



Welcome  
414  
House-Hunters

A Happy  
Valentine  
to all our  
Readers!



# TOTEM TIMES

Canadian Forces Base Comox B.C.

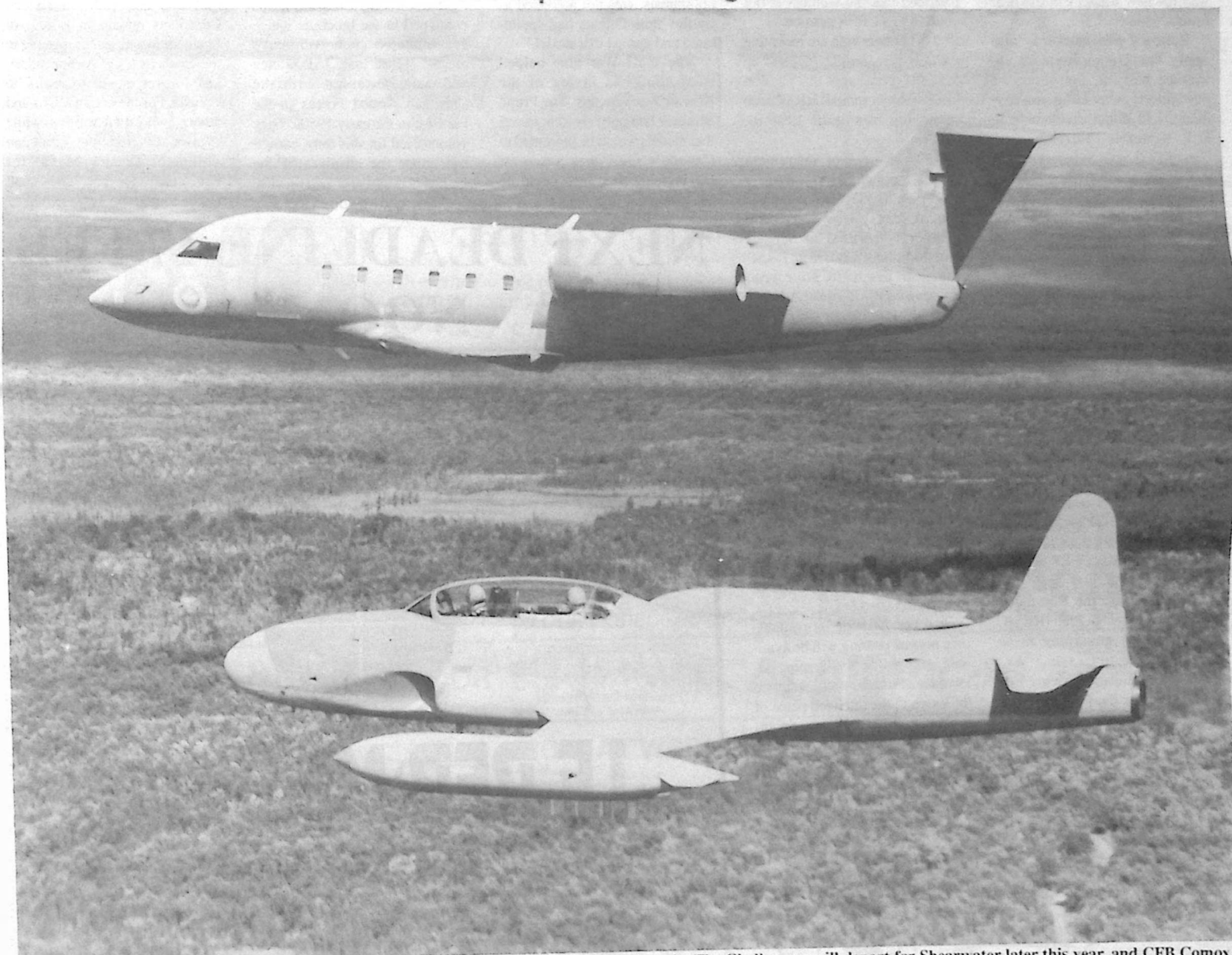


VOL 34 NO 03 FEBRUARY 06 1992

NEXT DEADLINE FEBRUARY 17 1992

COST: PRICELESS

## 414 Squadron in Flight



Challenger and T-33 of 414 Squadron North Bay, fly over the flat expanses of Northern Ontario. The Challengers will depart for Shearwater later this year, and CFB Comox will receive the T-Birds, when 414 Squadron is relocated to both coasts.

## Meritorious Service Decorations for Gulf War Vets

Meritorious Service decorations are being awarded to 14 Canadian Forces veterans of the Gulf War. The Meritorious Service Cross will be presented to four senior officers. The recently created Meritorious Service Medal will go to 10 other officers and non-commissioned members for the first time.

The Meritorious Service Cross may be awarded to military or civilian personnel or foreign na-

tionals serving in support of Canadian forces. Since the military division of the cross was established by the Queen in June 1984, 19 CF members have been honoured with the prestigious award. The related Meritorious Service Medal was struck in October 1991 to recognize noteworthy activities that did not qualify for the service cross.

The latest Canadian recipients of the Meritorious Service Cross

all demonstrated outstanding professionalism in their successful execution of Canadian operations in the Gulf War.

Lt-Gen David Huddleston, as Deputy Chief of the Defence Staff, charted Canadian military strategy. Commodore Ken Summers was the Commander of Canadian Forces Middle East before and during the war, playing a significant role from the deployment of ships to the

Arabian Gulf until the end of the conflict. Col Romeo Lalonde commanded Canada's air operations. Capt (N) Duncan Miller oversaw the Canadian Forces interception of ships to help enforce the blockade of Iraq as the Commander of the Canadian Naval Task Group, and also headed the Multinational Combat Logistics Force.

The Meritorious Service Medal may be given to either

military or civilian personnel. The military award is given to individuals who bring honour to the Canadian Forces through a high standard of work and devotion to duty.

The following have been awarded the Meritorious Service Medal: Col Philip Engstad, Col Michael O'Brien, Lt-Col Donald Matthews, Lt-Col Joseph Rochefort, Capt Jeffrey Beckett.

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# Editorial



Norm Blondel

## If you'll show us yours....

If the Totem Times differs from its confreres in the military press, it is in the amount of locally contributed material appearing in these pages. Some of it is in photographic form, some in the recollections of men and women who lived in historic times. The Battle of Britain, BCATP, Alaska Highway construction, Korean Conflict, formation of the Women's Division of the RCAF are all examples of our military past, featured or yet to be featured in this newspaper. We have also carried some great photographs; our front page pic of a 442 Labrador in the water, by Carrie Friend, created a minor sensation in parts of the CF and elsewhere. Carrie received an order for a wall-sized print and several enlargements for that one. Another superb pic by Peggy Sanderson of Sooters featured a unique snow scene at the summit of Mount Washington, unique because, centered in the photograph, was a small cross of snow formed by a tree branch. The pros at Base Photo can always be counted on to give us something for our front page, and their work is, in my opinion, the best the CF has to offer -- and I've been around the CF long enough to know.

So, what's this about, Pros? It is because I am convinced that there is another untapped source of good photography buried in the albums and bottom drawers of a lot of our readers in this locality, some of them matching the quality of the Pros. If you have a photograph of quality -- crisp, clear and interesting -- we will showcase it for you. Loan it to us, we will PMT it and return it to you safely. We have particular interest in photographs dating back to 1943 -- the year CFB Comox began as a RCAF station. In 1993, we would like to feature historic photos as a prelude to celebrations commemorating the 50th anniversary of this base. If you'll show us yours....

## Welcome 414 HHTs

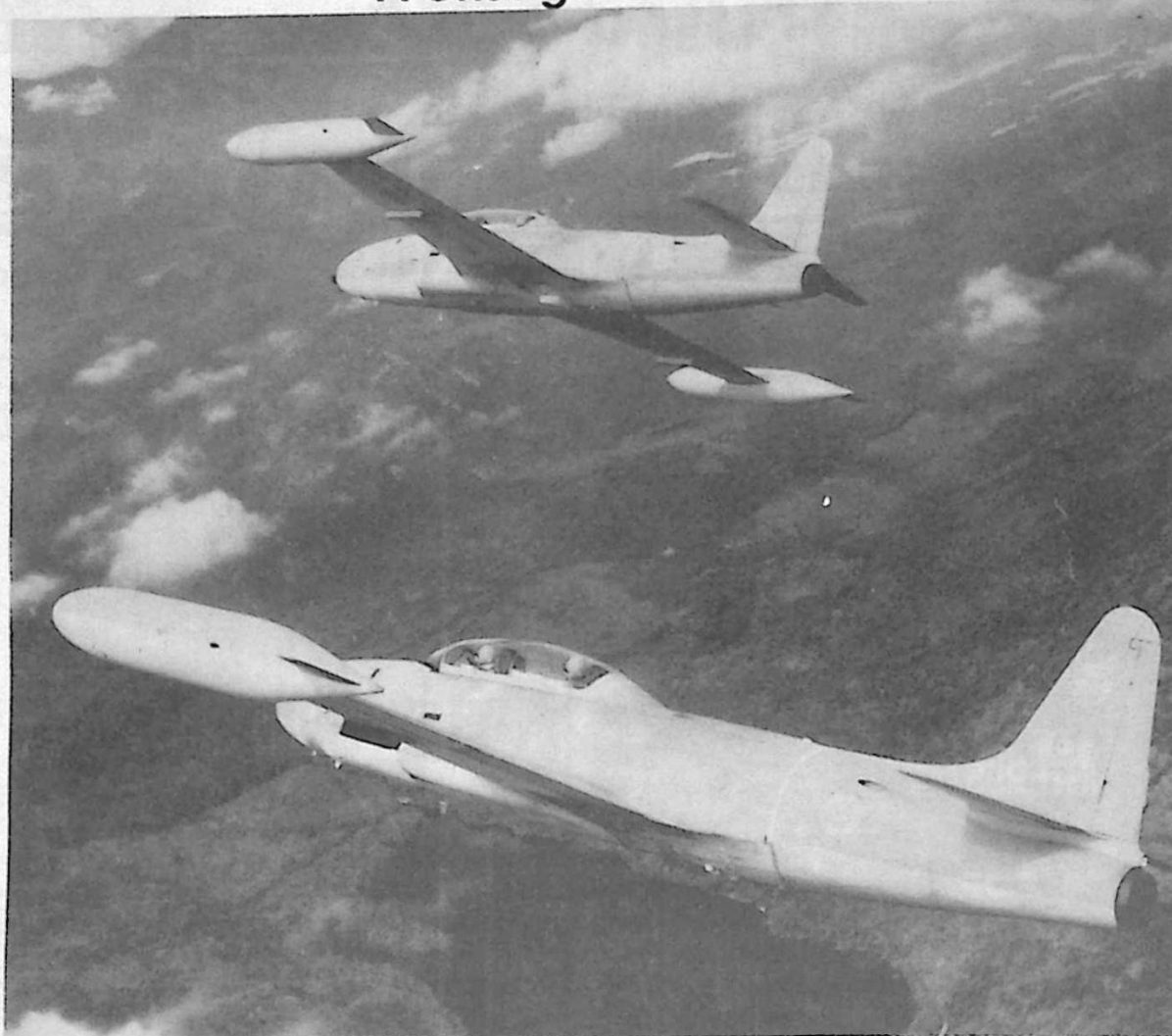
As you read this, one hundred copies of the Fishwrapper are headed, post-haste, to the men and women at CFB North Bay who have been given posting instructions to CFB Comox. This particular edition carries a higher than usual proportion of real estate material, so 414 Sqn personnel can be informed about the local housing situation in advance of their arrival on house-hunting trips, beginning in mid-February.

There is another way to welcome our prospective new neighbours, and that is by advising the Base Housing Officer if you know of places to rent. Rentals in the Comox Valley have been scarce at times, so your help in this critical area will be much appreciated by 414 personnel and, for that matter, anyone else posted to Comox this year. Are you leaving the Valley this year? As a renter, you can help our posted-in members by giving them first whack at your house, apartment or mobile home.

## Decisions Marketing Victims

Readers who responded to an advertisement for Gulf war medals by Decisions Marketing, carried last year in this newspaper, are requested to forward their name, address and phone number to the Armed Forces Advertising Agency, 52 Chadburn Crescent, Aurora, Ontario, L4G 4V7. AFMA is helping the North Bay City Police in their investigations concerning Decisions Marketing and their medal promotion.

## A Change of Scene



414 Sqn T-33s will see a different terrain when they arrive this summer, to join these VU33 T-birds in flight over the mountains of Vancouver Island.

## Does Canada Need Defence in the Nineties?

by Desmond Morton

Why not disarm? Why should Canada, in 1991, with a greater annual per-capita federal deficit than the feckless Americans, spend \$13 billion on defence -- with Mr. Masse's promise of even more in the years to come? If we are bringing home 4,400 soldiers and airmen from Germany, why not bring the remaining 1,100? If we don't need nuclear submarines, why do we need three new conventional submarines? Do we plan to torpedo the French fishing fleet? If Admiral Thomas is right -- and he was Vice-Chief of the Defence Staff, -- why do we need an army at all? Who is going to invade us? Except as perimeter guards, our soldiers will be spared another summer at Oka. If all we have left is the air force, clever minds than mine can find a reason to abolish it too. Or perhaps, like flying training, it could be privatized.

These are the kinds of questions we face from our neighbours over the back fence and at the local newspaper. They are not

always easy to answer. Peacetime defence policy in any country depends on gloomy assumptions about the future, and, like ghosts at a wedding, these are never welcome. Most of us have enough worrying in our own self-interest. Moreover, futures are not easily foretold. Prophets are without honour in their own land for an excellent reason: prophets are usually wrong. We snicker now at the myopia of the people who drafted Perrin Beatty's 1987 Defence white paper. In 1949, the brightest defence minister we have had since 1945, Brooke Claxton, thought home defence our only realistic priority. Within months he was preparing our contribution to the Korean War and, soon after, despatching every available weapon to our NATO allies. In 1914, the then-minister, Sam Hughes, predicted war with Germany but even his colleagues believed he was crazy. An editorial on 'Canada's Defences' in the Toronto Globe in July, 1914, commanded Ottawa to

guard our frontiers against contagious diseases from the United States.

What are the dangers in a world liberated from the Cold War and its thermonuclear spectre. Even as the Berlin Wall crumbled and long before anyone worried about Saddam Hussein, an American political scientist, John Mearsheimer, warned that a multi-polar world could be far more dangerous than its bipolar predecessor. We might soon be nostalgic for a world in which two super-powers weighed the potential for reciprocal annihilation, restrained their client states and regulated the limits of conflict. A multipolar world meant a smorgasbord of troubles from the frontiers of the USSR to the restless and unhappy nations of South-East Asia.

