



11th Annual Hoser Event

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Saga of a Stranded Chopper

.... pages 10 & 11



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 34 NO 6 MARCH 19 1992

NEXT DEADLINE MARCH 30 1992

COST: PRICELESS

Coming in June ...



The annual CFB Comox Military Police Bicycle Rodeo will be held in June, 1992. Get ready for it kids

courtesy Base Photo

Canada to Send Troops to Cambodia

OTTAWA -- The Minister of National Defence today announced that Canada will be sending close to 100 additional Canadian Forces personnel to Cambodia as part of the United Nations Advance Mission in Cambodia (UNAMIC).

The Canadian UNAMIC contingent will comprise 68 logistics personnel, 24 administrative support staff and three officers assigned to headquarters. Military personnel, predominantly from 5e Brigade Mécanisée du Canada based at CFB Valcartier, Qué.,

will deploy to Cambodia in mid-April. Personnel will arrive in-theatre concurrently with their equipment (trucks, trailers, etc.), which will be transported by sea from Quebec City on March 10. The rotation period for most service members will be six months.

"The signing of the Cambodian peace accord has set the stage for one of the most ambitious UN peace operations ever," said the Minister. "I believe the Canadian Forces, with its peacekeeping record, can contribute constructively to the democratic process in Cam-

bodia."

The UN Security Council Resolution 717 (1991) established UNAMIC with a mandate to facilitate communications between the military headquarters of the Cambodian parties on matters relating to the ceasefire. UN personnel will also establish mine awareness training and de-mining programs to enable the resettlement of refugees.

The Cambodian peace accord was signed in Paris on October 23, 1991. The Secretary of State for External Affairs signed the agreement on behalf of Canada

and announced that Canadian troops would take part in the UN force responsible for putting the peace plan into operation.

The current deployment for UNAMIC totals some 379 personnel from 23 countries, including Canada. Eight Canadian Forces personnel are already in Cambodia; five are military engineers, two are involved in staff planning and one is a military observer.

UNAMIC is the precursor to a much larger UN force of ap-

proximately 16,000 peacekeepers, to be known as the UN Transitional Authority in Cambodia (UNTAC). UNTAC's mandate will include the supervision, monitoring and verification of the cease fire, and the withdrawal of foreign forces. It will also supervise the elections for a new government in Cambodia.

UNTAC is expected to deploy approximately six months after the beginning of UNAMIC. Canadian UN peacekeepers will continue to serve under UNTAC for the duration of its mandate.

On & Off the Base

Korean Korner

Sugar-Coating a War

by Bob Orrick, C.D.

Since its inception this space has attempted to educate and titillate readers concerning that period in Canada's history known as the Korean War, 1950-53. As a column Korean Korner differs in many aspects from a 'news story'. As a columnist this space's resident scribe must consider the four basic ingredients of a good columnist: to be relevant, to be informative, to be provocative, and to be readable. It is left to the readers of Korean Korner whether or not any or all objectives have been met.

A good columnist makes readers think. A good columnist puts things into perspective, helps readers make sense of this nonsensical and increasingly complicated world. Sometimes the columnist makes readers angry. That's fine. Nobody said a columnist should be agreeable.

According to Mark Twain, "News is something that upsets someone, somewhere, sometime. Everything else is advertising."

With that thought in mind this space ventures into the realm of two words: *conflict* and *war*.

Conflict is defined: noun 1. A fight; struggle. 2. Direct opposi-

tion; a disagreement; clash. Synonyms are: strife, discord, contention.

War, on the other hand, is defined: noun. A fight carried on by armed forces between nations or parts of a nation. 2. Fighting. 3. The occupation or art of fighting with weapons; military science. 4. Quarrel usually between nations conducted by force, state of open hostility, suspension of ordinary international law, prevalent during such quarrel, military or naval attack or series of attacks.

In September, 1939 Europeans (and Canadians) awoke to a terror not seen before: Hitler had let loose his hordes and was blitzkrieging his way across the continent. The newspaper headlines of the world announced that fact screaming one word: WAR. Would conflict have carried the same, desperate message? Probably not.

Following North Korea's attack on South Korea, the United States, in an attempt to not ruffle the feathers of certain United Nations member countries, used the term conflict when referring to the war that had broken out between the two Koreas. The then-

US Secretary of State felt that conflict was more salable than the more descriptive and accurate word, war.

Later the word conflict was dropped in favour of the more meaningful war. Unfortunately, the word conflict was in wide use among politicians and journalists. Their speeches and writings became imbued with the word. In Canada even today, there are those who insist on calling the Korean War a conflict. Witness the recent presentation of the Canadian Volunteer Service Medal for Korea where the brochure accompanying the Ottawa presentation used the word conflict.

