

## CDS Extends a Year

.... page 8

## Culinary Awards for CFB Comox Cookers

.... page 11



# TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 34 NO 04 FEBRUARY 20 1992

NEXT DEADLINE MARCH 02 1992

COST: PRICELESS

## Mountain Magic



This superb mountainscape of fresh snow on Mount Washington was captured on film recently by ace photographer Peggy Sandirson of Sooters. The original, in colour and enlarged, can be viewed at Sooters Studios, 685 Cliffe Avenue.

## Employee Assistance Programme

# EAP Week 16-22 Feb.

The Employee Assistance Program (EAP) is a Joint Union-Management Program offering confidential assistance on a strictly voluntary basis to civilian employees with personal concerns or problems. This very important program has provided assistance to thousands of employees since it began in 1982. We consider this undertaking an essential element in ensuring that

the Unit (eg. Base) operates effectively on a day-to-day basis. EAP has proven to be an effective tool in providing both a sympathetic ear and, where necessary, referral assistance to employees who are having difficulty coping with circumstances beyond their control.

A key part of the EAP is the Referral Agent (RA). EAP Referral Agents are volunteers who have been endorsed by both

Union and Management. Special training is given to these volunteers to help them listen to and refer troubled fellow employees to the proper community agency. The time needed by a Referral Agent to assist someone resolve their difficulties can mean the difference between losing and retaining a valuable employee.

We encourage use of the RAs sooner rather than later. As we so

often find at our own meetings, such as LMRC, the earlier we address a problem, the easier it is to resolve. It is the same in our personal lives. The EAP Policy is that there is always an open door for employees who require assistance. A Referral Agent is always available if needed. The employees are making use of this as shown by the high number of self and co-workers referrals to

the EAP.

We want to take this opportunity to emphasize our complete support for EAP and encourage all employees of CFB Comox to continue to take advantage of this effective program whenever they wish to speak confidentially to someone in order to improve the quality of their life.

*continued on page 2*



# On & Off the Base

Meet the BOPSO

Korean Korner

by Bob Orrick, C.D.



LCol John Challenger

Lieutenant-Colonel Challenger was born in Sudbury, Ontario and grew up and was educated in Dartmouth, Nova Scotia.

After winning his navigator wings on 18 December 1959, he was posted to 404 (MP) Squadron in Greenwood, Nova Scotia where he served until he became an instructor in the Argus simulator. In 1964, he was posted to the Air Navigation School in Winnipeg, Manitoba.

In 1968 he was selected for pilot training and received his wings at No. 1 Flying Training School in Gimli, Manitoba on 31 July 1969. His first flying tour as a pilot was with 880 Squadron in Shearwater, Nova Scotia. In 1973, he was posted to 415(MP) Squadron in Summerside, Prince Edward Island and in 1976, he was appointed Base Operations Officer at Summerside. In 1980, he was selected to attend Canadian Forces Command and staff College in Toronto, Ontario. In 1982, after French language

training, he was posted to 407(MP) Squadron in Comox, British Columbia.

On 1 June 1984, he was promoted to his present rank and was appointed Command Coordinator of Official Languages at Air Command Headquarters. On 24 July 1987, he was appointed Commanding Officer of 415 (MP) Squadron in Greenwood, Nova Scotia. On 28 July 1989, he was appointed Senior Staff Officer - Fixed Wing at Maritime Air Group Headquarters in Halifax, Nova Scotia, and on 19 July 1991 he was appointed Base Operations Officer, CFB Comox, BC.

Lieutenant-Colonel Challenger has many interests. His hobbies include: the study of languages, the collection of stamps and the appreciation of wines. He speaks frequently to groups on the subject of wine.

Lieutenant-Colonel Challenger and his wife Margaret, have two children.

## "If you love your freedom, thank a Veteran"

In a departure from the norm for this space Korean Korner presents a comment that is topical. Inasmuch as this Korner has attempted to present Canadian participation in the Korean War, 1950-53, a constant looking back needs to be tempered with a thought to the future. Hence, the following.

As this is written Canada is gripped in the throes of a hotly debated, opposed positions, sometimes acrimonious, coast-to-coast discussion centered on this country's constitution.

It is a truism that Canada owes its existence to evolution rather than revolution. Perhaps it was the cooler climate, or possible cooler heads, that caused this country's Founding Fathers to opt for dialogue and consensus over the bloody struggle for independence evidenced south of the border ninety years earlier. Then, the 'Americans' looked to violence as the only way to be rid of the imperial English yoke.

One hundred and twenty-five years after the British North American Act of 1867 created Canada out of the colonies of Upper Canada, Lower Canada, Nova Scotia and New Brunswick, we find ourselves at each other's throats; east versus west, anglophone versus francophone, native, Inuit and Eskimo versus whites, new Canadians versus third, fourth and beyond generation Canadians, socialists versus conservatives, corporations versus unions, smokers versus non-smokers, environmentalists versus forestry workers, the haves versus the have-nots. The list goes on, ad infinitum.

Why is this?

Is it because we have lost sight of what Canada is? Are we so self-centered and egotistical that

we have become a nation of 'me firsts'? Has success gone to our heads? Have we become a nation of spoiled brats?

The prevailing mood in this land seems to be "Screw you Jack, I'm inboard."

Or, "What's in it for me?"

Is it not time we looked around and saw the beauty of this great land? Is there anything more wondrous than the sight of the Rocky Mountains soaring to the sky, full of majesty and held in awe? Or, the wind-swept coast of barren Cape Breton Island as it fends off the harsh Atlantic winds and waves? Or, the splendour of the Laurentians in autumn when the leaves cry out with colour as they announce the coming winter? Or, the cold, clear, crisp October evenings of the prairies as the hardy folk of that region marvel at Nature's wondrous sight, the Northern Lights? Or, the quiet solitude of the thousands upon thousands of crystal clear lakes, some great, some not, that dot the northern reaches of Manitoba and Saskatchewan and the lower North West Territories, beckoning the intrepid angler. Or, to listen to the lilt of the Newfoundlander as they go about their business as they have done for hundreds of years, accepting their geography both as a curse and a blessing. Or, looking into the faces of the multi-cultural youth of Canada, all eager and wanting only to be accepted by an older generation which seems to be growing more cynical day by day. Or, respecting the traditions of the natives, the Inuits and the Eskimos, who have inhabited this piece of the earth for longer than anyone knows. Or, strolling arm in arm with a loved one along the broad avenues of Canada's cosmopolitan cities, excited as one

views the genius of architecture and engineering. Or any number of a thousand places and times, people and sights in this great land.

Is there no compassion in our hearts? Is there no feeling for others who inhabit this planet we call ours? Are we uncaring sentinels, cold, silent and unmoved by the plight of others?

Are we Canadians (without the hyphen), striving to better the lot of all mankind, or are we hyphenated imposters who call ourselves Canadians while at the same time trampling all that is truly Canadian?

In 1950 when South Korea cried out to the free world for help, true Canadians responded, willingly. To lend a helping hand to the less fortunate is the Canadian way. To argue, bicker, back-bite and call each other nasty names in a vain attempt to make a faint mark, is not.

It is time the citizens of this country took a good look around and recognized what they have: a country worth saving, a country worth holding on to, forever.

Veterans know this. They have experienced it. They realize how precious life is and how much these constant "turf" battles are destroying what they fought, and died, to defend.

It has been said that Canada would be a better place if it weren't for meddling politicians who seem more interested in creating division, rather than unity, among this land's citizens. Truer words were never spoken.

Paraphrasing Chamberlain's lamentable comment, "Let there be peace among Canadians, and harmony in our hearts."

If You Love Your Freedom, Thank a Veteran.

## Coming to a pedestal near you ...



Hawk One, 409 Sqn's famous CF 101 Voodoo, shown here prior to installation in the Airpark, will shortly be relocated to a pedestal at the front gate.

# NO DOWN PAYMENT (EXCLUDING TAXES) NO INTEREST FOR 1 YEAR!\*

## 1 WEEK ONLY February 23 - March 1

Furniture Warehouse is celebrating our Fourth Anniversary with these great prices!

\*FURNITURE ONLY. MIN. PURCHASE \$499.00 O.A.C.



Pick your peak of luxury...  
**Grango**

DOOR OPENING SPECIAL  
3/3 \$149. SET  
While they last  
One set per customer

Chiropractic  
with SPRINGWALL

Now you can choose from 4 Chiropractic mattresses, internationally sold, the only sleep sets good enough to carry the quality Chiropractic label.

Very Luxurious Chiropractic

This is the original multi-needle quilted Chiropractic designed to give you firm support and all the benefits of Springwall construction and Posture Springing.

Priced from

SIZE	GOOD Sleeping 10 YR WARRANTY	BETTER Night Dream 20 YR WARRANTY	BEST Pillow Top 3000 30 YR WARRANTY
3/3	\$239.	\$299.	\$449.
4/6	\$299.	\$399.	\$499.
QUEEN	\$349.	\$449.	\$549.

Chiropractic mattresses are different and better. They are made with Springwall no sag mattress construction for edge to edge sleeping comfort, with unique patented Posture Springing - that gives you the resiliency that provides true comfort. There is no other mattress that duplicates all of the benefits of Chiropractic. Do yourself a favor. Try Chiropractic and see how different and better a mattress can be.

All Chiropractic mattresses available in Twin, Full, Queen, and King sizes.



2 Piece **SECTIONAL**  
Lifetime guarantee on spring and frame. 40 fabrics to choose from.  
**\$899**

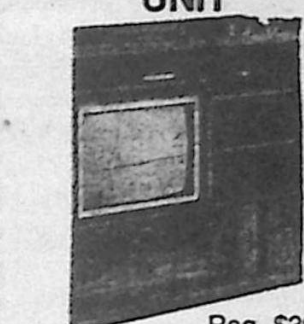
LA-Z-BOY RECLINERS

LOWEST PRICE OF THE YEAR



SALE \$449<sup>99</sup>

ENTERTAINMENT UNIT



Reg. \$399.99

SALE \$169<sup>99</sup>

9 PIECE PINE BEDROOM SUITE



Headboard, footboard, 2 rails, dresser, 2 night tables, mirror, 5 drawer chest  
**\$949<sup>99</sup>**

COLONIAL 3 PC. SOFA, LOVESEAT, ROCKER



NOT EXACTLY AS SHOWN  
Reg. \$1699.99  
SALE \$749<sup>99</sup>

## Admiral & Inglis OR MOFFAT APPLIANCES Appliances

Appliances 7 Month No Interest

15 CU. FT. SUPER ENERGY ECONOMIZER DESIGN



LESS \$65  
B.C. HYDRO REBATE  
(NOT EXACTLY AS ILLUSTRATED)  
ALSO AVAILABLE IN 17 CU. FT.  
**\$595<sup>99</sup>**  
**\$769<sup>99</sup>**

MOFFAT WASHER

• Spiral agitator  
• 2 speed heavy duty  
• 3 temp combination  
• 4 program 3 position water level  
• Self clean water filter  
• Bleach funnel

**\$499<sup>99</sup>**  
CASH & CARRY



Heavy Duty Pair  
Reg. \$1269.99  
"DIRECT DRIVE"  
**\$1049<sup>99</sup>**  
WASHER & DRYER The Pair  
NO INTEREST

Kelvinator Heavy Duty WASHER

7 Program  
Reg. \$1219.99  
**\$1029<sup>99</sup>**  
NO INTEREST

Admiral Heavy Duty Direct Drive WASHER

• 3 water level  
• 3 temp  
• Multi program  
Reg. \$1149.99  
**\$999<sup>99</sup>**  
The Pair  
NO INTEREST

Admiral Portable DISHWASHER

• Heat dry  
• Air dry  
• Rinse/hot  
• Pots and Pans  
• Medium load  
**\$549<sup>99</sup>**  
SALE  
NO INTEREST

FREEZERS

From  
**\$299<sup>99</sup>**  
Cash 'n Carry

18 cu. ft. INGLIS FRIDGE

• Easy rollers  
• Full vinyl coated shelving  
• Black panel option  
• Reversible door  
• 5 Wall insulation  
• 65 REBATE  
**\$949<sup>99</sup>**  
Inglis Limited Stock  
NO INTEREST

Admiral RANGE

Sale  
**\$659<sup>99</sup>**  
NO INTEREST

Kelvinator RANGE

Sale  
**\$599<sup>99</sup>**  
NO INTEREST

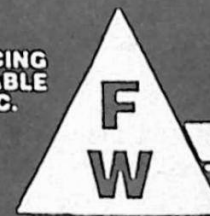
Inglis Self-Clean RANGE

• Analogue clock and timer  
• Auto-simmer and ultra speed elements  
• One piece seamless cooktop  
• 2 appliance outlets  
• Broiler pan  
• Storage rack  
• Glass console  
• Console light  
White or Almond  
Reg. \$1149.99  
Sale **\$999<sup>99</sup>**  
NO INTEREST

\*SOME ITEMS LIMITED QUANTITY • APPLIANCE TRADE-INS WELCOME • All Floor Model Items As Is C & C (Cash & Carry) • All Items Priced Below \$499 (C & C Only)

\*SOME ITEMS NOT EXACTLY AS ILLUSTRATED • Ask about FURNITURE WAREHOUSE MEET OR BEAT Competitors Price Policy • NO INTEREST PLAN (O.A.C.) • LAY-A-WAY PLAN AVAILABLE C & C (CASH & CARRY)

FINANCING AVAILABLE O.A.C.



**FURNITURE WAREHOUSE**

WE'VE MOVED



ISLAND HWY.

Phone 334-2922

OPEN 7 DAYS A WEEK  
Sundays 12 to 4  
Fri. 9:30 - 9:00 P.M.

2966 Kilpatrick Ave., COURTENAY



MARK (Manager) PARRY (Asst. Manager) TODD Sales

## More E.A.P.

continued from page 1



Employees are our most important resource.

Referral Agents  
Carol Anderson 8319  
Russ Burns 8625  
Bev Chadderton 8320  
Gordon Sherritt 8363

In DND, the EAP is a joint union/management program.

We also emphasize that all supervisors, military and civilian, will give this program their complete support. Referral Agents will be allowed the freedom and flexibility to deal with troubled employees when they are approached for assistance.

The EAP Committee has several videos and documentation about the EAP. Members of the Committee would be very pleased to do a presentation and answer questions on the EAP in your particular unit.

The third week of February is 'EAP Week' and the purpose of this week is to focus on the importance of having an Employee Assistance Program and to improve everyone's awareness and understanding of the program.



# Editorial



Norm Blondel

## Patriot Games

Like a few billion other humans, my attention has been occupied recently by the winter Olympic games in Albertville, France. Along with other Canadians, perhaps I'm somewhat underwhelmed by the performance of a majority of our athletes, who receive a fair number of our tax dollars in the way of coaching, training facilities and expenses, and yet deliver mostly mediocre performances when faced with real competition in this quadrennial celebration of athletic excellence.

Occasionally a Canadian wins something, and the TV screen is full of it for the next few days. It's such a novelty, I guess. Mostly, we hear a lot of excuses why so-and-so wasn't up to snuff. The prize for rationalization should go to the CBC commentator who averred, after Kurt Browning fell on his tush and placed sixth in an event we were led to believe he would win hands down, that, "He's more used to the narrower rinks at home; the rinks here can throw off your judgement." Perhaps not an accurate quote, but this was about a kid who has won three world figure skating titles in a row, on wide European rinks. There is occasionally another good reason why a Canadian skater falls short; Elvis Stoyko for instance: He out-skated, out-jumped, out-spun (he did a quad; even Kurt Browning didn't do a quad), every skater in his event, but was marked much lower than the leaders, some of whom also fell on their tushes. Why didn't Elvis win? It was due to a combination of patriot games and a "It's not his turn" attitude on the part of the Olympic judges. The spread in marks shows how the judges engage in their patriot games; the French judge nobbles the Russian skater, the Russian judge nobbles the Canadian skater, the Canadian judge nobbles another skater, and so on and so on, added to which, is something hockey fans would call "Homer" refereeing. And they seem to decide in advance who is going to win. How else would Olympic gold go to the Russian, who fell on his tush and skated like a dray horse?

I noted one improvement however: most of the male skaters are having their suits made by tailors instead of dressmakers. Very few now go on the ice looking like flowers.

Richard Pound, Canadian VP on the Olympic Committee made some comments I agree with, namely, the Games are getting too complex and expensive. He suggested eliminating some out-dated sports. I suggest we don't add any more events, especially those with limited spectator appeal. Spectators and sponsors pay the Olympic bills. Grand game though it is, who watches curling, other than curlers? Calgary was a bust for curling -- empty stands. Ditto Albertville, where the ice was a disaster, and the game a mystery. And why freestyle skiing? Moguls are monotonous, the jumping is basically a very dangerous stunt, and ski ballet has all the grace of a falling chairpile. Ladder climbing is more artistic.

Watch Elvis Stoyko; there's another winter Olympics in 1994, and, whether or not it's "his turn," with his talent he's a good bet for a skating gold. Patriot games or no patriot games, it's something to hope for.

## Congratulations, Alicia and Mike

Living-in members of the Base and PMQ residents had more than a passing interest in the recent elections for Mayor and Alderman in the Town of Comox, since they were entitled to vote for their candidate of choice. Alicia Burns is the first ever Lady Mayor elected in the Comox Valley, and Mike McLaughlin was elected Alderman. Both have had an excellent relationship with CFB Comox in the past, and we're sure that will be enhanced now that Alicia and Mike are "our" Mayor and Alderman too. Congratulations to you both.

## Coast Patrol



A Buffalo of 442 Squadron patrols the fiords and inlets of British Columbia's rocky coastline.

## Pakistan Bar for Op Decimal

By 2 Lt Mark Erdman

The Special Service Medal is about to be awarded for the first time to 50 Canadian Forces members in recognition of their 1989/1990 United Nations-sponsored humanitarian mission to Pakistan.

The Special Service Medal is considered to be in the class of war medals and will be worn after decorations such as the Gulf and Kuwait Medal, and before UN medals. The new medal recognizes service performed under exceptional circumstances in a clearly defined locality for a specified duration, not necessarily during a wartime operation, and will be issued with a bar depicting a specific mission. At this time only the Pakistan bar exists, but as others are created, the medal will be issued for the operation identified by its accompanying bar. It is possible that one individual could eventually wear more than one bar on the ribbon of his or her Special Service Medal. The honour may also be awarded to civilians or to military members of other countries.

The Special Service Medal is silver-white and of a high polish.

treacherous one. Under the auspices of the UN, 50 CF members were deployed to the international Mine Awareness and Clearance Training Program, the second largest contingent of engineers in the UN deployment. At the end of the operation, an estimated 10,800 Afghan men had received training in clearance techniques while 180,000 men, women and children received training in mine awareness.

Her Majesty The Queen approved the Special Service Medal in 1984 but the first bar, recognizing CF participation in Pakistan, was not approved until June 1991. It features a maple leaf surrounded by a laurel wreath on the front; the royal cypher (E II R) and crown on the reverse, with the words 'Special Service Special' around the edge. It is mounted on a ribbon with a dark green center, flanked by white and edged in red.

Dubbed Operation Decimal, the mission to Pakistan was initiated after an appeal by the UN Secretary General for Canada to provide instruction in mine awareness and mine clearance

techniques to Afghan refugees in Pakistan. An estimated 30 to 50 million mines littered the countryside after Afghanistan's bitter Jihad or Holy War, making the refugees' journey home a



## COMOX DISTRICT UNITED WAY

## Thanks from United Way

Dear Sir:

On behalf of the Comox District United Way and the 24 Agencies it serves, I would like to take this opportunity to thank Canadian Forces Base Comox for their overwhelming response to our 1991 Campaign for funds.

While the final figures of the Campaign are not yet available, the Base personnel have played a most significant role, not only in the donor capacity, but in the area of community involvement. The enthusiasm and effort put forth was an example that will be hard to follow in years to come. A very special thanks to Capt Arnold Kettenacker and Lt Bob Pitcher, who 'went the extra mile'.

