



Bronze Plaque Renewed

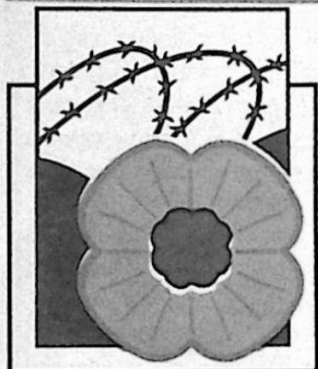
Courtenay Cenotaph

.... page 19



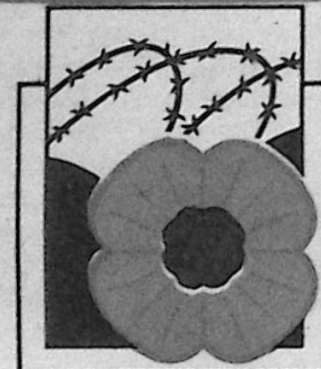
Over the Top!

125% of United Way Target
for CFB Comox



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 33 NO 21 NOVEMBER 7 1991

NEXT DEADLINE 18 NOVEMBER 1991

COST: PRICELESS

Remembrance Day

Minister
of Veterans Affairs



Ministre
des Anciens combattants

Remembrance Day Message

Since we last observed Remembrance Day, world events have moved forward at an astonishing pace. The Gulf War ended with Kuwait freed once more, and our Canadian Forces returned home to the victorious welcome given our returning troops some 45 years ago. Dramatic changes began sweeping the Soviet Union where the people insisted on the kind of democracy we defended half a century ago. The two Germanies were reunited and the independence of the Baltic states was generally recognized. These changes have come to us almost instantly on our television screens.

I wonder, as we prepare for Remembrance Day, how it might have been, had reporters carried today's sophisticated equipment with them to Hong Kong, Kapyong, Dieppe, Ortona or Vimy Ridge. Would we better appreciate the terrible cost of freedom, had Canadians seen those battles taking place? Would we have a better understanding of the value of our own country and the awful sacrifices which have been made in its name? And would we, then, not be entirely resolute in our determination to keep our wonderful country together?

On November 11, let us take a moment to remember those who fought and those who died for our freedom, and to pledge that their valiant efforts will not have been in vain. They fought, and often died, for a proud, united and prosperous Canada.

Yours sincerely,

Gerald S. Merrithew, P.C., M.P. C.P., député

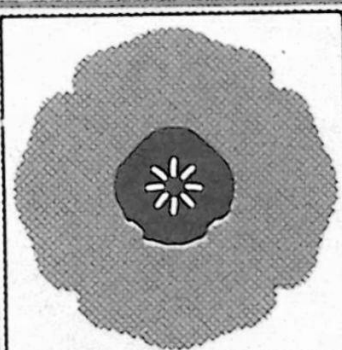
Depuis que nous avons célébré le jour du Souvenir, l'an dernier, les événements mondiaux se sont précipités à une vitesse étonnante. La guerre du Golfe a pris fin et le Koweït est de nouveau libre. À leur retour, les troupes canadiennes ont été accueillies en vainqueurs comme leurs prédécesseurs quelque 45 ans plus tôt. Des changements bouleversants ont balayé l'Union soviétique où le peuple demande le genre de démocratie que nous défendions il y a un demi-siècle. La réunification des Allemagnes est accomplie et l'indépendance des États baltes a été généralement reconnue. La nouvelle de ces changements nous est parvenue presque instantanément sur nos écrans de télévision.

Je me demande, à mesure que nous nous préparons au jour du Souvenir, à ce qui se serait produit si les journalistes avaient eu les mêmes appareils sophistiqués à Hong Kong, Kapyong, Dieppe, Ortona ou à la crête de Vimy. Saurions-nous mieux estimer le coût terrible de la liberté si nous avions vu ces batailles à la télévision? Aurions-nous une meilleure compréhension de la valeur de notre pays et des terribles sacrifices consentis en son nom? Ne serions-nous pas alors entièrement résolus dans notre détermination de maintenir l'unité de notre merveilleux pays?

Le 11 novembre, prenons un instant pour nous souvenir de ceux qui ont combattu et de ceux qui sont morts pour notre liberté, et promettons que leurs vaillants efforts n'auront pas été inutiles. Ils ont combattu, et souvent sont morts, pour un Canada fier, uni et prospère.

Veuillez agréer, cher Ami, chère Amie, l'expression de mes sentiments les meilleurs.

REMEMBER NOUBLIONS PAS



Buy a Poppy

Help a Vet

Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

Fall Checkup

Take advantage of fall to look after yourself. Adults need a fresh start just as much as children returning to school ready for a new year. There's a sense of things 'starting up again' in fall, a time to take stock, get organized and get going with new routines.

Is it time to take action on your health? Have you been wanting to change a habit? Start a new routine? Get a checkup? Read up on a health concern? Attend a lecture? Talk over a concern with a counsellor or a community health nurse? Pause and reflect on the direction of your life?

Fall is a good season to get a fresh start on things you've been meaning to do for yourself and your own well-being. Make a list of what you have been meaning to do. Be honest and realistic.

Set priorities and select one thing to do first. Make it something important that you are committed to doing. It may be as simple as booking an appointment for an overdue checkup -- such as a regular PAP test. Or it could be more complex, such as losing 30 pounds or resolving a personal problem with a counsellor. If you're not sure just what health alternatives are available to you, a community health nurse can advise you.

Break complex tasks down into smaller steps so you can be sure to take the first step in the near future. Then set a date to begin.

Don't feel guilty about past failures to follow through on resolutions. And don't worry that you won't follow through because you usually put things off into a future that never comes. We've all procrastinated about taking time to look after ourselves.

To conquer procrastination, realize that it's a strategy with short-term gain and long-term pain. In the short-term, procrastination has advantages. It's easier and takes less effort. You can forget things that might be worrying you. Instead of organizing yourself to do something that might be unpleasant, like visiting a doctor or dentist, you can do other things that you like better.

But ask yourself whether this short-term gain is really worth the long-term pain. Inevitably, you will end up worried or concerned that your personal health is being neglected. Frustration can build up and you can become angry with yourself for not taking better care. Persistent procrastination can lead to serious self-dissatisfaction.

The secret is staying in the present. When the time comes, follow through on whatever action you choose to take for your better health. Do not put it off until you are 'in the mood'. Often it's not the task but an unrealistic way that you think about it that slows you down.

Listen to yourself. You can hear the words of your own resistance being spoken. It often sounds like this:

"I'm too busy right now;" "I was alright last time;" "I'm not ready yet;" "I will when I'm in the mood;" "I'll do it later;" "I can't think right now;" "It will work itself out."

Don't fool yourself. Let action come first and motivation will follow. You will feel better just by getting started on taking good care of yourself. Taking charge can in turn lift your mood and taking action can give you a sense of satisfaction. Your health and well-being are invaluable resources for your daily life. Enjoy them and care for them now.

info health

Dr. Bob Young



Flu Shots

A short reminder, this year, instead of a full column on flu vaccine. If you are over 65, have a chronic disease (heart, lung, immune system, cancer, etc.) at any age, work within the health care system, or live with someone who is in any of the above categories, get vaccinated. There is concern that a 'killer flu' may be on its way, this year or next; even if it does not materialize getting vaccinated makes a lot of sense.