Canadian parliamentarians, media and others insisted on referring to the Korean War as a conflict. Why? Was it simply a form of supplication to the Americans? Or was it an attempt to soften the horrors of war for the Canadian public? Did the politicians, and by extension the Canadian media, try to soft-sell the Korean War, coming as it did five years after the end of WWII, by terming it a conflict? Or, were they totally ignorant of the facts?

It was probably a combination of ignorance, soft-sell and supplication.

For veterans of the War in Korea the term conflict is tantamount to saying that the Canadians who died in Korea are not really dead; that somehow they only 'pretended' to give their lives. That somehow it was not real, but all make-believe.

War is war and sugar-coating it by calling it a conflict does not lessen the carnage, or the horror, or the death, or the destruction.

Veterans of the Korean War ask only that Canadians accept and respect their contributions and sacrifices during the 37-months of war that raged up and down and around the Korean Peninsula from June, 1950 to July, 1953.

The Gulf War notwithstanding, the veterans of the last war in which Canadians fought and died for freedom pray that other Canadian youth are spared the need to lay down their lives for freedom as their comrades did in 1950-53.

Korean Korner is dedicated to the 516 Canadians who died defending the principles of the

Charter of the United Nations in a war fought half way around the world four decades ago.

*At the going down of the sun,
And in the morning,
We will remember them.*

On a separate note this space congratulates editor Norm Blondel and his staff for winning the Canadian Community Newspaper Association (CCNA) Base Paper Award in the Voluntary category.

To achieve such recognition is no small accomplishment. To be a repeat winner is an indication of professionalism and pride of workmanship. To win five out of the past eight years is to know the intricacies of the newspaper business. And to understand, year in and year out, to give the community what it wants, and needs: a newspaper that covers all beats and all interests, and does so fairly and accurately.

In the world of naval signalise the highest compliment that can be paid someone is the two-flag hoist, Bravo Zulu, meaning 'Well Done'. From Korean Korner to CFB Comox Totem Times -- Bravo Zulu.



Dealing with the Aftermath of a Crime

You will also feel frustrated and angry at the Police and the criminal justice system, especially if the Police have not found the person(s) who have done this to you. After any type of crime you may be frightened that this will happen to you again. You might also be afraid that the criminal might victimize you again or try to get back at you for having made a report to the Police.

Many victims of a crime find themselves suspicious of strangers in their neighbourhoods, as well as in their community. You may find yourself unable to trust others. The Military Police encourage Base/PMQ personnel to telephone and report any suspicious persons or activities that they witness and to report at once any further contact with the offender. After such a traumatic experience, you may experience a lot of stress and find yourself developing physical symptoms such as sleeping or eating difficulties. The anxiety and fear that you may also be experiencing can add to the stress which can even cause a form of depression to occur.

Victims often feel guilty about their victimization, as if there might have been something that they could have done to prevent the incident. You cannot be blamed when someone else breaks the law, it is not the victim's fault. You have been through an experience that can be both frightening and very disruptive to your life. Remember that

what you are feeling is perfectly normal and that these feelings will usually pass in time. In the meantime, there are things you can do to make it easier for you and to make things better for yourself in the future. Dealing with the effects of crime can be very stressful. It helps if you take care of yourself, both physically and emotionally. If you are frightened, get someone to stay at your house with you, or stay at a friends or with a member of your family. If going out alone frightens you, ask someone to go with you. Talking about the experience is a very good way to relieve your feelings. Family and friends can be a great support and do not forget the CFB Comox Family Support Centre. If you have been physically injured or fear that you may experience physical effects as a result of this crime (eg: Aids or pregnancy), do not hesitate to go to the emergency ward of a hospital or to your own doctor. Signs of stress, such as difficulty sleeping, depression or anxiety will probably fade with time. Ask the Military Police to do a security check on your home and to talk with you about ways that you can protect yourself. These precautions will make you feel safer and you will have some power to protect yourself.

If you are a victim of a crime, you will probably have to deal with the Police. The Police, will ask you questions as part of their investigation. If they find the person(s) who they believe is responsible for the crime, you may have

to go to court as a witness. Sometimes this can be a confusing experience. There are people who can assist you every step of the way. There are special services available that can provide you with information, practical help and emotional support. You may be able to reclaim property that

from the Base Internal Audit Office

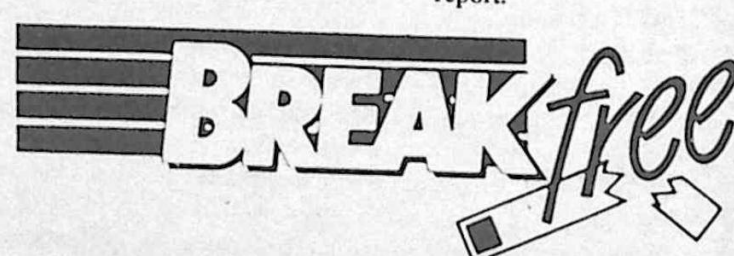
Social and Economic Impact Study

The cutbacks in the Canadian Forces and Defence Funding reductions tend to overshadow the continuing tremendous Social and Economic Impact that CFB Comox exerts on the Comox Valley. It is important during these uncertain times to identify and publicize our continuing support to the community both from a monetary and non-monetary viewpoint.

