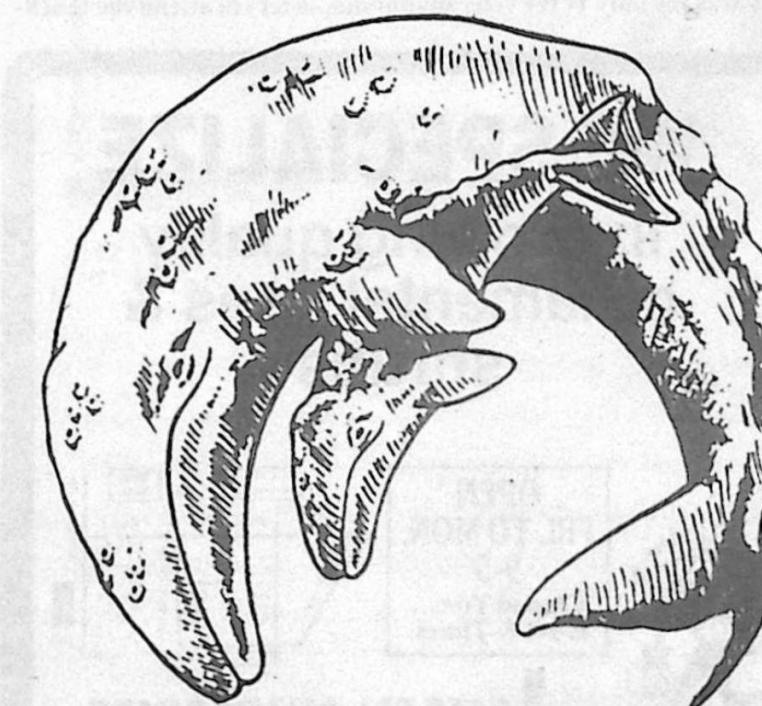
Next year we'll be back to try out the hot springs.

.... 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.

## 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.

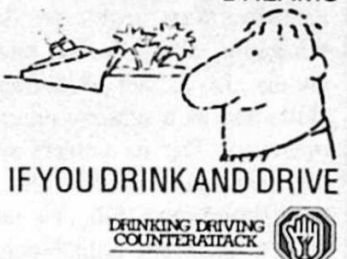
### Bob's Carrot Cake

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-

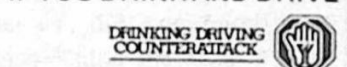
nate dry ingredients with carrots. Grease 2-8x8" pans or 1 larger equivalent pan. Bake at 350° for 1 hr. Ice when cool.

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

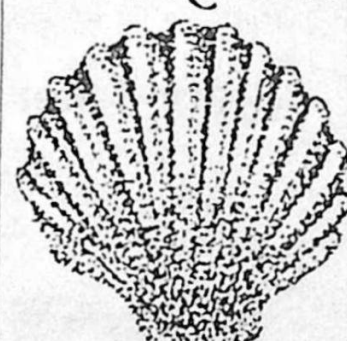
## YOU COULD LOSE YOUR DREAMS



IF YOU DRINK AND DRIVE



## The Bookshelf



Books For All Ages...

Pat Bolen  
Proprietor  
Debi Williams  
Manager  
10% off for mil pers - show ID  
get your Totem Times here

2751 Cliffe Ave.,  
Driftwood Mall,  
Courtenay, B.C. V9N 2L8  
604-338-5943

## WE SPECIALIZE in growing quality ornamental trees & shrubs

OPEN  
FRI. TO MON.  
9-5  
Closed Tues.,  
Wed. & Thurs.



JENSEN NURSERIES

Idens Way, One Mile North of Comox off Anderson



## 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

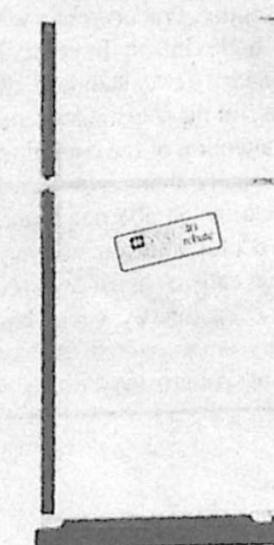
lunch. How could anybody lose a lunch walking three short blocks to school. As my thoughts left my wonderful but neglected book, they turned to lunch and what to prepare. I then assured myself that the newly purchased Tupperware lunch kit (bought just three days ago and costing \$12.98) that was also 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



MR. SWEEPER (COURTENAY)  
**VACUUMS**  
New & Used Vacuums.  
Trendvac . Filter Queen .  
Panasonic .  
Built In Vacuum Systems .  
Dynavac Easy Flo . Ultra-Clean .  
We specialize in fast service to out of town customers.  
**MAIL ORDERS WELCOMED**  
Merv Harder  
Nancy Harder  
Tel: 338-1990  
Next To SAAN  
2-2401 Cliffe Avenue  
Courtenay, B.C.  
V9N 2L5  
LOCALLY OWNED & OPERATED



# 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.

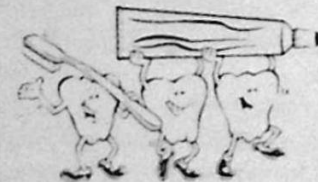
With so many activities, the key to avoiding mishaps is prevention. For starters, make a list of your family's regular activities and note the type of injury each might produce.

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

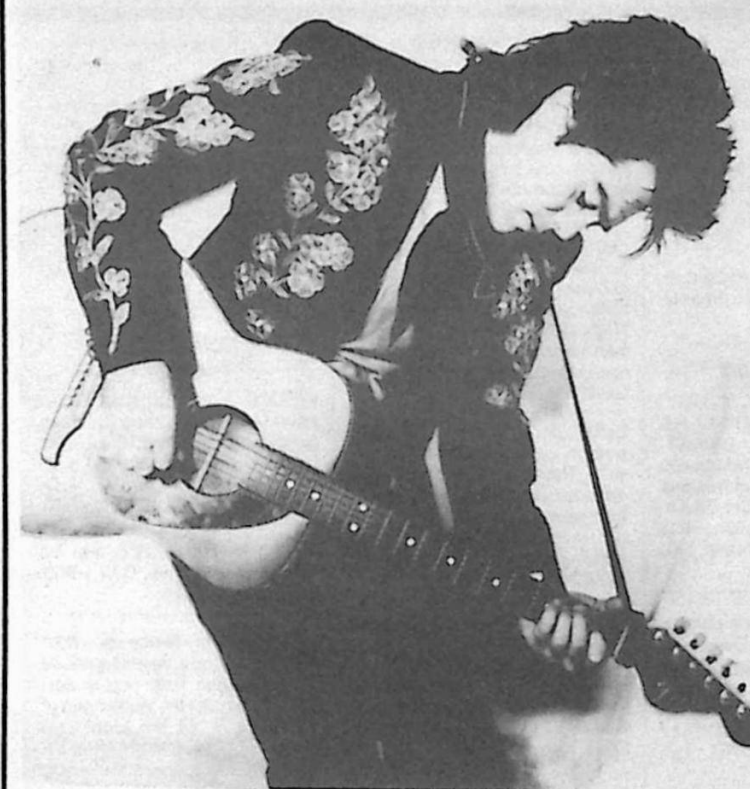
A long time ago, country music was referred to as music for hillbillies. Somewhere between the older term of western and the more modern country, it was called hillbilly. Marty Stuart's music falls somewhere between two different styles of music. It fits somewhere between country and rock. In his own 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<sup>ème</sup> année. Après quelques crises de croissance le Programme Cadre compte cette année 64 étudiants, de la maternelle à la 9<sup>ème</sup> 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 de la semaine. 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<sup>ème</sup> 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 Chuckie

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 unités 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  
1 day a week  
1:30 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.

## 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 CATALOGUE 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 handcrafted 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.

## PERSONALS

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.

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

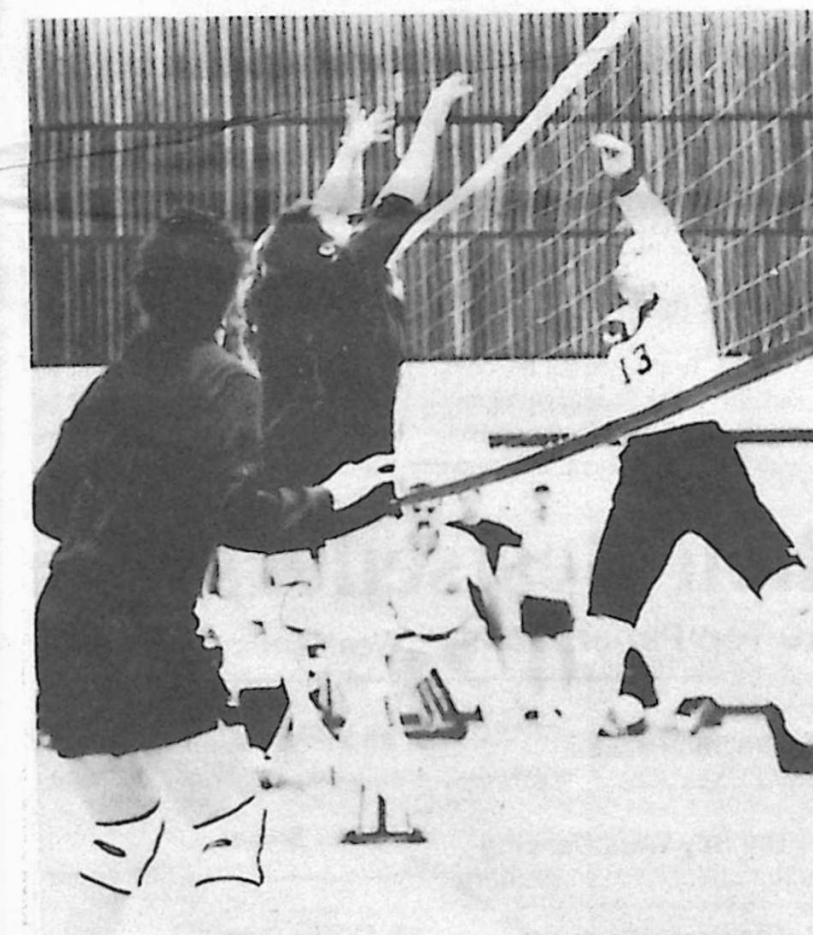
CFB Comox wisked their way to the Pacific Region Badminton Championship in Chilliwack 22-26 Mar 91. CFB Comox totaled 32 team points to CFB Chilliwack's 27 team points. Marie-France Paquet won the women's singles while Mario Guitard swept through the mens opens singles championship. Doug Mann and Vic 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.

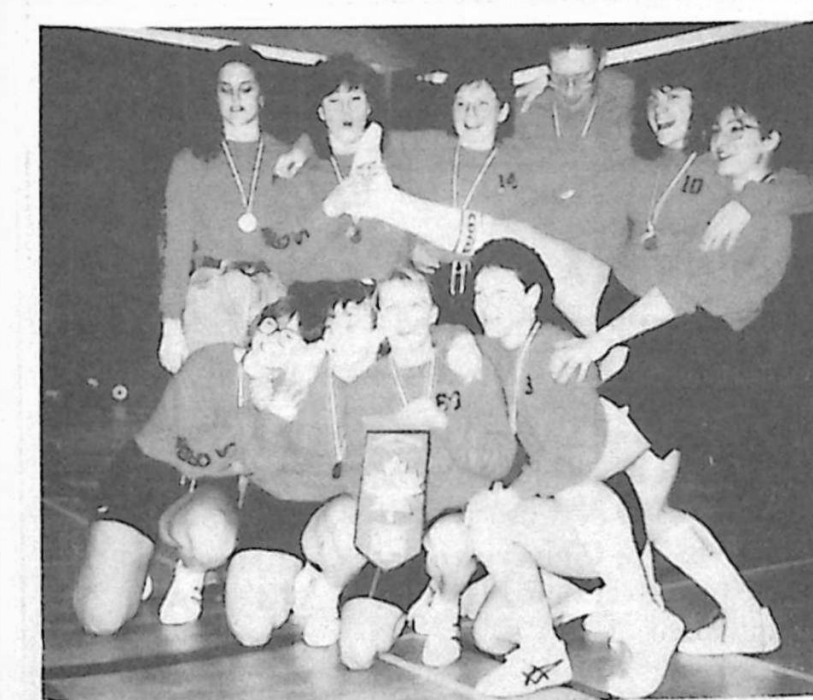
## CFB Comox Ladies Capture '91 Pac Region Volley Ball Championship



Jubilation - the 1991 Pac Region Volley Ball Champs.



June & Linda on the block - Karen looking on

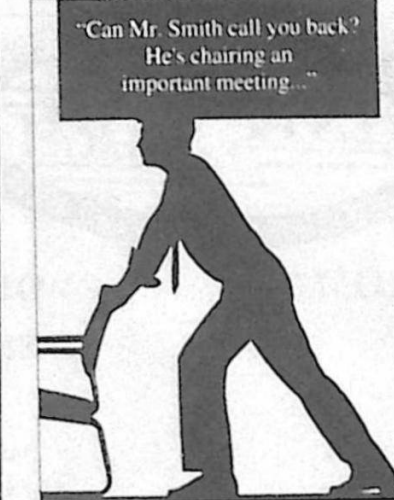


More Jubilation - 1991 Pac Region V'Ball Champs

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

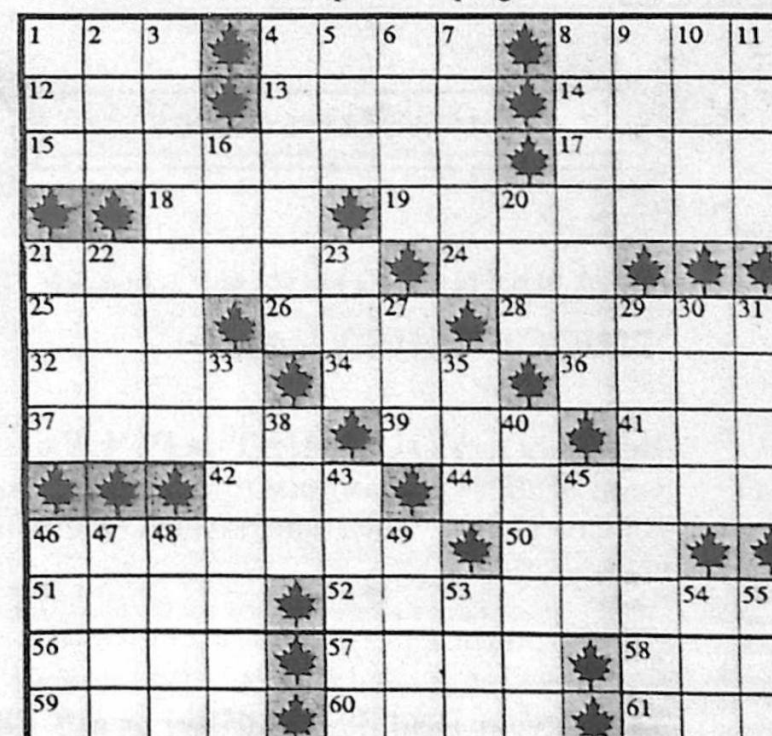
1. Robber's co-star  
4. Back  
8. Front  
12. Alias  
13. Soften  
14. Prayer end  
15. Algonquian Myth. hero  
17. Tidy  
18. "Rockaria" band (abbr)  
19. Van. Isle  
21. Certain teeth  
24. Drill piece  
25. Mr. Baba  
26. Not either  
32. Chance  
34. Sire  
36. Certain package  
37. Western

## DOWN

1. Fire  
2. Cheese & golf town  
3. Berton on FPC  
4. Like some Christians  
5. Water in Wacoua  
6. Grp.  
7. Return to form (coll)  
8. Zealot  
9. Sacred Mt.  
10. Bore  
11. Within (comb. form)  
16. In the manner of  
20. Point  
21. Shop  
22. Hodge-podge

## 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 Claciet 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 Shannara .....Brooks	5. The Iran Facade .....Cookson	8. An Inconvenient Woman .....Dunne
2. Silence of the Lambs .....Harris	6. The Spy Went Dancing .....Aline	9. Bitter Sweet .....Spencer
3. Men in Blue .....Griffen	7. The Green River Killer .....Smith	10. Mortal Sins .....Edward
4. Not Without My Daughter .....Mamoody		

CANADIAN FORCES



FORCES CANADIENNES

### PLANNING YOUR RELEASE FROM THE CF THIS YEAR?

Remember, **YOU MUST APPLY** to transfer your SISIP life insurance to SISIP-Coverage After Release (CAR). The transfer is **NOT** automatic.

Talk to your local SISIP Adviser or call 1-800-267-6681.

### VOUS PENSEZ À VOTRE RETRAITE DES FC CETTE ANNÉE?

N'oubliez pas, **VOUS DEVEZ SOUMETTRE UNE DEMANDE DE CONVERSION** de votre couverture d'assurance-vie à la Couverture après la libération (CAL). Cette conversion **NE SE FAIT PAS** automatiquement.

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.



## LEGION LOG

### BRANCH 17 COURTENAY

334-4322

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

Fri & Sat 12 & 13 April.....Music by EVENING STAR  
Fri & Sat 19 & 20.....Music by EL DURADO  
Fri & Sat 26 & 27.....Music by WHITEWATER

#### \*\*\*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

#### "MORE PLAYERS WELCOME"

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

#### \*\*Dress Code in effect 8 PM Fri & Sat\*\* (No T-SHIRTS)

#### \*\*\*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.

#### DON'T FORGET THE AUCTION

SUNDAY 14 APRIL - Lower Lounge. 1 PM  
Sandy's Hamburgers and salad - late afternoon  
Music by El Durado to follow Auction

#### WE NEED DONATIONS FOR THE AUCTION

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

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



# Advertisements

## SERVICE DIRECTORY



Gary B. Arnold  
Life Underwriter



Life Insurance  
RRSPs Annuities  
Personal financial analysis

Tel: 338-7415

### COMOX VALLEY REALTY

333 FIFTH STREET, COURTENAY, B.C. V9N 1J9



R. PETER OLSEN  
Realtor

Bus. (604) 338-7777  
Res. (604) 339-0951  
Fax. (604) 338-5410  
Pager 1-978-5527

Independent member of  
the Canada Trust Franchise

### MARKET TRAVEL WORLDWIDE

PROFESSIONAL TRAVEL  
ARRANGEMENTS

(Area Code 604) 338-1474  
FAX No. (604) 338-8377  
OR B.C. TOLL FREE 1-800-232-9294

549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2  
ACROSS FROM THE BANK OF NOVA SCOTIA

### Electro Audio / Video

V.C.R. • TELEVISION  
• HOME & CAR STEREO

Installation & Repair We offer FAX services

"Where Customer Satisfaction Comes First"

Pick - Up & Delivery

1496 Ryan Rd. Tel: 339-3393

Next to Goods Groceries

Whether buyer or seller  
Local or out of province  
You are No.1 when  
dealing with  
tom procter



Ocean Pacific Realty  
282 anderton rd., comox  
off: 339-2021 res: 339-2668

### FRANCIS AUTOMOTIVE

COMPLETE AUTOMOTIVE SERVICES  
OWNER-OPERATOR  
COMPUTERIZED & MODERN EQUIPMENT  
IMPORT & DOMESTIC. 4 WHEEL DRIVE  
WHEEL ALIGNMENT SERVICES.

330 ISLAND HIGHWAY NORTH, COURTENAY  
B.C. V9N 3P2 Ph.(604)338-9660

### BRUCE TRAINOR

SALES ASSOCIATE

Holland and Associates  
Realty Limited

Business (604) 338-1334  
Residence (604) 338-0740  
Facsimile (604) 338-0896

625 ENGLAND AVENUE, COURTENAY, B.C. V9N 2N5

ROYAL LEPAGE

MEMBER  
Associate Broker Network



Bruce Trainor

Associate Broker Network

MEMBER  
Associate Broker Network



NATIONAL REAL ESTATE SERVICE

KEN STEWART  
bus: (604) 338-1111 dir. line 684-2931 fax 338-8315  
res. (604) 338-0868

NRS BLOCK BROS. REALTY LTD.  
1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8



### AQUA GUTTER SYSTEMS

339-5136

"OUR MIND IS IN YOUR GUTTER"

FREE ESTIMATES  
COMPETITIVE PRICES

5" Continuous Aluminum Gutters  
- Vinyl Siding  
- Aluminum Soffits  
- Guaranteed Workmanship

Rick McCaughan  
176 Little River Road  
Comox, BC

Portrait Studio Custom Lab  
Frames

### COMOX PHOTO Ltd.

Comox Centre Mall

Passports

339-4031

Brulotte  
Steve Williams

One Hour

Portrait Studio Custom Lab  
Frames

### COMOX VALLEY AUCTION SALES LTD.

"PICK UP SERVICE AVAILABLE"

2691 DUNSMUIR AVENUE  
CUMBERLAND, B.C. V0R 1S0

DAVID STEVENS  
AUCTIONEER AND APPRAISER

Portrait Studio Custom Lab  
Frames

### COMOX VALLEY AUCTION SALES LTD.

"PICK UP SERVICE AVAILABLE"

2691 DUNSMUIR AVENUE  
CUMBERLAND, B.C. V0R 1S0

DAVID STEVENS  
AUCTIONEER AND APPRAISER

Portrait Studio Custom Lab  
Frames

### COMOX VALLEY AUCTION SALES LTD.

"PICK UP SERVICE AVAILABLE"

2691 DUNSMUIR AVENUE  
CUMBERLAND, B.C. V0R 1S0

DAVID STEVENS  
AUCTIONEER AND APPRAISER

Portrait Studio Custom Lab  
Frames

Portrait Studio Custom Lab  
Frames

## 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.

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

### CHAPEL CHIMES

OUR LADY OF THE SACRED HEART CHAPEL(RC)

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

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

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

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

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in the Parish Hall, preceded by Mass in the Chapel at 7:00 pm. President: Mrs. Claudette LeBlanc, phone 339-3002.  
CATECHISM CLASSES - September - May in the PMQ School at 1830 hrs, every Wednesday. 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.

## Bulletin Board

All insertions will be \$4 per column/inch.  
Payment in advance at the office.

Your Comox Valley Screen Printers

HITEC SCREEN PRINTING

Custom Artwork • T-Shirts • Hats • Jackets  
Posters • Signs • Decals • Magnetics

home of the Big Island Shirt

Airbrushed Specialties - Visit us soon!

334-3656

800 F. Cliffe Avenue, Courtenay, B.C. V9N 2J7

### Cancer can be beaten.

Please give generously



FOR RENT - Executive home, Dartmouth, Colby Village. Newly renovated. 15 mins from Shearwater. 8 appliances, 1 1/2 baths, many extras. Walking distance to lake, schools, churches, shopping centres. No pets. References required. \$1,000 per month, plus utilities. Phone (902) 434-5269 or (506) 382-6299.

Lahr Figure Skating Club urgently requires a figure skating coach, NCCP Level 2 Qualified. Bilingual an asset. Employment to commence 1 Aug 91. Please forward resume to: Jennifer Armstrong, LFSC, Box 2236, CFPO 5000, Belleville, Ont. K0K 3R0, or FAX to Kim Ethier, FAX #01149-7821-38729.

NEEDED - A part-time bartender and part-time glasspicker at the Junior Ranks Mess. Applications available at the Mess. Job to commence immediately. For more information call 8430 or 8452.

FOR SALE - House in St. Hubert (15 min to work) - 3 bdrm, garage, A/C, cabano fin bsmt (FP/Bar/Winerack), Lot 100X90, covered deck, fruit trees, school 1 blk - Posted to Victoria (COS May) - (604) 370-8003 (24 hrs).

