



## SAREX Awards

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**National Non-Smoking Week**  
January 20 - 26, 1992



# TOTEM TIMES

Canadian Forces Base Comox B.C.



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COST: PRICELESS

## Western Warbird



A refurbished P51 Mustang is one of many vintage aircraft operated by the Western Warbirds. 1992 is Airshow year at CFB Comox. The Warbirds will be here.

### 3-year programme

## Force Reduction Programme Begins

A new program will help the Canadian Forces trim personnel by 8,000 Regular members between January 1992 and February 1995.

The Force Reduction Program (FRP) has its roots in last September's defence review which announced a reduction in overall CF strength from 84,000 to 76,000. Initially it was felt that a combination of normal attrition and reduced recruiting would enable the CF to meet this new force level, but it soon became apparent that additional measures would be required.

In addition to the normal

methods of reducing manpower such as cutbacks in recruiting, the FRP includes a comprehensive compensation package to encourage selected CF members to leave the military voluntarily. Up to 2,000 personnel could be affected by this program in 1992. The CF will only resort to directed releases if the benefits included in the FRP do not attract enough members to volunteer for early retirement.

"Because of the various announcements that have already been made about CF reductions, it is important that the facts be made available to all military per-

sonnel as soon as possible. It is our position that the facts will serve to dispell anxieties rather than create them," says Brig-Gen Bryan Stephenson, Director General Manpower Utilization.

The three-year Force Reduction Program concentrates on the 31 military occupations which have been deemed 'overstrength'. Initially there will be 24 MOCs affected, while a further seven have been identified for volunteer offers only.

The overstrength occupations will also be reduced by transferring members to other occupations where training vacancies

exist.

According to General John de Chastelain, Chief of the Defence Staff, the cuts have been carefully considered. "It is essential that all CF members, those affected by the target reduction and those not affected, clearly understand that everything possible is being done to ensure our people are treated fairly and equitably in comparison with both the private and public sectors."

Incentives will be offered to encourage serving members in overstrength occupations to retire early. Several months of additional paid leave is being offered, as

by 2Lt David Krayden

well as severance pay. Pension entitlements, not normally available before completion of 20 years of service, are a part of the package for those with 10 years of service or more. Eligible members are entitled to a paid move in Canada, and efforts will be made to help them find new jobs through the Second Career Assistance Network (SCAN).

For instance, an NCM with 14 years of service would be entitled to all annual and accumulated leave, 270 days of special leave, which can be cashed-out, 75% of a pension not normally available

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# On & Off the Base

## More Reduction

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before 20 years of service, 14 weeks of severance pay, a move to anywhere in Canada, two paid trips to confirmed job interviews any time between notice and day of release plus spousal temporary duty for attendance at SCAN seminars.

These benefits are diminished or enhanced depending upon the number of years a member has served in the CF.

Applications for this year's compensation package must be made by January 31, 1992. In extenuating circumstances, a commanding officer may have that deadline extended to February 15, 1992.

If the voluntary withdrawal system does not enable the CF to meet its reduction goals, directed releases across all rank levels may be necessary. Certain personnel who have reached the end of their service engagement may simply not have it renewed. They will be asked to leave the military, not because of any fault on their

part, but due to insufficient positions and there being no further military requirement for their services.

The exact number of people who will be affected in this way can only be determined after the number of voluntary releases is known: if voluntary releases prove popular, fewer people will be asked to leave.

However, those who receive a directed release as part of the Force Reduction Program will also receive the same compensation package as those who volunteer.

The Force Reduction Program will affect officers too. "The program is equally applicable to officers and NCMs. Over the first two years the numbers of generals and flag officers will be reduced by 20% and the numbers of colonels and naval captains by 15%," says Brig-Gen Donald Mackay, Director General Personnel Careers Officers.

## Korean Korner

by Bob Orrick, C.D.

## The Korean Volunteer Medal

For some time this space has been addressing the Korean War, 1950-53, and the part Canada's airmen, soldiers, sailors, and nursing sisters played in stopping the spread of communism in the Far East. The war lasted 37 months, cost Canada 516 of its best citizens, and was the beginning of the end for world communism. The seeds of democracy sown in Korea four decades ago germinated slowly. In time they turned the dark, destructiveness of communism into a flowering, spreading garden of colour; of hope, of caring, of democracy.

The war in Korea has been termed 'Canada's Forgotten War'. And rightly so. It was only after intense lobbying by the Korea Veterans Association of Canada, Inc. that the federal government capitulated and agreed to formally recognize the voluntarism of the 26,791 Canadians who fought in Korea. This was a very strong point with KVA Canada, Inc.; to be recognized as volunteers who stepped forward to serve in a dirty war fought half-way round the world.

The precedence KVA used was Ottawa's awarding a Canadian Volunteer Service Medal to servicemen who volunteered for duty during World War II. The CVSM set apart patriotic Canadians from those who were

conscripted into service. It should be noted, however, some of the conscripted served admirably and performed feats equal to their 'volunteered' compatriots. Nevertheless, it was the CVSM that KVA used as the basis for its request to have a similar medal struck for those who served in Korea.

It should be remembered that at the time of the Korean War all Canadian servicemen were volunteers, regardless of time of enlistment.

When Communist North Korea attacked South Korea in June, 1950, Canada became involved. The despatch of three RCN destroyers from Esquimalt was this country's initial response. This action was soon followed by the RCAF's 426 Thunderbird (Transport) Squadron of North stars. The 426 was assigned to the US Military Air Transport Service (MATS) to ferry personnel and materiel from CONOS to Japan, and onward to Pusan, Korea. Additionally, 17 RCAF pilots flew with the USAF as exchange pilots. At least one was shot down and spent years in Communist POW camps. There is some thought that one RCN flier flew with the USN, but to date this has not been satisfactorily documented. In those days Canada's Navy had a fleet air

arm, and an aircraft carrier, HMCS Magnificent, based in Halifax.

Shortly after these two singular events the federal government authorized the formation of the Canadian Army Special Force (CASE). Recruiting for the infantry brigade and support services began in August, 1950. And was voluntary.

Unlike WWII and the Gulf War, Canadian servicemen returning home from Korea came back to a country which either did not know, or care, about the struggle to stem the spread of communism. Or were totally indifferent to world affairs of the time. For the most part, returning sailors, soldiers and airmen were met only by relatives and friends in communities where the military maintained a presence. Media coverage was, for the most part, isolated and sporadic. Television was not a standard in Canada in the early 1950s. The news of a returning ship, or battalion, or squadron was not common news. Korea, truly Canada's Forgotten War.

Thus it was that the servicemen who came home returned to a country devoid of emotion; no parades, no banners, no speeches. Just 26,791 Canadian volunteers who, once

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# Editorial



Norm Blondel

## The Weed

Modern man (and woman) should have good reason to curse the day Sir Walter Raleigh returned to England from one of his voyages to the "New" world, bearing the leaves of a plant he called Tobacco.

Comedian Bob Newhart once satirized the occasion: "You mean you roll this stuff in a paper tube ... and stick it in your mouth ... heh, heh ... and set FIRE to it?" Coming from Bob, the process sounds funny. Smokers don't laugh of course. They are under attack from all sides, from every well-meaning level of society. Their habit is banned from hospitals, federal buildings, cinemas, most airlines, buses, ferries and parts of restaurants. There are not many places left where they can puff in peace.

One of the strangest sights is a group of shivering sick people standing around outside a hospital, in the middle of winter, having a quick puff. It is said that smokers are more at risk from hypothermia and pneumonia nowadays, than from lung cancer.

The non-smoking We are awfully hard on our tobacco-bound brethren. We lack sympathy. We make snide remarks behind, in front of and in the general vicinity of smokers, every chance we get. We feel superior -- especially if we smoked once. We are often obnoxious about it.

I think we should go easy on adult smokers -- but with some exceptions. Smoking near children, or while pregnant are two that come to mind. As a former smoker (I quit in 1957, the same year a link was established between lung cancer and tobacco), I know how extremely difficult it is to quit the weed. A cigarette with the first coffee of the day gives undeniable pleasure. The pleasure becomes a craving and then an addiction. Giving it up is both an ordeal and a challenge. We non-smokers should change our attitude from the superior "I quit, why can't you?", to a more helpful, sympathetic approach. Help, not punishment, is the key.

Most important, however, is the fight to protect our children from the effects of tobacco. The law against supplying minors with tobacco should be stronger, and more strongly enforced. Adults can take care of themselves, but children, born and unborn, depend on us to protect their health.

## Children and Tobacco

A 1990 Canadian survey reported that almost half (45%) of the students surveyed preferred to discuss the effects of smoking on health with their parents than with any other source. Any adult in a child's life can serve as a positive influence. Here are some suggestions to help you become a better role model and ensure the Class of 2000 is smoke-free:

- If you smoke, don't smoke in front of children.

- When you see tobacco advertising or people smoking use this as an opportunity for discussion. Talk to children in a non-threatening way, about the health risks of smoking.

- Talk to children about the benefits of being a non-smoker: the clean breath; the more attractive appearance; the better health; public acceptance (two thirds of Canadians are non-smokers) and the money saved.

- Please don't send a child to a store to buy cigarettes. Not only is it illegal, even if the child has a parental note, but it provides a child with easy access to purchase cigarettes later on.

- If you are a smoker, never leave cigarettes in easy access of children.

- Support stores that refuse to sell cigarettes to children.

- Support legislation that reduces public smoking and the promotion of tobacco products.

## MPs Battle Blindness

They've typed for more than two days, run distances of marathon length, rallied and taken on challenges throughout military communities across Canada and in Germany. They are members of the Canadian Forces whose military police make a difference for visually impaired children.

The only strictly Canadian Forces charity, the Military Police Fund for Blind Children (MPFBC) continues, after almost 35 years, to be a source of pride and success. Sailors, soldiers, airmen and airwomen are challenged by their military police to endurance contests in a variety of fundraising activities from the aforementioned typing and cross-country runs, to dares for an individual member to do the Highland fling in front of the whole base. And it works. The MPFBC helps hundreds of visually impaired children each year and has contributed more than \$1,500,000 to hospitals and schools since the fund began in 1957.

The fund was the dream of founder and current patron, retired Colonel J.R. Stone. Although his own child did not survive the cancer that took her sight, he realized that many visually impaired children need support. Now, three-and-a-half decades later, his commitment to help other children lives on.

"The aim of the fund is to aid blind children and young blind adults up to the age of 21, and to support charitable organizations and individuals involved in their education and recreation," explains the new MFBC Chairman Lieutenant-Colonel Jim Jones, Director of Police Operations, Director General Security, at National Defence Headquarters in Ottawa.

Lt-Col Jones can remember when he first became deeply involved with the fund as Base Security Officer at CFB London, Ont. Nearby, in Brantford, Ont., was the W. Ross Macdonald School for Visually Impaired, as it is known today.

Carolyn Hudson is program director of the elementary division at the Brantford school.



... fighting Glaucoma in Germany

"The fund from the military police helps us with things that are not funded from other sources," says Mrs. Hudson. "It helps when families need assistance with orthodontic work that isn't covered. The fund has bought a 12-passenger vehicle so that we can get the students out to places like a barber shop as part of the experiential program when learning about things like hair cutting. Another big item was the playground equipment adapted for the blind that helps children gain confidence while guard rails provide safety for them."

There are six schools for the visually impaired across Canada: in Manitoba, Ontario, Quebec and Nova Scotia as well as the Canadian National Institute for the Blind. The priority for allocation of funds is first and foremost, to these schools at \$62,500 per annum. Hospitals also receive funds and this year, the Canadian Field Hospital in Germany, for example, received \$26,900 to buy analysis test equipment for glaucoma. The MPFBC bought similar equipment last year for CHEO (Children's Hospital of Eastern Ontario) in Ottawa.

"This year, we also gave the Canadian National Institute for the Blind here in Ottawa-Carleton, \$10,000 for its summer day camp," says Lt-Col Jones.

Individuals who might need assistance to purchase specialized pieces of equipment have also benefited from the fund.

Jay Pomfret will soon be the proud owner of a portable Apple II "E" computer, complete with "Braille and Speak" component.

"It's a machine that hooks right up to the Apple II and comes in a whole package," explains the Grade 8 Ottawa student. "It's easier to obtain information from it."

Homework assignments will be a little easier for the visually impaired 13-year-old who says the MPFBC cheque that helped pay for his new equipment was "much appreciated" by him and his family.

Although the future looks bright, the fund has its own challenges. The closure of the two bases that represent the biggest source of fundraising -- CFBs Baden-Soellingen and Lahr -- is a

Continued on page 5

## More Police Fund

Continued from page 4

hurdle that will be difficult to climb.

"It's called the CFE (Canadian Forces Europe) Request-a-thon," says Lt-Col Jones of the extremely successful annual event at the two CF bases. "It's all done over the (Canadian Forces Network) radio. We try to send two visually impaired kids and a supervisor to Germany for the event each year."

"It's just great for the kids," he continues. "They are taken for tank and helicopter rides, and they go on side trips into Switzerland and France. The two young people who went this year are 17 and 20 years old and are from the Sir Frederick Fraser School in Halifax."

They are friends of Cpl Al Melvin, a member of the military police force at CFB Halifax. An organizer and six-year supporter of the Fight for Sight Run, he is constantly amazed at how the military community works together to make the run such a success.

"Everyone in the section is involved," he says of the runs that raise from \$10,000 to \$15,000 annually. "There are 60 people in my section. There is not one exception."

The ones who don't run in the relay race help to organize. They volunteer to work on their days

off so that the Section can maintain minimum manning during the actual run which has taken volunteers from Halifax to CF Bases at Cornwallis, Greenwood and Summerside, respectively, over the past three years.

"We don't have to look for volunteers," adds Cpl Melvin. "People are phoning in to volunteer. It's one of those things you look forward to."

The Christmas party the military police at CFB London put on every year is one of the biggest events for the elementary students at the W. Ross Macdonald School. Mrs. Hudson credits the military police for totally organizing the event, decorating the recreation hall, driving Santa up to the building in a police car with siren blaring, and with helping Santa give out the generous gifts each child receives.

"I remember one little boy was dying of a brain tumor and I was going to take his gift to his home," she says. "Then some of the MPs said that maybe they should go too. They did and stayed most of the afternoon. The boy died shortly after and his mother told me later that the visit from the military police was one of his fondest memories. They all have such heart."

## About Trivia

### Bolingbroke - Blenheim

Our latest Trivia aircraft is a Bolingbroke MK IV medium bomber, the Canadian built version of the Bristol Blenheim. 600 Bolingbrokes were built under licence for the RCAF by Fairchild Aviation Ltd. of Montreal. These machines first went into operational service in July 1940, with #119 B.R. (Bomber Recon) Sqn on the east coast in an anti-submarine role. #8 B.R. Sqn also flew them from the east coast, and later from the west coast after Japan entered the war. The designation YO were the code letters of #8 B.R. Sqn's aircraft. This unit took part, under U.S. operational command in the Aleutian campaign against the Japanese in 1942/43. Four other squadrons operated Bolingbrokes from the west coast; #115, #147, #149 and #163. #115 B.R. Sqn was credited with a share in the sinking of a Japanese sub in July 1942. In addition 'Boleys' were used in flight training schools, target towing, and composite units.

The Bolingbroke was powered by two Pratt and Whitney 'Twin Wasp Junior' engines, max speed 266 mph, range with full bomb load of 1000 lbs, was 1400 miles. In Britain deliveries of the Bristol Blenheim to the RAF, began in 1937. By the outbreak of WWII a thousand MKIs were in RAF service, plus 200 of the improved Blenheim MK IVs. They operated primarily as daylight bombers and as night fighters. The first RAF aircraft to cross the German frontier in WWII, was a Blenheim MK IV of #139 Sqn, on a recon of the German fleet at Wilhelmshaven on September 3, 1939. In July 1940 a Blenheim MK IF night fighter made the first radar assisted interception of an enemy aircraft. Blenheims suffered heavier losses than any other RAF aircraft type in WWII, largely because they had to fight against heavy odds in the early air battles. They served in every theatre in which the RAF was engaged, and remained in front line service until 1943. Blenheims MK I to MK V were equipped with various marks of the Bristol Mercury engine. Max speed for the MK V aircraft was 270 mph. Range with full bomb load of 1000 lbs was 1475 miles.

The Bolingbroke was powered by two Pratt and Whitney 'Twin Wasp Junior' engines, max speed

RECYCLE THIS  
NEWSPAPER  
TOTEM TIMES



# Comment

## The New BAdmO

LCol Gerrit van Boeschoten



LCol van Boeschoten was born in Hilversum, the Netherlands, on 22 Aug 1942. He emigrated to Canada with his family in 1954 and settled in Calgary where he received his secondary schooling.

After joining the RCAF in 1961, he spent the next four years at Royal Roads and the Royal Military College, graduating in 1965 with a BSc degree. He received his pilot's wings at Portage la Prairie in 1966 upon completion of the multi-engine training syllabus.

A short stay as a staff pilot at the Air Navigation School in Winnipeg was followed by a tour as a C130E Hercules pilot with 436(T) Squadron, then based at Uplands, Ontario. In 1970, LCol van Boeschoten was posted to Air Transport Command Headquarters Trenton, Ontario, as Staff Officer Personnel (Officers).

The year 1973 marked a return to flying duties, this time on the Argus as a member of VP415 Summerside, PEI where he held the position of Flight Commander.

In early 1977, he was selected to join the CP-140 Aurora Program staff in Burbank, California, where he was involved in prime mission vehicle software development, aircrew training material updates and as backup acceptance and delivery pilot.

In July 1981, LCol van Boeschoten was appointed CO of VP415, now in Greenwood, NS,

and oversaw the squadron's conversion to and initial operational experience with the Aurora.