The Internal Audit Section has undertaken to conduct a comprehensive review of the various ways we interact with the local community. This study will not only focus on monetary issues but also on the social involvement of approximately 2,000 employees and their families. Taken

together, these social and economic issues enliven, enrich and strengthen our local community.

In order to accomplish this task we need the assistance and input of each employee, military and civilian, of CFB Comox. Coming soon to your workplace will be a small questionnaire which contains questions needed to identify spending patterns, social involvement, support to local commercial establishments and related concerns. We ask that each employee take the few minutes necessary to accurately respond. Every response is important since it will add to the value and accuracy of the final report.



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Editorial



Norm Blondel

The Other Valley

Situated below this editorial is an advertisement for a 50th anniversary reunion at CFB Greenwood in another famous valley, Annapolis Valley, Nova Scotia. If I have a soft spot for any part of Canada, or a particularly high regard for the people of any region, it is for Nova Scotia and Maritimers. I began my CF career at Greenwood in 1958, the year of the Argus, when hundreds of people were posted in to service that giant aircraft. During my 11 years at Greenwood, I experienced the warmth and hospitality of the "Bluenosers". I'd like to go to the reunion, but work intervenes. If any of our readers take up the invitation printed below, I hope someone will say "Hi" from Norm.

Anniversaries

1992 is a year of significant anniversaries: Dieppe, Battle of the Atlantic, construction at (RAF) Comox, and on the Alaska (Alcan) Highway, happened, climaxed and began in that order fifty years ago. Vimy Ridge happened 75 years ago. Canada's fighter wing entered continental Europe forty years ago. Do you know more significant anniversaries? Call us. It is important we remember them, and the people involved.

ON WINGS OF GOLD

1942-1992 CFB GREENWOOD'S 50TH ANNIVERSARY

All Royal Air Force (RAF), Royal Canadian Air Force (RCAF) and Canadian Armed Forces members who served in Greenwood, Nova Scotia are cordially invited to join us in celebrating 50 years of

AVIATION

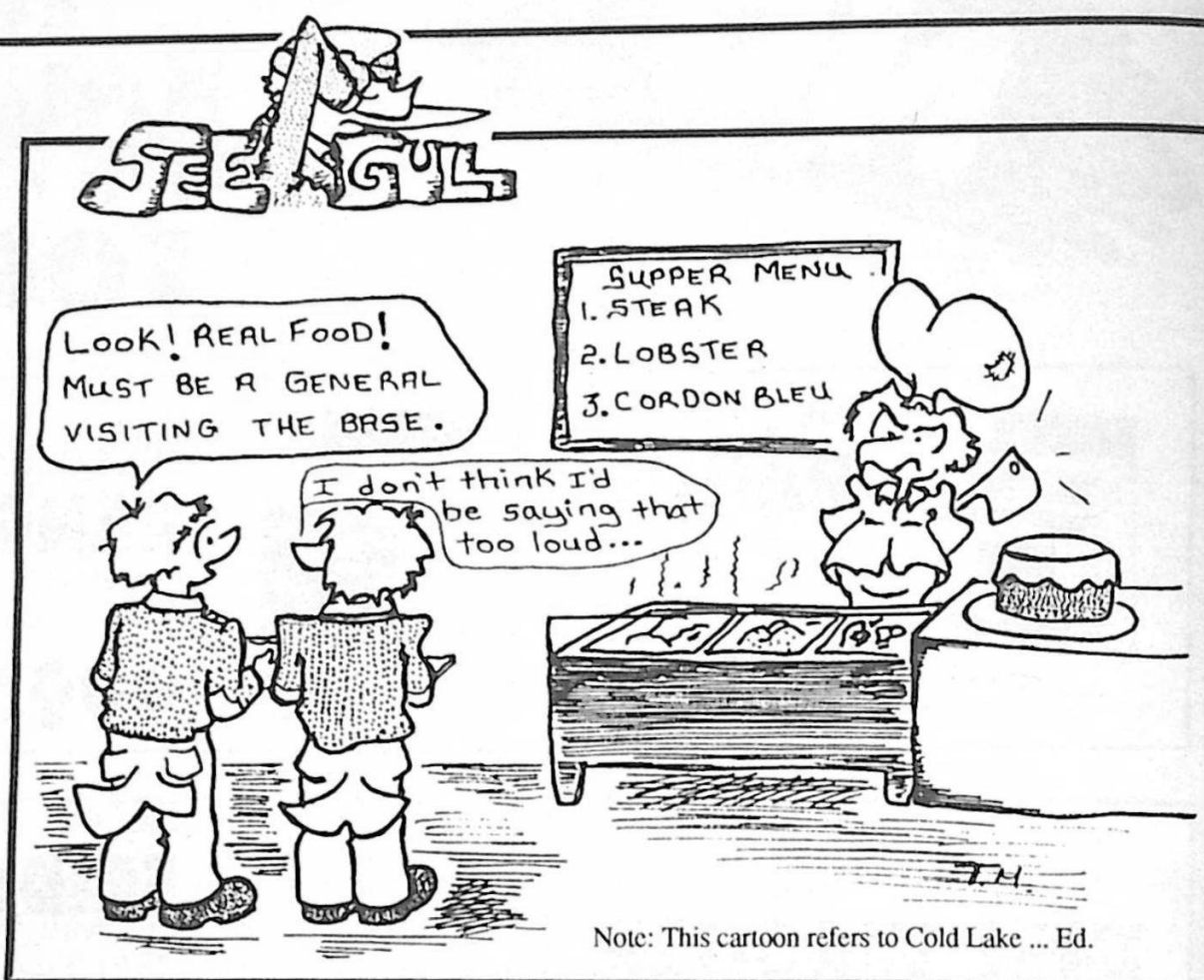
SCHEDULE OF EVENTS:

- Thurs 28 May - Pre-registration (Curling Club)
- Fri 29 May - 1300-1700 hrs Registration (Curling Club)
- 1800 hrs Opening Birthday Dance (Arena)
- Sat 30 May - 1300 hrs Apple Blossom Parade, Kentville
- 1300 hrs Base Tours
- 1800 hrs Individual Mess activities
- Sun 31 May - 1000 hrs Armed Forces Day
- 1300 hrs Airshow featuring the famous "Snowbirds" and "Skyhawks"

Registration Information/Fees:

For further information contact Mr. C. Stewart, Registration & Reception Coordinator at (902) 765-5216 or (902) 765-6161. Fees are \$30.00 per person. Cheques and money orders are to be made payable to Base Fund/Reunion '92, and may be mailed to:

50th Anniversary Registration Coordinator
CFB Greenwood, Nova Scotia
BOP 1N0



Note: This cartoon refers to Cold Lake ... Ed.

Members of CF Family Awarded by Prince Philip

Vancouver, BC -- When his Royal Highness Prince Philip presented 87 British Columbia residents with his Gold Award of Achievement, 19 members of the Canadian Forces family were among the recipients, four officers, one non-commissioned member and 14 members of the Canadian Cadet Organization received the Duke of Edinburgh's Award at a ceremony in Vancouver, Sunday, March 8, 1992.

"I also want to thank those who have encouraged these young people," offered His Royal Highness, "for everyone that gains the award there are 30 adults who have assisted him or her. And, parents, you should feel jolly proud that you have raised such brilliant children, who would have thought you would have done that," he quipped.

Included among the 87 recipients were: Officer Cadets Philip Bishop and Jason Routhier of Royal Roads Military College. Bishop worked for his award as a member of Air Cadets in Kelowna, Routhier as a member of Rovers in Limoges, Ontario; 2Lt Dil Pangalia and S/Lt Caroline Ledger are Cadet Instructor List

Officers with 2290 Royal Canadian Army Cadet Corp, and 201 Royal Canadian Sea Cadet Corp in Vancouver.

Ordinary Seaman Carl Chambers, now serving aboard HMCS Kootenay completed the award requirements when he was a member of 42 Royal Canadian Sea Cadet Corp, Thunder Bay, Ontario.

The fourteen cadets are: Greg Large, Terry Otsuji, and Mario Poier of 205 RCACS Nanaimo; Kelli Craig, Todd Farrell, and Heidi Schellenberg of 243 RCACS Kelowna; Chad Louwerse, Phillip Rennison and Pamela Smith of 676 RCACS Sidney; Nathalie Dumanic and Clare Smart of 828 RCACS, Delta; Philip Horner of 47 RCSCC, Vancouver; Mark Jorgenson of 2812 RCACC, White Rock and Mark Peever of 386 RCACS, Comox, B.C.