FOR SALE - House in St. Hubert (15 min to work) - 3 bdrm, garage, A/C, cabano fin bsmt (FP/Bar/Winerack), Lot 100X90, covered deck, fruit trees, school 1 blk - Posted to Victoria (COS May) - (604) 370-8003 (24 hrs).

FOR SALE - House in St. Hubert (15 min to work) - 3 bdrm, garage, A/C, cabano fin bsmt (FP/Bar/Winerack), Lot 100X90, covered deck, fruit trees, school 1 blk - Posted to Victoria (COS May) - (604) 370-8003 (24 hrs).

### EXPRESS

Assistance for Busy People

Garry Peppard 339-3376

339-6945 Fax

RR #1, Site 168 C11  
Comox, BC V9N 5N1

- \* Event Management
- \* Computer Tutorials on popular software
- \* Computer Shopping & Set Up, & Spreadsheets

### DON'T WAIT TO READ IT IN THE PAPERS.



IMPROVING  
YOUR ODDS  
AGAINST  
CANADA'S  
#1 KILLER.

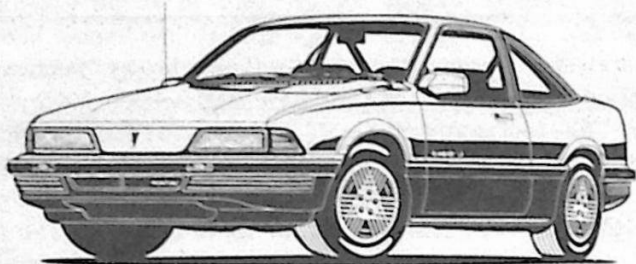
PLEASE GIVE GENEROUSLY NOW.

### Solution

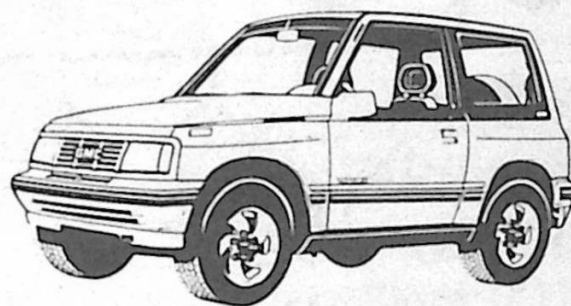
COP REAR FORE  
AKA EASE AMEN  
NANABUSH NEAT  
ELO NANAIMO  
MOLARS BIT  
ALI NOR BIGOT  
RISK DAD CARE  
TOTEM GEM DAN  
TAP FINALS  
NANOGAK ROB  
ICON NANABOZO  
NENE ILOG UOI  
ADES CEDE TEL



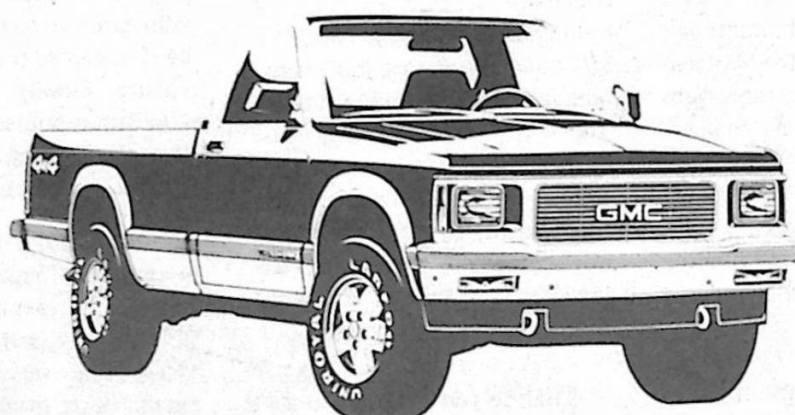
# To Our Armed Forces Personnel



Sunbird LE Coupe



Tracker



Sonoma 4X4



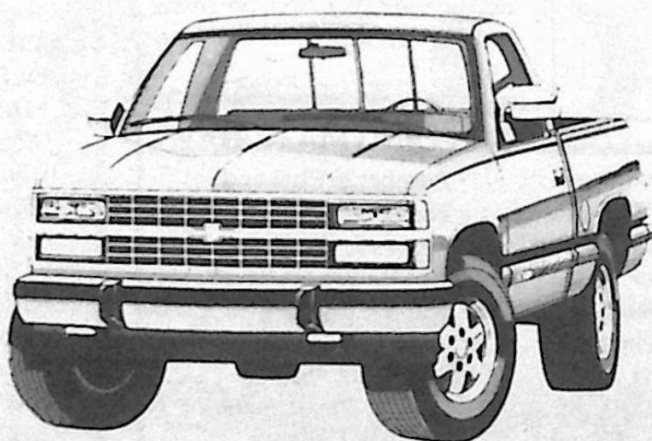
## A Message From Your Comox Valley GM Dealers

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.

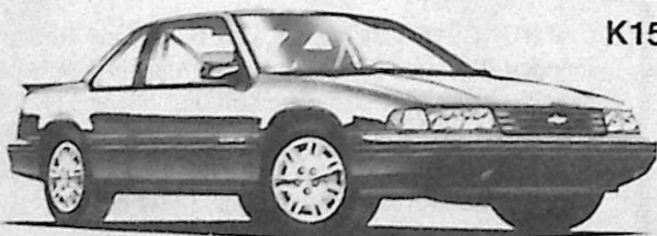
Mike Finneron Pontiac Buick Ltd. and Brian McLean Chevrolet Oldsmobile Ltd., your Comox Valley General Motors Dealers, would be pleased to go over the program details with you, but here are some of the highlights:

1. All active duty Regular and Reserve Armed Forces personnel or their spouses will be entitled to a special cash back up to \$1,000.00 on the purchase of a new G.M. vehicle when financed through G.M.A.C.
2. The GST is included in the cash back.
3. Program period is March 27, 1991 to December 31, 1991.

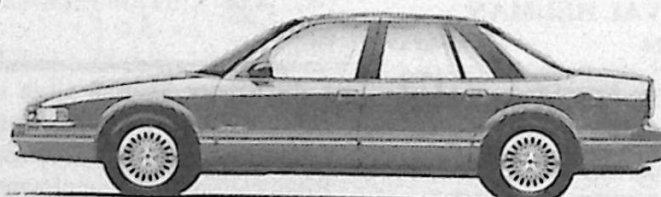
For further details please contact your local General Motors Dealers, Brian McLean Chevrolet Oldsmobile Ltd. or Mike Finneron Pontiac Buick Ltd.



K1500 Fleetside Silverada Pickup



Lumina 2-door Euro Coupe



Cutlass Supreme Sedan



### BRIAN McLEAN

CHEVROLET-OLDSMOBILE LTD.

2145 CLIFFE AVENUE, COURTENAY, B.C. V9N 2L5 • TELEPHONE 334-2425 • FAX 334-2744

Mon - Thurs 9 a.m. - 7 p.m.

Fri & Sat 9 a.m. - 5:30 p.m.

Dealer No.8379

### Mike FINNERON

PONTIAC BUICK LTD.

250 NORTH ISLAND HIGHWAY, COURTENAY, B.C. V9N 3P1





SAREXCEL

442 in Action

....page 7

Inter-Section  
Hockey Finals

....page 12



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 33 NO 8 25 APRIL 1991

NEXT DEADLINE 06 MAY 1991

COST: PRICELESS

## Family Support Centre: it Stays!

Message from the Minister of National Defence

OTTAWA -- The Associate Minister of National Defence, the Honourable Mary Collins, and the Minister of National Defence, the Honourable Bill McKnight, today announced the approval of a new family support program which recognizes the needs of military spouses and families in the life of Canada's military community.

"The family support program is a major step forward by the Department of National Defence in continuing to recognize the needs and concerns of military families," said Mrs. Collins. "It will ensure that families have the opportunity to actively participate in community decision-making."

The program comprises three elements. First, a policy office at National Defence Headquarters in Ottawa will provide professional and technical advice, ensure quality standards are met, and develop a comprehensive resource centre for the other elements of the program.

Second, multi-service family resource centres are being developed at bases and stations. These centres will respond to family needs that are common to most Canadian communities, as well as those arising from the unique conditions of military life.

The third element concerns Canadian Forces personnel at foreign locations where families are posted in sufficient numbers. These organizations will consist of an advisory board that includes

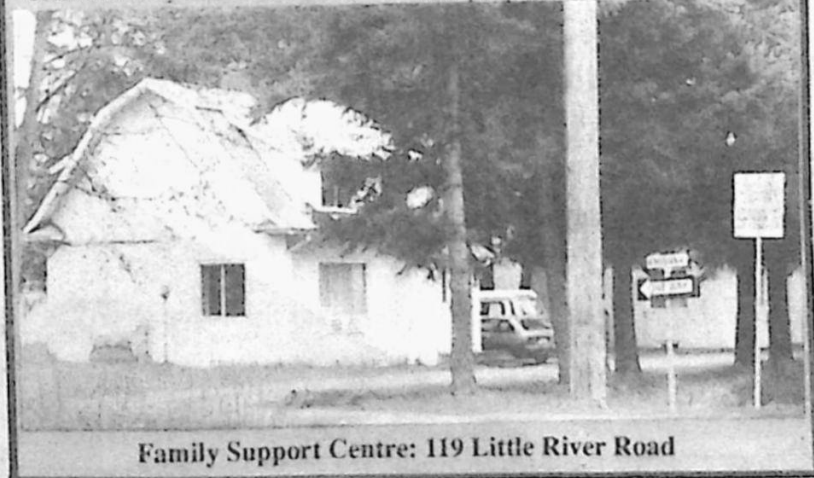
civilian spouses and a community coordinator who will, on a reduced scale, carry out many functions of a base family resource centre.

Funds have been budgeted for starting up the program and the Department of National Defence is committed to sustaining the Family Support Program with the annual allocation of funds. Many of the programs will be user funded and, in addition to paid core staff, volunteers will be encouraged to participate in program activities.

"The centres at bases and stations will be managed by volunteer boards of directors -- with civilian spouses making up the majority of members -- and staffed by qualified professionals," said Mr. McKnight. "The focus will be on promoting the health and social well-being of Canadian Forces' families."

The centres will develop and administer resources, programs and services under the umbrella of a single local family resource organization. Specific areas of concern include the provision of information, outreach to families new to a community, family life enrichment programs, counselling, and crisis assistance.

In 1987, the Department of National Defence established the Family Support Program Project to recommend and develop policy on family support matters. The implementation of the program is a major initiative resulting from that project.



Family Support Centre: 119 Little River Road

## Snow-to-Surf Champs



442 Sqn SARTECHS receive the Base Commander's Trophy from Col J.E. McGee, for best performance in the Comox Valley Snow-to-Surf challenge by a CFB Comox team. Our SARTECHS placed third in the overall competition. Nice going 442!

## Snow-to-Surf '91

On the 21st day of the month of April, in the year of our Lord, Nineteen Hundred and Ninety-One, the 9th edition of the Realty World Snow to Surf Race was held. 160 teams took part in the event, and so did Mother Nature. The weather was ideal.

A last minute decision by the organizing committee expanded the number of entrants to 160 this year, as opposed to the standard 150. This served the military category very well; it allowed two additional teams to enter it, namely the Royal Roads Cadets and the Royal Roads staff. A total of 21 teams competed for the Base Commander's Trophy in this year's race. 22 teams were pre-entered, but unfortunately, the 443 Sqn Rambunctious Rotorheads did not make it to the pre-race briefing and was consequently disqualified. Teams came from as far as NDHQ, CFB Cold Lake, CFB Chilliwack and Royal Roads Military College to take part in this local event.

The 442 Sqn SAR Techs deserve our most sincere congratulations for their outstanding performance. Not only did they finish first in the military category and brought our Base Commander's Trophy back to Comox, but their 3rd place overall was the best ever for a military

team. The competition was very tense between the SAR Techs and the Royal Roads Cadets, who finished 4th overall, one place behind our champions. The Royal Roads Cadets kept a lead on the SAR Techs until the very end of the race. It's only during the canoe leg, the last leg of the race, that 442 Sqn could take the lead and drift toward the Comox Marina for the awards presentation.

The Fat City Senators also finished in a very good time and took the third place in the military category. I would like to take this opportunity to mention that I was grossly misquoted in the Comox District Free Press dated 19 Apr 91. The quote in question was: "Last minute training won't help anyone. Especially that team from Ottawa called the Fat City Senators. Besides, everyone who lives in Ottawa is a loser." Although, like I said those words aren't mine, I would like to apologize for "saying" that. Actually, I was given a choice by the career managers: apologize publicly or serve at CFB Timbuktu for a few years.

As you can see some of our teams did very well in the race. Others had to settle for a good placing in the parade. For example, The Base Comptroller

Running Buck\$ won a \$100 prize for their performance in the parade. I wonder what did it for them? Is it their rented costumes or is it their very clever theme song, 'How are you ... How are you ... Not too bad ... Not too bad ... Three other military teams entered the parade. AETE Express was there. They seemed to enjoy the event, but they hadn't lost their title to 442 Sqn yet. The two KIWI Club teams also entered the parade. Looking at the names, I suspect that they got together before submitting their entry form, Natural Gas and The Old F--ts. They did their best to impress the jury with bribes, but the cans of beans and shaken beer just didn't cut the ice with the judges.

Many military teams did well in this year's race, but let's talk about the other ones now. For example, the famous Base Comptroller Running Buck\$. They should revise their strategy. Having the faster Running Buck in the Valley do the first Running Leg and having him wait at the bottom for the 'team vehicle' to drop the second runner is not good planning.

Edwina also ran into some problems. With her incredible 'Scissorhands' she couldn't take

continued on page 2

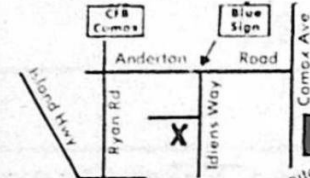


# On and off base

## Branch 160 Legion Auction

**WE SPECIALIZE**  
in growing quality  
ornamental trees &  
shrubs

OPEN  
FRI. TO MON.  
9-5  
Closed Tues.,  
Wed. & Thurs.



**JENSEN NURSERIES**

Idiens Way, One Mile North of Comox off Anderton

## "Devon House" Bed & Breakfast

Quiet Country Setting



3 miles from downtown Courtenay. Short drive to Mt. Washington & Forbiden Plateau, ski resorts with excellent summer hiking trails, great fishing, golfing & shopping all within the area. We are open all year round with room to park your boat and/or trailer. We Look Forward to Meeting You!

Your Hosts:  
Greta & Peter Taylor  
4806 Gutwald Road  
Phone: (604) 338-5147

Mailing Address:  
R.R. 4, Site 480, C-1,  
Courtenay, B.C. V9N 7J3



A few of the bargains at the Branch 160 Comox Legion annual auction April 14. This was the fourth fund-raiser organized by Barb Newman and Dawna Dozzi arranged. (R) Jim Lamont must be deciding what he'll bid on this item.

## More Snow-to-Surf

continued from page 1

her pants off, or is it her T-shirt she couldn't put on? She was getting dressed while her partner was yelling, 'Number 46!' That mishap didn't prevent that team from winning a prize in the women open category. Congratulations to Edwina Scissorhands.

For other teams such as Last Year We Sunked, a report is not

available to this date. Those guys should definitely invest in a new canoe. If anyone comes in contact with members of that team, please advise them to report to 407 Sqn immediately.

On an appreciative note, many thanks to all those personnel from the B Tel O, BCEO, B Sup O and B Tn O Sections who willingly gave their time to assist in making

this event another success.

Congratulations to all participants and especially to the 442 Sqn SAR Techs for their new military record. It is now time to celebrate but let's keep in mind the 1992 edition. Looking at the final results, some teams should start training now.

by Yves Auger  
Snow-to-Surf Coordinator

# Military Update

## Kurds & Iraqis receive aid

OTTAWA -- The secretary of State for External Affairs, the Right Honourable Joe Clark, and the Minister of National Defence, the Honourable Bill McKnight, announced today that medical personnel and equipment from 4 Field Ambulance, located with Canadian Forces Europe in Germany, will deploy early next week to the Turkey/Iraq border to provide humanitarian aid to the refugees.

"The urgent need to help Kurdish and other Iraqi refugees has prompted the Government of Canada to provide Canadian Forces medical specialists to contribute emergency care and first aid treatment to the refugees," said Mr. Clark. "This action is taken in addition to \$8.1 million we have already announced."

Mr. McKnight added, "Given the pressing need for transportation support to ensure that relief

supplies reach the refugees, the Canadian Forces will also provide airlift. Two CC-130 Hercules aircraft\* will operate out of Germany and fly to both eastern Turkey and Iran in cooperation with the relief effort of the Government of Germany."

Two more Hercules will be positioned in Turkey to assist in the airlift of humanitarian relief to the refugees in the border area.

The 4 Field Ambulance will deploy 60 members from evacuation Company and Treatment Company.

The Governments of Iran and Turkey support Canada's initiative in contributing to the relief efforts in their respective countries.

press release that two Canadian Forces CC-130 Hercules have been tasked to operate out of Germany ferrying relief supplies to Iranian refugees. This operation is being conducted in cooperation with the German relief effort. Following consultations with the German authorities, it was agreed that a CC-137 Boeing 707 freighter, already carrying Canadian Red Cross supplies in the area, would be better suited for the task. The Boeing, staging out of CFB Lahr, Germany, is faster than the Hercules aircraft and can carry more goods, thus cutting down the number of flights required to bring in the emergency supplies.

The German government has begun to stockpile the supplies in Lahr in preparation for the

continued on ...page 9



CC130 Hercules number 340 is the first of five such aircraft recently acquired by the Department of National Defence for Air Transport Group operations. The aircraft from CFB Edmonton was on one of its first missions when this photograph was taken in Qatar of the loading of equipment for the Airlift Command Control Element (ALCE). (Photo by Cpl Kevin Oliver TNC 91-230-99).

## ATG completes Gulf Redeployment

Canadian Forces Air Transport Group is in the last stages of redeployment from the Persian Gulf. Its role in the withdrawal of personnel and equipment from various locations in the Gulf regions is expected to be completed by mid-April.

Air crew from Canadian Forces Bases Trenton, Edmonton, and Winnipeg, operating CC130 Hercules and CC137 Boeing 707 aircraft, are instrumental in the redeployment missions. Air Transport Group personnel are also working at temporary command control sites established in Lahr, Germany, and in Qatar to oversee the coordination and smooth implementation of those operations.

As well, a CC144 Challenger aircraft, based at Canadian Forces Base Ottawa (Uplands), is involved with communications and liaison flights in the Middle East. This includes the re-establishing of the Canadian Embassy in Kuwait.

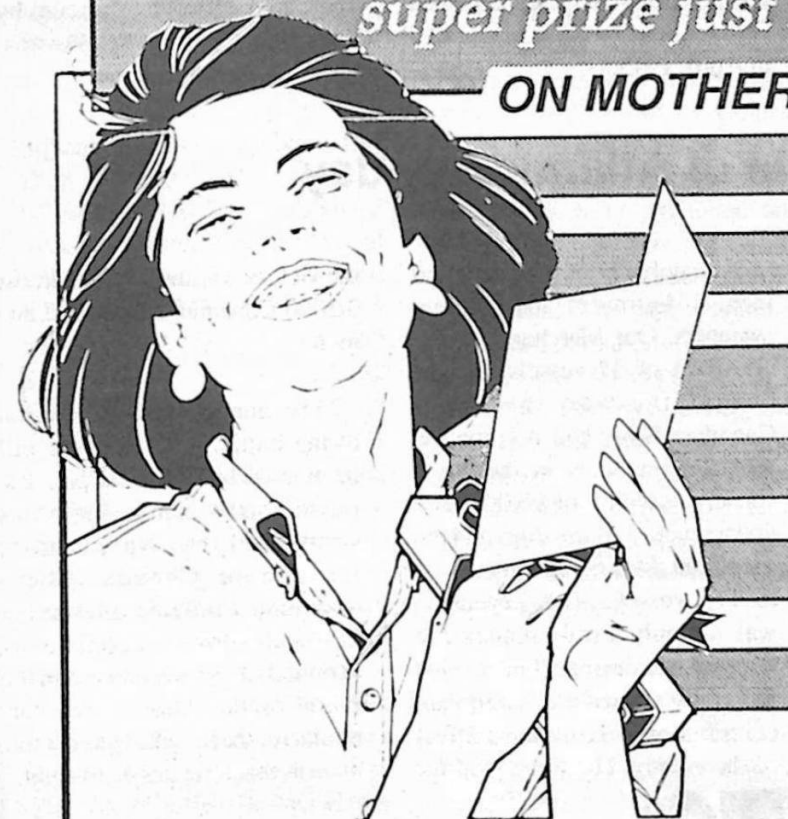
A proud Brigadier-General, Gordon Diamond, Commander Air Transport Group, recently emphasized the heavy taskings which fell upon ATG throughout the Middle East crisis as well as ongoing national airlift commitments.

"It's a credit to the men and women involved that we maintained such an excellent safety record."

## My Mom is a Super Mom!

Tell us why your Mom is a "Super Mom" and win a super prize just for her.

ON MOTHER'S DAY



Children between the ages of 5 and 12 are invited to submit a drawing and short paragraph (25 words or less) describing their "Super Mom".

Contest will be judged by a member of the teaching profession in the Comox Valley and will focus on creativity.

Entries must state: Your name, age, address and phone number  
Your Mom's name and phone number

AND Must be submitted to the Administration Office of the Driftwood Mall by May 5, 1991 at 5 p.m.

Winners will be phoned on May 9 and prizes will be awarded at 2:00 p.m. on May 11 at Driftwood Mall.

## PRIZES

FIRST - Weekend accommodation for two presented by The Royal Scott Inn, Victoria and Square One Travel, Driftwood Mall.  
SECOND - Makeover for Mom, presented by Faces and Shear Design, Driftwood Mall.

**Driftwood Mall**

40 STORES TO SERVE YOU

# THREE GREAT REASONS TO STAY IN HALIFAX THIS SEASON



**The Prince George Hotel**

- Beautifully Appointed Guest Rooms
- Award Winning Cuisine
- 24 Hour Room Service
- Indoor Pool, Whirlpool, Sundeck and Fitness Centre
- Indoor Parking

1725 Market St., Halifax  
(902) 425-1986 1-800-565-1567



**THE CITADEL INN HALIFAX**

- Complimentary Continental Breakfast
- Spacious Guest Rooms
- Indoor Pool, Fitness Centre and Sundeck
- Arthur's for Casual Fine Dining
- Metro Centre and Shopping are Steps Away
- Free Parking

1960 Brunswick St., Halifax  
(902) 422-1391 1-800-565-7162



- A Suite for the Price of a Room
- Microwave, Fridge, Coffeemaker, Dishes
- Complimentary Continental Breakfast
- Free Grocery Shopping Service
- Whirlpool and Fitness Centre
- Weekly Managers Reception

1583 Brunswick St., Halifax  
(902) 420-0555 1-800-565-1263

Also located in Sydney, N.S.  
(902) 562-6500  
1-800-565-9466

**ALL IN THE HEART OF DOWNTOWN CENTENNIAL HOTELS**  
SERVING THE MILITARY FOR OVER 25 YEARS

Ask about our  
Special Military  
Rates



Breakfast at Smitty's is worth getting out of bed for!

## DINNER SPECIALS

Oysters Forentine Seafood Roll-up  
Curried Chicken Steak & Kidney Pie  
Ultimate Combination Platter

All dinners include Caesar Salad or homemade soup, vegetables, your choice of baked, mashed, croquette potatoes or rice pilaf and our special house dessert.