During 1983/84, he was a student at the USAF Air War College at Maxwell, AFB, Montgomery, Alabama and also earned a Master's degree in Public Administration in a cooperative program with Auburn University.

From 1984 LCol van Boeschoten served in Maritime Air Group Headquarters, Halifax, NS, as Senior Staff Officer Fixed Wing, with staff and standards responsibility for the training and

readiness of Aurora, Tracker and T-33 Silver Star aircrew in MAG.

A tour in NATOHQ, Brussels, Belgium, was next in 1987 where he was employed on the International Military Staff as an Arms Control analyst/planner. In 1990, he returned to MAGHQ, this time serving as central coordinator of staff and support functions.

LCol van Boeschoten is married to the former Elizabeth Anne Pember of Victoria, BC. They have two grown daughters, one grandson and one cat.

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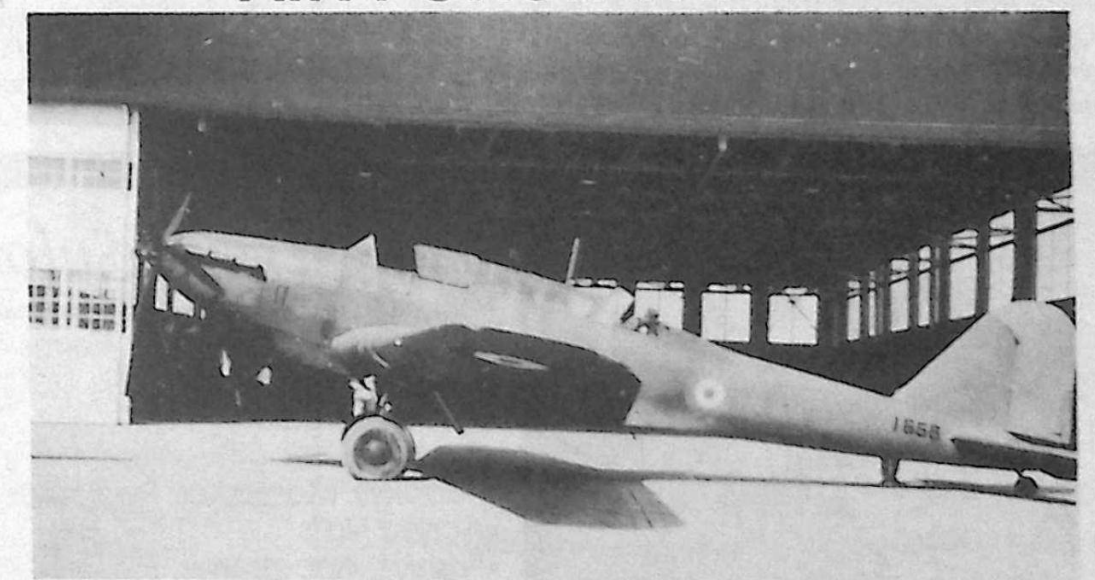
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## AIR FORCE TRIVIA



### Trivia Answer

Bristol Bolingbroke 9051 YO-L 8(BR) Sqn RCAF at Anchorage, Alaska, 1943.

from the HW Holmes collection.

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# Section News

## PMQ Association

On behalf of the Wallace Gardens Community Council may I take this opportunity to wish all the PMQ residents a joyous and prosperous 1992. We believe that the new year will bring with it a renewed sense of community commitment and awareness. The council hopes to meet all of its goals in 1992 but once again we will be calling upon the community for its support. We have a full year of activities ahead of us and will be bringing you more details as each event approaches.

From 1991 we have the final decision on the 'Best Decorated PMQ Contest'. The Base Commander, Mrs. McGee, the Mayor

and Mrs. Sealby had a very difficult time in selecting the winners. It was apparent that a great deal of time and effort by the PMQ residents went in to decorating their homes. The Base Commander expressed his appreciation to all for the excellent display of lights and decorations. The overall presentation throughout the PMQs had brought a very favourable response from both civilian and military visitors to Wallace Gardens. Well done!!

After much deliberation and review, the final selections were made for the awards. Following are the prize recipients:

OVERALL		
1st	MCpl and Mrs. H.P. Hunter	109A
2nd	MWO and Mrs. J.D.C. Petipas	71A
3rd	MWO and Mrs. B. Ryan	90A
WARD PRIZES		
Ward 1	Cpl and Mrs. M. Oulette	2A
Ward 2	LS and Mrs. Kieffer	E5
Ward 3	Cpl and Mrs. R.A.J. Marcotte (joint)	25
	MCpl and Mrs. G.R. Wentz	25A
Ward 4	WO and Mrs. F.C. Rideout (joint)	59
	Lt and Mrs. E.D. Tack	59A
Ward 5	Lt and Mrs. E.R. Romans	66
Ward 6	Maj and Mrs. J.J. Leblanc	99
Ward 7	MCpl and Mrs. J.D. Coté	102D
Ward 8	MCpl and Mrs. G.T. Johnson	106D
Ward 9	Cpl and Mrs. R.W. Wyatt	112F
MULTIPLE DWELLING		
Row - 103	MCpl and Mrs. Johnson	103A
	Sgt and Mrs. K. Rogers	103B
	MCpl and Mrs. F.W. Sabiston	103C
	MCpl and Mrs. C.J. Wilson	103D
	PO and Mrs. K.H. White	103E

Special mention also goes to Maj and Mrs. S.J. Brabant (99A) and MCpl and Mrs. L.M.M. Massicotte (D7), whose displays only narrowly missed out on the prize list. At the last Council meeting, approval for the awards was

given and distribution of prizes will be carried out over the next two weeks. Once again, well done to all who helped brighten up Wallace Gardens during the festive season.

## Hello Pet Owners

My name is Doreen Wyatt your new 'Animal Control Officer' and I'm looking forward to serving you. I am located at PMQ 112-F Spruce St. My telephone number is 339-0221. Please call or visit if you need

assistance and if you have any ideas you would like to share. Always looking for ways to improve.

Looking forward to meeting you all soon!

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## CFB Comox Family Support Centre

Christmas Carolling. Meet 6 p.m. Sat 21 December at Spruce and Little River Rd. by Wallace Gardens sign. Carol sheets provided.

**Hours of Operation:**  
7:30 - 3:30 Mon to Fri  
**Address:**  
119 Little River Road  
**Mailing address:**  
Family Support Centre  
CFB Comox  
Lazo, BC  
VOR 2K0  
**Services available:**  
Volunteer information services

Practical problem solving services  
Referral services  
Financial counsellors referral  
Babysitters list - adult and trained teenagers  
Cleaner list  
Bilingual services available  
Welcome package  
**All Services are Confidential**  
Drop in any time or phone  
Colleen Gagnon, 339-8654.



## Catholic Women's League

On behalf of the Catholic Women's League of CFB Comox, I would like to extend to all, our prayers for a 'Happy New Year'. To all those who lent their support and prayers to us this past year, a heartfelt thank you! As our Council will be hosting the Military Ordinate Convention this year, (the last week in May), we will welcome your prayers and support for this event. Our contact person is Claudette Leblanc, the convention convener, 339-3004.

January 16 was a very special day in our Parish. Bishop André Vallée was here to officiate at the confirmation of 16 candidates. Their names are:

Ian Beth  
Katherine Bizier  
André Bizier  
Kimberly Choinière  
Heather Gillis  
Melenie Grandmont  
Eric Gravel  
John Grimshire  
Amanda Kitchen  
Dianne Levesque  
Mark Levesque  
Cheryl McKenzie  
Linda McKenzie  
Marie-Eve Maillée  
Julia Mullaly  
Christophe Turcotte

The CWL had the honor of hosting a reception in the Parish hall, following the celebration at the chapel.

## Glacier Greens Golf News

The very popular 'Members Only' mixed Sunday golf drew a huge crowd on Sunday past. Sixty-four golfers took to the links on a beautiful sunny day to enjoy the 9-hole competition.

**1st L.G. Team:** Russ Hotenpillar, Dave Kelly, Lori Cameron, and Fred Williams.

**1st L.N. Team:** Nick Mykitiuk, Heather Sykes, Crosby Cole, and Earl Martin.

**2nd L.G. Team:** Ron Campbell, Andy Anderberg, Pat

Verchere, and Rick Forster.

**2nd L.N. Team:** Jim Brown, Pat Schmidt, Jim McCaffery, and John Holley.

**3rd L.G. Team:** John Courtemanche, Barb Carter, Dick Nex, and Chuck Perry.

**3rd L.N. Team:** Andy Blazeecka, Bill Bates, Lorraine Courttemanche, and Rod Verchere.

**K.P. on #2:** Mike Kirkwood  
**K.P. on #7:** Stu Mohler

## BASE LIBRARY HOURS

(Building 10 - next door to Base Accommodations)

**MONDAY 6 PM-9 PM** **TUESDAY 6 PM - 9 PM**  
**THURSDAY 6 PM - 9 PM** **SAT/SUN 1 PM - 3 PM**  
**PHONE: Loc 8351**



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## Supply Signals

Date line Base Supply. Up in the sky it's a bird, it's a plane, no it's that defender of Justice, the EX-keeper of the keys to our budget. It's Captain McKay, AY, AY, AY!!!

Last episode we told you that our hero had just received his powers, and was eager and willing to find the injustice that runs rampant in our Supply world.

Armed with his trusty briefcase and his bullet-proof blue windbreaker, he dons his wedge and heads off for his early morning IOR briefing. Alas, he finds that the evil Dr. Nocandue was there late last night and has attempted to foil his plans, by circumventing his attempts to ensure that his sections are able to properly handle the customers requests for immediate operational requirements. However, Captain McKay has the assistance of his mentor Captain (ICE) Auger (who has just found out he has to head off to fight Dr. Nomorestuff in the European theatre), and together with the help of their trusty Supply Techs are able to befuddle Evil's attempts, and make the world (of Supply), safer for you and me. Tune in next time when we'll hear Captain McKay say these words, "Meeting?"

Meeting? What meeting???

Date line Base Supply ... (again?) On a more serious note, we here at Base Supply wish good luck to Cpl Debbie Durado and Pte Judith Arsenault, on their QL5s. We hear that they had a rather 'cold' welcome when they arrived at their destination.

Also on her computer course, is Mrs. Jean Van Der Mark. Good luck Jean, we miss you here, REALLY, REALLY, BAD!!

By now most of you all know that the Winter Carnival is almost upon us, and our Base Supply team captains (not our defenders of justice), MCpl Cathy Preece and Cpl P.J. Giese require names of interested personnel, so get in touch with either of them. Even if you don't want to openly participate they still need help working at the events, so get in touch today!

Now on to sports. The Pac Region Hockey Playoffs were held this past week here in CFB Comox, and Supply had a representative on the local team, Pte Paul (My Shoulder), Kavanaugh. Better luck next year guys.

While with sports, the Pac Region Broomball Playoffs are almost here, and the local team (which is mostly Base Supply

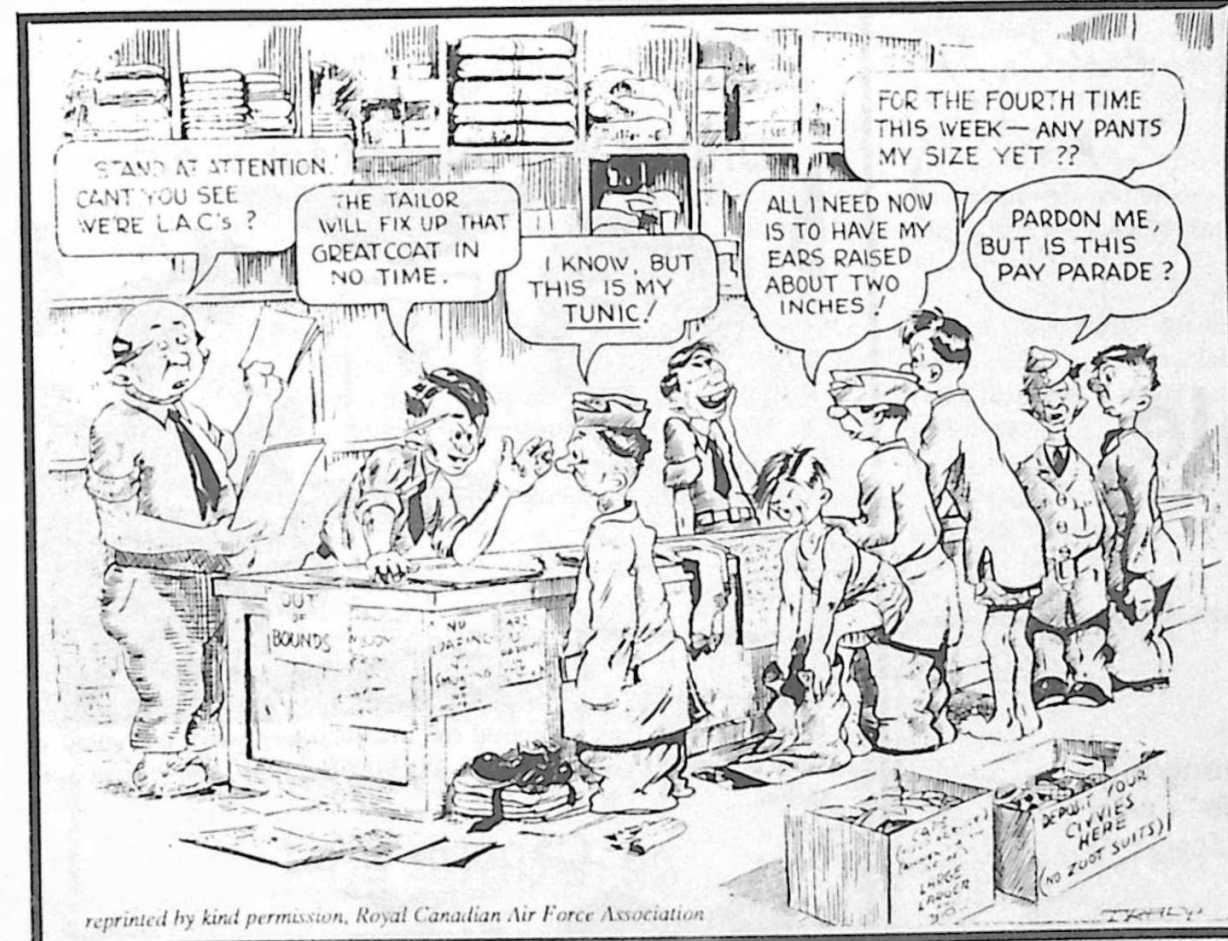
anyway), would like to thank all those that supported them in the past, and hope that you continue to be an athletic supporter in the future. Good luck to both the ladies and men's teams!

Did anyone manage to see our own little polar bear running around, yet? No? Well MCpl Cathy Preece is signing autographs, so you better hurry because they'll soon be worth nothing. Great pose Cathy! Speaking of Cathy, (and this ties into our winter carnival, as well), she is looking for tricycles for one of the events. Since she can't keep her own section's bike under control, I don't know if that's such a good idea or not, but if you have an old usable tricycle then give either Cathy or Sgt O'Brien a call.

Well, well, we have a non-combatant in our midst. Cpl Bob (Duritto) McMahon has set sail with the HMCS Huron for a two week excursion, and get this, from Esquimalt to Vancouver. Good luck Bob, but really, an Army guy like yourself on a ship? Will the Navy ever be the same?

That's another edition of 'As the tongue wags' ... so back to you, Dick.

## Clothing stores then ....



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**NEXT DEADLINE 03 FEB**

# Section News



## Ripples from the beaver pond

Now that everyone has returned from their holidays, at least 5 lbs heavier, I'll try to fill you in on what we've been up to.

The following is a list of aerodrome projects we have been working on:

- Repave runway 11-29; as there is still a problem with water retention, the completion date is unknown.
- Construct addition to 442 Sqn, 99% complete.
- IFRCC addition should be complete by Aug 92.
- Upgrade aerodrome signs scheduled for completion by 31 Mar 92.

Other major projects we are working on include:

- Upgrade B23 for CF 18 Det Comox, 97% complete.
- Relocate Steam Distribution Shop to B19, 85% complete.
- Renovate heating system B24, 95% complete.
- Demolition and clean up of Holberg, 78% complete.
- Increase bed spaces, 88%; B79, 100%; B10, 95%; B26, 100%; B6, 100%; B24, 85%; and, B80, 40% complete.
- Q1, replace transformer, 75% complete.
- Remove 35,000 gal fuel tank at CHP has been 100% cleaned but completion has been delayed due to engineering changes.
- Holberg road emergency repairs, 50% complete.
- Increase sprinkler capacity in Hangar 7 has just been awarded to a contractor.
- Upgrade front gate has also just been awarded to a contractor.
- Summer boiler project will

be awarded within the next month.

We have also renovated our canteen. Come on in and see our masterpiece and welcome back Jan and Fran to their new surroundings after the holidays.

Speaking of new surroundings, MWO Shannon will be retiring 27 Jun 92. Sgt Roy is in Alert from 6 Jan - 1 Feb, MCpl Ryan will be coming back from his six-month tour of the 'True North Strong and Free' by the end of Mar, Cpl Campbell will be packing his mukluks for a six-week tour, Cpl Patterson is on his QL5 until 30 Jun 92, Mr. Burns will go on an EAP course in Winnipeg next month, Mr. MacGregor is on a civilian supervisors course, and Mr. MacKenzie is going on a LMRC members course. We have also moved our CEP Techs. MCpl Limoges is now in Production Scheduling, Cpl Smith has moved in with PM Cell to help MWO Perry flush the system of projects, and Cpl Rimmer is now working in the Orderly Room. The first FRP (Force Reduction Plan), changes will be made this year, so we may also see some of our friends spread their wings and fly the coop due to voluntary or directed releases.