So why should Canada get involved? Beyond moral posturing, do we really care if Arabs, Slavs, Khmers, Armenians or Azeris slaughter and torture each other?

Continued on page 5

# Comment

## More Reduction

titled to the job interview trips to Canada?

A- Yes. There has to be proof of an actual interview before the trip is approved.

Q-6 Can the FRP application be revoked? If so, are there time limits?

A- The application can be revoked anytime up to 15 Feb 92 when the selection boards convene.

Q-7 Why are CFBs Chatham and Shelburne not considered iso-

About Trivia

## "Battle"

by John Novak

The Trivia a/c of Jan 23 Fishwrapper is a Fairey Battle light bomber. Battle serial #1656 was attached to #111 Sqn RCAF at Pat Bay, B.C. in 1940.

The Fairey Aviation Company was formed in 1915, and its main preoccupation was in the design and manufacture of aircraft, for the Royal Naval Air Service (forerunner of the R.N. Fleet Air Arm). However, the company's first substantial order came from the RAF for a light bomber. This resulted in the emergence of the Battle which first flew in March 1936. By the outbreak of WWII some 1000 of them were in service with the RAF. A total of 2203 Battles were built, of which 802 were shipped to Canada for service with the RCAF.

Battles saw a lot of action in the first year of WWII mainly in France, with the RAF detachments of the British Expeditionary Force. Manned by gallant and courageous crews, they were outfought by superior enemy aircraft. They suffered heavy losses in numerous attempts to stem the advance of German troop columns into Belgium and France. In one operation 218 Sqn despatched 11 Battles to attack troops and bridges in the Sedan area. Only one aircraft returned to base! On the 12 May 1940, an action took place which was to result in the first air Victoria Cross awards of WWII. An extract from the 'London Gazette' of 11 June 1940 reads:

Flying Officer D.E. Garland #12 Sqn, RAF, Sgt T. Gray, #12 Sqn RAF.

"Flying Officer Garland was the pilot, and Sgt Gray was the observer, of the leading aircraft of a formation of five Battle aircraft that attacked a bridge over the Albert Canal. This bridge was not destroyed in previous actions and was allowing the enemy to advance into Belgium. All the aircrews of the squadron concerned, volunteered to take part in the operation, and after five crews had been selected by drawing lots, the attack was delivered at low altitude against this vital target. Orders had been issued that this bridge was to be destroyed at all costs. As had been expected, exceptionally intense

...continued from page 2

lately? They are listed as such in CFAOs 205-7 and 209-43.

A- They are not considered to be isolated for purposes of the FRP because they are relatively close to the main population centres of the provinces in which they are located. The criteria for the FRP are not the same requirements as those for the various CFAOs and, in essence, the CFAO used was considered to more accurately reflect 'isolated' as seen for FRP purposes.

## More Defence in the Nineties

They can't slaughter us. Relieved of the Cold War between our two great neighbours, are we once again, in Senator Dandurand's notorious phrase, "a fireproof house, far from the sources of conflagration?"

The answer is no. For a start, Canadians depend utterly on trade for our standard of living. A world in anarchy is a world in which we cannot do business. The Pacific Rim, so easily forgotten on the east side of the Rockies, is now our second most important sales arena. If we still think first of Europe, it is because of the strength of ancestral links. The increasingly multi-cultural nature of Canada, reinforced by refugees from every troubled corner of the world, means that citizens want their country to get involved, from the recognition of Ukraine to championing the Croats. This is not new or surprising. Far from forgetting their homelands, British Canadians expected Canada to be "Ready Aye Ready" in 1914 and 1939. We are now simply far more diverse in our allegiances.

Canada also needs friends in the world. The first pledge of the Prime Minister when he took office in 1984 was that good, indeed excellent, relations with the United States would be his first priority. Retaining even a token force in Europe is, Ottawa hopes, the minimum price for a seat at the CFSC table and a loophole into the unified Europe of 1992.



They were posthumously awarded the order of the Victoria Cross. In reality the Battle was obsolete by 1939 when it was utilized as a front line bomber. Underpowered and underarmed, it was no match for the superior types of aircraft that the Luftwaffe employed in the Battle of France. After that debacle the Battles were withdrawn from front line service and relegated to the training role in late 1940. They were used as dual control trainers, target towers, and gunnery trainers in the Bombing and Gunnery Schools of the British Commonwealth Air Training Plan. It was said that the Battle contributed much more to the war effort in its training role, than it did in an operational mode.

Powered by a 1030 h.p. Merlin engine the Battle had a top speed of 241 mph and carried a crew of three. Armament consisted of two .303 machine guns, one in the starboard wing, and one in the rear cockpit. Bomb load was 1000 lbs.

We need those friends all the more desperately because of our own divisions. Our neighbours and erstwhile allies can support the frail bonds that hold Confederation together, or they can saw away at them. Reflect on the experience of Yugoslavia, bereft of friends and sympathy as her richest component republics struggled free in the name of liberalism and free-enterprise.

Yugoslavia and the Soviet Union are not the only states who face disintegration in the post-Cold War era. Rejection of the Meech Lake Accord in 1990 and reluctance of Canadians, French or English, to embrace or even consider its 28-point successor has strengthened the resolve of Canada's central province to seek sovereignty. The unthinkable has become the unmentionable.

Canada faces the alternative of drastic constitutional change or break up. And most Canadians, French and English, reject the terms of the latest compromise. Jacques Parizeau and Preston Manning each assure their partisans that dissolving Canada is little more than housekeeping -- in the face of tragic and consistent historical evidence that national break-up almost always produces violence. True, in Jacques Parizeau's favourite example, Norway and Sweden separated without bloodshed -- but largely because the Norwegian army fled when the Swedes invaded and because, when European

powers threatened violence, the Swedes withdrew, keeping the Norwegian frontier fortifications and lived angrily ever after -- or for two generations. Moreover, Norway and Sweden could live separately: Québec and Canada would be like divorcees compelled to share the kitchen and bathroom.

Those who imagine that Canadians and Québécois can look forward to never being troubled by each other again ignore economics and geography. Future relations would merely become more intense and difficult. The First Nations promise further Okas as it becomes their turn to divide and conceivably conquer their uninvited European guests. Setting aside the nightmare prospect of civil war, contemplate the risks of civil disorder during the long and difficult negotiations that would accompany the severance of a 125 year-old partnership. Canadians in 1992 are nearly unanimous in rejecting force as an option in our internal affairs; so were most Americans in 1860. The awful fact about Canada's defence policy in the Nineties is that the most probable threat to us is us.

Professor Desmond Morton of the Department of History, University of Toronto, resides at its Erindale Campus in Mississauga, Ontario.

Reprinted courtesy The Defence associations National Network News. (Vol 1 - No.14, 15 Jan 1992)

## CLEAR THE AIR

Reduce air pollution from residential wood smoke and auto emissions with tips from your Lung Association.

† B.C. Lung Association Box 34009, Station D, Vancouver, B.C. V6J 4M2  
(Advertising space donated by this publication)

## AIR FORCE TRIVIA



### Trivia Answer

Fairey Battle light bomber, circa 1939. John Novak has the details, this page.

from the HW Holmes collection.

# TOTEM TIMES

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The Editor, CFB Comox, \$40.00 per year outside Canada.  
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Published every second Thursday, with the permission of the Base Commander, CFB Comox. Second Class mail registration 4098.

NEXT DEADLINE 17 FEB



# Section News



## VU33

What gives with the weather? The precipitation is getting so bad, that Kent has been seen stock piling lumber and collecting pairs of animals. Tony P. I was told, had to raise his bike seat seventy feet or so.

Onward to A/C news. The future of 102 is uncertain. Mr. Shepard can fill in the details. 577 has been defined for a new role, testing static build-up within the atmosphere by towing a 2 mile long antenna. I know two people who will decline that mission in the future (a few grey hairs have been noticed).

Now on to the what's changed and what hasn't portion of the article.

**What's changed:**  
- Marty, Yves and Tony H. are possible future civies.

- JR and Marc P. are off to North Bay to do a bit of suffering.  
- Cathelene is off to Shearwater for her T33 Airframe course. (Study hard!)

- VU33 hockey team is playing 500 hockey for the '92 season.

- Mikey J. has made the big purchase. Congrats Mike and Joel on your new home.

- Dave B. will still be chasing moose, only now in Northern Alberta.

- And we have to pay to get into Jiggers now.

**What hasn't changed:**  
- There's another vehicle in Troy's garage (mens town).

- Nevin, Rainier and Dan are still chopping and kicking.

- Booty is still on the phone. (Should have been a CRS Tech.)

- Jeeps and Toyotas are now on the list of vehicles that pull that big Ford out of trouble.

- Russ Parker is still attempting to be the official Sqn Metal Tech.

- Johnny and Mark K. are still battling for the scoring leadership.

- And Walters is still mentally unstable so we crated him.

I think the Sqn should look into a safe backing course for the SWO and a defence driving course for the ASO. This might ensure that the SWO's vehicle will stay in his driveway and aide the ASO in avoiding obstacles on the road.

How about those Red Skins? Who could of predicted that outcome? At least the pre-game mud bowl was entertaining. There were quite a few Sqn personnel in attendance, and I know we all had a few new aches and pains Monday morning, either from the skirmish or from Kenny and Chris's Super Bowl party. I think all those who participated would like to thank them for the work they put into its success.

In conclusion, I would like to say, the Sqn ski day was a success ... NOT!! It was okay Mikey that you wore a wet suit.

SEE YOU AT THE  
**LEEWARD!**

**PUB HOURS:**  
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## Comox men receive OMM

### THE GOVERNOR GENERAL OF CANADA CHANCELLOR OF THE ORDER OF MILITARY MERIT

Whereas with the approval of Her Majesty Queen Elizabeth the Second, Sovereign of the Order of Military Merit, we have been pleased to appoint you to be a member of The Order of Military Merit.

We do by these presents appoint you to be a member of the said Order and authorize you to hold and enjoy the dignity of such appointment together with membership in the said Order and all privileges thereunto appertaining.

Given at Rideau Hall in the City of Ottawa under the seal of the said Order, this twenty seventh day of May 1991.

By the Chancellors command.

### The Order of Military Merit

Since very ancient times, it has been the practice for those in the military, who distinguish themselves by their exemplary courage or merit, to be awarded some mark of distinction. Through the centuries, these marks of honour have taken many forms, from the laurel wreaths with which the early Greeks and Romans crowned their heroes to special presentation swords and other weapons. In more recent times, it has become customary to bestow on those to be honoured, a special badge in the form of a medal, star or cross, suspended from a ribbon and worn around the neck, or pinned to the coat, to distinguish them from their comrades.

During Canada's Centennial year, the Order of Canada was established as a means of honouring those who rendered meritorious services to the nation. In 1972, the Cross of Valour, the Star of Courage and the Medal of Bravery were instituted to reward acts of bravery performed in saving or attempting to save a life or property. It was also decided to include in Canada's Honours System, a means of recognizing conspicuous merit and exceptional service by the men and women of the Canadian Forces, both Regular and Reserve. According-

ly, on the first day of July 1972, the Order of Military Merit was established.

The Order confers no special privileges on its members and brings them no monetary rewards. It is a society of honour with three degrees of membership -- COMMANDER, OFFICER and MEMBER.

The Queen of Canada is the Sovereign of the Order and the Governor General is the Chancellor as well as being a Commander of the Order. The Chief of the Defence Staff is the Principal Commander of the Order. Appointments to the Order are made by the Governor General on the recommendation of the Minister of National Defence.

An Advisory Committee has the task of assessing the relative merits of the persons who are nominated for the Order and recommending to the Chief of the Defence Staff the names of those considered to be especially worthy of appointment. Maintenance of the high standards of admission and consequently the prestige of the Order is ensured by the Constitution, which limits appointments to one-tenth of one percent of the average number of persons who were members of the Canadian Forces during the preceding year. Permissible ad-



Maj. R. Greenaway,  
OMM, CD



MWO B. Smith,  
OMM, CD

missions to degrees of the Order vary, with 6 percent being allocated to Commander, 30 percent to Officer and 64 percent to Member. There is no overall maximum membership in any degree. Following their initial appointment, Officers and Members are eligible for elevation within the Order at some future time in recognition of further achievement.

Each year, in June and December, lists of the names of those newly appointed to the Order of Military Merit are published in the Canada Gazette and in the news media. Some months after publication, the new members are invited to an Investiture ceremony at the Residence of the Governor General where they receive the Badge of the Order from the hands of the Governor General and are guests at a luncheon to mark the occasion.

## NEXT DEADLINE 17 FEB

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# Section News

## Silver Star in December



Come join us 7-11 March for the next return trip to Vernon. Everyone welcome. For more information contact Cpl Lavigne ASAP! at local 8481, or Ron Douglas at 339-3330 (evenings).

## Mentioned in Dispatches for Gulf War Vets

Some honoured participants of the Gulf War will soon be wearing the bronze oak-leaf of the new Canadian Mentions-In-Dispatches (MID) award.

MIDs are given to those who have performed valiant acts or displayed a particular devotion to duty, usually during wartime. Otherwise it is only awarded in exceptional circumstances.

Since the honour comes from the Queen, the Governor General of Canada retains final approval for its designation. He may decide to delegate that authority to an operational field commander but any list of recipients must then be ratified by Her Majesty's representative in Canada.

### The Oak Leaf

The insignia is of British origin and was traditionally used to notify senior officers of notable service performed by men at sea or in the field. In the 1840s, the award was extended to all ranks.

The oak leaf, symbolizing an individual's mention in an official message, is normally worn on the ribbon of the corresponding campaign or special service medal.

The following are recipients: Rear Admiral Bruce Johnson, Col David Bartram, Cmdr. Stuart Andrews, Cmdr. Jean Yves Forcier, Lt-Col John Noel Stuart, Lt-Col Dennis James Roberts, Lt-Cmdr James Terrance Hewitt, Maj Richard Daniel Kelly, Maj D.W. Kendall, Capt S.P. Hill, Master Warrant Officer F.K. Churchill, Chief Petty Officer Second Class H. Cooper, Chief Petty Officer Second Class I.D. Corkum, Master Warrant Officer D.W. Downard, Master Warrant Officer J.R. Palmer, Warrant Officer Colin Affect, Warrant Officer J.G.M.A. Bolduc, Sgt D.L. Chiasson, Sgt J.W.M. Gauthier, Sgt C. Ralph.

## More Gulf

continued from page 1

Chief Petty Officer Second Class David Ashley, Master Warrant Officer Robert Bissett, Master Warrant Officer George Leach, Chief Petty Officer Second Class Mary Wilson and Sgt Wade Greeley.