**THANK YOU,  
CFB COMOX  
WELL DONE!**

Sincerely,

David Durrant,  
President, C.D.U.W.

On 5 Feb 92, Col J. McGee, Base Commander, CFB Comox presented the Comox Valley

United Way with a cheque for \$35,902.92.

The cheque represents the total amount raised by the personnel of CFB Comox, from cash donations, payroll deductions and fund raising activities held during the United Way Campaign for 1991. This amount far exceeds the Base goal of \$28,000. It is only with the generous contributions of all Base personnel that this goal was surpassed.

Capt Kettenacker, Base United Way Coordinator, wishes to thank all concerned for their outstanding contributions to this worthwhile cause. The 24 agencies that benefit from the United Way serves all members of the Valley and the Base. A special thank you to all the Section and Unit reps who are the real driving force behind the success of the CFB Comox United Way Campaign.

We look forward to your continued support in the fall '92 campaign.

## BC Lungs say Thanks

Dear Editor:

The British Columbia Lung Association's annual Christmas Seal Campaign was very successful, thanks to the generosity of contributors all over the province.

We are grateful to you and your readers for helping to raise \$1.42 million during the campaign that ended January 31, 1992. This represents a 6.5 per cent increase over last year's total.

Christmas Seal donations fund advanced medical research into lung diseases such as lung cancer,

asthma, and emphysema, as well as provide health education and community programs throughout B.C.

If you were able to use any of the association's Christmas Seal fillers in your newspaper, we are appreciative.

On behalf of the B.C. Lung Association and the people who count on us, thank you again for your support.

Sincerely,

Dr. B.E. Riedel  
Volunteer President

## RCR Bursaries

Dear Editor:

The Royal Canadian Regiment Association offers three educational bursaries to our dependant children and grandchildren each year. Refer to the Terms of Reference for these awards which are self-explanatory.

We use our regimental journals to advertise the bursaries, we place an entry in Canadian Forces Supplementary Orders about the competition, and we ask each Canadian Forces Base and station to publish information about our bursary awards in their Base and Station Routine Orders. I assume that most of the bases and stations

comply with our request.

Our problem is that we receive very few applications for these awards. Obviously, we are not getting the word out properly to our veterans or serving soldiers.

We therefore respectfully request that a notice about our bursary programme, using the Terms of Reference, be published in your newspaper. It would be a great help and would indeed be appreciated.

Yours sincerely,

D.P. Toal  
Captain  
Regimental Adjutant

Trivia

## More Battle

A little bit picking re Trivia and the Fairy Battle.

Checking my log book #6, I was able to remind myself that I was instructing on Battles at the Central Flying School Toronto before the outbreak of WWII and "unfortunately" for some time following. During this period I accumulated many hours on them.

Now, unless that #3 crewman bit was a typo error, I must have missed something very important about that aircraft. As a result I would appreciate an explanation

of what #3 did and more particularly where the heck he was located in the aircraft.

As an afterthought, FL "Bull" Radell the CFI, F/Sgt Marling and myself were prepared to put on a flying display at the 1939 CNE Flying Battles, but such exhibitions were cancelled on the outbreak of the war.

Harry Bryant

Nice to hear from you again Harry -- it's been a while...Edlin

# Comment

## A Cheque from CFB



(L-R): Mrs. M. Gordon, Executive Director, CDUW; Col J. McGee, Base Commander; Mrs. M. Marie McNamee, CDUW Representative; Mr. D. Durrant, President CDUW; and, Lt R. Pitcher, Assistant Base Coordinator.

## VU33 Stand Down now 26/27 June

Dear Editor:

### Amended Date for VU33 Stand Down Ceremony

Due to circumstances beyond our control, we are forced to change the dates of VU33 stand down ceremony. We originally had the gala event planned for the 3rd and 4th of July, however, we will be advancing all our plans one week to the 26th and 27th of June 1992. We are sorry for any inconvenience caused and we would like to thank you again in aiding us in contacting our former

Squadron members through your journal.

In the reorganization of the Canadian Forces, VU33 will be unfortunately stood down. In commemoration of this event, we plan to hold a gala weekend by gathering all former Squadron members and their spouses. Commencing Friday, 26 June 1992, there will be a casual meet and greet, followed by the Saturday retirement ceremony to officially lay to rest the colours in the nearby Comox Air Force Museum, including an open house, T-33 (one painted in Squadron

Colours), and Tracker static and flying displays, and end that evening with an informal dinner/dance to honour the disbanding of a truly 'Magnificent' Squadron. If you are able to attend, please contact the Squadron at (604) 339-8579, autovon 252-8579, so that our planners may determine the numbers of attendees. FINIS CORONAT OPUS!

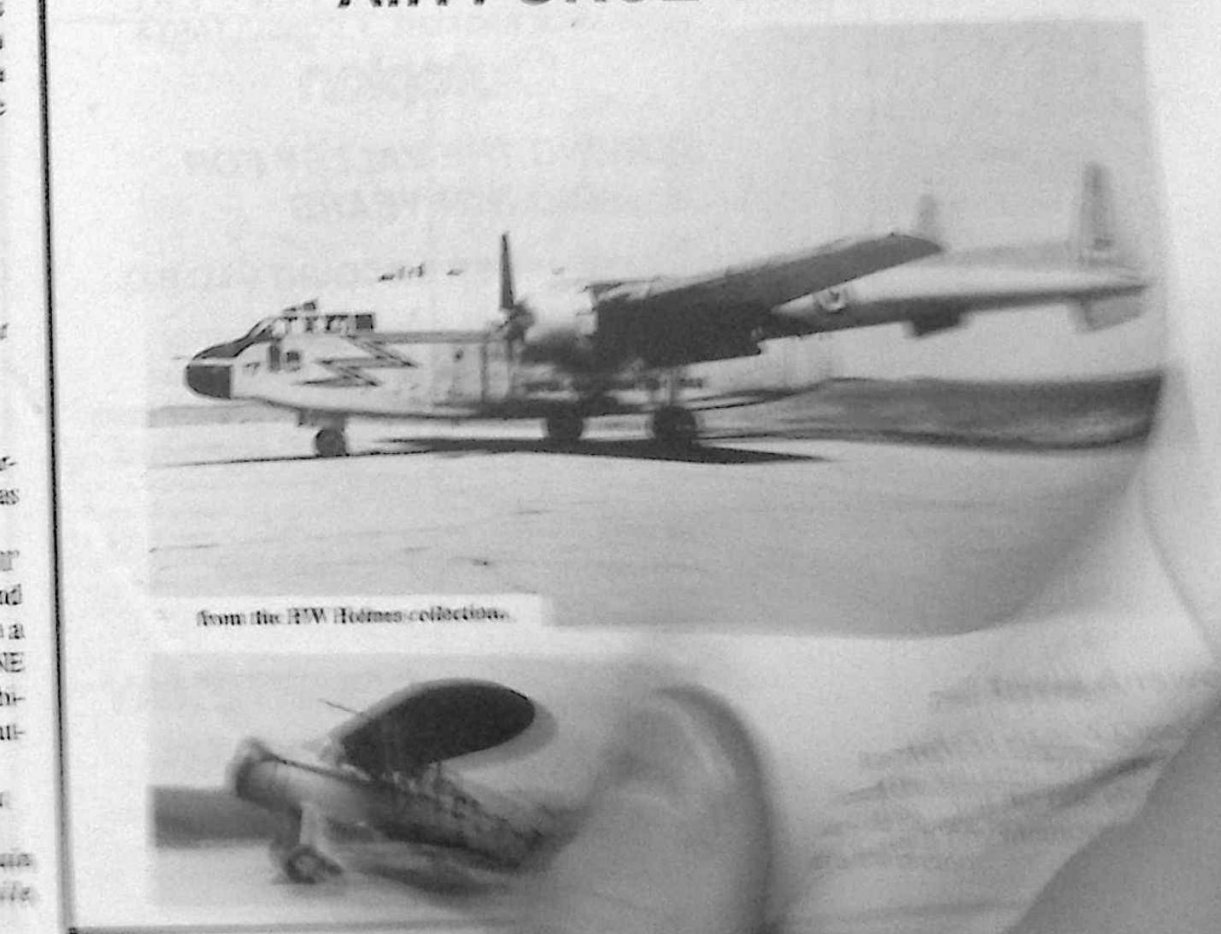
Yours truly,

B.A. Tolmie

Second Lieutenant  
for Commanding Officer

ficer

## AIR FORCE TRIVIA



from the R.W. Holmes collection.

EDITOR - BUSINESS MANAGER.....Norm Blondel  
ASSISTANT EDITOR.....Karen Vedova  
OFFICE MANAGER/TYPESSETTER.....Dawna Dozzi  
WRITERS.....Jim Kirk, John Novak, Gerry Gerow, Bob Orrick,  
Barbara Vermette, Rose McCleish, Duke Warren, Norm Whitley  
PRODUCTION STAFF.....Julie Blondel, Ron Fisher  
CARTOONIST.....Teresa McIsaac  
CIRCULATION.....Stephanie Boutilier 339-0624  
COMPUTER CONSULTANT.....Gerry Peppard

PHONE NOS: 339-2541 (Office) 338-0259 (Res.) FAX 339-8673  
Address correspondence to: Subscription rate \$20.00 per year.  
The Editor, CFB Comox, \$40.00 per year outside Canada.  
Lazo, BC, VOR 2K0

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

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



# Section News

## Wanted: Anecdotes on Peacekeeping.

Do you have any terrific 'war stories' up your sleeve about Canadian peacekeeping you'd like to share with the rest of us? Here's your chance to spin some yarns about the times you spent on Canadian peacekeeping missions. Or, if you know of someone who was involved in peacekeeping operations who might be willing to share an anecdote or two, we'd like to hear from them, too.

All Media Inc. of Toronto, in cooperation with the director general public affairs at NDHQ Ottawa, will be producing a feature video in English and in French on Canadian Forces involvement in peacekeeping operations. This will be broadcast nationally in the fall of 1992 to coincide with the unveiling of the Peacekeeping Monument in Ottawa. A coffee table book and an educational video package for use

in Canadian schools will also be produced to give Canadians a better understanding of peacekeeping.

Your stories can cover a wide variety of topics, from bravery to humor, to daily life 'on the line'. Material may be submitted by phone, fax or mail. All photos, letters or other material you may wish to send along with your story will be returned if desired.

It would be greatly appreciated if submissions could be received by mid-March. Please call or write:

Andrea Asbil  
Production Manager  
All Media Inc.  
189 Dupont Street  
Toronto, Ont.  
M5R 1V6  
Telephone: 416-968-9300  
Fax: 416-968-9092

## Association Francophone de la Vallée de Comox

Ca vous tente de bouffer un bon spaghetti? de danser à la bonne musique québécoise? de foirer un peu? Venez donc au local de l'Association (Bâtiment 199, centre communautaire de la base à côté du Canex au coin de Lazo et de Ryan rd.) samedi le 29 février à partir de 18h 6 pm) où vous aurez à déguster des pâtes exceptionnelles, et à vous déchaîner les hanches à la musique francophone des années 70 à

maintenant. Musique par Guy Provencher, de Victoria. N'oubliez pas votre boisson.

Réservez vos billets avant le 27 février places limitées au 339-3990 (Diane) ou au 339-7382 (Claudine). Billets aussi disponibles pour la danse seulement. Prix 135 couple membre - 175 non-membre. 6.50\$ célibataire membre - 8.50\$ non-membre.

Venez retrouver notre petit coin du Québec!

## WHAT'S YOUR HURRY, B.C.?

YOUR LOCAL POLICE ICBC

**Comox Valley Insurance Service Ltd.**  
• INSURANCE BROKERS • CONSULTANTS

**Autoplan**

SERVING THE VALLEY FOR OVER 24 YEARS

NOTE: SAFE DRIVER DISCOUNT - I.C.B.C.

As a newcomer to the Province, you may be eligible for a discount of up to 40% on your B.C. AUTOPLAN premium. A letter from your previous Insurer (not Agent) is required.

CALL US FOR MORE DETAILS

**COMOX**  
339-4847

Next to the Lorne Hotel

**COURTENAY**  
338-1401

Opposite the Court House

INSURANCE IS OUR ONLY BUSINESS



Oh what a feeling!

PARTICIPATION



VU33

This will be my last official contribution in the name of old "VU" for the Fishwrapper. It's time there was some new blood (or ink), in to replace those of us who have been doing it over the past few years. There is no shortage of people who like to write. Just put anything on the Sqn notice board and comments of all types will be scribbled all over them; some even solicited! Now is their chance to make a positive contribution.

Now for Crew news.

#2 Crew

Dave Sabod does better in the boonies with his 4X4 than he does in traffic. Pic Guy (Pipes) is off on his H.A.I. which will probably consist of three runs on the roller coaster at the West Edmonton Mall. I hope he brought a 'sick sack'. Booty is considering having his own phone line installed or maybe a beeper. The 'Kelvinator' was spotted in Covies last week which would indicate that Duane Veitch must be on leave or something. The old 'Two Birds with One Stone' cheap shot!

Shane Martin still has a bounty

on his head, or you could call it a 'dowry'. We're still looking Shane. Be patient! I was off on a ski trip for a few days, but the weatherman doesn't like me either so it's unanimous. Don't fret, just count the months ... 17 and counting!

Sgt Brousseau is growing his moustache again. He can get a decent one in weeks and others take months, or in the case of our gone but not forgotten Darren Herle, never. On the subject of hair, Bo (Data) Bondy is the next generation. I'll leave a couple of people for my replacement.

#1 Crew

Paul Nolan is awaiting final instructions for his transfer. Joe Reynolds is thinking of running for Mayor of Cumberland, but he'd settle for 'Land Baron'. Boyd Russell is on the same countdown as yours truly ... 17 ... you know the rest! Marty Lavigne may soon be a Mister along with Yves Bernard and Tony H from Maintenance. Sgt Wickins should be assembling his paint by number crew very soon. The hangar will look more like the world's largest body shop than a main-

tenance facility.

Dan Martin is busy organizing a canoe trip. Seems he's either on the water or under it. We should look behind his ears and check for gills.

The Sqn hockey team is in the playoffs with their best finish in recent years. Now would that mean that they are getting better or everyone else is getting worse? If they win maybe we'll buy them a group 'bungee' jump. That's a stretch!

The Jones' have made it a habit by celebrating their third anniversary. Congrats Nancy and Trevor. Marc Pigeau has found a NSN for toupes so expect to see him look more like 'Elvis' in future. If he finds a number for 'Grecian Formula' Tony S will beat a path to his door. Next issue will have a play by play of Shack's Hoser party.

Unless someone digs up some more dirt, that's about it for now. We'll just sit back and watch the clock or in the case of the ASO and SWD, the callendar. Presumably there will be a few more transfers before too long. Anyone getting nervous?

## BEAT THE ODDS ON LUNG DISEASE

Arm yourself with the latest lung facts from the B.C. Lung Association.

B.C. Lung Association  
Box 34009, Station D  
Vancouver, B.C. V6J 4M2

(Advertisement space donated by this publication)

## IG Tax Services

Member Company of Investors Group

\* Income Tax Preparation

\* Electronic Tax Filing - Fast Refunds

\* Let Canada's Largest 100% Canadian-Owned Income Tax Service Prepare Your Return!

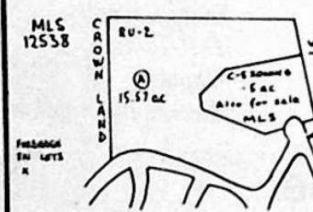
Ask us first. We care about your taxes.

Convenient Courtenay Location in Zellers Store (Driftwood Mall)

338-1339

**Sutton GROUP**

**WALTER CARTWRIGHT**  
339-6932



WHERE EAGLES SOAR

Build your dream estate or open your own year round resort. Whatever your dream this property can accommodate you. This 20 acre parcel offers some of the most spectacular views to be found in the Comox Valley and coastal mountains. This property was the site of the original Fortin House. 5 acres zoned C-3 and balance zoned R-1. Property has existing well, plus additional water rights. This property is a once in a lifetime opportunity for the right investor. \$210,000

RETIRE IN STYLE

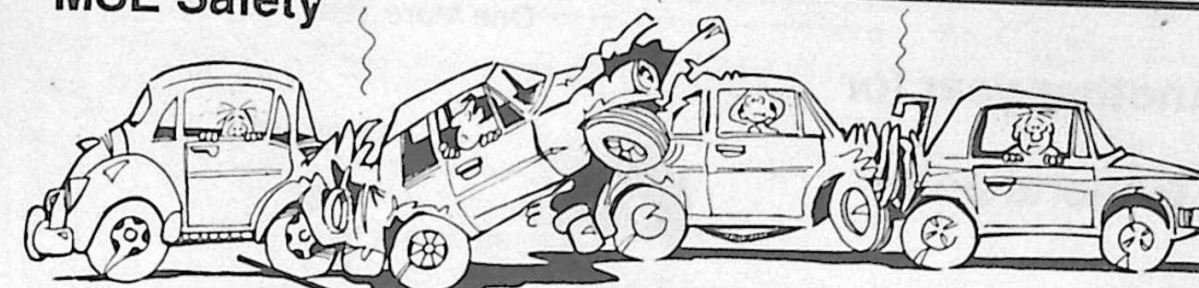
Immaculate mobile on beautifully landscaped 1/2 acre in the Little River area. This property has everything, large garage and workshop, carport, 4 wheel storage sheds, greenhouse and above ground pool, very private yard, absolutely nothing to do but move in and enjoy. Added bonus: nature park just steps away from your front door. \$97,000

What's your property worth?  
Call now for a complimentary market evaluation of your property.

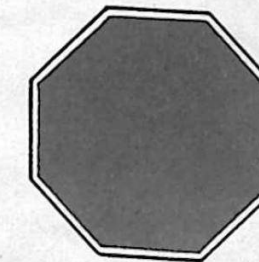
**sutton group - sails west realty**  
AN INDEPENDENT MEMBER BROKER  
2885-B CLIFFE AVE., COURTENAY 338-2557

# Section News

## MSE Safety



## Famous Last Words



## THIS SIGN HAS JUST ONE MEANING ... 'A COMPLETE STOP'

"Have a nice day." Chances are you've heard that at least once in the past few hours.

Maybe you let this over-worked, to the point of being meaningless, expression kind of bounce off. Or maybe you're one of those who's driven up a wall by it and other rhetorical notes that are liberally employed to open, close or fill a gap in the conversation and pop up all the time. "Is it cold enough for you?" "What's new with you?" "We'll have to get together one of these days."

Unimaginative patter? Sure, but at least it's harmless. Remember, sticks and stones may break your bones but words will never hurt you.

However, that old saw doesn't always apply. There are exceptions.

There are other words that sometimes forecast unpleasant events. These words can be a prelude to a serious accident or, at the least, a tipoff that an accident watch should be in effect.

We've compiled a list of such utterances. Sometimes they're called 'famous last words'. You'll recognize many of them. On occasion you may have said approximately the same thing or muttered it under your breath or experienced it as a fleeting thought while you're driving or

doing something around the house.

### On the Road

"One of these days I've gotta have these brakes checked."

"Here's where I make up some time."

"I've got the right of way."

"It's just wet, not slippery."

"I'm bushed but I hate to stop when we're so close to home."

"But I always fasten my seat belt when we take a trip."

"What do you mean, 'slow down'?"

"I've got to pass these slow-pokes or we'll never get there."

"You drive your way and I'll drive mine."

"Defensive driving sounds okay on paper, but when you get out there on the road it's a whole new ball game."

"One thing about driving at this time of night, you don't have to worry about traffic."

"If I'm quick I can make a left turn before oncoming traffic starts up."

"I'm staying right on his tail until he either speeds up or pulls over and lets me get past."