I would like to remind everyone about the upcoming Beaver Cup Tournament 28 - 30 Jan 92. CFB Comox will be hosting teams from Cold Lake, Esquimalt, CFSME and 1 CER. Come on out and support your team in bringing in the 'Beaver Cup' again. Until next time, Chimo!

## B.C.'S SECRET WEAPON



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# Section News

National Non-Smoking Week

## Protect the Children

Research shows that if you can prevent a child from smoking until age 18, the likelihood of that child ever smoking drops dramatically.

That's the reason the National Non-Smoking Week Committee has targeted its educational programs and activities at children, specifically those born in 1982. The Committee hopes the Class of 2000, now in Grade 4, will be the first smoke-free generation.

This year the National Non-Smoking Week Committee is asking role models, especially parents and teachers, to protect their children by setting a healthy example.

Sonny Mudhar, a Grade 4 student, believes that he and his classmates will be the first smoke-free generation. "They tell us every year not to smoke. They tell you that you'll have a shorter life, if you smoke. It costs you thousands of dollars a year and you can buy better stuff with all that money. Old people never got taught not to smoke. We're getting a better education and we're smarter. Nobody cared if you smoked in the olden days. Now they do."

One of those who cares is Brenda Martin, Sonny's teacher. "Children have choices to make to smoke or not to smoke. My role

as a teacher is to educate the children about the hazards of smoking. I do this by informal discussion, inviting guest speakers to the classroom, and through books. There's also a sign in our classroom that reads 'Smoke is unhealthy for all living things'. Hopefully through education children will choose not to smoke."

Schools have always been acutely aware of the importance of providing positive role models for children. Many school districts in the province have declared themselves smoke-free, citing the importance of providing students with an effective health education program, and with providing non-smoking role models to encourage non-smoking behaviour in students.

Parental influence is also very important; studies have shown that a child is more likely to smoke if one parent smokes and the odds increase if both parents are smokers. It is estimated that 20% of 12-17 year olds in Canada are smokers.

Health educator Shirley Thompson said the best time to talk to your children about smoking is when they're in Grades 4 or

5. "That's the time they start to make lifestyle choices and start to experiment."

**TOBACCO IS A DRUG.**  
Protect your children.

**BREAKFREE**

The Canadian survey reported that almost half of all children (45%) first tried tobacco when they were 10-12 years of age. That's when a parent's influence is the strongest according to Thompson.

"All kids want to be like Mommy and Daddy when they grow up. If smoking is seen as a normal activity and Mommy and Daddy smoke in the house, they will think it's okay."

Thompson believes the most important thing parents can do is to keep the lines of communication open. "Talk to your kids about it. If you're a smoker, sit down with your kids and say Mommy and Daddy smoke, but we wish we didn't. Explain to them that it's an addiction and when you started to smoke you didn't know what you know now about its effects."

Members of the National Non-Smoking Committee are: the B.C. Lung Association; Adventist Health Network; B.C. Ministry of Health; Canadian Cancer Society, B.C. and Yukon Division; Heart and Stroke Foundation of B.C. & Yukon; and the Registered Nurses Association of B.C.



## 407 Squadron

Happy Chinese New Year you monkeys. Here's the latest from 2 Live Crew. Welcome back Wayne Wyatt from your successful JLC course, as well as Dale Warren from his Engine course in Greenwood. Also, hats off to our Comp. Crew participants from the land down under.

Carebear is back from Deutschland, with a wide grin and wider girth.

Our Christmas bash was a huge success with many kudos to Mary and Angie for their efforts. Thanks go to the wandering minstrels for their talented entertainment, but we think a better name would be 'Ray and the Receding Hairlines'.

2 Crew has reached the top of our volleyball intersection league (NOT) and from this accomplishment, we now look forward to the upcoming softball season.

During a recent first aid course, attended by all Sergeants, 2 Crew was able to function at peak performance. We leave you now, in anticipation of the upcoming FRP deployment and who will be going on it. Ciao for now.

### ARMP0

Notice to all trades that are overborne, we may have the cure

-- small arms training will commence soon.

Cpl Cindy Leduc recently returned from JLC with excellent results and Pte Terry Restoule was presented with his first chevron. Congratulations to Cindy and Terry.

A number of TDs are in the planning and we have to put up with a lot of whining and begging for the warm ones.

On the 'flashier' side of the house, it seems that the FRP proposition was simply irresistible to some of our members. We may soon be saying goodbyes to several Photo Techs who have signed on the dotted line.

Congratulations are in order for Cpl Luc Champagne and his wife Hazel on the birth of their 7 lbs 11 oz baby girl on 14 Jan 92.

Yes it's true! Cpl Lars Olsson has completed and sent away his last QL5 practical project. Way to go Lars.

Gary went back to Greenwood in an attempt to finish the longest 2nd line course in the history of the Photo trade and came down with 'chicken pox'. Will he complete the course from his quarantined quarters or will he have to make yet another trek across the country??? Stay tuned -- we'll know more by the next issue.

## United Way Award for Weiner



Brian Lavigne was honoured for his volunteer work on behalf of United Way '91 recently. VU33 CO Maj Ted Beth made the presentation.

### Captain Brad



Lt Brad Williamson goes up one rung, courtesy VU33 CO, Maj Ted Beth.

# Section News

On the way ....



## More Computer Automation

Captain John



Maj Kim Cameron presents Capt John Lalonde with his new rank which was effective 1 Jan 92. Capt Lalonde said it was a great way to start 1992 and he can now afford to fly to Toronto to watch his Maple Leafs play live in this year's playoffs!!

The new pay system has been implemented at this base for some time now, and the reaction is very positive from both the staff and you the customers. The delivery of the new pay statements to the members place of work or home, as specified by the member was tested in December 91. There were a few irregularities on the pay statement but the Director of Pay Services (DPS), in Ottawa expects to have these resolved for the mid January delivery. The intention is to have these pay statements arrive two to three working days prior to pay day so the member will know exactly how much went into his/her bank account. You will now receive a pay statement just prior to EVERY pay day which is a big improvement from the old system which was four times a year.

The heading for this article said, 'more computer automation on its way', and that is what I will touch on briefly. Preparation and testing is well under way for on-line claims processing! At present all units claims sections have been tasked to provide fifty various types of claims for inputting into the on-line claims prototype. How soon the new systems will be available at units will depend greatly upon the success of the testing. However, it is most likely still two years away. On-line claims will definitely speed up the claims process both in preparation for, and following, your temporary duty (TD) trip. All the current TD rates, exchange rates, distances between departure and arrival points will be in tables within the on-line claims system, thus ensuring accuracy and of course speeding up the process. More details will follow as they are made available to us.

Don't worry Maj, the mascot police will never know, and besides, the smell is easily masked with avgas.

That's all for now. Remember, keep 'em lean and low ... Wauung!!

The last computer upgrade is the Interim Reserve Pay System (IRPS), which was to be delivered to this base in 1992. However, due to testing and implementation problems, delivery will not take place until 1993. The IRPS will provide automated pay services for both Classes A and B reserves. The new CCPS Mark III pay system already provides automated pay service for Class C reserves.

There will be two IRPS terminals installed on this base; one will be located in the Pay Section of our Branch and the other will be in the ARAF Orderly Room. Presently, reservists major complaint is how slow the administration and pay process is. But this will all change with the advent of IRPS as speed is its main feature as both admin and pay data can be processed through the IRPS terminals.

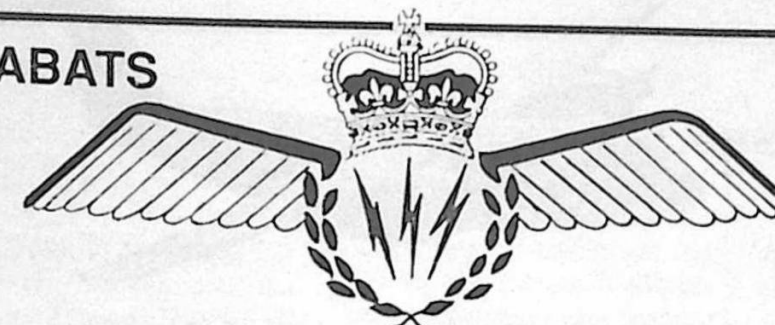
The staff in the Branch are prepared for and enjoying the challenge of automation and its ensuing benefits. For you the customer, automation means faster, more accurate processing, which means we all win!

### Chuckie

When the Russian woman asked her husband how he knew it was going to rain he replied: "Rudolph the Red knows rain dear."

If it's something you believe in but cannot prove it's a belief. If it's something someone else believes in but cannot prove it's a superstition.

### ABATS



### AESOP'S FABLES

## Lester the Flying Pig

Okay, so I missed the Christmas deadline ... I'm sorry!! Here is what you would have perused if I hadn't been so absent minded.

Salutations and welcome to the recurring nightmare of another instalment of Aesop's Fables. We have weathered a fairly untroubled interval since the publishing of the last edition. It has come to light that there is a horrid misconception floating about the Base in respect to the philosophy of 'Lester, the Flying Pig' (more appropriately referred to as Les).

For some peculiar reason, humanity has been audacious enough to assume (erroneously, I might add), that he is 1, or better said, I is He. Not true, not true. You could not be further from the truth. While it is true that some beliefs and temperament that Lester has been displaying may have been created in my Machiavellian mind, the vast majority of Lester's demeanour is fabricated from the personalities of many, as he is the personification of all we strive to be and aspire to achieve. Lester is the consolidation of a myriad of distinct and singularly unique behaviours. He is a creature who is considered to be a mentor of fledgling aviators, a master aviator himself, a social virtuoso and overlord of such tasks as the Naked Table Crawl, Emergency Carpet Inspection techniques, and Sinus Slurping. Unfortunately, he is a shy, reticent type 'swine' who only comes out for short periods of time, traditionally accompanied by a minimum of two ABATS types, and will swiftly escape into the relatively murky confines of the slop trough when confronted. With this now out of the way, our one and only pig, aka 'Lester the Flying

Guinea' would like to say hello to all of his master's faithful readers and he will see you about the Base at the various functions in the upcoming months.

Having stated the facts, it is now time for the unit news. Course 9103 has finally graduated, 13 Dec 91, and is off to the OTUs of the Maritime Air Community. ABATS course 9201 is now in house and just beginning their trek thru the Valley of Death. The staff would like to pass on our heartfelt good luck to you all.

All is well in the 'Pig Pen'. We are still 3 Sgts and 1 WO strong, even after such events as a mess dinner and Remembrance Day. A recent change in thinking finds one WO Yhard now residing in the Pig Pen and WO 'Spike' Schauer in the Senior Instructor's office, which of course leaves the big Newf to occupy the Standards office. So if you need to contact myself, phone 8764, or better still, 8760 and let the new occupant transfer you. Come to think of it, let's all call 8760 and give him practice answering the phone. Hey, here's an idea, a phone survey to see how many calls he can answer in one day?? Call him up and tell us your estimate.

ABATS on the road has seen Saheb visit sunny California, where it is reported that he was seen cavorting with a rat, and obvious expression of anti-pig behaviour if ever there was one. And we didn't even get a present? We also watched a Muddy Snowbird depart for the good old US of A and spend Christmas there. What happened to your views on how beautiful it is in BC and how great the weather is?

Unfortunately, the seasonal

## OFFICER'S MESS SKI DAY

### Mt. Washington

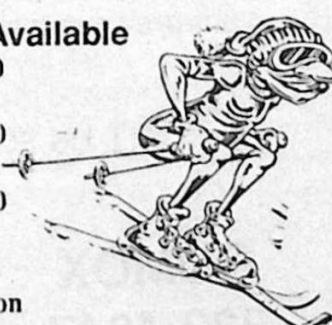
Thu 23rd Jan 92

Bus departs the Mess at 0730 hrs  
Bus returns from Mt. Washington at 1630 hrs

Packages Available	
Package A - Lift ticket/lesson/rentals	\$25.00
Package B - Lift ticket/lesson	\$18.00
Package C - Lesson (for season pass holders)	\$8.00

To sign up or for more information contact Lt Dave Tack, local 8115

Names required NLT 21 Jan 92.



### FIRST AID TIP



### HYPOTHERMIA

Shivering, slurred speech, stumbling and drowsiness after cold exposure are indications of hypothermia. Condition is severe when shivering stops. Unconsciousness and stopped breathing may follow. • Remove gently to shelter. Movement or rough handling can upset heart rhythm. • Remove wet clothing. wrap in warm covers. • Rewarm neck, chest, abdomen and groin -- but not extremities. Apply direct body heat or safe heating devices. • Give warm drinks if conscious. • Monitor breathing; give artificial respiration if needed. • Call for medical aid or transport gently.

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## Sidewalk Sale

Jan. 29 to Feb. 2

Bargain Boulevard is open for you!

Come on folks, it's time to take a walk along our sidewalk ... it's our January Sidewalk Sale ... with the bargains you have been waiting for.

Windy's World,

Our famous Balloon Creationist is back with his 'Ho-Down Show!!! Windy says ... "Let's ho-down the walk to all those bargains ..."

Check for show times in local newspapers, on local radio and posted in the mall.



## Feature



# 442 Squadron

## 442 Sqn Presentations

A series of presentations were handed out to several 442 personnel in mid December 91. The Commanding Officer, LCol Drover, CD, had the honour of presenting nine recipients with the Canadian Forces Decorations as well as various other awards aided by the Base Commander, Col McGee, CD.



LCol Drover with the recipients of the Canadian Forces Decorations. (L-R) Sgt Caughy, MCpl Boutin, MCpl Trevors, MCpl Stajkowski, Cpl Dalton, LCol Drover, MCpl Rowlands, MCpl Kester, MCpl Williams, Sgt Ross, and Cpl Hopkins.



Front row: (L-R) Cpl Pilote, Outstanding achievement on his TQ5 results; Cpl Sharpe, Commander ATG Commendation; Capt Weissenborne, Lab Flight Commander Commendation; MCpl Pierson, Lab Flight Commander Commendation; and Cpl Grant, Outstanding achievement on his TQ5 results. Back row: (L-R) Sgt Caughy, Boeing Certificate 1000 hrs; MCpl Poirier, Boeing Certificate 1000 hrs; MCpl Branch, Good Show Award; Maj Greenaway, Boeing Certificate 2500 hrs; Capt McMullen, Lab Flight Commander Commendation; MCpl Boutin, Boeing Rescue Citation; Cpl Leger, Service Person of the Quarter; MCpl Trevors, DFS Flight Safety Award; and Sgt Woodrow, Suggestion Award.

## Points to Ponder

.... from Hamish

Procrastination is a fault most people put off trying to correct.

Absurdity: Any opinion that differs from your own.

What excuses did people have before there were computers?

It takes less time to do it right than to explain why you didn't.

Life's like a mirror; you never get more out than you put in.

About all you can do on a shoestring is trip.



## SAREX Commendations



LCol Drover presenting the Labrador Helicopter Crew for SAREX '91 with the Labrador Flight Commander Commendation for taking first in the helicopter events. (L-R) LCol Drover, Capt Weissenborne, MCpl Pierson, and Capt McMullen. Missing is MCpl McGregor.

## A Commendation for Rudy



Lt(N) R. Holm received a Commanding Officer Commendation for outstanding work as 442 UFSO. Rudy is a US Coast Guard officer on exchange posting with 442.

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## Hungary Overflies Canada

OTTAWA -- The Minister of National Defence and the Secretary of State for External Affairs, announced that officials from Hungary conducted a reciprocal Open Skies trial overflight of Canadian territory on Thursday, January 16, 1992.

The 'Open Skies' regime, currently under negotiation in Vienna, is designed to build confidence between signatory states by allowing them to verify arms control commitments through aerial surveillance and monitoring.

The purpose of the trial program is to test Open Skies procedures and operations, to demonstrate the capabilities of various sensors, and to simulate

an exchange of data. It will also provide the Hungarian officials an opportunity to gain practical experience and knowledge about administrative and operational flight procedures in Canada.

Canada welcomes this opportunity to encourage 'open skies' between participating states. This Hungarian overflight will greatly enhance the process which began two years ago when Canada, as one of the principal advocates of the Open Skies concept, hosted the first negotiating session.

The Hungarian delegates arrived in Ottawa on January 13 for briefings by officials from the Department of National Defence and External Affairs. On January 15, an orientation and

familiarization flight was conducted on board a Canadian Forces CC-115 Buffalo aircraft.

The crew flew over a combination of military installations and industrial areas from Ottawa to Oshawa, Ont. in an aircraft equipped with a sophisticated sensor package provided by the Canadian Centre for Remote Sensing.

This joint Canadian-Hungarian trial flight follows the 1990 trial overflight of Hungary by a Canadian Forces CC-130 Hercules aircraft. Results from the planned trial overflight will be presented at the Open Skies conference in Vienna in late January by a joint Canadian-Hungarian briefing team.

## Canadian Rangers Trek 9000 km.

ESQUIMALT, BC -- The Canadian Rangers began a cross-Canada relay 13 Jan 92 to commemorate both the 50th anniversary of their formation and the 125th anniversary of Canadian confederation.

The relay, entitled Exercise Baton Ranger, started with the handover of a baton to the first Ranger team at Canadian Forces Base Esquimalt at 10:00 a.m. A series of Ranger patrols will carry the baton through northern BC, the Yukon, the Northwest Territories, northern Quebec, and down through Labrador. They will arrive at St. John's, Newfoundland on 1 July 92. The most northerly point the Rangers will reach on the trek is Arctic Bay, located on the northern coast of Baffin Island.

The baton has twelve sides, representing Canada's ten provinces and two territories. It is being relayed by various means used by the Rangers while on duty, including dog sled, foot, canoe, snowmobile, vehicles and aircraft.