**\$7.95 - \$9.95**

## SUNDAYS

Prime Rib \$9.95  
Roast & Turkey \$8.95

**MONDAYS**  
Seniors Night

**Smitty's**  
across from Comox Mall  
7 days a week  
7:30 a.m. - 10 p.m.  
338-3911



# Editorial

Norm Blondel



## Thanks Mary

DND's announcement that our Family Support Centre, along with those at other CF bases and stations, is to become a permanent feature at CFB Comox, is welcome news to a lot of people around here. Since its inception, the centre and its staff have provided a valuable resource for those in the military community who have needed help of one kind or another during their stay at CFB Comox.

Letters and comments in these pages have reinforced the backing of this community for the centre, and, no doubt, higher councils have also been at work advising our Ministers about the value of looking after the military family, in every sense of the word.

One does not have to look very far to see who is mainly responsible for this particularly appropriate decision.

Since her appointment as Associate Minister of National Defence, the Honorable Mary Collins, MP, has made the well-being of families and spouses a special concern of her portfolio. One does not usually praise politicians in this particularly apolitical newspaper, but here is one to whom credit should be given, where credit is due.

In announcing the DND policy, Minister Collins has both rewarded and justified the efforts of a lot of people to make the Family Support Centre an on-going concern. That our centre will gain in local support and effectiveness from this decision goes without saying.

Thanks Mary.

## A Change at the Museum

There is an element of sadness about the official opening of the Airforce Museum on May 1, in that its genial curator, Ron Jensen, will not be there to welcome the visitors. During his tenure at the museum, Ron has made many valuable additions and improvements, and the facility fully reflects the depth of his military knowledge and his profound sense of Airforce history.

As next-door-neighbour in the old theatre building, I've enjoyed many interesting and fruitful discussions with Ron, and he in turn has contributed a lot of material to these pages. His many friends at CFB Comox wish him well. Be careful up on that roof, Ron.

The new curator is Capt(Ret'd) John Logan.

## Checking our Deodorant

The recent reunion of Canadian Fighter Pilots at CFB Comox was notable for at least one thing, where the Base newspaper is concerned: apart from a terse notice in our "Public Announcements" section (page 18, 11 April), we carried no article or photographs about the event in these pages.

The local newspaper received and published excellent coverage, however. We've been bypassed so often at the Fishwrapper, we're starting to check our deodorant. Although none of us is a newspaper professional here, we still don't enjoy getting "scooped" by the local press, when there is perfectly good space available in the Totem Times, for prime military news.

Would publicists and PIOs keep this fact in mind when preparing press releases about military events. We have no roving reporters at the Fishwrapper, so we rely almost entirely on you, our contributors, for our material. If we get your stuff in time (noon, every other Monday), we'll print it.

# TOTEM TIMES

EDITOR - BUSINESS MANAGER.....Norm Blondel  
ASSISTANT EDITOR.....Karen Vedova  
OFFICE MANAGER.....Dawna Dozzi  
FEATURE WRITER.....Jim Kirk  
PRODUCTION STAFF.....Julie Blondel, Liz Basham  
Ray Miles, Ron Fisher  
CARTOONISTS.....Teresa Melsa  
CIRCULATION.....Gord and Stephanie Boutlier 339-0624  
COMPUTER CONSULTANTS.....Mike Loader, Gerry Peppard

PHONE NOs: 339-2541 (Office) 338-0259 (Editor residence)  
Address correspondence to: The Editor, Totem Times, CFB Comox, Lazo, BC VOR 2K0. Subscription rate \$10.00 per year.  
FAX 339-8673.

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

## A Plaque for Duke's Brother



story and picture courtesy Comox District Free Press

## Honoring a DFC Winner

A sad event of 40-years ago became a piece of aeronautic posterity in a symbolic occasion at the Comox Air Force Museum last Friday when a brief ceremony marked the placement of a plaque honoring Flight Lieutenant Bruce Warren.

The plaque was presented to the museum by the Warren family, which was represented at the ceremony by his brother "Duke" Warren, also an RCAF and CAF veteran.

Bruce Warren, who was born

in Alberta, joined the RCAF at 18 and went overseas in 1942. He flew Spitfires with the RAF, and was actively involved in the Battle of Dieppe in 1942.

Later in the war he trained bomber crews to defend themselves against fighter attack, and then flew fighter-bomber sorties on the continent after D-Day.

During his two tours of duty he flew 248 operational flights, and was awarded the Distinguished Flying Cross by King George VI in April, 1945.

He remained in the postwar RCAF as a test pilot.

While on loan to the A.V. Roe Aircraft Company as a test pilot he was killed in the first CF-100 crash on April 5, 1951.

The intricate wood-mounted brass commemorative plaque was accepted on behalf of the Canadian Armed Forces by Base Commander, Col Jack McGee, and on behalf of the museum by Chairman Major Wes Postma, and Curator Ron Jensen.

## Battle of Atlantic Sunday

On Sunday, 5 May 1991 Canada will honour those men and women who fought in the Battle of Atlantic. On that day, we will pay solemn tribute to the sailors and airmen who fought for Canada and the defence of freedom during this long and desperate struggle in the Atlantic. Many of these sailors and airmen made the ultimate sacrifice and never returned home.

The battle of Atlantic was the baptism by fire for a Navy not yet 30 years old. When war broke out, the Royal Canadian Navy had ap-

proximately 2,000 officers and men, 6 destroyers and 4 minesweepers. Our Merchant Marine consisted of 37 vessels. By the end of the war, the Royal Canadian Navy had become the third largest Navy in the allied cause, consisting of 96,000 men and women, 378 warships and the Merchant Marine had increased to 175 vessels. This expansion was not only a truly remarkable national achievement but enabled the Navy to make a significant contribution to the ultimate defeat of the enemy. The price paid for

the victory was the lives of almost 3,200 Canadian sailors and airmen.

The annual commemoration of the Battle of the Atlantic will be marked by memorial parades, services and wreath-laying events, sponsored by Naval units throughout Canada. These ceremonies provide all serving men and women an opportunity to honour those who served in the Battle of the Atlantic and particularly those who gave their lives in this long and hard fight.

## About Trivia

### Stranraer (1)

Dear Editor:

Re trivia for 11 April, it is a Stranraer flying boat. Originally designed and built in 1935 for the RAF by the Supermarine Co., (of Spitfire fame) whose specialisation was flying boats and float planes. They were in service with RAF Coastal Command from 1935 until 1940.

In 1936 Candian Vickers Co. received an order to build 5 Stranraers, under licence from Supermarine. Eventually 40 of these aircraft were built in Canada, more than double the number of those built in Britain. During WWII, Stranraers saw service with the RCAF, on both West and East coasts, with the majority of them being based on the West Coast. Designated in use as B.R. (Bomber Recce) Squadrons they became a familiar sight in local waters. Here in the west they were based at Tofino, Ucluelet, Pat Bay, Alliford Bay, Coal Harbour, Sea Island, Bella Bella, and Prince Rupert. The serial number on the fuselage of your 'trivia' aircraft appears to be #952. If this is correct then I would consider it to be an RCAF one as their Stranraers were numbered in the 900 series.

All surviving Stranraers of WWII were disposed of by War Assets, who sold them to Siple Aircraft of Montreal. This company purchased all sorts of aircraft in bulk, and recycled them all over the world. One Stranraer was purchased in 1944, and operated by the Labrador Mining and Exploration Co., and its civilian registration was CF-BXO. It was mainly used for freighting men and materials, from Sept Iles to bases in Northern Quebec and Labrador. This particular aircraft is now preserved, and is in the Royal Air Force museum at Hendon, U.K.

Sometime ago, a superbly crafted working model of the Stranraer, was on display at the Comox Air Force museum. It was built by a local resident, a Mr. G. McConnell, and I hope it will be on show to the public once again. It is a beautiful piece of workmanship!

Sincerely,  
John Novak

P.S. It was great to see some informative input from other readers on the Fortress and I am looking forward to your inclusion of the pictures provided by reader T.W. Palmer.

Editor's note: T.W. Palmer's pics will follow the latest series from Harry Holmes.

## More Fortress

Dear Editor:

With the apparent interest shown by readers in the Fortress MK1 used in Trivia for 21 March, the following information pertaining to the Fortress MK11 aircraft that served with 168 Squadron RCAF may be of further interest to readers. RCAF USAAF Serial Designation

Serial	Designation	Serial
9202	B17F	42-3160
9203	B17F	42-6101
9204	B17F	42-3369
9205	B17E	41-9142
9206	B17E	41-2438
9207	B17E	41-2581

On the 4 November 45, 9202 crashed near Munster, Germany, during a delivery flight of penicillin to Warsaw, Poland. The five crew members were killed.

Missing during a mail flight from Rabat to the Azores on the 15 December 44 was 9203. Five crew and three passengers were presumed dead. Included was Cpl R.E. Bruce, whose brother Henry is a member of 800 Wing RCAF, Victoria.

The landing gear of 9204 collapsed during a landing at Rockcliffe, Ont., on 12 September 44.

### Stranraer (2)

Dear Editor:

Trivia Aircraft - Vol.33, #7 It's a Supermarine (Canadian Vickers) Stranraer, manufactured in Montreal between 1938-41. This particular aircraft was received by the RCAF on 1 Nov 1941 (one month before Pearl Harbour) delivered to #120 (BR) Squadron at Coal Harbour, BC, and served until Sep 1943. Struck

off charge at #3 Repair Depot in Oct 1944.

I think this is a lovely aircraft and have been saving anecdotes from people who were associated with this aircraft, such as the one in the current issue of 'Airforce'.

Sincerely,  
Thos Palmer

# Comment

## Victoria Cross - an update

Editor's note: Our editorial "The Ultimate Award" (March 7), was based on out-of-date information. This item from "Legion" magazine indicates we have already lost the V.C. as our premier award for valour -- or have we?

An Order in Council Oct 25, 1990, revoked Canada's sequence of wearing orders, decorations and medals that has existed since 1972 and introduced an all-Canadian sequence headed by the Cross of Valor.

Second in the new sequence is Companion of the Order of Canada, up from sixth place.

But in deference to the importance of the Victoria Cross that headed the old sequence, the old list is still valid provided the medal was won before 1972. Surviving Victoria Cross holders Fred Tilston of Kettleby, Ont., and Smokey Smith and Cecil Merritt of Vancouver, may validly wear the VC first.

"We've protected the top existing Commonwealth awards," points out retired Lt-Gen François Richard, Deputy Secretary at the chancellery in Ottawa, "by freezing them to 1972."

The revocation, cited as the Canadian Orders, Decorations

and Medals Directive and introduced on the advice of the Privy Council, lists two parallel sequences. The award Commander of the Royal Victorian Order, a personal gift of the Queen, has been incorporated high in the new Canadian order.

The Companion of the Order of Canada is followed by the Commander of the Order of Military Merit, Commander of the Royal Victorian Order, Officer of the Order of Canada, Officer of the Order of Military Merit, Lieutenant of the Royal Victorian Order, Member of the Order of Canada, Member of the Order of Military Merit, Member of the Royal Victorian Order, Most Venerable Order of St. John of Jerusalem and down a list of decorations, war medals and service medals to United Nations peacekeeping medals and finally to Commonwealth orders and medals and foreign awards.

The pre-1972 order leads with the Victoria Cross, and follows with George Cross, Cross of Valor, Order of Merit, Order of the Companions of Honor, Companion of the Order of Canada, Commander of the Order of Military Merit, Officer of the order of Canada and Companion of the Order of the Bath.

Gen. Richard, Deputy Chief of the defence staff from 1983-85, says the new sequence confirms the primacy of Canadian honors without sulling wartime bravery awards. But Richard, who commanded Canadian Forces in Europe from 1981-83 and is a Commander of the Order of Military Merit, noted the Cross of Valor is a primarily peacetime bravery award. He said a committee may recommend awards specifically for bravery in face of the enemy. (Editor's comment: Why not reinstate the V.C.?)

Dr. John Blatherwick of New Westminster, BC, author of Canadian Orders, Decorations and Medals, sees no reason why the Cross of Valor and our other bravery medals cannot be awarded for wartime bravery.

He strongly supports the move to an all-Canadian precedence.

Of the parallel system he says: "It means my good friend, Dick Butson, would still wear his George Cross ribbon ahead of a future Cross of Valor he might receive, but Dick is one of the few people young enough to have a chance to win the Cross of Valor. For most, it is academic which should go first."

## Letters

### Legion LA Convention

Dear Sir:

The Comox Legion Ladies Auxiliary to Royal Canadian Legion Br. 160 is hosting the 50th BC Ladies Auxiliary to Pacific Command Convention to be held in the Comox Valley on 4-7 May, 1991.

The opening parade will be from the Filberg Centre to Lewis Park and a wreath will be placed at the Cenotaph by Mrs. S.

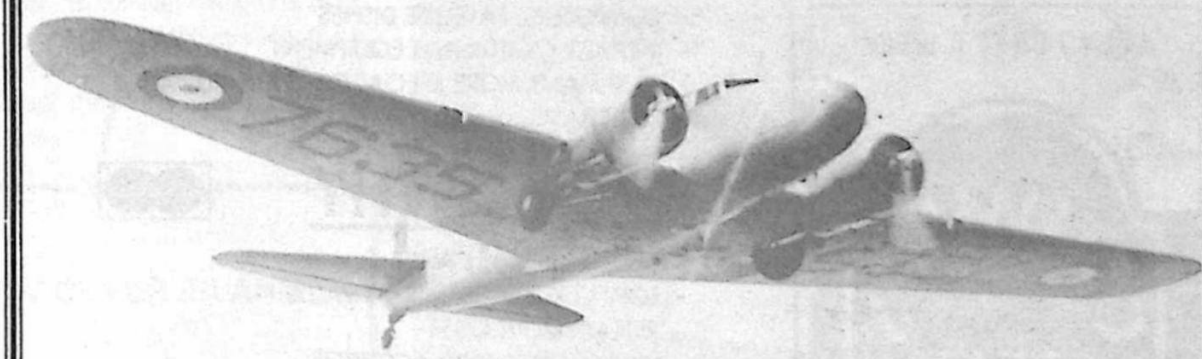
Gauvin, President of Pacific Command. Opening ceremonies will then be held at the Filberg Centre.

Special guests for these ceremonies will include the Mayors of the Valley, RCMP representative, Legion Zone Commanders, Presidents of Pacific Command Col McGee, Commanding Officer of CFB Comox. An agenda of all the functions

and special events that are newsworthy are included in this letter and we would welcome the Totem Times to participate in the coverage of the convention. For more information, I can be reached at 339-5725.

Thank you for your consideration,  
Lynne Marinus  
Convention Committee  
RCL Br. 160 LA

## Air Force Trivia



from the H.W. Holmes collection

### Trivia Answer

Supermarine Stranraer 952 RS-C 120 Squadron RCAF. This aircraft received damage during a heavy landing in Mill Bank Sound. It was towed to Coal Harbour by HMCS Dawson.



## Section News

VU33  
Squadron

Welcome once again to the wonderful world of VU33. We'll try to bring you up to date on everything that has happened here in the past 2 or 3 weeks. Somehow, we managed to miss the last deadline. So that gives me a bit more news to write about - it's just that some of it may be a little old.

Our regular season hockey pools have drawn to a close, and believe it or not, MWO Cameron actually won something. First place in the 'small' pool. Joe Reynolds pulled in the big prize money in the other pool. Tony Pasolli managed second place, and now that I think of it, none of these guys bought a team in the playoff pool. Do I hear a bird cheeping??? I guess they figured their luck wouldn't last. Rumour has it that WO Boots claimed his hockey pool fees as 'donation' on his income tax.

VU33 had their second (and final) ski day of the year on 11 Apr, and the conditions were absolutely perfect. All who ventured up the hill enjoyed the ultimate in spring skiing. One added bonus was to go to the top of the blue chair and watch the snowbirds perform down in the valley. It looked like a roller coaster made of smoke. The only mishap for the whole day was Dan Finnegan's reverse raccoon sunburn.

While we're on the topic of sports, both of the Sqn ball teams (fastball and slow pitch) are ready to start. Keep your eyes and ears open to find out practice times and places. One other baseball note - apparently Paul Nolan has developed a new way to catch fly balls. He *nose* what I mean!

The final newsworthy item in the general area of sports has Boyd (Knievel) Russell entertaining the maintenance crew with some amazing bicycle acrobatics during morning coffee breaks.

Everyone is anxiously awaiting the announcement of the date for our annual Tree Island excursion. Stay tuned to this column for details. It's coming soon, and we'll let you know as soon as we find out.

Now for a few personnel notes. Jeff Bondy finally got his name on the 'Comm. Cup'... the coveted card, dart, etc., trophy that resides down in the Comm. Shop.

Mike Jameson got his first ride in a T-Bird and rumor has it that he brought down all of his lunch still intact. Tony Hernandez got his first hook, and confidentially told me he'd like to trade it for something... see Troy for details. Dan Finnegan's missus got her new truck and has promised to let Dan take it for a spin in the near future.

Here's a biggie. Now it is not his hairdresser who knows for sure. I just spoke with an eyewitness who saw Dave Sabourin sitting with yellow curlers and a pink towel adorning his hair. Yes, it's true - it's a perm - not natural curls. Tom Cook has been smiling a lot lately. Does he know something we don't?

To close out this week's article, we'd like to ask all VU33 personnel to save their pop cans and put them in the appropriate box. Next thing you know, we'll have our TV converter and we'll never have to miss another Jay's game.

Until next time.....

407  
Squadron

talking about.

If you get passed on the road by a red blur, it's probably our AMCRO, Capt Cathy Melenchuk in her brand new 50,000 horsepower fusion propelled speed demon roadster. The ever stylish Chevette she used to drive is now on show in Campbell River. If you're interested in buying this fine vehicle you might want to keep a few things in mind. Don't drive it in the rain. Don't use the brakes. And whatever you do, don't look too closely at that huge hole under the front bumper.

Capt Fred Bigelow distributed a number of flyers which simply said "It's Coming: April 27th". At first it was thought this cryptic message was referring to the impending Black Armband Party at Joe Cecic's, but now it has been determined that what's "coming" is Fred's new dikshunary.

Snow to Surf has come and gone with considerable Squadron participation. Crew 3 put together an awe inspiring team which included skiing, running, and cycling superstars: Paul Ness, Steve McLennan and Grant Reid. The team fell apart somewhat with the canoe portion of the race, but this was in no way indicative of the performance turned in by canoeists Mike Bell and Tim Campbell. It was discovered after the race that they had been paddling an old fashioned bath tub, which as we all know is considerably slower than a canoe or even a brand new bath tub. On that same note, Capt Ron Vincent was on a team that finished 22nd overall, and was quite impressed with the spirit his team displayed.

Nav Standards would like to announce the birth of a bouncing baby 170 pound ASO-1; none other than Capt Ross Potts. Ross's knowledge of acoustics and all matters pertaining to that field of study is said to be on the threshold of 'almost knowing what he's

the race, "it almost makes me want to meet the guys on my team!"

## ARMPO

Once again, spring has really sprung on the fearless 407 Armament gang. Seems the photo types are keeping a low profile - at least nothing they want published - but weapons section is a happenin' place.

Everyone is either coming or going or gone - and some even back again. Here's the run down! Steve Redgwell is going to the Torp Shop with Dale Pillar who isn't going to Greenwood. (Wimped out.)

Bernie Godin went to Greenwood with Frank Sabiston to show their 572.04 instructor how Woody does it.

Dan Booth came back from Thule and told Woody about the fabulous night life and polar bear hunting, so he jumped on the next aircraft north.

Meanwhile, Mark Keen thought he could escape the spring crew shuffle and head south to San Diego, but on returning found himself bound for 1 Crew.

Pete Ledrew has opted for a day job in Maintenance, while Ray Michell has traded his in from the Torp Shop to 1 Crew. Welcome, Ray!

Colleen Mackie is in Borden making lots of cheat sheets for Jim Cook who will be going on his XG course whenever he gets his bike de-wired.

A special goodbye to Jim Newhouse, who is now officially retired and starting a new phase of his life. Good luck, Jim, in your

continued on page 9

## Section News



## 442 Sqn

## SAREXCEL

Ready to Hoist

There is nothing extraordinary about the mission that took place on 19 Mar 91. It is the type of mission that 442 Sqn is called on to do day in day out.

12:33 - The vessel Excel, a 177 metre natural gas carrier 160 km west of Tofino, contacts the Victoria Rescue Coordination Centre (RCC), and advises that one of their seaman is ill. The crew member had fainted and is now in a semi conscience state. It is believed that the 35 year old seaman had been exposed to unknown gases in a confined area near the engine room. RCC asks the Excel to steam toward Tofino.

12:35 - Labrador 311 departs Port Hardy on a training trip.

12:37 - RCC contacts 311 and tasks them to evacuate the disabled crew member from the Excel. RCC advises 311 that the weather is good at the Excel's position. 311 starts flying toward the Excel.

12:41 - RCC contacts 442 Operations and tasks Buffalo 451 to provide 'top cover' for 311.

12:55 - 451 is airborne out of Comox and proceeds toward the Excel.

13:00 - While enroute to Excel 311 advises RCC that it does not have sufficient fuel on board to safely carry out the boat hoist on the Excel and then proceed to the nearest airport, Tofino.

13:25 - 451 is in radio contact with the Excel, gets a position update and the latest information on patient. Crew member is still semi conscience, suffering from headache and nausea.

13:35 - 311's crew members have completed donning immersion suits and Mae Wests.

13:40 - 451 has Excel in sight and briefs procedures for upcoming boat hoist.

13:45 - 311 advises RCC that it can take sufficient fuel to complete boat hoist and then proceed directly to Victoria if it wishes.

14:10 - 311 completes refueling in Tofino and heads toward the Excel.

14:20 - 311's crew has completed briefing procedures to be done in the event of an emergency and/or ditching.

14:30 - 451 advises 311 that the Excel is now 130 km west of Tofino and that the best position for hoisting is at the stern of the

Excel. The sea state and the winds are light. The patient has high blood pressure, but his vitals are stable.

14:45 - 311 completes the inter crew briefings for the hoist and decides to lower only one SAR Tech, in the hope that the seaman is in good enough condition to be double hoisted up.

14:50 - 451 requests Excel to slow down to minimum steerage speed and head in a direction so as to have the prevailing wind 30 degrees to port. This will normally create the best conditions for stern hoists.

15:00 - 311 arrives overhead Excel and notices that due to the vessel being empty it is riding high in the water.

15:05 - 311 moves into position to hoist, but has difficulty maintaining hover position. Due to the Excel's slow speed, it seems to be wallowing in the water. 311 hoists down one SAR Tech to check on patient.

15:07 There is no evidence of exposure to an unknown gas, but seaman looks worse than expected. He has a jaundice complexion and doesn't look too healthy. Blood pressure is still high and vitals are still stable.

15:10 - 311 asks the Excel to increase speed to steady vessel. Second SAR Tech and stokes litter are hoisted down to ship.

15:25 - The SAR Techs and the patient in the stokes litter are hoisted into 311.

15:30 - 311 departs the Excel for Victoria, 280 km to the east, with 451 providing 'top cover' enroute.

15:35 - 311's SAR Techs administer oxygen and monitor the patient for the remainder of the flight.

15:00 - 451 advises 311 that the west coast of Vancouver Island is 80 km to the east.

16:10 - 451 advises 311 that they only have enough fuel for another 10 minutes 'top cover'.

16:20 - 311 advises 451 that it now has shoreline in sight. 451 heads home for Comox.

16:50 - 311 advises RCC that patient is a Polish citizen and will require customs on arrival at the hospital.

17:00 - 451 lands at Comox and phones RCC for debrief.