"You're not gonna get around me."

"Sometimes you have to bluff your way in traffic."

"I've been driving this way for a long time, I guess if I was going to have an accident, I would have

had it by now."

"Trains never run on these tracks at night."

"What a boring stretch of road. I've been over it so many times I could drive it in my sleep."

"The signal must be stuck. I'm going to go ahead."

"That kind of driving really burns me up."

"If he won't dim his lights, I'm gonna give it right back to him."

"If I can get through this intersection before the light changes, I'll make it on time."

"I'm okay. I can drive."

"Get me some black coffee and I'll be okay."

**Driver's Statement of the Week**

As I approached the intersection a sign suddenly appeared in a place where no sign had ever appeared before. I was unable to stop in time to avoid the accident.

### QUESTION:

What is the minimum distance from a stop sign that you may park your vehicle?

- A. 10 ft (3 m)
- B. 20 ft (6 m)
- C. 30 ft (9 m)
- D. 15 ft (5 m)

### ANSWER:

"B" 20 ft (6 M)

### FIRST AID TIP



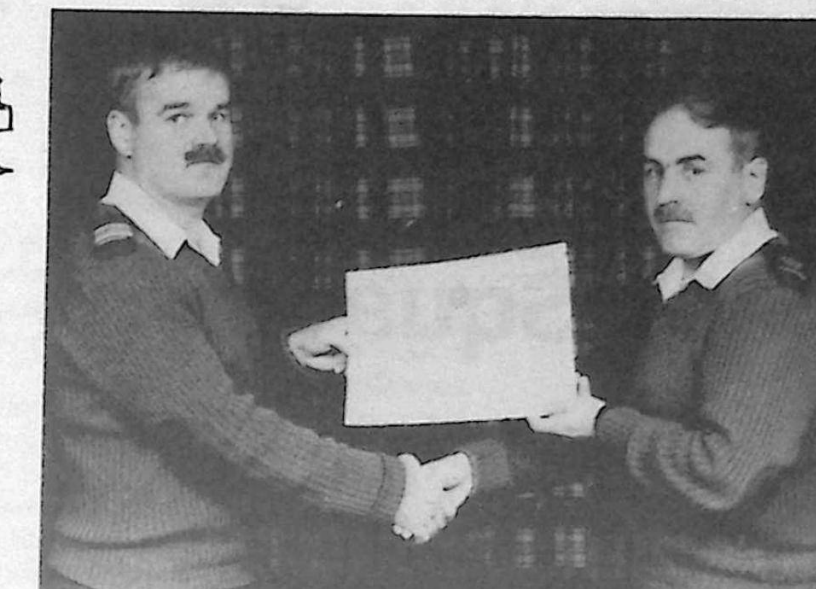
### HYPOTHERMIA

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



St. John Ambulance

## Fitness Award for Mike



WO Mike Turcotte, General Military Training Coordinator at LTC, is presented with the Level I Red Seal of the Physical Fitness Award for Aerobic Excellence. Presented by Maj LeBlanc, OC LTC.

## Corporal for Clint



Cpl Clint Caswell, Admin Clerk, is presented with his Cpl books by Maj Jacques LeBlanc, OC LTC. Congratulations Clint!

## Chief: Is that any way to wear a hat?



Base CWO Terry Doherty had visibility problems during the recent winter carnival. He won an award for the biggest training wheels.

Come to the Comox Valley Third Annual  
**HEALTH FAIR**  
Saturday, February 29 12 noon - 4 p.m.  
Florence Filberg Centre



# Section News



## 407 Squadron

### ARMPO

Small arms training is going well with some personnel shooting straight and true while others are best left making coffee and peanut butter sandwiches. Presentations will be made for best shot pistol/rifle and worst shot pistol/rifle. Currently the worst shot positions are filled with little hope of being changed.

A few members have returned from CFB Greenwood and continuously cried about the cold weather there. In Comox you had better ensure every part of your body is watertight.

Congratulations go out to MWO Fisher on his 48th birthday.

Get well soon to Patti Cooper, who was injured while skiing. Do you think Capt Cooper tried to get all the insurance money?

Three members have just written their ATAT exams and now the sweating begins.

Colleen Mackie did not get her

trip to Hawaii, again. So I guess all the beach bums there will remain safe and pure.

### ASO #3

There really is very little to be passed on in respect to what is happening on the Crew. We have a couple of new people and would like to welcome Steve Richard and Less Andrews. We would also like to say goodbye to Bruce MacEachern and Richard Wand, who are on to other things.

The Crew had a get together on the weekend for a Mobile Air Force Section hot tub party (M.A.S.H. party for short). A good time was had by all that attended and the Crew would like to pass on a special thanks to Scott Parent without whose invaluable help this function would not have happened. In closing, we would also like to thank Bou Bou for the use of his pickup and Vinny for the signs.

## Another year for General John

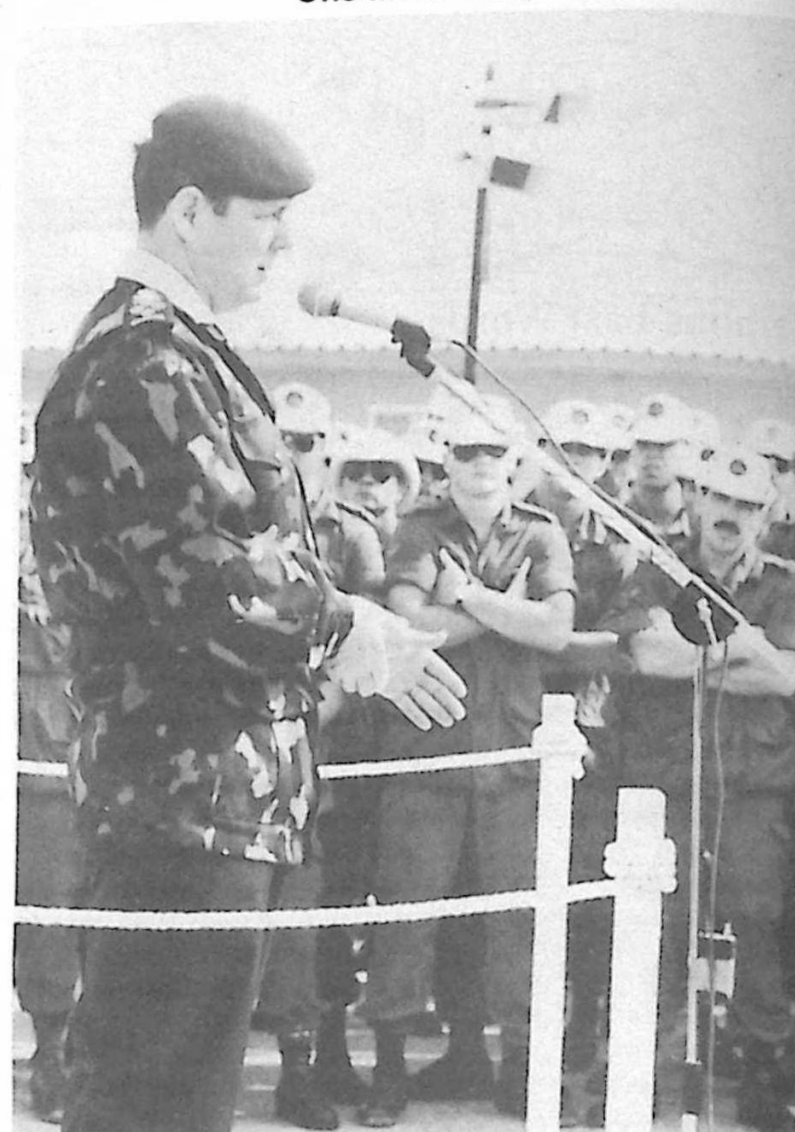
Gen. John de Chastelain has agreed to continue as Chief of the Defence Staff of the Canadian Forces until September 1993, rather than retire from the Forces in September 1992.

The Prime Minister made the request on the recommendation of the Minister of National Defence, based on Gen. de Chastelain's outstanding leadership since assuming the highest rank attainable to a military officer in 1989. He led the Canadian Forces during the Oka Crisis, which ended without loss of life in the fall of 1990. The Gulf War was the first time Canada's military was called to arms since the Korean Conflict, again under the guidance of Gen. de Chastelain.

The extension will mean Gen. de Chastelain will be 56 years old when he retires, exceeding the military's mandatory retirement age of 55. This exception will be granted to allow Gen. de Chastelain to continue to help CF members adapt to dramatic international strategic changes and uncertainties facing defence planners in the future.

Gen. de Chastelain was born a

### One More Year



Chief of Defence Staff, General John de Chastelain will retain his post until September 1993, when he retires at age 56.

British subject in July 1937, in Bucharest, Romania. He joined the Canadian Army (Militia) as a private in 1955. In 1956, he joined the Royal Canadian In-

fantry Corps and attended Royal Military College in Kingston, Ont. He has served in various positions in Canada and abroad during his career.

# Section News

## Base Telecom News



Wow, what a great month it's been! Lots of courses, new postings, internal transfers -- oh, and someone mentioned something about a Winter Carnival?

Let's tackle the courses first. Cpl Glenn Wight is about halfway through his Dictaphone 4000 in-Kingston, Cpl Brenda Beaton should be returning soon from her C & P training in Trenton (Please!), Cpl Mike 'Christmas Party' Girard survived his Dictaphone course (you and Glenn can compare notes -- or does he already have yours? Ha Ha Ha), Cpl Dennis Evans wowed them in Trenton on his CCS (Dennis is now appearing daily at the IFRCC with extended engagements at Building 73 when it floods), MCpl Dale Horwill is back from his RF-230 course (just in time to straighten us all out, eh?). Welcome home everyone.

We BTelo types are often mistaken for bookish scientific sorts who don't know how to have a

good time -- HA! We'll refute that theory a little later -- right now it's the sports report. Our rink of Skip Rick Urban, Steve Morrow, Gord Tooker and Howie Gustafson just missed out on an all expense paid 'overseas' trip to the curling regionals. Congratulations on your second place finish men. Maybe next year. MCpl Steve Emberly fared better at the bowling regions. He took second. Way to go Steve! One final curling thing -- our intersection team remains undefeated since December 10th! Rah Rah Rah!

We have a brand new Radio Tech in our midst, Pte Chad Murray, fresh out of Kingston. Chad's been with us an entire week and is all settled in his new pad with his main squeeze. Welcome. We hope you have a great tour here in Valhalla.

Well, they said it couldn't be done, but our tiny BTelo/740 Comm Det team snatched a 4th place finish away from all those

big strong squarons in the 1992 Winter Carnival. While we may not have appeared too strong in the Tug-of-War or the Cross-Pong or the Hammer & Nail thing (Boots!) -- I guess we didn't look so hot in the Commander's Cup either come to think of it -- we were definitely a crowd pleaser.

(Witness our ping-pong relay antics and wizard's corner finery and a singing Carnival Psycho Queen in the guise of Kelly Gough.) Best of all, we had a fantastic time organizing and performing in the Lip-Synch contest (2nd Place!). It was a great group effort and we made some fun new friends in the Message Centre.

I'd like to thank all the personnel involved whether they were cheering or racing and a special thank you to all our Egyptian wannabes, you were wonderful!

## The Young O.D.

"Give me the sea," said the young O.D.,  
"Let me sail the sea at its roughest --  
'Neath stormy sky let me live and die.  
On the sea is where I'm toughest!"

Now he said all this in ignorant bliss;  
He's never been on the ocean;  
His uniform blue was all brand new;  
'Twas that, that gave him the notion.

Then one fine day he sailed away  
On the deck of a sleek Corvette  
And soon we find he's changed his mind,  
Though it hadn't got rough as yet.

"What's the matter, lad, are you feeling bad?"  
But the O.D. couldn't speak.  
His eyes were glazed, his tongue was thick,  
And his knees were v-e-r-y weak.

It could be seen by his face so green  
He wasn't feeling well.  
His stomach now, like the Corvette's bow  
was rising with the swell.

Back at last and tied up fast,  
The O.D. still won't chuck it.  
You still hear his pleas, "Oh, give me the sea --  
Yes, give me the sea and a bucket!"

by Bob Wellfare

Courtesy of Comox Legion Log, Branch 160.

## TRANSFERRED?

Let me show you how I can sell your home 'headache' free. Call me!

JOSEE MIGNEAULT  
Bus: 334-3124  
Res: 337-5915



Josee Migneault

## Op Boreal takes needed supplies to former USSR



Corporal Rick Barrett of 2 AMU (Air Movements Unit), CFB Trenton, unloads medical supplies from the Canadian Forces Boeing 707 on which he flew to Kiev Jan 27. The humanitarian airlift to the Ukraine was the first of several missions to countries of the former Soviet Union including Lithuania, Estonia, Latvia, Russia, Ukraine and Armenia. Code named 'Operation Boreal', a total of 180,000 kilograms of medicine and medical supplies financed by the Canadian government for distribution by the Red Cross, will help an estimated 435,000 patients, mainly children, pregnant women and the elderly, over the next 12 months.

(CF photo by Sgt Robert Thompson IWC92-034)

**SAVE \$10.00**  
With this coupon.

**SAVE 50% LARGER THAN LIFE 20X30 POSTER**  
Reg. \$19.98  
Order a big beautiful 20x30 color enlargement from your favourite 35 mm color negative...  
**Only \$9.98**  
Coupon good until Feb. 29, 1992.

**Sooter's**  
334-3333  
685 Cliffe Ave., Courtenay

**BREATHING IS A FACT OF LIFE**  
Support Your Lung Association

## Transferred To Winnipeg? Professional Real Estate Service Coast to Coast Pearl Langen

### MILITARY RELOCATION NETWORK

REMAX REAL ESTATE INC.  
300-3025 Portage Ave.  
Winnipeg, Manitoba R3K 2E2  
Bus: (204) 837-7000 - 24 hrs.  
Res: (204) 837-6397  
Fax: (204) 837-7070



## POSTED TO HALIFAX/SHEARWATER?



13 Years Military Experience

Specializing in Military Moves, with Across Canada Referral Network. Call Me for a Complete House Hunting Package.



**Carm Dolezal**  
Sales Representative

Residential Real Estate Services  
942 Cole Harbour Road  
Dartmouth, Nova Scotia  
POS COD

Office: (902) 435-3442  
Res: (902) 461-9660  
Pager: (902) 459-5162  
Fax: (902) 435-1076

# NEXT DEADLINE 02 MAR



**Join the Lifeline**

**UNRELATED BONE MARROW REGISTRY PROGRAM**

INFORMATION SESSIONS

**Join the Lifeline**

**UNRELATED BONE MARROW REGISTRY PROGRAM**

COURTENAY  
Wednesday, February 26th  
Florence Filberg Centre  
411 Anderton Avenue  
1 to 2 p.m. and 7 to 8 p.m.

**The Canadian Red Cross Society**

**Rosalie's Wool Shop**  
PRICES REDUCED

All Patons yarn prices are lowered effective Wednesday 26 Feb 92. Save from 16 to 40 cents per ball. Examples:

CANADIANA 50g @ \$1.99  
ECHOES TWEED 100g @ \$5.09  
FAIRYTALE DK 50g @ \$2.69  
KROY 50g @ \$3.59  
NORSPUN 100g @ \$4.59

**CLEARANCE SALE 26 FEB - 7 MAR 92**

Knitting and crochet yarns clearance. Some over stocked, some end of line. All quality products at reduced prices. Save 25 to 50%:

BOUQUET POLAR 100g @ \$2.99  
COTTON CLUB 50g @ \$2.09

plus many other in store savings. No rain checks, refunds or returns on sale items.

**TAPESTRY**

Starting in September we will carry a full range of DMC tapestry yarn and a selection of printed canvas.

**#2 - 1836 Comox Ave. Phone: 339-7788.**  
Closed Sun. & Mon. Open 9:30 to 5:00 p.m. Tues. - Sat.

**"FIT STOP" CO-ED AEROBICS**  
HIGH OR CONTROLLED-IMPACT YOUR CHOICE

MONDAY THRU FRIDAYS  
1130 - 1215 HOURS

MONDAY - WEDNESDAY EVENINGS  
6:45 - 7:45 pm

MONTHLY PASS \$25.00  
DROP IN CHARGE \$2.00

GOOD MUSIC/FUN CLASSES  
CERTIFIED INSTRUCTORS

MILITARY/CIVILIAN/SPOUSES/GUESTS WELCOME

GET FIT AND FEEL GOOD ABOUT YOURSELF

FOR MORE INFO PLEASE CALL KAREN EVANS  
AT LOCAL 842/HOME 339-6271

**1 in 5 CANADIANS CAN'T BREATHE PROPERLY**

But you can beat the odds on lung disease.

Arm yourself with the latest lung facts from the B.C. Lung Association.



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



Support advanced research and province-wide community education programs sponsored by your Lung Association.

B.C. Lung Association  
Box 34009, Station D  
Vancouver, B.C. V6L 4M2  
(Advertising space donated by this publication)

# NEXT DEADLINE 02 MAR



# Leisure

## Glacier Greens Golf News

At a recent executive meeting, the President, CWO Bill Krier, reported that Scott Fraser, an assistant pro from Royal Colwood in Victoria, has been hired to become the G.G.G.C. Pro 01 Mar 92.

The president then complimented the course superintendent, Mr. Steve Bailey, on the overall good condition of the course. In turn, Mr. Bailey reported that a number of new signs are being made and will be put into place as soon as possible. Members, and indeed, all golfers are asked to obey these signs. Some new sections have been roped off to keep traffic away from these most vulnerable areas.

When leaving the 18th green, those golfers pulling carts are asked to keep to the path on the left side of the putting green.

So far, the greens have weathered the rainy season very well. Golfers have taken the time to repair their ball marks on the green and this small courtesy, not only helps the grass to repair itself, but is also very much appreciated by other golfers.

The tournament director, Mr. Don Middleton has been hard at work putting together an interesting schedule for the coming golf season. Look for this schedule in your new membership envelope.

A sign up notice is placed in the pro shop, well in advance of an inter-club, giving the quota for the upcoming event.

Inter-clubs are strictly on a first come basis, so it is imperative to sign up early.

As well, the Juniors Director, Mr. John Courtemanche, has set Sun. 29 Mar 92, 1:00 p.m. Shot Gun Start, for the Zone 6 Juniors Tournament.

Watch for further information regarding Junior golf.

At an executive meeting, held 21 Nov 92, it was approved to initiate a system of 'Course Stewards' at Glacier Greens. The stewards are now on the job and golfers may familiarize themselves with duties of the steward by

reading the three page pamphlet posted in the Social Centre.

During the early part of the seasons official opening, 'Rules of Golf' books will be available for purchase. Section 1 of the book is dedicated to Golf Etiquette. It is most informative and a very important part of the game. The following information is only a small portion of what you will find in Section 1 of the book. Contact the Mens Director, Mr. Bing Shearer, for your copy.

### Care of the Course Holes in Bunkers

Before leaving a bunker, a player should carefully fill up and smooth over all holes and footprints made by him.

### Replace Divots; Repair Ball Marks and Damage by Spikes

Through the green, a player should ensure that any turf cut or displaced by him is replaced at once and pressed down and that any damage to the putting green made by a ball is carefully repaired. Damage to the putting green caused by golf shoe spikes should be repaired on completion of the hole.

### Damage to Greens - Flagsticks, Bags, etc.

Players should ensure that, when putting down bags or the flagstick, no damage is done to the putting green and that they not damage the hole by standing close to it, in handling the flagstick or in removing the ball from the hole. The flagstick should be properly replaced in the hole before the players leave the putting green. Players should not damage the putting green by leaning on their putters, particularly when removing the ball from the hole.

### Golf Carts

Local notices regulating the movement of golf carts should be strictly observed.

### Damage Through Practice Swings

In taking practice swings, players should avoid causing damage to the course, particularly the tees, by removing divots.