Commodore Ken Summers, Chief of Staff for Maritime Command Pacific Headquarters, presented the baton to Mr. Eric Maek, a Native leader who leads the Ranger patrol in Uluet, BC, and Mr. Adrian Burnie, another Ranger of the same patrol.

Also present at the proceedings was Maj-Gen Fred Mariage, Chief of Reserves and Cadets. "This relay reminds us of the important role played by the Canadian Rangers in our more remote regions," said Maj-Gen

Mariage. "It is symbolic of people's hands coming together all across this country, to pass along a message of unity on Canada's 125th anniversary of confederation."

The Rangers were formed in 1942 as a sub-component of the Canadian Forces Reserves. Their membership comes from the local populations of the respective communities along both coastlines and throughout the North. They are made up of about 50 percent native and 50 percent non-native personnel, and normally operate with the Canadian Forces as individuals as opposed to formed bodies. Their presence provides a means of visible proof of Canadian ownership and sovereignty in Canada's hinterland.

## KVA Canada

...continued from page 2

far fewer than were eligible.

Initially, KVA Canada agreed to the pin in lieu of a medal. However, as is the case with associations who hold biennial elections there was a changing of the guard at KVA. The new blood wanted something more than a lapel pin, although they agreed such was nice and certainly deserved. Why it had taken Ottawa so long to issue a discharge pin became a question.

But the burning question was: why not a volunteer service medal for Korea?

In the mid '80s, a mild lobbying effort was commenced on the part of KVA Canada to convince Ottawa that a volunteer medal ought to be struck to recognize those who served in Korea. At first, the federal government simply said "No," citing the lapel pin, and KVA's agreement as reason enough.

KVA Canada was undaunted. Again, with the changing of the national council, a more concerted, a more concerted effort was begun. This time around a well thought out, three-pronged

plan was put in place. The first prong was to have each KVA member write his or her Member of Parliament asking that they raise the question of a volunteer service medal with the government. The second phase was to follow up on the Ontario legislature's motion to ask the federal government to strike a distinctive medal to recognize Canadians who volunteered for service in Korea, 1950-53. Legislatures from coast to coast were asked to consider a similar petition. British Columbia's elected representatives, in a rare display of government-opposition cooperation, co-sponsored such a petition. It passed unanimously.

Then premier William Vander Zalm spoke eloquently to the petition mentioning his own childhood in Holland during WWII, and how the Canadians repatriated his country. Current premier Michael Harcourt mentioned that British Columbians were proud, and are proud, of their volunteer servicemen who fought in Korea.

# Recollections

## Foodstuffs to Moscow

OTTAWA -- The Minister of National Defence and the Secretary of State for External Affairs announced that Canada has accepted a request from NATO to transport milk powder to Moscow.

One hundred and two tonnes of milk powder, which is being provided by the European Community, will be delivered on two flights by a CFB Trenton-based Boeing 707 on January 7 and 8, and on one flight by a similar German aircraft on January 7. All three flights will be under the auspices of NATO.

The Canadian Forces is prepared, as always, to do its part in the delivery of emergency assistance to Russia and the Republics of the CIS. This humanitarian operation is indicative of its capability to carry out such an important mission on relatively short notice.

The coming year will be a difficult one for Russia and the other Republics. Canada's agreement to airlift the powdered milk arises

out of our commitment to help the people of the former Soviet Union during this time of hardship.

The Canadian assistance is being provided following the decision taken by NATO Foreign Ministers at the December 19 meeting of NATO's North Atlantic Council to make the Alliance's expertise and capabilities available to assist in the urgent transportation and distribution of humanitarian assistance to Russia and the other new states.

Plans are also underway for the Canadian Forces to deliver from Canada basic medical supplies for infants, children, and elderly people in hospitals in Russia, the Ukraine, and the Baltic States beginning in late January.

The Canadian Forces is assisting the Canadian Red Cross in assembling and packing the medical supplies at Canadian Forces Base Uplands. The Canadian Red Cross is coordinating Canadian emergency relief efforts.

## Canada to join UN/Yugoslavia Mission

OTTAWA -- The Minister of National Defence and the Secretary of State for External Affairs announced January 9 that Canada agreed to participate in a United Nations Observer Mission in Yugoslavia.

Three Canadian Military observers currently assigned to the United Nations Truce Supervision Organization (UNTSO) departed from Jerusalem, on Sunday, January 12, to join a 50-member, 21-country UN observer group.

Participation in this international operation is indicative of the high esteem in which the international community holds the Canadian Forces in their role as peacekeepers. It is our continued hope that our efforts will lead to

the peaceful resolution of this dispute.

The current ceasefire brokered by the United Nations is an important first step. Canada calls upon all parties to respect the ceasefire so that genuine negotiations to end the conflict can take place. Canada has expressed its willingness to participate in a full peacekeeping force which, we hope, can be deployed soon.

Canada has supported all international efforts to resolve the Yugoslavian crisis. Since September, a team of 11 Canadian Forces observers has taken part in the European Community's (EC) Multinational Monitoring Mission in Yugoslavia to help stabilize the cease-fire.

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# Recollections

## Voyage on the Mohawk Park

Part 9 -- Sharks, Sharks and more Sharks

Our brief stay in Curacao was over all too quickly, but taking on fuel was accomplished in hours. Soon we were steaming due magnetic north, away from South America and into the warmth of the green Caribbean. Although this was an hurricane area, we encountered nothing but the finest weather. We ploughed north all day.

During my shift the next day, Jean, my French-Canadian friend asked me if I had looked at the ocean lately. I said not particularly. I had been tied up reading one of the engine maintenance manuals on water tubes vs fire tubes.

"When you get the chance," he said.

At the conclusion of my shift I made my way forward to the bow peak, my favourite spot. The sight was eerie. It was as if the Mohawk had been picked up by some gigantic hand and plunked down in the middle of a golf course and was sailing down a huge fairway. The ocean looked for all the world like an enormous lawn; green, well tended, flat and stable. We could have been headed for the seventeenth green. I climbed to the wheelhouse for a better view and perhaps an explanation. The skipper and the second mate were discussing this phenomenon. They pointed to the chart and described the situation. "It's called the Sargasso Sea but in reality it's no sea at all. It's merely a massive growth of seaweed that finds this location just right for sunshine and nutrients. It extends for hundreds, who knows, perhaps thousands of square miles. It robs the ocean of all life except eels and whales, and they thrive in the stuff. It's not very deep, maybe 300 feet at most and

doesn't bother shipping, but it is spectacular to look at."

I had never seen anything like it before and the thought again crossed my mind, 'what a world we live in'.

In the tropics, the weather could change at the drop of a hat. When I turned in after breakfast for a couple of hours sleep, I was awakened by violent shoulder shaking.

"We're in a storm. You're wanted in the engine room right now." I dashed below and the coke bottle engineer shouted in my ear, raising his voice over the unnatural rattlings of the engine.

"We're in heavy swells. They could cause severe damage. Every time the bow plunges down, the stern rises completely out of the water and the screw windmills. If we leave it alone we could vibrate to pieces." He took my arm and led me to a spot near the main expansion cylinder. "Stand here and work the overhead valve. When you feel the bow starting to plunge, turn this wheel for all you're worth. It's a brake to the propeller. When the bow rises, turn it back to normal. You've got to get a feel for it." I braced my legs and turned that two foot wheel for what seemed like an eternity, until I thought my arms would drop off. Eventually the sea calmed a modicum and I returned to deck rubbing very sore muscles.

One of the deckcrew spotted me securing the watertight engine room door and over the howling winds shouted to me, "Want a game of seven's?"

"Okay, I'll bite. What's a game of seven's?"

He explained, every seventh wave, in this particular type of sea, is a giant wave. The object

of the game is to stand at the bow and take cover when the first six waves wash over, hanging on as best you can. The next wave usually raises the horizon thirty, maybe forty feet and is scary to look at. The idea is to wait until the last moment, then run for cover, and good cover it has to be, because the seventh is usually green water right to the bridge superstructure. I played for exactly seven waves then realised the folly of my decision. I again returned to my cabin for a touch of rest.

"Wake up. Wake up." Again, in a matter of a few short hours I was roused from my rest. "The Second Mate wants you up on the bridge." I pulled on my overalls and sandals and hurried forward, noting the seas had calmed to a mere chop.

"What's up, Number Two?"

"I know you're interested in marine life. Thought I'd let you in on this one from the beginning." He picked up his binoculars and peered forward. "Sharks," he said, "two sharks. They've got to be the biggest sharks I've ever seen in my life, and they're swimming right towards us."

Sure enough, right in front of us, two huge fins were cutting the surface waters, swimming side by side. They came closer and closer, and as the crew assembled to view these mighty creatures, it seemed the bow of the Mohawk would separate them to port and starboard. But we were wrong. It was but one creature of the sea contentedly sleeping in the warm waters. A ray fish. A Manta ray of gigantic proportions, and literally caught napping until the bow wave turned it over on its back, exposing its white beautiful-ugly

underside. The size of this ray fish left us all gasping and its tail seemed to go on forever. Dozing in the sun, this giant of the ocean stabilized itself by its two outer wingtips. Guestimates ranged fifteen, twenty, even twenty-five feet across. We'll never know.

I returned to my bunk again just to lie down this time, because I was sure someone would come and disturb me for a third time. But I was exhausted and aching, and fell into a deep restful sleep.

"Something's wrong! Something serious." I woke by myself this time, sitting up in the bunk all nerves tense. We were wallowing. The main engine wasn't running! No vibrations, no hums. Except for the noise of the ocean and the wind, silence. A jarring blast of sea water poured in my open port-hole soaking the deck and my footwear. It took a minute to secure the deadlight. This gave me a chance to think, to wonder.

I had been reading about possible engine breakdowns, and if it was the tubes, this could mean wallowing in mid-Atlantic for a minimum of three days until the boilers cooled down and the fireboxes could be safely entered, or even worse, we may have lost the main propeller. The wheel had been fanning excessively the past couple of days and this could have sheared a pin. Three miles straight down is much too far to try and recover a propeller. And to try to install a new replacement prop could be an horrendous job; winching the new prop over the fantail, wing forward under the propeller arch, position below the diaper plate and somehow secure to the main



by Norm Whitley

driveshaft. All in pitching seas. I couldn't imagine how it could be accomplished. I dressed warmly and hurried up on the deck. The sea was choppy and deathly grey, with smatterings of whitecaps and endless salt spray. The sight was chilling. I still remember it with horror to this day. We were dead in the water, bobbing and swaying out of control. And circling our large ship, sharks, sharks, sharks. Like vultures at the kill, dozens and dozens of these large creatures circling closer with every pass, obviously sensing our trouble and anticipating a tasty meal. Grey dorsal fins slicing the surface and outlining fat shadows, perhaps fifteen feet long, made even the hardest seaman cringe with displeasure. Occasionally a huge all encompassing eye, appearing as large as a tennis ball, could be seen peering at an individual deck crew. Frightening!

I hurried to the engine room and found a full complement of engineers in consultation. I overheard them talking. From snatches of conversation I learned that several tubes had blown (or burned out), and that we would be immobile for three days. This would give me the opportunity to examine in detail the great rods, camshafts and pistons now that they were not in motion, and also, as one of the wags put it, 'to get to know and love your favourite man-eating shark'.

Continued on Feb 6

## First CF Members Rotate Out of Yugoslavia

Colonel Hugh Cunningham has worked four months straight without a day off. Christmas, Thanksgiving and even the days of the week blended together for the contingent commander of 11 Canadian Forces members who, since September, have been part of a European Community (EC) group that has monitored more than a dozen ceasefires in war-torn Yugoslavia.

"I remember one of my Danish colleagues trying to call Denmark one day. He couldn't reach anyone and then we realized it was a Sunday," said a tired Col Cunningham, in Lahar for his clearing-out routine before heading home to Winnipeg and the job at Air Command Headquarters he left just after Labour Day.

The days were long ones in the Belgrade operations centre where he spent most of the last few months. But when an EC helicopter was shot down Jan 7, killing

all five aboard, time had no meaning.

"I'd usually start at 7 a.m., and finish at 7 or 8 at night," he recalled. "As the result of the accident, we worked some awfully long nights."

At dinner the night before the crash, Col Cunningham sat across from and beside the men -- four Italians and one French -- who lost their lives. "We knew each other very, very well," said the Colonel, quietly. "What followed was a traumatic couple of days."

Command and control of the EC mission was headed by the Dutch from June to January and is now being run by officials from Portugal, Swedish, Czechoslovakian, and Polish military, as well as the French and Italians, worked alongside the Canadian contingent Col Cunningham commanded.

Also chief monitor in the operations centre in the Serbian

and federal capital, Col Cunningham recalled no problems working with any of the military monitors from the 11 different nations serving there. Developing a rapport with the Serbian-dominated Yugoslavian Army, known as the JNA, was more of a challenge.

"It took four to five weeks before the JNA trusted us," he said. "The Serbians were getting a gigantic hate on because everytime a monitor came down (to Belgrade), it was from Croatia. For the first three weeks, I served in Zagreb (the Croatian capital), so when I went to Belgrade, I went down there as chief monitor and liaison officer to the JNA!"

"We (Canadians) are respected as soldiers," he continued. "I had absolutely no trouble at all. We got along well with the Serbians."

As chief monitor, Col Cunningham sent monitoring teams out

to the areas of his responsibility for five days at a time. But apart from a few Serbian irregular forces pointing guns and a kidnapping threat, his biggest concern was communications.

"It was bloody awful," he said. "I'd send a team out and they'd get a land line but the phones were so terrible in Serbia, that they'd just fade in and out. I'd have to call Zagreb to get a report."

As he looked back on what he calls 'unique' experience in Yugoslavia -- the second peacekeeping type of duty of his career, the first from 1987 to '88 with the Multinational Force and Observers in the Sinai -- there are very real images of war etched in his memory.

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# Recollections

## Apprentice to the Yukon

Part 10 - On to Whitehorse

by Hamish



Jim Kirk

As on the previous day, we were up and out on the trail by about 7:00 a.m. During the day we came to a creek mouth with water still running up and over the ice. It meant driving the team through the shallow water along with the sled with Walter and me on board. On the other side we had to dry the dogs' feet to prevent them from freezing. We camped that night at an empty telegraph cabin after covering about another 30 miles and leaving about 15 to 18 miles to reach Dawson.

Although the third day travel was shorter, it was more difficult as we encountered a head wind of around 15 mph. It meant walking with our parka hood up over our head and covering most of our face and periodically taking turns riding backward on the sled. The 'chill factor' made the temperature seem much colder and slowed us down considerably.

We reached Dawson City by mid-afternoon and after putting off the mail at the post office, Walter took me over to the Westminster Hotel to check in while he delivered the odds and ends of freight and took the dog team back to their stable at his cabin on the outskirts of the city. Later we went over to the RCMP barracks to report on the death of the old rancher. Then before supper, I went into the local barber shop for a hair cut and shave to clean my face of three days growth of beard. This latter turned out to be a mistake. After having my face exposed for several hours to the freezing north wind, my face was like a piece of raw meat, though it felt fine at the time of the shave with the hot cloths and lather. After the shave, the barber applied some preparation which also felt good, but when I washed up before supper back at the hotel, all fury broke loose. I had one real sore face!

It was necessary for me to stay in Dawson for another couple of days before there would be an

aircraft heading south to Whitehorse. During this short holiday, my first in almost two years, I was able to catch up with my mail and to explore around some of the city, visiting the territorial capitol building and Robert Service's cabin. The city's water system had to be built above ground, insulated in large, sawdust filled wooden culverts. Due to the permafrost, the ground under the city was permanently frozen all year 'round. I climbed up on the hill called the 'Dome', behind the city from where one could look down over the city and across the mouth of the Klondike River where it entered into the Yukon River.

Travelling by dog team brought home the amount of time required to travel in the north country before the advent of the 'bush plane'. It had taken us almost three days to travel eighty five miles and when I flew out of Dawson three days later we travelled a little over three hundred air miles to Whitehorse in less than two and a half hours!

At Whitehorse I met the new post manager, who was also a bachelor and was staying at the Regina Hotel, a couple of blocks down the street from the HB Co. store, so he arranged for me to have a room at the same hotel. After almost two years I was back at the same hotel where I stayed when I first entered the Yukon.

Living at the hotel was a definite luxury for me with no water to pack, no wood to cut, three meals a day and no dishes to wash, send out my laundry and an electric light in my room! From my window I could look across the street below to the river, steamboat docks, ship yard and the railroad station. Five means of transportation were represented; the wooden sidewalk for pedestrians, a gravel street for cars and trucks, the railroad tracks, water travel on the river and float equipped aircraft could use the river for take off and landing.

Having now been assigned to work at the Whitehorse store, I

considered myself as 'the apprentice to the Yukon', being the first apprentice sent to the Yukon since the company decided to go back into operations there after an absence of some one hundred years.

The company had only the three posts in the Yukon, but they started an outpost at Frances Lake to the east, which was attached to the Whitehorse store. Part of our work at Whitehorse was also administering the outpost which was operated by a senior clerk.

It had originally been decided I would help out at Whitehorse until after the Christmas rush.

From there, I would be transferred to either Port Simpson, just north of Prince Rupert out on the coast, or to Kitwanga, 110 miles east of Prince Rupert on the CNR line. However, once again things got busier and the manager applied to District Office for me to stay on until Easter, or until most of the trappers had brought in their winter furs.

by Hamish

There wasn't the freight problem at Whitehorse as we could receive shipments as required on a year round basis via the narrow gauge railway from Skagway, Alaska. The rail station was just across the street from the store so it was a simple matter of carrying the cases across into the store, stockroom or small warehouse behind the store. However, we had quite a heavy turnover of merchandise which required more office work involving ordering and handling of stock. We

had a couple of local residents hired as sales persons.