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## COMMUNITY PANEL

### PROTECTING OUR CHILDREN Issues and Action

Protecting children is one of the most important responsibilities of a society. It must be done in a way that supports families - and deciding how best to support families while protecting children involves looking at many of our most fundamental values.

We need your views and ideas, and invite you to participate in a review of British Columbia's child protection legislation.

The Honourable Joan Smallwood, Minister of Social Services, has appointed a 10-person panel to consult with British Columbians and to prepare a public report on its findings. The report will provide a framework for new child protection legislation that will respond directly to the needs of today's children and families.

Panel members will be visiting all parts of the province and holding public and private meetings in many communities. Panel members are interested in meeting with special interest groups, the Aboriginal community, professionals and anyone who wishes to be heard.

If you would like to make a written submission and speak about it at one of the public meetings, please send one copy of your submission to:

Community Panel  
Child Protection Legislation Review  
Parliament Buildings  
Victoria, B.C. V8V 1X4

Public Meetings will be held in the following communities.

Kelowna	Wednesday, February 12
Maple Ridge	Tuesday, February 25
Surrey	Thursday, February 27
Nelson	Tuesday, March 3
Cranbrook	Thursday, March 5
Chilliwack	Tuesday, March 17
North Shore	Tuesday, March 24
Victoria	Tuesday, March 31
Nanaimo	Thursday, April 2
Dawson Creek	Tuesday, April 7
Fort Nelson	Thursday, April 9
Vancouver	Wednesday, April 15
Vancouver	Thursday, April 16
Kamloops	Tuesday, April 28
Williams Lake	Thursday, April 30
Prince Rupert	Tuesday, May 5
Hazelton	Thursday, May 7
Prince George	Wednesday, May 13
Queen Charlotte City	Wednesday, May 20
Port Alberni	Tuesday, June 23
Powell River	Thursday, June 25

Watch your local newspaper for further notice about meetings in your area.

If you do not have a written submission but would like to speak at a public meeting, please book a time by calling toll-free

**1-800-663-1251**  
(8:30 - 4:30 Monday - Friday)

A discussion paper, *Protecting Our Children, Supporting Our Families*, prepared by the Ministry of Social Services is available as a background document.

Copies of the discussion paper and further information about the panel members' schedule is available by calling toll-free 1-800-663-1251 (8:30 a.m. - 4:30 p.m., Monday to Friday).

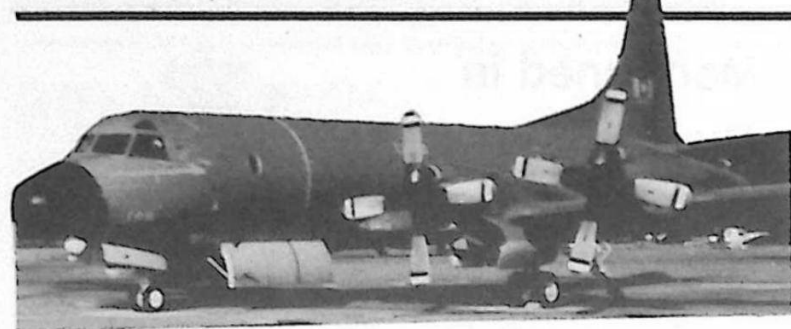


Province of British Columbia  
Child Protection Legislation Review





# Section News



## 407 Squadron

It has been some time since this esteemed column has appeared in the Totem Times, or any other paper for that matter. Its return is the product of numerous letters to the editor, and a genuine interest on the part of the writers that all the news unfit to print be heard.

The visits of the Nav and Pilot career managers (an oxymoron if there ever was one), came and went like a particularly miasmatic bout of flatulence. The briefings on career opportunities were generally well received and yielded many pointed questions. Capt Dave Malinski's inquiry regarding the availability of 'Out-Earth' postings was poorly received as the career manager confirmed that he would not be guiding the helm of the USS Enterprise at any time in the near or distant future. For most, the interview with the career manager is the most effective means of confirming that 'yes, you will be going to Greenwood'.

On 16 Jan, the Sqn conducted the first 'Air-Ship Crosspoll' in recent memory. About once a month, the crew assigned to the Thursday Corex will fly to Victoria and exchange a group of aviators for a group of navyators. The objective is to establish a better understanding of how the other group operates, specifically, but not limited to, the conduct of Data Link. This first exchange involved a group five Navigators and five sailors from the HMCS Restigouche. The exchange proved to be very valuable and yielded great insight into the way the Navy conducts itself. A naive Lieutenant accompanying the air group inquired of his hosts the reason the soap dishes in the shower stalls were canted at a 45° angle. The experienced Petty Officer simply smiled.

It is often said that the world has become a much smaller place.

The impact of the Yugoslavian Civil War was brought closer to home this past week, when violence broke out in the penalty box at a Demon hockey game. A certain Moose Manney, his Serbian heritage not readily apparent given his English namesake, felt compelled to defend the honour of his ancestors against the verbal onslaught of a particularly vocal Croatian. The referees were quick to intercede, and in all the excitement of another innocent Demon who happened to be occupying the penalty box with Mr. Manney. We trust he shall be vindicated.

Congratulations are in order to the Icemen of Crew 4 for winning the 'Eagle Eye' race competition for a second year in a row. When asked what their secret was, they replied "We usually sit real close to the screen." All this is remarkable for the crew that once excelled in the application of DP to CZ to cold conversion tactics. You've come a long way, baby.

On a related note, Crew Checks are rapidly approaching. Crews will compete for the honour of representing 407 Sqn at the O'Brien ASW Competition. The winners of O'Brien will represent Canada at Finestale to be held in Kinloss, Scotland. Rumour has it that Capt Terry Patterson, MPCC of Crew 6, has programmed his portable computer to yield the definitive strategy for winning crew checks. It promises to be very exciting.

The month of January was a relatively slow one as far as flying time goes. Aircraft serviceability has been a problem given a host of particularly troublesome snags. We applaud the efforts of the fine men and women in maintenance and servicing who have been putting in long hours in order to get those airplanes flying.

## Special Service Medal with Pakistan Bar

OTTAWA -- General John de Chastelain, Chief of the Defence Staff, announced today that the Special Service Medal will be awarded for the first time to 50 Canadian Forces members for their deployment to Pakistan in March of 1989 under the auspices of the United Nations. This humanitarian mission was dubbed Operation Decimal.

"This medal is an excellent vehicle with which to recognize the personal dedication of members of the Canadian Forces and the sacrifices they are often called upon to make," said General de Chastelain. "The men and women who participated in Operation Decimal are worthy representatives of the Canadian Forces to be the first recipients of the medal."

The Special Service Medal is intended to recognize participation in various missions and is awarded for service performed under exceptional circumstances in a specific locality for a specified period of time. Each mission is identified by a unique bar worn on the ribbon of the medal.

Her Majesty The Queen approved the medal in June 1984, but it has not been awarded before now. The first bar, which recog-

nized the Canadian Forces' participation in Pakistan during 1989/1990, was only recently approved.

Operation Decimal was initiated after an appeal was made by the UN Secretary General for Canada to provide instruction in mine awareness and mine clearance techniques. Fifty Canadian Forces members were

deployed to the International Mine Awareness and Clearance Training Program (MACTP). At the completion of the operation, an estimated 10,800 Afghan men received training in clearance techniques while 180,00 men, women and children received training in mine awareness.



## NOTICE CFB COMOX PMQ RESIDENTS

ARE NOW ENTITLED TO VOTE IN THE UPCOMING TOWN OF COMOX ELECTION FOR MAYOR & ALDERMAN ON THE 15TH OF FEB 92 TO BE ELIGIBLE YOU MUST BE A CANADIAN CITIZEN, BE AT LEAST 19 YEARS OF AGE, RESIDED IN BC FOR THE PAST 6 MONTHS AND BE A MEMBER OF THE COMMUNITY. REGISTRATION FORMS ARE AVAILABLE AT THE CFB COMOX COMMUNITY COUNCIL OFFICE MON-FRI-8AM-12:30 PM & ALSO AVAILABLE AT COMOX TOWN HALL 1809 BEAUFORT AVE COMOX

PMQ ASSN MAYOR

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Comfortable 3 bedroom rancher, close to schools and Sports Centre, newly painted & awaiting your inspection. Large kitchen, rear deck off dining area and included in the price is a great view! \$128,900.



### SPACE WITH GRACE!

This gracious sprawling rancher is nestled among shrubbery and trees on well manicured lawns on this .86 acre property. Large kitchen, family room plus a den and 4 bedrooms are some of the family features. \$159,900.



### IF NEW IS FOR YOU!

This brand new 3 bedroom home is just waiting for a family. Features 2 car garage, rear deck, huge front bay window with view of mountains and glacier and is plumbed for gas. \$134,900.



### EARLY POSSESSION!

Early possession is possible in this spacious 3 bedroom split level home in Comox. Large, bright with skylight, separate dining room, beautiful brick faced fireplace and fenced rear yard with southern exposure. \$129,500.



### TREASURE CHEST!

Gorgeous well treed 1.6 acres plus this 2,000 sq ft home offering 3 bedrooms, 2 full baths, cozy fireplace, spacious family room with woodstove, workshop and garage with inside access to home. \$159,900.

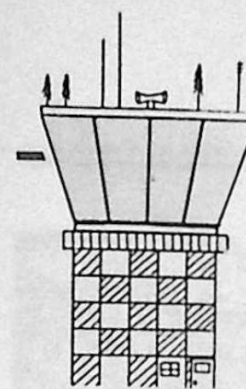


### ALMOST HEAVEN!

Look at this executive rancher situated in East Courtenay close to schools & the college. Brand new and loaded with extras including a cedar deck, soft-touch cabinets, 4' garden window, gas heating & overall unique design. \$154,900.

ROYAL LePAGE

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## As the Beacon Turns

Greetings 'Beacon' readers. This has been a fairly interesting month, so without further ado, sit back, hang on and read away.

There are a few people to welcome back this edition after their successful completion of select courses held in Cornwall last year. 2Lt Brigitte Clement, 2Lt Linda Cyr, and 2Lt Scott Sinclair recently returned as trained ATCOs and Cpl Dan Borne returned as a trained AirTCon. Brigitte is ready to begin her

checkout in Terminal, Scott and Linda are preparing for their checkout in the Tower, and Dan has already begun his checkout as a final controller. Best of luck to all for your upcoming qualification.

Operationally, congratulations go out to Capt Nick Van Berkel on his recent promotion and to Capt Rob Dimmer for his recent qualification as a Terminal Controller. By the way, rumour has it that during a recent beer call, Rob

demonstrated that it is true that Navy men will drink anything.

On the lighter side of things, The Base Ops Intersection Hockey Team has come out strong for the second half of the season. We have managed to back up seven whole points during '92, so maybe we are finally on a roll. With our improved record, one interesting statistic has already made itself known. It seems that whenever Peter or Tom show up for a game our winning record takes a nose dive. Take that as you may, all Tom says is that he wishes Barry was still here.

While preparing to sign off, it has come to my attention that certain Tower controllers are no longer allowed in the IFR unit. The ban results from the on-ice antics of Doug 'turn the other cheek' Crumback and Rolie 'your pad or mine' Lapointe. To be quite frank, it appears that there may be a tad bit of fear involved. Within limits of course. Also, it proved beneficial that the OS CER has two batteries after a certain someone decided that illumination was required during the day.

Until next time, take care, and by the way, how was your wake up call, Peter?



Capt Nick Van Berkel gets another ring from BOpsO LCol J.N.H. Challenger.

## Chain Reaction

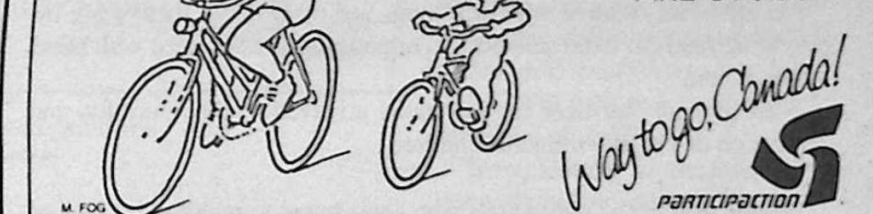
When someone starts advertising, someone starts buying;  
When someone starts buying, someone starts selling;  
When someone starts selling, someone starts making;  
When someone starts making, someone starts working;  
When someone starts working, someone starts earning;  
When someone starts earning, someone starts buying.

National Editorial Association

ROADSIDE SCREENING DEVICES  
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ANY POLICE OFFICER'S HAND...  
ANY TIME... ANYWHERE IN B.C.



8,510,259 THAT'S HOW MANY CANADIANS ARE CYCLISTS



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Hello Home Buyers:

If you are moving to the Comox Valley may I introduce myself, Tom Procter, realtor with Ocean Pacific Realty. Along with my wife and family, I have resided here for the past several years. We fell in love with the area on leaving the Air Force and decided to live here permanently. During our service career we had many transfers and are acquainted with the problems involved in uprooting the family and finding suitable accommodation at a new base.

If you intend buying a home or land in the Comox area may I put my experience to work for you to find that very special home at a price you feel comfortable with. Should you be visiting I would be happy to show you over the Valley and provide you with all the information and advice you may need help to make those very important decisions.

Please give me a call or drop me a line if I can be of service to you.

Yours very sincerely,

John H. (Tom) Procter  
Sales Associate  
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NEXT DEADLINE 17 FEB

NEXT DEADLINE 17 FEB



# Special Events

White Cane Week 9-15 Feb.



## "TREE OF LIGHT"

In support of the  
Military Police Fund for Blind Children

Members of the Military Police Section, Canadian Forces Base Comox, requested the residents of Courtenay and Comox as well as the Base population to support the First Annual 'Tree of Light'. All proceeds are utilized by Canadian Forces Military Police Fund for Blind Children. Our request was a simple one in that all we asked of the Comox Valley residents was to make a donation in favour of the Fund. Their donation purchased a Christmas tree light bulb which was placed on the Christmas tree erected at the main gate leading onto the Base. This request was overwhelmingly accepted by the population with \$3,050 donated. The Tree of Light lit up the whole area of the main gate and could be seen a long way by the very proud community.

The Military Police Fund for Blind Children had its beginnings about 25 years ago (1957) when Col J.R. Stone, DSO, MC, was Provost Marshall. Col Stone was also a parent and one of his daughters was in the Ontario School for the Blind. He arrived at the school for a visit with his daughter on one occasion, at the time when classes were just breaking off for a 'canteen break'. Without embarrassment, Col Stone's daughter explained to him that her best friend didn't go to the canteen with her because she didn't have any money. (School policy limited canteen expenditures to 25 cents each which had to be their own money.) He could not stop thinking about the sad circumstances under which such handicapped children as these blind youngsters were forced to forego the canteen. Col Stone was on a limited tour of military establishments one time and decided to speak on this subject within provost circles. Within a few months, as the sponsor of a one-man project, he had raised several hundred dollars from out-of-pocket donations from military policemen. The project grew over the years and became a trust fund and expanded to encompass all the military police elements of the three services (pre-unification). The project, for several years, has been national in scope, still supported exclusively by all military police units in Canada, Europe and the Middle East.

