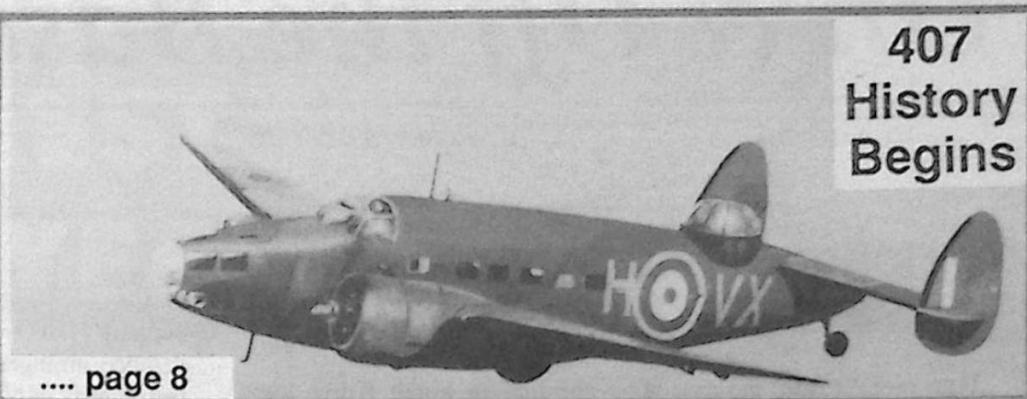




Winter Carnival Capers

.... pages 10 & 11



407 History Begins

.... page 8



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 34 NO 05 MARCH 05 1992

NEXT DEADLINE MARCH 16 1992

COST: PRICELESS

Forty Years in Europe....

Courtesy Royal Canadian Air Force Association



The Canadian Air Division moved into Continental Europe to provide front-line NATO air defence, in 1953. Sergeant Shatterproof was there....

1992 Federal Budget Impacts Canadian Forces

The government, in recognition of the dramatic improvement in the international situation and the need to reduce the budget deficit, has concluded that another reduction in projected defence spending is in the country's best interests. Clearly, a strong defence depends on a healthy and robust economy, and DND is being called upon to shoulder its share of the burden.

The reduction in defence spending will total more than \$2 billion over the next five years. This will include \$258 million in 1992/93 and \$272 million in

1993/94. These reductions reflect the combined impact of savings flowing from the defence policy announced in September 1991 and the 1992 budget. In all, since 1989, defence spending has been cut by close to \$6 billion.

These new measures mean more personnel reductions, added pressure on infrastructure, further cutbacks on administration and overhead activities as well as some reductions in capital spending. DND will defer the project for the CF-18 Forward Operating Location in Kuujuaq, close Canadian Forces Station Ber-

muda, slow the growth in the Reserves and rationalize its supply depots. It will also advance the pullout of troops in Europe and will forego the creation of a stationed task force.

Even so, the fundamentals of the government's defence policy as set out in the September 17, 1991 announcement, remain unchanged. This policy called for versatile general purpose forces and for each of the three services -- navy, army and air force -- to maintain a minimum level of military capability essential to deal with a variety of national and

international contingencies. The government remains committed to safeguarding that core capability; that is, the provision of flexible, combat-capable armed forces for the defence of Canadian interests at home and abroad.

Defence Policy Announcement of September 17, 1991

The announcement on defence policy of September 17, 1991 acknowledges the transformation of Central and Eastern Europe and the collapse of the Warsaw Pact and argued that important con-

ventional force reductions were possible. Under the new policy, Canada's basic objectives remained the promotion of a more stable international environment in order to reduce the risk of global conflict, deterrence of the use of force or coercion against Canada and its interests and the maintenance of the capability to respond adequately should deterrence fail. Recognizing that Canadian security could only be maintained on a collective basis, in alliance with like-minded nations, Canada would continue to

continued on page 2

On & Off the Base

Korean Korner

by Bob Orrick, C.D.

Honoured by South Korea

Four months from the date of writing (25 February, 1992) will mark the forty-second anniversary of the start of the Korean War. It was on Sunday, 25 June, 1950 at 0400 when the Communist North Koreans launched an unprovoked attack on their southern neighbour, South Korea.

Canada, along with twenty other United Nations member countries answered South Korea's call for assistance. Of the twenty-one countries, sixteen sent combat forces, while the remainder provided medical and hospital services.

Each June 25th the inhabitants of Seoul, Republic of Korea (ROK) mark the day when brother was set against brother. Members of the Armed Forces of South Korea are joined by veterans, widows, families and friends of those involved in the Korean War to commemorate the date. In 1991 upwards of 80,000 soldiers, sailors, airmen, marines, veterans, widows and families marched five kilometres through the streets of Seoul. Included in that number were 40 foreign veterans of the Korean War. The South Koreans venerate those who came to their aid in 1950-53. The foreign veterans are much respected.

In June, 1991 this scribe was one of the two Canadian veterans of the Korean War invited to attend Seoul's impressive parade and festivities marking the War's 41st anniversary.

To a Canadian veteran conditioned to anti-war protest groups, left-leaning media, an apathetic public and an indifferent government, the welcome received from gracious and ever-thankful South Koreans was overwhelming. The difference between South Korea and Canada's respect for important world historical events is as black is to white: one displays gratitude, the other unconcern.

Also very different was the reaction of the youth. In Seoul on that day the streets were lined with school-aged children waving flags. The two most prominent were the South Korean and the Canadian. School

children in South Korea know their history. They realize they owe much of their present-day prosperity to the actions of soldiers, sailors, airmen and marines of 16 nations who fought side by side with their countrymen. They know too, that five other nations supported the combatants with much needed medical and hospital facilities. Moreover, they know that the Canadians who fought in Korea to stop the spread of communism continue to support the youth of South Korea. The Korea Veterans Association of Canada, Inc., through various units, provides bursaries to school children living in the Kapyong region. It was a Kapyong in April, 1951 that the Princess Patricia's Canadian Light Infantry (PPCLI) stopped advancing Chinese Communist personnel. The citizens of Kapyong remember the gallant Canadians who played an important part in saving their homeland from the Red Menace.

In Canada, by contrast, few Canadians even know of the Korean War, or that Canada's contribution was superb. Canadian school children, at least in British Columbia, learn little of this country's modern history. In the textbooks brief mention is made of Canada and the Korean War. Is it any wonder the youth of this country pay so little respect to the veterans who fought, and died, to defend the principles of freedom. A freedom that so many Canadians take for granted; who think of freedom as a right to be demanded forgetting the price that was paid for that freedom. They need only view the United Nations Cemetery at Tanggok near Pusan. Or the Yokohama British Commonwealth War Cemetery in Japan. Or the several cemeteries in far off lands where Canadian Armed Forces personnel lie buried, row on row. These courageous Canadians have one thing in common: they paid the supreme sacrifice so that others, those who remain, may enjoy freedom.

AUDACES FORTUNA JUVAT - Fortune favours the brave.

support NATO and continental defence arrangements to ensure the security of North America.

The new policy also highlighted the requirement, in the new global circumstances, for the department's programs and plans to be affordable and place greater emphasis on assistance to civil authorities. It defined the priorities for the Canadian Forces as follows:

- * Defence, sovereignty and civil responsibilities in Canada
- * Collective defence arrangements through NATO, including our continental partnership with the United States
- * International peace and security through stability and peacekeeping operations, arms control verification and humanitarian assistance

As part of the September decision, projected expenditure levels were reduced. Economics were effected in several areas: a reduction of the Regular Force from 84,000 to 76,000 and for the civilian staff from 33,000 to 32,000; continued implementation of the 1989 infrastructure reductions; closure of CFBs Baden-Soellingen and Lahr in 1994 and 1995 respectively; and, the establishment of the Minister's Advisory Group on Defence infrastructure to help define a methodology to carry out further reductions.

Highlights of the Major Program Changes in 92 Budget

Europe. The budget brings forward by a year the closure of our two military bases in Germany; CFB Baden-Soellingen will now close in 1993 and CFB Lahr in 1994. In addition, the budget has cancelled the undertaking to maintain a Task Force of about 1,100 troops in Europe. Canada will retain, however, the capability to dispatch contingency forces stationed in Canada consisting of a brigade group and two squadrons of CF-18s anywhere in the world, including to Europe, should the need arise.

Canada's commitments to NATO and Europe will remain - a Canadian Forces battalion will remain prepared to deploy to Norway with the Allied Command Europe Mobile Force (Land) or

the Composite Force, Canadian aircrew will continue to serve aboard the AWACS of NATO's Airborne Early Warning Force, Canadian destroyers and frigates will continue to sail with the Standing Naval Force Atlantic, other Canadian maritime forces will still patrol the North Atlantic and our support of allied training in Canada will continue.

Personnel. The size of the Regular component of the Canadian Forces will be reduced from 76,000 to approximately 75,000 by 1995/96. There will also be some further reductions, military and civilian, in various aspects of the defence effort at headquarters and bases in Canada.

Reserves. Some savings will be achieved by slowing the rate of growth in the Reserves in the near term. The targets for the ultimate size and composition of the Reserves have not changed. The department remains committed to the implementation of the Total Force concept as outlined in September 1991. The integration of the Regulars and Reservists into a Total Force remains one of the fundamentals of our new defence policy.

Special Emergency Response Team (SERT). As part of its policy of rationalization of services and downsizing, the government has decided to transfer the responsibility of SERT from the RCMP to National Defence.

Emergency Preparedness Canada. The return of institutional responsibility for emergency preparedness to DND, where it rested until 1988, will allow for administrative economics and further enhance the commitment of the Department to national roles.

Capital. There will be some reductions in capital spending in fiscal years 1992/93 and 93/94. The department will have to examine where those reductions can best be made without affecting the core military capabilities outlined in the policy enunciated in September. After the first two years, we will return to our fundamental principle of protecting capital spending in order to give the troops the tools to do the job.

More Federal Budget

continued from page 1

The department will continue to pursue the target of 26 percent within 5 years, with a long term goal of 30 percent of the defence budget for capital spending.

Forward Operating Locations (FOL). The department has decided not to proceed at this time with the construction of the FOL in Kuujuaq, Quebec. We will, however, proceed with an alternative Canadian Forces presence in northern Quebec. This presence will take the form of an austere facility which will provide a new focus for increased training activities in the northern environment.

Supply Depots. The Canadian Forces will consolidate its four regional supply depots and its publications depot into two centrally-located depots in Edmonton and Montreal.

Closure of CFS Bermuda. Changing geostrategic circumstances and fiscal constraints have led to a situation where this communication facility is no longer considered essential.

Infrastructure and Properties. In September, when the Minister announced the new defence policy, he foresaw potential infrastructure savings. That is why he mandated an Advisory Group on Defence Infrastructure to recommend a methodology to address the problem of redundant facilities. Its report is expected in the coming weeks. The government will also review all of DND's urban land holdings to determine whether significant benefits can be achieved through rationalization or disposal.

Other. There will be significant savings from the funds devoted to R&D and departmental administration, including public communications.

Conclusion While this budget will cause some delays and downsizing or even cancellation of some specific planned projects, care has been taken to safeguard the essential core capabilities of the Canadian Forces. At a time when many Canadians are facing economic hardship, DND is fully committed to contributing to the government's expenditure reductions.

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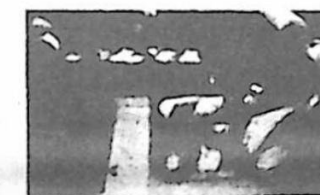
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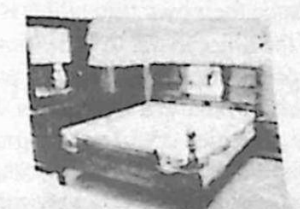
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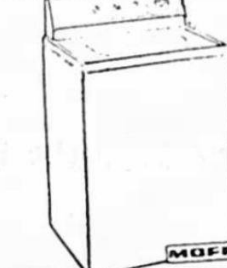
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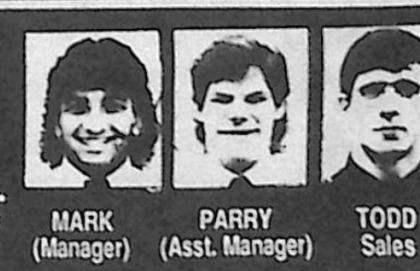
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Base Commander Col J.E. McGee presented the BC Air Council Air Safety Award to BFCO Maj V. Kippel recently. Article at right was first printed in the Totem Times, 24 Oct 91.

BCAC Air Safety Award for Maj Kippel

The Back and Bevington Air Safety Trophy was awarded to Major Kip Kippel of the Canadian Forces Base Comox. The back and Bevington Award is one of the prestigious awards the BC Aviation Council presents each year at their annual aviation conference.

This year's conference attracted delegates from all ten provinces with the theme 'Canadian Airports on Final Approach to the Future'. Major Kippel's award was announced at the awards luncheon with over

350 aviation people in attendance.

The award is presented to the person who has contributed most to air safety in the province of British Columbia. Major Kippel has been a driving force at CFB Comox. He initiated and maintained an outstanding flight safety program for CFB Comox.

This involved jet aircraft, propeller driven aircraft, fixed wing and rotary wing aircraft. Through these high standards and devotion, he has given freely of his time in establishing a dynamic

flight safety program for air cadets in the Pacific Region.

Major Kippel has used his off-duty time to inspect air cadet glider sites around the province. He briefs the cadet gliding staff on a regular basis and implemented standardized procedures in operations and training of cadets.

The Council, in presenting the Back and Bevington Award, complemented Major Kippel on his support of the air cadets in this, their 50th Anniversary Year.

Editorial

Guest Editorial

Col. J.E. McGee
Base Commander
CFB Comox



Volunteers

In this edition, tribute is paid to the volunteers of the Totem Times for their continuing success in producing an award winning newspaper. In a sense, that success is shared by a great many people here at CFB Comox because the newspaper reflects the variety of official and unofficial activities which our personnel do — often voluntarily. The greatest impact of our volunteers is felt, but perhaps not always seen as such, in the community we are a part of.

I cannot help but be impressed by the unselfish contributions of time and effort you expend on behalf of our youth, and other needy groups to improve their quality of life. Whether as coaches, referees, facilitators, instructors, canvassers, campaigners, worker-bees, organizers, drivers, donors, leaders, auxiliaries, committee members, or executives, your charity, interest and enthusiastic and energetic support are felt throughout and indeed beyond the Comox Valley. The level of contribution far exceeds our representation as eight percent of the work force.

Being a volunteer is not easy. It means frequent sacrifice of personal or family goals or desires to advance a group or community objective. Motivating other volunteers who must balance their own timetables is not a straightforward task, but must be done if the objective is to be achieved. Being a volunteer also means making a commitment. An offer to assist must be as credible and reliable as if it were a business agreement or a tasking — without that reliability, voluntary activities could not progress. Backing out of a voluntary agreement transfers the workload to others who could have equally or more difficult scheduling conflicts to resolve if the activity is to succeed. Worse, a volunteer's withdrawal from a commitment could mean that the objective will not be achieved. So, for those who sit on the side lines and wonder how so many socially beneficial and vital activities take place, it is not by magic. It is because so many people, like you volunteers, commit and deliver time, talent and energy on behalf of all of us.

In today's economic climate, governments cannot afford to fund the many groups who provide charitable or social nets for our modern society. Thus, volunteers become the backbone of society providing the leadership and wherewithal for certain individuals and groups to realize greater fulfillment or, in some cases, just to survive the emotional, mental and physical strains of their lives. The ways you choose to serve our community are as impressive for their variety as for the quality and quantity of service you provide. Your achievements are an endless source of pride as I see or hear of the results of your extraordinary efforts. Congratulations for your vital interest in and commitment to the enhancement of the lives of the many individuals and groups who rely on you. You have made a significant difference because you care. Thank you.

Lazo Post Office -- No Change

A recent local newspaper announcement implying reduced postal service at the Lazo Post Office is not accurate. Lazo Post Office indicated the change was internal, and does not affect its office hours, which remain as:

Mon - Fri 08:30 - 17:00 (5 p.m.)
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TOTEM TIMES

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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, Liz Basham
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Totem Times Awards

In this edition, recognition is given to our own editorial team for winning the Canadian Community Newspaper Association's Base Paper Award in the Volunteer category. This is a wonderful achievement at any time. For us here at CFB Comox, it is all the sweeter for several reasons. First it is a new team assembled by our civilian editor who took over the post about one year before the competition. Thus, it is a tribute to his editorial talent and team who pitched in at the same time. It is also a tribute to the contributing authors who have provided the interesting, informative and well written articles which enrich

the Totem Times for we readers. In the Totem Times office, Norm is aided by a first class group of volunteers. Congratulations Norm, to you and your star team who have produced another winning combination for us.