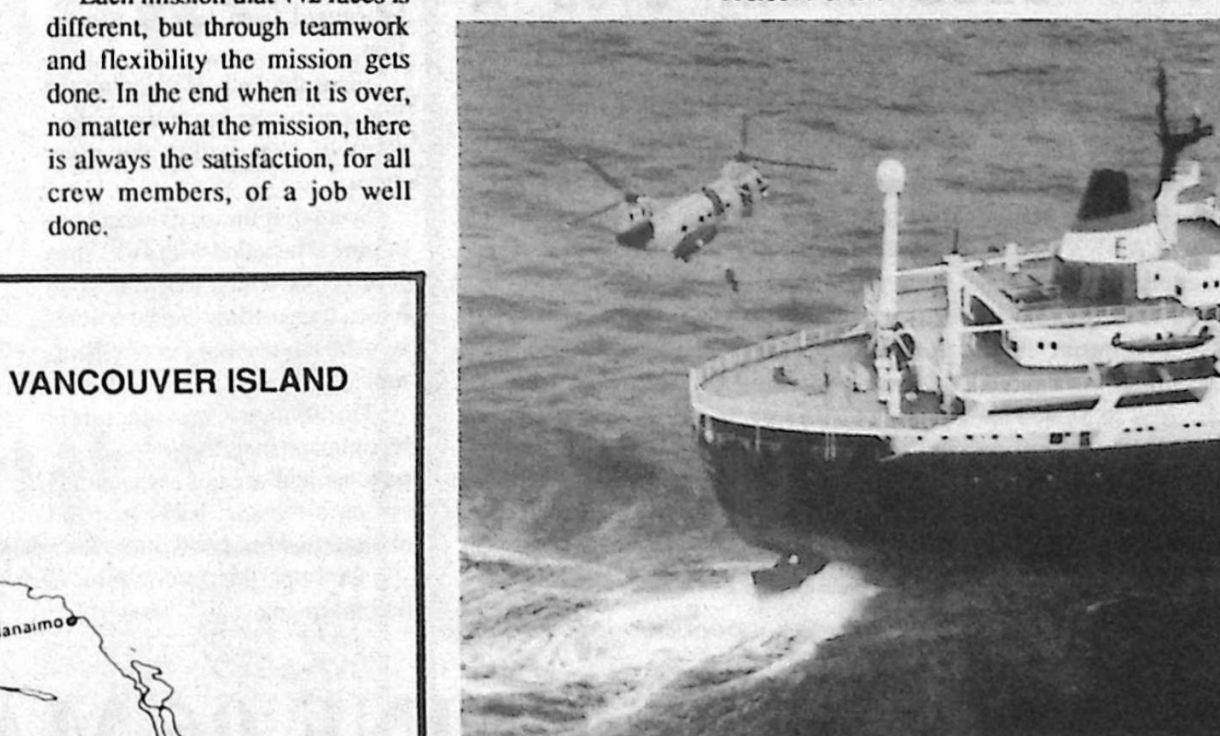
The SAR TECHS give a "thumbs up", indicating they're ready for the hoist.

## Top Cover

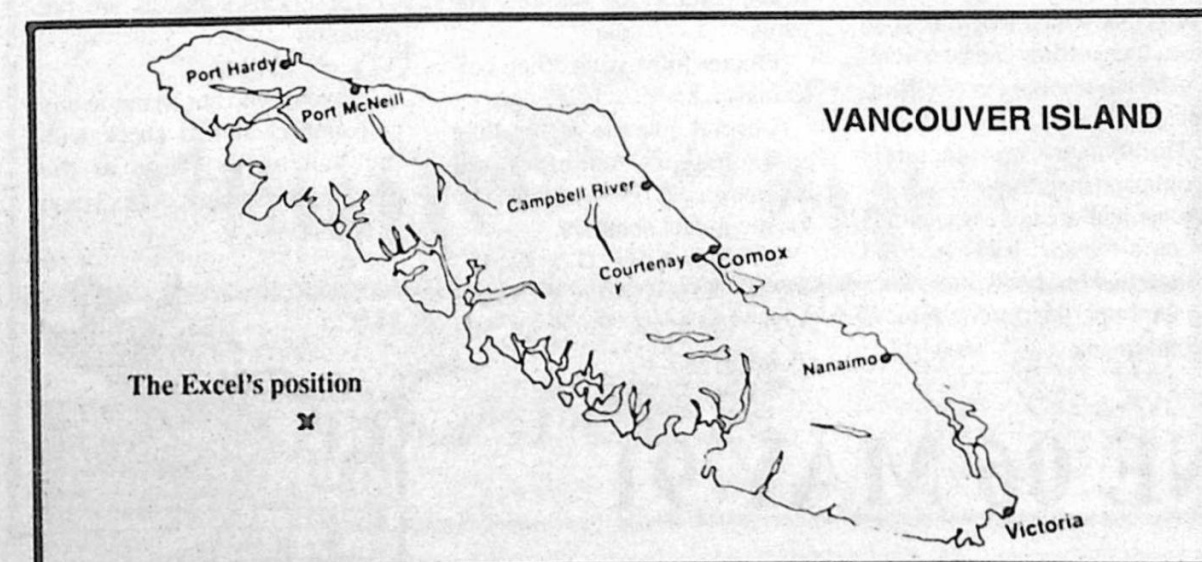


Buffalo flies top cover for SAREXCEL

## Watch that Mast!



Labrador 311 in the hoist



British Columbia Lung Association

OPEN 7 DAYS A WEEK

COLUMBO'S  
STEAK HOUSE  
PIZZA  
PASTA

338-1488

FREE DELIVERY

CANSUREX  
INSURE IT WITH US

- HOMES, CONDOS, RENTED DWELLINGS, COTTAGES
- BOATS, MOTORS, TRAILERS
- COMPUTERS, SATELLITE DISHES
- MILITARY CLOTHING & EQUIPMENT
- AND MANY MORE SPECIAL ITEMS ON ALL "ALL RISK" BASIS



WHY



- SPONSORED BY CANEX
- LOW COST, EXCEPTIONAL VALUE
- REPLACEMENT COST
- VISA/MASTERCARD ACCEPTED
- TOLL FREE LINES

1525 CARLING AVE, SUITE 712  
OTTAWA, ONT K1Z 8R9  
728-1131.....1-800-267-6262

INSURERS: ELITE INS CO. VANCOUVER  
COMMONWEALTH INS CO VANCOUVER

CANSUREX  
ASSURER LES AVEC NOUS

- Les maisons, copropriétés, habitations louées, chalets
- Les bateaux, moteurs, remorques
- Les ordinateurs, réflecteur paraboliques
- Les vêtements et équipements militaires
- Et beaucoup d'autres articles spéciaux avec assurance "tout risque"



POURQUOI



- PARRAINÉ PAR CANEX
- COÛT MINIME, UNE VALEUR EXCEPTIONNELLE
- ASSURANCE VALEUR À NEUF
- LIGNES SANS FRAIS

1525 AVE CARLING, PIÈCE 712  
OTTAWA, ONT K1Z 8R9  
728-1131.....1-800-267-6262

ASSUREURS: LA COMPAGNIE D'ASSURANCES ELITE, VANCOUVER  
LA COMPAGNIE D'ASSURANCES COMMONWEALTH,



# Section News



## Supply Signals



## From the Fire Chief

There was a young customer named Randy. Who thought Base Supply was just dandy. He needed a hammer To build the MP slammer.

So off he went to 1 Supply They laughed and giggled and said goodbye. As aircraft parts are all they store His quest was beginning to be a bore.

They told him to give CE a try He looked at them and wondered why. Off he trotted to CE with glee Where builder's supplies were piled abundantly.

He reached the counter and gave his demand They gave the computer some foreign command. They said the computer was up and down Devilishly sporting an upsidown frown. They told him to give Customer Services a try By now he just wanted to sit down and cry. He had to wait as they were on break How could he get a hammer for goodness sake?

He told them of his travelling tales Only to be greeted by laughter and gales. Poor Randy just didn't know

General Stores was where he had to go!

On his way, he couldn't believe his eyes There was LPO, MIS, MPO, so many supplies. At his last destination, he finally arrived It's a mystery to us he actually survived.

Once again he surrendered his demand They checked to see if they had stock on hand. With hopes so high, he knew he'd struck gold - but... "We're out of stock" he was told.

So the moral of the story is very plain to see, There are many Supply Groups - Make sure you know where YOU want to be!

On Apr 12 we had our 2nd annual bowling afternoon. A good time was had by all who participated. Events ranged from serious to silly and several guys experienced nervousness due to the uncertainty of the direction of the bowling ball. Capt Collins clinched first place, just ahead of MCpl Huseau for all around best bowler, while Pte Mills and Cpl Giraud so good naturedly accepted their skunk awards.

We hope to see more active participation on 8 May on our Supply golf day.

### Clothing Fires

- Smother the fire.
- Don't run, it spreads the flames.
- Make the person lie down and roll him in blanket or coat.
- Gently beat fire out.

### Cooking Fires

- Fats, Grease, etc.
- Turn off heat, never leave pan unattended.
- Smother fire with tight fitting lid or use fire extinguisher.
- Do not use water on grease fires.
- Watch your clothes.
- Never carry a burning pan.

### In All Fires

The first few minutes are vital. Keep calm. Act quickly.

### If Fire Breaks Out

- Shout "Fire". Alert everyone. Don't panic.
- Out you go. Get everyone out fast. Close doors, don't take time to dress.
- Stay close to children and elderly. They may get excited or confused.
- also
- Make sure no one re-enters building.
- Call the Fire Department from an alarm box or neighbour's telephone.

### In Apartment Buildings

- Use stairways only. Do not use elevators, you may get trapped.
- If fire or smoke prevent your

escape, keep doors closed. If necessary place wet towels or blankets around openings. Get out on balcony or beside open window.

- Signal for help. Call Fire Department if you can. Give full address, your floor number and apartment.

### Stop, Drop and Roll

What would you do if your clothes ever catch fire, or if your hair or skin starts to burn?

First, quickly lie down right where you are. Stretch out full length on the floor if you are indoors. Lie right on the grass or ground if you are outside. Then roll over and over until the flames are out and until your clothes and you stop burning.

If you see someone else who is on fire, help them to do the same thing. Make them lie down and roll over and over until the burning stops.

After the fire is out, if someone has been burned, assistance should be sought. Put cool clean water on a minor burn. For more serious burns the person who is hurt will need expert professional medical attention.

Remember if your clothes catch fire: **STOP, DROP, and ROLL!**

### Your Fire Deptment advises never overfuse

Electrical fuses are important warning devices against the tragedy of electrical fires. When excessive current flows

through an electric wire, the wire becomes over-heated. Without the use of a suitable overcurrent device such as a fuse or circuit breaker to open the circuit under such a condition, it is possible for a wire to become hot enough to cause a fire.

If a fuse blows, it means your electrical system has been overloaded. Before replacing the fuse, unplug the appliances on the overloaded circuit and turn the main switch on the panel board to the off position. Only 15 amp fuses should be used in panel boards for lighting and outlet circuits.

Heavy appliances should be fused according to their ratings. The panel board construction limits the maximum size fuse that can be used.

For any circuit that requires more than 15 amps, types "D" or "P" should be used. The "D" and "P" fuses are heat sensitive and will open if there is overheating in the panel board. The fuses will have a "D" or "P" marked on them and should be used for such appliances as dryers, ranges, air conditioners, baseboard heaters and electric furnaces.

In addition to being heat sensitive, "D" fuses have a delay built in to give them time to handle the power surges which occur when heavy appliances such as air conditioners are first turned on. If fuses continue to blow, your fuse box may need maintenance. Call a qualified electrician.

Attention: from the Fire Hall

## Dryer Fires

Recently there has been a number of incidents reported on the subject of dryer fires. Incident details show that overheating can be caused from lack of ventilation.

First: the lack of cleaning the lint screen can cause the entrapment of heat within the dryer drum.

Second: if the air exhaust hose or pipe is installed with more than 2 bends, or with a length beyond 8 feet, then airflow can be severely reduced, resulting in overheating.

Third: many manufacturers recommend that the internal components and areas be vacuumed out on a regular basis to avoid any internal lint build up.

We hope this information is helpful to you.

## Coffeemakers Recall

The Fire Commissioner is warning homeowners about the possible fire hazard of automatic coffee makers.

There were several fires in the Victoria area just in the last year attributed to coffeemakers overheating causing several hundred thousand dollars in damages.

The problem lies in a malfunctioning 'thermoswitch', which controls the warming element.

Proctor Silex is recalling coffeemaker A3 Model A474AL.

General Electric is recalling coffeemakers manufactured before April of 1984 with the following model numbers:

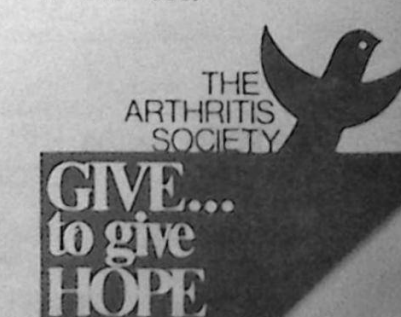
DC 200 (A,B,C,D or E), DC 360 A, DC 600 (A,B,C), DC 300 A, DC 400 A, DC 350 A, DC 500 (A,B,C,D or E).

Owners of General Electric: If model number and date of drip coffeemaker is after or higher than 84-04, your coffeemaker is not involved.

If your General Electric coffeemaker does apply for a recall, consumers can call 1-800-328-3462 and receive a prepaid mailing card. G.E. will give you \$10.00 back.

These recall models are not repairable.

Anyone who has an automatic coffeemaker should check with the Vancouver office of the Canadian Standards Association at 1-273-4581.



# Section News

## 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

## NEXT DEADLINE 06 MAY

- NOON

# Super Buys

SALE PRICES IN EFFECT UNTIL  
**28 April 91 ONLY**

**Crested T-Shirts**  
50% off

**Mens & Ladies Assorted Shorts**  
20% off

**Ladies T-shirts**  
30% off

**Levi Jeans Irregulars**  
\$24.97

VALUE • SERVICE • SATISFACTION

SERVICE • SATISFACTION

OPEN/CLUT	
MON	10:00-17:00
TUE	10:00-17:00
WED	10:00-17:00
THU	10:00-17:00
FRI	10:00-17:00
SAT	10:00-17:00
SUN	12:00-16:00
LUN	MAR
MER	JEU
VEN	SAM
DIM	

## More 407 ARMPO

future endeavours. See ya around!

Brad Halstead and Dan Fowler are on their way. Brad's headed to Cold Lake for a few years to chill out and Dan's going to be a sailor in Shearwater. Bon Voyage, Guys!

The rest are going too, but not so far:

George Nijjar is going to be a daddy;

Gerry Werther is going on a diet;

Mike Turner is going to get domesticated;

Al Boudreau is not going sports car hunting;

Cindy Leduc is going to be a landlady;

Rob Nielson is going to make another phone call;

Cliff Kliewer is going with Jerry;

Kelly Christensen is going panic shopping;

Bill Fisher is going to retire his goalie pads for a while;

Terry Restoule is going into a deep state of spring fever;

Gary Wentz is going to Jenny Craig;

Don Dunne is going fishing;

Rob McConkey is going camping with the Scouts; and,

Alex MacFayden is going to get lost in the woods with his new 4X4 truck.

That's about all the travels and trash from the wonderful weapons world for now. Until next time - keep 'em flying'!

continued from page 6

## More Iraqi Aid

continued from page 3

Canadian airlift to Turkey and to Iran. The Boeing will start to ferry six loads of supplies on Thursday, 18 April - three to Turkey and three to Iran.

In a related operation, two Hercules aircraft deployed to Lahr over the weekend. They will depart for Incirlik, Turkey later today, where they will take part in the airlift of relief supplies from Incirlik to Diyarbakir and other bases in southern Turkey.

## NOW SERVING COMOX VALLEY

Sales Representative

DARLENE FOSTER



SUZUKI SWIFT

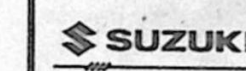
7,895

SUZUKI SAMURAI

8,995

SUZUKI SIDEKICK 4x4

11,795



Nanaimo Suzuki  
41 Nicol St., Nanaimo, B.C.  
V9R-2T2

Ph: 753-1022

## OFFICERS MESS CFB COMOX

### APRIL 1991 CALENDAR

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

### MAY 1991 CALENDAR

Wednesday May 8 - 10  
POOL/SNOOKER CHAMPIONSHIP - see calendar

Wednesdays May 1, 8, 15, 22, 29  
OFFICERS COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Wednesdays May 8, 22  
OLC BRIDGE CLUB

Fridays May 3, 10, 24, 31  
REGULAR TGIF. Food as indicated 1700-1800 hrs. Free taxi. Ask at Bar.

Saturday May 11  
FAMILY BICYCLE DAY - see calendar

Sunday May 12  
MOTHER'S DAY BRUNCH - see calendar

Wednesday May 15  
GOLF TOURNAMENT & BBQ  
OMLC - see calendar

Friday May 17  
COMEDY NIGHT & FAREWELL MIXED TGIF - see calendar

Friday May 24  
INTER-SECTION INDOOR GAMES NIGHT - see calendar

### UPCOMING EVENTS ENTERTAINMENT

08 Jun.....Candlelight Dinner  
15 Jun.....Beach BBQ

July.....Summer Break

### UPCOMING EVENTS SPORTS

01 Jun.....Fishing Derby  
15 Jun.....Beach Volleyball Competition  
19 Jun.....Mixed Golf Tournament & BBQ

**CANEX CREDIT PLAN**  
**PAY NO INTEREST**  
**PAY LESS THAN \$100 A MONTH**  
**(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.



NEXT DEADLINE 06 MAY 91



# Section News

## MSE SAFETY

### Good Drivers Have Shifty Eyes

Correct Seeing Habits for Drivers

Good drivers keep their eyes moving constantly



Do You?

There are five seeing habits which should be practiced by drivers:

1. **Aim High in Steering** - Correct steering requires an occasional quick glance well ahead to the center of your intended driving path -- both in driving straight and turning. The driver then drives on center in his lane;
2. **Get the Big Picture** - View the car ahead as a small part of the scene. Watch all objects for a block ahead in the city, half a mile on rural roads;
3. **Keep the Eyes Moving** - A good driver shifts his eyes constantly, glancing near and far, to the sides and into the rear view mirror;
4. **Leave Yourself An Out** - When a driver really watches the full picture and moves his eyes, he reduces speeds for crests of hills, curves, blind intersections and while in a lane near parked cars; and,
5. **Make Sure Others See You** - Get the big picture to ensure the other driver isn't going to make a sudden move. Don't sit in a drivers blind spot, ensure he sees you. Make eye contact.

#### QUESTION:

Which of the following is the best method of slowing down on a steep downgrade:

- a. use engine compression, lower gear, and pump brakes for better heat dissipation;
- b. place transmission lever in neutral;
- c. keep your right foot poised over the brake pedal; or,
- d. disengage the clutch and coast.

Answer: "A"

Drivers Statement of the Month

I saw her look at me twice. She appeared to be making slow progress when we met on impact.



## BTNO THE WHEEL TURNS

I'm back ... your play by play roving reporter, once again on special assignment with all the Base Transportation news fit for print. Baseball was the game of the month. The score appeared to be a close one this time (approximately) 21-20 but in all fairness I've gotta call 'em as I see 'em. In the last inning the Sr NCOs (and officers) tried to outsmart their opponents into believing that there were only two out when there were actually four, making it a grand total of five by

the time they relinquished their bats. So, unfortunately, the final score had to revert back to 21-4. MCpl Hector Pitre dazzled his foes in a flawless effort on the mound - I don't think anyone can mix them up quite like he did. Due to respect for my elders, I won't mention who took home 'The Strike-out King' award; let's just say it was a Major upset. After the game we had a little smoker where we said goodbye to Sgt Joe Myers. He's off to Edmonton.

Our Special Purpose Vehicle (SPV) sections, which include Heavy Equipment and Refuelling, were awarded the Air Command certificate for the lowest accident rate in Air Command. This achievement is indicative of the professionalism and team spirit displayed by all personnel involved.

Cpl Tom Peynburg and his wife Irene are proud to announce the arrival of Matthew Shane at 1:38 p.m., 17 Apr, weighing in at 7 lbs, 8 ozs.

### When someone believes in you anything seems possible

At Nutri/System, you'll find supportive counseling, satisfying real foods, light activity, and new ways to beat old habits.

3 WEEKS FOR ONLY

**\$49**

FOR NUTRI/SYSTEM<sup>SM</sup> SERVICES

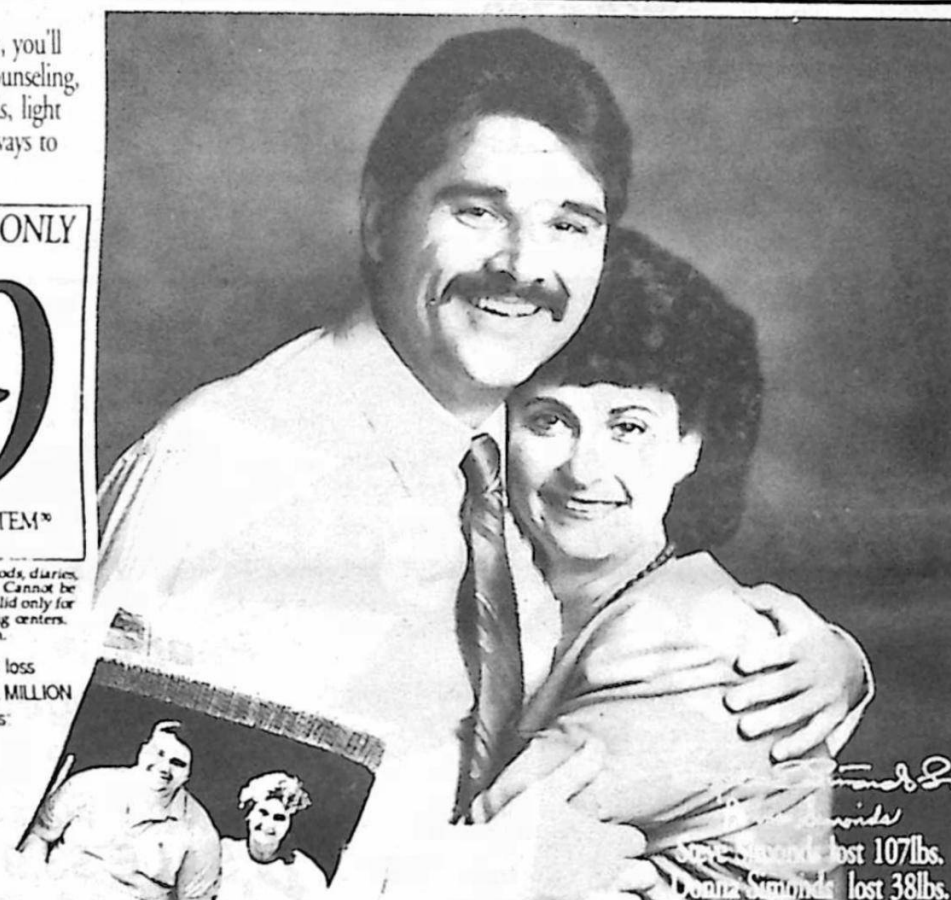
Does not include the cost of foods, diaries, maintenance or activity plan. Cannot be combined with other offers. Valid only for new programs at participating centers. One offer per person.

Our comprehensive weight loss program will help over ONE MILLION clients this year. It includes:

- Safe and Effective Weight Loss
- Nutritionally Balanced Meal Plans
- Nutritional Supervision
- No Calorie Counting

#9 - 2401 Cliffe Ave., Courtenay  
**334-4600**

**NEXT DEADLINE  
06 MAY 91**



OVER 1,800 CENTRES WORLDWIDE  
**nutri/system**  
weight loss centres

# Recreation

## Volkswalkers Meet



The Fifth Annual Convention of the Canadian Volkssport Federation was held 12-14 April, 1991 in the Harbor Towers Hotel in Victoria. What is a Volkssport? It's organized, self-paced athletic activity such as walking, skiing, cycling or swimming. Anyway, back to the convention, which was well attended by both international dignitaries and Canadian officials and delegates. The President of the International Federation of Popular Sports (IVV), which is the parent body, the President of British Walking Federation and the President of the American Volkssport Association were all present and gave short presentations to the assembly. The IVV President's talk was particularly interesting in that he gave a few statistics. There are now over 4800 Volkssport clubs in 23 countries with about 15 million members and it's still growing. Since the Berlin Wall came tumbling down there have been walks in East Germany and Poland, Czechoslovakia, Hungary and Japan, expressing interest in joining.