There were many good trappers in the area. Competition in fur buying was stiff as there were two other resident fur buyers plus an occasional travelling fur buyer from Vancouver. On many of the large catches of good quality we were required to submit sealed bids to the local bank manager which were opened in the presence of the trapper concerned. The company was anxious to get as much as pos-

sible of the Yukon furs and allowed the Post Managers to go above tariff on particularly good quality catches. On one lot of really fine Marten skins we had to exceed our top tariff price by as much as fifteen dollars per pelt in order to get them. They were a beautiful lot!

Just before Easter we had a flying visit from our District Manager from Edmonton. The company had decided to close the store at Whitehorse! It was a difficult decision to make but the merchandising part of the operation was not holding its own. Whitehorse was too small a town for three stores. It was decided the company would continue to go after the fur and this would be handled by the company's raw fur department in Vancouver by sending a buyer to Whitehorse during the winter. We were to cease operations by the end of April with a close out sale and ship most of the remaining stock to Fort Selkirk and Stewart River Posts. I was asked to stay on to help with the closing down and then the Manager and I would proceed to district office to complete all the necessary bookkeeping requirements before taking a months furlough. That sounded great!

During the past year the Canadian and American governments had started on the construction of the Alcan Highway, (now called the Alaska Highway), from Dawson Creek, BC (mile zero) to Fairbanks, Alaska. At the same time the Americans were at work on what was called the northwest staging route. This was a series of

airfields, roughly paralleling the Alcan route, to accommodate an American air transport route to Alaska. It was also used to transfer U.S. aircraft to Russia during their 'Lend Lease Program'. Another joint project was the building of the Canol Pipeline to carry high grade fuel oil from the tar sands at Norman Wells on the McKenzie River to a refinery to be built at Whitehorse and which would produce aviation gasoline. Whitehorse was to be one of the major airfields and considerable amount of upgrading was to be carried out on the existing landing field. To help with this work a troop of 120 U.S. Army engineers was sent in. It was quite a change for them as they were all Negroes from the southern states and most of them had never seen snow before. It was early spring when they arrived and there were still piles of snow, up to six feet high, piled up outside the railroad station. As they were being lined up on in front I overheard them discussing getting pictures taken of themselves and the snowbanks.

One of them remarked, "If we get our pictures taken here we're sure enough goin' to show up against this here background!" This was in April, 1941 and it should be noted that the above projects were begun many months before 'Pearl Harbour', (Dec. 7, 1941). The U.S. were concerned about possible submarine activity along their shipping lanes between the U.S. and Alaska and thus were anxious to push through an alternative inland route.

By early June we had all the

furs baled and shipped. All the stock on hand was packed and transferred to the other posts down river as well as equipment such as scales, safe, office supplies, etc. On Sunday morning, June 15th, at 5:30 a.m. the 'boss' and I left Whitehorse on board a new twin-engined Lockheed 'Lodestar' aircraft headed for Edmonton. Normally this was a one day trip but we ran into a severe electrical storm about 100 miles northwest of Edmonton and we were forced to turn back to Grande Prairie for the night. So, I ended up back in the same hotel where I had stayed on my way north two and a half years before. We reached Edmonton the following morning and spent a week at the district office closing out the Whitehorse accounts. Then we both boarded a Greyhound bus for Winnipeg where we each began our furlough. This then brought to a conclusion some of the experiences of this Apprentice to the Yukon.

29,386  
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PMQ ASSN MAYOR



# Leisure

## My Favourite Cakes

THURSDAY 23 JANUARY 1992

### Country Kitchen

by Barbara Vermette

There are certain things I'm sure we all do when we enter into a new year. One of them is to remove last year's calendar and replace it with a new one. Each year I sit down with my old calendar and transfer all those important dates in my life (eg. friends and relatives birthdays and anniversaries) onto my new calendar. If you come from a large family there is a good chance that there will be one or more entries in each month. I choose my new calendar with care; it must have lots of space for these entries, and of course it must match my decor. I have learned to shop early for this new calendar, and this year was no exception. I shopped so early that I couldn't remember where I had stored away this perfect new calendar I had chosen with such care. Next year, I shall either hang up the new one underneath the old one if the sizes match, or, I shall write on the old calendar exactly where I'm putting the new one. This way I'll save myself a lot of frantic searching. My calendar shows four birthdays in January, and I decided it would be a good month to give you my favorite cake recipes. I was asked where I get my recipes from. As I said in the last issue, my recipes are all **TRIED AND TRUE!** What I mean by that is: I taste it somewhere, like it, and ask for the recipe. Where these individuals have gotten them from, I'm not sure. I just know what I like.

I never make this first recipe I'm going to give you without being reminded of a family we knew very well while posted at CFB Portage la Prairie. I got a panic phone call from the husband who was at work, saying he'd forgotten that it was his wife's birthday, and could I help him out by making a cake. I readily agreed and I made my own personal favorite cake. The following day I had the occasion to telephone his home to speak to his wife about a committee matter.

Their five year old daughter answered the phone, and the conversation went something like

this. To protect the identity of this young lady who is now in her twentieth year, I shall call her Suzzie Smith. "Hello, Smith residence, Suzzie speaking." "Hi Suzzie, is your mother at home?" "Yes she is. Who is calling please?" "It's Mrs. Vermette!" "Oh, Mrs. Vermette, was it you who made the wonderful birthday cake for my mother?" "Yes, it was Suzzie." "Oh, Mrs. Vermette, that was so kind of you! It made my mother so happy! Thank you so much!" (Meanwhile, on the other end of the phone I'm thinking, wow, listen to this kid all on her own thanking me. With my five year old, I have to prod him and say, what do you say?) So our conversation continues with me saying, "Oh, you're very welcome Suzzie, did you like the cake?" "Nah," was her reply, "it made me throw up!"

### Carrot Cake

Beat 4 eggs  
Beat in two cups white sugar  
Sift together:  
2 1/2 cups flour  
1 tsp salt  
2 tsp baking powder  
1/2 tsp baking soda  
Add to eggs and sugar mixture alternating with 1 cup vegetable oil. Mixture will be very thick. Grate 2 cups of carrots very fine and add to mixture.  
Add: 1 tsp vanilla  
1/2 cup chopped walnuts  
Grease and flour an angel food pan and add mixture. Bake at 350° for 55 mins.

In a saucepan on top of stove combine:  
2 tbsp melted butter  
1/2 cup packed brown sugar  
1/4 cup chopped walnuts  
2 tbsp milk  
Cook at medium heat until mixture is bubbly. Pour over top of cake and bake an additional five minutes. Enjoy!

### Ozark Mystery Cake

(Someone asked me why mystery was in the title. It's because the batter is white, but the cake comes out brown.)

2 cups flour

2 cups white sugar  
2 tsp soda  
1 tsp salt  
2 eggs  
1 - 20 oz can fruit cocktail  
Drain and reserve juice. Add enough water to make 1 cup.

Sift dry ingredients in large bowl. Add eggs and fruit juice. Mix well and add strained fruit. Bake in a 9" X 13" pan at 350° F for one hour or until firm. Meanwhile on top of stove, mix and cook three or four minutes:

1 cup white sugar  
1/2 cup margarine  
1/2 cup evaporated milk  
1 tsp vanilla  
1/2 cup coconut  
1/2 cup chopped walnuts  
When cake is firm, remove from oven and punch holes all over it with fork and pour hot topping on, allowing liquid to soak in. Enjoy!

### Bacardi Rum Cake

(An adult cake)  
1 cup chopped pecans  
1 - 18 1/2 oz yellow cake mix  
1 - 3 3/4 oz vanilla instant pudding  
4 eggs  
1/2 cup vegetable oil plus 1/2 cup water  
1/2 cup rum  
Preheat oven to 325° F. Grease and flour a 10" angel food pan. Sprinkle pecans on bottom of pan. Mix all the cake ingredients together and pour batter over the nuts. Bake one hour. Cool and invert on serving plate.

Meanwhile, on top of stove mix:  
1/2 lb butter  
1/4 cup water  
1 cup white sugar  
Boil for five minutes stirring constantly. Remove from heat and add 1/2 cup rum. Poke holes with fork all over cake and pour hot topping on, allowing cake to absorb it all. Ice with whipping cream. Enjoy!

### Coffee Cake

2 tbsp butter  
2 eggs

3/4 cup white sugar  
1 cup sour cream  
1 1/2 cups flour  
1 tsp baking soda  
1 1/2 tsp baking powder  
Grease and flour an angel food pan. Preheat oven to 350° F. Mix topping in separate bowl: 1/2 cup brown sugar 2 tbsp butter 1 tsp cinnamon 2/3 cup chopped walnuts Pour half of batter into greased pan. Sprinkle 1/2 topping on top. Add rest of batter and more topping. Bake 1/2 hour. Serve warm with butter. Enjoy!

The following recipes are my kids favorites. Year after year they request this for their birthday cake. It's simple to do and delicious. And, as unlikely as the icing recipe seems, try it! You'll be amazed.

### Lightening Cake

Set oven at 375° F. Grease and flour an 8 X 8" pan, or, double the recipe and put into a 9 X 13" pan.  
2 eggs  
1 tsp vanilla  
Beat until thick.  
Add in a little at a time:  
1 cup white sugar  
Add in:  
1 cup flour  
1 tsp baking powder  
1/4 tsp salt

On top of stove, or in microwave, heat until the butter melts:  
1/2 cup milk  
1 tbsp butter  
Add hot milk mixture to flour mixture. Pour into pan and bake about 25 mins. Remove from oven. Cool. Remove from pan onto serving tray. I always cut it up into a specific shape e.g. dog, or, as my sons got older, into number shapes (16), so that the sides get iced too.

### Whipped Cream Icing

1 cup milk  
5 tbsp flour  
1 cup butter room temp.  
This is important - don't substitute margarine.

1 cup icing sugar  
1 tsp vanilla  
In a saucepan, mix milk and flour together to form a paste. Cook over low to medium heat until it begins to thicken. Remove from heat, cover, and cool. Cream butter, icing sugar and vanilla together and beat cooled milk mixture into it, a tablespoon at a time, until icing is light and fluffy.

Ice top and sides of cake and top with white or colored coconut if you'd like. You can colour coconut by putting a few drops of food colouring and water into a jar, add coconut, seal and shake.

This recipe was sent to me by my very dear friend, Cathy Shoemith. She knows my tastes and over the years has sent me many recipes, saying you've got to try this one.

### Carrot - Pineapple Muffins

1 1/2 cups all purpose flour  
1 cup white sugar  
1 tsp baking powder  
1 tsp baking soda  
1 tsp cinnamon  
1/2 tsp salt  
2/3 cup veg. oil  
2 eggs  
1 cup finely grated carrot  
1/2 cup crushed pineapple with juice  
Stir pineapple before measuring to blend.  
1 tsp vanilla.

Sift dry ingredients together in large bowl. Add: oil, eggs, carrot, pineapple and vanilla. Mix well until all ingredients are blended. Preheat oven to 350° F and put mixture into muffin cups, or, into a greased and floured 9 X 13" cake pan. Bake muffins 20 - 25 mins and cake a little longer until toothpick comes out clean and cake is golden brown. Makes 2 doz muffins. Ice with whipped icing recipe. Enjoy!

Footnote: Did you know that glass pans cook hotter and faster than metal ones, so keep an eye on your cakes and adjust the oven temperature accordingly. Remember your New Years resolution and cut out this column. If you like it, tell a friend.

"Is that a snowman on the trail?" "No, it's your husband who took a powder!"

Make your move.

Cross-country skiing. Fresh air and fun! Take the family and make new tracks.

PARTICIPATION

MCpl Sandra Jones-Spurr, an X-Ray Technician at Base Hospital, received her CD from new BAdmOLCol van Boeschoten on 9 Jan 92.

Cpl Jane Kearns, a Military Police member, is presented with her Cpl hooks by Capt Paul Weed, BSecurO. Congratulations Jane!

... photo by CFB Comox Photo Section.

A CD for Sandra

MCpl Sandra Jones-Spurr, an X-Ray Technician at Base Hospital, received her CD from new BAdmOLCol van Boeschoten on 9 Jan 92.

THURSDAY 23 JANUARY 1992

TOTEM TIMES 15

### Employee Assistance Programme

## Positively Charged



Hate your boss, your job, fed up with your car, your hair, think your boyfriend is a jerk, moan more than you praise? Smile. Think positive. Life won't change -- but your attitude might.

by Sheila Stanley

Lorraine, 27, has a good job with a wine importer, is reasonably attractive, owns a late model car, and lives in a nice apartment. She has RRSPs and a near-flawless family, but to hear her talk, you'd think she was doomed to 40 years of bad luck. Ask her out for an evening's entertainment and she'll say she doesn't have anything to wear, and everything is so boring anyway. Congratulate her on her promotion and she'll rant that no one else wanted the job. When her landlord replastered and painted her apartment she spent the week complaining about the inconvenience and the probability that he was getting ready to up the rent. The men Lorraine date are either too short, too old, or carry too much emotional baggage. She doesn't find Pee Wee Herman funny. Her predominant facial expression is a scowl. She walks as if she is carrying a weight upon her back. Needless to say, Lorraine doesn't have a lot of fun.

Julia, on the other hand, works on the front line of a big department store. She's on her feet all day, dealing with a multitude of people who often grumble, moan, and get downright rude, but she thinks they're funny. Although she can't afford a car, she rides a mean bike. Some people would call her bachelor apartment cramped, but Julia finds sharing the kitchen and bath with an actor/waiter who sings obscure Elisabethan love songs while he washes up bohemian and eclectic.

Somewhat lacking in disposable income, she likes to rummage through used clothing stores and junk shops. She thinks her \$15 fringed cocktail dress looks a lot like a Jean-Paul Gaultier. Her predominant facial expression is an irrepressibly sunny smile. She has a bouncy enthusiastic kind of walk. Julia is a happy girl with an A-Z list of friends.

Negative attitudes like Lorraine's can make a sunny day depressing, a cheque in the mail bad news and turn a good friend into an adversary, while a positive attitude can help you see the rainbow when you're caught in a downpour. We all know a positive attitude is better for us, but what exactly constitutes a negative attitude? What causes it? And what can be done about it?

A negative attitude -- the kind that takes over your whole outlook on life and makes you look as if you were carrying the whole weight of the world on your shoulders -- often has a specific cause beyond temporary downs. Depending on the circumstances, sometimes it's better not to try to interfere and allow the down to run its course.

According to Toronto psychiatrist, Dr. Irvin Wolkoff, a negative outlook can be a result of grief or a significant loss in your life such as a divorce, the death of a friend, losing your job or personal illness. When some kind of event has brought on a negative attitude, it's not always a good idea to try to force yourself to be cheerful. "After traumas you can reasonably expect between six weeks to six months of general difficulty in being naturally enthusiastic and cheerful," says Dr. Wolkoff. Acknowledging the experience is actually an essential part of coming to terms with what happened. Avoiding hurt or sad

feelings just buries them, with the danger that those feelings will erupt more violently later on.

However, when a negative outlook extends beyond that period of time, or when it starts to affect the way your life is going, it's time to try to develop a more positive outlook or, if things are really bad, get professional help. The danger of being negative is that it can create a vicious cycle. The worse you feel, the more damage you can do to your self esteem -- which in turn makes you feel even more down.

Possibly the most important factor in countering negative thinking is to spend time in the company of other people. Avoiding friends is a natural part of feeling down, but isolating yourself from others can make things much worse. When you start to lose contact with other people, you can lose your sense of perspective. "Other people constitute a mirror," says Dr. Wolkoff. If everyone else around you is telling you that, no, your boss really doesn't have it in for you, it helps bring you back to reality and keep you there.

People who are in a negative frame of mind also tend to suffer more physical illnesses such as headaches and backaches, and their ailments may last longer. No one really knows why, but physical health tends to mirror mental health and a negative attitude seems to make you more susceptible to a variety of ailments that only add to your overall negativity.

Dr. Wolkoff points out that a negative outlook can simply be a reflection of your basic personality. "Some people are just not capable of having anything but a negative attitude," he says.

Changing the direction of your personality is not impossible -- provided the determination is there -- but it's not something you can attempt without the guidance of a therapist.

So what about the rest of us? Is there anything we can do to direct our lives in a more positive manner? Mary Poppins, the notoriously taciturn optimist, put it something like this, "In everything that must be done, there is an element of fun."

Finding the element of fun, the humor, the lighter side of life's tasks and misfortunes is probably the most important part of a positive attitude. Lose your sense of humor and you lose the ability to get over the inevitable barbs of life. Woody Allen may have created a caricature out of his grumblings about life, but he knew how to make the mundane ridiculous and therefore funny. Perhaps the funniest line in Rob Reiner's movie 'When Harry Met Sally' was the deadpan comment from one of the customers in the diner after she witnessed Meg Ryan's mock orgasm. A negative person would have complained about the noise, but this lady glibly looked up at the server and said, "I'll have what she's having."

Pop psychology is full of quick and easy ways to redecorate your psyche, and Dr. Wolkoff wisely cautions against the Self-Help for Quick Profit (the author's not yours) genre of material. But wedged in between diet books, inner power books and Louise Hay tapes are some worthwhile concepts you could try.

Creative visualization is a technique that sounds like something the Swami Vishnuosembodhi would be promoting, but is actually a mental technique used by many athletes to get them over physical barriers. But it can also be used in day-to-day situations where you feel your response is predominantly negative. Says Gabrielle Drabble, gymnastics coach at St. Catharines Collegiate, St. Catharines, Ontario, "You imagine yourself going through the entire routine, over and over -- doing it perfectly, of course. Then when it comes time to actually compete, you feel like you're totally prepared."

Test-try visualization on a situation you know you normally enter with a down or negative attitude. Visualize your entire approach changing. It might be the way you think about your job, your health, your family or a certain person in your life.