If you have been at Glacier Greens lately, you will have noticed that some spring cleaning has been taking place.

Improvements Director, Mr. Rick Salmon with the help of Mr. Gavin Lee, did a fine job of powerwashing the buildings and performing general clean up in the area. This included the cleaning of the rain gutters and cutting down the ivy that was taking over the ladies locker room.

Jan and Rick Verbeek gave the inside of the Pro Shop a face lift, in anticipation of the arrival of Mr. Scott Fraser, the Pro at G.G.G.C. as of 01 Mar 92.

Seventy-one golfers participated in the usual 9-hole winter golf competition on Sun. 16 Feb 92.

The happy winners are listed below:

**1st L.G. Team:** Roy Downey, Dave Kelly, Larry Blais, Anne Blake, and Colin Olsen.

**2nd L.G. Team:** Ron Campbell, Sharon Miles, Ted Sutton, and Doug Cull.

**3rd L.G. Team:** John Armstrong, Murray Jacklin, Wayne Ogilvie, and Judy Fellbaum.

**4th L.G. Team:** Arnie Mathus, Rod Verchere, Dick Nex, Jan Verbeek, and Elsie Downey.

**1st L.N. Team:** Rick Salmon, Cheryl Armstrong, Jim Patterson, and Bill Krier.

**2nd L.N. Team:** Norm Fellbaum, Stu Mohler, Crosby Cole, Jill Iddiols.

**3 L.N. Team:** Russ Wreggitt, Lloyd Billings, Lorraine Courtemanche, and Chuck Perry.

**K.P. on #11:** Nick Stolar-chuck.

**K.P. on #16:** Ron Carter.

**General Meeting:** 01 Mar 92 10:00 a.m., followed by 9 holes of golf (mixed).

**Winter Golf Closing:** Sun. 15 Mar 92.

**Mixed 4 Ball Opening:** Sun. 22 Mar 92.

**Zone 6 Juniors Tournament:** Sun. 29 Mar 92.



## Filberg Applications Wanted

Jury applications are now available for craftspeople who are interested in taking part in the 1992 Filberg Festival. The deadline for completed applications is March 11. The jury will be looking for excellence, in originality, artistic merit, creativity, market appeal and workmanship. Hobby crafts, mould work and production line work is not admissible.

The Filberg Festival is also looking for performers, entertainers and food vendors for the 1992 Festival. Those interested in

any area of the Festival should write to Filberg Festival Coordinator at 61 Filberg Road, Comox, BC, V9N 4R7. You can also phone 339-2715 or 338-8858 for more information.

Last year crowds topped 25,000 during the four day Festival held in Comox over the BC Day weekend, and a great time was had by all. Set on a splendid nine-acre site against a backdrop of ocean and mountains the Festival features over 100 craftspeople and artists from all

over BC, marvelous foods and entertainment.

Dates for the 1992 Festival are July 31, August 1, 2, & 3 -- so mark it in your calendar now, it's definitely worth a visit.

For more information, please contact:

Festival Coordinator  
Pat Reeve  
61 Filberg Road  
Comox, BC  
V9N 5R3  
338-8858 or 339-2715

## Whalefest '92 Mar 14 - Mar 29



Every spring, the world population of Pacific Gray Whales migrate along the west coast of Vancouver Island, BC. Annually, an estimated 19,000 Grays make the 16,000 km (10,000 miles) from their mating and calving lagoons on the Baja peninsula to their summer feeding grounds in the Bering and Chukchi seas. Some grays take up summer residence in the Pacific Rim National Park area, feeding in sheltered bays delighting thousands of whale enthusiasts.

Grays travel close to shore, pausing to feed in shallow waters, providing excellent viewing opportunities from strategic shore locations. For even more exhilarating, close-up views of these magnificent animals, one can venture out onto the open Pacific aboard local charter boats offering scheduled whale watching excursions from either town. Aircraft may also be chartered for a birds-eye view.

Recovering from a population of less than 1,000 in the early 1940s, the Gray has made a dramatic return and in 1991 was dropped from the endangered species list. Their behaviour and ability to adapt has generated great interest to both biologist and whale researchers.

To celebrate this annual migration, Pacific Rim National Park and the coastal communities

of Ucluelet and Tofino are hosting the 6th annual Pacific Rim Whale Festival.

During Whalefest '92, Pacific Rim National Park will offer free whale watching hikes (guided by nature interpreters), films, and displays. Lectures will be presented at Greenpoint Theatre (in Pacific Rim National Park) by interpreters and whale researchers and The Wickaninnish Interpretive Centre will be open 7 days a week.

The communities of Ucluelet and Tofino will also be hosting events during Whalefest '92. Some of these events include: The Great Whale Chase; Family Whale Hunts; Community Dances; Family Folk Night; 1992 Fine Arts and Crafts Show; Gray Whale Race; and many more.

There will be lots to do, see and learn during Whalefest '92. Enjoy the beauty of the Wild West Coast and see the Gray Whales in their spectacular environment.

For more information on Whalefest '92 please write:

Whalefest '92  
P.O. Box 928  
Ucluelet, B.C.  
VOR 3A0  
(604) 726-4641  
or  
Whalefest '92  
P.O. Box 476  
Tofino, B.C.  
VOR 2Z0  
(604) 725-3414

RECYCLE THIS  
NEWSPAPER  
TOTEM TIMES



NOTICE  
CANEX  
CUSTOMER

EXPRESSMART WILL BE CLOSED  
1 MAR/92 UNTIL APPROXIMATELY  
3 PM DUE TO YEAR END  
STOCKING

RETAIL STORE WILL BE CLOSED  
1 MAR/92  
FOR THE ENTIRE DAY DUE TO  
YEAR END STOCKING  
WE ARE SORRY  
FOR THE  
INCONVENIENCE



## Culinary Awards For Comox Cookers

Greetings from the steam lines. As I make my way halfway down the mile-high in-basket, the deadline date approaches faster and the paper will not wait, so just a few lines to keep the readers aware of recent happenings at Base Foods.

A lot has happened since the last newsletter. Christmas has come and gone with the endless parties to work or attend, New Years was a very busy time at all the Messes, and the parties continue to roll along. (Notice the beer companies are not laying off employees.)

Base Foods just had a Command Inspection, and just a few thanks to the Sections who helped to make this one a good one. Just a word of advice to the younger crowd, when the CWO talks about a great fishing trip (ie Eagle River), I really don't think that he had in mind that you would actually be in the boat. Know what I mean, Gord. Instead of packing the rod and reel, I would pack the aprons and books. Oh, insect repellent goes good with Labrador in the spring.

It seems that the Valentine cupid struck a little early, as three of the lucky ones returned after Christmas with great plans for the future. Best wishes to Pete, Steve and Eddy. Ladies, do you know what you got yourself into?

We had a small get together on the weekend to bid farewell to two members of Base Foods. WO Al Doell is off on a long sunny holiday to Club Med, sponsored by UN New York. Have a good time Al. Don't forget the extra sun screen on the eye lids. We also said goodbye to MCpl Bev Branch, for the third time this year. First the Gulf, then Sunny Penhold, and now off to Club Borden for her 6A Course. Bev, I really don't think that you need the sun screen like Al does. Wasaga Beach, February and March, sounds good to me. We wish you both a safe journey and all the best.

A team of cooks represented CFB Comox at the third annual PACREG Culinary Competition, at CFB Esquimalt on 31 Jan 92. We entered three two person teams, and a single entry. The competitors were MCpl Branch, Cpl Benjamin, Cpl Darrah, LS Rosekat, Pte Boone, Pte Thrussel and Mrs. Saigon. The competition drew over fifty entries from Esquimalt, Chilliwack, Masset, PPCLI, Vancouver and others. The entries were judged by the Victoria Chefs Association, a member of the Canadian Chefs Federation. There were many different entries and levels. CFB Comox did an excellent job with the presentations with the following results.

Team A: Pte Boone and Pte Thrussel. Bread display. Gold Medal.  
Team B: LS Rosekat and Mrs. Saigon. Wedding cake. Gold Medal.  
Team C: MCpl Branch, Cpl Benjamin. Gumpaste display. Special Mention.

Individual: Cpl Darrah. Buffet piece display. Silver Medal.

CFB Comox also took first and second overall in the team category, bringing home the trophies for both. Congratulations to all the competitors and best of luck at the Nationals in Borden.

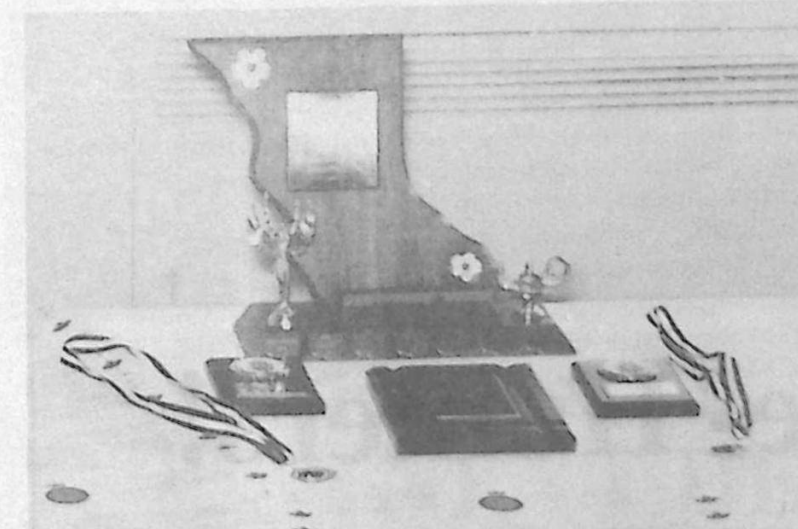
I think I smell something burning. Just kidding. That's all for now and until next time, keep smiling.

Signed  
The Happy Cooker

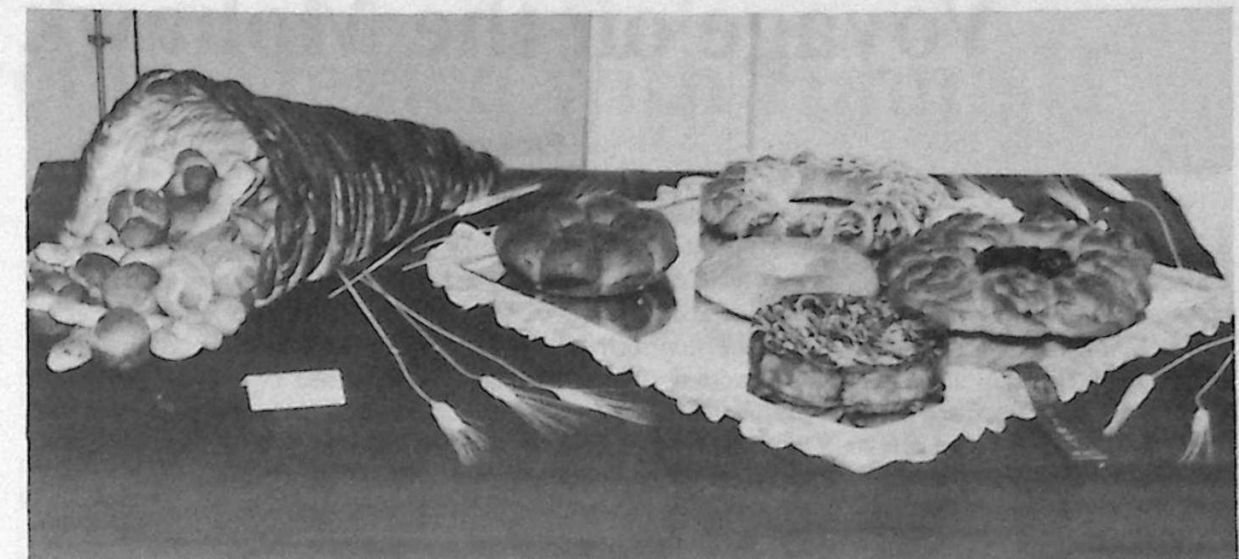
### Wedding Cake



### The Awards



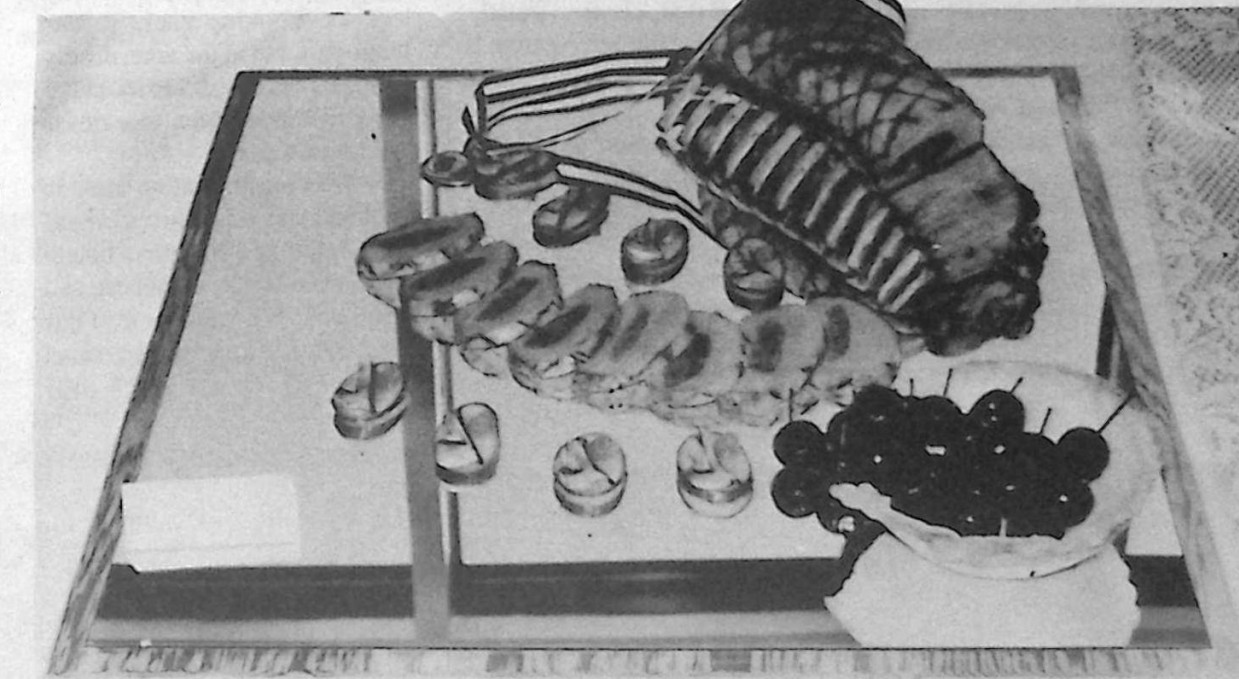
### A Cornucopia of Breads



### Gumpaste Display



### Buffet Display



## Full Service Salon

- Qualified Stylists
- Precision Cuts, Colors, Perms
- Computer Imaging
- Tanning Studio
- Esthetics
- Facials, Manicures, Pedicures
- Acrylic Nails
- Fashion Accessories
- Jewellery - Scarfs
- Evening Bags
- Maggie B Cosmetic Bags
- Merle Norman Cosmetic Studio

338-1362

435 - 5th Street, Courtenay

338-0136

\*Gift Certificates "for services & gift ideas" \*Special Holiday Hours

Makarios HAIR DESIGN



BOOK  
YOUR  
APPOINTMENT  
TODAY!



# Recollections

## Voyage on the Mohawk Park

Farewell, Shipmates!

The misty isles of the United Kingdom slipped over the horizon into the darkness as we proceeded due west into the choppy North Atlantic. It was a strange feeling on board ship since we had offloaded our wheat and lumber -- we were now riding many feet higher than normal. In fact, our main propeller was half out of the water and with each revolution there was a new and different sound; chop, chop, chop. I got used to the rhythm and the spray and quite enjoyed listening to the agreeable beat. I would only enjoy it for five days and nights, however, because the next stop was less than a week away.

The early August Atlantic was, for some unknown reason, anything but smooth and indeed we suffered huge rollers for the entire trip, rollers that made the Mohawk Park lean first to port at what was nearly a critical angle, then back to starboard for the same motion. We were, after all, lightship and were like a cork at the mercy of the wind and waves. The crew was directed to report to the Chief Steward to be issued an extra pillow and pillowslip. We found that by lying flat on our bunks with a pillow on each side of the head that we could get some sleep without rolling on to the deck. It was no hardship, but seemed unusual at the time. In the engine room my buddies and I made a game of this persevering motion. We scrounged an old office chair with a curved wooden spindle back and a rock hard seat and managed to pad the entire thing with old blankets to make seating quite comfortable. We rigged slides on the bottom of the four legs and oiled them smooth. By placing the padded chair in the right position at the right time, the

duty fireman could sit with his feet off the deck and the rolling deck would slide the chair and fireman first to one side, come to a gentle stop, then slide all the way across the engine room, maybe fifty feet, then again come to a stop. The process would be repeated ad infinitum while the duty fireman or oiler would be allowed full view of the stokehole, the injectors, the tubes, the full main engine, all the while curled up in comfort reading a book or maybe a copy of News of the World. Even though the weather was not conducive to deck games or sightseeing, the work in the large engine room was never ever boring.

The morning of the fifth day out of London found the senior oiler Bud Wallins peering through the mist at a very large rocky green coastline.

"You're not dressed for shore leave, Bud. How come? You're the one that always has the channels." The skinny fireman stood beside his shipmate and leaned on the railing.

"I guess you've never been to Botwood before, have you, mate?"

I knew that Botwood was a very small town inland from the east coast of Newfoundland, and that there was messy copper concentrate to be taken on as cargo, but beyond that, I knew virtually nothing of this foreign country. It was certainly not part of Canada at that time.

"We can go ashore to sightsee, but I guarantee there's not much to see."

He was right. For a crew that had just savoured the sights and sounds of a worldly capital, this small hamlet had little to offer

other than rugged beauty, anything but bacchanalian. The restless sea smashing against the mutilated rocks was beautiful to behold, but my depression deepened everytime I looked at the once clean Mohawk becoming dirtier and dirtier with the filthy cargo of sooty blowing all-consuming copper concentrate. It was such a heavy cargo that soon the Plimsoll line was touching the surface. I had to laugh a little though, because when we tied up I was anxious for a swim and the water was beautifully green. I put on my cutoffs and like a frog, took a running leap and over the stern railing, dived for a refreshing dip. I had forgotten one thing, we were lightship and rode high in the water. My thoughtless dive (not jump), was fifty feet down. That's five stories. I thought I'd never reach bottom. But the water was clean, cold, refreshing and bubbly white. I swam to the jetty, exhausted, puffing. I looked at myself and screamed. I was covered from head to foot with jellyfish, long clear clinging gooey gelatinous stinging repulsive sticky jelly fish. The more frantic my brushing the more slimy the mess. The revolting feeling was something like the 'African Queen' when Bumpety Gocart was being eaten alive by leeches. Looking back, it was humorous, but at the time, deadly serious. I was never anxious after the jellyfish incident, to swim in unknown waters!

At sea again heading south in international waters we were off the American coastline bound once again for the Caribbean and the Canal. We spent most of our time trying to keep the ship clean but the cargo was simply spilled

from stem to stern and the residue was tough to wash away. Through the 'Ditch' and again into the Pacific we made our long way north day after day, and finally to Tacoma. Several days shore leave and the first thing I did was get sick to the stomach from drinking so much fresh milk. Glass after glass after glass -- glorious, cool, bubbly, white milk. I never dreamed I was so addicted to the delectable juice.

Three months and eighteen days after setting sail, I again stood on the same dock saying goodbye to my shipmates and promising to sail again with them, one day, some day. I took one final look at the lovely black



by Norm Whitley

hulled freshly rusted ten thousand tonner that so proudly bore the name Mohawk Park on her bow, and I found it difficult to stifle an annoying lump in my throat.