## Aims

The aims of the present are:

- to aid blind children who lack funds and other necessities of life by providing funds to blind schools and organizations associated with blind children; and
- to support charitable organizations involved in the education and recreation of visually impaired children.

Thank you to the individuals who contributed to making the Tree of Light a success and a special thank you to the following companies and units for their extra support in this endeavour:

Korean Veterans Association Unit 39	Coast Westerly Hotel
Mike Finneron Pontiac	Good's Groceries
McCrea's Hardware	Nu World of Awards
Port Augusta Motel and Staff	Canex Store and Staff
Courtenay Chrysler Plymouth Sales	Mr. & Mrs. Boguski
Central Builders Supplies	407 Servicing
Tayco Paving Co.	CE Section and Shops
Arbutus Hotel	BEME Section

**TOTAL RAISED: \$3,050.00**

Found Money



Found monies put to good use. Mr. Chuck Slein (R) donates \$25.00 in coinage, which he had found lying on the ground, to Capt. Weed, B Secur O.

## Switching On



Blind youngsters Patricia Elgersma and Patrick Carten turned the switch on the giant Christmas tree 4 Dec 91. (L-R): Patricia Elgersma, BGen Bowen, Mag Comd; CWO Doherty, Base Chief WO; Patrick Carten and guardian; MCpl Aroz; and Capt Weed, B Secur O.

## KVA Gift



\$1000 donation from the Korea Veterans Association, Courtenay Unit 36, really helped light up the CFB Comox Military Police's Christmas tree fundraiser for visually impaired and blind children. (L-R): Peter Pitz, KVA Treasurer; Harry McDonald, KVA Past President; Capt Wee, B Secur O; and MCpl Frank Aroz, Fundraiser Organizer.

## Distinguished Group



Members of the Military Police Section, Canadian Forces Base Comox, requested the residents of Courtenay and Comox as well as the Base population to support the First Annual 'Tree of Light'. All proceeds are utilized by Canadian Forces Military Police Fund for Blind Children. Our request was a simple one in that all we asked of the Comox Valley residents was to make a donation in favour of the Fund. Their donation purchased a Christmas tree light bulb which was placed on the Christmas tree erected at the main gate leading onto the Base. This request was overwhelmingly accepted by the population with \$3,050 donated. The Tree of Light lit up the whole area of the main gate and could be seen a long way by the very proud community.

# Feature

## Tom Procter's Realty Report



Tom Procter

Dear Friends:

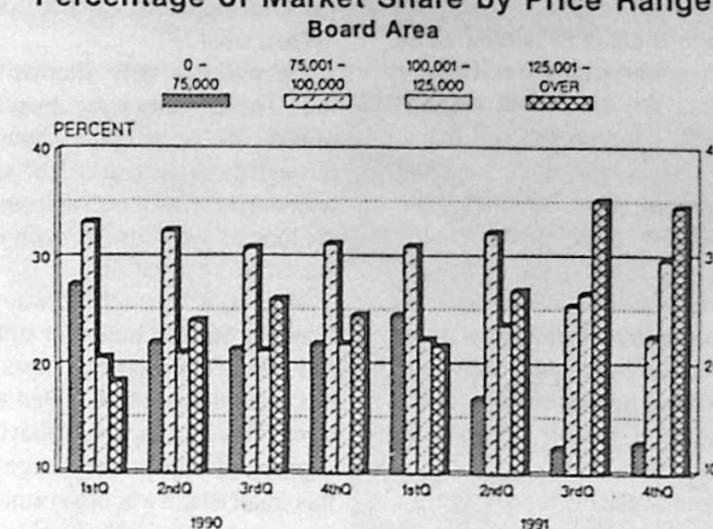
This 1992 newsletter is significantly different from preceding years and covers briefly the points which I consider important to you the buyers, and sellers, of land and houses. Undoubtedly 1991 has been a boom year in the Comox Valley, the average price of a single family residence December 31, 1991, was \$105,302 -- up 14% from \$91,761 on December 31, 1990. Lot prices December 30, 1991 were averaging \$31,548 -- up significantly from \$24,303 at December 31,

1990, a percentage increase of 29%. These statistics are as reported by the Vancouver Island Real Estate Board for the period January 01, 1991 to December 31, 1991.

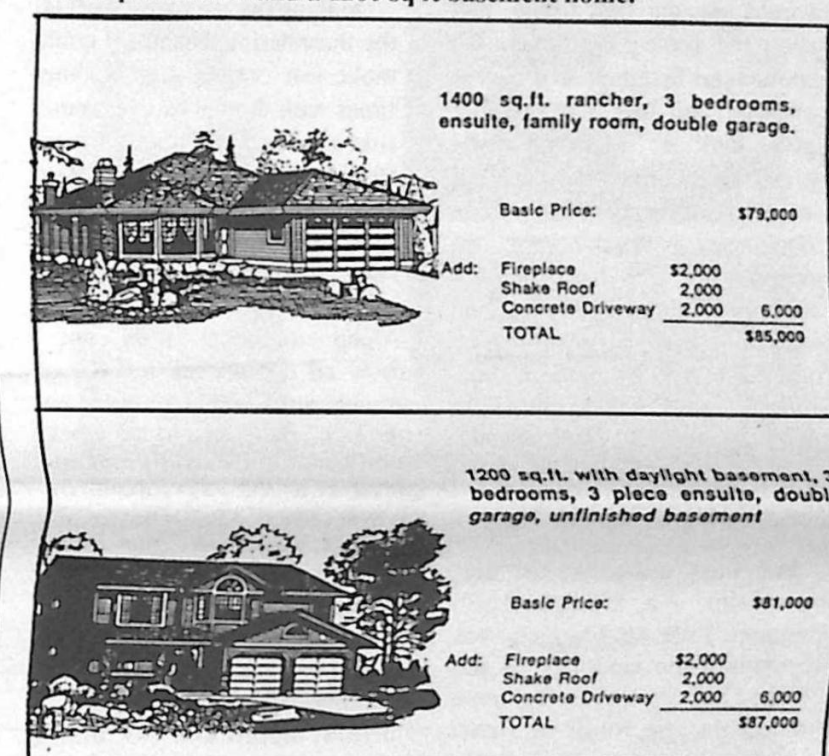
Having summarized the market activity above I plan now to cover the following areas:

- Origin of purchasers buying principle residences in the Comox Valley in 1991 from a survey done by Vancouver Island Real Estate members. Note only a 3 month period 15 May/15 Aug was surveyed.

## Percentage of Market Share by Price Range



- Next, let's consider new house construction costs reviewing a 1400 sq ft rancher and a 1200 sq ft basement home.



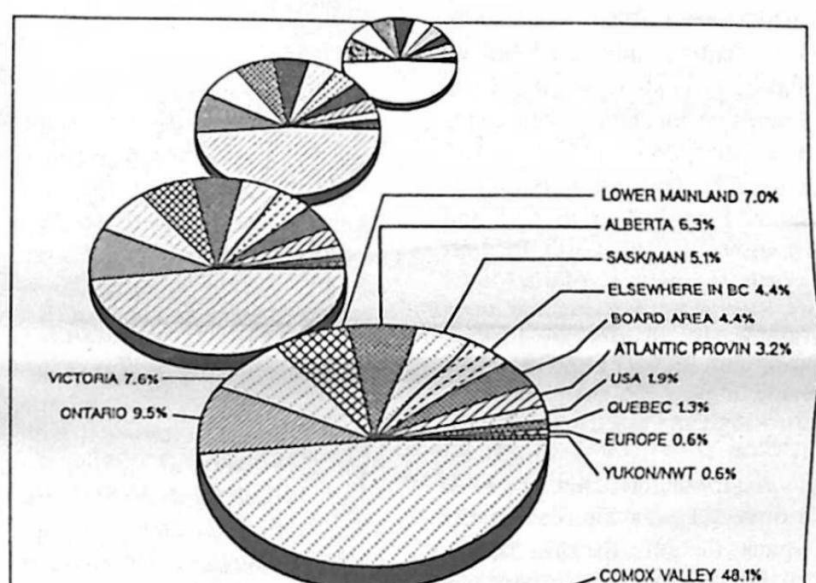
## BREAKDOWN OF BASE COSTS

The following percentages indicate approximate portions of the total cost of average quality wood frame houses attributable to each component listed, as derived from an analysis of several groups of residences. Costs of plans and other components are based on several developments containing between 5 thru 50 houses each.

AVERAGE QUALITY HOUSE	PERCENTAGE
Plans and Permit	1.5
Survey	1.5
Water meter and temporary facilities	1.5
Excavation, form, concrete and backfill	6
Lumber, rough	8.6
Carpenter Labour, rough	9.0
Roofing	3.8
Insulation and weatherstripping	3.0
Exterior Finish: siding, stucco, masonry veneer	6.0
Interior Finish: plaster and drywall	7.2
Sash, Doors and Shutters	4.0
Lumber, finish	8
Carpenter Labour, finish	1.7
Hardware, rough	4
Hardware, finish	5
Cabinets	3.6
Counter Tops/Tile	1.8
Floor Covering: hardwood or carpeting	2.8
Plumbing	1.0
Shower doors/mirrors/tub enclosure	6.4
Electrical	4.1
Light fixtures	6
Built-in appliances	2.2
Heating	3.6
Sheet Metal	3
Ornamental Iron	3
Painting	3.5
Sewer connection	7
Miscellaneous	7
Clean up	5
General contractor's overhead and profit	13.7
TOTAL	100.0

The above data on new house costs is taken from the VIREB indicator and is dated December 1990. Since that date prices have risen.

## Comox Valley



## Origin of Purchasers of a Principal Residence

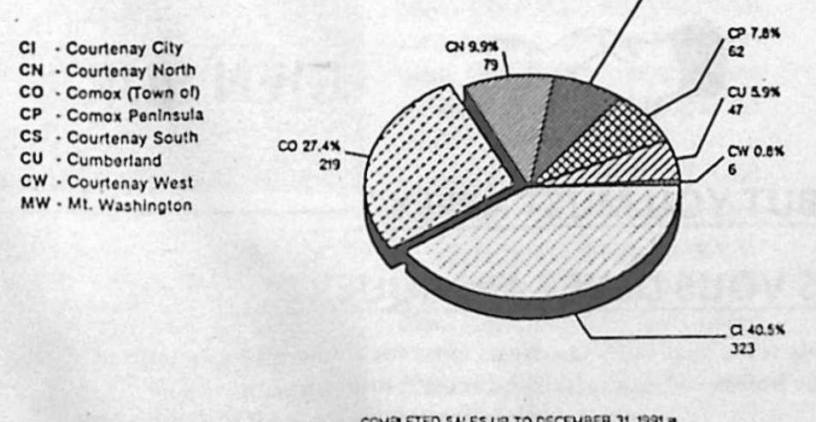
TOTAL NUMBER OF PRINCIPAL RESIDENCE PURCHASES = 158

- Next I will deal with the question where do the buyers buy.

## Completed Residential Sales

for Courtenay/Comox -- by Subarea

January 1, 1991 - December 31, 1991



- What price range do the buyers purchase in by %.

# Welcome 414 House-Hunters!

The writer J.H. (Tom) Procter is a practicing realtor with Remax Ocean Pacific Realty, previously having served as a Navigator in the RCAF and the Canadian Armed Forces.



# Recollections

## Voyage on the Mohawk Park

### Part 10 -- Entering Hostile Waters

Partial power was restored in a matter of hours and the crippled freighter was able to make headway at only 2 to 3 knots. It was better than wallowing and bobbing aimlessly. In spite of our somewhat fractured cruising abilities, we were harassed by sharks for two full days and nights. Dark shadows in every direction circling and circling, dorsal fins slicing the water so close one could possibly reach out and touch their gritty hides. And the eyes; hungry eyes that coveted human flesh. This was a true source of nightmares. There wasn't a man on board that didn't feel relief when we finally resumed full power. Sharks, one minute there, the next minute, gone!

We sailed normally for the next two days feeling fully secure that the new boiler tubes would stand up to maximum pressure, and thankfully, they did. The stokehold heat and the general boiler room temperatures dropped somewhat, making engine room life a tad more liveable. As I tended my boilers and checked the injectors I couldn't help but think that soon, possibly, this entire way of life could be a thing of the past. We were nearing England, and my goal, after all, was to join the RAF. My ambitions were divided to say the least.

"All hands, all hands, report to the Officers' ward room at shift change." The ship's loudhailer repeated the instructions once again. I hurried on deck and up the companionway to the ward room to find what appeared to be the entire ship's company. Captain Webster spoke.

"Men, we're entering hostile waters now. A few months ago this was a war zone, and even

though the conflict is over, the danger is not. I'm talking about floating mines, men. Yes, floating mines. We call them rogues. They're leftovers but still lethal. They could blow us to kingdom come and we'd be shark bait. Remember those sharks, men?" and with that, the Captain managed a leer. "Well, what we have in mind is to double or treble the outlooks, day and night, and watch out for nothing but mines. You'll get further instructions from the bos'un."

And watch out we did. Leisure time was a thing of the past with the boat being over. We spotted our first mine in the early evening and had a reasonably good look at it; round, rusty, slimy green growth all over, and numerous projectiles that were as dangerous as shark's teeth, the detonators. The location was reported to the Royal Navy, and within a matter of hours, we spotted a wooden hulled ship, similar to a Corvette, heading toward the mine at flank speed. The mine was destroyed that same evening and we were thanked by signal for our sighting.

The next morning, for the second time in a month, land ho! England. Jolly ol' England. We recognised the landmark by the White Cliffs of Dover. But more incredible, the Strait of Dover was littered with sunken vessels! Masts were sticking out of the ocean everywhere the eye could see. I was amazed. I counted at least 20 wrecks. I couldn't get to the bridge fast enough. The English pilot was already on board and giving instructions to

the Quartermaster. I blurted out, "What, what..."

"It was our only alternative, lad. These waters are heavily mined. We've swept a channel through them and marked the safe boundaries with scuttled vessels. As long as we keep between the masts, we're safe."

And so it was, all the way to London. Sunken hulks for miles and miles. The monetary costs of this operation alone boggled the mind. There was no doubt that the urgency of transporting cargo to this small island was of the utmost importance. Our wheat and lumber meant food and shelter. What could be more important?