For instance, if you know you always dread that meeting with your boss because you think that she will bring you down, reduce you to a mere mouse of a person, or ask you to do something boring, you can try visualizing these meetings as a positive experience where anything good -- or even positive -- can happen! True you can't really influence your boss' attitude and behaviours, but you can start to influence your reaction to them.

...from Images Magazine

Carol Anderson	8319
Russ Burns	8625
Bey Chadderton	8857
Gord Sherritt	8363

In DND, the EAP is a joint Union/Management Programme.

### Chapel Chatter



## A Busy December

### Padre Bob

Wow, what a way to end 1991!! Last year was a very active and busy year and that is exactly how December turned out.

On 18 Dec 92 the congregation held its annual Congregational Christmas Dinner and a good time was had by all. The budget provided the turkey, dressing, potatoes and gravy, which were prepared at the Combined Mess and the ladies brought salads and desserts. In previous years we were able to hold this in the Chapel, but with a hundred and ten diners we had to move to the Community Centre.

The Sunday School took charge of the service the next Sunday providing a delightful play including our littlest angel. In an earlier edition I said that we expected approximately fifty actresses and actors and we were

not disappointed. The Sunday School staff, under the leadership of Debbie and Mike Parks, did a superb job in preparing and rehearsing the children for the play. The only one who seemed to miss his lines and had to be prompted by Mrs. Parks, was the old Padre himself. Again, it was a very good production and Debbie has a video of it if you missed it the first time.

Our Christmas Eve Candlelight Service had over two hundred in attendance, so you can imagine that when it came to the part of the service where only each person's candle lit the Chapel, it was very bright indeed. Various members of our Chapel Committee took part in reading the Christmas story and our choir members provided a lovely anthem.

Sandy Cochrane and I had a very enjoyable couple of hours on Christmas morning delivering trays of cookies and squares, provided by the Chapel Guild, to duty people.

Locally, the Chapel provided financial assistance to the Comox Valley Food Bank, the Comox Valley Toy Shoppe and the Salvation Army Christmas Hamper Fund.

I was going to wish you all a Happy New Year, but it is almost the end of January. Plans are already being made for Baden Powell Sunday, Confirmation with our Bishop Ordinary, Bishop Hutton, and of course our annual meeting, so 1992 promises to be a very exciting year.

See you in Chapel...

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 NEIGHBOURHOOD PUB

good food!  
KITCHEN HOURS 11AM - 10PM

good times!

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\*rural hospitality  
\*reasonable prices  
\*clean air system

649 ANDERTON RD., COMOX 339-5400

PITCH-IN AND RECYCLE



# Health & Fitness

## To Your Health

Health information from the Registered Nurses Association of British Columbia

### Caring For Infants With Colic

Caring for an infant with colic is stressful and nurses recommend getting help from friends and relatives so you can take a break. Arrange for 'time out' to get some extra sleep or change of scenery. Time away helps mend frayed nerves and renews confidence when long hours of caring have worn you down.

Remember, it is not your fault your baby is crying and colicky. Colic does not occur because you are a poor parent or because your infant is bad or angry with you. You will not hurt your baby by taking a break, nor do you need to feel guilty about it. Colicky babies take extra care and patience and parents need to care for themselves in order to care for their babies.

No one knows what causes colic although there are many theories such as gastrointestinal spasms, gas, immaturity of the nervous or gastrointestinal systems, milk allergy or psychological tensions in the home.

If your baby starts to cry more often than usual, first check with your doctor to rule out any medical problem such as an infection that could cause the crying. If your baby is healthy but still cries excessively, the doctor may decide it is colic. This is not uncommon. Studies estimate one out of four infants have colic within the first three months of life. Fortunately, colic resolves itself with no harmful effects in the long run.

Colicky babies cry for three or more hours in a 24-hour period, which is two-and-a-half times more than a non-colicky baby. They often clench their fists, flail their arms and legs, arch their backs and draw their legs up toward their abdomen, which may be distended. Yet when picked up, they struggle and are difficult to comfort. It is not surprising parents feel frustrated and annoyed as well as concerned when their best efforts do not relieve the crying.

Nurses recommend you try a variety of approaches. Cuddle your baby when she starts to cry. A newborn cannot be spoiled from cuddling. In fact, care and attention lay the groundwork for developing a baby's sense of trust in the world. Rock your baby gently rather than jiggling or bouncing her. Some babies are soothed in a wind-up swing. Try wrapping her in a blanket, or carrying her in a snugly on the front of your body as you go about your activities. For some babies, a car ride or a ride in a stroller will help to settle them.

Do not hold off the next feed if she seems hungry. However, if she fed less than two hours ago it is unlikely that is the problem. Try a pacifier if she wants to suck on something. Burp her frequently. As a rule, changing formulas is not required. If the baby is breastfed, see if any changes in your diet affect the baby's crying. Some foods such as onions and highly spiced foods are suspect in causing digestive upsets but the evidence is not clear that they cause colic.

Above all, say nurses, take care of yourself. Colic can cause much stress in a household in a short time. Make breaks from caring for the baby a priority and rest whenever possible. Never hit or shake a crying baby no matter how exasperated you feel. Call for help instead: family, friends; or if you're alone, a community distress line. A baby can be severely injured by shaking or hitting.

It is important to remember that colic is a time-limited condition, that your life will settle down again and that your baby's growth and development will not be affected.

## info health

Dr. Bob Young



### Anaesthesia

So you have a bit of surgery coming up -- an operation that requires an anaesthetic, or being 'put to sleep' for a while. A surprising number of patients are more concerned about this than the operation itself.

Modern anaesthesia is very safe. It has been for many years. Continuing advances have added a bit of icing to the cake, reducing post-operative nausea and speeding up recovery time, but not changing the previous near-perfect safety record much.

Anaesthetists, who, in the parlance of the trade, 'sit at the head of the table and pass gas', are highly trained, well able to identify and manage complications that occur during surgery. Today's anaesthetic machines resemble a 747 cockpit, a far cry from the bottle of ether and mask of 40 years ago.

Safety depends on being prepared, and pre-anaesthetic physical examinations and lab tests are routine these days. Usually the general practitioner does the exam; hospitals have a set series of tests, cardiograms, and so on. Patients in whom significant risk factors have been identified are usually examined well before the operation by the anaesthetist concerned.

Very few people die on the operating table from anaesthetic problems. Deaths in the OR generally occur when the patient is already desperately sick or has been very seriously injured. Either the problem cannot be corrected surgically, or it progresses faster than even the best surgeons can cope. A ruptured major blood vessel is a good example.

Modern anaesthesia contributes much to keeping this type

of patient alive long enough so the desperate, salvage-type operations can be attempted, at least sometimes successfully.

Not all anaesthesia involves unconsciousness. Spinal and epidural anaesthesia are used to 'freeze' the lower part of the body, and regional nerve blocks may be used for limb, hand, foot or eye surgery.

You will be asked about allergies, and about the drugs your doctor has you on. If you use over-the-counter medications, no matter how common they may be, mention them too. You will also be asked about previous anaesthetic experiences.

And remember, the odds of waking up after an anaesthetic are almost exactly the same as they are for waking up in the morning after going to bed at night.

### Bruxism (Grinding Teeth)

Have you ever heard of bruxism? No, it's not a new Russian political philosophy. It's the word used by doctors and dentists to describe habitual grinding or clenching of teeth. A mundane habit graced with a fancy name -- but we medics seem to love jargon.

The problem is mainly one of youngsters and teenagers, and, if we want to be purists, bruxism occurs only during sleep. Teeth grinding during waking hours (a less common affliction) is called bruxomania -- but we will treat them as being the same.

Not a lot is known about the condition. It may be caused by stress, anxiety, or frustration. Kids may replace nail-biting with bruxism as they get older. Adults engaged in dangerous occupations, striving executives, and people involved in doing delicate work are thought to be prone to

bruxism.

Annoying mouth discomfort caused by misaligned teeth or poor dental work may, almost subconsciously, result in teeth grinding. Genetic and allergic factors have been suggested by some.

Whatever the cause, bruxism is more than just an interesting habit -- it does have complications. The clenching can damage the periodontium, the area where tooth and bone meet. The jaw joint may also suffer from the pressure of clenching and the irritation of gnashing.

The teeth and their supporting structures are damaged in several ways, the most obvious being polishing and wearing down of the teeth. Face pain may occur because the chewing muscles tire and ache -- and a difficult-to-diagnose headache may follow.

Treatment is difficult but

should be tried. Uncontrolled bruxism can lead to expensive and difficult dental problems later. In children, relaxation techniques and relieving stress, fear, and anxiety, especially at bedtime are important. Punishment is a further threat and should be avoided.

In adults, simple stress-management psychotherapy usually suffices, but resistant cases can be difficult to treat. Dental consultation is usually required to correct possible causative factors and to repair, if possible, damage already done. Occasionally a soft mouthpiece (as used by boxers and football players), may be helpful.

Bruxism is a bit of medical trivia, assigned to fine print in most medical textbooks. That, in itself, is perhaps enough to cause sufferers to gnash their teeth.

## Bookshell Bestsellers

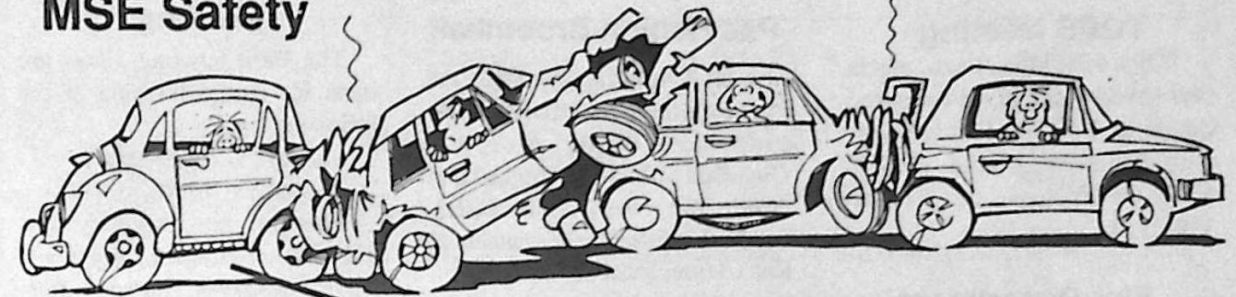
<p><b>Pat Bolen</b> Proprietor 10% off for mil pers - show ID</p> <p><b>2751 Cliffe Ave.,</b> Driftwood Mall, Courtenay, B.C. V9N 2L8 604-338-5943</p>	<p><b>Debi Williams</b> Manager get your Totem Times here</p>
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<p><b>10 Top Paperbacks</b></p> <p>1. Coyote Waits.....Hillerman</p> <p>2. The Firm.....Grisham</p> <p>3. Cold Fire.....Koontz</p> <p>4. Dazzle.....Krantz</p> <p>5. The Cat Who Knew a Cardinal.....Braun</p> <p>6. Plains of Passage.....Auel</p> <p>7. Four Past Midnight.....King</p>	<p><b>Week ending: Jan 18 1992</b></p> <p>8. The Wasteland.....King</p> <p>9. Illusion.....Volsky</p> <p>10. The Witching Hour.....Rice</p>
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# On & Off the Base

## MSE Safety



## Intersections are Dangerous

### One of the most dangerous places

The most dangerous place you can go in any vehicle is the nearest intersection. In fact, 45% of traffic accidents occur at an intersection. Driveway intersections are the setting of another 15% of our accidents.

The reasons are obvious. You're sharing space with vehicles in all directions, and the right-of-way is constantly shifting.

As long as everyone knows the rules, agrees on who has the right-of-way and grants it courteously to others, you're safe. But if anything goes wrong, you're in danger. And that 'anything' happens often.

### Be prepared to yield

The first rule about right-of-way is that you can never take for granted that you have it.

Even if you're entitled to proceed according to the rules, someone else may claim the right-of-way just as you're sailing through the intersection. If you stubbornly insist on your way, you may end up adding your name to the long list of people who were also 'dead right'.

The bottom line is safety. You always have to be prepared to yield, no matter who is entitled to the right-of-way.

### Some basic rules

The golden rule applies here. Prepare to yield at any intersection, rather than being in a hurry

to get through first. You'll get your chance.

Yield to a vehicle that's already in the intersection when you reach it. If two vehicles arrive at the same time, the one on the left should yield to the one on the right. Yield to pedestrians in crosswalks.

At four-way stop signs, yield to vehicles that got there before you did. When making left turns, yield to oncoming vehicles and pedestrians. When entering from a parking space or driveway, wait for traffic to pass before you proceed.

### When the light is green

If you're protected by a green light or a stop or yield sign, you can move ahead cautiously. Even then, there's always the risk that someone may run the light or ignore the sign. Prepare to stop quickly (without skidding) or make an evasive manoeuvre. In some cases, your best bet is to step on the accelerator.

As you start to enter the intersection, look to the left. Then look to the right and, once again, to the left. Sooner or later, you'll have to deal with a vehicle that shouldn't be there but is. If you see it in time, you're all right.

### Get a feel for the lights

When the light turns yellow, stop. Avoid 'slipping through' as it's changing. And don't be too quick to move ahead when it turns green. Someone else maybe slipping through. Wait until the intersection clears.

Watch traffic lights as you approach them to develop a feel for when they'll change. Slow down if it's been green for too long.

Remember that a truck takes several seconds to get through an intersection. If your tractor keeps going on the yellow, the light will be red by the time your trailer clears through.

Intersections are a high-risk proposition. You pass through a lot of them in the course of a year's driving, even if you're on the open road most of the time. Know how to protect yourself every time you go through an intersection and you'll stand a better chance of maintaining the perfect safety record that everyone wants.

### Driver's Statement of the Week

I was backing my car out of the driveway in the usual manner, when it was struck by the other car in the same place it had been struck several times before.

### QUESTION

When driving, what must you do before entering a through street protected by a stop sign?

- A. Come to a full stop, then proceed when it is safe.  
B. Slow down, then proceed.  
C. Shift into a low gear, then proceed.

D. Blow your horn and proceed if there is no other vehicle within 60m of the intersection.

### ANSWER

"A." Come to a full stop, then proceed when it is safe.

### Programme Cycling

To maximize your long-term progress it's to vary the intensity of your workouts from time to time. Week after week of demanding sessions, without a break, can lead to overtraining, injury and boredom. Programme cycling, in layman's terms means incorporating short periods of 'active rest' into longer stretches of intense training. This active rest can come in the form of lighter loads with more reps, or fewer reps for a couple of workouts before resuming a full programme, or a one week period with fewer training sessions.

There are numerous sophisticated ways to cycle a programme to avoid over training, but the principle of all of them is the same: avoid endless 'hard workouts' by following a hard-easy sequence on a regular basis. This is particularly important when you've been working for some time on what is essentially a maintenance programme. Good luck!



888 (KOMOX) WING  
RCAFA

CALENDAR OF EVENTS  
JANUARY 1992

FRIDAY 31.....PACIFIC GROUP VISIT, 9 AM.

Upcoming Events - February  
SATURDAY 1.....OLD UNIFORM NIGHT  
Officers Mess 7 PM.

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.

NEXT DEADLINE 03 FEB



## 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, Local 8274  
MASS SCHEDULE:

Saturday.....1900 hrs  
Sunday.....1000 hrs  
Daily Masses.....As announced in the Bulletin, usually at 0900 hrs, except during Lent and 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 Thursday of the month in the Parish hall, preceded by Mass in the Chapel at 7:00 p.m. President: Mrs. Claudette LeBlanc, phone 339-3004.

CATECHISM CLASSES - September to May in the PMQ School at 1830 hrs, every Wednesday.  
Coordinator: Diane Plamondon, 339-0807.

### 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 - In conjunction with 11 a.m. Service.  
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 p.m. President Betha Baker 339-0189.



Week Ending: January 11, 1992  
Produced: January 15, 1992

### FICTION

1. Scarlett.....Alexandra Ripley
2. Such a Long Journey.....Rohinton Mistry
3. The Wastelands: Dark Tower 3.....Stephen King
4. Needful Things.....Stephen King
5. Murder & Walking Spirits.....Robertson Davies
6. Wilderness Tips.....Margaret Atwood
7. The Kitchen God's Wife.....Amy Tan
8. The Sum of All Fears.....Tom Clancy
9. Generation X.....Douglas Coupland
10. No Greater Love.....Danielle Steel

### NON-FICTION

1. The Betrayal of Canada.....Mel Hurtig
2. A Year in Provence.....Peter Mayle
3. Me.....Katharine Hepburn
4. Merchant Princes.....Peter C. Newman
5. The Twelve Month Gardner.....Elaine Stevens et al.
6. Coastal Villages.....Liv Kennedy
7. The Dunsmuir Saga.....Terry Reksten
8. Mulroney: The Politics of Ambition.....John Sawatsky
9. Wealth Without Risk for Canadians.....Charles J. Givens
10. Homesteads and Snug Harbours.....Peter Murray



# Public Announcements

## 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.

## Fire Department Christmas Toy Drive

Again this year the Base Fire Department toy drive was a great success. Approximately 700 new and used toys were collected. These toys were given to the Comox Valley Toy Shop. The Base Fire Hall would like to take this opportunity to thank the community for all the support and donations to our Christmas toy drive.

## Personal Exercise Program

There is a PERI supervised PEP Program at the Rec Centre Mon to Fri from 0730-0830. All members who have failed their CF EXPRES Test and are on Remedial PT are encouraged to attend. Members will have half the gym to work out in. Also those who wish to improve their physical fitness are welcome to attend. For more info contact the Rec Centre, loc 8315.