Yes, another prize-winning edition. For five of the last eight years the Totem Times has been leader of the pack. During that time we have had a number of enthusiastic editors and assistants who have produced a consistently high quality newspaper. That is not, of course, the whole story. Some editions were not entered in the competition so it cannot be said whether the broken string

might have been unbroken. What can be said, however, is that the readers of the Totem Times have been extremely well served ever since its inception and we owe a debt of gratitude to the many contributors of articles and photographs, editors, and assistants. To all of you, wherever you are, thank you for this wonderful legacy which has been carried on by Norm and his team who have earned the most recent, well deserved recognition.

Colonel J.E. McGee
Base Commander
CFB Comox

Festivals B.C.

Barry van Dusen, President of 'Comox Nautical Days' is proud to announce Festivals B.C. 7th Annual Seminar Weekend will be hosted by 'Comox Nautical Days' in Courtenay, March 6-8 1992. Shirley Cameron, Festival B.C.'s President, is pleased to announce that this years speakers will include Dr. Peter Murphy, University of Victoria, Ernie Fladell, The Vancouver Children's Festival, and Sharron Simpson, a

member of the Attorney General's Task Force on Public Order.

Festivals B.C.'s Seminar Weekend is an intensive day of educational sessions, presented within a weekend of social activities. It provides delegates with current information on event management, combined with 'firsthand' experiences of veteran organizers. Sessions will cover event programming, fund raising

strategies, risk management and other current festival and special event issues.

The 7th Annual Festivals B.C. Seminar Weekend is open to all organizers of community special events throughout British Columbia. For more information, please contact the Festivals B.C. offices at 1-892-5977, or toll free 1-800-661-2295, Fax 892-5978.

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.

Comment

Totem Times Awards



The Publisher (Col J.E. McGee) lines up with his Base newspaper staff as they display CCNA Best Military Newspaper awards, dating from 1981. L-R: Stephanie Boutillier, Circulation; Ron Fisher, Camera; Dawna Dozzi, Typesetter; Julie Blondel, Production; Col. McGee; Liz Basham, Production; Norm Blondel, Editor; Barb Newman, Production; and Karen Vedova, Asst. Editor.

B17 Visits Nanaimo

Dear Editor:

On Monday, June 29 a 'Sentimental Journey'. A lovingly and completely restored, WWII Boeing B17 will visit Nanaimo Airport and be on static display until July 2.

We at 808 Wing RCAF Association are excited about bringing her in, as there are several special anniversaries to celebrate.

* The 125th birthday of Canada

* The 50th Anniversary of the Royal Canadian Air Cadets in Nanaimo and Ladysmith.

* The 50th Anniversary of Nanaimo Airport.

The B17 belongs too, as it was the summer of '42 when Flying fortresses of the US 8th Air Force, first flew into action from bases in Britain.

We hope to find among your readers, people who helped to build, fly, repair, or service 'Forts'. Please have them get in touch.

Yours Sincerely,
Gord Bell
808 Wing RCAF Association
P.O. Box 123
Nanaimo, BC V9R 5K4
Phone: 756-9623

More Battle

Dear Editor:

In reply to reader Harry Bryant's recent query regarding the aircrew complement of the Fairey Battle, may I offer the following explanation. The Battle was originally designed for a crew of two, pilot and observer. However, it was later realised that the aircraft required more defensive armament, and it was modified to accommodate a rear gunner in the cockpit. This entailed moving the observer to the bomb well where, upon going into action, he would then stretch out in a prone position to operate the bomb sight.

In my article on the Battle and the V.C. awards, I was remiss in not mentioning that there was a third crew member involved. He was L.A.C. R.L. Reynolds, the rear gunner, who was also killed

in the action. It is difficult to understand why this man was overlooked, and not given any recognition for his part in the action. Was it because the gunners were volunteers from the ground crew tradesmen? In addition to their normal duties, which entailed daily maintenance of the whole aircraft, these men were keen to fly. For the extra duty of gunner, they were paid the princely sum of one shilling and sixpence per day!

From Mr. Bryant's comments on the Battles used at training establishments, I can only conclude that they were operated in a two crew member mode, vis-a-vis those aircraft engaged in a combat role.

Sincerely,
John Novak

Yet More Battle

Dear Editor:

In response to Harry Bryant's query on the number of crew members in Battle aircraft, I offer the following information. The original Air Ministry Specification P27/32 called for two crew members, a pilot and an observer. A later change of policy saw the addition of a wireless operator/air gunner, whose location in the Battle was to the rear of the cabin behind the pilot and observer.

John Novak in Totem Times for 6 Feb 92, referred to the award of the Victoria Cross to F/O D.E. Garland, Pilot, and Sgt T Gray, Observer, of 12 Squadron RAF. A third crew member was the

Wop/AG LAC, R.L. Reynolds, who was also killed but did not receive any award or recognition.

Over the years many eminent people had appealed to the UK government to correct this gross error but without success. Reynold's mother received only her sons personal belongings and a document that read "Discharged. Killed In Action".

The first German aircraft to be shot down in air combat during WWII occurred on 20 Sep 39. A BF109 was destroyed by Sgt F. Letchford, an Air Gunner in Battle K9243 or 88 Squadron, RAF.

Sincerely,
H.W. Holmes

Patriot Games

Dear Norm:

I wish to commend you on the excellent article from your pen under the heading 'Patriot Games'.

The article, as such, is certainly long overdue and truly reflects the general opinion and sentiment of the public majority, without question.

For one, I am thoroughly disenchanted with the media accolades bestowed on Canada's mediocre performing representatives when they attain a tenth placing or beyond and even more disgusted with the magnificent praise and acclaim when finishing outside of medal criteria.

The monetary waste of the ever suffering public who support

these participants should definitely be reviewed with emphasis placed on terminating 'pampering' of the also-rans. To use the Olympics as a stepping stone for future performance improvement is not the name of the game. Present performance, at its best, should be the criteria for participating in these very competitive events.

As Canada's first, and only, individual gold medal winner in the prestigious 1949 I.S.D.T., a performance unmatched to this day, all travel costs, accommodation and equipment movement was at my personal expense with not one cent coming from any support body in the country. A very different story to the present

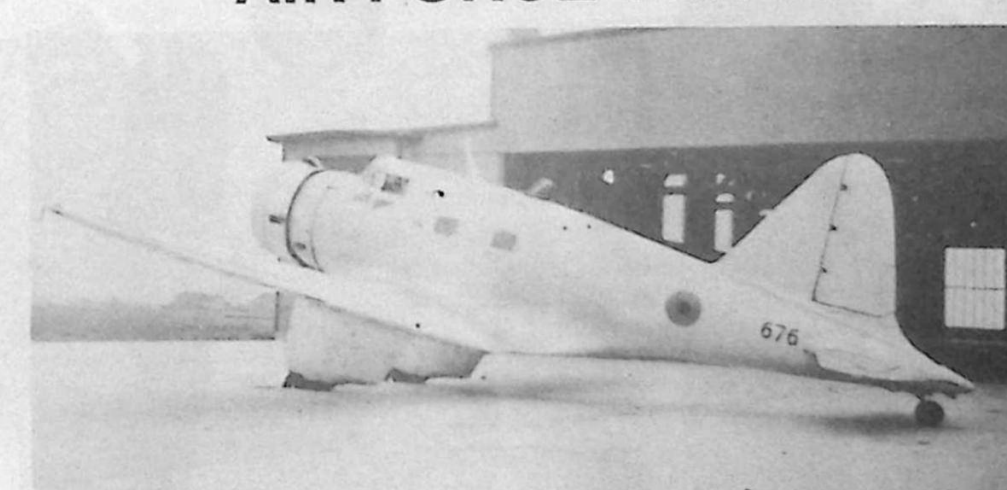
molly-coddling of our today's "hero" ...

Recreational pastimes such as curling, free-style and mogul skiing should not become considerations for activity incorporation since these are not sporting events and have little audience appeal.

In conclusion, I heartily recommend that your editorial be made available to other media and newspaper channels since its content is truthful and very much to the point in every respect. Again, my congratulations.

Sincerely,
T. (Bud) Bailey
*International Six-Day
Motorcycle Trial

AIR FORCE TRIVIA



Trivia Answer

Fairchild C119G 22117 Boxcar of 408 Sqn, RCAF, Rivers, Man., 1964.

For a more detailed answer, see John Novak's excellent article on page 13.

St John Ambulance Volunteers

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

Section News



BAMSO

DIAC

Spring greetings from the DIAC Maintenance and Training Section. Our first course of the new year is almost wrapped up and the students from Greenwood are very anxious to get back to start shovelling all that glorious white stuff. The course has been fraught with practical jokes on the instructors and although some jokes failed, some really did brighten up a dull school day. Our second course is scheduled to start 17 Mar. By then the jokers should have some new pranks to pull.

As with most sections, the FRP has us in an uproar. Three of our personnel have applied and are anxiously awaiting the go ahead to civilianize. Looks like another big turn over this year.

Sgt 'Super Dave' Mofford was one of the lucky sailors to be chosen to go out on the sailing ship Oriole during its brief stay in Comox. Super said he was very proud to have motored on such a grand vessel. He also added that although there was a lack of wind there was an abundance of tasty snacks. Thanks to the crew of the Oriole for a great adventure.

In closing, our section would like to wish the Base broomball team good luck in its quest for the national championship. If MCpl Dave Ward could taste such a delicious victory, this reporter is sure he'll be a much happier sailor in Shearwater, with these sweet Comox memories to carry him through. Ciao for now.

RTT

Hello again. We are alive and well, working just as hard as ever. The daily routine has slowed somewhat, with the removal of equipment and the addition of newer, faster and more reliable crypto.

There will be a change in personnel this coming APS. Paul Diepbrink will be moving to Gods country, sunny Kingston, Ontario, in early July. Paul is leaving us after only three short years. Good luck to you and your family in Kingston. His replacement, Paul Rioux, is coming from 734 Comm. Det. Regina, Sask. Welcome to the west coast.

Al Doole and Pete Francey competed throughout the year in the local Inter Section Curling. It appears that Al fared better, competing for the A championship and Pete going for C. Good luck to both of you on your successes. A special thanks should go out to Al, for all the hard work he's displayed throughout the year to ensure the league ran smoothly.

Willie Oliver has tried to keep busy, involving himself with the pre-JLC school as a drill instructor. His soothing voice and calm demeanor ensures that the students are attentive. More good news, Spring is almost here which means a new golf season is about to commence. You can expect to see him out there working on his game.

Base Armt

We are finally back to full strength now that Cpl Cameron is back from her vacation. May we suggest a less drastic way to get time off next time Sharon.

We also have a few people running around in shorts and T-shirts. Why you may ask? The reason is that they are getting acclimatized for Cold Lake. Yes, Sgt Keays and Cpl Jones are tentatively selected to be posted to Cold Lake this summer and both of them are looking forward to the change (not).

MCpl Patenaude will be doing scientific research on the east coast when he is posted to Shearwater this summer. He plans on comparing the west coast wolf eel to the east coast wolf eel.

MCpl Corrigan will be retiring this summer after 25 years of faithful service. Now who are we going to pick on?

MCpl Gale will be leaving in April for a 2 week camping trip in Alberta when she attends a land survival course in Edmonton.

Then she returns here for five days at Club Med at HMCS Quadra where she will swim, boat, parasail and do some inverted water skiing during a sea survival course. And she will get paid to do it!

Pte Ledrew has gone to Toronto for his Aircrew Selection tests. We wish him good luck.

That's all that's fit to print, so until next time -- take care.

What we do



MCpl Cando of Base Photo prepares a chemical mixture for use in photo development.



NOTICE

ITEMS MARKED FOR POLICE IDENTIFICATION

CFB Comox Military Police

Operation Provident Programme

The CFB Comox Military Police Section are sponsoring the property identification program, which will, with your cooperation, drastically reduce the thefts at CFB Comox. Thieves seldom steal things for their own personal use. They steal items that are portable, easily converted to cash and most particularly items that can not be easily identified as to ownership. Operation Provident will discourage a thief from breaking into a home where all personal property is identified, as this creates high risk for the thief. Police agencies have national and international communication via computer terminals. Within seconds, this system can give a status report on any properly identified item. The report will tell the Military Police if the item in question has been stolen and the name of the rightful owner. Proper identification of the item in question is essential, however, and that is where the Military Police need your cooperation.

Electric engraving pencils are available from the Military Police Community Relations office free of charge. Borrow one of these engravers for a day or two and simply engrave your Social Insurance number or BC Driver's license number on all items of value in or about your home. These markings can not be removed and if the item is stolen it can easily be traced. The fear of being apprehended with these identifiable items does discourage theft. Highly visible property decals are also available through the Military Police Community Relations office. Applied after marking, these decals will visually designate your personal items as high risk items to a potential thief. This program only costs you a little time and effort. It's well worth it, we assure you! For your sake, we hope we can count on your cooperation!! For more information about this program, please call the Military Police Community Relations office at 339-8449 or 339-8436.

Editor's Note: Your driver's licence number provides the fastest method of owner tracing, since they are in Motor Vehicle Branch computers, accessible to the Police.

NEXT DEADLINE

16 MAR

The Happy Cooker

Base Commander's Commendation



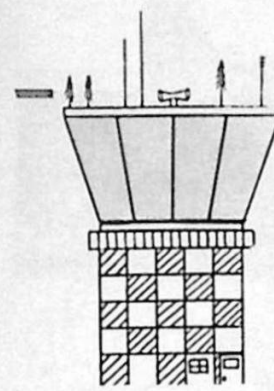
L-R: CWO Doherty, Base Chief Warrant Officer; Col J.E. McGee, BComd; Mrs. Joan McCluskey; Lt Bob Pitcher, BFoodsO.

At 13:30 hrs Tuesday, 18 March, all food service personnel were summoned for a staff meeting -- to be addressed by Base Commander Col McGee. We expected the news could be about forthcoming force reductions and the impact on civilian employment they may have. But that was not to be. To everyone's surprise,

it was to bestow the Base Commander's Commendation on one of our civilian employees, Mrs. Joan McCluskey, civilian supervisor in the Combined Mess. Joan has been a pillar of strength since 1981, where her friendly smile and pleasant personality have been a trade mark. We, at Base Foods, are extremely

proud of Mrs. McCluskey, and indeed fortunate to have personnel with her qualities on staff.

So next time you have your coffee, sweets or sandwiches from the Combined Mess, think about the individual who had a major part in making it possible.



As the Beacon Turns

If you have read this article over the last few months, you may have noticed the trend to keep things on the lighter side. This article will end up much the same, however, it is at this time that we, as a section, offer our condolences to Capt Lee Burnham and his family on their recent loss. A memorial service was held for Mrs. Burnham on 22 February at the Base Protestant Chapel with many of her friends and relatives in attendance.

Our rain forested region played host last week to the ATC/AWC career manager's visit. As it stands now, there will only be three moves out of Comox this APS. Lt Doug Godden will be packing his electric socks and heading to Cold Lake while both Capt Butch March and

Capt Nick VanBerkel will be leaving for Labrador's Comox-East.

Last week was also a busy time for our armchair hockey players as eleven of them headed to Vancouver for the annual ATC hockey tournament. The team, which consisted of some new faces as well as the old guard, set off with hopes of a fifth straight championship. Despite the team's perfect record at the tournament, the championship trophy stayed in the lower mainland. Although we lost the large trophy, we were not going to return empty handed. The team received a runner-up plaque while two members received individual awards. Paul Anderson received the team's most sportsmanlike award and Tom Banks received the team

MVP. Even though we were unsuccessful in our title defense, we have already started planning for next year. Perhaps it would be easier to get the trophy if we just hired some UBC engineering students.

This edition we bring our question period out of hiatus with two questions that arose from our trip to Vancouver. The first question asks us "Who is so unlucky he could fall in a barrel of female cats and come up empty handed?" Our other question has us trying to find out "Which 'little boy' makes a habit of being asked for ID in the bars?"