There are a number of diseases that, once diagnosed, can be treated over long periods of time without physician involvement. It would be better to say are treated without seeing the doctor very often. It is not unusual for patients with asthma, diabetes, stable angina, the skin disease psoriasis, recurrent gastritis or indigestion, high blood pressure, and other diseases to go months

or years between appointments with their doctor.

Theories about disease change, shortcomings, even dangers of earlier treatment methods appear, and newer drugs, often more effective and with fewer side effects are always showing up.

Doctors are constantly upgrading the treatment provided to patients with the above, and other diseases. They can only do so if they see the patient on a regular (and it need not be a frequent) basis.

And don't wait for your doctor to call you to inform you about a better drug or new treatment. It is a rare physician who keeps lists of all his or her patients that are taking a particular drug, or have a certain disease.

Computer data-bases make this bit easier but time constraints

in busy practices usually prevent the luxury of this type of record keeping.

So, even if you feel well and your present drugs seem to be working just fine, make a point of seeing your physician at least once each year. Discuss your illness. Take your pills with you to see if they are still appropriate. Some, safe enough at 35 or 45 years of age, should be avoided as you get older.

The progression of your illness should be assessed, measured if possible. And people get more than one disease. You may be treating your diabetes diligently and well while being unaware that you have developed high blood pressure or some other condition.

I've seen it happen, many times.

Don't forget that flu shot!

Whittling Away

A good, solid table is a useful article. Meddling with it is dangerous -- shortening one leg to fit an uneven floor is a job that I am convinced cannot be done. The cut leg will be too short, as will one of the other three when they are trimmed to fix the first repair. The end result is usually a coffee table with a book supporting one leg.

Medicare is being treated like the table. Instead of a wonky floor, the costs are rising, and the fix is being attempted, also by cutting. What was once comprehensive coverage is gradually becoming less so.

Some services that are not paid for by BC's medical plan include, cosmetic surgery (other than to repair injury or congenital defects), pre-employment, camp, school, and similar physical exams, in fact almost any

physician service that is not 'medically indicated' are examples.

Whittling is apparent, and seems to be growing. In BC, doctors are allowed to charge for only four counselling visits per year, physiotherapists for six visits. The physios are at least permitted to charge the patient for any extra ones.

Newborn circumcision has been on the list in BC for some years; Manitoba is in the process of de-listing psychoanalysis and is also planning a \$50 surcharge for rural dwellers using Winnipeg hospitals.

Amniocentesis, a test for defects in an unborn babe, is not covered unless the mother has reached the age of 35 years -- the time when the test becomes 'cost effective'.

Bookshelf Bestsellers

Pat Bolen
Proprietor2751 Cliffe Ave.,
Driftwood Mall,
Courtenay, B.C. V9N 2L8
604-338-5943Debi Williams
Manager

get your Totem Times here

For All Ages

1. Plains of PassageAuel
2. PalindromeWoods
3. Stone of FarewellWilliams
4. Four Past MidnightKing

10 Top Paperbacks

5. The Sacred StonesSarabande
6. FirebrandBradley
7. The Witching HourRice

Week ending: Nov 02

8. The MummyRice
9. StrongholdRawn
10. A Moment in TimeSmall

On & Off the Base

By Rose McClesh

Glacier Greens Golf News

Glacier Greens Expansion Underway.



An announcement made by CWO Bill Krier, the President of Glacier Greens, makes it now official. Glacier greens will expand from a 9 hole to an 18 hole golf course. Authorization has been given to use the land north east and adjacent to the present 9 holes. Work began in the early part of October 91. A routing plan of the proposed expansion purchased from McArthur Design and Development can be seen posted in the Social Centre.

BCEO Maj Kampman stated that the CE Section will oversee the entire project.

As outlined at the last general meeting, by Admiral (Ret'd)

Brian Hotsenpillar, who heads the expansion committee working on the project, one of the top priorities is to save as many trees as possible. Every effort is being made to keep the best and the ones that will most enhance the course. These include two magnificent wild cherry trees, seen on a recent tour of the area. It was reported that the land has extremely good drainage and soil, which will help keep costs down.

While playing down #1 and #10 fairways, you can see that things are beginning to take shape.

A great deal of progress has been made in the short time that the ground was first broken. A 20 metre wide clearing has been cut to allow heavy machinery to manoeuvre and to give access to removing and piling scrub brush for burning in these areas. Later on down the road, these clearings will become fairways and greens. Hopefully, the weather will allow work to continue even into December. At the conclusion Mr. Hotsenpillar's informative speech at the meeting, he assured everyone that the end result would be an interesting and challenging course for all level of golfer, even though the fairways were not designed to accommodate his built-in duck hook.

Glacier Greens Golf Course staff can be seen hard at work preparing the course for the winter season ahead. Rubber tee blocks are now in position on most holes. There are some sections roped off to keep traffic clear of these areas, which are easily damaged during the winter season. Golf Course Superintendent, Mr. Steve Bailey, reminds golfers to keep to the designated areas.

Three walking bridges have been put in place. Golfers are asked to use these whenever possible.

Once again, Mr. Bailey would remind golfers to keep carts well away from the greens.

Golfers and gamblers were on board when a bus departed from the parking lot at G.G. on Sat., 19 Oct.; to return 25 Oct. Ted Sauve organized a three day golf tournament on three different courses, all in Reno, Nevada.

Wind and cold were factors to contend with some of the time.

However, it did not have an adverse effect on the winners listed below:

Ladies

1st LG, Shirley Shearer; 2nd LG, Yvonne Morrison; 1st LN, Caryl Diewert; 2nd LN, Hazel Howland.

Men

1st LG, Bing Shearer; 2nd LG, Lloyd Billings; 1st LN, Ed Schiller; 2nd LN, Ken Beachey.

The scheduled winter golf season (members only), began at G.G., on Sun., 3 Nov 91.

Winter Golf

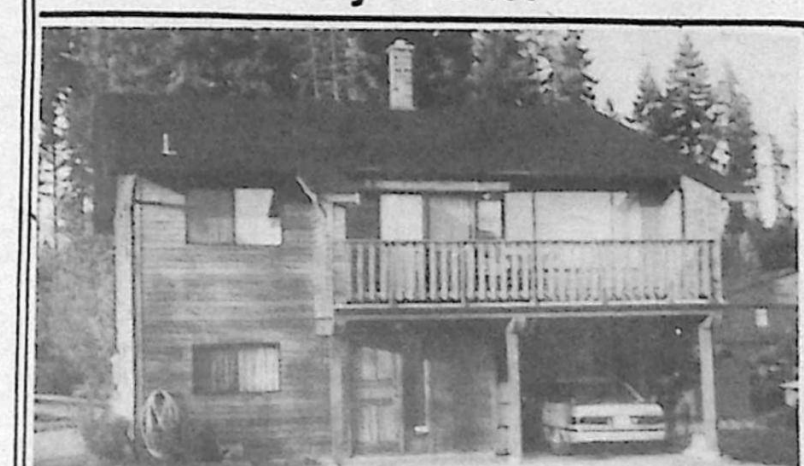
Winter golf is an opportunity for all members to meet during the off season, keeping the spirit of the game alive. The teaming of high handicappers with the better players, will allow everyone to become better acquainted.