Making our way westward up the meandering Thames, I could make out certain signs, sometimes with the naked eye, sometimes with binoculars. Essex, Royal Arsenal, Greenwich, West Ham, West India Docks, and finally to Millwall Docks, within sight of St. Paul's Cathedral. I couldn't wait to get ashore. Along with the rest of the crew, I drew an appropriate number of pounds and headed for the nearest bus stop and thence to the tubes. Soon I was in Piccadilly and enquired as to the whereabouts of the War Office. After repeated attempts I was finally allowed to speak to a Pilot Officer and explained my mission. He referred to me by my former rank. "Sergeant, the war is over and we're winding down, not recruiting. I, myself, dipped to a P.O. from a Groupie just to stay in. No, Sergeant, go home and build a new life."

Finally I had heard it direct -- I wasn't pleased but I wasn't unhappy either. I consoled myself with the thought, well, at least I

tried, and returned to meet my shipmates ogling the sights and sounds of London. For the next eighteen days we enjoyed shore leave and soon learned that a package of cigarettes (which we could buy for next to nothing), was worth far more in barter than its value in shillings and pence. In fact, I found that by going ashore every day with my pockets stuffed with Sweet Caps I could enjoy the incredible pleasures of tourist London with virtually no monetary outlay. Silk stockings and Camels from the Panama Canal Zone were by far the best trump cards. I dined at Lyons Corner house, wandered Trafalgar Square, enjoyed the London Zoo, ate chish and fips from an old newspaper and even ventured into Chelsea and Fulham on occasion. But the crowning achievement was to secure entry (yes, entry), into Buckingham Palace grounds to see the Royal Family at touching distance; the King, the Queen and the two Princesses. Several cartons of ciggies later, I smiled to myself and thought, it was worth it, well worth it, even if plainclothes security did usher me out very courteously. To this day I often think who do you know that has made it past the main gates of Buckingham Palace to see Royalty?

As I wandered the streets of London I was amazed at the spunk, the guts, the raw courage of the common, average person in the street. They were poor as church mice, it was obvious, especially in the dock area, but without exception, happy and smiling. The streets were clean and tidy and the buildings appeared normal, but on closer inspection, the front of most



by Norm Whitley

structures was just that, a front. Looking through the window openings was bombed out rubble. Rebuilding at this point was just a dream. I made a point of speaking to as many people as possible and in all that time never heard as much as one discouraging word. I clearly and distinctly remember four little ragamuffins on the dock one morning just looking at the ship. Their eyes were blank, totally without expression. To the nearest youngster I said, "Catch" and tossed him a grapefruit. He looked at it, then looked at me and said, "What is it?" I couldn't believe it, they had never seen or heard of a grapefruit.

The eighteen days flew by. Soon we were lightship and once again I could hear the old Mohawk hissing at anyone that would listen. "Let's go, let's go, let's go!" To four prolonged hoots we backed away and headed east down the Thames. I stood by a side railing and watched old Londontown slip from view. What a town, I thought, crammed with history: William Pitt; William the Elder; Jack the Ripper, Sherlock Holmes; Scrooge and Tiny Tim; countless Kings and Queens; and currently, old 'Blood Sweat and Tears' himself. No other town on earth could boast such magnificent history. Even before I had left, I was planning on one day returning. London. I arrived a boy, I departed a man.

Conclusion on Feb 20

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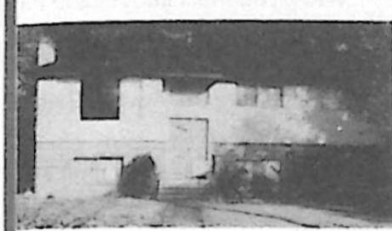
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This neat and tidy 2 bedroom  
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**4 BDRM MOUNTAIN  
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large family room. Fireplaces up  
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**BEAUTIFUL SETTING  
GREAT LOCATION** Ryan  
Road. 4 bedrooms, 2 bathrooms,  
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Large landscaped lot. \$125,500.  
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old rustic rancher for only  
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**SEA LIFE FROM YOUR  
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**WELL-KEPT 3 BDRM**  
4356 Brookdale rancher in Briar-  
dale area. Neat and tidy with ap-  
prox 1200 sq ft of living space.  
Garage & workshop. Large lot  
with garden area.  
Mary O'Krainetz  
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**CLEAN 3 BDRM FAMILY  
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private lot with creek running  
through. Possibilities for suite  
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#10-255 Anderton. Only \$3,850  
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saver at \$71,600. Ray Page  
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luxury with a 22 x 19 master  
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**LUXURY CONDO IN  
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Large spacious rooms, sauna,  
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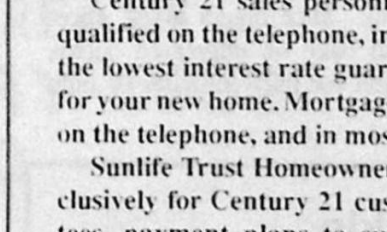
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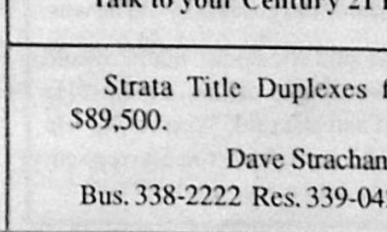
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# Leisure

Country Kitchen

## Cookies, Cookies, Cookies

Tried and True

by Barbara Vermette

My family loves cookies. In fact, cookies are the only form of sweets that my husband will eat at all. My children consume enormous quantities of cookies, and they, like their Mother before them, discovered that a frozen cookie is a delicious treat. When I was growing up, my bedroom was in the basement of our house, and so was the freezer. My poor Mother would think she had all sorts of goodies stored down there and when company came she would venture down to find nearly empty containers. (Now Mother, when you read this, I feel it is necessary to remind you that I have four siblings!) And besides, no punishment is necessary, as I have had the same thing happen to me numerous times. If the truth should be told, your gentle nature Mother, has saved your grandsons on numerous occasions.

My nineteen year old requested some cookies last night. And so I shall make them for him today, after I finish typing this column, doing the mountain of laundry two teenagers can accumulate, balance my cheque book, etc., etc., etc.

Some tips on cookies: Most recipes only make a few dozen, and I always multiply it, usually by four. Now, you think that would put you in the kitchen for longer than you want to spend, so I'll give you my secret. I only have two cookie sheets, and I double my production by lining the sheets with aluminum foil (shiny side down), and I make two spare aluminum sheets. I place the cookie dough on the foil on the cookie sheet, bake them, and while they are baking prepare two more pans on the foil sheets. When the cookies are done, I remove the pans from the oven, whisk the foil off to one side for the cookies to cool, and place the extra foil sheet on the pan and put it immediately back in the oven. Remove the baked cookies from the foil, and load it up again with dough. In this manner, you can double your production! Give it a try. Now, do you like soft, chewy cookies, or do you prefer them crunchy? The key to soft chewy cookies is to watch them closely in the oven and when the outside edges are browned (the cookie will be puffed up on top and look not cooked), but remove them from the oven to cool. The center will flatten, and you will have a

chewy cookie. Want crisp -- cook longer. Also, I never grease the cookie sheet.

### Yo Yo Cookies

Oven temp 375°F  
3/4 cup shortening  
1 3/4 cup brown sugar  
1 tsp baking soda  
2 tbsps warm water  
2 eggs beaten  
2 cups flour  
1 tsp vanilla  
1/4 tsp salt  
Cream shortening and add sugar. Dissolve soda in water and add to beaten egg. Add flour and vanilla and salt. Drop by spoonful (well apart -- as they spread), and bake for 8 - 10 mins. Cool, and put together with your favourite jam. Delicious.

### Special Oatmeal Cookies

Oven temp 350°F  
1 1/2 cups flour  
1 1/2 cups oatmeal  
1 cup brown sugar  
1 cup white sugar  
2 eggs beaten  
1 tsp baking powder  
1 tsp baking soda  
1 cup shortening (I use Crisco)  
1/2 tsp salt  
Blend all dry ingredients together. Then, work in soft shortening. Add beaten eggs. Drop by small spoonfuls and bake until brown (approx 8 min). Remember, if you want them to be chewy, remove from oven when just the outside edges are brown.  
This recipe comes to you compliments of my Mother. Enjoy.

### Sesame Seed Cookies

Oven temp 350°F  
2 cups (1 lb) soft butter (don't substitute margarine)  
1 1/2 cups sugar  
3 cups flour  
1 cup sesame seeds  
2 cups shredded coconut (note the sweeter the coconut, the sweeter the cookie)  
1/2 cup finely ground almonds

Cream butter and add sugar and beat until fluffy. Add flour. Stir in sesame seeds, coconut and almonds just until well mixed. Divide dough into thirds. Place in waxed paper and roll into logs. Refrigerate until firm (approx 2 hrs). Slice dough in 1/4" slices and bake on ungreased cookie sheet for thirty minutes or until

edges are brown. This recipe is wonderfully crispy.  
Also one of my Mother's recipes.

### Quick Chocolate Drops

A stove top recipe  
In a saucepan combine:  
2 cups white sugar  
3/4 cup margarine  
4 tbsps cocoa  
1/2 cup milk  
Bring to a rolling boil and cook 2 mins, stirring constantly. Remove from heat and add:  
1 tsp vanilla  
3 cups rolled oats  
1 cup coconut  
Mix well and drop by spoonful on waxed paper to cool. This is a favourite of my sons and all their friends.

### Cream Cheese Cookies

Oven temp 350°F  
1/2 cup butter  
1/2 cup margarine  
1 tsp vanilla  
2 cups flour  
3 oz cream cheese  
Mix all ingredients well and place in wax paper and roll into a log. Freeze dough. Slice frozen dough in 1/4" slices and bake 10 mins. Great to keep on hand for that unexpected company.

### Peanut Butter Cookies

Oven temp 375°F  
1 cup shortening  
1 cup white sugar  
1 cup brown sugar  
2 eggs beaten  
1 cup peanut butter (smooth or crunchy)  
2 cups flour  
2 tbsps baking soda  
1/4 tsp salt  
Cream shortening and sugar together. Add beaten eggs and peanut butter and then flour, soda, and salt. Roll into balls and place on foil lined cookie sheets and press down with floured fork. Bake for 12 - 15 mins. These are nice crunchy. Enjoy.

So, while the rain continues to fall during winter here in B.C., remember you don't have to shovel it. Turn on the oven, and fill your home with the wonderful aroma of baking cookies. And remember, if you want something left in the freezer, store some of your cookies in a container marked LIVER!



## From the Fire Chief Burn Awareness Week Feb 2 - 8 1992

The Province of British Columbia has proclaimed by Order in Council that the week of February 2 to 8, 1992, inclusive, be designated as "Burn Awareness Week". This proclamation coincides with "National Burn Awareness Week" in the United States.

I am very pleased that BCTV has agreed to air five burn prevention "tips" during Burn Awareness Week and that Canada Safeway will be conducting a "Fire Busters" burn awareness contest through their stores, to coincide with the BCTV burn prevention tips. These tips are also being used by the States of Oregon and Washington for Burn Awareness Week.

Burns are a leading cause of death in our province, and each year hundreds of victims suffer from terrible burn injuries. Through supporting Burn Awareness Week, the fire service can help increase public awareness and work toward reducing the burn problem.

### BC Burn Facts

#### Did you know that:

- Every hour a fire causing damage occurs in British Columbia.
- Every day someone is injured by fire in British Columbia.
- Fire causes approximately \$500,000 damage each day in B.C.
- Fire kills in British Columbia every 7 days.
- 49% of burn injuries in British Columbia are caused by hot liquids or vapours.
- 35% of burn injuries in British Columbia are caused by fires.
- 42% of persons burned in fires are between 20 to 44 years of age.
- Persons aged 1 to 14 years have the second highest incidence of burn injuries from fire.
- The majority of fire injuries occur in private dwellings.
- The ignition of flammable liquids and substances such as cooking fats and gasoline are the major cause of burn injuries from fire.
- The second major cause of burn injuries from fire is ignition of clothing.
- Having a smoke detector in your home cuts your risk of dying in a fire in half.

### Five Safety Tips

#### 1. Kids and Fire

Kids, you must understand the dangers involved with fire. You need to be concerned with your own safety and the safety of other persons.

- Children who play with fire often hurt themselves and their families.

- If you see someone playing with fire tell a grown-up.

- A friend would not ask you to play with fire.

2. Emergency Preparedness  
We can only help those persons that we are able to find. Knowing how to contact emergency help and what to tell them is very important.

- Keep emergency information by your phone and memorize your address.

- To get help in an emergency know how to dial your emergency number or 911.

- Your address must be clearly seen from the street.

#### 3. Hot Liquid Burns

Kids, you know that fire can burn you. Did you know you can be burned by hot water or steam. Foods cooked in microwaves can cause severe burns.

- "C" is for cold and "H" is for hot.

- If you see steam, it's too hot to touch.

- Put cool water on a burn and tell a grown-up.

#### 4. Family Fire Survival

Kids, it is important to have a plan before fire happens. Escape ladders and smoke alarms in bedrooms are important. Always sleep with your bedroom door closed.

- Plan and practice 2 ways out -- before you hear the smoke alarm.

- When you hear your smoke alarm, yell "FIRE", crawl low and go outside.

- Once you are out of the house, stay put.

#### 5. Outdoor Fire Safety

Kids, always have an adult present and take proper precautions when building, rekindling or extinguishing an outdoor fire. The site for an outdoor fire should be carefully selected.

- Only grown-ups should light and control outdoor fires.

- Uncontrolled outdoor fires can become forest fires.

- Keep things that could burn away from the outside of your house.

## Cartoon All-Stars to the Rescue!

Starring

ALF  
BUGS BUNNY  
THE CHIPMUNKS  
DAFFY DUCK  
DUCK TALES (Huey, Dewey and Louie)  
GARFIELD  
MUPPET BABIES (Kermit, Gonzo and Miss Piggy)  
SLIMER  
THE SMURFS  
TEENAGE MUTANT NINJA  
TURTLES (Michaelangelo)  
WINNIE THE POOH  
(and Tigger, too!)

\*\*\*\*\*  
An Unprecedented Anti-Substance Abuse Video Special for Kids and Parents.

Available Free from the CFB Comox Military Police Section.

\*\*\*\*\*  
Children are not only constantly subjected to alcohol promotion in the media, but also to peer pressure, to become involved in alcohol and drugs. To counter such pressures, they should be given the facts on alcohol and drugs at an early age.

B SECUR O

\*\*\*\*\*  
Growing up isn't quite as simple as it used to be. For many of today's youngsters, childhood is not a carefree time of few decisions. Instead, they face pressures created by peers, media and academic competitiveness. Drugs and alcohol can become an attrac-

tive escape or a means of feeling accepted. But the costs are high.