That does it for this edition, but now that Peter is off to the Sinai and Darlene off on maternity leave, who is left to go fishing for?

Section News

From The BFSO



Major Kippel

Birds and aircraft in the same airspace spell disaster. A small sparrow can knock down a modern high-speed aircraft if it impacts in the right place at a high enough air speed. Each year CFB Comox spends thousands of dollars to chase birds away from the aerodrome. However, recently we had another kind of unwanted "bird" take a dirty dart at one of our fleet; it was a radio-controlled model airplane.

To the uninitiated this may not seem to be a significant hazard, but rest assured it most certainly is. Consider the engine of one of these little models as being a compact high-density solid projectile being hurled through the air at a closing speed in excess of 200 mph. If it were to impact against the windscreens it would undoubtedly shatter it immediately causing momentary loss of control and confusion in the cockpit. Depending on the position of the aircraft at the time of the collision this could cause a crash. There is also a real danger that the

model and its engine could be ingested into the intake of a jet aircraft which would most certainly cause catastrophic failure of the engine necessitating an emergency landing or even ejection!

We know that the Radio-Control Aeronautics Association of the Comox Valley is a responsible group of enthusiasts who practice their hobby in a reasonable and safe manner. This open letter is addressed to those individuals who may not be aware of the regulations which prohibit hazardous operation of model aircraft within 5 miles of the centre of an aerodrome.

We solicit the support of everyone in getting the message out to those who are unaware that operating in the same airspace as real aircraft can be disastrous and potentially life-threatening to the aircrew.

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Creating a better labour climate for B.C.

Let's work together.

The Minister of Labour has appointed a committee of special advisers to seek your ideas on how we can develop fair and balanced labour legislation for B.C.

It's time for British Columbians to work together -- openly -- on strategies to build a stronger economy and maintain our quality of life.

Put your ideas in writing by March 31, 1992

Three of these special advisers -- John Baigent, Vince Ready and Tom Roper -- have been asked to review the provincial Industrial Relations Act and advise on changes needed to promote harmony and stability in B.C.'s labour / management climate.

We want to hear from individuals and groups, in writing, about how we can improve the Industrial Relations Act.

Or tell us in person

You're invited to take part in a series of public meetings to be held soon throughout B.C.

Watch your newspaper for a public meeting in your area.

Or call 387-3795 for more information.

If you'd like to put your ideas on paper by March 31, 1992, send them to:

Claude Heywood, Chair
Committee of Special Advisers
Ministry of Labour
and Consumer Services
Sixth Floor,
1019 Wharf Street
Victoria, B.C.
V8V 1X4



Government of British Columbia
Ministry of Labour and Consumer Services
Hon. Moe Sihota, Minister



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Section News

407 Squadron History



Commanding Officer's Introduction

The recent fiftieth anniversary celebrations at 407 Squadron have come and gone. Outside observers may have wondered, "What was all the fuss about?" Indeed, many squadron members themselves wondered who all the faces were that reappeared at reunion time and why these people felt enough pride in their squadron to return after years of absence.

What cause do we have for being proud of our squadron? The quick answer is, we have much to be proud of. The longer answer to that question will appear in this column; a recounting of 407 Squadron's history from May 1941 to the present, which will run for several editions of the *Totem Times*.

There will be narrative, tales both tall and true and plenty of photographs. Read on and enjoy as you learn how well Demons have held and continue "To Hold on High" our traditions and values.

Author's foreword

by Lt Robert Tarzwell



The Birth of a Squadron

Just as history, that fabric of events, people and time, is never the product of one man, so the weaving of that tapestry, a job we leave to historians, is never properly the job of one man. There is simply too much. If the consciousness of the participants is never allowed to intrude in the historical process, history, or rather their story, becomes my story. And I am a man who was never there, one who must make his judgements and chronicles from what is left behind -- that residue which is perhaps one hundredth of one percent of what was the reality.

In the case of recounting the history of 407 Squadron, another voice will soon join mine. Leading Aircraftman S.G. Hopkins is a man I will never meet, yet his voice, recorded in his diary during his tour with 407, is fresh and abrupt. His own reflections will be generously mixed with the facts and tales revealed in this column from 407 lore. My gratitude to him is immeasurable for being as faithful a scribe as he was; and with the Editor's kind permission, I shall pay Hopkins the compliment of preserving his eccentricities of spelling, punctuation and syntax.

I am also indebted to those historians before me who chronicled different facts of 407 history. Many are contributors of anecdotes and photographs whose names have been lost. There is even a painstakingly detailed history, *407 Sqn History: The War Years, Coastal Strike*, whose author's name is now unknown. My known sources include Capt P.D.J. Lavign's "407 Squadron: The Demon History", Capt Ron Vincent's "A 'Demon' History", W/C F.H. Hitchins "No. 407 (Demon) Squadron" and W.J. Wilson's "407 WWII History". All these publications are available for viewing or copying through 407 Sqn Public Information Officer.

Having said all of that, shall we begin?



Meeting the PM



Wing Commander Styles talking with Prime Minister William Lyon McKenzie King.

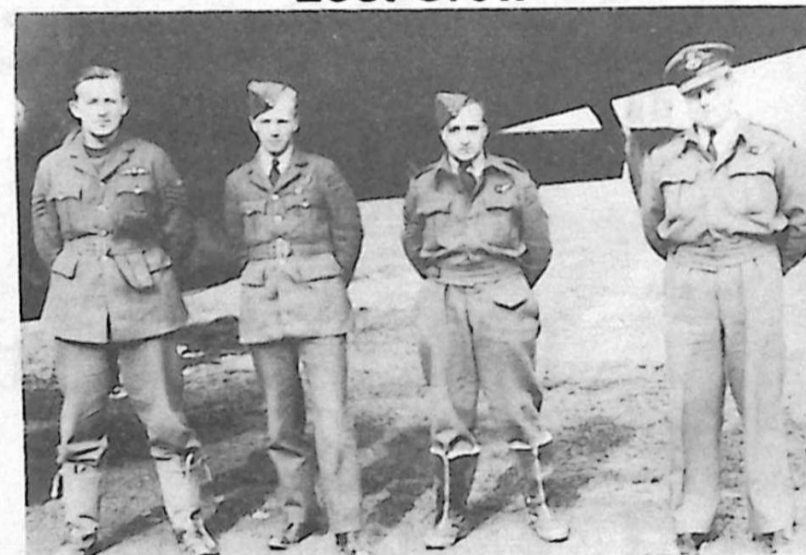
The on-paper existence of 407 Coastal Strike Squadron began 8 May 1941, under the authority of Coastal Command Letter S/9394/25, as a part of the Empire Training Scheme Agreement. The first personnel were the CO, W/C H.M. Styles, RAF, the Adjutant, P/O A.L. Pemerton, a few riggers, clerks, aero-engine mechanics and other ground crew. The first aircrews arrived a fortnight later and were immediately sent on seven days leave as the squadron had no aircraft. The baby squadron was adopted by 9 Bombing and Gunnery School of Mont-Joli, Quebec. (Overseas squadrons were frequently adopted by service clubs, cities, towns and other military organizations to provide often missing amenities from home.)

The squadron was located at Thorney Island, Hampshire, and squadron spaces were relegated to the southern aerodrome because 816 Sqn occupied the dispersal point and two cottages allocated to 407 Sqn. A further insult to the squadron was the one occupiable hangar* had been partially destroyed by enemy action prior to 407's arrival.

The squadron was intended to fly the dual configured Blenheim Mk IV, and 407 was to receive twenty, some configured as bombers and the others as Mk IV F fighters. On 27 May the first two Blenheims arrived -- looking like they had been beaten with hammers, and one had a flat tire. The ground crew saw they had work to do and set immediately to it with dispatch, because the Blenheims were airworthy the next day. W/C Styles began dual training, and F/O Davey soloed after 1.5 hours. F/O Hill soloed the next day after 1.2 hours. But Blenheim training was to be short lived.

We have already run out of space this week, and hardly any history has been recounted, but do not worry. Next time will all be

Lost Crew



A 407 Sqn Hudson crew who went missing in May 1942 and were never seen again.

history as we examine why Blenheim training was doomed, what 407's operational role was to be and the shift to that role from the training scenarios they flew

during the summer of 1941.

**If the Editor may add a bit; that hangar was still minus its roof when I was posted there, 1952-1955 ... Norm, ex-RAF.*

More 407 Squadron News

AMCRO

It has been a long time since our last contribution to the *Totem Times*, and a lot has happened since then. Hopefully we will be able to enlighten some of our readers as to the extent of our activity within 407 Squadron.

First of all, let us say that work has been abounding. Flight and ground incidents have reached an all time high level. This is in no way indicative of the workmanship by our technicians and aircrew, but in the less inhibited approach to reporting incidents however minor they may seem. It is easier to rectify the small problems before they reach

astronomical proportions. Thanks to all those who have taken the time to report what, at first glance may have seemed insignificant.

Secondly, with the FRP in full swing it seems that Sgt Ellis and MCpl Arsenault are contemplating an early retirement. MWO Boyle, MCpl Verbeek, and MCpl Sheidl are retiring in the not so distant future, as well as Sgt St. Pierre who is retiring from the Air Reservists. WO Limoges has received his Cool Pool message and MCpl Gauthier has reason to believe his admission ticket for a dip in the Pool will follow soon.

That will leave all the experience in the hands of Lt McConkey and MCpl Cochrane. We are sure they can handle it!

On the lighter side of the happenings in the past months:

- The Great Fishing Expedition - MWO Boyle and MCpl Arsenault tried their hand at fishing, west coast style. Not too many fish were caught but a lot of sight seeing was done. One of the added features was the built in microphone to MCpl Arsenault's CB radio.

- Same weekend, east coast of the Island, much closer to home, Sgt St. Pierre makes a plentiful

catch, with pictures to prove it.

- It seems WO Limoges had an excellent yard sale, and is looking forward to having a much larger one this summer before his posting.

- MCpl Gauthier tried to kick the smoking habit AGAIN, this time using a renowned computer program. He didn't have much luck and could be heard saying "no @#\$% machine is going to tell me what to do."

- MCpl Cochrane is now a 'slumlord'. Having recently purchased a duplex, he is discovering the joys of having tenants.

- MCpl Sheidl thinks Word

Perfect is a dirty word and that the computer goes into system overload when pronounced.

- Finally, the Squadron Ski Days were well represented by our Section. The weather conditions on both days was IFR. Visibility was next to nil. Luckily, the use of a highly colourful outfit by one member greatly assisted in finding the runs and staying out of the trees. (A beacon in the dark.)

News Flash!!!
FRP Message is in -- all accepted -- MCpl Verbeek is no longer retiring attrition style, he's

continued (on page 9)

Section News

MSE Safety



Wind Warnings - Wind Damage



When we receive a forecast by the weather office of serious windy conditions, what is our first thought in order to prepare for the increased force of the wind? Do we say, "I'd better put the garbage cans away?" or "Should I take the wash off the clothes line?" or some other thing we can do, or do we say "It's just another Comox wind warning."

How many times do we consider the dangers of windy conditions in our normal vehicle operation? For instance, wind effects on our steering control, paint damage can be caused by wind blown debris and most prevalent, the detrimental effect when a car door is yanked from our grasp by a gust of wind.

During the last four months, we have had our share of wind storms in Comox. We are usually

affected when our power goes off and the first thing we think of is a tree blown across power lines, so we just phone BC Hydro and dump the problem in their lap.

Wind is a factor we should be concerned about regarding vehicle operators of Privately Owned Motor Vehicles (POMVs) and Department of National Defence (DND) transport vehicles. Each year numerous vehicle doors and hinges are damaged when the drivers enter or exit their vehicle and a gust of wind pulls the door from the driver's grasp. This not only causes unnecessary expense for repair, but also the loss of a required vehicle while repairs are being done.

In summation, when we hear of 'wind warnings' we should

think of wind damage to your vehicle. If you don't pay attention you may pay in other ways -- SSSSSSSSS!

Ain't That Peculiar

Driver's Statement of the Week

In my attempt to hit a fly, I drove into a telephone pole.

QUESTION

Generally the safest drivers are those who:

- Have the best reaction time.
- Have the best vision.
- Always stay within the law.
- Adjust their driving to conditions.

ANSWER:

"D" - Adjust their driving to conditions.

More 407

continued from page 8

getting in the groove the FRP way.

The annual Flight Safety Briefing by the Directorate of Flight Safety was well attended, and very interesting this year. This year's statistics on D and E class incidents were very high, which supports the statement in the first paragraph of this article. Those of you going to fighter squadrons this year, please keep in mind to stay away from those intakes. The video clip seen at the briefing of the Tech being sucked up the intake of a jet was revolting. He lived to talk about it, you may not be so lucky!!!

407's Tasmanian Racket

The FRP blitz has slowed down and the dust is settling. Cpl Summers is preparing for motherhood by practicing her cooking on the members and visitors to Photo Processing. Maintenance men have been seen spending considerable time around the cookie jar.

Sgt Buttner and MCpl Easton are now counting the millions, of micro pennies, and planning a pleasant exercise programme to prepare them for the fast pace of civilian life. We wish them all the best of luck now as their images are already starting to fade.

Cpl Blinn has recently returned from his second line

maintenance course in Greenwood, all three parts. While the spots on this leopard are fading, he ensured us that there will be no lack of them in Greenwood by bestowing his blessing on MCpl Dumphy of 404 Sqn. No comment will be printed from that source.

MCpl Battersby has returned from his vacation out at the 25 yard range and can sometimes be seen by those he is talking to. It is hoped that he will lose the tendency to stand directly behind his fellow Squadron members.

407's Tasmanian Racket

Sgt Cook, although reported last seen pinned to a target at the range, has been seen around the hangar. Those grieving his loss will be relieved to hear this.

(Msoon) Cpl Kelly Christensen has finally returned from her JLC course. Her glowing disposition is beginning to show through all the starch.

MWO Fisher, WO Dunne, MCpl Michell, Cpl Leduc and Pte Nijjar have flown off to Greenwood to straighten out the standards mess there. We hope their brooms landed safely and wish them a speedy return.

Valcartier will be lucky to receive Cpl Rock Blouin to 430 Sqn on 15 July.

NEXT DEADLINE 16 MAR 92

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Winter Carnival Capers!

Carnival Winners



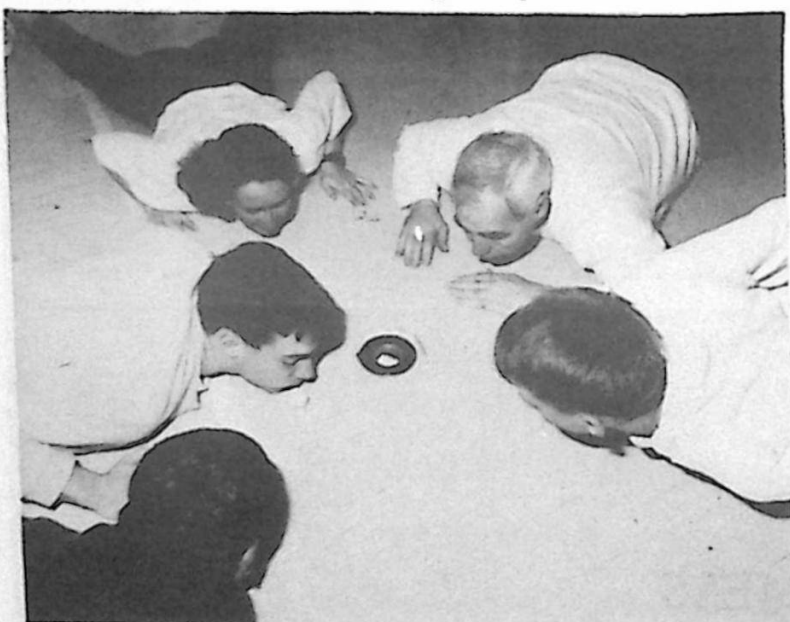
442 Ops were overall winners: trophy presented by Col J.E. McGee.

Village People?



...no, just a bunch of Carnival Canaries.

Who's not using Scope?