This Sunday's winners were:

1st LG, Ron Carter, Rick Verbeek, Chuck Perry, and Rick Foster; 1st LN, Rick Salmon, Shirley Shearer, Jim Patterson, and Ed Schiller; 2nd LG, Nick Mykitiuk, Rod Verchere, Earl Martin, and Barb Carter; 2nd LN, Norm Bellbaum, Jack Hawkins, Ann Patterson, and Jim Hillis.

The next committee meeting will be held in the Social Centre on 21 Nov 91 at 1: p.m.

By Owner



6 yr old 3 bdrm house. Electric plus heating with woodstove backup. Super mountain view, built in dishwasher, basement with roughed-in bathroom & rec room. Double driveway. Priced in the 80s. Drive by 2612 Uverston in Cumberland and phone the owner at 338-2571 if you are interested. Please don't bother the tenants. No agents please.

Christmas Gifts & Specials.

SAVE OVER 50%
ON SPECIAL
PORTRAIT
PACKAGES!

*DIAMOND PACKAGE
SPECIAL PRICE
1-16x20
2-8x10
6-5x7
8-Wallet size
50-Photo
Greeting Cards
with Envelopes
\$149.98
Regular Price \$306.86

*GOLD PACKAGE
SPECIAL PRICE
1-11x14
2-8x10
6-5x7
50-Photo
Greeting Cards
with Envelopes
\$99.98
Regular Price \$224.88

Take Your Films To
Sooters For Quality Film
Developing and Save...

Color Enlargements
from every one of your
negatives at the time of
film developing for the
price of 3. X5 only...
WITH THIS AD
\$9.98

• Roll of Sooter's Super
Quality 24 exposure
Color Film or...
• Second Set of
Pictures or...
• 8X10 Color
Enlargement.

Sooter's
685 Cliffe Ave
COURTENAY 334-3333
480-11th Ave
CAMPBELL RIVER 286-9622
Coupon Expires Nov 30

Make your bash a smash with a Subway Party Sub or Party Platter.
You tell us how long you want your Party Sub -- and we'll make it.
And we'll stuff your Party Platter with your favorite subs --
sliced in tasty 4" portions. Call Subway and make plans for
your party. Big plans.

PRESENT THIS
COUPON AT

SUBWAY

TO RECEIVE

COURTENAY

Corner of Cliffe & 8th St.
(Across from Artibus)

CAMPBELL RIVER

101-911 Island
Highway

**\$10.00 OFF ANY
6 FT. PARTY SUB**

WITH PRESENTATION OF THIS COUPON
LIMIT 1 COUPON PER ORDER
Not good in combination with any other offer.

COURTENAY
334-2782

SUBWAY

CAMPBELL
RIVER
287-7080

OPEN SUN. - THURS. 10 - 12; FRI. & SAT. 10 am to 2 am

NEXT DEADLINE 18 NOV

Public Announcements

Base Intersection Hockey Schedule 91/92

1. Base Arm't
2. 407 Demons
3. 407 Devils
4. RCMP
5. 442 Sqn Flyers
6. BOPs
7. CE/Firehall
8. BTnO
9. BAMSO
10. VU 33
11. 442 Sqn Snakes

Date	Time	Home	Visitor
28 Oct	1530	2	11
	1700	3	10
	1830	4	9
	2000	5	8
	2130	6	7
30 Oct	1530	1	10
	1700	2	9
	1830	3	8
	2000	4	7
	2130	5	6

04 Nov	1530	11	9
	1700	1	8
	1830	2	7
	2000	3	6
	2130	4	5

06 Nov	1530	10	8
	1700	11	7
	1830	1	6
	2000	2	5
	2130	3	4

13 Nov	1530	9	7
	1700	10	6
	1830	11	5
	2000	1	4
	2130	2	3

18 Nov	1530	8	6
	1700	9	5
	1830	10	4
	2000	11	3
	2130	1	2

20 Nov	1530	7	5
	1700	8	4
	1830	9	3
	2000	10	2
	2130	11	1

25 Nov	1530	6	4
	1700	7	3
	1830	8	2
	2000	9	1
	2130	10	11

27 Nov	1530	5	3
	1700	6	2
	1830	7	1
	2000	8	11
	2130	9	10

02 Dec	1530	4	2
	1700	5	1
	1830	6	11
	2000	7	10
	2130	8	9

04 Dec	1530	3	1
	1700	4	11
	1830	5	10
	2000	6	9
	2130	7	8

TOPS Meeting

TOPS #BC3454, Lazo, meets every Wed. night at the Base Rec Centre at 5:30 p.m. For more information contact Sandi at 339-6548 evenings or Elaine 339-3213.

World Broomball Championship, Victoria, BC

The first World Broomball Championships will be hosted by Victoria, BC, November 12-16, 1991. This prestigious event will include 1200 participants from seven countries competing in three categories. Due to the nature of this event, the host committee is requesting support from Military Members of the Canadian Forces. This event will also give local and visiting members of the Military an opportunity to combine their talents with civilian volunteer personnel during an International event. For more information or if you wish to volunteer, contact the Rec Centre at local 8315.

Ladies Darts

If anyone is interested in joining a Ladies Fun Dart League on the Base please contact: Pat - 339-4115

Bowling

The Base bowling alleys are open for casual bowling at the following times:

Sundays 1300-1600 hrs.
Thursdays 1900-2100 hrs.

Plus, the bowling alleys are available for group or party bowling on Tuesday or Thursday afternoons, Friday all day, Saturday evenings and Sunday mornings.

For reservations call Pat Hudson, 339-3965, or the Rec Centre, local 8315.

No reservations required for casual bowling.

Newcomers Welcome

The Comox Valley Newcomers' Club welcomes all ladies new to the area, and invites them to attend their next meeting November 12, 7:30 p.m. at Dusty's Den in Comox. For information call Chris 338-6550.

Arena Parking

Arena staff and facility users are reminded to respect Chapel parking areas Sundays from 1000 hrs to 1200 hrs. Please refrain from using reserved parking spots during this time. Offenders will be ticketed.

Squash Tournaments

The following is a list of squash tournaments to be held at the CRA:

20-23 Nov - Comox Valley Closed

22-25 Jan - Winter Tourney

18-22 Mar (tentative) - Easter

Members interested in playing can contact the CRA at 338-5371. Members should also obtain the necessary authority to compete by contacting the BPerO Section

Aerobics

Co-Ed Aerobics are available at the Base Gym aerobic room Mon thru Fri 1130-1215 hrs.

For further info contact Karen loc 8442 or Brenda loc 8295.