Mr. Ron Colpitts, our outgoing president of the Canadian Volkssport Federation chaired the meetings, which included reports on the health of the organization (now about 50 clubs), changes to the rules and regulations, financial matters such as dues, fees and budget and other CVF business. We also had a guest speaker, Mr. Preston Johnson, NW Regional Director of the AVA who spoke on "Challenges for the Future". He stressed the need for leadership, increasing the role and training of club members and improving public awareness of Volkssporting. It was an excellent presentation, thoroughly enjoyed by all. We also had our election of officers, the most important of which was electing Mr. Dave Phillips as our new president.

The whole convention was organized by Don Evey and his Garden City Club members from Victoria. They did a superb job and didn't forget the recreational

and social side. There was a well attended Meet and Greet on Friday, a guided 10km walk on Saturday and another Volksmarch on Sunday as well as a very good banquet Saturday evening during which Ron Colpitts was honoured for all his many contributions to Volkssporting in Canada and gifts were presented to the visitors.

The Comox Valley was represented by Ernie Wray from the Comox Glacier Wanderers, our local Volkssport club, and a sizeable group of club members who came to observe and participate. If you wish to get in on the rewards of Volkssporting, give a call to Ernie Wray at 339-3982 or Eleanor Grant at 339-3945. They will be pleased to answer your questions and sign you up for the Comox Glacier Wanderers. Our next Volksmarches are 25 and 26 May at Seal Bay and Radcliffe Beach. See you there! Happy Wandering!

## MP Golf Tournament



8th Annual Western Canada Military Police Golf Tournament and Fishing Derby - CFB Comox 23-25 May 1991

Attention all western Canada golf and fishing enthusiasts. Dig out your 1991 calendars and block off the 23-25 May 91 so that you can attend Comox's 8th Annual MP Tournament and Fishing Derby.

It will all start with a Meet and Greet which will be held on the 23rd of May at Post 13 (MP Lounge) starting at 1500 hrs. The next day, Friday, 24 May, the golf tournament will commence with shotgun starts at 0800 and 1300 hrs. Following the golf tournament there will be a BBQ and prize presentation at the golf club.

The fishing derby will only be held on Saturday 25 May, with weigh-in by 1700 hrs at Post 13. There will be a \$100 prize for the largest salmon, plus prizes for total weight, largest non-salmon and hidden weights.

Quarters are available free of charge at HMCS Quadra and transportation will be provided. For campers, we have our own campground on the Base adjacent to the beach area. (Rates are very reasonable - but reserve early.)

Should you have any queries, please contact Sgt(R) Ted Sauvé, local 8730 or 339-0118.

Take the time to attend one of Canada's finest golf and fishing derbies. Hope to see you there.

## 8TH ANNUAL WESTERN CANADA MP/RCMP GOLF TOURNAMENT & FISH DERBY

GLACIER GREENS GOLF CLUB, CFB COMOX

### GOLFING

24 May 1991  
Tee-off at 0800 & 1300 hrs. (Shotgun)  
18 Holes, Callaway Handicap System.

### FISHING

25 May 1991  
Weigh-in by 1700 hrs, at Post 13

ENTRY FEES: GOLF - \$30.00  
FISHING DERBY - \$10.00

Equipment not included in price, but is available at reasonable rate

Make cheques payable to:  
Military Police GOLF 1991 - c/o  
BSecurO, CFB Comox, Lazo, B.C. VOR 2K0

\*NOTE\*

Cut off date is 17 May 1991

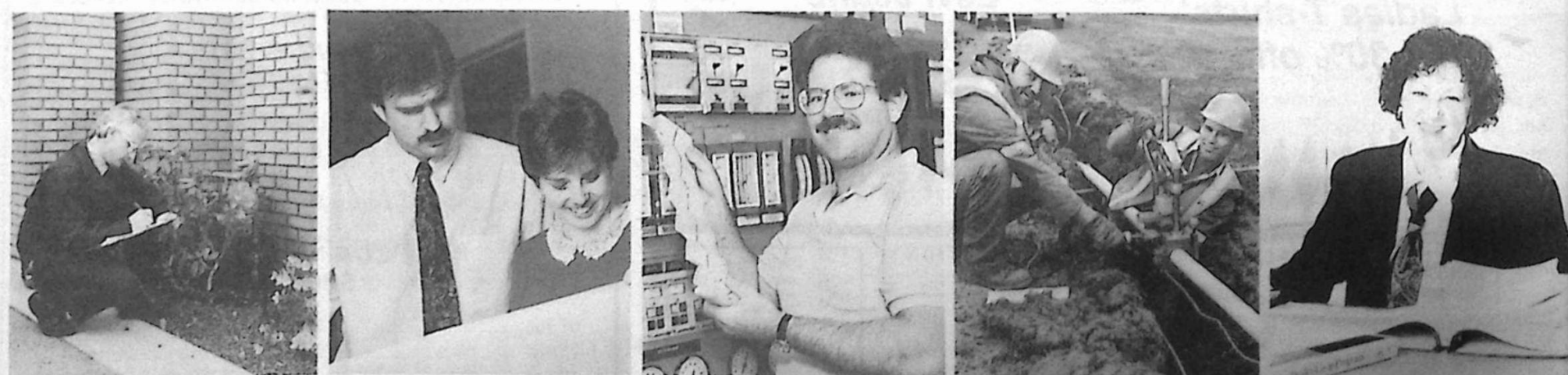
## PMQ ASSOCIATION UPCOMING EVENTS

Watch out for the flyer at your door announcing the following events:

- 25 April 1991 - PMQ Area Clean-up
- 26 April 1991 - Large Garbage Pick-up
- 5 May 1991 - Open House at the Community Centre
- 11 May 1991 - Wallace Gardens Annual Garage Sale



# WE'RE PUTTING OUR ENERGY



# INTO THIS COMMUNITY

With the expansion and growth our area has enjoyed, we're growing to serve you better. Yet, our people have been part of the community for years. They're your neighbours, your friends.

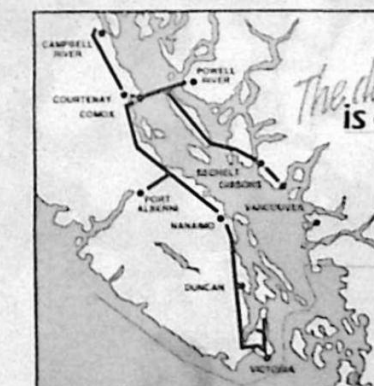
Our people can help you make the choice to clean, cost-efficient natural gas. Ask a Qualified Dealer about the Clean Choice grants available right now to convert the heating system in your home or business to natural gas. Take advantage of our water



heater rebate. Should you choose to finance, Centra Gas will make it easy on approved credit.

We live in the area we serve. That's why we're proud to offer natural gas. It's an environmentally friendly B.C. product you can count on to cost less.

For our homes, our businesses, our community, natural gas is the natural way. See us today.



QUESTIONS? CALL YOUR AREA CENTRA GAS SALES OFFICE: COURTENAY: 338-9997

**Centra Gas**

For more information or Qualified Dealer Listings, drop by our Customer Service Centre at 479 4th. Street, Courtenay. OR CALL US TOLL FREE: 1-800-565-4636 ext. 403



# Recreation



(Back row L-R) Roy Summers, Marius Leblanc, Bill Irving, Guy Prunhomme, Jeff Joyce, Jim Waddell, Dan Dupuis, Rich Collette, Lance Purcell, Paul Fowier, Kelly Smith, Dan Roy.  
(Front row L-R) Rob Bouchard, Gord Knox, West Court, Derrick Manning, Jerry Jobin, Kevin Mercer, Andre Gagnon, Drew Deics.



(Back row L-R) Mike Lonigro, Scott Letendre, Martin Sylvestre, Rob Turgeon, Dave Brown, Alan Arsenault, Dave Ward, Gord King, Glen Curtis and Herve Thibodeau.  
(Front row L-R) Al Brace, Keith Spragg, Carl Dufour, Jean-Guy Champagne, Yvan Breton, Gerry Wiesner and Willie Oliver.  
Missing from Photo: Simon Hutchins and Jim Rest.



(Back row L-R) Pete Banfield, Jacques Maillee, Carl Nemeth, Stephan Gregoire, Roland Lapointe, Eric Howk, Blair Pearson, Pete Wooldridge.  
(Front row L-R) Martin Gagnon, Guy Ouellette, Tom Banks, Gilles Belley, Doug Leblanc.  
Missing from Photo: Tom Schrader.



(Back row L-R) Mark LeGros, Mark Prinzing, Pierre Boivin, Mike Thibault, Steve Quinn, Brian Ripley, Les Quines, Claude Marcotte, Greg Fleet.  
(Front row L-R) John Haight, Dan Booth, Craig Howland, Todd Wallace, Tim Dykeman, Rocky Blouin.  
Missing from Photo: Vaughn McCabe, Ron MacKie, John Tallon, Bernie Gagnon, Brad Marriott.

## Base Inter-Section Hockey League Finals

The end of March saw the close of the hockey season at CFB Comox. Through the season each team played thirty-five games and CE/FH came out on top. The year was topped with a scheduled play-off of two divisions. "A" division involved the four top teams of CE/FH, RCMP, 442 Sqn and BAMSO. This division came down to CE/FH and BAMSO

playing for the trophy with CE/FH coming out on top. "B" division involved 407 Demons, BTNO, 407 Devils, VU33, BOPS, and BARMT. BOPS and BARMT played for the trophy with BOPS on the winning side.

Overall the BISHL had a good season and will be back again next year for an even better time.

### 'A' Div Face-Off



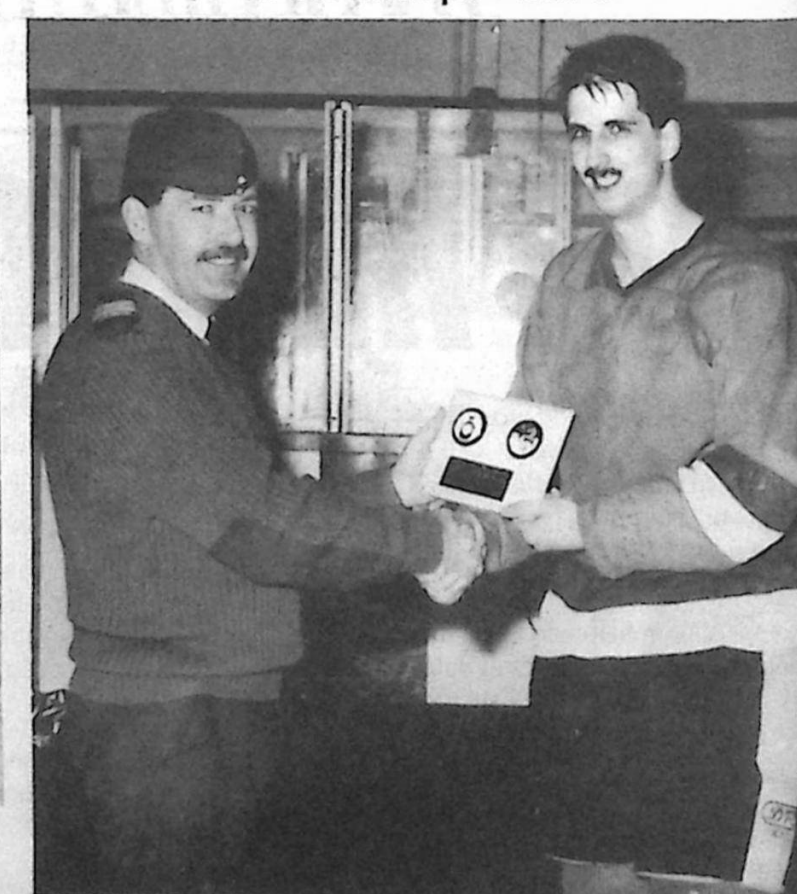
L-R: Cpl Arsenault (BAMSO); LCol King A/B Comd; Cpl Dupuis (CE/FH)

### 'A' Div Champs - CE/FH



L-R: Lt(N) Bradley; Capt Summers; team Captain Cpl Dupuis

### 'B' Div Champs - BOPS



L-R: Capt Summers; Capt Gagnon, Capt BOPS

## Tom Procter's Realty Report

### January - April 1991

The first two months of 1991 were very slow for real estate in the Comox Valley, but a sharp turn about took place in March and continues through April. The average house price for the first quarter is \$93,672 and lots average price is reported at \$25,324. The slow start to the year may be due to the introduction of the 7% Goods and Services Tax on 1 Jan 91, bringing about buyer resistance to all purchases for a short period. However, keep in mind GST is not chargeable on used houses or privately held lots. It is payable on new houses but provision occurs for some rebate back to purchases in GST's initial stages. The number of sales and prices would both appear to be going up. Houses below \$100,000 sell very quickly. There is a strong market between \$100,000 and \$130,000 and the market is normal in ex-

cess of about \$130,000. The first quarter break down of MLS statistics show 25% of properties sell below \$75,000 (includes lots), 32% sell between \$75, - \$100,000, 23% between \$100,000 - \$125,000 and 22% above \$125,000.

Part of the reason for the good markets of 1990 and the strong market that now appears to be emerging in March and April, is probably attributable to the inflow of migrants from other provinces, 14,173 from Ontario alone (see map). The annual growth rate for BC for the year 1991 was 2.8%, a total of 64,236 persons. These figures support the fact that the drop of prices in Ontario followed by recovery has probably convinced many people approaching retirement age that the time to make their plans to retire to the coast is now and to

avoid going through another market downturn in Ontario.

So much for the local market in BC and the Comox Valley. I will now turn to the migration to BC map I mentioned previously:

For the people posted, I am including an across Canada price trends comparison on good quality houses, which I trust will be of interest to you. (Tables attached.)

I hope it will be both informative and useful to you. May I suggest you cut out the article and start a file and I will attempt to provide you with quarterly updates on real estate matters here in the Comox Valley.

Tom Procter is an ex-407 Squadron Navigator who settled in the Valley and works for Remax Ocean Pacific Realty.

### ACROSS CANADA COMPARISONS Of Price Trends 1990/91

#### DETACHED BUNGALOW:

A detached, 3 bedroom single storey home with 1.5 bathrooms and a 1 car garage. It has a full basement but no recreation room, fireplace or appliances. Using outside dimensions (excluding garage), the total area of the house is 111 sq metres (1,200 sq ft) and is situated on a fully serviced, 511 sq metre (5,500 sq ft) lot. Depending on the area, the construction style may be brick, wood, siding or stucco.

City	Prov.	Price Jan. 1991	Price 3 Mos. Ago	Price 1 Year Ago	Percent Change 1 Year	Taxes	Estimated Monthly Rental
Fredericton	(N.B.)	\$ 83,500	\$ 85,500	\$ 85,500	-2.3	\$1,075	\$750
Charlottetown	(P.E.I.)	98,000	106,000	98,000	-	1,341	700
Dartmouth (Centre)	(N.S.)	93,000	95,000	95,000	-2.1	1,313	750
St. John's (West)	(Nfld.)	98,100	98,100	97,400	0.7	1,079	650
Hull	(Que.)	110,000	110,000	110,000	-	1,755	800
London	(Ont.)	140,000	140,000	133,000	5.3	1,850	850
Winnipeg	(Man.)	104,900	104,900	109,900	-4.5	2,600	700
Regina (South)	(Sask.)	89,000	89,000	89,000	-	1,980	-
Lethbridge	(Alta.)	88,000	88,000	88,000	-	1,200	800
Victoria	(B.C.)	150,000	155,000	137,000	9.5	1,450	1,000
Nanaimo	(B.C.)	81,000	80,750	-	-	1,500	700

#### DETACHED TWO STOREY:

A detached 2-storey, 4 bedroom home with 2.5 bathrooms, main floor family room, 1 fireplace and an attached 2 car garage. There is a full basement but no recreation room or appliances. Using the exterior dimensions (excluding garage), the total area of the house is 186 sq metres (2,000 sq ft) and is situated on a fully serviced, 604 sq metre (6,500 sq ft) lot. Depending on the area, the construction style may be brick, wood, aluminum siding, stucco or a combination like brick and aluminum.

City	Prov.	Price Jan. 1991	Price 3 Mos. Ago	Price 1 Year Ago	Percent Change 1 Year	Taxes	Estimated Monthly Rental
Fredericton	(N.B.)	\$165,000	\$160,000	\$155,000	6.5	\$2,100	\$1,350
Charlottetown	(P.E.I.)	139,000	145,000	139,000	-	1,889	1,000
Dartmouth (Centre)	(N.S.)	159,000	162,000	157,000	1.3	2,245	1,000
St. John's (West)	(Nfld.)	148,000	148,800	147,500	0.3	1,628	900
Hull	(Que.)	168,000	168,000	160,000	5.0	2,802	1,000
London	(Ont.)	188,000	189,000	180,000	4.4	2,400	1,200
Winnipeg	(Man.)	154,900	160,000	160,000	-3.2	3,900	1,000
Regina (South)	(Sask.)	138,500	138,500	138,500	-	2,975	-
Lethbridge	(Alta.)	155,000	155,000	150,000	3.3	1,800	1,000
Victoria	(B.C.)	243,000	253,000	220,000	10.5	1,950	1,400
Nanaimo	(B.C.)	109,000	109,000	-	-	1,858	1,000

### 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: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Please PRINT

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



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

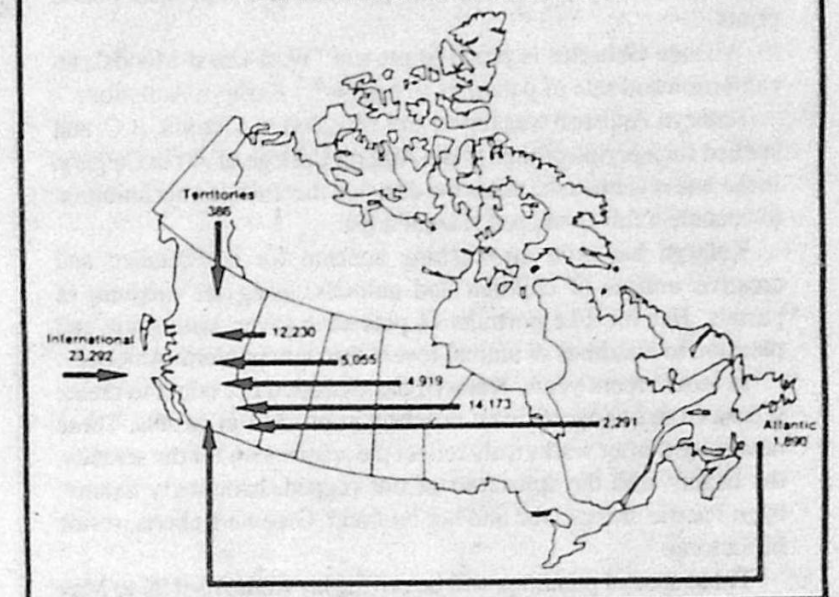
Signed \_\_\_\_\_

Date: \_\_\_\_\_

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

### Net Population Movement for British Columbia

Jan. 1, 1990 to Dec. 31, 1990  
Total Net Movement: 64,236 Persons



## The RAFWAFPE

by Harry Holmes

The test flying of captured German military aircraft began in May 1940 and by 1941 all of the useful information had been extracted from the early types. They were saved from the scrap heap by the proposal to form a special unit to exhibit them to operational units in the U.K., and to give ground and flying demonstrations for the benefit of ground crew, aircrew and airfield defence personnel.

Officially known as No.1426 Enemy Aircraft Flight, but referred to by the press as the Rafwaffe, the unit was formed at Duxford on 21 Nov 1941. It was commanded by Flt Lt R.F. Forbes, RAF, and attached to No.12 Group Fighter Command. This attachment was essential because the flying of captured enemy aircraft over the U.K. could only be prearranged under the aegis of Fighter Command.

The flight's first aircraft arrived on the 7 Dec 1941, a HE111H with the RAF serial AW177. This machine had been shot down over Scotland on the 9 Feb 1940 while operating with 26 Staffel of Kampfgeschwader 25. On the 11 Dec JU88A-5 HM509 arrived and BF109E-3 AE479 was handed over to the flight from the Air Fighting Development Unit also based at Duxford. This BF109 was the first enemy aircraft to be captured in WWII in France in late 1939.

During the winter of 1941/42 the EAC established itself sorting out the many problems of spares and maintenance on its aircraft. To overcome some of the problems of spares, the flight received two JU88s that were unfit to fly, AX919 and HX360.

On the 11 Feb 1942 the first tour or 'circus' of the unit took place when the NE111 and the JU88, with an escort of two Spitfires, flew around the airfields of Oakington, Upwood, Marlow, West Raynham, Mildenhall and

Swanton Morley before landing at Lakenheath. Other activities in 1942 included airborne photographs of the aircraft for the Ministry of Aircraft Production (MAP).

A new base for the flight at Collyweston on the 12 Mar 1943 was to remain as such for the rest of its existence. The circus visits to RAF airfields continued throughout 1943 and the flight received additional captured aircraft for repair and subsequent use. The first serious accident occurred on the 10 Mar 1943 when a circus of three aircraft comprising a BF109, JU88 and HE111 visited Polebrook. While landing there the JU88 and HE111 used the same runway from opposite ends and when the pilot of the HE111 saw the JU88 approaching him, he opened up and did a steep turn to port, stalled and spun in. Seven of the 11 on board were killed and the aircraft destroyed by fire when the fuel tanks exploded.

More aircraft were received in 1944. These included BF109 G-6 VX101, FW190 A-4 PE882, JU88 S-1 TS 472 and JU88 C-6 PJ876. On the 26 Sep Flt Lt Forbes was posted out and the following day Flt Lt E.R. Lewendon was appointed CO. His tenure was brief, however, for he was killed while flying in FW190 PE882 when it crashed near Collyweston on the 13 Oct. Flt Lt Gough assumed command on the 14 Oct but the usefulness of the Rafwaffe was coming to an end and on the 31 Jan 1945 No.1426(EAC) Flight was disbanded. The aircraft strength at that date was eleven aircraft. All the serviceable aircraft were transferred to the Central Flying Establishment at Tangmere, but in Nov 1945 they were taken to Sealand for museum storage.

Some of these aircraft can be found in various museums in the U.K.



# Leisure

## Art Scene

WILSDEN GALLERIES, located by the river in one of Courtenay's oldest buildings, is a fine arts gallery, specializing in original works of art. Three brightly lit, tastefully decorated rooms highlight the displays of paintings, sculpture and hand-pulled prints.

Wilsden Galleries is proud to present "West Coast Moods", an exhibition and sale of paintings in pastels by Kathryn Amisson. Kathryn Amisson was raised and educated in Victoria, B.C. and studied for a period of time at the Alberta College of Art in Calgary. In the late seventies she made the decision that fulfilled her ambition to become a full-time professional artist.

Kathryn has won far-reaching acclaim for her detailed and creative images of children and animals, using the medium of pastels. Her life-like portraits of pets have given lasting joy and pleasure to hundreds of animal lovers throughout North America.

In more recent years, Kathryn has extended her talent to create scenes from our West Coast beaches, in oil, and in pastels. These now sought-after works truly reflect the artist's love for the serenity, the beauty, and the splendour of our rugged, hauntingly natural, open Pacific shores. She and her husband, Graeme Roberts, reside in Victoria.

These special paintings will be on display from April 25 to May 14, 1991.