In 1987 a nationwide classroom survey on drugs and drinking was conducted. The results were startling. The survey revealed that children are exposed to drugs as early as the fourth grade. Of those students surveyed, 36% were offered alcohol, 25% were offered marijuana and 24% were offered cocaine. What's more, virtually every child, 12 years old and older, is called upon to make every day decisions about drug and alcohol use. As a parent, you can help your children understand the dangers of alcohol and other drugs, even at an early age. Effectively communicating information about substance abuse to young children is not easy. To assist you the Military Police Section has acquired an animated video program called 'Cartoon All Stars to the Rescue'. This video was developed by the Academy of Television Arts and Sciences, in consultation with leading drug education and child development experts.

Its aim: to educate children aged five to eleven about the perils of alcohol and drug abuse. 'Cartoon All Stars to the Rescue' features a cast of familiar cartoon favourites appearing together for the first time in a single animated program. The continent's leading animation studios volunteered their biggest start to join in the battle against substance abuse.



## FAMILY SUPPORT CENTRE

The Comox Military Family Support Centre invites military members, spouses and dependents to drop in for a visit and let us know how the centre can best serve you. We are happy to announce that new funding and additional staff allow us to offer more services and longer hours. The centre will remain open from 7:30 a.m. to 4:30 p.m. in order to be more accessible to working members, spouses and families. Teens are encouraged to drop in after school and share your ideas on how the centre can help you meet your needs.

### UPCOMING PROGRAMS

Everyone is invited to join the Tuesday morning discussion group 18 Feb at 10:00 a.m. to 11:30 a.m. for a lively overview of Alcoholism in the Armed Forces. The guest speaker will be Base Alcohol Counsellor Hank Oke. If sufficient interest is shown additional speakers can be engaged at another time to talk with us about adult children of alcoholics and co-dependency.

A babysitting course (St. John's Ambulance) will be held 22 Feb from 8:30 a.m. to 4:30 p.m. The price will be \$12 which includes babysitting manual and certificate. The age is 12 years (or 12 years within the next 6 months). For more information and for registration contact the Family Support Centre at 339-8654.

Open House will be held Friday 14 Feb from 1:00 p.m. to 3:00 p.m. Coffee and sandwiches will be served. All are welcome.

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## TOTEM LOUNGE



## CFB COMOX JR. RANKS MESS VALENTINE'S DAY DANCE WITH ORIGINAL SINNERS AND A DJ DURING BREAKS FRIDAY 14 FEBRUARY 1992 19:00 - 0100

COST: \$5.00 MEMBERS  
\$7.00 NON MEMBERS  
TICKETS ON SALE IN THE JR. RANKS OFFICE  
DRESS CASUAL (NO GYM GEAR)

BUFFET

DOOR PRIZE

## Chuckle

Women don't run after men the same way as a mouse trap doesn't run after mice.

(And for when the monsoon season arrives.)  
It's been raining cats and dogs. Beastly weather you might say?

The old gent asked the woman if she could guess how old he was. She said she could, but he would have to take off his clothes. He did and she said, "You're 84." He asked how she knew. She replied, "You told me yesterday."

## For Ontario Residents Only



PARTICIPATION



# Health & Fitness

## To Your Health

Health information from the Registered Nurses Association of British Columbia

### In Support of Each Other

How can we ask for help?

It should be easy but many people find it very hard to admit that they need help -- especially when they need it the most.

When a serious or terminal illness occurs nurses notice how hard it is for patients to ask for the kind of support they would love to receive from family and friends. In the circumstances, family and friends find themselves uncertain about how they can, in fact, be helpful.

People in such situations sometimes wish to form a support group. Nurses have experience working with patients, families and friends who have faced a severe illness with the help of support groups and can provide valuable help and advice.

Every support group is different. But what they all share in common is an increased sense of sharing and trust amongst members of the group and an improvement in each member's ability to cope with the situation.

Plans for a support group may be initiated by the patient or a relative, friend or caregiver. Often it's a bit of both -- with some shyness on the part of the patient and some uncertainty on the part of caregivers who may worry whether they are interfering too much. Fortunately, these concerns smooth themselves out in the process.

Those who wish to start a support group should begin with a list of names of family and friends who might want to be involved. Make sure, though, that the patient has the final say about who is asked to join.

Call people and tell them about the idea. Ask if they'd like to meet and talk about it. Don't ask for commitment to join the group -- just for time to talk it over.

Structure the first meeting so that it runs smoothly and everyone has a sense of purpose. Make sure everyone is introduced and gets to know each other. Try to share some personal stories, especially about how each member came to know the patient, so that everyone begins to develop a feeling for the group as a whole.

Ask people to suggest simple, practical ways they might help -- such as taking the patient for a drive or a walk, doing some banking, or caring for children. Find out how much the patient wants to be involved with group members and begin planning individual commitments for the following few weeks. Mark these commitments on a calendar and watch for gaps and overlaps.

Write down everyone's name, address and telephone number and give a copy to all members of the group, including a copy of the calendar.

End the meeting with a commitment to meet again in a few weeks to 'compare notes' on how everything worked out.

Support groups eventually develop a life of their own and become a source of support not only for the patient, but for each of the other members as well. Those who share in the experience almost always discover that their lives have been immeasurably enriched by the experience.

## info health

Dr. Bob Young



### Malingering

Most people, at least those fortunate enough to have jobs, work hard. They feel good when they have had a productive day or made a hard-earned sale. Many, even when basking in the Maui sun, soon itch to 'get back to the shop'.

It is difficult for many of us to understand the malingering -- the person who goes to almost any length to avoid going to, or returning to, work. Doctors, particularly GPs, but also others, are repeatedly involved with patients who use medical reasons to shirk labor.

Malingering is different than being a hypochondriac. The latter has a psychiatric illness that causes them to dwell on their state of health. A malingeringer is a man (in my experience most are male) who takes an inordinate length of time to recover from an injury or illness that should have been better long ago.

Often, the longer they take getting better the less likely they ever

will. Few return after missing two years.

The medical malingeringer usually has a reason -- his compensation, welfare, disability, pension, or insurance payout is at risk if he gets better. He may be feigning illness to obtain drugs. Some have convinced their spouses that they are unwell, happily watching 'wifey' sweat her heart out supporting them both.

The doctor's index of suspicion is often high. Some patients exude fraud -- and most of us have learned tactics to expose them, at least in our minds. The 'parking lot sign', where, from the office window, the patient who has just limped in agony from your office is seen running and dodging traffic, may make a mockery of your examination. But proof is sometimes very difficult -- and if you get too close, the patient switches doctors.

And few doctors seem willing to call the patient's bluff. After all,

he could have some rare condition that will eventually explain it all. And even malingeringers get 'real' diseases -- and who will get sued then? Malingeringers cost us all. Unnecessary and repeated medical attention, unwarranted compensation, and lost productivity cost millions.

In 1942 a young soldier jumped from a truck in North Africa. He sprained his ankle and back. Nothing broken, nothing serious. Yet he parlayed this 'injury' into 45 years of housing, pension, allowances and other DVA support. He conned the Legion, his MP, and many others. He did not work a single day.

All of his many doctors, including me, knew he was malingering. We discussed it many times. None of us could find any way to stop it. He was the most successful malingeringer that I have ever met -- but one of the saddest of men.

### Long Term Care

Behind many a door in our communities, unpublished dramas occur. The plots include tragedy, courage, grief, struggles against formidable odds, and love. Humor is seldom found.

The cast, the actresses and actors, are playing themselves. The star player is an ill, infirm, often (but certainly not always) elderly man or woman. Often severe mental or physical handicaps (now termed disadvantages) complicate the story.

The hero is the caregiver -- almost always the spouse, parent, or offspring of the unfortunate victim of one of life's slings and arrows.

We are talking long-term care

here -- sometimes very long, perhaps 20 or 30 years or more. The patient might be a man who had a stroke at 40, a child with Down's syndrome, an accident-related quadriplegia, a 55-year-old with Alzheimer's disease, a woman with multiple sclerosis. These and a thousand other conditions can be severely disabling yet life, although greatly disrupted, may continue for many years.

Most larger centres provide support services for the caregiver, either intermittently, or on a permanent part time basis. These would be home nursing and orderly care for bathing and hygiene, housekeeping and laundry services to help the frail

elderly caregiver, and day hospitals or centres to baby sit while the caregiver shops or rests. Meals on wheels may relieve the caregiver from some cooking chores.

All, of course, at a cost -- but far less than permanent placement would be.

Some caregivers can access respite programs. These allow the patient to be admitted to an appropriate hospital for a week or two a few times each year. The healthy side of the partnership is encouraged to use this time to take a vacation or other trip, visit relatives, or do whatever they wish before returning to their usually onerous caregiving task.

Attention: All Lions  
427 Lion Squadron  
50th Anniversary 6-8 Nov 1992  
For reception information and registration contact:  
Lt Clancy  
AVN 677-5366 or (613) 588-5366  
or write:  
427 Sqn Reunion  
427 TAC HEL Squadron  
CFB Petawawa, Ont. K8H 2X3

## CFB COMOX OFFICERS' MESS FEBRUARY 92 CALENDAR

Wednesdays Feb 12, 19 26

**OFFICERS' COFFEE HOUR.** Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Fridays Feb 7, 14, 21, 28

**REGULAR TGIF.** Food as indicated 1700-1800 hrs. Spouses and guests welcome after 1700 hrs. Please purchase meal ticket for non-Mess members.

Wednesday - Friday Feb 5, 6, 7

**WINTER CARNIVAL**

Wednesday Feb 12, 26

**OLC BRIDGE**

Saturday Feb 15

**VALENTINE SOIREE** - See Calendar.

Wednesday Feb 19

**OMLC MAKE OVER NIGHT** - See Calendar.

**Upcoming Events for March**

14 Mar - St. Patrick's Dance



**PITCH-IN AND RECYCLE**



## 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.

# On & Off the Base

The McLaughlin Buick



Comox Valley May Queens in '39 McLaughlin-Buick Royal Tour car #1. First owner, Mrs. Helen Ross Palmer is at right centre. In Courtenay, 1950.

## Heritage Week in Comox Mall

Feb 17 - 23

This magnificent McLaughlin-Buick pictured here is going to be part of the Heritage Week Display in the Comox Mall February 17-23. It was built as part of a fleet of four cars, especially for the Royal Tour in 1939. Many years later it was seen in many Comox Valley parades as well as being used to bring the May Queen from Cumberland to the hospital to visit the patients. This Royal Buick was sold to Mrs. Helen Ross Palmer in 1940. Mrs. Palmer and her friend Mrs. Maybelle Burns then drove from Windsor, Ontario to Victoria. They created a sensation.

During the summer of 1941 Mrs. Palmer made her car available to the Duke of Kent, King George's younger brother. And then while on loan to the Royal Canadian Service Corp during 1946 and 1947 the car transported many dignitaries, notably Viscount Montgomery.

Mrs. Palmer brought the car with her to the Comox Valley when she purchased the six acre property on the crest of Comox Hill, the property that would later be known as 'The Guest House'.

Upon Mrs. Palmer's death in 1970 her daughter, Mrs. Helen Margaret Martay inherited the car. She sold it to Mr. Vern Bethel in 1972.

In 1986 the car again carried a royalty through the streets of Vancouver. It was used as the official car to transport Prince Charles and Princess Diana to the opening of Expo.

Those of us who admire beautifully crafted objects for their own sakes, and those of us who like to see our history in 3D will be looking forward to the opportunity to see this McLaughlin-Buick Royal Tour Car.

Statistics and the full history of this car will be available at the display.

During Heritage Week February 17-23, guest speakers will be in the Comox Mall at 12:30 every day, speaking on topics ranging from pioneer days to Comox Valley plant life. Saturday 22 February there will be demonstrations of crafts, exhibitions, a string quartet and square dancers to celebrate the Heritage theme.

Preceding Heritage Week, a tour of Comox will be led by the Vintage Car Club, commencing at 1:00 p.m. 15 February at the Lorne Hotel.

### Heritage Display

The Heritage Week display in the Comox Mall, February 17-23, might well be the source of many future essays for Comox Valley students. The research is done! All the enterprising students need do is take notes and collect brochures in order to have material at hand when their teachers assign the inevitable historical essays in this, Canada's 125th Birthday year.

Even if you do not expect to write an essay this year the Comox Mall display is a fascinating collection of artifacts, data, pictures, videos and photos.

A family outing to this Heritage Week exhibit will find displays and activities to interest all ages.

There will be a vintage car, weaving and quilting displays, toys and tools, Native and vintage costumes, stories, pictures and videos.

The Heritage Week Committee has given the people of Comox an opportunity to view their town's history from its beginnings as a Native Community to its development as a farming community and to see how it grew into a town.

It is an opportunity to consider what must be preserved, what should be developed and to dream about the future while reflecting on the past.



Week Ending: January 25, 1992

Produced: January 28, 1992

### FICTION

- 1 Such a Long Journey.....Rohinton Mistry
- 2 The Wastelands: Dark Tower 3.....Stephen King
- 3 Generation X.....Douglas Coupland
- 4 Possession.....A.S. Byatt
- 5 Needful Things.....Stephen King
- 6 Murder & Walking Spirits.....Robertson Davies
- 7 Scarlett.....Alexandra Ripley
- 8 The Sum of All Fears.....Tom Clancy
- 9 Wilderness Tips.....Margaret Atwood
- 10 Lives of the Saints.....Nico Ricci

### NON-FICTION

- 1 The Betrayal of Canada.....Mel Hurtig
- 2 A Year in Provence.....Peter Mayle
- 3 The Twelve Month Gardener.....Elaine Stevens et al.
- 4 The Beauty Myth.....Naomi Wolf
- 5 Final Exit.....Derek Humphry
- 6 The Wealthy Barber.....David Chilton
- 7 Me.....Katharine Hepburn
- 8 Merchant Princes.....Peter C. Newman
- 9 Raincoat Chronicles #13.....Howard White
- 10 Coastal Villages.....Liv Kennedy



**888 (KOMOX) WING  
RCAFA**

**CALENDAR OF EVENTS  
FEBRUARY 1992**

**SATURDAY 15.....VALENTINE BINGO**  
Members and guests. 8 PM

**THURSDAY 20.....AFIS.** Come out and meet the 'New Blue'.

**SATURDAY 29.....CLOSE THE OLD HANGAR DOORS**  
Pot Luck. 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.



## Bookshell Bestsellers

**Pat Bolen**  
Proprietor

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

**Debi Williams**  
Manager

get your Totem Times here

Week ending: 1992 Feb 1

### 10 Top Paperbacks

1. Twilight's Child.....Andrews
2. People of the Earth.....Gear
3. Prince of Tides.....Conroy
4. Silence of the Lambs.....Harris
5. Cold Fire.....Koontz
6. Coyote Waits.....Hillerman

7. Season of the Sun.....Coulter
8. The Cat Who Knew A Cardinal.....Braun
9. Happy are the Merciful.....Greeley
10. Four Past Midnight.....King



# Public Announcements

## Dependant Use of Base Gym Facilities

Effective immediately, all dependants using the Base Gym facilities must produce their Dependants Pass in order to enter the gym. Dependants under the age of 12 must remain in the company of their guardian.