Instructor Nordic Ski Course

Subject course will be conducted at CFSPER Borden 13-17 Jan 92. Prerequisites are:

- have an ability and interest in cross country skiing;
- MED Certification of no limiting physical/health conditions;
- BPerO or Sr PERI recommendation; and
- must provide own ski equipment.

Only candidates that are absolutely available for subject course dates need apply. Due to budgetary restraints, AIRCOM is unable to fund this serial. Units wishing to attend must do so using their unit funds. Members must register at the Rec Centre NLT 22 Nov 91, loc 8315.



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

AUTOMOTIVE

Engines rebuilt for Cars and Trucks. 6 Cyl. from \$995. 8 Cyl. from \$1,095. 100,000 Km warranty. Bond Mechanical 872-0641, eves. 534-5113, toll-free 1-800-663-2521.

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

BURNED OUT?...Over extended, bored, fed-up with your current situation? Use this opportunity and your expertise to become financially independent. Call (519) 758-3923 (24 hr. recorded message).

THE ORIGINAL "JUICEWORKS" VENDING MACHINE

Earn cash profits daily, vending fruit juices. Old South, Dew Drop, McCain's, Sunlight, Lipton's. Investments from \$14,995. Info Canada-wide 1-800-465-5006.

Waterproof Decking

Well established company looking for Dealers. Minimum investment includes tools and training. Call Harold at 1-420-9876.

UNIQUE B.C. HOME-BASED COMPUTER AND COMMUNICATION COMPANIES

are invited to participate in one of the largest computer and communications shows in British Columbia. Under the Home-Based Business Program, the Ministry of Development, Trade and Tourism has reserved space at the Southex Exhibition Place Rim Computer and Communication Show, for the First Window On Business Show. Held at the Vancouver Trade and Convention Centre, January 14-16, 1992, it will provide a marketing opportunity for 50 of B.C.'s unique home-based businesses.

Products and services will range from graphic designers, publishers of software and shareware, to inventors and small manufacturers of computer and business accessories, and specialized business management and consulting services.

Fees range from \$200 - \$350 for trade space that is normally \$1,500. For more information or application, contact Sheila O'Keefe at 520-5720 or toll-free voice message 1-978-6155 or fax 854-3067.

BUSINESS OPPORTUNITIES

CONSULTING - Experienced business person build consulting practice your area or relocate. We provide tools, products and help. Highest calibre Video/Audio Products. Call 398-7007. Fax 398-8100.

BILLION DOLLAR OPPORTUNITY

Enter the billion dollar American mail-order marketplace with your own U.S. mailing address and our straight-forward profitable plan. This 100 page plan is stuffed full of cost-cutting, mail order TRADE SECRETS. Low investment. No inventory. Details, Landmark International, Dept. BP01, P.O. Box 701, Cornwall, P.E.I., COA 1H0.

OWNER/MANAGER looking for franchise or business to operate alongside busy, well established business in Gulf Islands. High traffic location. Inquiries (604) 537-5596 (days), (604) 537-2350 (evenings).

COLOURFUL BUSINESS

Do you have a flair for colour and design? Decorating Den, Canada's fastest growing Interior Decorating Franchise is expanding in B.C. Training provided. Lower Mainland 525-8722, Provincial 1-800-565-8722.

BUSINESS PERSONALS

CASH LOANS. Unsecured Cash Loans. Up to \$50,000. No Collateral required. Bad Credit. No Credit. No Problem! For fast approval call 290-9388 (24 hrs.).

EDUCATION

CHEF TRAINING PROGRAM. In just 17 weeks make your future financially secure. Join Canada's #1 Industry. Cooking is a recession-proof career. Short, intense training. Financial assistance. Gov't funding. Student loans. Continuous enrolment. Accommodation arranged. DUBRIE/FRENCH CULINARY SCHOOL, 222 W. 8th Ave., Vancouver, B.C. 738-3155 or Toll-free 1-800-667-7288.

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

EDUCATION

HOW TO PLAY POPULAR PIANO. New home study course. Fast, easy method. Guaranteed! FREE information. Write: Popular Music, Studio 1133, 1031054 Ellis, Kelowna, B.C. V1Y 1Z1.

FOR SALE MISC

EQUIPMENT FOR SALE: 966C Loaders, Bucket or Grapple, Trucks and Lowbeds, Paving Equipment, Service Trucks, D-6 Cats, Excavators, 410 John Deere Backhoes, Champion 740 Grader, John Deere 670A Grader complete with snow wings, Water Trucks, 966C 16 yd. Chip Bucket and several more pieces not listed. Call Vic Kampe, (604) 493-6791 days, (604) 493-7742 evenings.

THINK MORE CLEARLY!

Come out of the fog caused by drugs and environmental toxins. Buy and use the book CLEAR BODY CLEAR MIND by L. Ron Hubbard. \$34. Cheque/MC/Visa. Dianetics Centre, 401 W. Hastings, Vancouver, B.C., V6B 1L5. (604) 681-0318.

NORITAKE SALE!

Terrific discounts on current patterns! Delivered well-packed, insured. For price list on your Noritake pattern - Alexander's, "The Noritake Experts", Toronto, toll-free 1-800-263-5896.

RURAL CABLE T.V. systems

Great programming, completely legal. Easy to install. Only \$969. NorSat Audio Visual, Cancom's largest Value Vision dealer, (403) 434-7564 Edmonton, (403) 624-2117 Peace River.

SHEEPSKIN PRODUCTS

Australian slippers, car seat covers, gloves, mitts, hats, rugs. Low prices, money back guarantee. Credit card orders. Toll-free 1-800-667-2261. Dealer enquiries welcome.

Free Tobacco. Smoking is expensive. Why not grow your own. Send \$20 for starter kit to Variety Imports, RR-14, 2590 - 216th St., Langley, B.C., V3A 7R2.

Top quality children's clothes, crafts and fabrics at discounted prices. \$1 for sample newsletter - refundable. Bunny Kids and Dinomites, 553, Site 6, Comp. 19, Prince George, B.C., V2N 2S7.

FOR SALE MISC

ATTENTION MOVIE BUFFS - XMAS SHOPPERS! Write/Phone today for your FREE movie catalogue, over 1,000 titles. Entertainment Unit, #1350 - 1124 Lonsdale Ave., North Vancouver, V7M 2H1. (604) 985-5508, 1-800-665-8606 24 hours/7 days. Now featuring Christmas Carol \$11.99 (\$16.50 including taxes/shipping). 14 day money back guarantee.

BEFORE CHRISTMAS!!

Lose up to 25 lbs. & lots of inches. Coffee & Tea Trim. Month supply - \$29.95 each. Orders and dealer inquiries! 1-800-563-TRIM.

GARDENING

The Ultimate Gardener's Store. 1,000's of Products, Greenhouses, Hydroponics, Drip Irrigation. Huge Book Selection. 72 page, photo filled, 1991 catalogue, \$4, refundable on order. Western Water Farms, #103, 20120 64th Ave., Langley, B.C., V3A 4P7.