Location: 440 Anderton Ave., Courtenay (by the Fifth St. bridge).

Hours: Tues. to Sat. 10 a.m. to 5 p.m. or evenings by appointment.

Phone: 334-2286

## CANEX 10 YEAR AWARD



A 10 year service award was presented to Georgina Crawford, Food Services Supervisor, by Dale Sjerven, Regional Manager. Also pictured (L to R) PO Dave Morris, Assistant Canex Base Manager, MWO Dan Pettipas, Canex Base Manager. Georgina works in our #7 Hangar Snack Bar. Well done Georgina.



Best View...  
Best Place...  
Best Food...  
"Just for You"

OPEN 7 DAYS LUNCH & DINNER  
SEAFOOD SEAFOOD SEAFOOD

-Fresh Salmon "Neptune"  
-Filet of Halibut "Herb-Butter"  
-Fresh Oysters "Four Different Ways"  
-Prawn Sautee "Au Cognac"  
-Fresh Whole Prawns "Cajun"  
-Prawn and Scallop Bake  
-Sole Filets "West Coast"  
-Trio Seafood Creation  
-Pot of Whole Clams in Wine  
-Fresh Mussel "Alsace"  
-A Bowl of Seafood Chowder  
-Kalamari "Our Own"  
-Seafood Feast for Two  
-Dungeness Crab with New York Steak  
PLUS DAILY FRESH SHEET

**KINGFISHER**  
BEACH RESORT

New Owners: Lucas & Anne Marie Stiefvaler  
ROYSTON, B.C. 338-1323



Christine Mayer

Chicken wings are so good and this recipe from Pearle McCullough is sure worth trying. It is a simple one step procedure too.

### Shanghai Wing Dings

2 to 3 lbs chicken wings (tips taken off)  
1/3 cup water  
1/3 cup dark soya sauce  
2 tbs brown sugar  
1 tbs sherry, wine or ginger ale  
2 slices fresh ginger minced

#### Method:

Put all ingredients including chicken into good sized pot. (Not one that will stick or burn.) Bring everything to a boil, reduce heat and simmer covered for 20 mins. Remove lid and increase heat. Continue cooking for 15 mins. During this time, keep turning the wings. The sauce will thicken and coat each wing with a thick brown glaze. These are good served hot or cold.

### Beef Stroganoff

2 lbs sirloin cut into 3/4" cubes  
Flour  
4 tbs fat  
1 cup chopped onion  
2 cloves garlic minced

## Country Kitchen

## Wing Dings and other things

2 cups mushrooms (drained)  
2 cups sour cream  
1 - 10 oz can tomato soup  
1 6 oz can tomato paste  
2 tbsps Worcestershire sauce  
8 drops Tabasco  
1 tsp salt  
Dash of pepper  
2 - 8 oz pkgs noodles (cooked)  
Parmesan cheese

#### Method:

Dip meat in flour, brown in hot fat. Add onion, garlic, mushrooms. Combine sour cream, tomato soup, tomato paste, mushroom liquid and seasonings. Pour over meat. Simmer until tender. About 1 hour. Serve over hot noodles sprinkled with Parmesan cheese. This serves six and should be a nice company dish.

### "Light" Pineapple Smoothie

Marilyn Williams  
1 pkg (4 oz size) vanilla instant pudding  
1 can crushed or tidbit pineapple and juice  
1 cup plain low fat yogurt

#### Method:

Combine pudding mix and pineapple juice in bowl, mix well. Blend in yogurt. Serve with fruit if desired. Ready in 5 mins and

only 98 calories per serving. (Serves 6)

### Swiss Roll (Jelly Roll)

3/4 cup flour  
1/2 cup sugar  
1 tsp baking powder  
2 eggs  
Pinch of salt  
1 tbslp warm water  
1 1/2 to 2 cups raspberry or strawberry jam.

#### Method:

Seive flour, baking powder, salt, twice. Beat eggs well in mixing bowl. Add sugar and beat well with whisk beater for 5 mins. Then lightly stir in flour with slotted spoon. Fold gently until mixed. Add water, fold again. Grease cookie tin with oil or marg. Line pan with paper. (You may use cut up brown paper bag.) Have it an inch up at the outer edges. Spread mixture evenly. Bake 12 to 14 mins. in middle of hot oven (425°). Dampen dish towel. Sprinkle lightly with sugar. Cut off hard edges. Spread with warmed-up jam. Roll up in towel firmly. When cool dust with powdered sugar.

This cake is super. I had forgotten how good it is until I made it again last week!

## New Flea Market Can Help

In the first 3 weeks of operation, the Cumberland Flea Market has offered over 1000 people an opportunity to shop for a wide assortment of unique craft and hobby items as well as useful household items all displayed by Island vendors.

The purpose of the Flea Market is to provide an indoor facility for those who wish to display their craft and hobby items or second hand items. Since the Flea Market is open every Saturday and Sunday, year round, and draws hundreds of people each weekend, it can indeed be a worthwhile consideration for both vendors and shoppers alike.

The Cumberland Flea Market

also offers (1) - 6 ft. table to non profit organizations for fundraising purposes at no charge. So, if your club or group is looking for a place to hold a fundraising event and wants exposure to a large number of people, then the Flea Market can help your cause.

Why not include the Cumberland Flea Market in your next family outing? Local restaurants provide delicious meals from hearty breakfasts through to full course dinners. After a satisfying meal, you can enjoy some time browsing through the Flea Market and take advantage of the fine craft work and numerous bargains which are offered. While in Cumberland you may want to

take in the many other points of interest and visit the other local shops, all of which can make your day even better.

The Flea Market is expanding and has room for more vendors. Just about anything goes! So, whether you have something to sell or simply want to enjoy shopping for something unique and special, let the Cumberland Flea Market work for you. It is open every Saturday and Sunday, 9 a.m. to 3 p.m. at 2703 Dunsuir Ave. Don't forget to inquire about their Sunday special table rates.

For further information and reservations call Mike Strevett - res: 339-4843 - bus: 336-2744.

### 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 6671.

Military and Civilians Welcome.

### MR. SWEEPER (COURTENAY)

## VACUUMS

. New & Used Vacuums.  
Trendvac . Filter Queen .  
Panasonic .

. Built In Vacuum Systems .  
Dynavac Easy Flo . Ultra-Clean .  
We specialize in fast service to out of town customers.

MAIL ORDERS WELCOMED

MERV HARDER  
NANCY HARDER  
Tel: 338-1990

Next To SAAN  
2-2401 Cliffe Avenue  
Courtenay, B.C.  
V9N 2L5

LOCALLY OWNED & OPERATED

## National Book Festival



(L-R) Cumberland Mayor Bill Moncrief, Comox Valley National Book Festival Chairman Ken Simmons, Courtenay Alderman Darlene Weir, Comox Mayor George Piercy.

COMOX, April 12, 1991 -- In the British Columbia literary community, Susan Musgrave and Eileen Kernaghan rank as superstars. And Comox Valley book-lovers are looking forward to meeting them at two literary evenings Friday, April 26 and Saturday, April 27, during National Book Festival.

Musgrave, who lives down-Island near Sidney, is an award-winning poet and author, who has published a dozen books of poetry, three novels and a collection of essays and humor. She also pens a bi-weekly newspaper column that appears locally in the Vancouver Sun.

She will read a selection of her poetry on Friday, April 26 at 7:30 p.m., in the North Island College seminar room above Hale Optical at 463 Fifth Street.

Kernaghan is a Burnaby-based fantasy novelist whose trilogy set in bronze-age Europe won the Canadian Science Fiction and Fantasy Award. Her latest work is *Walking After Midnight*, a non-fiction book on reincarnation.

She will be the featured guest at a wine and cheese literary evening on Saturday, April 27 at 7:30 p.m., in the Senior Citizens lounge of the Sid Williams civic theatre.

Admission to both events is free. The readings are financially supported by grants from the Canada Council.

Local writer Ken Simmons, who chairs the group of volunteers organizing this year's National Book Festival program in the Comox Valley, is delighted that the group was able to line up Musgrave and Kernaghan as guest speakers.

"They are first-class writers and practised speakers, and they are both in great demand for these kinds of events during the festival. We were lucky to have asked them first."

Besides the two literary evenings, the Comox Valley is marking National Book Festival with a week-long radio quiz at 10:30 a.m., Monday, April 22 to Friday, April 26 on Coast Radio, and the Friends of the Library are mounting a used book sale Friday and Saturday, April 19 and 20 at the Comox Mall.

The NBF committee has also sponsored short-story and essay contests for adults and children in recent weeks, and the contest winners will be announced during festival week.



Poet Musgrave and Fantasy Novelist Kernaghan Star Attractions at Comox Valley National Book Festival Events, April 21-27

## Tri-City Boot Repair & Sales

(formerly COMOX SHOE REPAIR)  
1836 Comox Avenue  
(Across from Legion)  
Tuesday to Saturday—9:00-5:30

TOP QUALITY  
SHOE AND LEATHER REPAIRS



# On and off base

## Legion LA Annual Convention

### here May 4-7

The Ladies Auxiliary of the Royal Canadian Legion in BC will celebrate the 50th Convention of the Pacific Command in the Comox Valley May 4-7th, 1991. About 850 delegates will attend the convention and renew long time friendships.

The Legion Auxiliary has a very important role in supporting Legion programs to assist veterans and this convention will provide an opportunity for the Auxiliary's members to renew this commitment to service and to develop new ideas and projects.

The theme for this convention is "Carrying on the Tradition". Comox Legion Br 160 is very pleased to have several families with grandmother, daughter, granddaughter members and aunts, sisters and in-laws in their membership.

Early Saturday evening the Legion Ladies will parade to the Cenotaph in Lewis Park for the Service of Remembrance and the laying of a wreath by Ladies Auxiliary Provincial President Sheila Gauvin from Penicton. The ladies will then proceed to the Filberg Centre for the commencement of the opening ceremonies.

Platform guests for the opening ceremonies will include provincial president C. Murphy who will officially open the convention. Also present will be Larry Harrison, Provincial Secretary, Comox Mayor Piercy, Cumberland Mayor Moncrief, Courtenay Mayor Webber, MLA Stan Hagen, MP B. Skelly, Commanding Officer of CFB Comox, Col McGee, North Central Island Zone Commander L. Lohnes, North Central Island Ladies Auxiliary Zone Commander R. Perrier, President of Alberta and NWT Ladies Auxiliary Command Mrs. A. Bayrak, President Saskatchewan Ladies Auxiliary Command Mrs. E. Cook, President De Fredrickson of Comox Br. 160 Ladies Auxiliary and Convention Chairman Lonnie Anderson of Br. 160 Ladies Auxiliary, Comox.

We are very pleased to announce that at the opening ceremonies the drama class of Courtenay Junior, under the direction of Mr. Wayne Parratt, will present a very special performance of remembrance entitled "Thanks".

Sunday morning sessions will begin with reports from provincial Officers and proceed from there with reports from the table officers and zone commanders.

Monday sessions include more reports, and resolutions and workshops will be conducted for the benefit of delegates, official and fraternal. A banquet is planned for Monday evening and the entertainment will be 'homegrown' Kenny Shaw.

Tuesday morning elections will be held for the 91-93 term. Officers to be elected include President, 1st Vice President, 2nd Vice President, Honorary Treasurer and Chairman for convention. At the conclusion of elections, the installation takes place, followed by comments by the 1991-93 officers.

Warm friendships have been made and old ones renewed, knowledge of Legion has been acquired, fun has been had by all, and plans are made for another convention in two years.

A motion to adjourn is adopted and the closing ceremonies begin, and, holding their Legion flags, the ladies will proudly march to their places for the service and another convention comes to a close.

June 2-5th will be the date of the Royal Canadian Legion Pacific Command Branch Convention which will be held in Abbotsford, BC. Comox Br. 160 is very pleased to have approximately 12 delegates attending. North Central Vancouver Island Zone Commander Mr. L. Lohnes of Br. 160 Comox will be running for executive officer with Command at that time. The Ladies Auxiliary wish the Branch almost successful convention and for continued success with their worthwhile endeavours of the future.

For more information, please contact:

Lynne Marinus 339-5725  
Lonnie Anderson 339-0653  
De Dredrickson 338-8204

## B.C. Bestsellers

Week Ending: April 14, 1991  
Produced: April 16, 1991  
(Brackets) represent last week's position

### FICTION

- (1) Druid of Shannara.....Brooks
- (2) Heartbeat.....Steel
- (3) Lives of The Saints.....Ricci
- (4) (-) Seeress of Kell.....Eddings
- (5) (-) Possession.....Byatt
- (6) Disappearing Moon Cafe.....Lee
- (7) The Secret Pilgrim.....Le Carre
- (8) The Plains of Passage.....Auel
- (9) (-) Quincunx.....Palliser
- (10) (-) The Difference Engine.....Gibson & Sterling

### NON-FICTION

- (1) Lighthearted Everyday Cooking.....Lindsay
- (2) Iron John: A Book About Men.....Bly
- (3) Breach of Promise.....Leslie
- (4) Homecoming.....Bradshaw
- (5) Bradshaw On Family.....Bradshaw
- (6) The Wealthy Barber.....Chilton
- (7) (-) Fire in the Belly.....Keen
- (8) From Beirut to Jerusalem.....Friedman
- (9) (-) Dance of Intimacy.....Lerner
- (10) (-) Riders on the Storm.....Densmore

**ST. PETER'S**  
Anglican/Episcopal  
Church

218 CHURCH ST., COMOX

**HOLY EUCHARIST**

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

Fr. John Paetkau - 339-2925

JESUS IS LORD

# PARKSIDE

## Home and Office Furniture

• 7000 sq. ft. • Fresh Stock Twice Weekly • No Junk  
• Upholstery Cleaned • Free Saturday Delivery

**COURTENAY'S BEST USED & NEW**  
239A Puntledge Road, Courtenay  
(Across from Comox Valley Ford)

**334-4448**



# Health & fitness



## ASK YOUR PHARMACIST

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

### How To Use Stress To Your Advantage

Nature equipped our bodies to cope with stress, a blessing in this ever-faster moving world. Being under pressure from time to time can be good for us, forcing our heart to beat faster and raising blood pressure to get us ready for "fight or flight".

In this situation we can become more alert, productive, efficient and successful if we control the severity and duration of these peaks. If we can't and it seems the stress never ends, then our bodies might just begin to break down under the pressure. Headaches and ulcers are just two of the possible consequences of staying too long in the fast lane.

Most people welcome the lift the occasional stressful period can give. A person's mental makeup and conditioning determine whether stress improves or detracts from their performance. For example, if you're happy in what you do, even long hours of very hard effort will have no ill effects. On the other hand, a person who hasn't learned to use leisure time constructively may become ill just from sitting and brooding.

Other mental factors which can lead to stress are an inability to accept change, allowing yourself to be bored and not doing anything about it, always putting things off until the last minute and trying to achieve unrealistic goals.

If dealing with stress becomes so unbearable it leads to depression or physical problems, consult your doctor. He or she will carefully seek out the cause of your problem and prescribe the right treatment.

Your pharmacist can discuss the use of medications available to control the harmful effects of stress. These can speed recovery while the necessary personal adjustments are made to prevent a recurrence.

### Don't Try Walking Off A Sprain

With the season for outdoor sports and activities approaching, we can expect to see an increase in slips, falls and other mishaps which can lead to painful and inconvenient sprains.

Even if many of us try to function in spite of them, sprains can lead to chronic weakness of a joint or even permanent reduction of mobility if not treated properly.

Sprains are a partial stretching or tearing of a ligament anywhere in the body. Ankles and wrists are the most likely joints to be affected, but it's also possible to sprain a toe, knee, shoulder or even a rib.

"Whiplash" is a strain of the neck ligaments and the most common type of back strain is caused by lifting heavy objects improperly.

Sprains, for the most part are preventable. It's easy, for example, to be aware of and avoid the hazards of sports such as snow or water skiing, women's shoes which are fashionable but provide little support, and dimly lit or toy-littered stairs at home. Elderly persons should take special care when faced with gravel or sand-covered sidewalks and roads during the spring.

If you do receive a sprain, get prompt medical attention and follow your doctor's advice about treatment and rest. Your pharmacist can help if you have any questions about medication your doctor may prescribe.

Even though a strain isn't as bad as a broken bone, you should treat it the same way. Make sure the injured ligament is given enough time to heal. As long as a ligament hurts it shouldn't be forced to bear its normal load. If you try to come back too soon from a sprain, it could turn into a chronically painful condition.



## VISIT THE COMOX AIR FORCE MUSEUM THIS SUMMER

Starting May 1 Doors Will Be Open Daily  
From 10 am to 4 pm

The Comox Air Force Museum's newest display, depicts one attempt of war on the North American Continent by the Japanese Empire. Balloons carrying explosive and incendiary bombs, were released into the jet stream to fly by the prevailing winds towards the U.S.A. and Canada. Come and see the display and read the story.

There is a gift shop with a good selection of ball caps, sweaters, posters, pins, and military memorabilia. There is no admission fee, donations are always welcome. Please enjoy some time with us.

## info health

Dr. Bob Young



### Headaches

How do you handle a symptom that is extremely common, almost always of little or no consequence, but sometimes debilitating and occasionally a sign of severe, even fatal, disease?

Such is the problem with headache, a complaint a doctor may have to deal with several times a day. Is it due to tension, injury, a hangover, bad teeth, sinusitis, a stroke, a brain tumour?

Each doctor will approach this dilemma in their own manner, using techniques they have been taught or have learned. And even ordinary, non-threatening headaches require treatment.

Many headaches are primary types—the migraines, tension, and cluster (occur in clusters, with long pain-free periods) varieties, and the neuralgias, due to nerve

irritation. Careful questioning will usually sort these out.

The patient with a long history of headaches is less of a worry for the doctor—usually these are of the primary type. But the "cry wolf" phenomenon is always lurking.

Dental, sinus, ear, and similar sources of headaches are easily identified, and eye problems (including eyestrain) rarely cause headache, in spite of the common contrary belief.

That leaves the others. The physician looks for recent injury. Internal bleeding may occur a month or two later. Neurological examination may provide clues that suggest that a stroke has occurred or that cancer is present. Meningitis and encephalitis have their own signs—and obviously treatment of these infections is far

different than that required for a stroke or cancer.

The last few years have produced tremendous advances in the diagnosis of serious headaches. The development of CT scanners and magnetic resonance imagers have reduced the need to use invasive techniques such as lumbar puncture, sometimes dangerous. Even so, the newer techniques may not provide all the answers, and the more primitive diagnostic tools still have value.

The old rule that intelligent (and effective) treatment depends on accurate diagnosis certainly applies in the case of headache. The responsibility of the doctor is high—the significant headaches must be culled from the ordinary, without wasting dollars investigating everyone.

### Losing a Patient

I guess that every business and professional person goes through an occasional bad period. We probably all do, for that matter. The opening two months of this year have not been kind to my practice.

Fifteen patients have died, a very high number. On two occasions a patient died every day three days in a row. I was almost afraid to answer the phone.

No one was lost on the operating table or in childbirth. None was killed in an accident of any kind. There were no premature babies or stillbirths in the group—in fact the youngest patient was 57 years old. And I did not contribute to the demise of any of them through unwise prescribing—one does analyse recent treatment when a patient is lost.

The bad patch seems to have been purely coincidental. The heart patient's cardiac function failed after faltering for several years following his multiple bypass surgery. Four cancer patients, two of whom had battled their disease for a year or more, two who died within weeks of their diagnoses (and inoperability) being established.

The majority of the deaths were elderly men and women, several of them long-term residents in nursing homes. Most of these losses were in the "it's really a blessing" category in the eyes of surviving family members. Many of these people had not recognized me or members of their families for several years.

But I remembered them. They all had distinct personalities and had become good friends during

the years I had had the privilege of providing their care. In most cases their spouses or children are in the practice, and memories can be shared.

Doctors, of course, see more deaths than most people. This does not mean we are immune. We still run the gamut of emotions when we lose a patient—but we train ourselves not to dwell on them. Most deaths, nowadays, are not the result of failure of medical science. We are all mortal, and when the time comes even the best of care may not be enough.

The practice? It will survive the recent losses. New patients will replace the old. And I certainly can't advertise that "because of a large number of recent deaths Dr Young is now accepting new patients," can I?

## Padre Bob

### NO EXCUSES TODAY

Padre Bob says: "Don't forget! This Sunday, 28 April, is 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.

The following Sunday, 5 May, we will hold our Battle of the Atlantic Commemorative Service. Members of the Royal Canadian Sea Cadet Corps, Port Augusta will be in attendance to assist in our commemoration. See you in Chapel

# On and off base



Emergency Preparedness  
Week April 22-27, 1991

## How much do you know about emergency preparedness?

### The Get Ready B.C. Test

1. the letters PEP stand for:
  - a. Primary Electoral Procedures;
  - b. Provincial Emergency Program;
  - c. Pretty Excitable People.
2. The last time an earthquake registered over 7 on the Richter Scale in B.C. was:
  - a. March 13, 1952;
  - b. January 4, 1973;
  - c. June 24, 1970.
3. In 1990, the total cost of compensation for flood damages in B.C. was:
  - a. \$12,000,000;
  - b. \$5,500,000;
  - c. \$2,000,000.
4. Who is responsible for Emergency Preparedness?
  - a. government;
  - b. private industry;
  - c. individuals;
  - d. neighborhoods;
  - e. all of the above.
5. When people are forced from their homes by a disaster, where do they go for assistance?
  - a. the nearest DND base;
  - b. the local Emergency Reception Centre;
  - c. the local police station.
6. Who can declare a Provincial State of Emergency in B.C.?
  - a. the Lieutenant Governor in Council;
  - b. the Director of the Provincial Emergency Program;
  - c. the Solicitor General.
7. What are Emergency Social Services?
  - a. a no-wait dating service;
  - b. welfare payments to people with unexpected needs;
  - c. feeding, clothing, lodging, registration & inquiry, and personal services to persons during disasters.
8. In B.C., most planning for Emergency Social Services is done by:
  - a. volunteers;
  - b. provincial employees;
  - c. DND.
9. The largest evacuation in a Canadian disaster was:
  - a. the Mississauga train crash (1979);
  - b. the Manitoba forest fire evacuation (1989);
  - c. the St. Basil le Grande PBC fire (1989)
10. An Emergency Operations Centre is:
  - a. the location from which all disaster response activities are directed and coordinated;
  - b. an advanced surgical treatment unit;
  - c. a new series on CBC television day-time programming.

### Are you prepared?

1. Do you know where your local Emergency Reception Centre is located?
2. Do your children know where to go if you are unable to return home in a disaster?
3. Do you have at least 72 hours of drinking water stored in a safe location?
4. Is your water heater strapped to a wall or support beam?
5. Does every member of your family know where to turn off the water, gas, and electricity feeds to your house?
6. In a sudden power outage, could you quickly locate a flashlight and battery powered radio?
7. Do you carry basic survival gear in your car?
8. Have you held an earthquake drill (duck and cover) in your home within the past 6 months?
9. Have you done a hazard analysis of your workplace within the past 6 months?
10. Do you know what contingency plans your children's school has developed for their protection in disasters?
11. If a disaster struck in your neighborhood, have you determined how you will signal to rescuers whether or not you require assistance?
12. Do you have means to prepare meals if the power is out for an extended period of time?
13. Do you have a fully stocked first aid kit at home?

### Answers to the Get Ready BC test:

1. (b) Provincial Emergency Program. The Provincial Emergency Program, or PEP, is a division of the Ministry of Solicitor General responsible for planning and coordinating the province's disaster response activities. PEP also actively assists municipalities in preparing their own disaster response plans.

2. (c) June 24, 1970, in the Queen Charlotte Islands. Any earthquake registering over 7 on the Richter Scale can cause serious damage to buildings, roads, and people. If this quake had occurred in a densely populated area such as Vancouver, there would have been a large number of injuries and losses.