The Duke of Edinburgh Award Program is a direct challenge from Prince Philip to youth aged 14 to 25 years. To qualify for the award a candidate must satisfy the requirements of the four sections of the programme -- Service

to the Community, Skill Acquisition, Expedition, and Fitness. The Award badge may be worn on the CF uniform on receiving it and on any other occasion His Royal Highness is present. Cadets may wear the award at all times.

Prince Philip congratulated each of the recipients at the Hotel Vancouver ceremony saying, "I commend you for your application and persistence, many of you have waited quite a lot of time." A reference to the fact that the last occasion he personally made presentations in British Columbia was 1987 on the occasion of the Commonwealth Conference in Vancouver. 205 British Columbia/Yukon residents have earned the gold award since the program began in Western Canada in 1963. The awards program operates throughout the world in 52 countries and was established by Prince Philip in 1956. The founder will spend next week in San Francisco attending a meeting of the United States Congressional Award that is patterned after the Prince's award and is represented on the international Award Association which the Prince chairs.

Comment

about trivia

Business Cards Wanted

The following letter from the Director General Dental Services, Brigadier General Begin, is self-explanatory. I would like to enlist your support and that of your personnel in this humanitarian cause. By sending our business cards and informing our contacts in the military as well as the civilian communities,

we could make Craig's last dream come through.

Personnel interested in participating can send their cards to the enclosed address, or forward them to the dental clinic, attention Sgt Lovell to be forwarded on behalf of CFB Comox.

Maj F.W.H. Hedley
Dent Det Comd

Dear Yves:

I recently received a letter from my military "boss" Lt-Gen Foster which requested that I send my business card to a seven-year-old boy, Craig Sheehy, who is suffering with terminal cancer. Craig's wish is to be included in the Guinness Book of Records for having the largest collection of business cards ever collected by one individual.

I have sent my card, along with those of my staff officers, who in turn requested the same of ten friends. So far the request appears to be spreading throughout the British, American and Canadian Armed Forces, and branching out into private industry and other

government and professional organizations.

Between Colonel Lanctis, Col McQueen and myself, many in the CDA 1991 Directory have been contacted. You may want to honour Craig's wish within your circle of friends and associates.

Craig's address is:
Master Craig Sheehy
36 Shelbury Road
Carshalton
London SM1 1LD
England
Thank you for your time and consideration.
Yours sincerely,
Brigadier-General J.F. Begin

Battle Gunners

Dear Sir:

In the March 5 edition of Totem Times, H.W. Holmes paid tribute to the unfortunate Air Gunner, LAC Reynolds who died with his Fairey Battle crew on their heroic flight, HIS heroism not rewarded.

The same article went on to state that the first German aircraft to be shot down fell to the gunner of an 88 Sqn Battle, on Sept. 20, 1939. According to "The Right of the Line" by John Terraine (Chapter 12), 88 Sqn lost two out of three aircraft on that day, without offensive success. However, the author states in Chapter 26, that

the first German plane to be shot down was a Dornier 18 flying boat. A Hudson of 224 Sqn claimed this on Oct. 8, 1939!

Returning to the subject of Airman gunners, despite the publication of AMO 416, dated June 27, 1940, which required all W/Ops and gunners not holding rank of Sergeant to be promoted to that rank, no less than eight of these men lost their lives in the Battle of Britain still ranked as AC1, AC2, LAC. A lot of Ardua, with little Astra!

Sincerely,
Tet Walston

RCAFA Members Wanted

Sir:

This worthwhile organization is looking for military members to complement their membership. The mandate of the Wing is to support 386 Komox Air Cadets in the fostering of welfare and development of today's youth. This is achieved through instruction, fund raisers and a myriad of social functions such as pot luck dinners, dances, bingos, games night and general gatherings.

If you have any spare time to fill or wish the camaraderie and friendship of a pleasant atmos-

phere, please think of the Wing and call 339-0888.

Normal hours of operation are as follows:

Thurs 1100-1800 hrs.
Fri 1100-0100 hrs.
Sat 1100-0100 hrs.

Dues are \$37.00 per year or \$50.00 for member and spouse.

POI Brandle
Liaison Officer

Royal Canadian Air Force
Association
888 (Komox) Squadron

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.

Delta (1)

In 1935 three Delta MKIs were ordered for the RCAF. This order was followed by a procurement of 17 MK2s. All these Deltas were built under license by Canadian Vickers of Montreal, with the first one entering service in 1936.

Initially the Delta was utilised as a general purpose aircraft. Duties consisted of transportation between units, and a great amount of aerial photography was carried out in survey operations. However, with the outbreak of WWII, the Deltas were soon to be engaged in a defensive posture. #8 Sqn Photo Unit at RCAF Station Rockcliffe, Ottawa, was alerted for possible hostilities on 26 Aug 1939. This unit was transferred to Sydney, N.S., where the Deltas were changed to the floatplane configuration and armed with bombs. Redesignated as a Bomber Recon Sqn #8 carried out its first anti-submarine patrol on 12 Sep 1939.