HELP WANTED

TRAIN TO MANAGE an Apartment/Condominium building. Many jobs available. Government licensed home study certification course. Call for details: (604) 681-5456 or 1-800-665-8339.

MAKE A FORTUNE making others happy. The ultimate fundraising tool is creating hundreds of new opportunities with incredibly high incomes. Urgently needs sales people. 1-800-263-1900.

CRUISE LINE EMPLOYMENT PACKAGE

Types of Jobs/How to get those Jobs/ North America. Contact Directory/Mor! For details call: (604) 535-3539.

EXPERIENCED advertising sales representative required to sell and service accounts for three weekly newspapers. Excellent benefits and salary/commission package. Apply to: Suzanne Tkachuk, Retail Advertising Manager, North News Services, Ltd., Box 2820, Yellowknife, N.W.T., X1A 2R1; Fax (403) 873-8507; Phone (403) 873-4031.

WHOLESALE FIRM since 1976 now seeks 2 representatives in your area. Display and service merchandise in established retail accounts. Minimum weekly earnings potential \$800+. (416) 756-3174, (416) 756-2156.

HELP WANTED

MERTIN PONTIAC BUICK GM LTD. We require 2 licensed technicians, preferably with GM experience. Good wages, benefits, busy shop and a customer conscience award-winning team. Come join us! Call Del Kaupp 795-9104 collect.

MACHINERY

Pacific Forklift Sales Ltd., (est. 1972). Dozens good used forklifts available. LP, Gas, Diesel, Electric. We buy tool (604) 533-5331. Fax (604) 533-4563. Eves. Derek Gray (604) 277-1905.

MOBILE HOMES

New 1990 Traveler, 30 ft., 5th wheel comes with glide-out, special \$29,500! Good selection of used Motorhomes starting at \$10,000. Holiday Rentals & Sales Ltd., 5569 - 176th Street, Surrey, 574-5115. D5125.

PERSONALS

WOULD YOU LIKE to correspond with unattached Christian people across Canada: all denominations, all nationalities, for companionship or marriage? Ashgrove, P.O. Box 205, Chase, B.C., V0E 1M0.

REAL ESTATE

PROPERTIES TO BE SOLD for unpaid taxes. Crown land availability. For information on both write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa, Ontario, K2G 3J1.

In Powell River area; Brand New 1,100 square foot Ranch Style home. Three Bedroom, full basement. Gas Fireplace, heat, hot water. Large private yard. Asking \$95,000. Phone 485-6601 or 485-6674.

SERVICES

ICBC Major injury and wage loss claims. Vancouver lawyer Guy J. Collette. Never works for ICBC. Only you! Collect (604) 662-7777.

TRAVEL

AUSTRALIA/NEW ZEALAND. Call the South Pacific specialist, ANZA Travel, Vancouver/Auckland, return from \$1,069 to \$1,579. Vancouver/Sydney, return from \$1,189 to \$1,699. Vancouver call: 734-7725. Toll-free 1-800-972-6928.

BLANKET CLASSIFIED ADS

An advertising "Best Buy!"

Courtenay Cenotaph Ceremony

renews Bronze Plaque.

A special dedication service was held at the Courtenay Cenotaph at 1100 hrs on the 20th of October. A new and very beautiful bronze plaque had recently been placed on the monument. This plaque carries the names of Comox Valley men who were killed in World War I. One of them, Tom Wilkinson, won the Victoria Cross.

The previous plaque had deteriorated over the years and in spite of the best efforts of Mr Reg Little to maintain it to a reasonable standard it required replacement. Mr. Little brought the matter to the attention of Unit 39 of the Korean Veterans Association who pledged money to replace the plaque.

Mr. Don Wickett of Piercy's Funeral Home arranged the layout and production of the bronze plaque which was manufactured by Chandler Memorial of Vancouver. Chandlers also came to Courtenay to install the plaque.

All Legion branches of the Valley were represented and a

joint Legion and KVA colour party dipped their flags in salute. Mr. Bill Carr appeared on behalf of Piercy's Funeral Home as Mr. Wickett was not available.

The dedication was performed by the Rev Don Malinowski, Order of Canada, a honorary member of the KVA. Wreaths were laid. Tom Cartwright, who will be 100 years old on 28 Dec 91, assisted by Christine Mayer, laid a wreath to honour his comrades of WWI.

Following the ceremony, a reception was held at Marsland House hosted by the Korean Veterans Association.

The plaque is outstanding in appearance and suits the cenotaph in a way that is exceptional in this writer's opinion. And this writer has seen his share of cenotaphs and plaques. It is recommended that readers take a few minutes to drive to the foot of Mission Hill and view the plaque, such a short diversion in ones travels will be well worth while.

D. Warren



Padre Malinowski dedicates plaque. Bugler Grant Main and piper Dave Logan (R), and ceremony coordinator Duke Warren (L).



Colour Party dips flags to 'Oh Canada'.

Totems Finish Season With National Silver



(Front): Paul Blouin, Tony Hernandez, Brent Pearson, Simon Bell, Gary Johnson, Ken Roy, Dave Rothermund, Kelly Smith, Kevin Mercer. (Back): Martin Turpin, Colin Goodman, David Ousey, David Devries, Rudy Holm, Martin Brooks, Andrew Slate, Gladstone Williams, Dean Portz.

CFB Comox Soccer Team finished the 1991 season on a high note winning the silver medal at the CF Nationals.

At this time I would like to congratulate and thank all players for their outstanding achievements and support throughout the

year.

Also a special thank you is extended to all Sections for their support in allowing team players the opportunity to participate.

The Totems played NDHQ in the Championship game and went

through two overtime periods before finally losing 1-0.

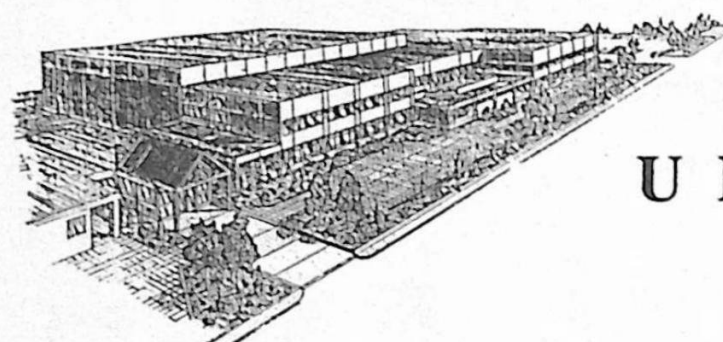
The team also participated in three civilian tournaments during the season placing third in Ladysmith, and winning both Courtenay and Campbell River Tournaments.

Christine Mayer helps Tom Cartwright lay wreath. Padre Malinowski observes, with bible in hand.

COMOX RECREATION

1855 Noel Avenue, Comox, B.C. V9N 4X4 (339-2255)

YOUR COMMUNITY CENTRE



UPDATE

It's hard to believe that we are about to start construction on the new Community Centre! We anticipate that construction will commence early January and will conclude in June of next year.