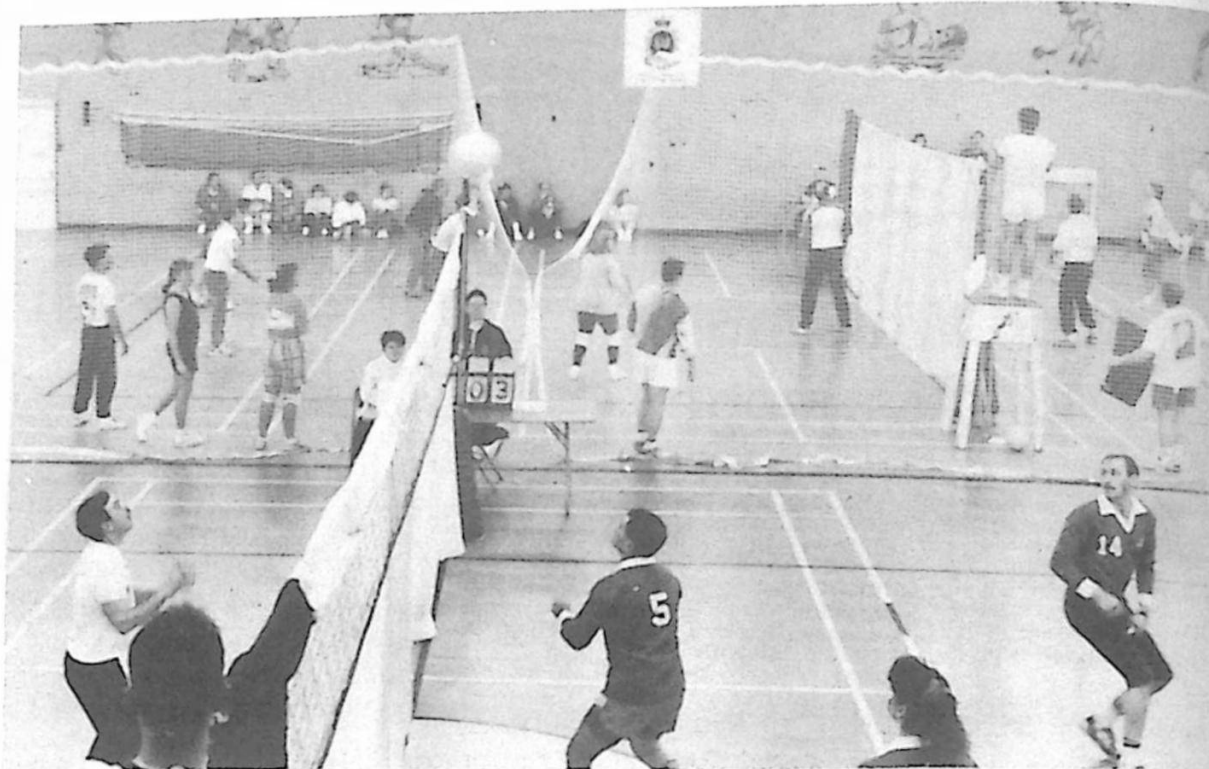
Blow-by-blow action.

Moustache No.2



The second best face fungus award went to BAMS's Sgt Spragg, presented by Mrs. Doherty.

Volleyball!



Heavy activity on the Rec Centre floor.

We're not quite sure!



What this event was is anybody's guess, but it sure looked like fun!

Ping-Pong anyone?



Furious action in Table Tennis.

Team Spirit Award



Base Comptroller branch won the Carnival Team Spirit Award, presented by Col J.E. McGee!

WINTER CARNIVAL CAPERS

The 1992 Winter Carnival was a huge success. We had maximum participation from all sections, which led to everyone enjoying themselves in the games, events, meals and video dance party.

We'd like to thank everyone for coming out and contributing to the success of the '92 carnival.

A special thanks is extended to the personnel who oversaw the tri-mess events, the officials, the crew who set and ran the dance, the bartenders and anyone else who had a hand in the carnival's operation.

CFB Comox would also like to pass on our appreciation to the local merchants who donated prizes to the carnival:

Mountain Meadows
The Book Shell
Michaels on Main

We hope to see you again in 1993.

'92 Carnival Committee

Circus Act



Raw talent this

Feature

More Carnival

Some Moustache!



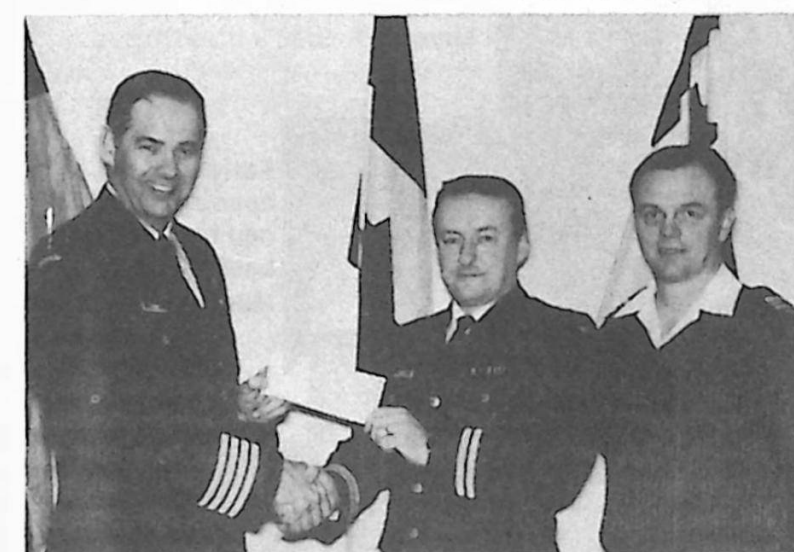
Mrs. Donna McGee congratulates owner of the biggest facial fungus, Sgt Stephens (442).

Eat your heart out, C.E.!



Life isn't all Base Commanding; the Colonel pounds on a nail: where did he learn that?

From the Carnival Dunk Tank



Base Commander Col. J.E. McGee presents the B Secur O, Capt Weed, with a cheque from the proceeds of the Carnival Dunk Tank, to the MP Fund for Blind Children. Maj Houle attending.

Biathletes



Clockwise from top left, the Canadian Biathlon Olympic Women's team includes, left to right, Kristin Berg, Gillian Hamilton, Lise Meloche, Jane Isakson, Yvonne Visser, and Myriam Bédard; Cpl Steve Cyr, Cpl Jean Paquet, OCdt Lise Meloche, and Capt Stephen Hale.

Total Force Biathletes Represent CF and Canada

by Jane McDonald

There's a former cadet and a Rocky Mountain Ranger, two Van Doos, a logistics officer from the Régiment de Hull, and a RCR captain. Male and female, Francophone and Anglophone, reserve and regular, they were the Canadian Armed Forces contribution to the 1992 Canadian Olympic Biathlon team and to one of the greatest shows on earth, in Albertville France.

From Feb 8 to Feb 23, three serving members of the CF, along with a total of 120 Canadian competitors, competed against some 1,800 world-class athletes. The three current CF members are Corporals Steve Cyr and Jean Paquet, both members of 3rd Battalion, Royal 22e Régiment, and Officer Cadet Lise Meloche, logistics officer with the Régiment de Hull.

Two more biathletes have close ties to the CF: Bronze medalist Myriam Bédard has said she wouldn't be competing in the biathlon today if not for her Army cadet training when she first tried the sport. Tom Hansen is a forest firefighter from British Columbia and was a member of the Rocky Mountain Rangers.

In addition to the competing members, Capt Stephen Hale, Royal Canadian Regiment, was loaned by the CF to biathlon Canada to be the team leader.

Just being there

To have been chosen to compete with the best in the world at the Olympic Games brings honour to the athletes, their units

and the CF. But getting to Albertville and the Savoie region of France, famous for the greatest alpine skiing in the world, wasn't easy. Nor was the biathlon venue of Les Saisies, perched at 1,600 metres above sea level -- with its challenging cross-country courses on which the biathletes stopped at fixed distances to shoot the .22-calibre rifle they carry with them. Years of training had given these athletes the accuracy and speed which they needed to turn in a world-class performance.

"The season has been difficult from the beginning," says Capt Hale, Canadian team leader. "We've tried to coordinate the needs of nine athletes and four staff. At times it has been more difficult than leading a platoon. Each person has different goals and individual needs. Often, it's a juggling act to balance it all within the framework of a team."

Solid success But the team met each challenge head-on and succeeded in producing the best ever results for Canada in the history of the sport. Myriam Bédard not only earned a well-deserved bronze medal in the women's 15-kilometre biathlon, but in the 10-km sprint race Feb 12, Cpl Steve Cyr skied to an 8th place, for the first time taking the Canadian men's team to a place in the top 30.

"I was tired but I really had good skis and really good shooting," said the 20-year-old shortly after the race where he shot all 10

of his targets. "That's what made the difference. My goal was to top 20 and to be the best Canadian."

With his piece of history in tow, Cpl Cyr went on to compete in the 4 x 7.5-km relay with Cpl Jean Paquet and two other team mates. This event saw another best as the team placed 10th of 12 teams, handily beating the 15th-place mark set by the 1988 Calgary Olympic team. The fourth and final 20-km biathlon, Feb 20, again saw the Canadian men's team better its 1988 33rd-place finish twice with 20th and 26th place positions out of a field of 94.

Albertville was the first time female biathletes competed at an Olympic medal event. The Canadian team has set marks future teams will be challenged to try to beat: Myriam Bédard capturing the bronze and her earlier 12th-place finish in the 7.5-km sprint, plus a team relay finish of 11th place.

Although the Olympic Games were the highest profile event for the biathletes so far in 1992, their season is far from over. The CF members will return to Canada to compete at the National Championships in Canmore, AB and then the military championships at CFB Petawawa during the first week of March. The season will end when they will represent Canada at the Conseil international des sports militaires (CISM) championships in Sodankyla, Finland, March 23-27.



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On the Base

Meet the BTSO



LCol Gordon King

Lieutenant-Colonel Gordon King was born 10 December 1951 in Dawson City, Yukon. He joined the Canadian Forces in August, 1969 under the Regular Officer Training Plan and attended Royal Roads Military College and Royal Military College, graduating with a Bachelors Degree in Mechanical Engineering. He also holds a Masters Degree in Aero-nautical Engineering from Carleton University and is a graduate of the Canadian Forces Command and Staff College.

Lieutenant-Colonel King has been employed in a variety of maintenance and engineering positions in Canada and overseas. These include tours at 408 Tactical Helicopter Squadron in Ed-

monton, the Aerospace Engineering Test Establishment in Cold Lake, 1 Air Maintenance Squadron in Baden, and 409 Tactical Fighter Squadron in Baden. Lieutenant-Colonel King has also served as the career manager for aerospace engineers and, most recently, as a member of the directing staff at the Canadian Forces Command and Staff College.

Lieutenant-Colonel King was promoted to his present rank in June 1988 and was posted to Canadian Forces Base Comox as Base Technical Services Officer in July 1990.

He is married to the former Norma Coull and has two teenage sons, Bradley and Matthew.

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

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PARTICIPATION

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888 (KOMOX) WING RCAFA

Closing The Hangar Doors

This past Saturday night the RCAFA 888 (Komox) Wing held its final social function in the 'Hangar'. Sixty plus members and guests enjoyed a splendid pot luck dinner and the entertainment provided by Bert Linder and his newly formed musical group.

The next general meeting, on Wednesday the 4th of March will be the last gathering in the former bank building which has been our home for the past ten years.

The new Wing lounge is almost completed. The official opening is tentatively scheduled for March 29th. The Air Cadet buildings are expected to be ready for occupancy sometime in April.

CALENDAR OF EVENTS MARCH 1992

THURSDAY 02.....AFIS HERITAGE NIGHT
in the New Wing, 2298 Little River Road.
Come out and meet the 'New Blue'.

SUNDAY 29.....OFFICIAL OPENING OF THE NEW
WING. Details TBA.

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.

Driftwood Mall
40 STORES TO SERVE YOU

Driftwood Mall's THIRD ANNUAL MOST PHOTOGENIC BABY CONTEST

Moms and Dads can catch baby's special expression in the "BABY EXPRESSION SESSION" at Driftwood Mall. Lisa, of PM PROMOTIONS is known for her ability to catch a child's special expression on film.

For only 99¢
she will register and photograph your child starting March 6 and continuing to March 19 - 9:30 a.m. - 6:00 p.m.

Driftwood's Second Annual Baby Contest 1991, drew 369 entrants

Trophies and Prizes will be awarded for the following age categories:

- under 6 mo. •18-36 mo.
- 6-18 mo. •3-5 yrs.

March 6 - Early Bird Registrations will be taken at Driftwood Photo Shop. Photographs will be in the Centre Court (SKYLIGHT) area of the Mall. Entry forms available from all participating merchants.

JUDGING
Mayor Ron Webber of Courtenay will present the awards on Mar. 24

Driftwood Mall
40 STORES TO SERVE YOU

PORTRAITS WILL BE DELIVERED BY THE EASTER BUNNY - SATURDAY, APRIL 18, 1992

2751 Cliffe Ave. Courtenay

338-1071

On & Off the Base

Alaska Highway 1977

To Dawson City and Back

by Hamish



The Yukon Territory, north of the British Columbia border is a part of Canada that is full of surprises. We usually visualize a treeless, bleak, tundra country, infested with flies and mosquitos in summer and unbearably cold in winter. On the contrary. On our visit to Dawson City, about 150 miles south of the Arctic Circle, we found the country much like many parts of the interior of B.C. and in June it was a botanist's dream.

The previous winter had been comparatively mild, but whether or not that was the reason, there was a lush growth of wild flowers for mile after mile along the roadsides. As we travelled we encountered an endless parade of colour and variety. We listed seventy-seven varieties that we knew and there were many others we didn't know.

We began our journey north from Emory Creek Provincial Campsite, just up the Fraser River from Hope, B.C., about 3 miles below Yale. There we met an American couple from California. They were pulling a 25 ft. trailer behind a large station wagon. We travelled in our reliable old V.W. van. They wanted to see The Yukon and visit Dawson City and we arranged to travel along with them. We spent our first day of travelling together following the Fraser River as far as Lytton where the Thompson River emptied into the Fraser. Then up alongside the Thompson as far as Ashcroft where we parted company with the roaring white waters of that spectacular

river. On through Cache Creek where we left the Trans Canada Highway and continued north on Highway 97 as far as Lac la Hache, a few miles north of One Hundred Mile House. There we camped for the night at the Provincial Campsite and tried our hand at fishing out on the lake.

The next morning we made an early start, continuing north through Williams Lake, Quesnel, across Highway 16 (known as the 'Yellowhead Route'), across the Fraser River for the last time and into Prince George, where we stopped for lunch and a fill up of gas for our vehicles. We continued north on Highway 97, which, for the next 255 miles, is also called the John Hart Highway. About 30 miles north of Prince George we crossed 'the height of land' at Summit Lake from where the rivers run south and west or north and east. Also from there the highway became noticeably rough with numerous patches and pot holes. At a slower pace we passed the turnoff to the new town of Mackenzie, on the southern end of Williston Lake in the Rocky Mountain Trench. At Chetwynd we had the choice of turning left to Hudson's Hope and the Bennett Dam, (the largest dam of its type in the western world), or right to Dawson Creek. We decided we would visit the dam on our return trip and we wanted to start at the official 'Mile Zero' of the Alaska Highway, a few miles west of the Alberta border, so we turned right. As we approached Dawson creek the appearance of grain elevators told

us we were in wheat country. The rolling farmland stretched on both sides of the highway. A well fed coyote loped across a grain field, a cow moose fed quietly on willow scrub near the roadside. This was the Peace River country.

We visited the museum at Dawson creek and picked up information pamphlets before heading out on the Alaska Highway. About 20 miles north west of Dawson Creek we pulled into the Kiskatinaw River public campsite where we planned to stay the night. Shortly after arriving it began to rain heavily. Soon after that a park ranger arrived to advise all the campers that we should evacuate the area as they expected the river to rise and possibly flood its banks during the night. Also, that the road had washed out at a creek 3 miles farther north and that we should go back a short distance to a private camp ground on higher ground where we could stay until the road was repaired. Before the ranger had left we discovered that our friends were unable to pull their trailer up the muddy road out of the park. The ranger said he would arrange to have a road grader come to assist them back onto the highway.