## EXPRES/Sports

Anyone competing in Regional/National sports must be EXPRES tested for the current fiscal year. For further information, please contact the PERI Staff, loc 8315.

## Chilliwack Takes Pac Region Hockey

CFB Comox hosted the Pac Region Hockey Championship 12-15 Jan 92. CFB Chilliwack and CFB Comox were the only two teams entered.

CFB Chilliwack beat Comox two games straight and will be representing the Pac Region in the CFB Nationals to be held in Calgary.

Good luck to Chilliwack at the Nationals!!

## Squash Playdowns

The Pacific Region Squash Championship will be held 22-25 Mar 92 at CFB Chilliwack. CFB Comox playdowns will be held on the 18 Feb 92 at 0800 hours at the CRA. Members wishing to play must register with the Rec Centre, loc 8315, prior to 12 Feb 92 and attend the pre-tournament meeting to be held at the Base Gym Conference Room on 14 Feb 92 at 0800 hours.

## Badminton Playdowns

The Pacific Region Badminton Championship will be held 22-25 Mar 92 in CFB Chilliwack. Badminton playdowns will be held on 4 Mar 92 at 0800 hrs at the Base gym. All members desiring to play must register with the Rec Centre, loc 8315. Deadline for entries is 26 Feb 92.

## Newcomers' Club

The Comox Valley Newcomers' Club welcomes all ladies new to the area, and invites them to attend the next meeting on Monday, February 10, 7:30 p.m. at Dusty's Den in Comox. For further information, call Chris at 338-6550.

## Comox Valley Skating Club

Comox Valley Skating Club will be having a carnival 'Love Is', on 15 Feb 92. This will be held at the Comox Valley Sports Centre, afternoon performance at 2:00 p.m. and evening performance at 7:00 p.m. Advance tickets may be purchased at Courtenay Pharmasave or the Laughing Oyster for \$3.00. Tickets at the door, \$5.00.

## 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.  
B0J 3A0

## Glacier Wanderers

Comox Glacier Wanderers are sponsoring a Valentines guided walk on Sunday, 16 Feb 92. Start will be at the Griffin Pub. Sign in time from 10:30 a.m. to 11:00 a.m. The walk will start at 11:00 a.m. sharp. Lunch will be available upon completion of the walk. Come out and join us. For information phone 339-3945.

The Comox Glacier Wanderers are holding a regular meeting at the Port Augusta Motel on Tuesday, 11 Feb 92 at 7:30 p.m. Everyone is welcome.

## 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.

## 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, loc 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.

## 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.

## 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.

## CFB Comox Bodybuilding Club

The CFB Comox Bodybuilding Club is now in operation. Members desiring to join must register through Pie Schmidt 442 Sqn. Membership fees are \$10 and membership cards can be picked up from Pie 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.

## 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.

## 50th Anniversary of CFB Greenwood

1992 marks the 50th Anniversary of Canadian Forces Base Greenwood and we are celebrating! All former serving members of 2X are invited to our reunion 28-31 May 1992. Activities will include Armed Forces Day, the Nanapolis Valley Apple Blossom

## 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.

## Rec Activity Leader Course

CFSPER Borden will conduct subject course 06-10 Apr 92. Aircorn 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, loc 8315.

## Officers Ladies

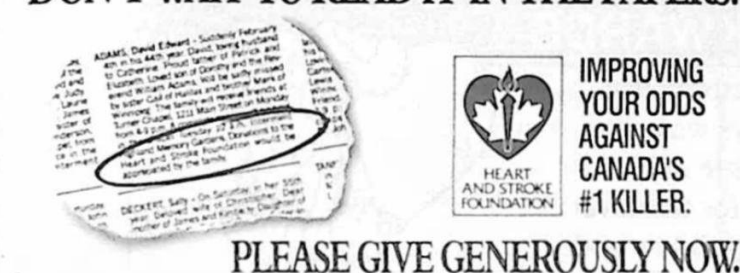
On January 15, we had a great post Christmas treat! The Old House Restaurant catered a wonderful dinner for us as we all got a chance to relax and catch up on the events of Christmas. Unfortunately our travel agent had to cancel their program, so Barb Vermette graciously bailed us out by presenting a fantastic array of gift baskets. Ideas included a dinner for two with all the fixings, to a basket filled with helpful items for the gardener in all of us! Barb and her assistant, Heather Tisdall of the Hallmark store in the Driftwood Mall, shared many ideas both expensive and not so, then wrapped each one up making it look cheerful and special. These baskets were raffled off at the end

of the evening. Congratulations to all the winners and a big thank you to Barb and Heather. Thank you also to The Old House for donating a gift certificate and to the winner, enjoy!

Our next event on Wed. 19 Feb promises to be different and exciting! We are holding a 'Make-Over Night' with lots of great ideas and new looks for spring. Knowledgeable professionals will be there to show us hair care, skin care, nail applications, colours and more! There will be door prizes, a raffle and you could even win a make-over!

Don't forget -- Wed. 19 Feb, 7:00 for 7:30 p.m. -- let's make a change, for the better!

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



PLEASE GIVE GENEROUSLY NOW.

## St John Ambulance Volunteers

The Comox Valley Branch of St. John Ambulance (a voluntary agency), needs individuals to assist in the operations of its central office. The work would involve no more than two hours a week. If you are interested and prepared to help with the provision of a most worthwhile service to your community, please contact Leslie Wood at 338-1737 or 338-2323.

## NRS IS THE ONE

... with the Catalog of Homes!  
It takes top billing every time you sell because NRS gives it out free to the home buying public. Now isn't that a good idea?



## To all CFB North Bay Personnel:

Dear All:

Some of you will have the good fortune of being transferred to CFB Comox on beautiful Vancouver Island later this year. Elsewhere in this publication, you will find a coloured flyer advertising a few of our listings which are representative of the many lovely homes and properties waiting for you when you arrive - if any particular listing catches your eye and you want more information, call us collect at area code 604-334-3111 or fax us at 604-338-8315 and we'd like to help you.

If you wish to receive your personal weekly copy of NRS Block Bros.' fabulous Catalog of Homes for this area complete with full details including pictures and price, or information on every other property listed for sale in the entire area, just call us collect, fax us or write us and we'll do the rest. No obligation, no pressure, just good old fashioned service. Be informed before you arrive... you'll be glad you did!

NRS Block Bros. Realty Ltd. - serving the Comox Valley for the past 24 years.

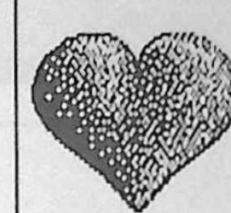
Yours Truly

NRS BLOCK BROS. REALTY LTD.

Vice President NRS Block Bros. Realty Ltd.  
And Regional Manager, Vancouver Island

# 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.

## WOs & Sgts Ladies

Our last meeting was held 13 Jan 92. WO Savard from BCompt Branch gave us a very informative talk on pensions that was very much appreciated by those members in attendance. Thanks once again, WO Savard.  
Our winners were as follows:

Door prize, Lori Rapati; 50/50 draw, Carmen Savard; and, gift certificates, Darlene Yhard, Lori Rapati, Judy Mayer, Sandy McLean and Pat Belanger.

Our next meeting will be held 10 Feb at 8 p.m. For entertainment we will be trying to solve a murder mystery. Everyone is welcome to come out and play detective.

We will also be looking for models for our upcoming Spring Fashion Show.

## Cadet Gliding School Moves to Chilliwack

Esquimalt, B.C. -- Chilliwack Airport is to be the site of the 1992 Regional Air Cadet Gliding School during July and August. The announcement was made today in Esquimalt, by Commander Maritime Forces Pacific, Rear-Admiral Peter Cairns. Since 1980 the Air Cadet training program has operated at the Princeton Airport, 300 kilometres east of Vancouver in the British Columbia Interior.

About 145 air cadets and 45 Canadian Forces Reserve officers of the Cadet Instructors List will come to CFB Chilliwack for six weeks during the summer. About 30 of the teenage cadets will train to qualify for their glider pilots wings, 100 others will take the pre-requisite air studies course, about 15 more will serve as staff cadets to assist the operation of the camp.

Lieutenant Colonel Tom Byrne, Regional Cadet Air

Operations Officer says, "The move is the result of an ongoing search for a location that was more easily supported by the Canadian Forces. At Chilliwack the cadets will be housed at CFB Chilliwack and use Base facilities. There will be significant cost savings to CFB Chilliwack, and CFB Comox as a result of the shorter logistics chain."

In a letter to Chilliwack Council Rear Admiral Peter Cairns, expressed his appreciation for the assistance of the Chilliwack Airport Board and Municipality to make the airport suitable. Chilliwack Municipality will culvert a ditch providing an improved margin of safety for glider landings.

During the summer, the Gliding School will situate two portable buildings at the airport; one as an operations centre, and the

second as a rest shelter. The arrangement will be formalized with the signing of a Memorandum of Understanding.

LCol Byrne says the Chilliwack location will take some pressure off the glider training program as there will be less down time for instruction. Afternoon high winds and high temperatures at Princeton often curtailed flying operations, with the result flying began earlier the next day to catch up.

The Regional Gliding School is one of four summer cadet camps in British Columbia.

Royal Canadian Air Cadets is a national youth program for young people aged 12 to 18 years of age sponsored in partnership by the civilian Air Cadet League of Canada and the Department of National Defence.

## 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.

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

## BCYCNA

BRITISH COLUMBIA AND YUKON COMMUNITY NEWSPAPERS ASSOCIATION

### AUTOMOTIVE

Engines rebuilt for cars & trucks. 6 Cyl. from \$995, 8 Cyl. from \$1095. 5 Year or 100,000 Km limited warranty. Bond Mechanical 872-0641 8-7 p.m. 7 days. Toll-free 1-800-663-2521.

Action! Action! Action! Do you need help financing new or used cars or trucks? No Problem! Call Bob "Gold" NOW! (604)530-7361 collect.

Assume Lease, O Down OAC. 1991 Ford F250 4X4. Fully equipped, low mileage. We also lease used trucks, any credit. Ridaro Transportation 545-3843 or 549-0944.

### 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.

It's Fun! It's Easy! It's profitable! Sell children's clothes, fabrics from home. Information \$1.00 (refundable). \$25 Sample Kit. BunnyKids and Dinomites, SS3, Site 6 Comp 19, Prince George, B.C. V2N 2S7. (604)964-4926.

### BUSINESS OPPORTUNITIES

Unique opportunity. Respectable permanent upper income, immediate cash flow. Not glamorous or high-tech, yet stable, with repeat customers. Need ethical individual who can manage own business. Investment required for exclusive territory and full training. 850-2113.

OPPORTUNITY KNOCKS. If you are or have been in a multi level company please phone 1-248-9323. Time is important, deadline involved.

FREE - Bronze Baby Shoes - REALLY! Mother's special, dealers needed. Introductory offer, limited time only. For information, Brochure write: Pan-Am Inc., #217 - 4609 Kingsway, Burnaby, V5H 4L3.

Well established fine gift store located in the heart of Coquitlam Country. Excellent location in downtown Merritt B.C. Loads of potential. Reasonably priced. Call (604)378-9157.

### COMING EVENTS

NEW CALGARY Agri and Ranch Trade Show, April 29, 30 and May 1, 1992. Exhibits relating to agriculture, equestrian, ranching, irrigation. For more information: (403)469-2400 or fax (403)469-1388.

### 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.

### EDUCATION

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.

Train your staff in-house with computer training systems by training professionals. WP, 123, MS word etc. starting from \$249.00. Tech Star Training Systems Inc. 1-800-361-7311.

### EQUIPMENT

2 Vacuum Septic Trucks. 1974 Ford 1500 gallon tank. 1978 I.H.C. 1000 gallon tank. Both trucks in excellent condition. Reason for selling upgrading. Phone: 495-2255.

### FOR SALE MISC.

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

LINEN HOUSE INC., down duvets, Regular twin \$89; double \$114; queen \$127; new from Denmark twin \$120; double \$145; queen \$158. Susan Abildgaard 1-800-661-3696.

Collector Comics Williams Lake. Comics and sports cards 392-5456. Visa and Mastercard welcome.

### 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.

\*Tobacco: from seeds to smoking; 100 Seeds - \$3.50 + S.A.S.E., J & J Seeds, c/o P.O. Box 879, Ladysmith, B.C. V0R 2E0.

### HEALTH

INCREDIBLE WEIGHT LOSS - Inch loss and well being!! 100% Natural Herbal Coffee Trim and Tea Trim, with menus. \$29.95/month supply, plus shipping 1-800-563-TRIM.

### HELP WANTED

MUSIC DISTRIBUTORS get your share of the \$9 billion music industry marketing music on our two for one program. Huge profits. Protected territories. Federal Music 1-800-263-1900.

HERE'S THE CURE FOR THE "No Money Blues" Independence, job flexibility and unlimited potential can be yours. So...Shake off those blues. Call us today 1-800-661-3305. MA. CHERIE HOME FASHION SHOWS (Est. 1975) Burlington, Ontario.

### HELP WANTED

PAY OFF Xmas bills with the excellent profits you'll make retailing Camellias sheer, non-run hosiery & new jewelry line. Call Collect 1-853-6692.

### 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.

Beautiful 3 bedroom ocean front home on Vancouver Island. 75 Km north of Victoria. Excellent swimming beach. Double garage, \$237,000. Phone: 245-5024.

### 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

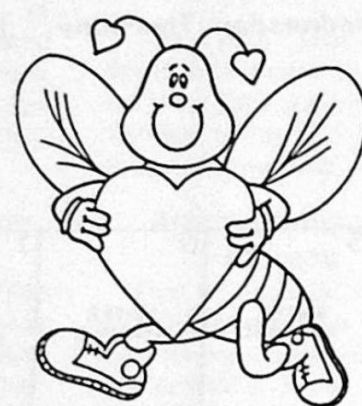
AUSTRALIA/NEW ZEALAND. Call the South Pacific specialist, ANZA Travel. Vancouver/Auckland, return from \$1,219 to \$1,778. Vancouver/Sydney, return from \$1,289 to \$1,888. Vancouver call: 734-7725. Toll-free 1-800-972-6928.

### BLANKET CLASSIFIED ADVERTISING

Place Your ad in over 100 community newspapers for only \$195.00.