## Pacific Region Oldtimers Hockey Championship 10-14 Feb 92

CFB Comox will host the Pacific Region Oldtimers Hockey Championship 10-14 Feb 92. Approx 80 competitors from CFB Esquimalt, CFB Chilliwack, MARPACHQ Esquimalt and CFB Comox will vie for the right to represent our Region at the Nationals in CFB Greenwood 29 Feb - 09 Mar 92. Come out and support our Base team.

## CFB Comox Bodybuilding Club

The CFB Comox Bodybuilding Club is now in operation. Members desiring to join must register through Pte Schmidt 442 Sqn. Membership fees are \$10 and membership cards can be picked up from Pte Schmidt once fees are paid. The Club offers a few bonuses, ie, workout during non-operational hours, discounts on workout gear, tips on training programs, etc... so you are encouraged to join. For more info please contact Cpl Savard, loc 8315.

## Rec Activity Leader Course

CFSPER Borden will conduct subject course 06-10 Apr 92. Aircom has allotted 10 positions on subj course serial. Prerequisites are:

- Current or anticipated involvement as Activity Leader or Community Council Member.
- Any trade or rank.
- Be recommended by PERO or Sr PERI.

Cut off for registration will be 27 Jan 91. Members may register at the Rec Centre, loc 8315.

## Pac Region Broomball

CFB Chilliwack is hosting the Pac Region Broomball Championships 01-04 Mar 92. Qualified officials are required to ensure this event is successful. For further info please contact the Rec Centre, local 8315.

## Attention Squash Players

Due to financial restraint, squash booking times at Courtenay Recreation Association will now be PAY as you PLAY, until further funding is available.

## Computer Club

For all those interested in forming a computer club, there will be a meeting in the Base briefing room, 7 Hgr, second floor, at 1430 hrs, 30 Jan 92. Contact Capt Dave Grimshire, local 8523, for further information.

## RVCC Ladies 23rd International Curling Bonspiel

Subject bonspiel will be held 7, 8 and 9 Feb 92 at CFB Lahr. A meet and greet will take place on 6 Feb 92. TD and priority two ft bookings are not authorized. Cut off date for entries will be 24 Jan 92. Info and entry forms will follow at a later date. For more info contact the Rec Centre, local 8315.

## 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.

## Motion Commotion

Fitness Classes held in the studio at the Base gym. Mon - Wed - Fri at 9:30 a.m. Tues & Thurs at 6:45 p.m. For more info call Wendy 339-5620.

## 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.

## 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.

## Instructor Nordic Ski Course

CFSPER Borden will conduct subject course 03-07 Feb 92. Aircom has allotted 9 positions on subj course serial. Prerequisites for the course are:

- Have an ability and interest in cross country skiing.
- Med Certification of no limiting physical/health conditions.
- Recommended by BPERO or Sr PERI.
- Must provide own complete ski equipment.

Only candidates that are absolutely available for subject course dates need apply. For more info and registration contact the Rec Centre, loc 8315.

## Expres Appointments

For all inquiries and bookings pertaining to EXPRES, please call 8315 vice 8783.

## 50th Anniversary

1992 marks the 50th Anniversary of Canadian Forces Base Greenwood and we are celebrating! All former serving members of ZX are invited to our reunion 28-31 May 1992. Activities will include Armed Forces Day, the Nanopolis Valley Apple Blossom

## VU 32 Stands Down after 30 years.

VU 32 invites former Squadron members to the Squadron Stand Down in June 1992. For more information please write:

CO VU 32  
CFB Shearwater  
Shearwater, N.S.  
BOJ 3A0

## 441 Reunion

441 Tactical Fighter Squadron is pleased to announce their 50th Anniversary Reunion on the weekend of 24-26 June 1992 at CFB Cold Lake, AB. All former members and spouses are invited to attend. Please contact the Sqn Chief Warrant Officer at:

Sqn Chief Warrant Officer  
441 TFS  
Medley, AB  
TOA 2M0  
or call (403) 594-7908.

## of CFB Greenwood

Festival and many others. For further information contact:

Lt Harriet E. Vanderburg  
CFB Greenwood Base  
Public Information Officer  
(902) 765-5372.



And you thought wet t-shirts were a sixties fashion! After the French revolution there was a revival of Greek classicism in French fashion. The more adventurous women wore their clothes wet to look like Greek statues and were sprayed down if they dried out! These and other fascinating facts will be brought to light when Ivan Sayers, a former curator of the Vancouver Museum, comes to town on January 31st with six models and his private collection of historical costumes.

Friday 31 January - An Evening to Remember, the Courtenay Museum's fashion evening will provide the audience with a dinner, catered by The Old House, followed by what promises to be a most interesting evening on historical costumes

from the turn of the century to the 1970s. Tickets are \$25, proceeds of which will go toward the Museum's Building Fund, and are available from the Museum at 360 Cliffe Avenue, phone 334-3611 and at The Inkwell in Comox Centre Mall, 339-3811.

Courtenay Museum's favourite fundraiser, **Fortune 1001** is well under way. There is a limit of 2,500 tickets for sale -- where else do you have such good odds? Some lucky person is going to have a chance to Scratch 'n Win 1001 lottery tickets on January 31 when the winning ticket will be drawn. Don't miss out on your chance to possibly hit the jackpot -- tickets are \$2 each and are selling fast. They are available from the Museum and numerous retail outlets throughout the Valley.

## DRINKING AND DRIVING

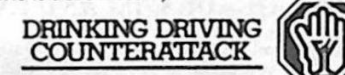


## B.C.'S MOST SERIOUS CRIME

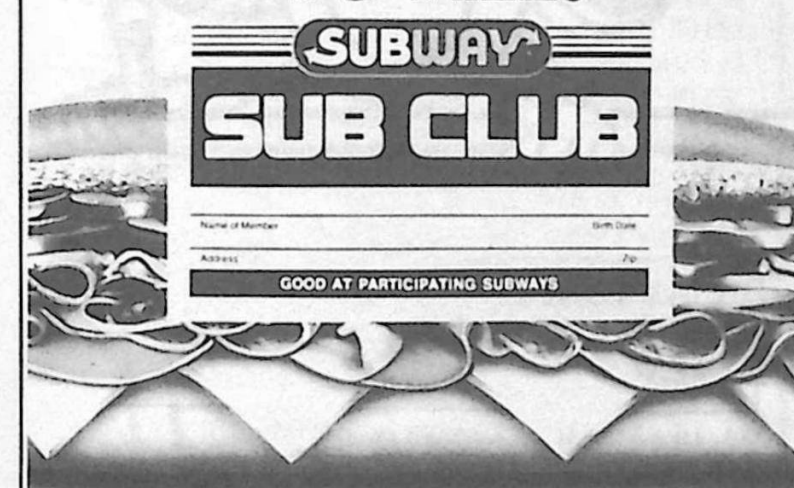
## YOU KNOW YOUR RIGHTS... BUT DO YOU KNOW YOUR WRONGS?

These are the criminal charges you face if you drink and drive in B.C.

- Driving with a Blood Alcohol Content (BAC) in excess of .08%.
- Driving While Impaired (even if your BAC is BELOW .08%).
- Failure to Provide a Breath or Blood Sample.



## ASK FOR THE CARD THAT'S YOUR LICENSE TO FILL.



Join Subway's Sub Club. Then every time you buy a Subway sub, we'll stamp your Sub Club card. Fill up the card and get a free regular footlong sub. It's that easy. The Sub Club card, for home or office. It's your license to fill.

230 - 8th St., Courtenay Ph. 334-2782

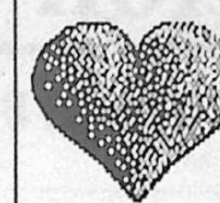
(across from Arbutus)

Store Hours: 10 a.m. to midnight Sun-Thurs  
10 a.m. to 2 a.m. Fri & Sat  
OPEN LATE 7 days a week.



# On the Base

## February, 1992 WO'S & SGT'S MESS



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

A PLEA TO ALL WIVES AND ASSOCIATE WIVES:  
COME OUT AND JOIN THE WIVES CLUB.  
THERE WILL BE A FOLLOW-UP FLYER OF DETAILS PERTAINING TO EACH PARTICULAR FUNCTION.

The Federal Superannuates is for you ... if you:

- Receive a pension from the federal government for service in:
- The Canadian Armed Forces
- The Royal Canadian Mounted Police
- The Federal Public Service

and you wish to stay informed about your pension rights, then you should join a 'pro-active' non-profit organization that is Canada wide and whose sole objective is the improvement and protection of YOUR indexed pensions and benefits. If you want to join up with 60,000 other Canadians in 68 branches across the country, write: FSNA, P.O. Box 3617, Courtenay, B.C., V9N 6Z8 or call 335-0691 or 339-2406.

## '92 Reunion for Cheticamp

A military reunion for all serving and retired members who have joined or retired since 1946 will be hosted by the Royal Canadian Legion in Cheticamp, N.S., on August 4 and 5. All serving and retired members who reside or formally resided anywhere from Pleasant Bay to Cheticamp to the Margarees are invited to attend. Activities include a Meet and Greet on the 4th Aug and a Dinner/Dance on the 5th. The cost for the reunion will be \$50 per couple. Those interested in participating are requested to send their cheque or money order to:

Mr. Leandre LeBlanc  
PO Box 43  
Grant Etang, NS  
BOE ILO  
Ph: (902)224-2665  
or  
Col J.C. Muise  
Director Communications and  
Electronics Technical Support  
MGen George R. Pearkes  
Bltdg  
Ottawa, Canada  
K1A 0K2  
Ph: (W) (613) 995-0864  
(H) (613) 824-4126

## Maida's Boutique

### Clearance Sale

25% to 50%

- Robes
- Sleepwear
- Bras
- Panties
- Pantyhose
- Scarves
- Maternity Wear

Selected Items Only  
All Sales Final

Jan. 23 to Jan. 31

202-307 5th Street  
Courtenay 338-1550

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Protect your children.

## 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, evos. 856-8879, 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

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.

For Sale - Lucrative carpet and upholstery cleaning business situated in B.C. Interior. Complete line of new new equipment. 305-398 Roddis St., Quesnel, B.C., V2J 1A6.

### BUSINESS INSIDER REPORT

reveals: Who is making a bundle with what business? Discover proved and profitable business opportunities, ideas, strategies. Scams and frauds exposed. Tax deductible. Samples. Free details: BUSINESS INSIDER, Box 2895-WA, Thunder Bay, Ontario, P7B 5G3. Phone 1(807)767-3888, Fax 1(807)767-0888.

### Rental Hot Tub

Professionally built. Quick return on investment, great tax benefits. Sell hot tubs from your home. Highest quality, lowest prices. Factory direct. 1(604)492-7771.

### BUSINESS OPPORTUNITIES

Beautiful FASHION JEWELLERY. Direct Sales. Small Investment. Very lucrative full or part-time. Training provided. Call Vancouver 939-1812. Serious inquiries only please.

### GREAT REPEAT SERVICE BUSINESS

B.C. and Canada's largest Lawn Care Company doing fertilizing and weed control has 110 franchises coast to coast. If you have the desire to profit from your own business with the benefits and support of Canada's biggest Lawn Care Organization call (604)250-8483, White Rock, B.C.

### EDUCATION

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.

### LEARN INCOME TAX PREPARATION or Basic Bookkeeping

Tax deductible certificate courses. For free brochures, no obligation: U & R Tax Services, 1345 Pembina Hwy., Winnipeg, MB, R3T 2B6, 1-800-665-5144 or fax 1(204)254-6172.

### EQUIPMENT

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.

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"BIRD'S CHOICE". Birdseed for sale. Sunflower seeds and Wildbird mixes, cage bird. Super clean, farm fresh. To order or for a price list, call today toll-free 1-800-563-7333.

### FOR SALE MISC

966 Loaders, Grapple or Bucket. Asphalt Plant and Paving Equipment. Dump Trucks, Back Hoes, 1213 Crushing Plants, 18' x 36' Jaw Crushers, Belly Dumps and Pumps. 100 Barrel Water Tanks and Truck. Call Vic Kampe 493-6791.

### LINEN HOUSE INC.

by popular demand from Denmark. Danish down duvets. Superior quality; twins \$120, doubles \$145, queens \$158. Susan Abildgaard 1-800-661-3896, 24 hour service.

### SHEEP SKIN PRODUCTS

Mitts \$29, Gloves \$49, Ear Muffs \$15, AUSTRALIAN Slippers \$49, Hats \$49, Steering Wheel Covers \$15, Seat Covers \$69, Rugs \$89. DEALER ENQUIRIES INVITED. Toll-free 1-800-667-2261.

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Thousands of titles. Send, Phone or Fax for FREE Catalogue to GD Software, 1330 Home Ave., Thunder Bay, Ont., P7E 3B7. Phone (807)475-9466, Fax (807)475-8274, 24 Hours/7 Days.

### GARDENING

The Ultimate Gardener's Store. 1,000's of Products, Hydroponics, Greenhouses, 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

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### HELP WANTED

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### FUND RAISING CAN MAKE YOU RICH

Marketing breakthrough in \$18 billion book publishing business is creating new wealth. Earn huge profits. Protected territories. 1-800-465-5400. Readers Club.

### Flag People for Avalanche Control and Road Closures

Wages \$8.50 to \$10 per hour. Call 426-1945.

### Cariboo Guest Ranch

Married couple (kids okay) to assist in operations, maintenance, management. Minimum 10 years Ranch and Hospitality experience. Salary and incentive negotiable. Mail full resumes, references listing skills and experience: Box 23992, c/o The Times, 33228 S. Fraser Way, Abbotsford, B.C., V2S 2B3.

### The Cranbrook Daily Townsman

A small community-oriented newspaper in the beautiful East Kootenay requires a full-time news reporter. The successful candidate will have experience and/or training in journalism. Experience and knowledge of photo-journalism, darkroom work and computer pagination will be considered assets. If you are interested please submit a resume and portfolio of recent work to: The Daily Townsman, Attention Drew Drinnan, 822 Cranbrook St. N., Cranbrook, B.C., V1C 3R9. Fax (604)426-5003. Phone (604)426-8954. Please fax if possible.

### ATTENTION PARK OWNERS and mobile home buyers

We have a good selection of used mobile homes for your park. We also manufacture a "Top of the Line" mobile home. Let us show you how to make great profits and fill your park. Buy factory direct. Noble Homes (403)447-2333.

### PERSONALS

Body, Mind, Spirit, find out who you really are. Call 1-800-367-8768 or 1-800-F.O.R.-T.R.U.T.H.

### 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, K2C 3J1.

### SERVICES

Major ICB 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

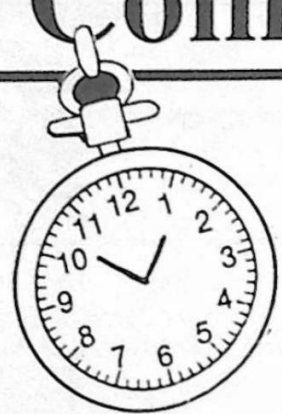
AUSTRALIA/NEW ZEALAND. Call the South Pacific specialist, ANZA Travel. Vancouver/Auckland, return from \$1,219 to \$1,778. Vancouver/Sydney, return from \$1,289 to \$1,888. Vancouver call: 734-7725. Toll-free 1-800-972-6928.

### WHISTLER JANUARY SPECIAL

Two nights midweek \$96.50 per person. Double included deluxe studio and one dinner. Stay at either Mountside 1-800-777-8135 or Blackcomb Lodge 1-800-777-8146. (From the east come over the paved Duffey Lake Road).



# Comox Recreation Commission



Hours  
of  
Fun!

1855 Noel Avenue, Comox, B.C. V9N 4X4 (604) 339-2255

## REGISTRATION

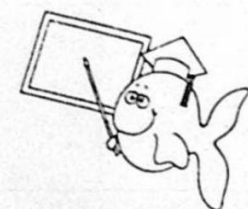
8:30 - 4:30 p.m. • Monday - Friday

### ONE NIGHT AFFAIRS

Don't those long, lonely, cold night of January make you long to have a "One Night Affair"? Hey, look us over; we've got some dates for you.

#### 903 BEGINNERS BRIDGE

January 29  
It's a great deal!



#### 904 LEARN FENCING

February 5



All Ages  
Wednesdays  
7:00 - 9:00 pm  
\$6.00 (no G.S.T.)  
Comox Rec Centre

#### 905 ORIENTAL COOKING

February 12  
Wok this Way.

#### 906 THEATRE SPORTS

February 19

#### 907 BACK TALK

February 26

#### 908 GET GARDENING

March 4

#### 909 SPRING TUNE-UP FOR BICYCLES

March 11

It's a Wheel Deal!

#### 910 RECYCLING IDEAS

March 18

### PRE-SCHOOLERS

#### 113 INFANT MASSAGE - NEW

Parent & Infant  
Wednesday  
February 5  
1:00 - 3:00 p.m.  
\$10.00  
Comox Rec Centre



This workshop will demonstrate the techniques of infant massage. This is a hands-on workshop where parent/s can learn how to massage their own infant.

**BENEFITS OF INFANT MASSAGE:**

- relief of gas or colic
- decreases foetal positioning patterns
- increases muscle tone
- stimulate the functioning of the respiratory, circulatory & gastro-intestinal organs
- relaxation
- stress prevention
- helps babies with sleeping problems
- enhances bonding
- increases child's awareness & self-esteem.

### TEENS

#### 306 VICTORIA VON KANE Modelling & Self Improvement Workshop

10 - 15 yrs.  
Thursday & Friday  
6:00 - 9:00 p.m.  
Saturday  
9:00 am - 5:00 pm  
February 6, 7, 8  
\$55.00/participant  
Comox Rec Centre



Discover poise, grace and confidence through a program covering poster, social graces, table setting and manners, personality development, fragrances, color and fashion, nail, hair and make-up application; plus modelling techniques and 3 fashion show routines. All designed to make a better you!