During our stay at the private campground we met and visited with the owner and with many of the other northbound campers. The owner had a short wave radio and was able to keep in touch with the highways department and on the third day of our stay word was received that we could continue on our way. We met highway

crews still working with equipment repairing the washout areas and for a few miles it was slow driving behind an escort vehicle where only one lane had been opened.

From high up on the south bank of the Peace River we looked down on the long steel bridge, (2,260 ft.) on which we were to cross over to the town of Taylor. The 'Mighty Peace' runs for some 900 miles through B.C. and into Alberta before eventually emptying into the Mackenzie River and thence on down to the Arctic Ocean. At Taylor it has cut a trench some nine hundred feet deep. Taylor is the location of a large pumping station supplying natural gas to most of B.C. as well as to parts of Washington, Oregon and California.

On fairly good pavement we travelled another dozen miles to Fort St. John, the gas and oil capital of B.C. There we stopped to 'grub up' and fuel up. Another 50 miles of pavement brought us to the settlement of Wonowon, (Mile 101), and that's where the pavement ended. Almost immediately we encountered potholes, washboard, loose gravel, flying pebbles and cracked windshields! After about fifty miles of this we pulled into the Sikanni Chief campsite for lunch. Upon entering their trailer our friends found numerous items had jarred loose in the cupboards plus some broken eggs in their refrigerator, quite a mess! For the next few miles we came across large tank trucks giving the road a heavy soaking of water to prepare the

surface for grading. It meant slow driving for a while trying to dodge the water-filled pot holes and prevent splashing the muddy water all over our vehicles. Our friends' trailer, which was originally all white was now various shades of grey and black!

About 40 miles farther along we came to another stretch of pavement. We pulled off to the side of the road to check the vehicles, clean the windows, and do an inspection of the interior of the trailer. While walking around the exterior of the trailer we noticed an unusual tilt to one side.

Upon checking underneath we found a broken spring. With a car jack and a short length of chain we were able to make a temporary repair, which, with careful driving, would get us to Fort Nelson, approximately a 100 miles ahead.

We made fairly good progress for about 30 miles until the pavement ran out, then it was back to dodging potholes again. It was late that Friday evening when we reached Fort Nelson and we arranged to stay overnight at a truck stop at the south end of town.

Here we found an 'Airstream Trailer caravan', consisting of some thirty-five units, also camped. They too were doing an inspection of their vehicles and trailers and we learned that two or three of them also had broken springs, and a couple more decided they weren't going to go on any farther with the group.

Continued on 19 Mar

Boxcar!

by John Novak

support of those forces. This operation ended in January, 1957 and the Boxcars returned to Canada.

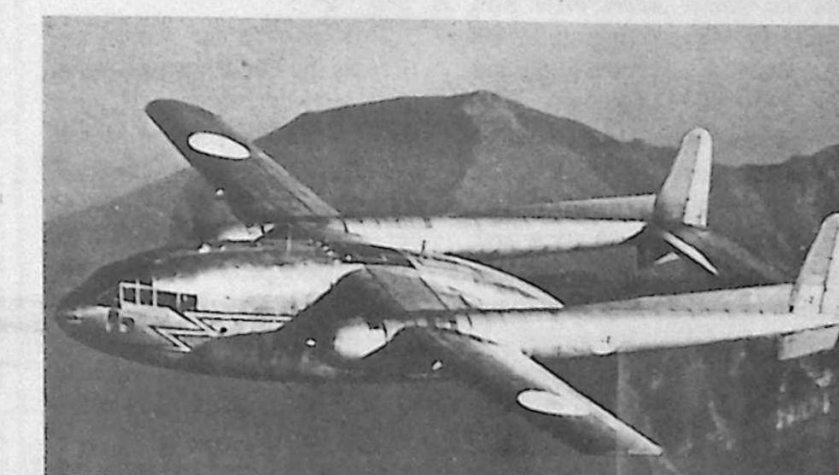
In 1965, the C119s were withdrawn from RCAFA service and put into storage facilities at Saskatoon. Eventually they were sold off by Crown Assets Disposal, and several of them went to the USA to be converted into war bombers.

In conclusion, it must be said

that the success of all Boxcar operations, especially those carried out far away from home bases, depended greatly on the skill and dedication of the ground crews. These crews, often working long shifts, and outdoors in extreme climates, were not found wanting and truly kept 'em flying!

John Novak
Ex 435 'Chinthe' Squadron

Boxcar over Sinai



435 Sqn Flying Boxcars were taken off Arctic duty and assigned to the Middle East when UNEF was formed in 1956.

The latest Air Force trivia of 20 Feb, is that of a Fairchild C119G Packet better known as the 'Flying Boxcar'. Serial #22117 served with #408 Squadron TS & AR (Transport Support and Area Reconnaissance), at Rivers, Manitoba.

The Fairchild Aviation Corporation was formed in 1924 at Hagerstown, Maryland, U.S.A. Its founder, Sherman Fairchild also built a subsidiary plant, Fairchild Aircraft Ltd., at Longueuil, Quebec, in 1929. This plant produced the Fairchild 71; a high wing monoplane transport of rugged construction. It was ideally suited for the spartan conditions of the Canadian north. It became the workhorse of the RCAFA, and Canadian bush airlines in the mid thirties. Other Fairchild aircraft that were purchased by the RCAFA were the Model 24, known as the Argus, the PT-19 trainer, known as the Cornell, and the C119.

Perhaps Fairchild's most important project of WWII was the design and production of the

Packet production line. It began with the C82 troop and cargo carrier which made its first flight in September, 1944. As the USAAF considered the end of WWII to be imminent only 220 of the C82s were ordered. Despite this setback, the Packet's large cargo hold, its clamshell loading doors, and its tailplane carried on twin booms, eventually resulted in the development of the C119. This model entered service with USAAF in 1949. Over 1000 C119s were built, and some exported to Canada, Belgium, Italy, India, and South Vietnam. C119s of USAAF served in the Korean War and in Vietnam as the AC-119 gunship variant.

The RCAFA received its first C119 Boxcars in September, 1952, and they were destined to serve for many years as the basic heavy transport of Air Transport Command. These aircraft soon proved their worth in the many tasks allotted to them. Their commitments included major Arctic operations such as spring and fall resupply to isolated bases and weather stations. Resupply con-

sisted of airlifting fuel and other goods, which had been shipped to Resolute Bay, during the ice free summer months. #435 (Chinthe) Sqn, Namao, Alberta, and #436 (Elephant) Sqn, Trenton, Ontario, were the units employed on this operation, and there ensued a fierce rivalry between these squadrons, as to which one of them could deliver the most tonnage. Other duties included cooperation in Army manoeuvres involving paratroop and supply drops.

Most noteworthy of mention is the role of #435 and #436 Transport Squadrons in the Suez Crisis. In November, 1956 their C119's crews and ground support staff, were dispatched overseas as part of the United Nations Emergency Force. The U.N.E.F. was engaged at that time in the cessation of hostilities in the Suez region of Egypt. The C119s shuttled between Capodocchino Airport, Maples, Italy, and Abu Suweir, Egypt, carrying troops of the nations contributing to the U.N.E.F. They airlifted thousands of tons of equipment and mail in

NEXT DEADLINE 16 MAR

Leisure

Country Kitchen

Sourdough, Biscuits and Scones.

by Barbara Vermette

My Favourite Quick Recipes
Tried and True - Ready in 20 minutes or Less

It's still raining and the mold has advanced a couple of inches in its race to take over possession of my house. I just remember you don't have to shovel mold and I know it will beat a retreat when the warm weather descends upon us. Until then, I'm content to keep it confined to the outside by keeping the inside toasty warm. One of the best ways to warm up the inside of your home, friends and family, is to keep the oven fired up. It's on rainy days that visitors are most welcome. When the telephone rings and they announce their unexpected arrival in an hour, and you don't know what you're going to serve, that these next recipes come in very handy.

The first recipe is my personal favourite and one that I've made thousands of times over the past twenty-five years. It's also the recipe I give to friends who have their house on the market after being advised of their next posting. "This recipe is guaranteed to sell your house!" I tell them. "Those prospective buyers will walk in and have their senses assailed by the most wonderful aroma. 'Um-m-m-m,' they'll think, 'isn't this a cosy house!' Come to think of it, I never did collect on any of those commissions I'm sure I deserve. Try it, and let me know if it works."

Butterscotch Oat Crisps

Oven 375°F

1/4 cup butter (or marg)
melted
1/2 cup brown sugar (firmly packed)
1/2 tsp baking powder
1 cup rolled quick oats

1/2 tsp vanilla
Mix sugar, baking powder and rolled oats in a bowl. Add vanilla to melted butter and blend with dry ingredients. Press mixture into a greased 8 x 8" pan and bake 10 minutes. Remove from oven and allow to cool 5 mins and cut into squares. Enjoy.

The next recipe is for a sour dough batter that once prepared, you keep on hand in your refrigerator, and when you need one of the many variations, it can be ready in 15 mins.

Sour Dough

Mix together:
2 cups flour (white)
2 tbsps sugar
1 tsp salt
2 cups warm water

Cover, and let stand at room temperature for two days. It will develop a yeasty aroma and become spongy. Refrigerate after this point, and keep refrigerated.

Once a week feed it:
1 cup flour
1 cup milk
1/4 cup sugar

Sour Dough Biscuits

Oven 425°F
1 cup batter
1 cup flour
1/3 cup salad oil
1/4 tsp salt
1/4 tsp baking soda
2 1/4 tps baking powder

Mix dry ingredients together and add to batter alternating with oil. Drop by the spoonful on ungreased cookie sheet and bake 15 mins.

Sour Dough Biscuit Variations Sweet Rolls

Oven 425°F
Use biscuit recipe above but on a floured board. Roll out a

rectangle shape to a 1" thickness.
Mix together:
4 tbsps soft butter (or more to taste)
2/3 cup brown sugar
2 tbsps corn syrup
1/2 cup chopped cherries
1/2 cup chopped nuts of your choice (optional)

Put a teaspoonful of the above mixture in the bottom of each greased muffin tin. Spread the rest over your rectangle of biscuit dough. Roll up dough starting with the longest edge. Cut in 1" pieces and place in muffin tin on top of cherry mixture. Bake 15 mins and remove from oven. Invert on platter and serve.

Cheese Rolls

Oven 425°F
Roll out biscuit recipe in a rectangle shape to 1" thickness on a floured board.

Mix together:
4 tbsps soft butter
1/2 cup grated cheese of your choice
Bacon bits (about 8 slices, cooked crisp and crumbled)
1 tbsps chopped green onion
Garlic powder to taste (opt)
Drop a teaspoonful of the above mixture in greased muffin tins. Spread the rest on biscuit dough and roll up. Cut into 1" pieces and place in each muffin tin. Bake 15 mins.

Apple Rolls

Oven 425°F
Roll out biscuit recipe in a rectangle shape to 1" thickness on a floured board.
Mix together:
4 tbsps soft butter
2/3 cup brown sugar
1 cup grated apple
1 tsp cinnamon (or more to taste)
Put a teaspoonful of the above

mixture in each greased muffin cup. Spread the rest on your biscuit rectangle and roll up. Cut in 1" slices and place in muffin cup. Bake 15 mins.

Try inventing your own variations. Jam or marmalade are an example. Enjoy, and remember to keep feeding your sour dough. As long as you have it on hand, you'll never be caught without something special for those unexpected guests.

They are called by many different names; scones, tea cakes, tea biscuits, baking powder biscuits, are a few of them. And, whether they are made with or without eggs, raisins, cream or milk, they are all worth trying and everyone has their own personal favourite.

Granola Scones

Oven 425°F
1 1/2 cups flour (white)
1/2 tsp salt
1/4 cup granola
1 tbsps baking powder
1/4 cup sugar
2/3 cup melted margarine
1/3 cup milk
1 egg slightly beaten
2/3 cup raisins

Sift together: flour, baking powder, and salt. Stir in sugar and granola. Add margarine and egg and mix well. Add milk. Stir in raisins. Pat mixture down until it is about 1/2" thick and cut out scones. (You can use a cutter about 1 1/2" in diameter, or, using a knife, cut into 1 1/2" triangles.) Place on a greased baking sheet and bake until golden brown, about 12 mins. Serve with jam or butter.

This next recipe is Diane L'Arrivees' personal favourite.

Rich Scones

Oven 425°F

2 cups flour
1/2 cup sugar
3 tsp baking powder
1/2 tsp salt
1/2 cup cold margarine (butter for a richer scone)

1 egg
2/3 cup milk (cream for a richer scone)
Mix flour, sugar, baking powder and salt. Cut in margarine. Beat egg lightly, add milk and pour into dry ingredients. Mix and form into small patties. Brush top with milk and sprinkle with sugar. Bake 15 mins on ungreased cookie sheet and serve warm.

Mom's Tea Biscuits

Oven 450°F

2 cups flour
1 tbsps baking powder
1/2 tsp salt
1/2 tsp cream of tartar
2/3 cup milk
1/2 cup shortening (I use Crisco)
2 tsp sugar

Sift dry ingredients. Cut in Crisco. Add milk all at once and stir. Knead lightly. Roll out dough and cut out biscuit. Bake 10 mins on ungreased cookie sheet and serve with butter and jam.

Raisins can be added for a variation. Also, turn them into quick cinnamon rolls by spreading rolled biscuit dough with butter, brown sugar and cinnamon. Raisins and nuts could also be added. Roll up dough starting from longest end of rectangle and cut in 1" pieces. Bake in greased muffin cups instead of cookie sheet.

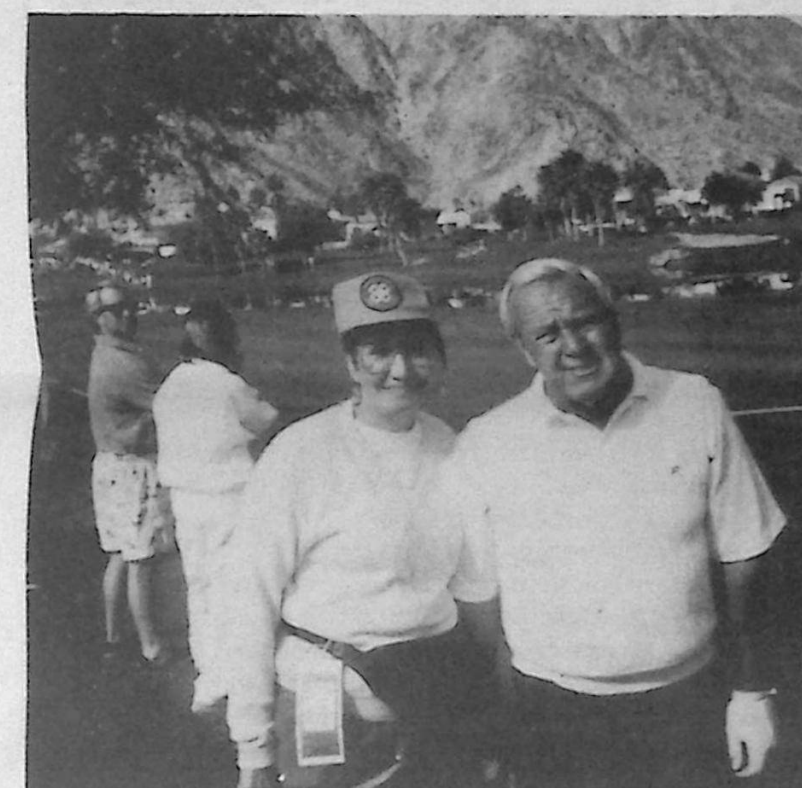
On & Off the Base

Glacier Greens Golf News

Golfing with Celebrities



L-R: Dan Halldorson, Shirley Shearer, Bing Shearer. Bob Hope Classic, Palm Springs, California, 18 Jan 92.



L-R: Shirley Shearer, Arnold Palmer. Bob Hope Classic, Palm Springs, California, 18 Jan 92.

Rose McClesh

We wish to extend a warm welcome to Scott Fraser, who has taken the position of Head Professional at the Glacier Greens Golf Club.

Scott comes to us well qualified for the job. For the past four years, he has been the assistant golf professional at the Royal Colwood Golf Club in Victoria.

While at R.C.G.C., Scott was busy teaching golf and receiving instruction from Paul Runyan and Michell Spearman, the right hand man to the famous David Leadbetter.

During his stay at Royal Colwood, Scott was in charge of the varsity program at the Royal Roads Military College.