To C.F.B. Comox



# Happy Valentine's Day

## SPRING BREAK

March 16 - 20

School's out but Have no fear - Radical Rec Dudes Daycamp will appear, as will Simon's Bike Safety Camp and Baseball Camp.

Look for our school flyer for all the details or call us at 339-2255.

## GUITAR LESSONS

Did you know that we can have you playing the guitar in just ten easy lessons.

We'll offer semi-private guitar lessons to residents of all ages.

## TEEN AEROBICS

Hey Teens! Why don't you pop over to the Comox Rec Center every Monday and Thursday from 3:15 - 4:15 p.m.

Pay a drop in fee of \$2.25 and get the best work out of your life.

Bring a friend along and make it a habit you won't want to give up.

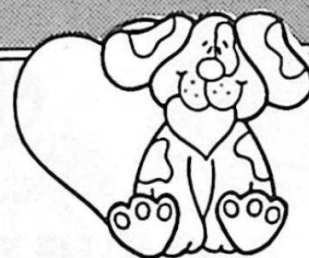


## BENDING OVER BACKWARDS

Is there an activity that you've always wanted to enroll in, or see offered or instruct, but for whatever reason, things didn't work out?

Well at the Comox Recreation Centre we'll offer that program you've always wanted and make it fit in with your schedule! All you have to do is give us a call, let us know what you would like to see offered, the dates and the times.

**We'll • bend over backwards • to make it happen**



## COMMUNITY CENTRE UPDATE

To update you on the new Community Centre, construction starts the first week of March. Completion is scheduled to be sometime in September. The Centre will have racquetball and squash courts, a large gymnasium, a kitchen centre, canteen and lounge, 2 multipurpose

meeting rooms and a steam room.

When the Centre is completed, programs will be offered to people of all ages. We want to make the new Community Centre a place for the entire family.

## ONE NIGHT AFFAIRS

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

February 12  
Oriental Cooking

Time: 7:00 - 9:00 pm  
Fee: \$6.00

February 19  
Theatre Sports

Time: 7:00 - 9:00 pm  
Fee: \$6.00

February 26  
Back Talk

Time: 7:00 - 9:00 pm  
Fee: \$6.00

You won't want to miss this exciting class. Wok up a storm, and meet new friends.

Explore your hidden talents with a sport of a different sort.

Learn to take care of and make your back work for you.

# Comox Recreation Commission

339-2255

1855 Noel Avenue, Comox, B.C. V9N 4X4



## LEGION LOG

BRANCH 17 COURTENAY  
334-4322

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

Fri & Sat Feb 07 & 08.....Music by WESTWIND  
Fri & Sat Feb 14 & 15.....Music by CROSS COUNTRY  
Fri & Sat Feb 21 & 22.....Music by WYLIE & THE OTHER GUY

### \*\*\*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 AT 6:30 PM  
SATURDAY.....FUN BRIDGE AT 12:30 PM

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

FRIDAY FEB 14.....VALENTINE'S DANCE

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

SUNDAY FEB 16.....FUN BRIDGE TOURNAMENT  
Open to members and guests. Reg. 12 - 1:00 PM  
SUNDAY FEB 23.....FUN CRIB TOURNAMENT  
Open to everyone. Reg. 12 - 1:00 PM

BRANCH 160 COMOX  
339- 2022

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

Fri Feb 07.....Music by CROSS COUNTRY  
Fri Feb 14.....Music by ALLEYCATS  
Fri Feb 21.....Music by WESTWIND  
Fri Feb 28.....Music by HIGHWAY 19

### \*\*\*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.....Dance. Lounge. (Unless advised)

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

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.

# On & Off the Base

Dog  
Talk  
by  
Gerry  
Gerow



Beyond  
Basic  
Training

I've got a book for you this week. *Beyond Basic Dog Training*, by Diane Bauman, Maxwell Macmillan, Canada, Don Mills, Ont. \$26.95.

Ms Bauman has done an excellent job in this updated edition of her 1986 book. She is known as a top notch trainer all over North America. This book is not written for the novice. It is intended for people who know the basics about training their dogs in obedience and want to know more, correct faults, and improve problem areas.

To be sure, she has her ways. Some of her training methods will not sit well with other trainers. However, by and large, she knows her stuff.

This well illustrated 257 page hard cover edition, should be recommended reading for everyone from beginning novice to the highly skilled level of utility. I know that I learned something from it, and I'm sure everyone else will too. An excellent gift for that young or beginning not so young obedience trainer. If it's not on the shelf at

the book store, you can ask them to order it for you from the publisher.

Recently someone asked me about the regulations when you import a dog to Canada, from Europe. Many are of the impression that there is a prolonged quarantine period involved. Those days are gone. The dog must have a certificate of health from a veterinarian in the country of origin. Additionally, it must have a rabies vaccination no sooner than one month and no longer than six months before importation. There is a technical quarantine period, during which time the dog must be under your control at all times. More information is available from the Dept. of Agriculture.

If you are importing a registered dog and wish to have it registered in Canada, there are some very stiff rules. You must have registration in your name from the Canadian Kennel Club, recognised registration organization, or Kennel Club in the country of origin. You will have to produce shipping documents and there is a limited time period in which registration must take place. Specific information is available from the Canadian Kennel Club, 89 Skyway Avenue, Unit 100, Etobicoke, Ontario. M9W 6 R4.



## BASE SOCIAL CENTRE

— Getting together with a friend;

• Planning a wedding reception, Xmas and New Year party or a Section function;

• Looking for a well priced area for lunch and dinner?

DON'T LOOK ANY FURTHER THAN THE

## BASE SOCIAL CENTRE.

Why? - Close to the Base;

• Well priced/excellent snack bar;  
• Well maintained;  
• Very scenic.

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

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

INFO 8720

# Notice of Poll TOWN OF COMOX

Public Notice is given to the electors of the Town of Comox that a poll is necessary at the election now pending, and that the persons nominated as candidates at the election, for whom votes will be received are:

Surname	Other Names	Candidate For	Residential Address	Occupation
BURNS	Alicia	Mayor	50 Filberg Road, Comox, B.C.	Self-Employed
MACK	Gwynne T.	Mayor	543 Torrence Road, Comox, B.C.	Retired
OSMOND	Kenneth D.	Mayor	2115 Robb Avenue, Comox, B.C.	Retired R.C.M.P.
PERRY	Charles C.	Mayor	1744 Robb Avenue, Comox, B.C.	Merchant
KELLOW	Eric H.	Alderman	1508 Skeena Drive, Comox, B.C.	Retired
MCLAUGHLIN	Michael John	Alderman	131 Carthew Street, Comox, B.C.	Restaurateur
MESSER	Donna Marie	Alderman	315 Denman Street, Comox, B.C.	Office Assistant
RASMUSSEN	Eric W.	Alderman	1740 Noel Avenue, Comox, B.C.	General Contractor
ROBINSON	Peter E.	Alderman	561 Pritchard Road, Comox, B.C.	Artist

The term of office is the balance of the 3 year term which commenced on December 3, 1990 and will terminate December 6, 1993.

The poll will be opened at the Comox Recreation Centre, 1855 Noel Avenue, Comox, B.C. on Saturday, February 15, 1992, between the hours of 8:00 a.m. and 8:00 p.m. In addition to the foregoing hours, an Advance Poll will be held on Friday, February 7th, Wednesday, February 12th, Thursday, February 13th, and Friday, February 14th, 1992, at the Municipal Hall between the hours of 9:00 a.m. and 5:00 p.m. An Advance Mobile Poll at St. Joseph's General Hospital, 2137 Comox Avenue, Comox, B.C., will be opened from 2:00 p.m. to 6:00 p.m. on Friday, February 14, 1992.

Dated at Comox, British Columbia, January 28, 1992.

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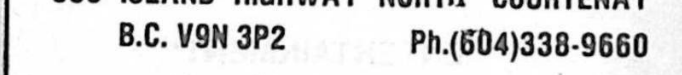
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Chapel Chatter

### The Story of Noah

"This is the story of Noah. Noah was a righteous man ... Make yourself an ark with ribs of cypress; cover it with reeds and coat it inside and out with pitch. This is to be its plan; the length of the ark shall be three hundred cubits, its breadth fifty cubits, and its height thirty cubits." (Genesis 6: 9, 14, 15) We could probably use marine plywood instead of reeds but what is a cubit? Have there been jokes about people building big boats around your office? There sure have been around ours!!

Our weather office tells me that we broke the old record for rain in January receiving over 360 mm. The last time we experienced broken records was on the other end of the country when in Goose Bay Labrador we

received over 27 feet of snow in each of the winters we were there. Now in the old days we were told that 10 inches of snow equalled one inch of rain, so using that ratio it would form a snow bank at just over three meters. Isn't that what some of the folks were shovelling out of their driveways in Moncton, NB, last weekend?

Activities at the Chapel are still warm and dry! I was over to the Parents and Tots on Friday morning and although blustery and wet outside, the boys and girls were having fun. The Community Centre provides a good play area together with your chums while parents have coffee, or listen to one of the many speakers that have been arranged, talking on subjects from child dental health and care, to a public

### Padre Bob

health nurse discussing childhood diseases, or learning new crafts.

On Sunday, 16 February, to mark the beginning of Guiding/Scouting week, members of the 1st Lazo district will join us for their Baden-Powell Thinking Day Service. This is an opportunity for each organization from Beavers to leaders to restate their promises and help out in the service.

On the 23rd the Anglican Bishop Ordinary to the Forces will join us and conduct a Confirmation Service followed by an Anglican Communion Service.

We have four Confirmands this year, two adults and two teens. Since it is also the last Sunday of the month it will also be our monthly Pot Luck Luncheon, so we need not rush away but can take some time to meet Bishop Hatton, who is presently the Dean of Theology at Huron College in London, Ontario as well as being the Anglican Bishop Ordinary to the Canadian Forces.

Until next issue, keep smiling and look to the rainbow (Genesis 9: 13).

See you in Chapel ...



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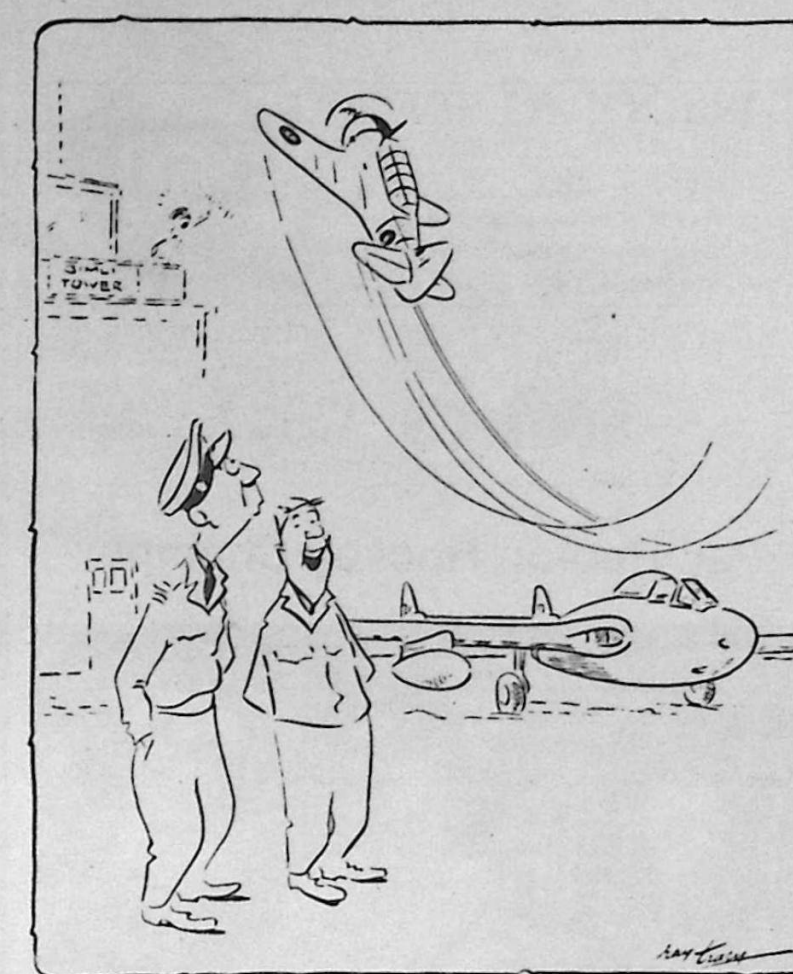
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## On the Base

Another Tracy Cartoon



"YOU AINT SEEN NUTHIN' YET, THAT'S JUST OUR PRO, WAIT TILL YOU SEE OUR PADRE!"

### Foreign Officers Receive Service Cross

by 2Lt David Krayden

The Meritorious Service Cross has been awarded to three senior foreign officers for their assistance to Canada during the Gulf War.

It is the first time a Canadian decoration has been awarded to foreign military members for wartime performance.

The Meritorious Service Cross is given to Canadians or foreign nationals who bring great honour to the Canadian Forces through the outstanding performance of military duty.

The three officers all earned the prestigious award by lending their expertise to the success of

Canadian operations in the Gulf War.

Vice-Admiral Henry Mauz, Jr. (U.S. Navy) worked toward the integration of Canadian ships and aircraft into the U.N. coalition's sea-borne arm. Lt-Gen Sir Peter de la Billiere (British Army), contributed to the deployment of a mobile Canadian field hospital to Saudi Arabia and its coordination with its British counterpart. Lt-Gen Charles A. Horner (U.S. Air Force), supported an in-theatre Canadian role in the war, securing CF-18 participation in combat air patrol, sweep and escort and air-to-ground missions.

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The three officers all earned the prestigious award by lending their expertise to the success of

### A RCAC Award for Audrey



Capt Melançon, CO of 386 RCACS, presented a Certificate of Appreciation, to Mrs. Audrey Windley for 24 years of dedicated work as a Cadet Instructor with the Squadron. Audrey was also presented with a bouquet of roses and a "Thank You" card by Lt Cunningham, the Administrative Officer. Audrey's six children all went through the cadet system. A "Bravo-Zulu" goes out to you Audrey, from all the staff and the cadets.



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## Pac Region Hockey Champs



Boeschoten is CFB Chilliwack's coach Capt. Jensen. Also present for the photo is CFB Comox's BPERO, Lt (N) Bradley.

Good luck to Chilliwack at the Nationals!!



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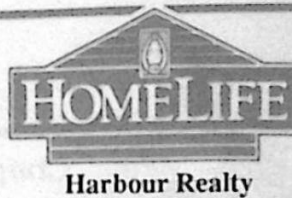
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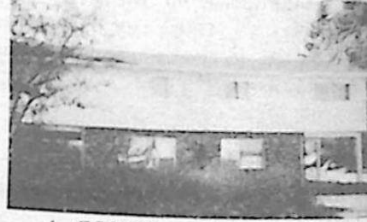
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