As I walked up the pier with a duffel bag slung over shoulder I took one final glance at my floating home for the past fifteen weeks and moved on, never again to see her proud hull in motion. She did, however, (as most ladies do), have the final word. Her mighty whistle gave one mournful sound as I departed: HOOO-OOOOT!

## Canada's Merchant Fleet

Author's Note:

I was surprised to learn recently that very little is known and/or recorded about Canada's merchant fleet during the 1939-1945 war. After months of research I have garnered a few facts that may be of interest to the readers of the Fishwrapper.

During WWII, Canada built 403 ships. Of these ships, all 10,000 tonnes, 114 dry cargo ships were constructed, plus 13 tankers. These were all operated by the Park Steamship Company. In addition, 191 'Fort' ships were built for export to other countries. Of these, 35 were lost during the war. I remember my father sailed on a Fort ship, but regrettably I don't recall the name. He also sailed on the Seven Oaks Park, the Buffalo Park, the Assiniboia Park and others, mostly in huge convoys across the Atlantic. Again, and with a great deal of regret, I am sorry to say I never recorded any of his many wartime experiences. With a few exceptions, I have not had any success tracking down the stories of any of these wonderful vessels. Here are the exceptions:

- SS Jasper Park, torpedoed off Madagascar;
- SS Nipawin Park, torpedoed off Halifax;
- SS Point Pleasant Park, torpedoed off Capetown;
- SS Silver Star Park, collision and fire off New York;
- SS Greenhill Park, explosion and fire Vancouver harbour;
- SS Taber Park, lost in U.K. waters; and
- SS Avondale Park, lost in UK waters.

Although I can't confirm the rumor, I've heard the SS Mohawk Park scuttled herself in Stanley Park's Lost Lagoon when I signed off. Broken heart, they say!

James Stocky Edwards, of Comox

## Kittyhawk Pilot

Did you know we have one of Canada's most famous war heroes living right here in Comox? And did you know he wrote a top notch novel called *Kittyhawk Pilot*? Well, get to the Base library and check it out. If you prefer to own this memorable book, any bookstore in the Valley can supply it.

It's the story of a young Canadian pilot that fought in the African Desert and the European theatre of war, his numerous kills and his breathtaking fighter pilot experiences. As a young Staff Sergeant, he commanded his own wing of fighters and strange as it may seem, as a non-commis-

sioned officer he was in charge of a squadron of officers.

The book is *Kittyhawk Pilot*, the author Wing Commander James F. (Stocky) Edwards, and his earned decorations include the Distinguished Flying Medal, the Distinguished Flying Cross (twice), Mentioned In Dispatches, The Operations Wings (twice), and of course the Pilots Wings. Plus six other medals.

It's interesting to note that all of Stocky Edwards' kills were fighter planes engaged in one-on-one combat, an amazing record. Read for yourself about the living and fighting conditions of the North African desert and the per-

formance of man and machine, the single seat Kittyhawk.

It's possible, with a little official arm twisting, the author could be persuaded to come on Base and do a bit of book signing.

Read this book and you'll be proud of Canada's teenagers of the forties.

*Kittyhawk Pilot*  
by W/Cdr James E. (Stocky) Edwards  
Published by Turner-Warwick Publications Inc  
Box 338  
Battleford, Sask.  
SOM EOE

## Stocky & Norm



Wing Commander James "Stocky" Edwards DFC and Bar, DFM, MID, author and WW2 ace, with another intrepid flyer, our own Norm Whitley.

## Welcome 414 House-Hunters!

# On & Off the Base

## Travel in Mexico with Hamish



A number of people have asked if we have travelled in Mexico. The answer is yes, both on the mainland and on the Baja Peninsula. Then we are usually bombarded with questions concerning all the negative things they have heard about travelling in Mexico. Although we have not experienced any of them we have heard similar stories, both first hand and otherwise. It is important to keep in mind you are in a foreign country and to 'go with the flow'. They are poor and easy going and make do with what they've got, whether it's poor roads, service, living conditions or politics. If you think Canadian bureaucracy is bad, Mexico has it 'in spades'! Avoid it wherever possible. Do a little studying on the country at your nearby library. Talk to others who have been there. Take a Spanish-English guide book and learn a few key words, though most people will try to understand you or find someone who can, especially if they know you are from Canada.

For a first time visitor it is better to travel with someone who has been there before, or travel with a 'tour caravan'. You will then be better prepared and more interested in making a return visit another year. A first time trip might be a visit to Puerto Penasco, a small fishing village and resort on the Gulf of California. It is about 100 kms (they use kms and litres), south west of Lukeville, Arizona and Sonora, Mexico, at the border crossing. The return trip can be made via Hwy 2 to San Luis, south of Yuma, Arizona, or farther west to the border crossing at Mexicali, Calexico, south of El Centro, or the trip can be done in reverse. Vehicle insurance is sold by the day at the border or available at El Centro and Yuma. This is very important and must be obtained before crossing the border. From Mexicali, Mexico, Hwy 5 will take you about 150 kms south to San Felipe, on the west side of the Gulf, also known as the Sea of Juarez.

Another easy trip is along the Baja Peninsula, as far south as time permits. The peninsula is over 1,600 kms long. The Tijuana border crossing at the end of 1-5 freeway, south of San Diego, is a hectic experience. There are approximately 25 lanes of traffic inching their way toward the border for up to 45 minutes or more. Many travellers bypass that crossing in favour of Tecate, about 50 miles east. From there Hwy 3 is a short run, (approximately 115 kms), before joining No.1 north of Ensenada, on the coast.

There are approximately 25 lanes of traffic inching their way toward the border for up to 45 minutes or more. Many travellers bypass that crossing in favour of Tecate, about 50 miles east. From there Hwy 3 is a short run, (approximately 115 kms), before joining No.1 north of Ensenada, on the coast.

There are approximately 25 lanes of traffic inching their way toward the border for up to 45 minutes or more. Many travellers bypass that crossing in favour of Tecate, about 50 miles east. From there Hwy 3 is a short run, (approximately 115 kms), before joining No.1 north of Ensenada, on the coast.

If you feel like venturing farther into Mexico, Hwy 15 roughly follows the eastern shore of the Gulf of California for approximately 1,500 kms from Nogales, Arizona to Masatlan. Another 800 kms, much of it switchbacks through the mountains, takes you on through Quadalajara and into Mexico City. There, along with six other major highways, No.15 ends on Paseo de la Reforma, Mexico City's main street. It is some 25 kms long and wall to wall traffic. Visitors are advised to 'park and ride'. It's worth taking a taxi ride for a mile or two for a 'hair raising ride'!

Some precautions to keep in mind: Although there are some divided highways, usually toll roads, most of their highways are more like our secondary roads and in many cases without center lines or shoulders. Trucks and buses seem to have the right-of-way and sometimes in the middle of the road. It is not advisable to drive after dark. Try to be off the road by around 4:00 p.m. Cattle, burros and other animals roam at large and often sleep on the roads. If a visitor hits an animal someone often appears suddenly, declaring it was his prize animal. He might not be the owner but if you don't offer to pay up the police may be called, your vehicle impounded and the driver locked up until an

appearance before a magistrate can be arranged, perhaps in a day or two -- or three. Mexican law, similar to French, says, "Guilty until proven innocent." The sooner restitution is offered the sooner the magistrate appears, or you are released and your vehicle returned, intact, you hope!

I wouldn't recommend anyone travelling with a large and fancy motor home or trailer, though many do. Repairs and parts are not always available. Driving in the narrow streets can be difficult. Such vehicles are sometimes the targets for handouts, large 'tips', vandalism, etc. Parked and left unattended sometimes invites a flat tire, sand in an unlocked gas tank, or a slashed spare tire cover, or even broken into if valuables are left in sight.

At gas stations ask for their best gas, their regular is quite low grade. Get out of your vehicle, unlock the gas cap and hold onto it. Without appearing to be obvious, watch the attendant putting the gas in and note the quantity and amount. Read out the amount aloud or ask him to leave the meter readings showing until after you have paid him and received proper change. Try to pay the exact amount or close to it rather than offering a large bill.

If you have to discuss any problem do it in a light hearted manner

and they will be more cooperative. If you receive good service feel free to offer a tip.

The highway crews are usually a small group of men with shovels and wheelbarrows with a mile or two of potholes to fill each week. While you are stopped at a repair site you may be approached for a fill up of their water jugs, or perhaps a cigarette. Occasionally the potholes are marked with a small red flag on the edge of the road. When they run out of flags you're on your own! Caution may be necessary approaching some bridges. Flooding sometimes washes out the approaches to bridges and may take time before being properly repaired. There are numerous 'Vado' (dip) signs, but they occasionally miss putting up signs at some of them. They are the ones that sometimes cause you to suddenly leave your seat and bump your head if your seat belt is not secured. Observe speed limits and other traffic signs at all times and particularly near or in cities and towns. If you are stopped by an 'authority' to give you a warning or assistance they usually expect a 'small token of appreciation'.

If you wish more information on travel in Mexico, or if you have information to pass along, give us a shout through Ye Editor. Happy and safe travel to all.

## Pre JLC Seminar Serial 9105



Back Row L-R: Cpl Peirson, Cpl Belanger, MCpl Aubertin, Cpl Christensen, MCpl Porter, Cpl Kowatch, Cpl Dymond, Cpl Brace.  
Front Row L-R: MCpl Oliver, WO Brees, LCpl Challenger, CWO Doherty, MCpl Horwill, MCpl Johnsen. Good luck on your JLC.

## NEXT DEADLINE 02 MAR 92



# Leisure

Country Kitchen

## Big, Beautiful Muffins

by Barbara Vermette

Today is my youngest sons' sixteenth birthday. He got out of bed and said, "I guess I'd better start studying my Driver Training Book!" Imagine, my baby old enough to drive. When did that happen? It seems just like yesterday that he caught his first snake. That was a day several women will never forget. We were living in Moose Jaw and my best friend had her in-laws visiting for a couple of weeks. Louise's mother-in-law was a double amputee and they had done a lot of rearranging to get ready for the visit. A bed was brought down into the living room and a bell placed on the bedside table. Of course the men went off to do several day trips and Louise was left with *The Bell*. After a week or so I decided Louise needed a break and I would bake muffins and invite all the neighbours in to meet Louise's mother-in-law. I too had to rearrange some furniture to accommodate a wheelchair in my very small dining room. At last, everything was ready and I helped Louise get her mother-in-law down from her front stairs and up mine. Seven women seated themselves in quarters so cramped that if one wanted to get out from behind the table, all had to move. Enter my youngest son, wet, muddy and proud as punch. He marches up to the table, loudly declares "Look what I caught," and shoves a baby garter snake in mother-in-law's face. She screams and throws herself backward, which in turn startles my son, who squeezes the baby snake which in turn startled it, and it bit him! Picture this, seven women in cramped quarters, all watching in horror as baby snake is attached to the end of my son's finger by its teeth, and by now he too was screaming and violently shaking his hand trying to dislodge baby

snake. It works, the snake lets go and flies through the air while six women scramble to get over each other to get out of the way. I say six women, because of course mother-in-law couldn't go anywhere because her wheelchair has tipped backward and wedged itself between the table and the island counter behind. Eventually, baby snake is removed from under the buffet where he slithered to safety, and we all settled down enough to enjoy the variety of muffins I had made.

When I make muffins, I use the large size of paper baking cups, and I fill it to the top. This makes a big beautiful muffin. To make unmolding easier, I spray the top of the muffin pan with Pam. Some other tips on muffins: If you have had your baking soda and powder a long time, test a teaspoon in 1/3 cup hot water. If it bubbles well, it's okay. Mix all your dry ingredients together and mix all your liquid ingredients together separately before combining. Combine and blend quickly for lighter, fluffier muffins. Depending on the size of your pans, the cooking time of BIG muffins might need to be adjusted. 15 - 20 minutes is the norm for regular sized pans. Cooks less if your tins are mini, and longer if they are oversized. I test for doneness with a toothpick. If it comes out clean, it's done. To remove blueberry muffins easily, use extra grease on your pan, and let cool completely before removing. This first recipe is one I've given you before, but it is so delicious, it bears repeating. Try it.

### Carrot/Pineapple Muffins

Oven 350°F  
1 1/2 cups flour  
1 cup sugar  
1 tsp baking powder

1 tsp baking soda  
1 tsp cinnamon  
1/2 tsp salt  
2/3 cup vegetable oil  
2 eggs  
1 cup finely grated carrot  
1/2 cup crushed pineapple with juice (stir)  
1 tsp vanilla

Sift dry ingredients together. Mix together oil, carrots, eggs, pineapple and vanilla. Mix well until all ingredients are combined. Bake full muffin cups 20-25 mins or until golden brown. My personal favourite!

### Bran Muffins

Oven 375°F  
3 cups white sugar  
1 cup shortening (I use Crisco)  
4 eggs  
1 quart buttermilk  
1/2 lb raisins  
4 cups Kellogg's All Bran cereal  
2 cups Nabisco Bran cereal  
2 cups boiling water  
5 tsp baking soda  
1 tsp salt

Pour boiling water over Nabisco Bran and set aside to cool. Cream Crisco and sugar together. Beat in 4 eggs. Sift flour, soda, and salt together and add to egg and sugar mixture. Add both brans, buttermilk and raisins. Bake for 15 - 20 mins. This batter is one that can be kept in the fridge covered, for up to six weeks, but I usually make up the whole recipe and then freeze the muffins. Enjoy.

### Banana Wheat Germ Muffins

425° Oven  
1 1/2 cups flour  
1 cup wheat germ  
1/2 cup brown sugar  
1 tsp baking powder

1 tsp salt  
1 tsp nutmeg  
2 eggs  
1/2 cup milk  
1/4 cup melted butter (or margarine)  
1 cup mashed ripe bananas  
1/2 cup chopped walnuts

Combine all dry ingredients except nuts and mix. Beat eggs with butter, milk and bananas until smooth. Add to dry ingredients and stir in nuts. Bake 20 mins or until golden brown and a toothpick comes out clean.

### Blueberry Muffins

Oven 425°F  
1 cup all purpose flour  
1 cup whole wheat flour  
1/2 cup sugar  
1 tsp baking powder  
1/2 tsp salt  
1/2 tsp cinnamon  
2 cups fresh or frozen unthawed blueberries  
1/2 cup butter melted  
2 eggs  
1/2 tsp vanilla  
1/2 cup milk  
1 1/2 tsp sugar

Combine dry ingredients except 1 1/2 tsp sugar and blend. Meanwhile toss blueberries with 1 tsp dry ingredients to coat and set aside. Mix cooled melted butter with milk, eggs, and vanilla. Add egg mixture to dry ingredients and then stir in berries. Put batter in muffin cups and sprinkle with a little sugar. Bake 15 mins and remember, for easy removal, use extra grease on your pans and let muffins cool completely before removing from tin. Enjoy.

### Applesauce Muffins

Oven 425°  
2 cups flour  
1/2 cup brown sugar

1 tblsp baking powder  
1/2 tsp salt  
1/2 tsp cinnamon  
1/2 tsp nutmeg  
1/4 cup butter or margarine  
1 cup applesauce  
1/4 cup milk  
1 egg  
1/2 cup raisins

Combine dry ingredients. Melt butter and then stir in applesauce and milk. Beat eggs and add to butter mixture. Stir butter mixture into dry ingredients. Mix well and add raisins. Fill muffin cups and bake 15 - 20 mins.

### Jam Muffins

Oven 425°F  
2 cups flour  
1/4 cup sugar  
1 tblsp baking powder  
1/2 tsp baking soda  
1/2 tsp salt  
1/4 cup butter or margarine  
1 cup plain yogurt  
1/4 cup milk  
1 egg  
1/2 tsp vanilla  
1/2 cup of your favourite jam  
Icing sugar

Combine dry ingredients. Melt butter, stir in yogurt and milk and then beat in egg and vanilla. Add yogurt mixture to dry ingredients. Fill half of muffin cups with batter and put a teaspoon of your favourite jam and top with more batter. Bake 15 - 20 mins and then remove from oven and sift with icing sugar.

I hope you'll try some of these recipes. If you like them, tell a friend! And if you would like to see something specific featured, or have a funny cooking story, tell me by writing to me care of this paper.

## BC BESTSELLER LIST

Week Ending: February 08, 1992  
Produced: February 11, 1992

### FICTION

- 1 The Wastelands: Dark Tower 3.....Stephen King
- 2 Wilderness Tips.....Margaret Atwood
- 3 Scarlett.....Alexandra Ripley
- 4 Such a Long Journey.....Rohinton Mistry
- 5 Needful Things.....Stephen King
- 6 Sapphire Rose.....David Eddings
- 7 Griffin and Sabine.....Nick Bantock
- 8 Lives of the Saints.....Nico Ricci
- 9 Murder & Walking Spirits.....Robertson Davies
- 10 Hideaway.....Dean Koontz

### NON-FICTION

- 1 The Wealthy Barber.....David Chilton
- 2 Wealth Without Risk for Canadians.....Charles J. Givens
- 3 Revolution From Within.....Gloria Steinem
- 4 The Betrayal of Canada.....Mel Hurtig
- 5 It Was, It Was Not.....Mordecai Briemberg
- 6 A Year in Provence.....Peter Mayle
- 7 The Forbidden City.....David Lai
- 8 The Dunsmuir Saga.....Terry Reksten
- 9 The New Canada.....Preston Manning
- 10 Final Exit.....Derek Humphry

# On & Off the Base

## Nutrition Education

## Cholesterol, Fats and More

Everyone is still talking about cardiovascular diseases because they are still the main cause of death in Canada:

- 40% of deaths in this country are related to heart disease.
- 1/3 of these people died under 65 years of age. Since 1950 heart disease has been decreasing. The best approach to take to improve our chances is

PREVENTION. One of the main factors in prevention is HEALTHY EATING. The 1990 Nutrition Recommendations states that "The Canadian diet should include no more than 30% of energy as fat and no more than 10% as saturated."

What does that mean in our daily choice of foods? Let's look at a practical example:

Ages	Ave Calories/Day	Grams Fat 38%	Grams Fat 30%
Man 25 - 49	2700	114	90
Woman 25 - 49	1900	80	63

### Goals to be Reached

Man: Diminish fat intake by 24g/day.  
Woman: Diminish fat intake by 17g/day.

How can we reduce our fat intake? Here are some practical tips:

• 1 tsp of butter or margarine = 5 grams of fat so replace butter or margarine by jam, jelly, mustard on bread and reduce the amount of fat you eat!

### More practical examples:

Before	Now	Reduction of Fat by (Grams)
16 oz homo milk	16 oz 1% milk	12 g
16 oz 2% milk	16 oz skim milk	10 g
1 chocolate chip cookie	1 Fig Newton	6 g
3 cups coffee & cream	3 cups coffee & 2% milk	4-5 g
6 oz (180g) broiled steak	3-4 oz (90-120g) broiled steak	8 g
2 tbsps creamy dressing	2 tbsps fat-free dressing	12 g
1 salami sandwich	1 turkey sandwich	10 g
2 toast & peanut butter	Whole grain cereals & 2% milk.	12 g

Another preventive measure to help us fight heart disease is understanding nutrition labelling and the traps that are waiting for us:

- One bag of chips labelled

'Cholesterol Free' does not mean 'Fat Free'. There is no cholesterol because the chips are fried in vegetable oil, however, it is still fat.

## CANEX

CANEX & STAFF ARE PLEASED TO ANNOUNCE THAT CONSTRUCTION HAS STARTED FOR OUR NEW GAS BAR, WHICH WILL BE LOCATED IN FRONT OF THE CANEX MALL.

WE EXPECT TO BE IN OPERATION APPROXIMATELY 10 MAR 92, WITH THE FOLLOWING HOURS TO BETTER SERVE YOU 0700-2200 HRS 7 DAYS A WEEK.