Valley golfers are invited to stop by the Glacier Greens Golf Club Pro Shop and say hello.

A little bit of rain did not dampen the spirits of the fifty-four golfers when they took to the links for a 9-hole competition on Sunday, 01 Mar 92.

The 1st L.N. Team with a score of 57 - Ron Carter, John Courtemanche, Len Doyle and Kay Banks.

Four teams tied at 58, for the 2nd L.N. position. The winning team on a count back was Rick Verbeek, Nick Mykitiuk, Norm Fellbaum and Glen Caslake.

3rd L.N. Team with a score of 58 - Jim Patterson, Caryl Diwert, Howard Cope and Stu Mohler.

4th L.N. Team - Jim Rideout, Bill Krier, Jill Iddiols and Irene Marshall.

5th L.N. Team - Mel Thompson, Bing Shearer, Jake Jacobson and Lorraine Courtemanche.

K.P. on #7 - Colin Olsen, Shirley Shearer, Chuck Perry and Dave Kelly.

Note: A minor change to the G.G.C. 1992 Committee.

President - Bill Krier
V-President - Denis McGuire
Treasurer - Jean Savard
Club Capt - Bing Shearer
Course Supt. - Steve Bailey
Secretary - Rick Verbeek

Directors
Mens - Bill Brundige
Ladies - Jill Iddiols
Handicaps - Stu Mohler
Tourn. Ch. - Don Middleton
Plans & Eng. - Rick Salmon
Memberships - Russ Wreggitt
Public Re. - Rose McClesh
Jr. Rep. - John Courtemanche
Sr. Rep. - John Ferguson

The closing winter golf 18 hole tournament will be held 15 March. Sign up at 9:00 a.m. for a 9:30 a.m. shotgun start. To enter, you must have played in at least three Sunday competitions during the past winter season.

Mixed 4 Ball Opening
- Sunday, 22 Mar 92.

VOLUNTEERS NEEDED FOR CFB COMOX T-BALL

VOLUNTEERS ARE URGENTLY REQUIRED FOR THE UP-COMING T-BALL SEASON STARTING APR 92. YOU DON'T HAVE TO BE A PROFESSIONAL JUST WILLING TO HELP KIDS FROM 5 TO 8 YEARS OF AGE TO HAVE FUN, ALL INTERESTED INDIVIDUALS PLEASE CONTACT LINDA AT THE COMMUNITY CENTRE LOCAL 8571. PLEASE HELP MAKE OUR KIDS HAPPY BY GETTING INVOLVED.



Harry Sweeney
music reviews and syndicated columnist

Fox's Days of Youth

Born in Brampton and raised in Vancouver, 27-year old Steve Fox is on the verge of breaking into the national spotlight. The vehicle that could carry him to prominence is his just released 'Days Of My Youth' (True North), which is a reflection of the many influences that Steve credits with defining his sound.

Led by the smooth flowing title track Fox turns up the heat with a revved-up 'Never Mind' and highlights the set with the power ballad 'With Or Without You' and the rockin' 'It's Not The Love', which is one of those tracks that should catch radio attention. Fox has the ability to change styles from reflective to pop/rock and shows a pop sensibility via the lush 'Comin' Home'. This is a track that should also be considered for singles release. Fox wrote all the songs, sings lead vocals and plays guitar throughout. With a break-out single and solid touring the name Steve Fox should quickly light up the charts.

Keith Palmer

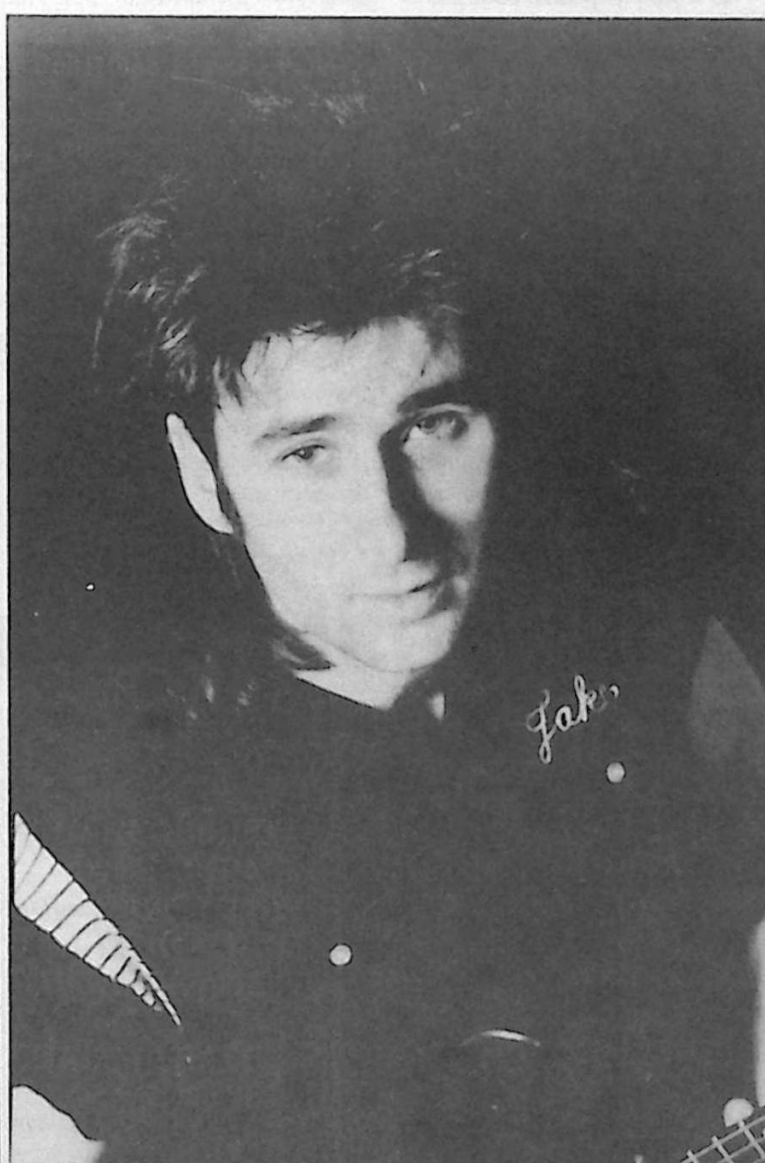
Newcomer Keith Palmer has put together a solid effort in his 'Don't Throw Me In The Briarpatch' (Epic), album. With the upsurge in modern country music it is the music of the common man that is dominating the airwaves and Palmer has a stellar offering that should quickly join names like Travis, Brooks and Jackson.

Rarely does an entertainer release a product this strong the first time out. Perhaps much of the strength of this set lies in the fact that the songs come from some of the best writers in the business (Skip Ewing, Max Barnes, Kix Brooks, Chris Waters, et al), and Palmer and has interpreted their lyrics to perfection.

From the opening strains of 'Memory Lane' through the loneliness of 'Forgotten But Not Gone', through the hopefulness of 'If You Want To Find Love', this set has the strength to go head-to-head with the best in the business. Check out 'Briarpatch', 'My Arms Tonight' and 'I Picked A S'n Antonio Rose'.

Fast Facts

Actor Bert Convy recorded as part of The Cheers. Their only top-40 hit was 1955's 'Black Denim Trousers'.



Steve Fox

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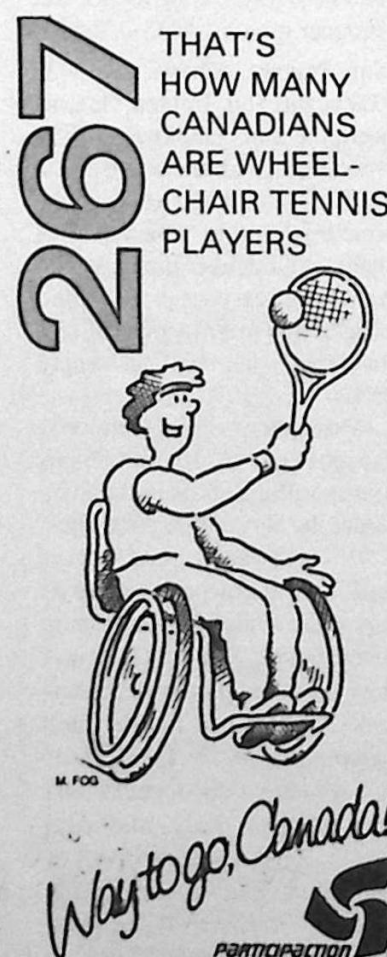
Officers Ladies

With February being so dull and dreary, we at the O.M.L.C. tried to brighten each other up by having a Make-Over Night. Many thanks to *Balance Fashions*, *Makarios Hair Design*, *Merle Norman Cosmetics*, *Koko Accessories* and *Nails by Esme*. Congratulations to those who won make-overs and the pretty gift baskets donated by the businesses attending. We all had a great time listening to the experts as they answered our various questions, chatting and laughing! Each and everyone went home with a few new ideas on how to perk up for spring!

Speaking of spring -- yes, it's just around the corner and the

flower buds are full to bursting everywhere! Our next meeting -- Gardening Night -- will be an informative evening for all you 'down to earth' people and for those of you who don't know where to begin.

We will feature demonstrations by the *The Blooming Barn*, and *Anderton Nursery* will show us how to put together those beautiful hanging flower baskets. Karen Holme will share some of her expertise with us as well. Raffles and door prizes too! Wednesday 18 March at 7:00 for 7:30 p.m. So, come on, let's chase these winter blues away and have everything coming up flowers!



NEXT DEADLINE 16 MAR

Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

Are You Going To Be Up In The Air This Winter?

Flying with babies and small children could be the most fun you've ever had. It could also be exhausting, frustrating and worrying. Here are some practical travel tips for air travel offered by nurses and mothers they work with in the community.

First, when making reservations, try to book seats right behind the bulkhead where meals are prepared. There you'll find extra leg room that can be used for an infant carrier or as a play space for a small child. Meals are served first and you are closer to the washrooms. Also inquire about the use of an airline bassinet during the flight. It can be fastened to the bulkhead or hung from the overhead luggage rack. Mothers generally prefer a bassinet attached to the bulkhead because they can see their babies more easily and reach them without having to get up from their seats.

Most airport corridors are long, so on your way to your flight carry babies and toddlers in a backpack or keep them in a stroller until you are at the door of the plane.

During take off and landing keep children secured with their own seatbelt or with an addition to your own if they are travelling on your lap. Children, especially babies, can find take off and landing distressing due to the change of pressure they feel in their ears. Swallowing helps to relieve the pressure. Offer older children a candy to suck on. A toddler can do well with a soother and a baby can be breast or bottle fed. Consult your doctor before flying if your child has a cold or is unwell and could have additional problems.

A 'snack pack' can help with toddlers during the first half hour in flight while the attendants get services rolling. Bring some crackers, cheese, firm fruit, or a container of a favorite food that can be enjoyed right away. Take a plastic drinking mug with a lid to avoid spills and a few packaged handwipes for cleanups that are needed with or without spills.

Pack a diaper-an-hour for the time on board plus one fresh outfit for the flight. Add the usual extras such as baby-wipes, cream, etc. and you are away. Most mothers find one large strong bag with a 'snack pack' on top (and some spare plastic bags inside) is most useful to carry it all.

Toys are important to the toddler and older child but add to your load. Bring only small, favorite toys and books and leave behind those with pieces that could be lost or noisy playthings that could disturb other passengers.

Take care of yourself as well! Nurses recommend that you keep up your own fluid level with a glass-an-hour of juice or water and little, if any, alcohol or caffeine. Eat small portions, walk around regularly and snooze as much as possible. That way, you'll arrive at your destination refreshed instead of exhausted.

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Fire Hall Bottle Drive

The bottle drive that was held on 18 January in Wallace Gardens and 19 January in Tyee Park was a great success again this year. With the help of Section Canteens, PMQ residents and Canex, the Base Fire Hall was able to present the Food Bank with a cheque for \$575.80. A big thank you goes out to all persons involved.

Base Fire Chief

info health

Dr. Bob Young



Laughter is Good Medicine

"I must not laugh right now -- let me get out of the room first." There are many times when I have had to swallow my tongue and escape from the examining room in a hurry -- or at least spend more than the usual time washing my hands before facing the patient again.

The blood clot under the women's fingernail was angry looking and her hand was throbbing. Disgusted with the three-putt effort, she had slammed the putter into her golf bag, forgetting that she was holding on to its lip with the other hand. Spoiled the rest of the round.

Another young lady had spent half the night huddling over the toilet, losing an undigestible meal. Her stomach was still a bit sore but she had come to see me about her nose, which she was sure had been broken when the

toilet seat fell on it.

More embarrassed, as a rule, are the young men who arrive, jacket in lap, with a portion of their more private anatomy firmly zipped up. A heavy pair of pliers and a firm zip down fixes them. A little well-placed local anaesthetic saves getting punched in the eye.

The patient who would not drive on a rough road in case his nitroglycerine angina medicine blew up could not be convinced otherwise. I think he might have been a safecracker once.

And I'll long remember the flustered look of the young addict who suddenly realized, halfway through trying to con me, that he had sat in the same chair and told me the identical wild story the day before. Didn't work any better the second time.

Patients living in apartments

with controlled entrances get confused. Sometimes when I phone from my office and identify myself they say, "Hello, Doctor, I'll let you in." They then hang up while pushing the entrance release button. They must wonder why I don't appear at their doorway a minute or two later.

Another time I was at a front door, shivering as I talked to the patient on the intercom. He wouldn't let me in, thinking I was calling from my office. "Nobody would be out on a night like this, Doc," he informed me.

Laughter is, of course, good medicine. It is great therapy when we can laugh with our patients. Occasionally, I must admit, I laugh at them, or at least at their foibles. But I always get out of the room first.

Happy Retirement, Old Friend

It was barely a suburb when we started. In fact, only a few years earlier Cadboro Bay was isolated enough to serve as the site for summer cottages for several Victoria residents.

But the area, like the rest of the city, was growing rapidly, and Gordon Dalby seized the opportunity. He took space in the small (and only), block of stores in the village, and began the practice of pharmacy. Gordon and I had studied together during our apprenticeship year in pharmacy, so I knew him before I transferred to medicine.

Cadboro Bay appealed to me, too. Late in my intern year I used rare evenings and weekends off to install partitions, lights, plumbing and cabinets in space almost adjacent to Gordon's. I was careful to cover the front window with brown paper -- I didn't want my prospective patients to see that

the carpenter and the doctor were one and the same.

Gordon and I struggled a bit in the early years. The local population was not nearly what it is now, but the people who did live nearby were loyal. Too many of them were healthy!

We would help each other out. If someone came into the drug store with anything more than a minor cold, Gordon would suggest that it might be a good idea to "check it out with Dr. Young" and "get something really good" to treat it. He, of course, would fill the prescription.

Gordon knew that I would be there, and probably would not be busy.

I would often phone my prescriptions to Gordon, rather than writing them out. His stock was sparse, and I tried to prescribe what he had on his shelf when it was appropriate.

Soon I moved my office into town. Gordon stayed -- remained until today, spending the last while introducing the new pharmacist to his many customers and friends. All that time at the same stand, but now surrounded by a shopping centre, and barely an empty lot for miles around. And even he upgraded, exchanging the oil space heater for electric heat a couple of years ago.

Gordon Dalby retired at the end of November, a young and sprightly 74 years of age. So an institution ends, but at least one of the few remaining single-pharmacist neighborhood drug stores in Victoria will remain.

It is gratifying to discover that the new pharmacist bought the store to "get away from the impersonal attitude of the mega-drugstores."

Happy retirement, old friend.