During the transfer of #8 Sqn aircraft from Rockcliffe to Sydney, the RCAF suffered its first WWII casualties. Flight Sergeant J.E. Doan and Leading Aircraftman J.E. Rennie, the crew of Delta #673, had encountered engine problems, which necessitated an engine change at Megantic, Quebec. They resumed their flight on 14 Sep 1939, but failed to arrive at Sydney, N.S. Searches were carried out along the path of flight but nothing was found. F/Sgt Doan and LAC Rennie were listed as missing, and later considered 'died on active service'. The wreckage of Delta #673 was found 11 years later in the bush area north of Fredericton, N.B. However, the remains of its crew were never found. Their memory is honoured on the Air Force Memorial in Ottawa, where air- men who were lost and have no known grave are remembered.

John Novak

about trivia

Delta (2)

1952!

Dear Norm:

Reading your edition of March 5, I was surprised to discover that I spent a miserable winter in Grostenquin for nothing. I landed my F-86 there on October 10, 1952 under the assumption that we were part of #1 Air Division in Europe, but according to your paper we didn't get there until the next year! I guess my memory is failing along with the rest of me...

Cheers,
Bob Halliwell

Editor's note: I misread the data given me by John Novak; 2(F) Wing Gostenquin opened on October 1, 1952, 3(F) Wing Zweibrücken in February 1953, 4(F) Wing Baden-Söllingen in July 1953 and 1(F) Wing in Marville, March 1955. Thanks for the correction

The aircraft for Trivia on 5 Mar 92 is a Northrop Delta MKII. Aircraft 676 was taken on strength on 4 Nov 38 with 8(GP) Sqn. It later served with 13(OT) Sqn and 120(BR) Sqn, being struck off strength on 14 Feb 1945.

A total of twenty Delta aircraft were ordered for the RCAF. The first batch of eleven were allotted serial numbers 667 to 677. A second batch of nine had serials 682 to 690.

The first RCAF casualties of

WWII occurred on 14 Sep 39 when F/S J.E. Doan and LAC D.A. Rennie of 8 Sqn were lost when Delta 673 went missing on a flight from Ottawa to Sydney. The wreckage of the aircraft was not located until 19 Jul 58, north of Fredericton, N.B.

Powered by a 710 hp Wright Cyclone engine the Delta had a cruising speed of 200 mph and a range of 1650 miles. Wing span was 48 feet and length 31 feet.

Sincerely,
H.W. Holmes

NEXT DEADLINE 30 MAR NOON

AIR FORCE TRIVIA



Trivia Answer

A Northrop Delta, shown in a different mode from the last edition. See John Novak and Harold Holmes letters, this page.

TOTEM TIMES

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Barbara Vermette, Rose McCleish, Duke Warren, Norm Whitley
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Section News

A Gulf War Commendation for Pauline



The chain of command turned out recently to present Base Supply's Cpl Pauline Geise with a C.D.S. commendation for her work during the Gulf War.