3. (b) \$5.5 million. The unusual combination of rains, snows, and thaws last year caused serious flooding in many parts of the province. These estimated damage claims cover only private property and do not include damages to bridges, roads, and industrial sites. Every claim for damage to private property reflects a family which has experienced painful personal losses.

4. (e) "Sharing the Responsibility" is the motto of Emergency Preparedness Week. We are all responsible to plan for the safety of ourselves, our loved ones, and our community. Why not volunteer to assist your local Emergency Social Services committee?

5. (b) Your local Emergency Social Services planners will have designated buildings to be used as reception centres. These are usually schools, recreation centres, or other public buildings suitable for accommodating large numbers of people while their requirements for shelter, feeding, clothing, and support are being assessed and met.

6. (a) Under the Provincial Emergency Program Act the Lieutenant Governor in Council, acting upon instruction of the Provincial Cabinet, is the only person able to declare a State of Provincial Emergency. This would be declared in a major disaster requiring a general mobilization of government support



port to assist municipal authorities in responding.

7. (c) Emergency Social Services, or ESS are the services necessary to preserve the health and well-being of victims and response workers in a disaster. In B.C., these are planned and operated primarily at the local level. In a major disaster, the Ministry of Social Services and Housing is responsible for these services in support of local planners.

8. (a) Emergency Social Services is, at its most basic, neighbour helping neighbour. To be effective, planning and operating primarily at the local level. In a major disaster, the Ministry of Social Services and Housing is responsible for these services in support of local planners.

9. (a) Over 240,000 residents had to leave their homes in Mississauga, Ont. when a freight train loaded with a variety of dangerous chemicals derailed and caught fire. In 1989 23,000 residents of small towns and villages in Northern Manitoba were evacuated to Winnipeg and other cities in the south when smoke from forest fires threatened their

health. Handling these large numbers of people, many of whom had never been in a large city before, was greatly facilitated by the planning that had gone on before the evacuation. Two thousand people were evacuated from their homes when smoke and fallout from the burning PCB storage warehouse covered their neighbourhoods.

10. (a) During a disaster, managers of all responding services such as police, city engineer, fire, ambulance services, and emergency social services work out of the same location to ensure their services support the other services and make the best use of resources to deal with the most pressing needs. This location, called the Emergency Operations Centre, is equipped with communications equipment and other supplies necessary to support these managers while they direct the disaster response.

Are You Prepared: if you answered "no" to any of these questions, now is the time to act. DISASTERS HAPPEN! Don't wait until it is too late!

SEE YOU AT THE  
**LEEWARD!**

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

**THE LEEWARD NEIGHBORHOOD PUB & BREWERY**

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

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

649 ANDERTON RD., COMOX 339-5400

## Catholic Women's League

The regular monthly meeting of the Catholic Women's League was held on 11 Apr 91 following Mass in the Base Chapel. Elections were held for the 91-92 Executive. Claudette Leblanc will once again serve as president for a second year. Bonnie Gillis remains as our president elect and Diane Plamondon is our new

vice president. Our new treasurer is Sue Englund and a secretary is yet to be confirmed. The following people will serve as convenors: Pat Dupuis; Connie Lamouche; Mary Ann Stagg; and Claudette Kingston. Following the meeting and elections, our president, Claudette Leblanc, surprised us with a wonderful

chocolate fondue (with all the calories removed of course).

The Thrift Shop has unfortunately been closed and we would like to thank all our former customers and everyone involved for their help and support.

Our Easter visit was made to Laurel Lodge on 25 Mar and each resident was given a special bas-

ket full of Easter goodies. Our next visit is at 7 p.m. on 22 Apr. The next meeting will be held on 9 May following 7 p.m. Mass.

For more information please contact our president, Claudette Leblanc at 339-3004.



# 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.

## 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.

## Jake's Sport Spot

For you new and old coaches out there that coach fast pitch, there are some rule changes - important ones too - contact your friendly neighborhood PERI staff for more info.

## 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.

## Ball Diamond Bookings

The Base softball diamonds are not first come, first serve. They must be booked. Please forward a memo to the BPERO requesting the facility.

## Parents & Tots

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

## Wallace Gardens 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.

## Close-Out

409 TAC (F) Sqn will conduct close-out ceremonies 21-25 Jun 91. All former members are invited to attend these festivities. Please contact event OPI, Maj B. Degagne, Tel No. (work) 011-49-7229-678167, (home) 011-49-7229-678167, (FAX) 011-49-7229-678836. "Media nox merides noster".

## 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.

## Intersection Softball Meeting

There will be an Intersection Softball/Slow Pitch meeting on 29 Apr 91 at the Base Gym Conference Room at 1000 hrs.

Sections wishing to enter the league must attend as this is the final meeting prior to league commencement in mid May. Further information can be obtained by contacting League President Cpl Brown, loc 8505 or MCpl Rothermund, loc 8315.

## Bowling

The Base bowling alley will be closed for the summer from 28 Apr until 15 Sept 91.

The league bowling has been completed and the bowling banquet will be held in the SNR NCOs mess on 26 Apr. starting at 1900 hrs.

## Accident/Injury Reports Sports Related

All CF 98/CF663 are to be staffed through the BPERO for his comments and documentation.

## Pacific Region Ball Hockey Championship 05-10 May 91

This Base will host subject tournament as per above dates. Approximately 120 competitors from CFB Chilliwack, CFB Esquimalt, Fleet, 3 PPCLI Esquimalt, CFS Aldergrove, Vancouver Detachment and CFB Comox will participate.

## Comox Air Traffic Control Twelfth Annual Golf Tournament 29-30 Apr 91

Comox ATC is once again hosting the 12th Annual ATC Golf Tournament. On 29-30 Apr approximately 70 ATC personnel from Vancouver ACC, Campbell River Flight Services, Victoria, and Abbotsford Tower plus military Air Traffic Controllers from across Canada will participate.

Tournament coordinator and OPI is Lt Nick Van Berkel, local 8115.

## CANEX

## NOTICE TO CANEX CUSTOMERS

We recently opened our Administration & Customer Service Areas, which are located at the back end of the Retail Store in the Canex Mall. Also located in this area is the Assistant Base Manager, PO Morris and Base Manager MWO Petitpas.

Our Customer Service is open Monday to Friday from 1000 - 1700 hours.



## 888 (KOMOX) WING RCAFA

## CALENDAR OF EVENTS MAY 1991

REMINDER - 12th Annual CHARTER BALL - Apr 27

WED 01 - GENERAL MEETING. 8 p.m. Please attend this important meeting. The new Wing home to be discussed. Guests welcome.

SAT 04 - "BINGO" \* "BINGO" \* "BINGO" -- Members and Guests. 8 p.m. Last bingo until fall. Jackpot must go. THUR 09 - AFIS - HERITAGE NIGHT. Come out and meet the NEW BLUE. 7 p.m.

SAT 11 - PRIVATE PARTY. 6 p.m. Members are asked not to use the Wing after 6 p.m.

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.



## Forest Wildfires: Beware & Prepare

Fire Season Starts April 15th

Contact your local British Columbia Forest Service District Office for information on fire safety for forest homes and burning permit requirements.

Help fight wildfires by calling the operator and asking for our toll-free fire reporting number, Zenith 5555.

Let's all work together to protect our forests from wildfire.



Ministry of Forests  
Honourable Claude Richmond, Minister

BLANKET CLASSIFIED ADS  
An advertising "Best Buy"

# Recreation

## Summer School

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

Date: August 11-24, 1991  
Place: Canadian International College  
North Vancouver

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

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

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

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

For a descriptive brochure/application, please write:

WEST COAST WOMEN  
AND WORDS  
#210-640 West Broadway  
Vancouver, B.C.  
V5Z 1G4  
Phone: (604)872-8014  
Application deadline:  
May 10, 1991.

## Pac Region Squash Championships

The Pac Region Squash Championships were held at CFB Chilliwack from 22-26 Mar 91. Representing CFB Comox were Cpl Bruce MacEachern, Lt Harold McKay, M/S Mike Priestly and MCpl Deena Murray. In team competition Comox placed third behind CFB Esquimalt and CFB Chilliwack, with a record of 8 wins and 6 losses. (Our record and placing may have been better if we had a full team - junior and senior vets, dust off those raquets for next year.)

Bruce MacEachern earned a split in the first division, almost upsetting the two top seeds. Bruce entered the elimination portion of the championships as the number three seed. Unfortunately, he was eliminated in the quarter finals in a very close and exciting match.

Deena Murray, far and away the most vocal and entertaining player at the championships, finished second in the ladies round robin, and took second place in the women's elimination

round. Congratulations Deena. A tip for those of you who may have the opportunity to watch and 'hear' Deena play squash. "Oh S#\*+!" means I missed the ball, and "Oh D\*^#!" means I used bad tactics!

Harold McKay, Comox's number two seed, finished the round robin with a record of 3-1. However, he too was eliminated in the quarter finals of the men's open elimination round.

Mike Priestly, Comox's number three men's open rep finished the round robin with a record of 1 win and 2 losses. Unfortunately, Mike never got his game on track and made an early exit from the elimination round in the first round.

All in all, it was a good showing for CFB Comox. The squash was entertaining and competitive. Congratulations to Deena, Bruce, Harold and Mike for representing CFB Comox at the Pac Region Championships.

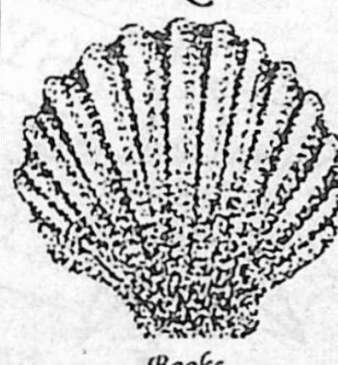
## Canadian Crossword

By Rick McConnell

Solution on page 21

<b>ACROSS</b>	37. Avenue	master	train
1. Yuccas	38. Global	goal	26. T.V. fare
6. Possesses	41. Afghani	cent	28. Freeze
9. Turf	43. Start for	corn or	30. Gopher
12. Worship	verse	media	Dawn
13. In the	44. Trailer	name	32. Another
manner of	45. Come	again?	giant
14. For	47. Lordly	media	33. Catch rays
15. Town on	49. Pale	giant	34. Star wars
L. St. Peter	52. Even,	in poetry	letters
16. Media	53. Compass	pt.	36. Tore into
giant	54. Military	grp. in S.	38. English
Hunter	55. Non-urban	address	father
18. Sub	56. Marry	57. Battle-	39. Anaes-
content	Cat's	24. Van. Is.	thetic
20. Involved in			40. Point in
21. Make lace			N.S.
23. Holy abbr.			42. Tether
24. Come in			45. It's Wild
25. Mound			in Alta.
stats.			46. "___
27. Take			speak"
29. Dark cont-			48. Stitch
inent			50. US green
31. Shields			watchdog
35. "... head			51. Negative
"			prefix

## The Bookshelf



Books

For All Ages...

Pat Bolen

Proprietor

Debi Williams

Manager

10% off for mil pers - show ID  
get your Totem Times here

2751 Cliffe Ave.,

Driftwood Mall,

Courtenay, B.C. V9N 2L8

604-338-5943

## THIS IS ONE TEST YOU WON'T WANT TO BLOW



A roadside screening device could be in the hands of any police officer, any time, anywhere in the province.

## Teen Club News

### "The Zoo"

Our teen club is well under way now, our first job was naming the club the "The Zoo". On Friday, 19 Apr 91, our executive committee was elected. Our first committee members are: President, Frankie Sabiston; 1st Vice, Krista Pettipas; 2nd Vice, Tanya Archambault; Secretary, Danny Cook; and, Treasurer, Ryan Gustafson. Congratulations to all our first executive members.

For those interested in our teen club, our next meeting will be 26 Apr 91 at 7:00 p.m. For more information contact:  
Fran 339-5716  
Debbie 339-7763  
Rose 339-2644

### Attention

### Jr Ranks

### Ladies

A Meeting will be held tonight at 7 p.m. in the Totem Inn Lounge. Come out and hear what the new executive has planned for the future.

## Catch the Buys

### PMQs Sale

The Annual Wallace Gardens PMQ Yard Sale is scheduled for Saturday 11 May 91. Start time 0900 hrs to whenever. Residents, now is the time to sell those valuable items, so pull out your tables! Fill them up!

No Early Birds, please.

## BCYCNA

BRITISH COLUMBIA AND YUKON COMMUNITY NEWSPAPERS ASSOCIATION

### AUCTIONS

Okanagan Exotic Animal and Bird Auction. Saturday May 4, 1991, 10 A.M., Armstrong, B.C. Miniature horses, donkeys, cattle, sheep, goats, pigs... much more. Ron and Doug Peace, 498-2447, 498-2128.

ADVANCE NOTICE - Bud Haynes Public Consignment Spring Gun Auction, May 13 & 14, 7 P.M., Red Deer, Alberta. Single guns or collections welcome. Phone (403)347-5855, (403)347-7301, fax (403)347-7633.

### AUTOMOTIVE

INCREASE MILEAGE up to 200% with tested, proven and guaranteed kits. Free catalogue. Energy News, PW501, Box 23, Cherry Grove, AB, T0A 0T0.

### BUILDING SUPPLIES

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

### BUSINESS OPPORTUNITIES

BEAVER FEVER? CHLO-RINE? DIOXIN? Canadian product - Removes Bacteria, Giardia (Beaver Fever), Chlorine, Organic and Inorganic Contaminants. Provides refreshing, sparkling pure drinking water. Wholesale - retail. Write - #106 - 1450 Johnston Rd., White Rock, B.C., V4B 5E9. Phone 530-4818.

THIS IS NOT MULTI LEVEL MARKETING!!! If you would like to own your own business we offer protected territories. Proven products. A training and support program second to none. No franchise fees, no royalties. Investments secured by inventory investments from \$2,000. All territories sold on a first come first serve basis. Act today before you miss out!!! Call (604)493-1895.

## 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

### AUCTIONS

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

You can become involved in the lucrative Sundek Water-proofing Industry. Excellent income potential as either full or part-time career. \$6,000 dealership package. Gets you everything you need to get started. We are Canada's largest vinyl decking supplier. (604)860-1200, Mr. Chaisson.

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.

PART/FULL TIME "MAIL-ORDER" Business Opportunity. Earn \$2,000 or more weekly! Easy, pleasant Home-Work. (Postage Appreciated). Write: M.W. Enterprises, 275 Darby, B-687-AC, Massey, Ontario, P0P 1P0.

75% COMMISSION. 60 Day double money back guarantee. International 4 level MLM Program. It's real - don't miss it. For Free info pack call 1(807)475-5227.

"GOLD BOOM NORTH-WEST B.C." Invest for 1991 drill season. Call collect 6 A.M. - 3 P.M. Full service. Broker, Barry Warden, McDermid St. Lawrence, (604)654-1139. Serious inquiries only.

### BUSINESS OPPORTUNITIES

GALIANO ISLAND. Get away from it all and run a "B & B" on lovely Galiano Island. Quality like new. Fully furnished home and guest cottage. Semi-waterfront with view of Whaler Bay. Dock for moorage and close to village and ferries. Summer bookings in place. Call Jill at 539-2250 for private viewing. NRS Galiano Island Realty Ltd.

CRAFTS! Turn yours into a home based business. Report reveals how! Send 40 cent stamp to: K.C. Gab Enterprises, Box 1296-BC1, Chemainus, B.C., V0R 1K0.

100 MILLION PAIR SOLD every week! 120 Million ladies will go crazy over our patented new sheer "never run" pantyhose. (As seen on National T.V.). "Awesome" 10 - level pay plan! No competition. No cost to join. No large monthly quotas. Join the #1 MLM support team in North America. Call our 24 hour hotline. 1-800-288-2968.

Be your own boss in the Okanagan. Furniture Repair/Refinish. Steady Clients. Expand as much as you wish. With or without truck and equipment. 494-0390.

### BUSINESS PERSONALS

BRITISH COLUMBIA ASSOCIATION OF CLINICAL COUNSELLORS. Registration under the Grandfather Clause allowing for the possibility of Bachelor's degree entry expires July 1, 1991. For more information concerning your eligibility call (604)595-4448.

### CAREERS

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

### EQUIPMENT & MACHINERY

LAKO single grip harvester/processor on fully guarded linkbelt LS2800, \$149,000. 1989 F350 crewcab, 4 WDR, \$14,000. 10X20 insulated trailer - fridge, stove, heater \$2,500. Martin (604)888-6963.

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

Golfcar Inventory Blowout. \$750 used inventory clubcars: Yamahas, E-Z GO, 5, Gas/ Electric base from 600 - 4,000. Call for details (604)248-8111, (604)888-5562, (403)328-6688. F.O.B. our locations.

### HELP WANTED

Heavy Duty Mechanic/Shop Foreman with valid B.C. Inspection Certificate required immediately for Truck Shop in Revelstoke, B.C. Salary negotiable. Phone (604)837-4810. After 5 p.m. (604)837-2546 or (604)837 6625.

### PROPERTIES TO BE SOLD

For unpaid taxes. Crown Land availability. For information on both write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa, Ont., K2C 3J1.

### SERVICES

MAJOR ICBC and Injury claims. Joel A. Wener trial lawyer for 22 years. Call collect: (604)736-5500. Contingency fees available. Injured in B.C. only.

### TRAVEL

LAELIA'S EGYPT FANTASY. A SPECIAL MARLIN TRAVEL ADVENTURE. Travel with Laelia and Egyptian colleagues. First class, fascinating, historical tour throughout Egypt. Reservations for this unique tour: Laelia; (604)576-8178.

### NEW & EXCITING OPPORTUNITY

Earn in excess of \$1,000/week. Call (604)737-5811, Extension 'H'.



# On and off base



**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, LR, FR, DR, entertainment room laundry, games, large work rm, MBR with ensuite, large deck and patio. Price \$123,900. Phone (902)765-8587.

## CANEX SERVICE STATION

**COUPON AND DISCOUNT POLICY**  
WE NOW ACCEPT ALL VALID  
COMPETITORS COUPONS AT \$1.50 OR  
FACE VALUE, WHICHEVER IS GREATER.  
PLUS WE ALSO GIVE YOU A 1.5 CENT LITRE  
CASH DISCOUNT PLUS A FREE COFFEE  
BETWEEN 0700-0900 HRS.

## RECYCLE THIS NEWSPAPER TOTEM TIMES



### Cyclists - Walkers - Joggers

Come to the 5th annual Diabetes  
Bike-a-Thon-Plus.

Date - June 2nd. Place - Comox Rec. Centre. Time -  
10 a.m. to 4 p.m.

Register at the Comox Mall Fridays May 10th and 17th and  
on  
Saturdays May 11th and May 18th, in order to get proper  
T-Shirt size and Pledge Forms.

\*Entry Fee of \$10.00 includes T-Shirt\*

Win a new Bush Pilot Mountain Bike for most  
money pledged!

Loads of other prizes including fishing charters,  
holiday for two at Yellow Point Lodge, dinners for  
two, and bike equipment.

This is not a race but a fund raising event to help find the  
Cure for Diabetes which affects 5% of the population in all  
groups.

Join the Fun! Prizes, Snacks, Exercise and Entertainment  
for the whole family to enjoy.

Your support will be greatly appreciated by the Comox  
Valley Branch of the Canadian Diabetes Association.

There are Two Routes to choose from  
- short 2 km. - long 15 km.

\*See You There on Sunday, June 2, 1991!

Contact - Cathie Robinson 339-5878

or

Todd Shirley 334-1976  
for information.

The Fosters - presentations from 442



LCol Clouthier, Commanding Officer, 442 Squadron, Comox, at  
right, at Comox Legion Honours & Awards Dinner on 13 April 1991.  
He is making a presentation of a plaque to Jon Foster on behalf of  
Jon's mother at left, Jo-Ann Foster, widow of former 442 Sqn member,  
Capt George Gary Foster. Capt Foster lost his life while on  
detachment in the Middle East in 1974. Jon Foster is an Associate  
Member of Comox Legion Br.160.

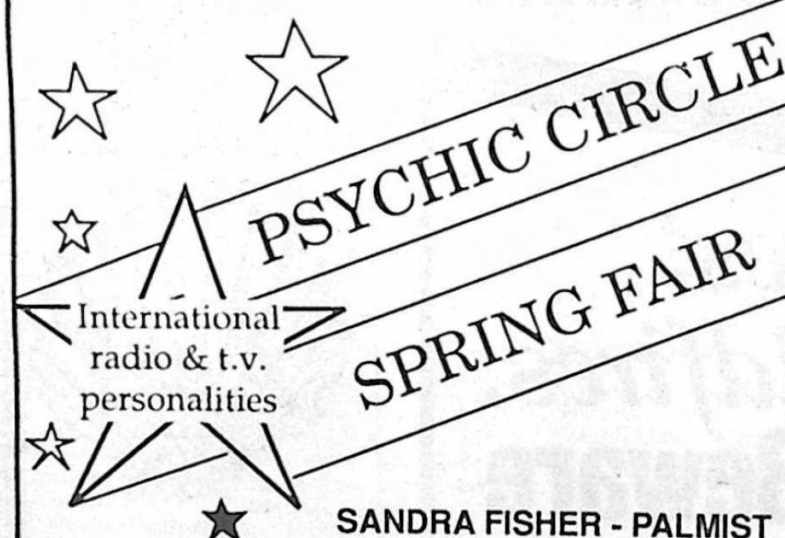
### Comox Valley Ukrainian Social Club

Centennial  
Dinner & Dance  
Ukrainian Food  
music by Westwind

Saturday, May 4, 1991 -

- at Courtenay Legion - everyone welcome. \$12.50 per person  
Cocktails 6:30. Supper to follow. Tickets available at  
McConochie (Courtenay), Radio Shack (Comox).

**NEXT DEADLINE 06 MAY  
NOON**



SANDRA FISHER - PALMIST

Find out more about yourself  
from these gifted channels!

DORIS GRAY - TRUNES  
GORDON MCILWRAITH - AURA  
SUE ANDERSON - TAROT

**DRIFTWOOD MALL**  
Wed. May 1 - Sun. May 5

## Bookshelf Bestsellers

1. Shaman	10 Top Paperbacks	Week ending: 27 April
.....Shea		
2. One is the Sun	5. American Psycho	8. The Unsurper
.....Wren	.....Easton	.....Wells
3. Silence of the Lambs	6. Scions of Shannara	9. The Way Beneath
.....Harris	.....Brooks	.....Wells
4. Red Dragon	7. Wrath of Ashar	10. Skinny Legs and All
.....Harris	.....Wells	.....Robbins

## Aaarg!! I think there's a fire outside my door!

If you have  
even the slightest suspicion  
there's a fire on the other  
side of the door, don't go for  
it but remember this smart  
advice from the Old Lady.  
First, touch the door handle to  
see if it's hot. If it is, do  
not open the door as there  
could be a fire raging on the  
other side.

The Old Lady and your  
Fire Department have  
lots of other hints on how  
to prevent fires, how to  
make your home fire-safe  
and how to deal with  
arson, burns and getting out  
of a fire safely. For these  
hints, simply contact your fire  
department.