Bookshelf Bestsellers

Pat Bolen
Proprietor

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Driftwood Mall,
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Debi Williams
Manager

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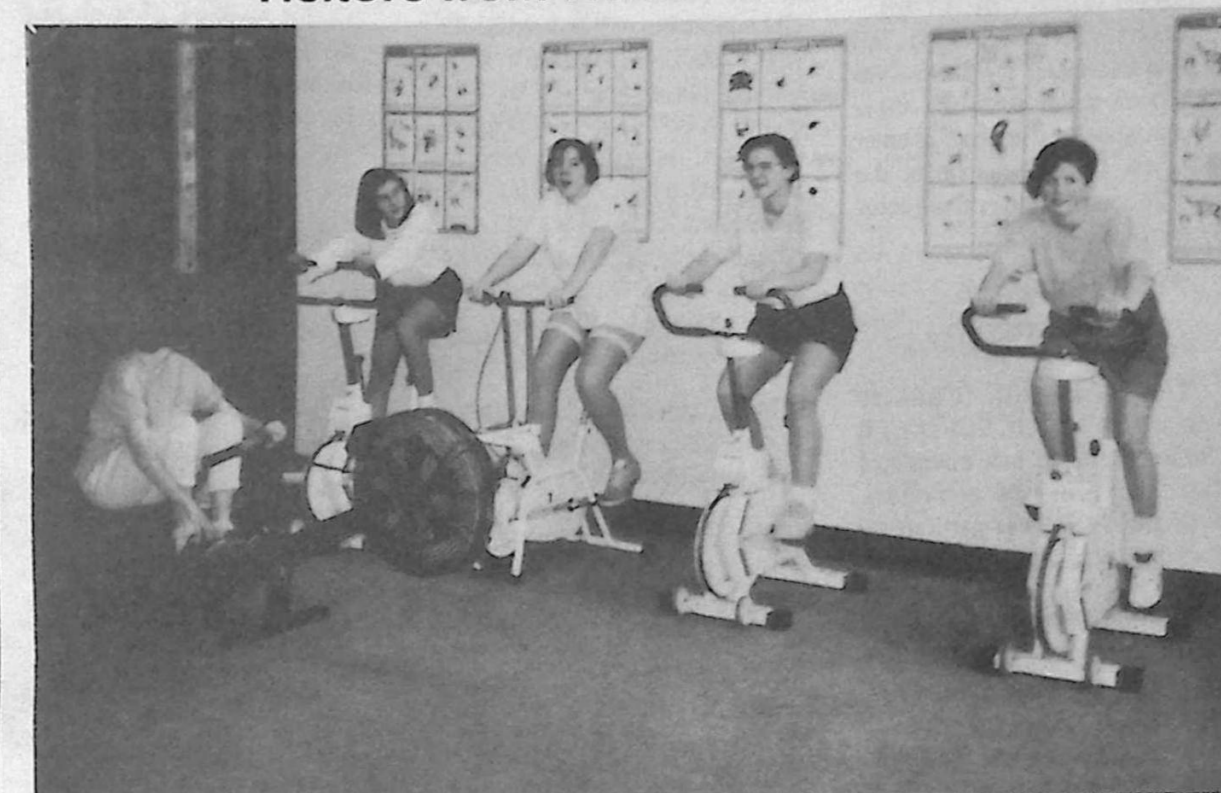
10 Top Paperbacks

- | | |
|-------------------------------|---------------------|
| 1. Sherbrooke Bride | 4. Wastelands |
|Coulter |King |
| 2. Song of the Wolf | 5. Twilight's Child |
|Bittner |Andrews |
| 3. Loves Music Loves to Dance | 6. Heartbeat |
|Clark |Steele |

- | |
|--------------------------------|
| 7. Eyes of Prey |
|Sandford |
| 8. The Lemonade New Car Guide |
|Edmonston |
| 9. The Lemonade Used Car Guide |
|Edmonston |
| 10. The Trouble With Canada |
|Gairdner |

On & Off the Base

Visitors from Robb Road School



in the Mezzanine Weight Room



.... and the Rec Centre Bowling Lanes

CFB COMOX OFFICERS' MESS MARCH 92 CALENDAR

Wednesdays Mar 11, 18, 25

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

Fridays Mar 6, 13, 27

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

Saturday Mar 7

KARAOKE NIGHT - See Calendar

Wednesdays Mar 11, 25

OLC BRIDGE CLUB

Wednesday Mar 18

OMLC GARDENING NIGHT - See Calendar

Friday Mar 20

RCAF 68TH ANNIVERSARY MESS DINNER - Reservations through Sqn or Base PAdOs.

Sunday Mar 22

CURLING FUNSPEL - See Calendar

Upcoming Events for April

Comedy Night	10 Apr
Easter Brunch	19 Apr
Golf Tournament	TBA
OMLC Spring Fashion Show	22 Apr



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

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.

Robb Road Students Enjoy Base Sports Facilities

Due to record enrollment at Robb Road School this year, the administration has had to look farther afield to supplement its limited Phys. Ed. facilities and ensure quality gym time for all students. As a result, almost all of the 595 students have been visiting the Base to enjoy a variety of excellent facilities there, including bowling lanes, the swimming pool, the huge gymnasium and a well equipped fitness room. Principal Al Whiteford and Phys. Ed. teacher Willy Brown both confirm that this arrangement has proved to be a great success and is thoroughly enjoyed by the students.

Sincere thanks go to Base Commander Col. McGee for giving the students this great opportunity, and to the School Trustees who facilitated the arrangement.

Also in sports, the grade eight girls basketball team, coached by Judy McIntyre (Mrs. Mac!) won every game in the Courtenay Junior Invitational held in January, in which teams from all the local schools and teams from Nanaimo, Port McNeil and Campbell River participated.

On a musical note, the Robb Road Senior Stage Band participated in the North Island Jazz Festival which took place at the Washington Inn on February 20 and 21. Band Master Martin Hamm said that despite a number of technical difficulties, the students performed very well.

MUSING....

A collection of poems and thoughts
by Jeannie J. Norlander

Silence breaking through my conscious thought,
filling me with the wildness of nature.
So full, so right, so a part of me.
I have to let go until the next time it seduces me;
and maybe then it will hold me forever.

Flames dancing through the wood,
teasing the heart of it with promised warmth.
The wood reaches to dance also,
only to find intense heat it jumps high and out,
falling back to earth, absent of life.

Local colour shines through the ever falling rain.
Those that do not see are losing the essence of life.

The sea rushes out, leaving the land
it demanded, and claimed only hours before,
with a promise to return.

They stood so tall, so proud,
majesties of their kingdom:
Only falling to a force stronger.
Now they sadly lie in their graveyard by the sea,
reminding all who pass of a power far greater.

The lone youth stands on the corner,
seeing the bitterness and squalor:
Wondering, and watching for a sign,
to show him the way home.

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.

Chilliwack Volksmarch

The Rainbow Country Volkssport Club (RCVC) at CFB Chilliwack have just completed their 2nd year of activities, whereas, over 5000 participants walked or jogged their way to fitness. In conjunction with the Canadian Military Engineers 89th Birthday and the 50th Anniversary of CFB Chilliwack, RCVC will be hosting their 5th IVV Volksmarch on the 04-05 Apr 92. In addition, they will be hosting their 2nd Annual CVF Marathon on the 04 Apr 92. For further information or to register for this event, please contact RCVC President PO2 Skinner, CFB Chilliwack, local 1418.

Le Club Rainbow Country Volkssport (RCVC) à la BFC Chilliwack vient de compléter leur 2ème année d'activités, lorsque, plus de 5000 participants ont dirigé vers la santé en courant ou marchant. En conjonction avec les Ingénieurs Canadien Militaire 89ème Anniversaire de BFC Chilliwack, RCVC veut faire hôte à leur 5ème IVV Volksmarche sur le 04-05 Avr 92. En addition, il vont faire hôte à leur 2ème Annuel Maraton CVF sur le 04 Avr 92. Pour d'autre information ou pour enregistrer pour cet événement, SVP contacter le Président du RCVC PO2 Skinner BFC Chilliwack loc 1418.

Comox Valley Newcomers' Club

The Comox Valley Newcomers' Club welcomes all ladies new to the area and, invites them to attend their next scheduled meeting on Monday, March 9 at 7:30 p.m. in Dusty's Den, Comox. For information call Chris at 338-6550.

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.

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

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.

Sail Training Courses

Sail training courses are offered by CFFSE/CFFSH and are designed to teach the basics of sailing through to coastal and off-shore 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.

Bowling

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

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

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

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

No reservations required for casual bowling.

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.

CFB Comox Yacht Club

The next general meeting of the CFB Comox Yacht Club will be held at 1900 hrs, Tuesday, 10 Mar 92, at the Glacier Greens Clubhouse. New members are welcome.

Servicewomen's Fastball Meeting

All servicewomen interested in playing fastball must attend a pre-season meeting at the Base Gym Conference Room 1330 hrs 18 Mar 92. A team coordinator is also required. If unable to attend, please contact Cpl Carr, local 8315 at the Base Gym.

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, local 8315.

CFB Comox Bodybuilding Club

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

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.

EXPRES Coordinators Meeting

Subject meeting will be held Wed 18 Mar 92, 1300 hours at the Rec Centre Conference Room. EXPRES Statistics and end year returns will be discussed. All Coordinators or a representative must be in attendance.

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.

EXPRES/Sports - Amendment

Members are no longer required to be EXPRES tested prior to Regional/National Sports Competitions, but are still required for Annual Testing. Routine Order 04 dated 14 Feb 92 Part 2 - Para 9 is cancelled.

Arena Parking

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

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.

CD 1st and 2nd clasp presentations by Col J.E. McGee at CFB Comox on 18 Feb 92



(L-R, front to back): Capt J.J.G. Lalonde, BCompt, CD1; Col J.E. McGee, BComd, presenting; MWO D.M. Bullerwell, ABATS, CD2; WO D.G. McDonald, BAMS, CD1; MCpl F.W. Sabiston, 407 Sqn, CD1; MWO D.E. Bews, BATCO, CD2; PO1 K.A. Steele, BHosp, CD1; Sgt D.G. Staples, BCE, CD1; MCpl B.A.H. Maasz, 442 Sqn, CD1; MCpl K.W. Hubich, 407 Sqn, CD1; and, Sgt R.G. Bourquin, 407 Sqn, CD1.

Teepee Park Campsites/Boat Launch Cost 1992

A draw for season campsites (15 Apr 92 - 15 Oct 92) will take place on 01 Apr 92 depending on the response. Sites will be allocated depending on RV requirements.

Names of personnel interested in acquiring seasonal campsites are to be submitted to Chairman MWO Ryan at local 8282 or V/Chairman Lt(N) Bradley at local 8781 between 0800 hrs and 1530 hrs Mon - Fri, prior to and including 31 Mar 92.

The cost of season campsites is \$400, payable prior to 01 Apr 92.

Campsites available up to maximum of 25.

Personnel authorized to bid are:

- members of the CF
- DND and NPF employees (full time)
- retired service people
- members of the RCMP

Other costs pertaining to Teepee park are (GST included):

Boat Launch	Campsites
Daily \$3	Daily \$8
	Weekly \$50
Seasonal \$35	Monthly \$170

Rate increases are due to the continuous rising costs of park maintenance and operational costs.

Sale of boat launch Decals will be promulgated at a later date. Arrangements are presently being made to have the boat ramp excavated to remove sand buildup and debris.

1991 Best Newspaper Award



On behalf of the entire Totem Times Staff, Editor Norm Blondel accepts the CCNA Best Military Newspaper (V) award from Base Commander Col J.E. McGee.

TOBACCO IS A DRUG.
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Friday and Saturday 11:00 a.m. to 1:30 a.m.
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good times!

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

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Engines rebuilt for cars & trucks. 6 Cyl. from \$995, 8 Cyl. from \$1095. 5 Year or 100,000 Km limited warranty. Bond Mechanical 872-0641 9-7 p.m. 7 days. Toll-free 1-800-669-2521.

BUILDING SUPPLIES

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

BUSINESS OPPORTUNITIES

OPENING B.C.I. Build your dynamic business as Manager or Consultant selling women's fashions thru home parties. Great Income! Exciting Trip! Self-Motivated! COLLECT (604) 253-4980.

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.

OPERATE FROM YOUR HOME. Make \$800 per sale. Sell Electric Scooters! Best quality and price. Expertise supplied. Help people become independent. (604) 384-3817 Victoria.

Want a life-time easy job? Buy it! Motorcycle, automobile, snowmobile salvage established six years Kelowna. Three bedroom apt. above. \$179,000 complete. Dan's Cycle 860-1999.

DEALERS WANTED. Epoxy stone floor coverings/epoxy terrazzo. Excellent profits, limited competition, all training provided. Minimum investment \$10,000. (604) 327-0540.

BUSINESS OPPORTUNITIES

\$50,000+ COMMISSION in direct sales, advancement incentives to management & directorships. B.C. wide. Phone: Vancouver 681-4662 or 435-4122 Mr. Hannay and Mr. Headley.

BUSINESS PERSONALS

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.

Striking colour figure photos of West Coast models. For sample photo and info, write Bonny S. Box 2069-R MPO Vancouver, B.C. V6B 3S3. Include Postage. Adults only.

COMING EVENTS

VANCOUVER ISLAND COMPUTER SHOW. Saturday, March 7, 10 A.M. - 8 P.M., Sanscha Hall, Sidney, B.C. \$4,000 in Door Prizes. Roland Canada Music Demonstrations. Information Seminars. Toll-free 1-978-6190.

EDUCATION

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

VANCOUVER COMMUNITY COLLEGE is now accepting applications for its Recreation Facilities Management Program and its Recreation Leadership Program. These are two-year, career-oriented programs at Langara Campus. (604) 324-5221.

FOR SALE MISC.

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

BURGLAR BARS. 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.

OUTERWEAR FABRICS! Low prices! Gore-Tex, Ultrax, Microfibres, patterns. Send \$5.35 to: Flying Fabrics, 43 Anders Street, Red Deer, AB, T4R 1B7 for sample package and updates. 1(403) 340-1533 for information.

MONUMENTS - Buy memorials direct from manufacturer at wholesale prices. Write or phone for free brochure to Young's Memorials and Stoneworks, 4348 Main Street, Winnipeg, Man. R3C 4A3. 1(204) 338-3938, Fax (204) 338-1049.

DON MESSER and other memorable recordings from the good old days. For free catalogue write: Music Barn, 3555 Don Mills Rd., Unit 6-307 N. Willowdale, Ont. M2H 3N3.

HANDLE STRESS. GAIN CONTROL OVER THE REACTIVE MIND! It starts with this book Dianetics: The Modern Science of Mental Health by L. Ron Hubbard. \$7.50. To order call 1(604) 681-0318. Visa/MC accepted. Hubbard Dianetics Foundation, 401 West Hastings Street, Vancouver, V6B 1L5.

GARDENING

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

HEALTH

Want Painless relief from Hemorrhoid pain using a simple procedure? Send \$7.00 & S.A.S.E. to Health Help, P.O. Box 3377, MPO, Vancouver, B.C. V6B 3Y3. Money Back Guarantee.

CALL NOW! Free Mail Order Catalogue form Vitamin Discount Stores. Please call 1-800-663-0747 or in Vancouver 321-7000 for your Vitamin Needs.

HELP WANTED

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

FINANCIAL INDEPENDENCE can be yours developing Master Territories for \$18 billion book business. Tremendous profits, bonuses. Complete training, lifetime opportunity awaits you. To qualify call 1-800-465-5400.

Journeyman Electrician Wanted. Good wages and benefits for selected applicant. Send resume: Tad Electric, Box 247, Lillooet, B.C. V0K 1V0.

WORLDWIDE LOG & LUMBER seeks a planer, Must have experience in setup and grinding of woodmilling equipment. Reply to Box 1501, Cochrane, Alberta T0L 1W0.

TRAVEL

FULLY ESCORTED TOUR. Europe 24 days. Departs Canada May 07/92. Call for details. CHEAM TRAVEL, Chilliwack. (604) 792-9207 or 1-800-661-2142.

COMOX RECREATION COMMISSION

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

Office Hours

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

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LOOK FOR OUR
SPRING '92
BROCHURE
IN THE
COMOX VALLEY
RECORD
MARCH 18th.