Activities for people of all ages will be offered. The youth of the community will find that the Centre will be a warm, hospitable and well-supervised meeting place. On those evenings when there just doesn't seem to be anything for the youth to do, we hope that they will drop by the Centre. We are planning on operating the Centre, Friday, Saturday and Sunday evenings for that very reason.

For those court buffs, dropping by the new squash and racquetball courts will be a must! The main activity area will be housing sporting events, cultural activities, public meetings, banquets and the like. Something for everyone!

We'll keep you updated on what we're up to, and if you have any suggestions as to how we can improve our service to you, please feel free to drop by or give us a call at 339-2255.

SANTA'S ELVES



A pre-schoolers Christmas creation program. Your child will explore the world of paper and paint, scissors and glue, all with the wonder of Christmas giving and garnishing. If you have a special elf in your family, don't delay and register today.

Ages: 4 - 5 yrs.
Day: Wed.
Dates: Nov. 6 - Dec. 18
Time: 3 - 4 p.m.
Fee: \$14.00/7
Location: Comox Rec Ctr

FITNESS PASS

Due to popular demand we are now offering a 10 session Fitness Pass for your convenience; only \$21.40. This pass may be used for the Mon/Wed/Fri AM classes, the Mon/Thurs 6:00 p.m. class or the Mon/Thurs Co-Ed Ski Fit program. **Together - you and Comox Recreation - getting more and more flexible.**



TAI CHI and a MASTER

Comox Recreation is proud to offer Tai Chi lessons with Taiwanese Master Henry Wang. Contact us today to find out when the next session is due to start.



An ancient Chinese secret lies waiting to be discovered in the tiny unassuming town of Comox on Vancouver Island. The Keeper of this secret is Tai Chi Master "Wang Hui Jun" locally known as Henry Wang, a landed immigrant from Taiwan now residing in Comox.

Even though the birth of this Asian art dates back over 3,000 years, many of us in the Western world know very little of this mysterious martial art.

Tai Chi is known as the "soft" and "friendly" martial art that was developed over many centuries. Its founder was reportedly a Taoist monk who modified traditional martial arts movements to conform with the Taoist practice of "yin and yang", or balance in everything. For Master Wang, Tai Chi means "without limit, without ends" and thus he compares it to water; a softly flowing current that can overcome the strongest barrier.

Tai Chi is as much a

state of mind as it is a form of exercise.

The outside world sees only a series of slow, graceful movement which have been derived from the habits and hunting skills of many different animals. But the real Tai Chi must come from within, and it is not possible to simply copy the physical form and reap the rewards. The student must build on an inner strength, which is based upon seven principles: coordination, concentration, relaxation, centre, circle movement, balance and proportion. These seven principles reflect and complement each other in a gyrated fashion, resulting in the production of the body energy known as the "chi". The development of this inner strength with the movements of nature ignite the power of Tai Chi.

In Oriental countries it is not unusual to see hundreds of people doing Tai Chi in city parks early in the morning. Usually people begin to study Tai Chi late in life for health purposes, seeing the ease of the simple motions and the virtue of the art. Likewise the younger generation don't have the time or patience for this slow and unspectacular discipline. While tai chi is often the domain of older people, many young people in the Comox Valley have become wise to the ancient art.

Thirty two year old student Ed McMillan had his skull fractured in a tragic accident which has caused him to become legally blind. He also suffered from severe back pain and was unable to participate in any athletic activities until he discovered

ered Tai Chi. McMillan maintains that the practice of Tai Chi brought relief from his back pain, and increased his muscular strength.

Thirty three year old hockey player, Brian Veitch says Tai Chi has greatly helped his hockey game.

"I'm not fighting the puck, I go with the flow and Tai Chi has also improved my depth of vision. I believe it can help anyone," Veitch says.

Veitch has had five knee operations during his young life, and the best rehabilitation he has ever found has come from the Tai Chi. Improved circulation and flexibility as well as increased energy are just a few of the major by-products. Veitch is full of compliments for Master Wang and he adds, "When I play now, my balance is better. I don't get as tired and my flexibility has increased; my legs are more durable."

"Now I think people understand that strong is different than health," cites Wang.

Skeptics of the West might say that there can be no physical benefits derived from an exercise that does not increase heart-lung abilities, nor take muscle through the full range of motion; and yet decreased blood pressure and increased circulation are often recognized by students after their first introduction to Tai Chi. Wang admits that he too watched with skepticism as a young boy in Taiwan. He was drawn to the thrill of gymnastics as a youngster and to the strong, aggressive martial arts when in the Chinese army.

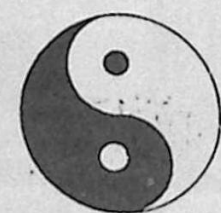
"But these are just sports for the outside of the body. I taught Tai Kwon Do in the army. It was different and fast."

Wang began to see that sport athletes were temperamental and often injured, whereas the followers of Tai Chi appeared calm and peaceful, yet vital and healthy. Therefore as a young man of 22 years Wang began to study the Tai Chi. Within 12 years he had earned himself three national championships, 1976-78, and two international awards 1979 - 80. Along with ranking in five international Tai Chi competitions, Wang has taught in Japan, Taiwan the U.S. and Belgium, as well as in Canada. He currently teaches in Comox, Campbell River and Powell River and his school in Taiwan continues to operate. At age 40 he is an internationally recognized teacher of his own style of the ancient discipline, thus the title of "Master" is justly served.

The Master has now dedicated his life to teaching others the movement and magic of the Tai Chi way. For more information or inquiries Master Wang can be reached through the Comox Recreation Centre.