IT WILL BE OPEN TO ALL AUTHORIZED PATRONS. WE LOOK FORWARD TO SERVING YOU.

## CANEX

## Art Scene



## Photographs & Stone Art on Display at Wilsden

February 27 to March 14, Wilsden Galleries presents 'Photographs of Vancouver Island' by Chris Carter and stone sculptures in soapstone or alabaster by Nancy (Hadler) Street.

Chris Carter is an avid canoeist, kayaker and hiker. His outdoor activities have taken him to many parts of Vancouver Island and the Queen Charlotte Islands. His wilderness photographs are as spectacular as the wilderness itself. Chris will also have Valley photographs on display. All his photographs are produced on Cibachrome, a more expensive method but one that will ensure that the print lasts beyond a lifetime. Chris' other 'hobby' is his successful dried flower business, The Blooming Barn, that he operates with his wife Mary.

Nancy (Hadler) Street recently moved from 100 Mile House to the Comox Valley. A full time, professional artist, Nancy's stone sculptures of animals, birds and free-flowing forms are subtle, simple and sensual. "In my art, I delight to embody the paradox of a rock being soft and gentle, yet strong and firm. Creation that enhances the harmony and beauty natural to life is the greatest pleasure." Nancy recently completed an over-life size piece that was commissioned by a Calgary engineering company for the foyer of its office building. Wilsden Galleries is proud to exhibit Nancy's work.

Both artists will be at the gallery from 2:00 to 4:00 p.m. on Saturday, February 29. Gallery location: 440 Anderton Ave., Courtenay (by the 5th St. bridge) Hours: Tues to Sat 10:00 a.m. to 5:00 p.m. (evenings by appointment) Phone: 334-2286

## CFB Comox Family Support Centre

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

Hours of Operation: 7:30 - 4:30 Mon to Fri  
Address: 119 Little River Road  
Mailing address: Family Support Centre  
CFB Comox  
Lazo, BC  
V0R 2K0

Services available: Volunteer information services

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



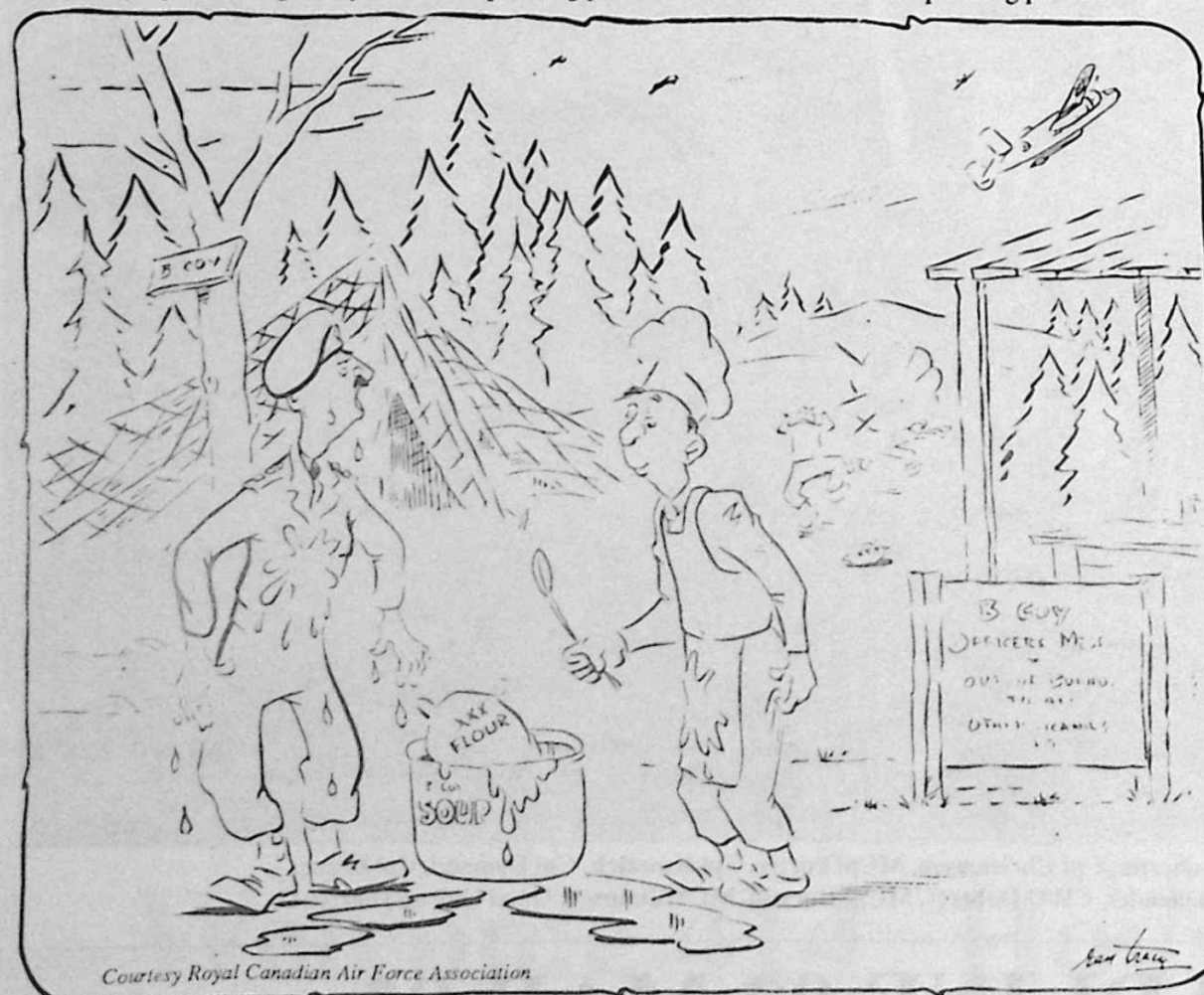
### Just Friends

Are you new to the Comox Valley? Have you been here a while, but still don't feel settled? The Family Support Centre is sponsoring a 'Just Friends' group to meet Monday evenings. The object of this group is to get

together and enjoy ourselves by finding similar interests, playing games, going for walks, planning excursions, etc. The first meeting will take place Monday, February 24 at 7:00 p.m. at the Family Support Centre building. For more information call Colleen at the Centre, 339-8654.

Single Parents Group meets at Family Support Centre every Wednesday at 6:30. Open to all military single parents. Bring your children. For more information call Harry Gauthier 339-5174 or local 8293, or the Family Support Centre, local 8654.

# NEXT DEADLINE 02 MAR



Courtesy Royal Canadian Air Force Association

"INSTEAD OF CONSOMME' ON TO-DAYS MENU, AMEND IT TO READ 'THICK SOUP A LA 4-06, DAMMIT'!"



# Health & Fitness

## To Your Health

Health information from the Registered Nurses Association of British Columbia

### Allergies in the Winter

Winter allergies are a common problem and the cause of much discomfort for many people. But if they cause grief for you or a member of your family, nurses advise that you can take effective action to improve your situation.

First, the allergy should be treated. Allergic rhinitis or hay fever is best treated quickly since untreated allergies tend to worsen over time and you will be more comfortable in the short term. An allergist can help to diagnose the problem with a careful history and skin testing. This will give you information about substances, or allergens, which trigger your allergic reactions.

Next, if your problems are related to common indoor allergens, nurses recommend that you start an 'action plan' now to clean up your indoor environment, especially at home. On average, Canadians spend 90 percent of their time indoors and 65 percent of that is at home. During winter these percentages increase and with that the exposure to indoor allergens. You can decrease your risk by doing everything possible to reduce or destroy the allergens.

Studies have shown the benefits. In one, it was clear that allergenic children benefited from the introduction of effective cleaning routines just in their bedrooms. Those with cleaner rooms experienced less episodes of wheezing (27% to 2%). There was no change in those children who remained in an environment that was unchanged.

As a rule, house dust is the primary problem since it harbors a mixture of allergens, including dust mites, mould spores, animal dander and other debris. Cleaning is the most effective way to get rid of dust mites. Air filters are less effective.

Bedrooms are usually the best places to start attacking dust problems. Remove dust collectors such as open shelves, books, hanging plants and decorative curtains and pillows. Keep all clothing and shoes in cupboards or drawers. Consider the possibility of replacing wall-to-wall carpets with a small throw rug that can be easily laundered. Vacuum well at least once a week and damp dust more frequently.

Moulds flourish wherever the humidity is above 50 percent and give off airborne spores that often act as allergens. If you reduce humidity, you will reduce the growth of moulds. You can also destroy them by washing problem areas with solutions such as Lysol or chlorine bleach once every three months. If you have an aquarium, keep it away from areas frequented by the person with allergies, especially the bedroom.

If pets are a problem, plan to keep them outdoors as much as possible and set rules such as 'never in the bedroom' or 'never in the car'. Begin to plan ahead and come to some agreement, if necessary, that when the animal dies it will be remembered kindly, but not replaced!

Don't forget about smoke control. Three of the four most hazardous gases are released in cigarette smoke -- formaldehyde, nitrogen oxide and carbon monoxide. Complete the process of reducing indoor allergens by going smoke-free.

## info health

Dr. Bob Young



### Meningococcal Meningitis

Anxiety, once again, crosses the land, fueled by a small bacteria and fanned by the media. Meningitis is the villain, and the outbreak in recent weeks is receiving coverage that makes it sound like the black plague is upon us.

Meningococcal meningitis is not new, and the number of cases occurring annually remains relatively constant, with an average of about 25 in BC. Some years there are more, some years less. And it is true, that because of the virulence of the disease and its rapid progress, deaths are fairly common. Treatment is available and effective, but must be started early.

The present outbreak has received attention because there have been clusters of cases in certain geographical areas, and because many of the victims are young. Indiscriminate inclusion

of other, unrelated forms of meningitis in the total number of cases has been used to increase the impact of news stories.

Understandably, some people become frightened and even infectious disease specialists and epidemiologists (who specialize in epidemics) are unable to provide reassurance. Politicians may feel forced to fund immunization programs in spite of being told by experts that they are not necessary. Because it takes several weeks for the vaccine to become effective the inoculation provides more psychological succor than early physical protection.

Remember Swine Flu? President Gerald Ford felt compelled to authorize production and distribution of vast amounts of vaccine to prevent panic over an epidemic that never occurred. Let's not repeat that exercise.

Yes, the disease is a serious one, and yes, it is a tragedy when fatality occurs. There may even be an unusual blip in the number of cases and deaths during the 1991-92 season. But we shouldn't lose our sense of perspective. We are not in danger of having towns and villages wiped out.

The risk of you or a family member being injured or killed in an automobile accident is many, many times that of contracting meningitis. The daily paper and the nightly news don't cover every car crash -- there is no story there.

Nor, we feel, is there much of a story behind the present meningitis 'epidemic' -- or perhaps it is all story and not much fact. But there is always that nagging doubt, isn't there?

### The Common Cold

'Tis the season to be sniffly, stuffed up, and sneezing. Most of us will get a common cold, also known as catarrh or, if you want to be archaic, ague, often enough to know the symptom. Ah-choose not to repeat them here.

Instead I'll recount the recent case of a child with a cold, to illustrate a point. He is about 12 years old and healthy. He had a hockey game to play, but his eyes were watering and his nose was streaming. He needed some cold medicine.

The family medicine cupboard contained a variety, so he took a couple of capsules and a slug of an elixir. He felt no better after an hour so he swallowed two or three other, different pills and tablets "because the first ones weren't working". With the game getting

closer, he downed another drink of the liquid medicine a few minutes later.

He did not make it to the game. He began to sweat, his legs were rubbery, and his heart was racing, pounding, and skipping beats. He felt terrible for a couple of hours, but had recovered when I saw him later.

His folks brought in the names of the cold preparations -- most well-known and advertised on TV regularly. All contained either phenylephrine or pseudoephedrine, both nasal decongestants and close relatives of adrenalin. The drugs narrow blood vessels and raise blood pressure. The heart-rate may be slowed down, or speed up and pound. Dizziness, sweating, and trembling are other symptoms.

The boy is an example of the "if a small dose helps a bit, a big one will help a lot" school of thought. He is far from alone. An alarming number of otherwise intelligent people dose themselves indiscriminately with over-the-counter drugs or prescription medications.

It is a dangerous habit, particularly with prescribed medicines, which may be very potent. The difference between the therapeutic and the toxic dose is very small in some cases.

The boy lived to score another goal, and, I hope, learned a lesson, particularly after the lecture I gave him. His cold wasn't going to kill him. His self-treatment could have.

## Bookshelf 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: Feb 15 1992

### 10 Top Paperbacks

1. Heartbeat.....Steel
2. People of the Earth.....Gear
3. Homecoming.....Bradshaw

4. Wealthy Barber.....Chilton
5. Loves Music, Loves to Dance.....Clark
6. Song of the Wolf.....Bittner

7. Eyes of Prey.....Sandford
8. Wastelands.....King
9. Fire Sea.....Weis and Hickman
10. Twilight's Child.....Andrews

NEXT DEADLINE 02 MAR - NOON

# On & Off the Base

Stay Alert/Stay Safe

## New Video Alerts Kids to Sexual Offenders

This new 1992 video is aimed at child abuse prevention and teaches children to 'keep their radar up'. With over 75 percent of sexual crimes against children involving someone the child knows, one message to children should be made clear: Never take any situation for granted.

The video has been approved by the Canadian Association of Chiefs of Police and includes a resource guide for parents. The video is produced with assistance from Canadian Tire and features Bert and Gert, two lovely rabbits who act in the role of guardian angels, reminding children what to do in certain situations. In one example, a boy is home alone

watching TV when a woman comes to the door asking to use the telephone. Instead of opening the door, the boy informs the woman that his mother is busy and she should come back later. "A little white lie doesn't hurt sometimes," Bert and Gert tell the child.

While the booklet doesn't specifically outline what sexual abuse is, it does remind children of their rights to protect their bodies. "We don't let anyone touch us in a way that feels uncomfortable, and that includes too much tickling, hugging -- anything we don't like." We say "NO." If anyone except your parents or doctor asks to see the

part of your body that your swim suit covers, get away fast. Even if it's someone you like a lot, no one's got the right to do this, so tell your parents immediately.

Other segments remind children to talk to parents or teachers about anything that bothers them. "If something happens that bothers you, it's NOT your fault and you don't have to handle your feelings alone, you don't have to keep it a secret no matter what anyone says."

If you wish to borrow the video for your family or to show a group, please call the Military Police Community Relations Office at 339-8449 or 339-8436.

**Tri-City Boot Repair & Sales**  
(formerly COMOX SHOE REPAIR)  
1836 Comox Avenue  
(Across from Legion)  
Tuesday to Saturday—9:00-5:30  
**TOP QUALITY**  
SHOE AND LEATHER REPAIRS

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**

Wednesday Feb 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 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 Feb 26  
**OLC BRIDGE**

**Upcoming Events for March**  
14 Mar - St. Patrick's Dance

**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.

**Want your refund faster?**

Ask us about electronically filing your tax return.

**H&R BLOCK**

**Canada's Tax Team.**  
Standing up for you!

576A ENGLAND AVE.  
DOWNTOWN COURTENAY  
Mastercard & VISA accepted.

**Oh what a feeling!**

**Dogwood Insurance Services Ltd.**

For All Your Insurance Needs

HOMEOWNERS  
CAMPER/TRAILER  
MARINE  
LIFE

TENANTS  
MOBILE  
BUSINESS  
TRAVEL

**Autoplan**

OUT OF PROVINCE TRANSFERS/PERMITS

Conveniently located at the bottom of Ryan Road Hill at Island Hwy in Mount Washington Plaza Courtenay -- Phone 338-6766. and Cumberland -- Phone 336-8524

**888 (KOMOX) WING**  
**RCAFA**

**CALENDAR OF EVENTS**  
**FEBRUARY 1992**

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.



# 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.

## Sail Training Courses

Sail training courses are offered by CFFSE/CFFSH and are designed to teach the basics of sailing through to coastal and offshore skipper qualifications. These courses are modeled after and meet the CYA standard and will be entered on the individual's UER on completion. For further info on levels, contact Rec Centre 8315 or C2 Hanna, CFFSE Esquimalt Boatshed, loc 4313.

## 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.

## Noon Hour Badminton Court Reservation

Effective immediately, badminton courts 2 & 3 at the Base Gym are reserved for the Base Badminton Team in preparation for the Pacific Regionals. Courts are reserved Mon, Tues, Wed, and Fri from 1115 - 1245 until the 20 Mar 92.

## Base Borden Collegiate Institute Plans 35th Reunion

Base Borden Collegiate Institute (formerly Camp Borden District High School), will hold its 35th and last School Reunion for former students and staff, on 15 and 16 May 1992.

To receive a Reunion Application and further information, please write:

Reunion Committee  
Box 995  
Angus, Ontario  
L0M 1B0

## 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.

## Squash

Squash court bookings at Courtenay Rec Association are no cost and can be booked in person or by phone, 338-5371. Interested personnel are required to register through the BPERO Section. For more information please contact the Base Gym, loc 8315.

## Bowling

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

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

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

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

No reservations required for casual bowling.

## 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.

## Ecumenical Service

The Base RC Chapel will host an ecumenical service at 13:30 hours on Friday, March 6, followed by a reception in the Parish Hall.

All Comox area churches will be participating. Contact Claudette Leblanc at 339-3004. Baby sitting service available.

## Pacific Region Ladies Broomball Championship

CFB Comox will host the Pacific Region Servicewomen's Broomball Championships on 27-28 Feb 92. CFB Comox and CFB Esquimalt will vie for the right to represent the Region at the National scheduled for CFB Ottawa 23-30 Mar 92.

Schedule of games is as follows:

Game 1 - 27 Feb 92 1430 hrs  
Game 2 - 28 Feb 92 0800 hrs  
Game 3 - 28 Feb 1430 hrs

(if required)  
Spectators are welcome.

Come out and support our team.

Award presentations will be conducted at the Arena following the final game.

The OPI for the Tournament's Committee is Lt(N) Bradley, BPERO, loc 8781.

## 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.

## Recreation Ball Hockey

Military members interested in playing Rec Ball Hockey, floor time is available Wednesdays, between 1600-1730 hrs at the Rec Centre.

Personal equipment is advised due to limited equipment available. Eye protection is mandatory and wooden sticks are permitted.

For more information, contact the Rec Centre, loc 8315.

## 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. Aircom has allotted 10 positions on subj course serial. Prerequisites are:

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

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

## Mens Fastball Meeting

There will be an Intersection Fastball Meeting 4 Mar 92 at 1200 hrs in the Base Gym Conference Room. Interested players, coaches, managers should attend. For more information, contact Cpl Dan Dupuis, loc 8625.

## Base Gym Sports Stores Hours

Effective immediately, Sports Stores new hours of operation will be Mon, Wed, Fri from 0900-1100 hrs. For emergency issue contact PO1 Brandel, loc 8542.

# On the Base

## Travel in the CF -- an Update

### Base Traffic/Air Movements

## Parting Advice

Do your job the best you can,  
Think kindly of your fellow man,  
Meet all troubles with a grin,  
Take your licks on the chin,  
Turn not your back on friend or foe,  
Wear a smile where'er you go.

Remember these words from day to day,  
You'll find they'll help you on your way,  
Do these things and in the end  
There'll be fewer breaks in your heart to mend.

This is my creed, I pass on to you,  
It will nearly always pull you through.

Reg. Lees, January 24, 1941  
Courtesy of Comox Legion Log, Branch 160.



## The Big Chill

If you're like most Canadians, you probably shudder at the thought of another long winter. The cold weather can be tough on even the hardiest of us.

But have you ever wondered how wild animals survive Canada's harsh winters? After all, they can't curl up in front of a cosy fireplace on a frosty night!

Most animals that cannot find food during the winter either migrate south to warmer climates or hibernate until spring. Different animals hibernate in different ways: some are true hibernators, while others are pseudo-hibernators.