SPRING BREAK

1001 RADICAL REC DUDES 6 - 12 yrs. Mon/Wed/Fri 9:00 am - 3:00 pm \$60.00/5 days Anderton Park/CRC Comox Rec Ctr	1003 FLOOR HOCKEY 6 - 9 yrs. Tuesday March 17 3:30 - 4:30 pm Thursday March 19 11:00 - 12:00 noon \$6.00/2 sessions Comox Rec Centre	1005 FENCING 6 - 12 yrs. Wednesday March 18 3:30 - 4:30 pm \$3.50 Comox Rec Centre	1007 BIKE SAFETY 6 - 10 yrs. Monday March 16 1:00 - 4:00 pm \$10.00 Comox Rec Centre
1002 FLOOR HOCKEY 10 - 12 yrs. Tuesday March 17 11:00 - 12:00 noon Thursday March 19 3:30 - 4:30 pm \$6.00/2 sessions Comox Rec Centre	1004 GIRLS GYMNASICS 6 - 12 yrs. Tues/Thurs March 17 & 19 1:00 - 3:00 pm \$12.00/2 sessions Comox Rec Centre	1008 FIRST-AID for KIDS 8 - 10 yrs. Thursday March 19 9:00 am - 12:00 noon \$8.00 Comox Rec Centre	

ONE-NIGHT AFFAIRS

SPRING TUNE-UPS FOR BICYCLES

Wednesday
March 11
7:00 - 9:00 pm
\$6:00 (Includes G.S.T.)
Comox Rec Centre
"This is the Wheel Thing!"
Come on down and find out how to tune up that bike of yours from a professional.

Trouble shooting, basic repair and maintenance; let Simon from SIMON'S CYCLES be your guide.

SELF-DEFENCE TECHNIQUES

Wednesday
March 25
7:00 - 9:00 pm
\$6.00 (includes G.S.T.)
Comox Rec Centre
The great NoDiTn stated that inner peace can only be achieved through complete confidence in one's own ability. And what better way to increase your ability than with our Self-Defence Technique workshop. Take back your sense of freedom.

RECYCLING IDEAS

Wednesday
March 18
7:00 - 9:00 pm
\$6.00 (includes G.S.T.)
Comox Rec Centre
Do you know what the three "R"s of recycling are? The first two are REDUCE and REUSE. Having trouble with the third R? It's a big one.....If you don't know I think you better attend the workshop. Still thinking about that third "R", aren't you!!!

SUSHI

Wednesday
March 18
7:00 - 10:00 pm
\$6.00 (includes G.S.T.)
Comox Rec Centre
Due to the major success of our Sushi workshop in February we are pleased to offer this hands on evening of Nori Sushi.

All you need to bring is a pen, some paper and a sushi mat, if you have one.

705 EMERGENCY FIRST AID WCB Equivalent

16 yrs. +
Saturday
March 14
9:00 am - 6:00 pm
\$55.00 includes manual and materials
Comox Fire Hall

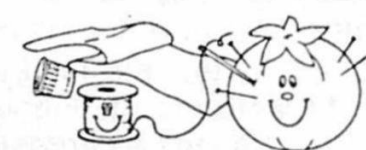
Any St. John Ambulance courses (Standard, CPR, etc.) can be organized for you if you have a minimum of 4 participants.



Look for our Spring Brochure in the Comox Valley Record March 18th. for a listing of our up and coming First Aid Programs which will include Babysitters Courses, Emergency First Aid, Standard First Aid and C.P.R.

2000 NEEDLE WORK WORKSHOP

16 yrs. +
Sunday
March 29
9:00 am - 4:00 pm
\$25.00 + materials
Dusty's Den



Comox Valley Needlearts Guild and Comox Rec present the expertise of Shirley Collis, a certified teacher of canvas work, pull thread, cutwork, white work on linen and battenburg lace. Some experience required.

TAI CHI

Are you looking for a workout that stimulates your mind as well as your body? Try Tai Chi with Taiwanese Master Henry Wang. Benefits include increased blood circulation, balance, strengthening, stretching, stress release and relaxation control.

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LEVEL I - BEGINNERS 6:00 - 7:00 p.m. (\$80.00 + 5.60 GST) \$85.60	LEVEL II 7:00 - 8:00 p.m. (\$90.00 + 6.30 GST) \$96.30
LEVEL III 8:00 - 9:00 p.m. (\$90.00 + 6.30 GST) \$96.30	LEVEL IV 9:00 - 10:00 p.m. (\$90.00 + 6.30 GST) \$96.30

On & Off the Base



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EVENTS

SATURDAY MAR 21.....SLO PITCH TEAM Western Nite
Buffet and dance 7 PM - 1 AM. Tickets \$7.50. Upper Hall.

SPORTS

SUNDAY MAR 22.....FUN BRIDGE TOURNAMENT
Registration 12 - 1 PM.
SUNDAY MAR 29.....FUN CRIB TOURNAMENT
Open to everyone. Reg. 12 - 1:00 PM

BRANCH 160 COMOX
339- 2022

ENTERTAINMENT

Fri Mar 06.....Music by SHABOOM
Fri Mar 13.....Music by ALLEYCATS
Fri Mar 20.....Music by CROSS COUNTRY
Fri Mar 27.....Music by HIGHWAY 19

REGULAR ACTIVITIES

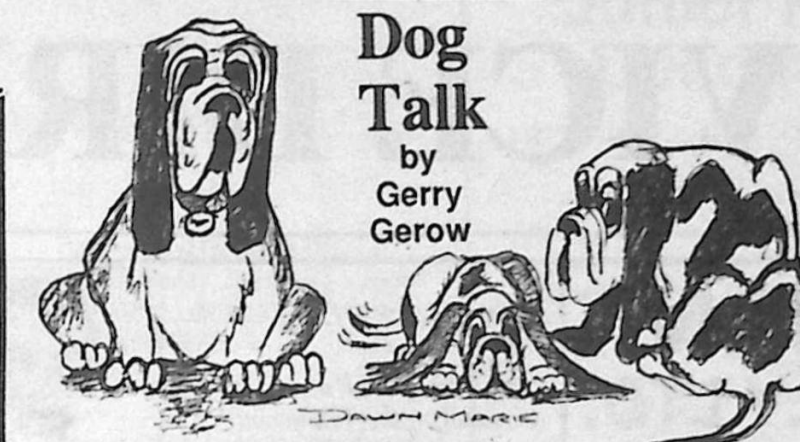
SUNDAYS.....Lounge 11 AM to 6 PM
MONDAYS.....Men's Dart League - Navy Room - 7:30 PM
L.A. Drop-In Bingo. Upper Hall. Doors open 6:30. 7:00 PM
TUESDAYS.....Ladies Crib League - Begins Sep. 17 8:00 PM
Mixed Dart League - Upper Hall - 7:30 PM
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall. 7:00 PM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

EVENTS

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



Two New Books

First off, a training book for you. *What All Good Dogs Should Know*, by Jack Volhard and Melissa Bartlett. Maxwell Macmillan, Don Mills, Ont. \$12.50.

This book makes dog training easy and enjoyable for anyone who cares about their dog. The authors begin by presenting a brief overview of dog behaviour, complete with information on a dog's basic needs and growth stages. Practical and effective, the book covers everything from teaching a dog not to jump on people and to come when called, to learning how to read a dog's mind.

Jack Volhard has won five awards from the Dog Writers Association of America. He has been training dogs for over twenty years. Melissa Bartlett was named cartoonist of the year by the Dog Writers' Association in 1987. Her cartoons are worth the

price of the book. This is a soft cover (paper back) edition of 115 pages. Everyone can get something out of this book. If it is not on the book store shelf, ask them to order it for you from the publishers.

Aussie Maxwell recently handed me a copy of *The Truth About Sporting Dogs*, by C. Bede Maxwell. Very few people who know Aussie, a retired RCAF pilot, are aware that his mother is probably the world's expert on Sporting dogs. This has been around for a while. It was published in 1972 by Pelham Books in the U.K. and Howell Book House in North America. I doubt if it is still available, but you can try. I'll personally guarantee it is worth the effort for anyone interested in the sporting dogs.

This is a large 336 page, hard cover book, which is more of an

encyclopedia on sporting dogs than anything else. Mrs. Maxwell has researched each breed, including the rare ones such as the Clumber Spaniel, back to their earliest beginnings. They are all here, the Spaniels, the Retrievers, the Setters, and the Continental Gun Dogs.

Mrs. Maxwell's first love is the German Shorthaired Pointer, and I was both pleased and surprised to find pictures of Axel von Wassersling and his son Pat von Hanstein, both prepotent German sires and both ancestors of my own dogs. Many people comment on the dark rich liver colour of my line, and it is these two German dogs who are responsible.

This is without a doubt the most comprehensive book ever produced on sporting dogs. I'll lend it, but I sure won't part with it.

So You Wanna Be An Ump!

The Comox Valley Softball Umpires will be holding their preliminary pre-season meeting on Monday, March 9 at 7:30 p.m., Arbutus Hotel meeting room.
All registered umpires and new prospective umpires are encouraged to attend.
Queries?? Call Umpire-in-Chief, Gord Kruger at 339-4389. See you there!



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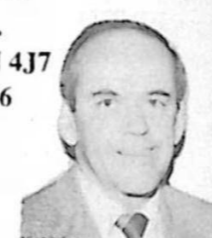
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Chapel Chatter

Padre Bob goes Sailing

This is the story of Padre Bob. He was the Airforce Padre who quoted the story of Noah in the Totem Times. When the Oriole arrived some of the sailors on Base decided that he should have a true sailing experience so he could talk of Noah's plight more realistically. The date was set for Wednesday but Monday and Tuesday were awfully rain blustery days and I began to wonder whose idea it was to sign me up for the Oriole cookie toss. Wednesday dawned a beautiful calm clear day with the Strait as calm as a mill pond -- a gorgeous day to sail, or so the Met man and I thought. The sailors had not been specific in their Met request -- they wanted sun and wind.

The crew did include a token army lad (of the postal corps), who could be the brunt of the sailors' jokes. As we sailed along enjoying the scenery and the quieter way of life the skipper decided to liven things up with a man overboard drill and tossed a buoy over the side. (It's okay, it was not the army boy.) The crew

showed their training and we passengers got out of the way. It was a beautiful day for sailing.

My sailing adventure was just one more high point that week as we had started off on 16 Feb with the boys and girls of 1st Lazo Scout Group and 4th Lazo Guides swelling our congregation to two hundred. Our last few rows of pews were extended to hold everyone then pushed back so we could enjoy the donuts and cake following the service. The service included the restatement by each group of their promises and witnessed three baptisms. In preparation for the Guiding/Scouting folks to parade to the Chapel we roped off the first five rows of pews. I heard that one little Cub looked up, up, way up and asked, "Aren't you the Base Commander?" Undaunted on receiving an affirmative response the little fellow said, "These pews are reserved for the Cubs." With the response, "That's okay, I was a Cub," the matter was resolved. Seven young people received their Level I, Religion in Life

Emblem and two their Level II. On Sunday, 23 Feb the Bishop Ordinary to the Canadian Forces, the Right Reverend G. Russell Hutton conducted our Service of Confirmation, after baptising one of our Candidates and continued with a Service of Holy Communion. If you golfers were out on the fairways that morning instead of being in chapel you missed the Bishop's golf lesson. He even brought his own 'holy ball' to show us the technique. The Bishop and Mrs. Hutton were treated to tours of 407 Sqn and 442 Sqn and Bishop Hutton witnessed 441 Sqn's scramble. Last Sunday was our annual meeting and the new Chapel Committee is elected and eager to go.

Don't forget tomorrow's World Day of Prayer service in the RC Chapel at 1330 hrs. We can all go and see the new stained glass windows Father Gerry is so happy about.

See you in Chapel

NEXT DEADLINE 16 MAR

Bulletin Board

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

FOR SALE by owner four bedroom 1915 sq ft house in Comox, on quiet street, close to schools and Base. Full basement, family room with wood stove, large sundeck over carport, fenced landscaped yard and double width driveway. Possession 1 June 92. Contact Normand Leduc - Home: 339-0596 or Work: local 8216.

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- FRI MAR 06 TGIF - Pool
- food will be available
- SAT MAR 14 ST. PATRICK'S DAY DANCE with band
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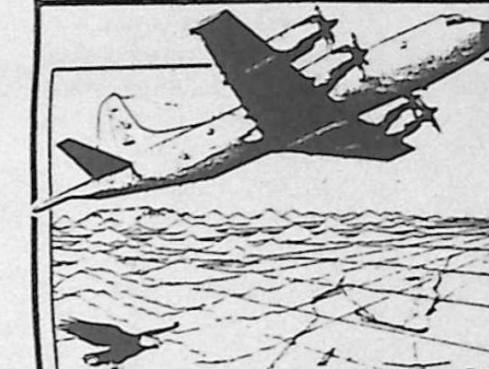
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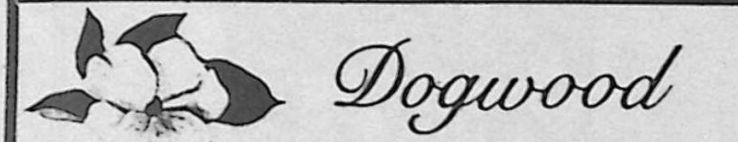
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425 SQN - 50TH ANNIVERSARY "ALOUETTES"

All Alouettes - past and present - are invited to attend our 50th anniversary celebrations in Québec city and at CFB Bagotville from June 11 to 14, 1992. A full week-end of activities is being planned and will be held in conjunction with the 50th anniversary of C.F.B. Bagotville and the Ville de la Baie International Airshow.

For any further information or to advise of your intention to attend, call (418) 693-2607, or write to the 50th Anniversary Committee, 425 Squadron, CFB Bagotville, Alouette Que., G0V 1A0.

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or Colleen, 339-8654.



Family Support Centre Update

The Family Support Centre will soon be circulating a needs assessment to military families living in PMQs and off the Base. We are really interested in your ideas and program suggestions. Please complete the Questionnaire, and either give it to the volunteer who will drop by to pick it up, or return it yourself to the Family Support Centre.

Calling teen babysitters over age 14!! Several mothers have mentioned that they are having trouble finding babysitters over age 14 to care for infants and/or older children. If you would like to do some after school or evening childcare, please contact the Centre and we will put your name on our babysitter list.

New Spring Programs

Feeling isolated? Would you like to make some new friends? A new 'Just Friends' group is forming at the Family Support Centre every second Monday evening at 7:00 p.m. Mark March 9th off on your calendar and come on over and meet some new friends and neighbours. Everyone welcome!

Movie Night for Teens

Teenagers -- Looking for something to do on Thursday evening? The Family Support Centre together with the CFB Comox Teen Club will be hosting movie nights on Thursdays for Teen

Club members. For more information on the Teen Club movie nights contact sponsor Fran Archambault at 339-5716 or talk to any Teen Club member.

Gourmet Dinner Group

Does an inexpensive pot luck gourmet dinner with friends and neighbours appeal to you? The first dinner of the season is scheduled for Saturday, 14 Mar at 7:00 p.m. Bring enough fondue for yourself and a little to share. For more information please call Colleen at 339-8654. Everyone welcome.

Self Defense for Teenage Girls

A self defense course for young women 13 and over will be held at the Community Centre for six consecutive Tuesdays after school from 4:00 - 6:00 p.m. beginning April 21. Participants will need a large tough cushion to punch and kick. The course will teach awareness and assertiveness skills as well as physical self defense tactics. Enrollment is limited to 20 so please call the Family Support Centre early to assure a space. The course which is intended to enhance the safety and security of the young women in our community is sponsored by the Family Support Centre at a cost of \$1 per session. For more information please call Linda at 339-8655.

Parenting Young Children for Military Families

A short course for parents of young children can start your family off on the right foot, and give you a chance to share ideas and experiences with others. This course, geared specifically to military families, will help you prepare for the issues of absences while dad's away, and the frequent moves military families contend with. Positive child rearing techniques and normal child development information will also be included. Projected start date is the third week of March and is expected to be held at the Protestant Chapel annex. For more information please call Linda at the Family Support Centre 339-8655.

A special thank you from the Family Support Centre to the Construction Engineering Section. The fence panels are being nailed up as I write this. Come over and bring the kids and try out our new safe back yard. Thanks again for a great job on a much-needed project.

NPF Employment Opportunity - TeePee Park Caretaker Operations 1992 Season 15 May - 9 Sep

Job applications for the Caretaker position at TeePee Park are being accepted. Closing date for applications will be 15 Apr 92. The position is open to all personnel with previous military experience.

Particulars of the position are as follows:

- Salary \$1600 per month
- Employment duration 15 May - 9 Sep 92
- responsible for boat launch control, decal sales, camp site bookings, pavilion bookings, campsite maintenance, etc., IAW Caretaker job description.

Deadline for applications will be 15 Apr 92. Applications are to be forwarded to MWO Ryan, Military Police Section, CFB Comox, BC.

Further info may be obtained by contacting the above at local 8282.



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