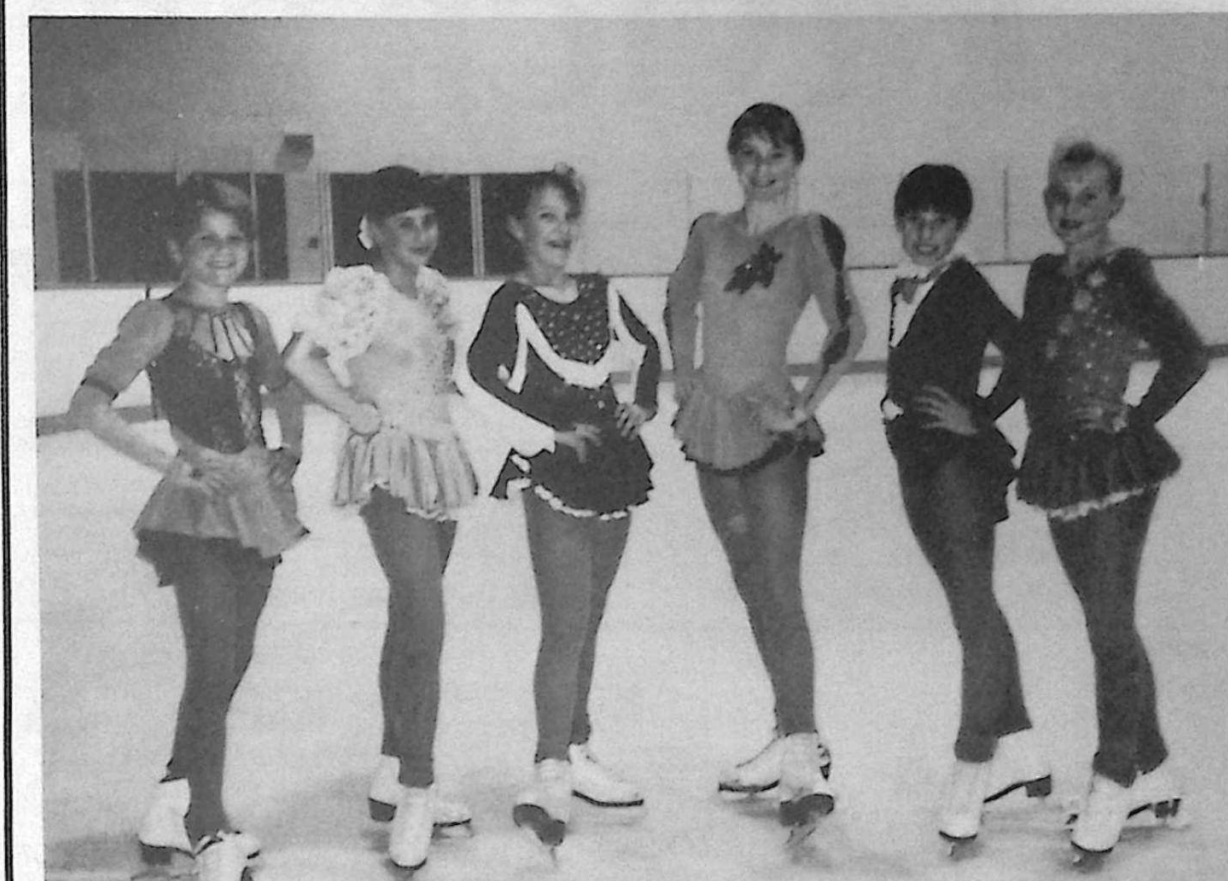
He calls to his class, "And now you just watch"

No spectacle of risky gymnastics or action packed movements, but for he who has the eye to see, still truly breathtaking and beautiful.



On & Off the Base

Comox Skaters to Kamloops



L-R: Alison Woods, Annalisa Cook, Amanda Nelson, Giacinta Alberti, Danika Parks, Kristie Brown.

Six Comox Valley Skaters travelled with coach Mrs. Dawn Spelay to Kamloops where they competed in Autumn Leaves International Free Skate Competition.

All the girls put in a strong performance in Pre-Novice

Ladies A. Kristie Brown placed second, while teammate Amanda Nelson placed seventh. In Sr. Bronze Ladies A, Giacinta Alberti placed seventh. Jr. Bronze Ladies A, Alison Woods placed sixth. Jr. Bronze Ladies B, Danika Parks placed eleventh. Jr. Bronze

Ladies C, Annalisa Cook placed tenth.

We would like to thank Mrs. Judy Woods for being chauffeur, housemom, and tour guide.

Everyone had a great time.

Veterans

Night

Dinner



Attending the recent Veterans Dinner at Br.17 Courtenay Legion, were L-R: Harry Harris, Br.17 President, BComd Col J.E. McGee and John Leonard.



LEGION LOG

BRANCH 17 COURTENAY 334-4322

ENTERTAINMENT

Fri & Sat Nov 8 & 9.....Music by WYLIE & THE OTHER GUY
Fri & Sat Nov 15 & 16.....Music by COYOTE
Fri & Sat Nov 22 & 23.....Music by EL DURADO

REGULAR ACTIVITIES

BINGOS.....Mon., 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

SATURDAY NOV 09.....OLD UNIFORM NIGHT
TUESDAY NOV 26.....GENERAL MEETING
Election of Officers 7:30 PM.

SPORTS

SATURDAY NOV 23.....FUN CURLING 1:30 PM
Prizes and dance to follow. Sign up at bar.

BRANCH 160 COMOX 339- 2022

ENTERTAINMENT

Fri Nov 8.....Music by SHABOOM
Fri Nov 15.....Music by HIGHWAY 19
Fri Nov 22.....Music by WESTWIND
Fri Nov 29.....Music by NIGHT LIFE

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. Doors open 6:30. 7:00 PM
TUESDAYS.....Ladies Crib League - Begins Sep. 17 8:00 PM
Mixed Dart League - Upper Hall - 7:30 PM
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall. 7:00 PM
Crib - Begins Sep 18 with Fun Crib, Registration, in Lounge.
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 NOV 10.....MEMBERS NIGHT
Open to Br.160 Members only. 8 PM.