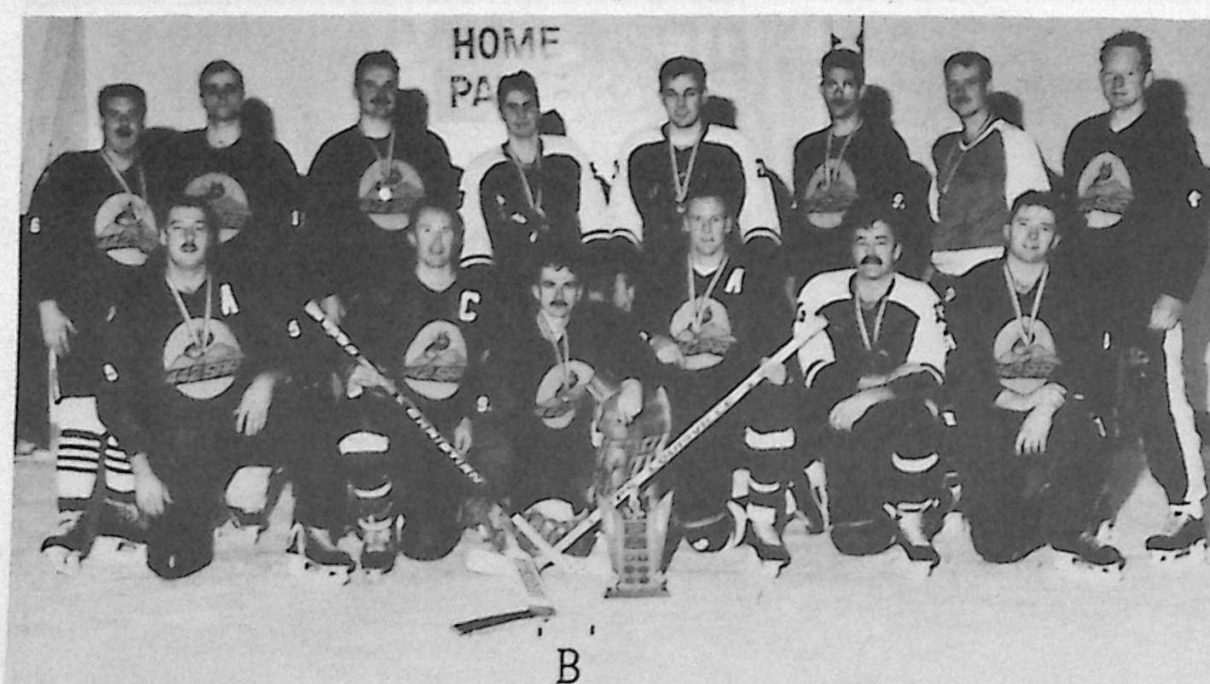
Front L-R: CWO Terry Doherty, BCWO; Col. J.E. McGee, BComd; and Cpl Pauline Geise, Base Supply. Back L-R: Sgt Dennie O'Brien, Supply Purchasing; MWO Terry Smith, Supply Admn O; Maj Bill Pipe, B Sup O; 2Lt Leona Alleslev, SCO; and PO1 Ken White, SC WO.

Intersection Hockey Finals

"A" Division Champs - Base Armament Rebels



"B" Division Champs - 442 Sqn Flyers



The 1991/92 Intersection Hockey Season has come to an end and the Champions for "A" and "B" Division are shown above. Congratulations to both teams.

Building Services Retirements



On 20 December 91 at their annual Christmas luncheon, Building Services said goodbye to three members who have recently retired. They were presented with their service certificates and a gift following lunch at Colombo's. The retirees are: Patricia Smith, 14 years; Carol Briggs, 13 years; and Mary Doleman, 14 years. Presentations made by Doreen Erickson, Foreman of Cleaners, with Capt Veeneman.



Patricia Smith

Carol Briggs

**RECYCLE THIS
NEWSPAPER
TOTEM TIMES**



Minority Language Education Report Released For Public Input

The B.C. Minority Language Education Task Force report has been released for public input.

The task force, established in May of 1990, was struck to propose methods of providing French education principles consistent with Section 23 of the Canadian Charter of Rights and Freedoms.

The deadline for responses to the report is June 30, 1992.

For more information or for a copy of the report please contact:

The Ministry of Education and Ministry Responsible for Multiculturalism and Human Rights.

Harley Trudeau
Assistant Director
Languages and Multicultural Programs Branch
356-2577



Province of British Columbia

Ministry of Education and
Ministry Responsible for
Multiculturalism and Human Rights

Section News

AIRCOM Flight Safety Course at AFIS



CFB Comox Hosts AIRCOM Unit Flight Safety Course

The Air Force Indoctrination Centre was the location of the first on-base Air Command Unit Flight Safety course at CFB Comox. The course was held from the 10-14 Feb 92 with 41 course members in attendance.

In the past course candidates from across Canada and Europe went to CFB Winnipeg for the training. However, the costs were becoming prohibitive so an alternative method of providing the course was developed. The result is that applicable safety lectures travel to one of several selected bases throughout Canada and provide the course to personnel from the base and the surrounding region. The high quality of the course has been maintained and it is now being performed at a significant cost saving.

Long recognized as an essential form of safety and ultimately resource preservation training, the course familiarizes students with the Canadian Forces Flight Safety system, occurrence reporting and response procedures, post occurrence activities, and provides an introduction to numerous aviation safety related topics. All in the hope that they will return to their units and spread the good word regarding Flight Safety and put the theory into practice. Pictured in the center of the class photo are the BOPs, LCol Challenger, with one of the guest lecturers, DFS Exchange Officer USN Commander Jerry Ries from NDHQ.

To help you fill out your income tax return



Extended hours

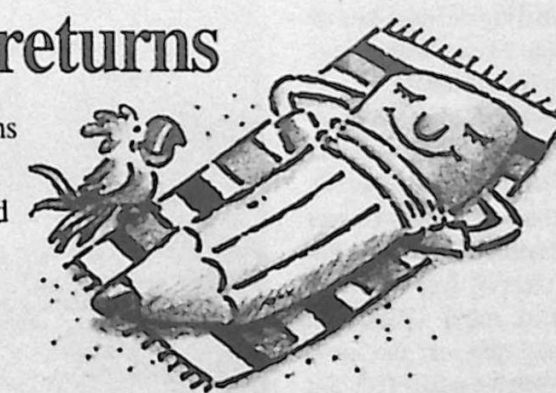
From February 24 to April 30, we offer an "after hours" phone service from 5 p.m. to 9 p.m., Monday through Thursday.