True hibernators spend the winter in a deep sleep, relying on their body fat to keep them alive. When they settle in for the season, their body temperatures drop, their heart rates decrease, and their breathing slows down to almost nothing. Ground squirrels, bats, frogs, snakes, and turtles are all true hibernators.

Pseudo-hibernators sleep for several days or weeks at a time but may wake up during mild spells to eat and exercise. They spend much of the summer gathering and storing food in their winter burrows or gorging themselves in anticipation of the cold weather. Gorging builds up fat, which provides the animals with the energy they need to survive during the less active winter months. Skunks, badgers, raccoons, and bears are just a few pseudo-hibernators.

## Canadian Wildlife Federation

Communications Department  
2740 Queensview Drive  
Ottawa, Ontario K2B 1A2

**SEE YOU AT THE LEEWARD!**

**THE LEEWARD NEIGHBOURHOOD PUB**

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

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

**good times!**

- country cooking
- rural hospitality
- reasonable prices
- clean air system

649 ANDERTON RD., COMOX 339-5400

**NEXT DEADLINE 02 MAR NOON**

**BCYCNA**  
BRITISH COLUMBIA AND YUKON COMMUNITY NEWSPAPERS ASSOCIATION

**BLANKET CLASSIFIEDS** for 25 words  
\$195  
\$3.70 each additional word

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.

<p><b>AUTOMOTIVE</b></p> <p>Engines rebuilt for cars &amp; 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.</p> <p><b>BUILDING SUPPLIES</b></p> <p>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.</p> <p><b>BUSINESS OPPORTUNITIES</b></p> <p>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.</p> <p><b>DISTRIBUTORS WANTED:</b> Join a new fast growing company. Alpine Air Purification Systems. Residential, Commercial, Industrial. Applications including agriculture, hospitals/clinics, etc. Unlimited potential. Call 1-800-661-2035.</p> <p>Earn \$4,000 or more this summer. Dickie Dee Ice Cream Bike Business in your town. Everything provided. Investment required. Coast/Island 521-1292, Interior/North 768-3699.</p> <p>Vancouver Island, B.C. Duncan area. High exposure tire business. 10,000 new and used. In operation over 10 years. Good return \$110,500 trades? 743-3771, 743-9698, 246-7053.</p>	<p><b>BUSINESS OPPORTUNITIES</b></p> <p>12 Unit Motel plus R.V. Park, Powell River. Excellent financial statements. Excellent living quarters. Ocean view on two acres of highway property. Private sale \$365,000. Call (604)485-2911.</p> <p>Becoming a millionaire! A structured approach to financial wealth. For information write The Investment Corporation, 8415 Granville Street, Dept - 45, Vancouver, B.C. V6P 4Z9.</p> <p><b>BUSINESS PERSONALS</b></p> <p>LIVE PSYCHICS ONE ON ONE. An in-depth forecast of what's in store for you in 1992. All cards. 1-800-824-3456 ext 750.</p> <p>Fun-filled love life. People ask Dr. Don "where can we get sexual products discreetly? Now they're available - privacy guaranteed. Order catalogue \$5.50 to: Dr. Don's Products #1173-1124 Lonsdale Ave., N. Vancouver, B.C. V7M 2H1.</p> <p><b>COMING EVENTS</b></p> <p>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)469-1398.</p> <p><b>EDUCATION</b></p> <p>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.</p>	<p><b>EDUCATION</b></p> <p>CHEF TRAINING PROGRAM. In just 17 weeks make your future financially secure. Join Canada's #1 Industry. Cooking is a recession-proof career. Short, intense training. Financial assistance. Gov't funding. Student loans. Continuous enrollment. Accommodation arranged. <b>DUBRULE FRENCH CULINARY SCHOOL</b>, 1522 W. 8th Ave., Vancouver, B.C. 738-3155 or Toll-free 1-800-667-7288.</p> <p><b>FOR SALE MISC.</b></p> <p>966 Loaders, Grapple or Bucket. Asphalt Plant and Paving Equipment. Dump Trucks, Back Hoes, 1213 Crushing Plants, 18" x 36" Jaw Crushers, Bally Dumps and Pups. 100 Barrel Water Tanks and Truck. Call Vic Kampe 493-6791.</p> <p><b>BURGLAR BARS.</b> Attractive white window grills provide discreet home security. Economical and guaranteed. We ship, you install. All sizes, 15 years experience. Canadian Security Products. Toll-free 1-800-661-7555, Ext. 1.</p> <p>Attention: Ford Supercab owners "F" series. Seat lift kit available to raise rear bench seat. Safety approved/no drilling necessary. Call toll-free: 1-800-561-7867.</p> <p>100% natural herbs that gave me the kick-start I needed for shedding my excess fat. For FREE information send large S.A.S.E. to HONL, #5-936 Mill St., Chilliwack, B.C. V2P 4N2.</p>	<p><b>FOR SALE MISC.</b></p> <p>MUSICAL BABY BOTTLE BASE. Insert cup, bottle or glass, and tilt. Plays music automatically. Available colours #1611 Pink, #121 Navy Blue. Batteries included. \$14.95 (includes S &amp; H). Order Box 942, Fort Nelson, B.C. (604)774-2945.</p> <p><b>GARDENING</b></p> <p>The Ultimate Gardener's Store. 1,000's of Products, Greenhouses, Hydroponics, Drip Irrigation. Huge Book Selection. 72 page, photo filled, 1991 catalogue, \$4, refundable on order. Western Water Farms, #103-20120 64th Ave., Langley, B.C. V3A 4P7.</p> <p><b>HELP WANTED</b></p> <p>DISCOVERY TOYS. Discover the Best. Fun, educational toys, books, games. Adaptable to Special Needs children. Catalogue Sales, fund raisers. Part-time career opportunities. Information call evenings collect Christina (604)538-2804.</p> <p><b>ENJOY TRAVELLING?</b> Are you between 18-30? Do you have practical farm experience? For information contact the International Agricultural Exchange Association at 1501-17 Avenue S.W., Calgary, Alberta, T2T 0E2.</p> <p><b>PROFITABLE FASHION CAREER.</b> Limited number of experienced sales representatives required to promote exclusive ladies wear. Mail-order catalogue. Small personal wardrobe investment. Call (604)538-6556 or 1-800-665-8145.</p>	<p><b>HELP WANTED</b></p> <p>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.</p> <p><b>BE RICH AND FAMOUS.</b> New Breakthrough in \$14 billion book publishing market is making people wealthy. Full corporate training. Protected territories. Huge profits 1-800-465-5400. Readers Club.</p> <p><b>PERSONAL</b></p> <p>ADD A LITTLE SPICE! Okanagan College Roommates - Cindy, Lisa, Diane and Jennifer - have exciting personal photos of themselves for sale. For discreet info, write SPICE, Box 670-GB, Kelowna, B.C. V1Y 7P4. Adults only please!</p> <p><b>REAL ESTATE</b></p> <p>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.</p> <p><b>SERVICES</b></p> <p>Major ICBC and injury claims. Joel A. Wener trial lawyer for 22 years. Call collect: (604)736-5500. Contingency fees available. Injured in B.C. only.</p> <p><b>TRAVEL</b></p> <p>50% off Hawaii, Mexico, Las Vegas, Florida Hotels. Info: send self addressed stamped envelope: Miller and Coker RR3 C-16 Atkins Road Ganegs, B.C. V0S 1E0.</p>
---	---	---	--	---

good enough to have the claim annotated an extra weight entitlement unless it is duly requested, authorized and annotated in the passenger name record. Please do not show up at the check in counter with more weight than the entitlement or it may be denied passage. This policy applies to all flights including CC130 Hercules, CC137 Boeing, or CC115 Buffalo flights. Baggage which does not accompany the traveller must be shipped through CMTT as cargo or unaccompanied baggage (UAB). If a member is entitled to ship UAB by service air, CMTT will bill the baggage, give the member a receipt and ensure the baggage is put on the aircraft. Do not bring unaccompanied baggage and/or parcels to the AMS for shipment without having it documented through CMTT.

Lately there has been much talk on the required dress on Service and DND Air Canada Charter aircraft. The dress on all scheduled, special and DND Charter aircraft is the same. Unless authorized, the dress is the DEU in various configurations, eg, dress pants with sweater, dress pants with the Airforce windbreaker, dress pants with short sleeve shirt (summer), or with tunic. Civilian clothing may be authorized in special circumstances by a Commanding Officer or a full Colonel or above. When civilian clothing is authorized the dress will consist of that which is of good taste and is acceptable on civilian aircraft, this includes blue jeans and windbreakers. However, sports attire such as shorts, sweat pants, etc, ragged or cut off jeans and/or shirts or jackets with logo which does not reflect well on DND is not acceptable dress. Base Chief Warrant Officers will be monitoring the dress of passengers at the civilian terminals. Civilian order of dress also applies to dependents. Work dress, combat and flying clothing are permitted only when specifically authorized and the travel claim is annotated accordingly.

The good news is the three dollar boarding fee has now gone by the wayside and all DND flights are free.

If you should wish to discuss any portion of this article, please feel free to drop by the Base Traffic section or call the Base Traffic Officer at local 8291.

Watch for future articles from the Base Traffic section. The next article will be on the movement of furniture and effects.

The good news is the three dollar boarding fee has now gone by the wayside and all DND flights are free.

If you should wish to discuss any portion of this article, please feel free to drop by the Base Traffic section or call the Base Traffic Officer at local 8291.

Watch for future articles from the Base Traffic section. The next article will be on the movement of furniture and effects.

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

BREAK free



# COMOX RECREATION COMMISSION

1855 NOEL AVENUE, COMOX, B.C. V9N 4X4 (339-2255)

## Office Hours

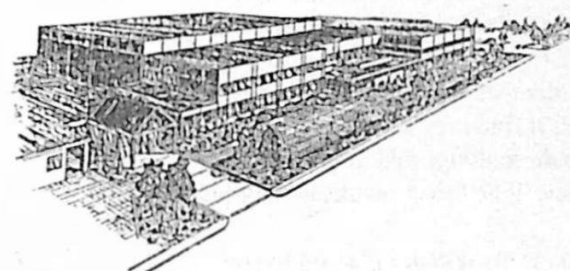
Monday - Friday  
8:30 am - 4:30 pm

Telephone Registration Now  
Available with VISA

339-2255

## COMMUNITY CENTRE

### UPDATE



It's hard to believe that we are about to start construction on the new Community Centre! Construction will commence early March and will conclude in September.

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

For those court buffs, dropping by the new squash and racquetball courts will be a must! The main activity area will be housing sporting events, cultural activities, public meetings, banquets and the like. Community organizations can meet in one of two multipurpose meeting rooms. Or just come on by and have a steam bath! Something for everyone!

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

## SPRING BREAK

March 16 - 20

SPRING BREAK is looking good at the Comox Rec Centre. Watch for details on our Bike Safety Camp, First Aid for Kids, Floor Hockey, Radical Rec Dudes Day Camp and a possible Softball Camp!

Registration will commence in early March.



## 1992 COMOX VALLEY

### FIELD ALLOCATION MEETING

Wednesday  
FEBRUARY 26, 1992

8:00 p.m.

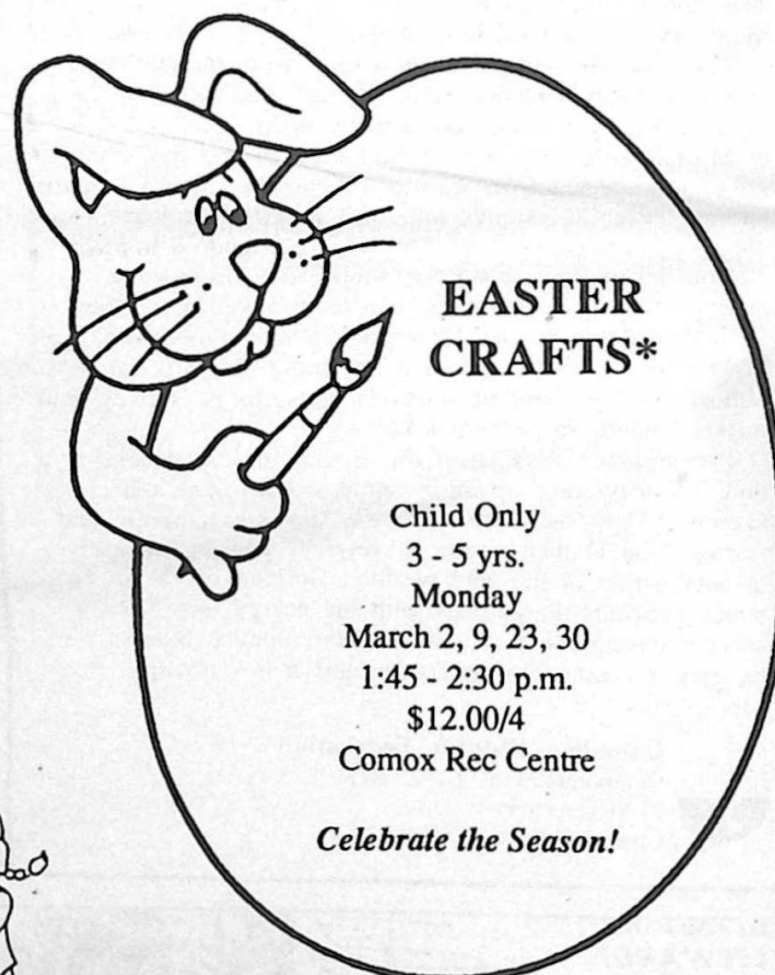
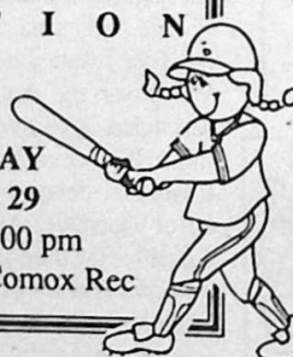
at the  
Comox Rec Centre

Open to any organization or individual  
requiring use of playing fields  
March through September 1992

## KOMOX LITTLE LEAGUE ASSOCIATION REGISTRATION

AGES: 6 YRS. (By July 31) - 12 YRS.

FRIDAY & SATURDAY  
February 28 February 29  
6:00 - 9:00 pm 10:00 am - 1:00 pm  
Comox Rec Centre Comox Mall & Comox Rec



## EASTER CRAFTS\*

Child Only  
3 - 5 yrs.  
Monday  
March 2, 9, 23, 30  
1:45 - 2:30 p.m.  
\$12.00/4  
Comox Rec Centre

Celebrate the Season!

## ONE-NIGHT AFFAIRS

### BACK TALK

Wednesday  
February 26  
7:00 - 9:00 pm  
\$6.00  
Comox Rec Centre



Having difficulty with your back? Come on out and get the latest information on back stress, exercises that relieve back pain, preventative measures to ensure a healthy back, etc. You won't want to miss this one!

### GARDENING

Wednesday  
March 4  
7:00 - 9:00 pm  
\$6.00  
Comox Rec Centre



Hey everyone, it's time to start thinking about gardening. What better way then to register yourself in our upcoming Gardening Workshop. Learn about soil preparation, plant selection, placement, care and cultivation. Find the answers to your questions.

### SPRING TUNE-UP FOR BICYCLES

Wednesday  
March 11  
7:00 - 9:00 pm  
Comox Rec Centre



Spring is in the air and it's time to dust of your bike and hit the trails. Let Simon from Simon's Cycles show you how to prepare yourself and your bicycle. Trouble shooting, basic repair and maintenance and confidence in a well-working machine can be yours!

# On & Off the Base



## LEGION LOG

BRANCH 17 COURTENAY  
334-4322

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

Fri & Sat Feb 21 & 22.....Music by WYLIE & THE OTHER GUY  
Fri & Sat Feb 28 & 29.....Music by KAROKE BY BARB  
Fri & Sat Mar 06 & 07.....Music by WESTWIND

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

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

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

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

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

SUNDAY FEB 23.....JAZZ BAND LOWER LOUNGE  
3:30 - 6:30 PM  
TUESDAY FEB 25.....BRANCH GENERAL MEETING  
7:30 PM

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

SUNDAY FEB 23.....FUN CRIB TOURNAMENT  
Open to everyone. Reg. 12 - 1:00 PM

BRANCH 160 COMOX  
339-2022

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

Fri Feb 21.....Music by WESTWIND  
Fri Feb 28.....Music by HIGHWAY 19  
Fri Mar 06.....Music by SHABOOM  
Fri Mar 13.....Music by ALLEYCATS

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

SUNDAYS.....Lounge 11 AM to 6 PM  
MONDAYS.....Men's Dart League - Navy Room - 7:30 PM  
L.A. Drop-In Bingo. Upper Hall. Doors open 6:30. 7:00 PM  
TUESDAYS.....Ladies Crib League - Begins Sep. 17 8:00 PM  
Mixed Dart League - Upper Hall - 7:30 PM  
WEDNESDAYS.....Navy League Drop-In Bingo  
Upper Hall. 7:00 PM  
C.V. Men's Crib (Home & Away) 8:00 PM in Lounge.  
THURSDAYS.....\*1st Branch Exec. Mtg. 8 PM Upper Hall  
L.A. Exec. Mtg. (as required)  
\*2nd L.A. Gen. Mtg. Upper Hall. 8 PM  
\*3rd Branch General Mtg. Upper Hall. 8 PM  
FRIDAYS.....Dance. Lounge. (Unless advised)

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

TBA

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

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



Dog  
Talk  
by  
Gerry  
Gerow



## The Best Dog for You

Another training book this week. Dog Training, Step by Step, by Michael Tucker, Howell Book House, and Maxwell Macmillan, Don Mills, Ont. \$15.50.

Tucker is an accomplished and very experienced dog trainer. This is his fourth book, and he has done a good job of explaining the hows and wheres and whens of dog training. This book is a guide for both owners and instructors. All the basic problems of training are covered and explained, in this 147 page soft cover edition. It is very well illustrated and easy to understand. If you need a gift idea for your doggy friend or family member, this could be it. The low price, makes it quite attractive. It was just published recently, and should be in the book stores now, but if you can't find it, ask them to order it for you.

There are several hundred dif-

ferent breeds of dogs in existence, today. Which one is right for you. The answer depends at least partly on what you wish your dog to do for you. I am a bird hunter, so I naturally keep a bird dog. Farmers will probably lean toward one of the herding group. People who have property they wish to protect will probably choose some type of guard dog. Many simply want a companion, and quite a few don't know what they want. A number of people choose a dog on impulse without really checking into the characteristics of the breed.

Let's take a look at dogs that were originally developed to assist farmers and shepherds with their herds. A number of them are not really associated with herding, today. Dogs such as the German Shepherds, Bouvier des Flandres, Rottweiler, and Doberman, were originally herding

dogs. However, their strong possessive nature has made them more suitable for guard dogs, and that is what many of them are used for today. If you choose this type of breed, you should have some knowledge of how to handle them, or you could get in trouble.

On the other hand many herding type of dogs are quite docile in nature, and very popular as pets. The Shetland Sheepdog or 'Sheltie' is one example of a herding dog which makes an excellent pet. Another is the Collie.

All types of working or herding dogs are very trainable by nature. They usually excel in obedience and tracking work. So, if you are going to get into dog training, which is an excellent sport, then you should consider one of these types of dogs. But make sure you choose carefully.

## MP Blind Fund -- Looking Back



In 1960, at the Ontario School for the Blind at Brantford, then Lance-Jack Brian Scott (L) of the Provost Corps presented a cheque to help the blind children. Brian is now the C.O. of 1726 C Scot R Cadets at Comox.

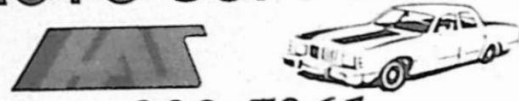
For Ontario Residents  
Only





## Advertisements

## SERVICE DIRECTORY

HARTMAN  
AUTO SUPPLY LTD.