### SR.'s DAY TRIPS

#### 602 QUADRA ISLAND EXCURSION

55 yrs. +  
Wednesday  
February 5  
9:00 am - 5:00 pm  
(\$30.00 + 2.10 GST) \$32.10

Discover this fascinating island, the Kwakiutl Museum and lunch at the new Tsa-Kwa-Luten Lodge.

### After School ACTION.

#### 201 LEARN BADMINTON

9 - 12 yrs.  
Wednesday  
Jan. 15 - March 25  
4:30 - 5:30 pm  
\$25.00/10  
Comox Elem. School

Perhaps you'd rather smash than dunk! Then Badminton is the racquet for you. It's a great way to make Wednesdays wacky & wild for you.

#### 211 BASKETBALL

8 - 12 yrs.  
Thursday  
Jan. 16 - March 29  
4:30 - 5:30 pm  
\$25.00/10  
Comox Elem. School

Come on out - just for the fun of it. Learn the skill and thrill of Basketball. Don't get stuck on the couch watching TV - hit the Hoops with us every Thursday.

## On & Off the Base

Dog  
Talk  
by  
Gerry  
Gerow



Eulogy  
For  
Hella

Let's talk a bit about euthanasia. It's not easy to put your pet to sleep after so many years of loving loyalty. I had to face this just recently. My old dog who had been part of my family for 13 years, just wasn't enjoying life anymore. Her hearing was gone, her eyesight was almost gone and she was crippled up to the point that just walking around was difficult. She simply wasn't enjoying life any more. So it was time. I stayed with her and managed to keep from breaking up too badly, but it was a very painful experience. Nevertheless, it was something I owed her for her years of being faithful to me. I picked the old girl out of the litter before her eyes were open. This was in Germany. I had never had a good dog before, so like many others I didn't know how to

do things and managed to do most of them wrong. However, she learned things and wormed her way into my heart. I took her to a German hunting trial where she won first prize. Then off to the breeders show where she got a satisfactory rating. They put a stamp on her papers that was required before offspring can be registered in Germany. She was a regular companion on hunts in Germany. A careless hunter hit her with a load of shot and I almost lost her, but she survived, much to the relief of everyone in the hunt that day. She travelled with Norma and I around Europe, and when the time came to come back to Canada, she naturally came with us. She hunted with me around Cold Lake and here in the Valley. As all her hunting commands

were in German, people would look at me rather strangely when I gave her an order.

I bred her in Cold Lake, and she produced only one pup. It was a caesarian birth, and hard on her. We bred her again in the Valley, and again got only one pup, a female, which I still have, and it was a difficult birth also. But she was a good mother both times.

Through her daughter, who has had two litters, her blood is now forever ingrained in the German Shorthairs of Canada, and now then her name will show up in pedigrees of some special dogs. I miss her a lot. She's gone but not forgotten. I know that she is now hunting up in doggy heaven and will be waiting there for me to arrive some day.



## LEGION LOG

### BRANCH 17 COURTENAY 334-4322

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

Fri & Sat Jan 24 & 25.....Music by WYLIE & THE OTHER GUY  
Fri & Sat Jan 31 & Feb 01.....Music by WILD RIVER  
Fri & Sat Jan 7 & 8.....Music by WESTWIND

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

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

"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 JAN 26.....FUN CRIB TOURNAMENT  
Registration 12 - 1 PM.

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

SATURDAY FEB 01.....ZONE DART PLAYOFF  
Start 10:00 AM

### BRANCH 160 COMOX 339- 2022

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

Fri Jan 24.....Music by WESTWIND  
Fri Jan 31.....Music by SHABOOM  
Fri Feb 07.....Music by CROSS COUNTRY  
Fri Feb 14.....Music by ALLEYCATS

#### \*\*\*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  
C.V. Men's Crib (Home & Away) 8:00 PM 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\*\*\*

SATURDAY JAN 25.....ANNUAL BURNS DINNER.  
Upper Hall. Cocktails 6 PM. Dinner 7 PM. Dance to follow.  
Tickets \$12.50 each or \$25.00 per couple at bar or office.  
SATURDAY FEB 08.....JOINT INSTALLATION OF OFFICERS. Upper Hall. \$7.50 per person. No host bar 6-7 PM.  
Dinner 7 PM. Ceremonies and dancing to follow.

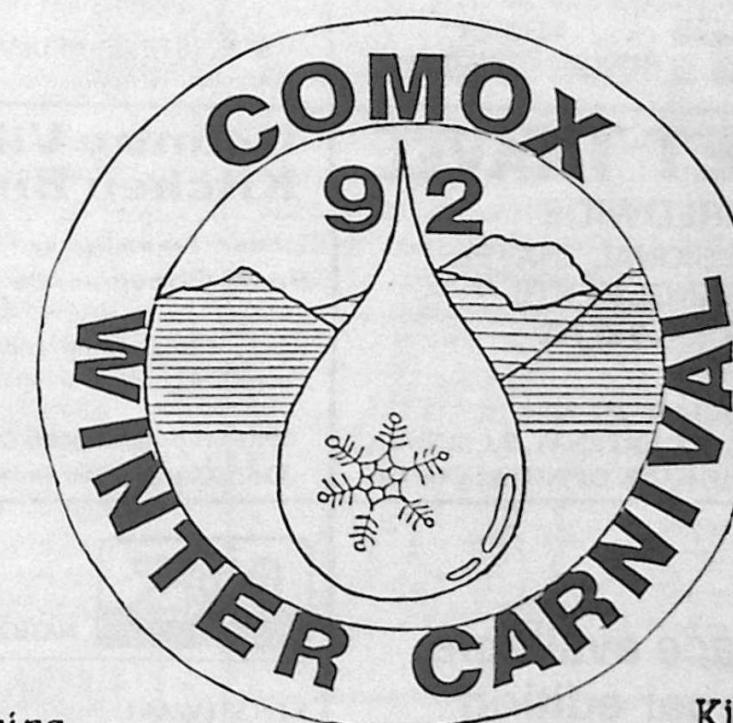
#### \*\*\*SPORTS\*\*\*

CRIB first Sunday of the month.....1:00 PM Upper Hall.  
Registration \$5.  
EUCHE fourth Sunday of the month.....1:00 PM Lounge.  
Registration \$5.  
SATURDAY FEB 01.....ZONE DARTS PLAYOFF AT COURTENAY BR. 160...Teams start 10 AM, doubles 2 PM, singles 4 PM.

## C.F.B. COMOX WINTER CARNIVAL FEBUARY 5th, 6th and 7th SOMETHING FOR EVERYONE !!!

Family Skating & Dunk Your Boss  
Blind Vollyball & Hot Chocolate

Pool, Darts, Crib, & Euchre Contests



Moustach Growing Contest.

C.O.'S Race.

Tabloid Games

Opening Luncheon

King & Queen Contest

MUCH MUSIC VIDEO DANCE PARTY.

Participants must have a button which will COST \$3.00. This includes a free lunch and reduced dance cost. All teams must be registered and have a team captain by 24 Jan 92. Prizes will be awarded for Team/Section Morale. If you don't want to participate, come on out and CHEER!!

## NEXT DEADLINE 03 FEB



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Jeani Dev Johnson



Mel Ferraby  
Sales Associate "Your Comox Connection" CF retired  
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576 England Avenue, Courtenay, B.C. V9N 5M7  
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Pager # 1-979-1469 Fax: 334-1901



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\*DOWNTOWN COURTENAY  
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Ph 338-0721 2421 Cousins Ave., Courtenay  
We build to order. Size and wood of your choice.  
All items solid wood.

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THEN CALL ME TO DISCUSS YOUR PLANS  
LISTINGS REQUIRED  
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tom procter 339-2668

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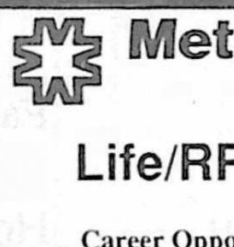


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## On the Base

## Vehicle Theft -- The Facts

Prevent Vehicle Theft.  
Don't Make it Easy for  
the Thief.

1. Close the windows, lock the doors, and pocket the key.
2. Never hide a spare key under the carpeting or over the sunvisor -- thieves know where to look.
3. At night, park in a well-lit area with pedestrian traffic.
4. Finding keys identified with a name and address is a thief's delight.
5. If you leave your insurance and registration papers in your vehicle, conceal them in the trunk or other secure location. Don't make it easy for a thief to dispose of your vehicle.
6. If your vehicle was stolen, could you give the police the year, make, model, colour, V.I.N. (serial number), and licence plate number?
7. Remove from sight valuables or even empty packages and parking meter change. Place all packages, bags, and cases in the trunk.
8. Consider using one of the variety of security devices on the

market. Such as: steering wheel locking bar; alarms; gas line cut-off switch; or concealed ignition switch.

9. Mark tape decks, car phones, and vehicle accessories with your driver's licence number.

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Crime stoppers will pay up to \$2,000 cash for information that leads to the arrest and charge of anyone found breaking into a vehicle or committing any criminal offence. Call Crimestoppers 669-TIPS.

Vehicle Theft  
Fact Sheet

\* The 1990 total of thefts of motor vehicles (113,639) was the highest yet recorded. Thefts of motor vehicles increased 12% in 1990, marking the seventh consecutive year in which an increase was recorded (Canadian for Justice Statistics).  
\* Losses from motor vehicle thefts amount to \$337 million annually in Canada, with another \$124 million in losses from motor vehicle parts. In contrast, bank

robberies average \$3.3 million annually (Statistics Canada).

\* The majority of motor vehicle thefts are committed by males under 25 years of age. Accused 18-25 years of age accounted for 44% of persons charged and age 12-17 for another 36% (Vancouver Police Statistics).

\* Damages to a stolen vehicle average \$1,345 (Statistics Canada).

\* There is a motor vehicle stolen every 25 minutes in B.C.  
\* 70% of vehicles are stolen during early morning hours (Vancouver Police statistics).

\* Stolen vehicles are 200 times more likely to be involved in an accident. Chance of death and injury are also much higher (National Automobile Theft Bureau).

\* Since 1987, Vancouver's vehicle theft rate has increased 100%. Some suburbs have experienced a 100% increase between 1988 and 1990 (Coquitlam, North Vancouver, Richmond and Surrey).

\* In 1991, ICBC paid over \$30 million in vehicle theft claims.

Kinsmen  
Mother's March

It began in 1953 as a province-wide one-hour porch light fundraising blitz called the Mothers' March on Polio and was organized by the British Columbia Kinsmen Clubs in response to the devastating polio epidemic. That first campaign raised \$143,000 to help purchase hospital equipment and medical services for the 3,000 polio victims in B.C. who were left severely disabled by the disease.

Today, the annual Kinsmen Mothers' March continues its fundraising campaign with a volunteer force of 30,000 -- 20,000 of which canvass door-to-door and 10,000 who provide office services at Kinsmen offices. Held from January 15-31, the Kinsmen Mothers' March is the main fundraising event of the Kinsmen Rehabilitation Foundation of British Columbia (KRF).

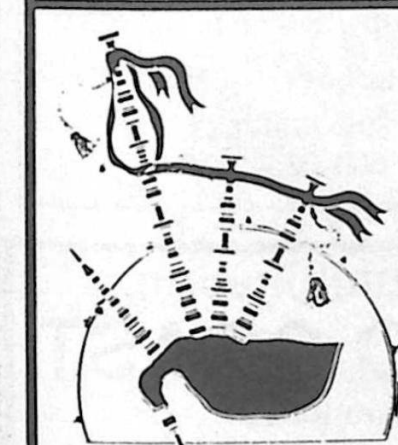
Funds collected from the March provide programs and services to help those across the province with physical disabilities lead more independent lives. They include: Library and Information Services; Public Education Services; Technical Services Program; and the Rehabilitation Assistance and Equipment Loan Program. A self-sustaining organization, KRF received more than \$1 million in 1991 from its Kinsmen Mothers' March campaign.

The success of the Kinsmen Mothers' March campaign is due in large part to the many volunteers who have consistently provided their services on a long-term basis. One of them is Judy Chiasson who has been a Kinsmen Mothers' March canvasser for 15 years.

## NEXT DEADLINE 03 FEB

## Bulletin Board

All insertions will be \$4.50 per column/inch. Payment in advance at the office.

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Comox Valley Pipe Band Society welcomes all pipers and drummers to join the band. If interested in learning either - free instructions available. Commencing Sept 9. For more information contact Pipe Major Bill Quigg, 339-6444 or Christine Wood, 338-8781.

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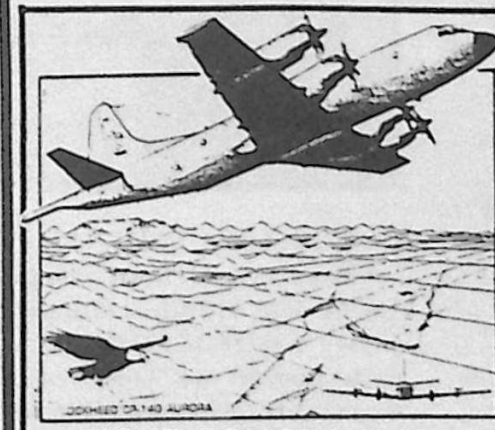
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## It's A Girl!

HUSEREAU -- Serge and Karin proudly announce the birth of their second daughter, Stephanie, 22 December 91, at 8:47 p.m., weighing 7 lbs 8 1/4 oz. Special thanks to Doctor Crowe and caserom staff of St. Joseph's General Hospital.



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NEXT DEADLINE 03 FEB



# On & Off the Base

## Children and Tobacco -- The Facts

### How many Canadian children smoke?

In Canada, the percentage of daily smokers among 10-14 year olds is 8%; among 15-19 year olds it is 23%. The overall percentage of daily users for the 12-17 year old age group is 20% with an average reported per capita consumption of 14 cigarettes a day.

### Who are these young smokers?

In general, the young smoker is just as likely to be male or female, in a lower socioeconomic group and with a higher prevalence of smoking among his/her peers, friends and family.

### Why do children start smoking?

Tobacco use by children is primarily the result of peer group pressure, a desire for social acceptance, to assert independence, and a desire to appear adult and mimic adult roles. The perception that smoking assists in weight control is also an important influence in both smoking initiation and cessation attempts.

### When do children start to smoke?

Based on a recent Health and Welfare survey, over 90% of young people who smoke report that they started before age 17. If initiation into tobacco use can be

delayed until age 19, it will be effective in preventing the vast majority of Canadians from smoking since few people begin after 18.

### How do children obtain tobacco products?

A 1990 survey in Nova Scotia found that most current tobacco users under 16 years of age obtained their tobacco from friends (73%), parents, siblings and/or corner stores (69%). Vending machines in locations to which minors have easy access provide another easy outlet.

### How can children afford to buy tobacco?

Cigarettes are still cheaper in 1991 than they were in 1951 when real disposable income is taken into account. Tobacco taxation is a very important prevention tool: studies show that for each 10% increase in the price of tobacco products, you can expect a 14% decrease in consumption among youth.

### What does the youth market represent for the tobacco industry?

The teenage cigarette market in Canada is worth more than half a billion dollars a year, even though it is illegal to sell tobacco to minors. It is a small part of the total market but it represents the future viability of the industry.

Since few Canadians start smoking after the age of 18, the tobacco industry must have its new recruits from the under 18 market segment or risk going out of a very profitable business a generation later.

### What does this market represent in terms of tax dollars?

Federal and provincial taxes in the amount of \$300 million each year are paid by youth who have been sold tobacco illegally.

### Where does legislation stand in Canada?

The Tobacco Restraint Act, passed in 1908, prohibits the direct or indirect selling, giving or furnishing of cigarettes or cigarette papers to anyone under the age of 16, whether for the child's use or not. Some provinces such as P.E.I., New Brunswick, Ontario and Manitoba have raised the legal purchase age to 18 years of age. Some municipalities have implemented legislation that includes the provision to suspend or revoke a retailer's licence to sell tobacco if found guilty of selling tobacco to minors. Fines for selling tobacco products to children remain very low. Public opinion polls indicate that over 80% of Canadians are in support of enforced restrictions on the sale of tobacco products to minors.

## TB Vet Tags in the Mail

COMOX-- TB Vet secret-number mini-tags are in the mail to 15,270 Comox residents.

Their number represents those who have responded in the past to the annual campaign of the Tuberculous and Chest Disabled Veterans' Association -- now in its 47th year.

Some 700,000 of the mini-tags, which enable the TB Vets to trace owners of lost keys, are being distributed province-wide.

Donations are used to provide year-round permanent employment for 25 persons with disabilities at the TB Vet headquarters in Vancouver; and for purchase of respiratory equipment given to hospitals throughout British Columbia.

Total TB Vet grants to 54 hospitals since 1975 amount to \$3,273,420 -- among the largest beneficiaries is the B.C. Children's Hospital in Vancouver, which has received in excess of \$247,000.

St. Joseph's General Hospital has asked for and been granted \$75,633.33 to date.

TB Vet general manager Joanne Walter noted that residents who have not received tags may obtain them by contacting the Vancouver headquarters' toll free telephone number: 1-800-665-7796.

Honourary chairman of the 1992 key-tag campaign is well-known news anchor Tony Parsons of BCTV.



COMOX AREA PATIENTS will benefit from a state-of-the-arts ventilator to assist breathing, given to St. Joseph's Hospital by the Tuberculous and Chest Disabled Veterans Association. The device, costing in excess of \$23,000 (bringing the TB Vets' total contribution to the hospital to \$74,600) was purchased from funds derived from the annual province-wide distribution of secret-number mini-tags for key chains; and was presented to hospital's laboratory chemistry supervisor Carol Heller, R.T., by TB Vet key tag manager Brian Bilseki of Vancouver.

... Tom Butler photo.

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