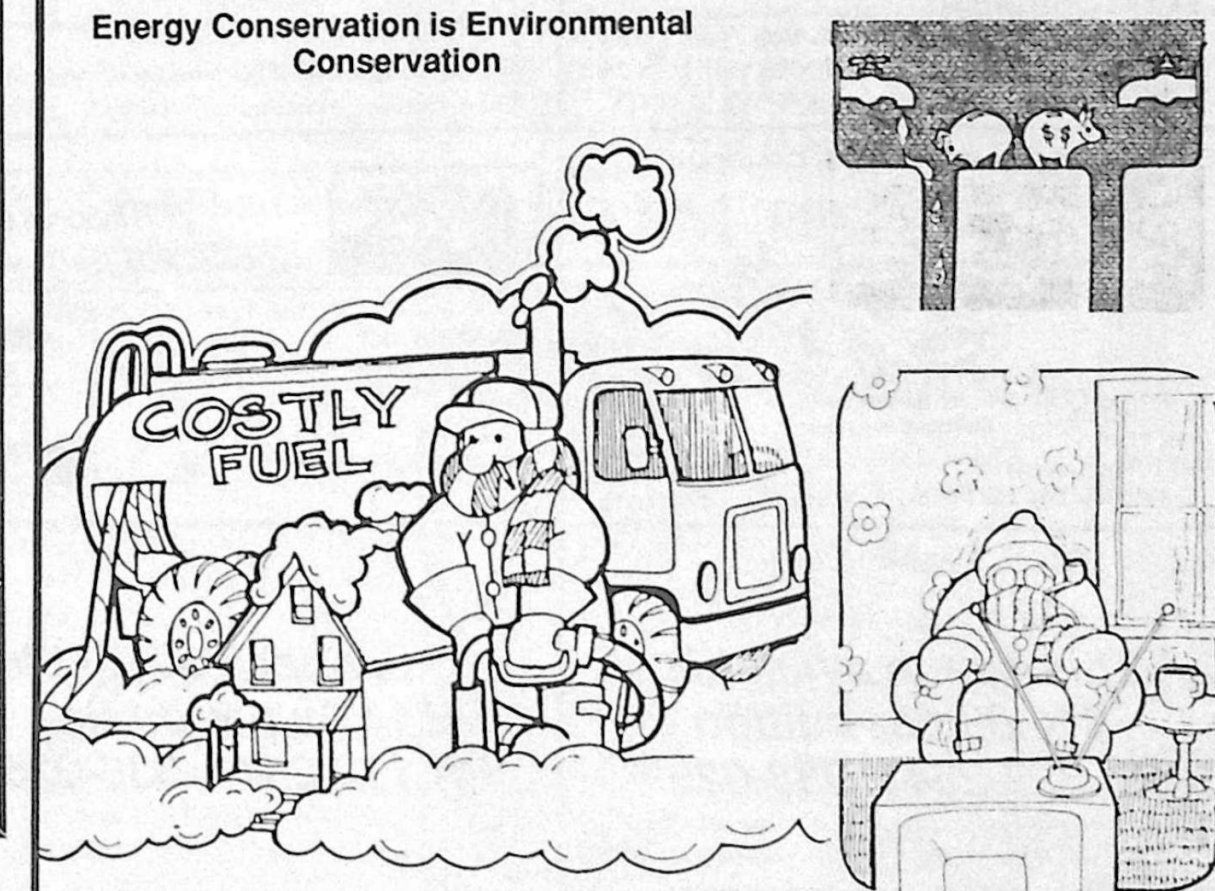
SPORTS

CRIB first Sunday of the month.....1:00 PM Upper Hall.
Registration \$5.
EUCHRE fourth Sunday of the month.....1:00 PM Lounge.
Registration \$5.

Energy Conservation Week

17 - 23 November

Energy Conservation is Environmental Conservation





Courtenay Chrysler Plymouth Sales (1970) Ltd.

Serving CFB Comox Members For Over 21 Years.



Town & Country



Laser RS Turbo



New Yorker Fifth Avenue



Dakota Sport 4x4

Our 1992 models are in stock now. Drop in and check your next vehicle today!

AS
LOW
AS

8.9%

Factory
Financing
48 Months
OAC

OR

Up
To

\$750.00

CASH
BACK

PLUS

An Additional

\$750.00

CASH
Armed Forces

HURRY. PROGRAM ENDS SOON. SEE US FOR DETAILS!

Appreciation on Allowance

4847 Island Hwy. N. Courtenay

DLR# 5682

338-5451



Buy a Poppy
Help a Vet



Comox Valley Toy Shoppe 1991

by Liz Basham

Once again the 'driving force' of Hella Reba has come to the aid of the Valley. The Comox Valley Toy Shoppe is open for donations of toys and/or labour in the Comox Mall.

This is the 10th year Mrs. Reba has operated the facility. Located in the liquor store in the Comox Mall, the Toy Shoppe has become a little corner of Santa's workshop. The premises have been donated by Mr. Owen Ellis, owner, Comox Mall.

The facility is run strictly on a volunteer basis and at present an electronics tech and a bike repair person are urgently required. Other fixer-uppers, painters, sewers, knitters, or otherwise handy hands are needed to refurbish and assemble toys.

Volunteers are still urgently needed. You do not need to work at the store; you can take a box of items home to refurbish or clean, or you can partake of the camaraderie at the store for as little or as much time you can spare. Any help you can give will be greatly appreciated.

The Toy Shoppe would like to stress this year that early donations are requested as the store will be closing its doors earlier.

As in the past, teens are the 'overlooked' or 'forgotten' ones. Everyone tends to think of the little ones. Donations of panty hose, make-up, nail polish, purses, costume jewelry, hair accessories, bath oil, perfume, are ideal for the girls. Boys prefer items such as blank or pre-recorded cassettes, tape players, wallets, hockey equipment, hand held video games, after shave, shaving creme, and remember, electronics can be refurbished to as good as new.

As usual, that electronic nemesis rears its ugly head with the cry of batteries, batteries, batteries... However, unlike some retailers, the Toy Shoppe does include the batteries required to operate the item. This presents an urgent need for the donation of batteries of every size; AAA, AA, C, D and 9V. Perhaps when purchasing batteries for your electronic needs you could purchase an extra pack and donate them to the Toy Shoppe?

Donations of cleaning items such as VIM, Javex, dish soap, SOS pads, J-cloths, paint, varnish, wax are required on an ongoing basis. Glad or Zip Lock baggies are also needed to package the toys. Cash donations are

used to purchase supplies and batteries.

Of particular interest to many are the following statistics:

The number of children helped in 1989 was 900; 1991 was 1400. As you can see, the facility provides a much needed service to the community.

The Toy Shoppe would like to stress the facility is not only for the needy but in these days of high inflation and little extra money in anyone's pockets, the Toy Shoppe is here to provide the 'necessities' or the 'extras' to any family for the holiday season.

1991 hours of operation are as follows:

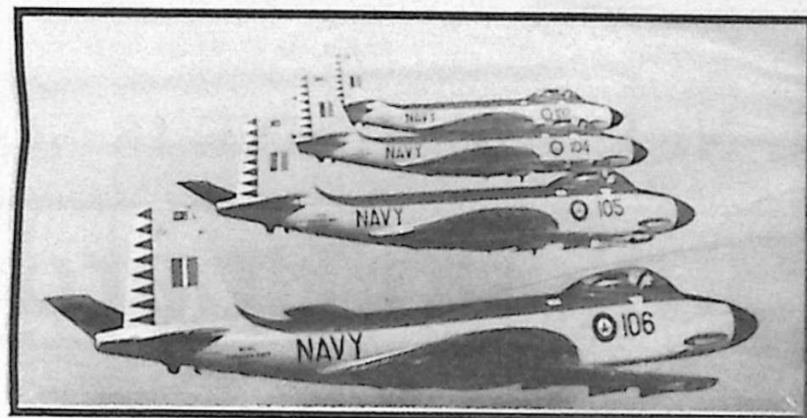
Mon - Fri 9 a.m. - 5 p.m.
Sat 9 a.m. - 4 p.m.
Sun Closed

Distribution of items will be 13 Dec to 19 Dec., after which the Shoppe will be closed for the season.

There is also a back entrance for larger loads. Just check in with the staff and they will open the rear doors.

On behalf of the staff and volunteers at the Toy Shoppe, a big thank you to all who donate time and/or items. Everything will be put to good use.

"Thank you Comox Valley!"



BANSHEES

in the ROYAL CANADIAN NAVY

A new book about Naval jet fighter flying 30 years ago

9X12 format, 320 pages, hard bound cover
450 photos and 80 pages with colour, index
top quality paper, excellent colour,
many never before published photos and stories

VF870, VF871, VX10, carrier HMCS Bonaventure
Sidewinder Ops, 550 personal stories, Banshee art gallery
Banshee, Sea Fury and other RCN, USN aircraft photos

\$50 (CAN)

ADD SHIPPING \$3 (CAN), GST exempt if before 1 Jan 92

Indicate if you want any special wording or the author's autograph in the front of the book

GREAT FOR CHRISTMAS

Make cheque or money order to:

Banshee Publication
26 Clareville Cr
Toronto Ont Canada
M2J 2C1

call Carl Mills at 416/495 0907 (evenings), for more info
(no CREDIT CARDS please)

RUSH MONEY ORDER TO BE IN TIME FOR THE TREE

NEXT DEADLINE 18 NOV