Fire Prevention Canada  
and your Fire Department

### National Secretaries Week

Thank you Dawna  
from all of us at the  
Fishwrapper



# On the Base

## Glacier Greens

By R. McCliesh



## LEGION LOG

### BRANCH 17 COURTENAY

334-4322

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

Fri & Sat 26 & 27 Apr. .... Music by WHITEWATER  
Fri 03 May. .... Music by WESTWIND  
Sat 04 May. .... Music by NASHVILLE  
Fri & Sat 10 & 11 May. .... Music by NASHVILLE

#### \*\*\*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

#### "MORE PLAYERS WELCOME"

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

\*\*Dress Code in effect 8 PM Fri & Sat\*\*  
(No T-SHIRTS)

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

SUNDAY 28 APRIL. .... STEAK BBQ.  
3 - 6 PM. \$5 per person  
SUNDAY 28 APRIL. .... TOUCH OF DIXIE BAND in Lounge  
SUNDAY 05 MAY. .... TOUCH OF DIXIE BAND in Lounge  
(Open to Midnight)

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

SUNDAY 28 APRIL. .... FUN CRIB AFTERNOON  
Reg 12-1 PM Upper Hall. Open to all crib players

### BRANCH 160 COMOX

339-2022

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

Fri 26 Apr. .... Music by NASHVILLE  
Fri 03 May. .... Music by VALLEYBOYS  
Fri 10 May. .... Music by WESTWIND  
Sat 11 May. .... Music by EL DURADO  
Fri 17 May. .... Music by ALLEYCATS  
Fri 24 May. .... Music by SHABOOM  
Fri 31 May. .... Music by WHITEWATER

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

SUNDAYS. .... Lounge 11 AM to 6 PM  
MONDAYS. .... Men's Dart League - Recessed to Sep 9  
..... L.A. Drop-In Bingo. Upper Hall. 7:30 PM  
TUESDAYS. .... Ladies Crib League. Lounge. 8 PM  
..... Mixed Dart League - Recessed to Sep 10  
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\*\*\*

SUNDAY 12 MAY. .... MOTHER'S DAY.  
Celebrate in the Branch 1300-1500 hrs.  
Dance to the music of EL DURADO 1400-1800 hrs.

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

TBA

There was a record attendance  
at the Friday night opening of the  
'Mixed 4 Ball' at Glacier Greens  
when 78 golfers teed off at 5:30  
p.m. Considering the number of  
golfers, the field moved along  
very well.

1st L.N. Team: Greg Mc-  
Neivits; Lynda Brundige; Lori  
Cameron; Warren Campbell.

2nd L.N. Team: Dave Kelly;  
Lorne Scott; Kathy Brown; Dave  
Frost.

Lorne Scott captured both  
K.P.s for the Dave Kelly team.  
Well done Lorne.

Some very good scores were  
posted on Sunday when G.G.,  
held their annual 'Early Bird'  
tournament. Our thanks to the  
committee members who or-  
ganized and made this tourna-  
ment the success that it was.

Lorraine Courtmanche was  
the happy winner of the  
ladies Early Bird field low net  
trophy. Mr. Ted Neuhauser of  
Goods Groceries, which sponsors  
the ladies Early Bird tourna-  
ment, was in attendance to  
present the prize. The ladies wish  
to extend their special thanks and  
appreciation to Goods Groceries  
for their continued sponsorship  
and support.

1st L.N. - Fran Hume  
1st L.G. - Shirley Shearer  
2nd L.N. - Elsie Downey  
2nd L.G. - Inge McArthur  
3rd L.N. - Vi Wilander  
3rd L.G. - Millie Hudson  
4th L.G. - Kay Banks  
4th L.G. - Frankie McCaffery  
5th L.N. - Jody Fellbaum  
5th L.G. - Rose McCliesh  
6th L.N. - Dolly Pearson  
6th L.G. - Lori Cameron  
Many thanks to Comox  
Moving and Storage for their  
sponsorship and support in help-  
ing to make the 'Mens Early  
Bird' tournament at Glacier  
Greens a huge success.

1st L.N. - Bing Shearer  
1st L.G. - Doug McArthur  
2nd L.N. - Nick Mykitiuk  
3rd L.N. - Pat Hudson  
4th L.N. - John Webber  
5th L.N. - Gene Miles  
K.P. on #7 - Nick Mykitiuk  
K.P. on #13 - Larry Berry

The Presidents Cup will be  
held on Sunday, 5 May 91 at 8:00  
a.m. Shot gun start. (Please note  
the time change.)

The next monthly committee  
meeting will be held on Thursday  
16 May, 1:00 p.m. at the club  
house.

#### Get Ready For Summer!!

• BIKINI LINES • LEGS • BREASTS  
• UNDERARMS • ALL FACIAL HAIR  
FOR MEN & WOMEN

Take care of summer time needs now! End the cycle of waxing,  
tweezing, shaving, and depilatory use.

Electrolysis is the only permanent answer!

Dove Electrolysis  
435 5th St.  
Courtenay

338-0136



Lorraine Courtmanche, winner, Ladies Early Bird trophy,  
presented by Mr. Ted Neuhauser.



Bing Shearer (c) winner, Men's Early Bird trophy, presented by  
Murray Jacklin, GC President, and Don Middleton, tournament  
Chairman. Contratulations Bing.

### Ladies Golf

Despite clouds and the threat  
of rain, 33 ladies came out on 25  
Mar to get the new golf season off  
to a good start. After playing 9  
holes of golf a light lunch was  
enjoyed by all. The club captain  
introduced this years committee  
members and then gave balls to:  
2nd low net, Ardyth Wood; hid-  
den low hole, Jan Verbeek; hid-  
den high hole, Lorna Billings;  
low putts, Kay Banks.

On 9 Apr under sunny skies  
and a fine aerial display by  
Canada's Snowbirds, 29 ladies  
competed in the first pin day. Pins  
were won by Lorraine Cour-  
tmanche, low net 65; 2nd  
low net 67 went to Elsie Downey;  
low gross 88 went to Shirley  
Shearer.

hole, Fran Hume, Frankie Mc-  
Caffery and Shirley Shearer.

With the sun shining brightly  
our ladies headed north on Sun-  
day, 14 Apr to enjoy the links at  
Storey creek Golf Club. Every-  
one enjoyed a good round of  
golf and plenty of camaraderie  
with the ladies of Storey Creek  
and ladies from Comox Club.  
Following the golf, a lovely lunch  
was enjoyed by all those attend-  
ing.

Tuesday, 16 Apr, 35 ladies  
turned out for Pin Day. The pin  
was won by Lorraine Cour-  
tmanche with low net 65; 2nd  
low net 67 went to Elsie Downey;  
low gross 88 went to Shirley  
Shearer.

#### Solution

PITAS HAS SOD  
ADORE ALA PRO  
SOREL MACLEAN  
SALAMI INTO  
TAT STE ENTER  
ERAS BRING  
AFRICA CRESTS  
TOTOF ROAD  
PEACE PUL UNI  
ATCO REPEAT  
THOMSON ASHEN  
FEN FSE SWAPO  
RRI WED HEMAN



# Advertisements

## SERVICE DIRECTORY

**SunLife of Canada**  
Life Insurance  
RRSPs Annuities  
Personal financial analysis  
**Gary B. Arnold**  
Life Underwriter  
Tel: 338-7415

**COMOX VALLEY REALTY**  
333 FIFTH STREET, COURTENAY, B.C. V9N 1J9  
**R. PETER OLSEN**  
Realtor  
Bus. (604) 338-7777  
Res. (604) 339-0951  
Fax (604) 338-5410  
Pager 1-978-5527  
Independent member of  
**the Canada Trust Franchise**

**MARKET TRAVEL WORLDWIDE**  
PROFESSIONAL TRAVEL ARRANGEMENTS  
(Area Code 604) **338-1474**  
FAX No. (604) 338-8377  
OR B.C. TOLL FREE 1-800-232-9294  
549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2  
ACROSS FROM THE BANK OF NOVA SCOTIA

**MAS** Whether buyer or seller  
Local or out of province  
You are No.1 when  
dealing with  
**tom procter**  
**RE/MAX** I care  
Ocean Pacific Realty  
282 anderton rd., comox  
off: 339-2021 res: 339-2668

**FRANCIS AUTOMOTIVE**  
COMPLETE AUTOMOTIVE SERVICES  
OWNER-OPERATOR  
COMPUTERIZED & MODERN EQUIPMENT  
IMPORT & DOMESTIC, 4 WHEEL DRIVE  
WHEEL ALIGNMENT SERVICES.  
330 ISLAND HIGHWAY NORTH, COURTENAY  
B.C. V9N 3P2 Ph.(604)338-9660

**Electro Audio / Video**  
V.C.R. • TELEVISION  
• HOME & CAR STEREO  
Installation & Repair We offer FAX services  
"Where Customer Satisfaction Comes First"  
Pick - Up & Delivery  
1496 Ryan Rd. Tel: 339-3393  
Next to Goods Groceries

**AQUA GUTTER SYSTEMS**  
339-5136  
"OUR MIND IS IN YOUR GUTTER"  
FREE ESTIMATES  
COMPETITIVE PRICES  
- 5" Continuous Aluminum Gutters  
- Vinyl Siding  
- Aluminum Soffits  
- Guaranteed Workmanship  
Rick McCaughan  
176 Little River Road  
Comox, B.C.

**BRUCE TRAINOR**  
SALES ASSOCIATE  
**Holland and Associates Realty Limited**  
Business (604) 338-1334 Residence (604) 338-0740  
Facsimile (604) 338-0896  
625 ENGLAND AVENUE, COURTENAY, B.C. V9N 2N5  
**ROYAL LEPAGE** MEMBER Associate Broker Network

**NRS** **Diamond Club**  
NATIONAL REAL ESTATE SERVICE  
**KEN STEWART**  
bus. (604) 334-3111 dir. line 684-2931 fax 338-8315  
res. (604) 338-0868  
NRS BLOCK BROS. REALTY LTD.  
1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8

**COMOX PHOTO LTD.**  
Comox Centre Mall  
One Hour  
Brulotte Steve Williams  
339-4031  
2691 DUNSMUIR AVENUE  
CUMBERLAND, B.C. V9R 1S0  
DAVID STEVENS  
AUCTIONEER AND APPRAISER

**COMOX-MINI WAREHOUSE**  
"BEST LITTLE WAREHOUSE IN THE WEST"  
Store It  
Lock It  
Keep the Key  
CLOSE TO THE BASE & TOWN  
Safety  
Security  
Supervision  
Knight Rd & Pritchard Rd  
Comox, B.C. 339-3424

**HARTMAN AUTO SUPPLY LTD.**  
338-7261  
367 Sixth St., Courtenay, B.C.  
Parts, Accessories, & Tools

**Comox Valley Auction Sales Ltd.**  
"PICK UP SERVICE AVAILABLE"  
Tel. 336-2700  
2691 DUNSMUIR AVENUE  
CUMBERLAND, B.C. V9R 1S0  
DAVID STEVENS  
AUCTIONEER AND APPRAISER

**POSTED? - Coming in or going out -**  
see me for ALL  
your Real Estate needs.  
**Maureen Davidson**  
Sales Associate  
**REALTY WORLD** - Coast Country Realty Ltd.  
576 England Avenue, Courtenay, B.C. V9N 5M7  
Bus. (604) 334-3124 or 339-5501  
Fax (604) 334-1901 Res. (604) 338-7842

**COAST COUNTRY INSURANCE**  
HOME OWNERS & AUTO PLAN INSURANCE  
\* DRIFTWOOD MALL 338-8318  
\* COMOX MALL 339-7774  
\* DOWNTOWN COURTENAY 334-3443

**Mel Ferraby**  
Sales Associate  
**REALTY WORLD** - Coast Country Realty Ltd.  
576 England Avenue, Courtenay, B.C. V9N 5M7  
Bus. (604) 334-3124 Res. (604) 339-4692  
Pager # 1-979-1469 Fax 334-1901  
Each office is independently owned and operated

**DAVE'S WOODCRAFT SHOP**  
QUALITY HANDCRAFTED WOOD PRODUCTS  
Hardwood & Cedar • Lumber Sales  
Storage Sheds  
Ph: 338-0721  
2421 COUSINS AVENUE,  
COURTENAY, B.C.

**PEDAL PUSHER RENTALS**  
Half-Day - Full Day  
334-4845  
137-5th Street, Courtenay, B.C.

**EXPRESS**  
Assistance for Busy People  
**Gerry Peppard 339-3376**  
339-6945 Fax  
RR #1, Site 168 C11  
Comox, BC V9N 5N1  
\* Event Management  
\* Computer Tutorials on popular software  
\* Computer Shopping & Set Up, & Spreadsheets

**DON'T WAIT TO READ IT IN THE PAPERS.**  
IMPROVING YOUR ODDS AGAINST CANADA'S #1 KILLER.  
PLEASE GIVE GENEROUSLY NOW.

**YOU HOLD THE KEY TO YOUR FUTURE**  
WHY RISK IT ALL?  
DRINKING DRIVING COUNTERATTACK

# On and off base

## Dog Talk



by Gerry Gerow

### Shih Tzus

(Gesundheit!)

This week, another breed book. The New Complete Irish Wolfhound, by Joel Samaha, Maxwell Macmillan, Don Mills, Ont. \$29.95.

Samaha covers the breed history in a very thorough fashion. The Irish Wolfhound, or at least his forefathers, were around at the time of Christ. He was used on the hunt from that time up to modern day. The first Irish Wolfhound was imported into America by Henry Hastings Sibley, in 1838.

The breed standard of the American Kennel Club is included and discussed. Unfortunately, I can find no reference to Canada in the book. However, the dog is extremely popular in Canada, among the hound group. Around 40 litters and 250 dogs were registered in 1990.

This 244 page hard cover edition is illustrated by over 150 photos and a number of line drawings.

There is certainly a lot here for the Irish Wolfhound Fancier. This edition is just published so it may not be in stores yet.

When early man first domesticated the dog he did so to utilize the animal to help him in the hunt. Later when man began to raise animals he adapted the dog to herding. Except in very recent history, only a very wealthy person could afford to keep any dog that did not earn its keep. Dogs were working animals. Each individual had a job to do. Down through the ages the different breeds were changed and improved upon as man's needs changed. The great majority of today's breeds originated as hunters or herders.

There is a group of dogs, however, which was not developed to hunt and herd. These are dogs such as the Cavalier King Charles

Spaniel, the Shih Tzus, and other similar small dogs. These were bred and developed to be companions of the wealthy and ruling classes. They were the only ones who could afford the luxury of keeping an animal which did not earn its keep. Anyone who has visited medieval castles in Europe realizes that all the pomp and luxury that we see in movies about those days, is more than a little exaggerated. These castles were cold, dank places. Thus came a use for these little dogs.

They were used as living comforters on the beds of the wealthy. Rather an ingenious use of them I think.

So the next time your Shih Tzu crawls up onto the bed, just realize that he is obeying an ancient instinct to keep you warm. Let him stay there.

## Parent Support Week

### Y.A.N.A.

## You are not alone

The Y.A.N.A. Fund Society will be holding its annual Parent Support Week from 6-11 May, 1991. We will have a display table in the Driftwood Mall all week and the take will be manded on Thursday, Friday and Saturday. On Friday, May 10 we will be holding our annual penny drive in the Driftwood Mall starting at 4 p.m. During the evening we encourage schools, children, organizations, companies, in fact anyone, to come donate their pennies to us as we try to circle the mall.

Y.A.N.A. will be having a 50s type dance on Saturday, May 11 at the Eagles West Plaza, Cumberland Road. The dance starts at 8:30 p.m. and the tickets are \$5.00 each, so come join us and have a great time. Y.A.N.A. is also holding a raffle at the present time with 3 fabulous prizes:

1st prize - a fantasy hot air balloon ride

2nd prize - two tickets to the Phantom of the Opera  
3rd prize - a Periscope concert of your choice.

Tickets are \$2.00 each or 3/\$5.00. Tickets will be for sale in the mall during Parent Support Week or from any Y.A.N.A. member. The prize draw for the raffle will be held at the Driftwood Mall at 5 p.m. on May 11, 1991.

Y.A.N.A. has a very small core group of dedicated people who work very hard to keep the organization running. If you would like to come join us or see what we are all about, our meetings are the second Tuesday of every month at the Arbutus Hotel, starting at 7 p.m. You will be most welcome.

For more information on Y.A.N.A. or Parent Support Week, please phone 334-0511 or Currie at 337-5000.

## NEXT DEADLINE 06 MAY

**MUSIC FOR YOUNG CHILDREN** ages 3 - adult  
Teaching Opportunity  
Requirements: Grade 8 Piano; Grade 2 Theory  
Work out of own home/studio. Set own schedules.  
Contact: Gloria J. Venning, Coordinator  
4034 21st Avenue, Port Alberni, BC, V9Y 5J6 (604) 724-2996

**DRINKING DRIVING COUNTERATTACK**  
POLICE ROADCHECKS... APR. 13-MAY 4

## Bulletin Board

All insertions will be \$4 per column/inch.  
Payment in advance at the office.

**HITEC SCREEN PRINTING**  
Custom Artwork • T-Shirts • Hats • Jackets  
Posters • Signs • Decals • Magnetics  
home of the Big Island Shirt  
Airbrushed Specialties - Visit us soon!  
334-3656  
830 F. Cliffe Avenue, Courtenay, B.C. V9N 2J7

**VIEW HOME FOR SALE BY OWNER**  
Beautiful 3 bdrm mountain view home with basement, carport, R.V. parking, fully landscaped, 3 1/2 yrs old. Features 3 large bdrms, LR, DR, large kitchen with great oak cupboards and a lighted ceiling. 1 full bath and 1 half bath (ensuite), very large sundeck and private backyard. Close to schools, bus, and just 8 mins from the Base. No Realtors please! \$115,900. Ph: 334-0857.

**FOR SALE - Complete computer program Lotus 1-2-3 release 3 on 5 1/4" disks \$300 obo. Complete Wordperfect 5.1 on 3 1/2" disks \$300 obo. Please call Karen Evans at 339-6855 (H) or 339-8442 (W). Both programs completely new - never been used.**

**BUILDING MATERIALS**  
Lumber & Plywood  
Panelling - Arborite  
Doors & Windows  
Builders Hardware - Tools, etc  
Electrical & Plumbing Supplies  
Paints & Finishes  
Roofing - Siding  
Cement Department  
Truck Delivery  
Customer Financing

**CENTRAL BUILDERS**  
610 Anderton Avenue  
Phone: 334-4416

**FOR RENT - 4 bdrm executive home, overlooking Comox Glacier. Pellet stove, appliances, and sauna included. 10 min drive to Base. No pets. \$850. Avail 1 July. Call (H) 334-2419 or (W) 8210/9655.**

**Y.A.N.A. (You Are Not Alone) needs Volunteers! Please call 339-2636. Meetings at Arbutus Hotel, Rm 217, 7 p.m. 2nd Tuesday of the month.**

**POSTED TO EDMONTON**  
I specialize in military relocation. Call me collect for a package of area, mortgage and real estate information.  
**VAL HEUMAN**  
457-2424 456-6919  
Canada Trust Realty

**MOVING TO GREENWOOD? GREENWOOD REALTY LTD**  
Canada Trust Representatives  
P.O. Box 1422  
Greenwood, N.S.  
B0P 1B0  
(902) 665-4043  
FAX (902) 665-8590

**FOR SALE - House in St. Hubert (15 min to work) - 3 bdrm, garage, A/C, cabana in bsmt (FP/Bar/Wine rack), Lot 100X50, covered deck, fruit trees, school 1 blk - Posted to Victoria (CO5 May), (414) 310-8003 (24 hrs).**

**FOR RENT small 3 bdrm bungalow. Frig. & stove. Full basement. Large unfenced lot. 123 Back Rd. Available June 1. \$525/mo. Call 339-2390 to view. Double Garage 126 Back Rd. \$75/mo.**

## CHAPEL CHIMES

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

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

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

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

**BAPTISMS & MARRIAGES** - By appointment - notice will 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. Chantale LeBlanc, phone 339-3007.  
**CATECHISM CLASSES** - September - May in the PM. School at 1830 hrs, every Wednesday. Coordinators: Brandy Gills, 339-3490, 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 8274

**DAILY WORSHIP** - Sun-Sunday at 1100 hrs

**WEDNESDAY WORSHIP** - Sun-Sunday of the month 339-2636. Meetings at Arbutus Hotel, Rm 217, 7 p.m. 2nd Tuesday of the month.

**WEDNESDAY WORSHIP** - Sun-Sunday at 1100 hrs

**WEDNESDAY WORSHIP** - Sun-Sunday at 1100 hrs



**SPECIAL OFFER**  
for active and reserve military personnel and immediate families

# FORD SALUTES CANADA'S MILITARY

# \$500

## CASH-BACK OFFER EXCLUSIVELY FOR YOU!

Now as a special 'thanks' from Ford of Canada, here's a one-time only offer you can't afford to pass up. It's called the Ford Military Appreciation Program. Just look at this:

You get back **\$500** in solid cash when you purchase or lease any new Ford, Lincoln or Mercury car or light truck at an authorized Ford or Mercury Dealer.

And, if you finance your purchase, Ford's low APR rate will save you hundreds more compared with other auto-makers' offers.

This could be the smartest deal you'll ever make. And it's available only to you and your immediate family.

But don't delay. Act now, offer expires December 31, 1991. Call Ford's TOLL FREE number now and check it out.

**You've given your best. Now we're giving you ours.**

## 1-800-387-5535

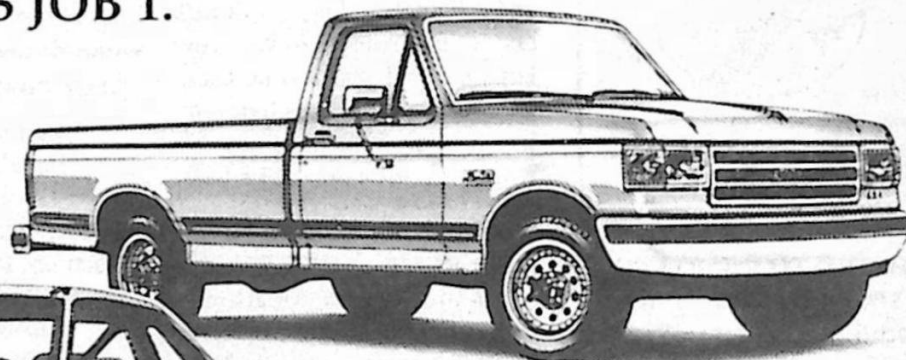
For more details. Drop into your nearest Ford or Mercury Dealer today.



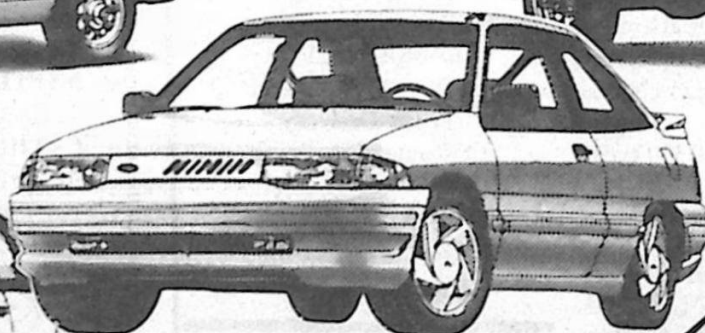
**QUALITY IS JOB 1.**



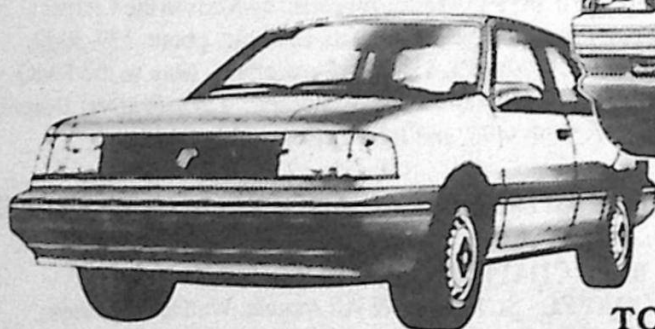
**AEROSTAR**



**F-150**



**ESCORT**



**TOPAZ**



**TEMPO**

**Bonus! This \$500 cash-back is over and above any consumer offer Ford makes available.\***

\* Some restrictions apply. See your dealer for complete details.