**338-7261**  
480 Puntledge Road We've Moved!  
Parts, Accessories, & Tools

John Hackett, C.D., B.Sc.

Specializing in all aspects of  
personal, estate, retirement  
and financial planning.



SUITE F, 450 EIGHTH ST., COURTENAY, B.C. V9N 1N5  
TELEPHONE: 334-2552  
**Paisley Financial Consulting Ltd.**

## Century 21 COURTENAY REALTY LTD.

Serving Buyers Thinking of Listing?  
Serving Sellers Call me:  
Bus. 338-2222 Res. 338-9827  
Toll Free Pager 1-978-5682

**Multiple Listing Service**  
**Free**  
**Comparative Market Analysis**



Jeani Dev Johnson



Mel Ferraby  
Sales Associate "Your Comox Connection" CF retired

**REALTY WORLD** - Coast Country Realty Ltd.  
576 England Avenue, Courtenay, B.C. V9N 5M7  
Bus. (604) 334-3124 Res. (604) 339-4692  
Pager # 1-979-1469 Fax: 334-1901



\*DRIFTWOOD MALL  
338-8318  
\*COMOX MALL  
339-7774  
\*DOWNTOWN COURTENAY  
334-3443

HOME OWNERS &amp; AUTO PLAN INSURANCE

**RETIREMENT HAPPENS ONLY ONCE...**  
Don't deny yourself the retirement lifestyle you deserve. I can help you with your financial planning now, so you can maximize your savings and enjoy the retirement lifestyle you want. To find out how call me today.

**Grant Morrison**  
2174 Wallace Ave. Comox, B.C. V5N 4J7  
Res: 339-4414. Off: 339-7486  
Fax: 339-5855

**SunLife**  
See the Difference the Sun Makes!

DAVE'S  
WOODCRAFT SHOP

Wood Clothes Drying Racks • Book Shelves • TV Stands  
Magazine Racks • End Tables • Foot Stools • Wood Mail Box  
Spice Racks • Medicine Cabinets • Hope Chests • Toy Boxes  
Doll Houses • Small Tables • Children's Furniture  
Deacon's Benches • Cedar Chests • Plate Rails  
Ph 338-0721 2421 Cousins Ave., Courtenay  
We build to order. Size and wood of your choice.  
All items solid wood.

**SOLD OUT!!**  
BUYING OR SELLING IN 1992

THEN CALL ME TO DISCUSS YOUR PLANS  
LISTINGS REQUIRED  
ocean pacific realty  
282 anderton road  
comox  
off: 339-2021

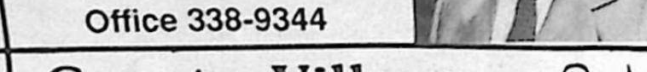
**tom procter 339-2668**

## Metropolitan Life

**Life/RRSP**

Career Opportunities  
for CF Personnel

S. E. (STEVE) NEUMANN  
Account Representative  
Office 338-9344



## Electro Audio / Video

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

Installation & Repair We offer FAX services

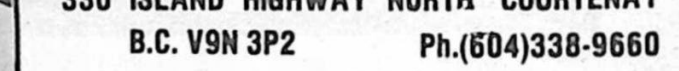
"Where Customer Satisfaction Comes First"

Pick - Up & Delivery  
1496 Ryan Rd. Tel: 339-3393  
Next to Goods Groceries

## Francis Automotive

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

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



## MARKET TRAVEL

WORLDWIDE  
PROFESSIONAL TRAVEL  
ARRANGEMENTS

(Area Code 604) **338-1474**

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

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

## Country Village Kitchen Bin

Coffee • Teas • Spices • Giftware  
Sears Convenience Centre

Send a Gift: Delicious gourmet coffee. Vacuum packed  
immediately before shipping.

190 Port Augusta Mall, Comox, B.C. V9N 5H5  
Don Gates "Our Business is a Grind" 339-7313

## Party Planning and Wedding Peace

• Wedding & Party Planning  
• Church & Banquet Hall Decorating  
• Catering & Entertainment Consulting  
• Clean-up Services

20 Years Experience  
Canada & Europe

Anne DeLaney  
336-2543

Dr. Ida Marie Graf-Blaine, M.D.  
announces the opening of her office  
for the practice of Family Medicine.

D-1822 Comox Avenue Comox, B.C.  
V9N 4A2

Telephone: (604) 339-6979  
Fax: (604) 339-5657

## NRS

**Diamond Club**  
NATIONAL REAL ESTATE SERVICE

KEN STEWART  
bus. (604)334-3111 dir. line 684-2931 fax 338-8315  
res. (604)338-0868

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



All brides-to-be are invited to a  
Welcome Wagon Bridal Party  
February 18, 6:30 p.m.  
Florence Filberg Centre

To receive your free invitation please call  
SHARON 335-2463 or MARY 334-2288

New in the Valley? Call SHARON 335-2463

## COMOX MINI WAREHOUSE

"BEST LITTLE WAREHOUSE IN THE WEST"

U Store It  
Lock It  
Keep the Key

CLOSE TO THE BASE & TOWN

\*Safety \*Security \*Supervision

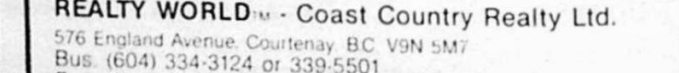
Knight Rd & Pritchard Rd  
Comox, B.C. 339-3424

## POSTED? Coming in or going out -

see me for ALL  
your Real Estate needs.

Maureen Davidson  
Sales Associate

**REALTY WORLD** - Coast Country Realty Ltd.  
576 England Avenue, Courtenay, B.C. V9N 5M7  
Bus. (604) 334-3124 or 339-5501  
Fax (604) 334-1901 Res. (604) 338-7842



**THE GRIFFIN**

• Weekend  
entertainment  
• Section parties

• Darts  
• Pool  
• Cheers!

1185 Kimorley  
Comox, BC  
Phone: 339-4466

**PUB**

## Canada Resumes Participation in Gulf Naval Force

The Secretary of state for External Affairs and the Minister of National Defence today announced that Canada will resume participation in the multinational Maritime Interception Force (MIF) in the Middle East. The MIF is responsible for the enforcement of United Nations sanctions against Iraq following the outcome of the Gulf conflict.

A Canadian Forces destroyer, HMCS Restigouche, will join the MIF in the Red Sea region in the spring for patrol duty. The

deployment will be for approximately six months.

"Since the beginning of the Gulf crisis, Canada has placed a great deal of importance on supporting the UN's ability to enforce its resolution," said the Secretary. "This is no less important now. Any diminishing of commitment to the UN would send the wrong message to Iraq."

"Today's announcement is the latest example of Canada's ongoing commitment to restore peace and security in the Gulf

region," said the Minister. "There is no doubt that our Navy will undertake this important role with the same professionalism and dedication displayed during the Gulf operations last year."

Canadian participation in the multinational force ended last fall with the return to Canada of HMCS Huron. The decision to resume an active role was made in response to a request from the other Gulf coalition partners currently patrolling the waters of the Persian Gulf and the Red Sea. At present, naval vessels of the U.S., U.K., France and Australia are assisting the UN to enforce sanctions against Iraq.

United Nations sanctions against Iraq apply to trade in all commodities except medical supplies, food and materials for essential civilian needs, as determined by the United Nations.

## WANTED:

Your personal births, engagement, wedding and death announcements, including photos. These will be published free of charge to all DND personnel and Civilian employees, retired DND personnel and RCMP.



Chapel Chatter

World Day  
of Prayer  
Fri. Mar. 6.

"Living Wisely With Creation"

When Christians around the world gather for World Day of Prayer services on March 6, 1992, concern for the environment will be at the heart of their prayers. They will be invited to reflect on the challenge of "Living Wisely with Creation". Prepared by women from Austria, Germany and Switzerland, the service for 1992 is written from the perspective of industrialized countries which have experienced tremendous economic growth and advances in technology, and are only now beginning to look at the environmental costs of unlimited progress. The order of worship carefully weaves together Scripture readings, including an exuberant psalm in praise of creation, some of the writers' experiences in the reconstruction of their countries after World War II, and concerns about the present ecological crisis. The Tower of Babel becomes a symbol of the yet unseen implications of our high technology.

World Day of Prayer is a global, ecumenical movement of "informed prayer and prayerful action". On the first Friday in March each year, people in over 170 countries participate in a common service in their own locality. Services are translated into thousands of languages and dialects.

In Canada, the World Day of Prayer is sponsored by the Women's Inter-Church Council of Canada, a national council with representatives from eleven denominations. Local services are organized by ecumenical committees in thousands of communities across Canada, with each church taking a turn to host the annual service. The offerings from the services are used to provide study and worship resources, to cover costs of printing and distributing the services, and to support ecumenical projects in Canada and abroad.

The service in this area will be held at 1:30 p.m. on Friday, March 6 in Our Lady of the Sacred Heart, CFB Comox.

More RCR  
Bursary

The Royal Canadian Regiment Association will award up to three bursaries of \$750.00 each for the year 1992. The number of bursaries awarded will depend upon the number of applicants and their suitability.

Eligible applicants must be:  
- a first or second generation descendant of a serving, former serving or deceased member of The Royal Canadian Regiment; or

- a serving member of the 4th Battalion The Royal Canadian Regiment; or  
- a member in good standing of a Cadet Corps affiliated with or sponsored by The Royal Canadian Regiment; and

- in his or her final of secondary schooling and preparing to attend an institute of higher learning (University, Trades School, Teacher's college, Technical College, Nursing School).

The winners of the bursaries will be chosen on scholastic, all-round achievement and financial need.

Applications must be received at Regimental Headquarters by 30 June 1991.

Application forms may be acquired from a unit of The Royal Canadian Regiment or from Regimental Headquarters The Royal Canadian Regiment, Wolseley Hall, Canadian Forces Base London, Ontario, N5Y 4T7.

## Bulletin Board

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

**FOR SALE**  
Compewriter 88 TG  
Typesetting machine,  
complete with spare  
parts. Any offers?  
339-2541 338-0259

**SPACE FOR RENT IN**  
CANEX MALL  
SUITABLE FOR  
OFFICE OR RETAIL  
SPACE  
FOR INFORMATION  
CONTACT CANEX  
SERVICES MANAGER  
MWO DAN PETITPAS  
339-8372

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

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

**FOR SALE** 1979 Ford super  
cab camper special, 4 wheel  
drive, 460 engine, cruise control,  
new tires AND 1981 Frontier  
camper. Sleeps 6, stove, fridge,  
furnace. Very good condition.  
\$10,500. Will consider selling  
separately. Call 339-6679.

**FOR SALE BY OWNER** -  
1 1/2 year old, all electric, 1500  
sq ft 3 bdrm rancher. 1 1/2 baths,  
4' crawl space. Double garage,  
rear deck, 16x24' workshop at  
rear with separate paved drive.  
Large fenced lot with auto  
sprinkler system. Close to bus &  
mall. 2400 Piercy Ave., Courtenay.  
\$135,900 (No GST).  
Ph:338-5619.

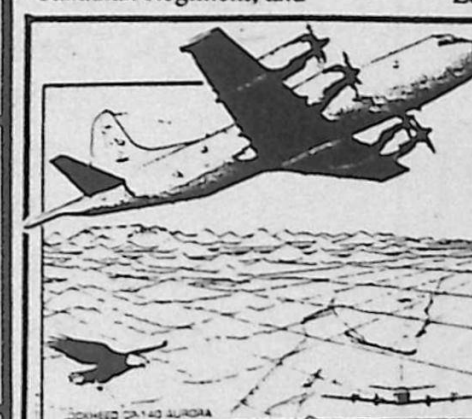
**FOR SALE** 65 hp  
Mercruiser inboard/outboard, 4  
cyl w/leg gauges & controls, \$850  
o.b.o. Phone: 339-0762.

**MOVING TO GREENWOOD?**  
GREENWOOD REALTY LTD.  
Canada Trust Representatives  
P.O. Box 1422  
Greenwood, N.S.  
BOP INJ  
(902)765-4243  
FAX (902)765-8550

**FOR SALE** 1989 MAZDA  
MPV Mini-Van, 2wd, 7 pas-  
senger, 6 cylinder, automatic.  
Owned by non-smoker. Excellent  
condition. Asking \$15,000. Ph:  
339-7978.

**So what's your point**  
Tootsie?  
Happy Birthday Nancy:  
Your Tapeworm Friends.

**Happy Birthday**  
Gary!  
30 and time to party!



New Aircraft Design  
Perfect gift for easy mailing.

On t-shirts, sweats,  
and stonewash tops.

**HITEC SCREEN PRINTING**

830 F Cliffe Ave., Courtenay 334-3656

**YOUR COMOX VALLEY SCREEN PRINTER**

## EXPRESS

Assistance for Busy People  
Garry Peppard 339-3376

339-6945 Fax RR #1, Site 168 C11  
Comox, BC V9N 5N1

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



# On & Off the Base

## 8K Fun Run

March 8

Sponsored by a local newspaper, the annual Comox Valley Road Runners' Fun Run will take place on Sunday, March 17, start time 11:45 a.m. at the Florence Filberg Centre, Anderton Road, Courtenay.

\$12.00 Pre-registration before 28 Feb 92 includes a T-shirt.

\$10.00 Registration on run day, no shirt included.

Ribbons will be awarded for 1st, 2nd and 3rd place for each category. Numerous prizes will be drawn at the awards ceremony following the run.

The Totem Times is donating a free 4" x 4" advertisement.

### Runners' Categories:

Junior 1. - 0-16 yrs

2. - 17-19 yrs.

Open 20-29 yrs.

Premaster 30-39 yrs.

Master 1. 40-49 yrs.

Master 2. 50-59 yrs.

Master 3. 60+ yrs.

A doctor, first aid attendant and physiotherapist will attend. For further information, phone Al Munday 334-1936. Entry forms maybe obtained at the Courtenay-Comox Valley Record, Cliffe Avenue. Cheques payable to the Comox Valley Road Runners.

This event is not part of the Vancouver Island Runners Association series.

### OUR FLAG

In the hearts of the loyal few the flag remains.  
A reminder of better days and many memories.  
But for us the youth, a new flag.  
This one has few memories, but many dreams.  
With faith pride and hard work, those dreams will be realised;  
And our nation shall prosper in good health.

Jeannie J. Norlander

Jeannie is a clerk in NPF Accounts. Watch for her work in following editions of the Totem Times.

### 1 in 5 CANADIANS CAN'T BREATHE PROPERLY

But you can beat the odds on lung disease.

- Arm yourself with the latest lung facts from the B.C. Lung Association.
- Reduce air pollution from residential wood smoke and auto emissions with tips from the Association.
- Support advanced research and province-wide community education programs sponsored by your Lung Association.

B.C. Lung Association  
Box 34009, Station D  
Vancouver, B.C. V6J 4M2

Advertisement space donated by this publication

## Safer Skiing

Each winter there are about 12,000 injuries on Canada's ski slopes, evenly divided between men and women.

Expert skiers in their late 20s sustain 85 percent of the most serious injuries involving damage to the brain and spinal cord. However, the majority of injured skiers are beginners or intermediates who are out for the fourth or less time for the season and suffer injuries to the wrist or knee.

Ski patrollers report that most accidents occur on clear days with good visibility, at temperatures from zero to 10° C, and on packed trails. It seems skier error -- not the weather, slope or bindings -- is usually at fault in accidents.

So, before you take to the slopes, nurses recommend that you consider your odds for a safe performance on skis. Are you in good shape? Will you ski within your abilities? Will you start out alert and fresh? And will you stay that way all day?

Be careful with alcohol. There are no hard and fast statistics on drinking (or drugs) and ski accidents. However, the hazards of drinking and skiing are not dissimilar to those of drinking and driving. A couple of midday beers in the lodge or a wineskin on the trail can make a difference to your performance on skis.

Two beers during a 40-minute lunchbreak will, on average, raise the blood alcohol level of a 160-pound male skier to .05. Under the same circumstances the same amount of beer will, on average, raise the blood alcohol level of a 120-pound female skier to .08 -- the legal limit for driving in BC. The limit makes sense because it marks when a measurable decrease occurs in our ability to react to unexpected events at that (and higher) levels of blood alcohol.

Don't expect that you can "burn off" excess alcohol as you whiz down the slopes. The rate at which we "burn off" alcohol is determined by our size (measured as our lean weight), and gender. The excitement of a run or the exercise itself will have no effect on the rate at which the liver eliminates alcohol.

Do not drink alcohol if you are feeling chilled. One or two drinks might make you feel warmer because the blood vessels dilate just below the skin's surface and create a warm glow and a flushed look. In the short term the warm blood circulating in our extremities staves off frostbite and feels good. However, by circulating more warm blood from the core of our body to the extremities we can gradually reduce our internal body temperature and become colder. Cold skiers need cover, warm drinks and extra calories far more than alcohol.

It is dangerous to give alcohol to anyone who is shivering or becoming clumsy, confused, drowsy or irritable. These are signs of impending hypothermia and alcohol only accelerates the process. Instead seek shelter, warmth and help immediately.

Safer skiing has built in bonuses, not the least being extra days on the slope in the late winter and early spring. Nurses recommend that you ski fit and stay in control. If drinking is part of your ski day consider saving it for the evening when you are safe and sound at home or in the lodge.

## Open Skies



### Flying the 'Open Skies' of Canada

Col Laszlo Forgacs (seated) and Lt-Col Istvan Bako of Hungary took part in a historic Open Skies trial of Canadian Territory Jan 16 with an orientation and familiarization flight aboard a Canadian Forces CC-115 Buffalo aircraft from CFB Trenton's 424 Squadron. As well as flying over a combination of military installations and industrial areas from Ottawa to Toronto, the Hungarian officers were able to take in two of the country's famous landmarks: the C.N. Tower and SkyDome.

The aim of Open Skies is to develop a greater openness between participating states by allowing mutual, unarmed observation flights over their respective territories. The purpose of the trial program illustrated above, is to test Open Skies procedures and operations, to demonstrate the capabilities of various sensors, and to simulate an exchange of data. It will also give the Hungarian officials the chance to gain practical experience and knowledge about administrative and operational flight procedures in Canada.

January 1992's joint Canadian-Hungarian trial flight follows the 1990 trial overflight of Hungary by a Canadian Forces CC-130 Hercules aircraft.

(CF photo by Cpl Marc Bergeron REC 92-0182-14)



### POSTED TO COMOX

Call me for a package of Area, Mortgage and Real Estate information.

Frank Wilman 604-339-7653

HomeLife/Harbour Realty

Fax 604-339-7693

Res. 604-339-4430



## NOTICE

CANEX

CUSTOMER

WE HAVE DECIDED TO EXPAND  
OPERATING HOURS IN ORDER  
TO BETTER SERVE OUR  
CUSTOMERS

RETAIL STORE EFFECTIVE  
2 MAR/92

9:30 AM-6:00 PM MON-SAT  
11:00 AM-5:00 PM SUN

EXPRESSMART AND GAS BAR  
EFFECTIVE OPENING OF  
NEW GAS BAR

7:00AM-10:00 PM EVERY DAY  
THANK YOU FOR SHOPPING  
AT CANEX

## Buy or Sell

your home  
through

HomeLife

and receive

GIFT CERTIFICATES

from

Zellers



Every Zellers Customer Who Registers With The HOMELIFE REFERRAL CENTRE And Completes The Sale And/Or Purchase Of Their Home Through A HOMELIFE MEMBER BROKER will receive:

ZELLERS GIFT CERTIFICATES in an amount equal to \$33.75 for every \$10,000 increment in the sale and/or purchase price of their home AND 10,000 CLUB Z POINTS AND A Chance To Win 1,000,000 CLUB Z POINTS

Call: 1-800-668-0186

THIS OFFERING IS NOT INTENDED TO SOLICIT PROPERTIES CURRENTLY LISTED FOR SALE.