You can also call T.I.P.S. Info-Tax, our automated phone service, 24 hours a day, 7 days a week, for recorded information on selected topics.

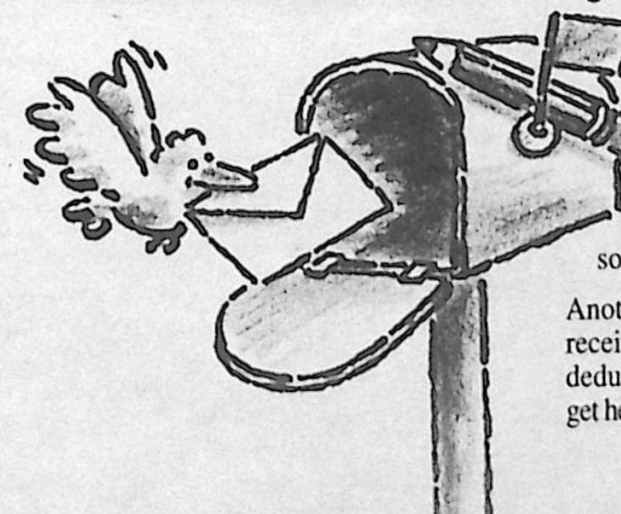
No-calculation returns

To make things easier, we've designed two simpler tax returns that don't have any calculations.

These optional returns are great for people with straightforward tax situations. If you're under 65, you can use the "Short." If you're 65 or over, the "65 Plus" is for you. Whatever return you use, you should fill out only one.



Make sure your return is not delayed



Lots of people fill out their tax return with great care, only to miss details that can make all the difference. For example, if your address is incomplete or incorrect, your refund could be delayed or sent to the wrong place.

If you will be moving, write the new address on your return, or if you don't know it yet, please call us to let us know as soon as you can so we can update your file.

Another important detail is attaching all the slips and receipts that support your claims for credits and deductions. If any are missing, your return may get held up while we contact you for the information.

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NEXT DEADLINE 30 MAR - NOON

Section News

407 Squadron History



by Lt Robert Tarzwell

Part 2 - a new aircraft and operational role.

Last time we learned little more than 407's date of birth, her first CO's name and the state of the squadron's first two aircraft and facilities. This week we find out what replaced the Blenheims, what the squadron's operational role was to be and how well they carried it out, plus a few 'war stories'.

On 31 May, 16 Group Headquarters phoned W/C Styles and informed him that the Blenheim, deemed inappropriate, was to be replaced by the larger Lockheed Hudson. Powered by twin 1200 horsepower Wright engines, the Hudson had a maximum speed of 246 mph and a range of 1950 miles. It had been modified by installing bomb-bays under the fuselage, a powered gun turret ahead of the tail, two machine guns in the nose, a single machine gun on each beam window and one in a vertical slot near the bomb-bay. The Hudson carried four 250 pound bombs and an air to surface radar for long range pinpointing.

The first Hudson arrived on 5 June, a dual configured Mk I, plagued with hydraulic problems, while the Blenheim allotment was officially cancelled on 9 June. 407 became the only overseas RCAF squadron to fly Hudsons, even though they were used extensively in training in Canada. In preparation to receive the new aircraft, maintenance leaders from the squadron were sent to Bircham, Newton, where they learned maintenance procedures on the new aircraft at 206 Sqn (RAF).

Three Mk III Hudsons arrived on 13 June, and training was carried out on every airframe available, including the two Blenheims and the Mk I Hudson. The first non-training flight was carried out 19 June when Sgt Donald Moss was sent on operation 'Hein', an escort of a Heinkel 115 float plane on a fuel consumption test. The first squadron casualties came on 30 June when Hudson AM 719 crashed half a mile from the aerodrome in clear weather. Killed were Sgt G.C. Bingley and P/O R.C. Buckholtz, an American from Rapid City, South Dakota, who volunteered for RCAF service 6 July 1940 at Winnipeg.

To complete training, the squadron moved to North Coates, Lincolnshire on 9 July and flew under the tutelage of F/L E.W. Tacon, D.F.C. (RAF). By the end of August, training was complete, and the squadron got three days

leave, prior to the start of operational flying on 1 September. The composition of the squadron was eighteen complete aircrews, 40 RCAF and 53 RAF. Only 14 of the groundcrew were RCAF (about 80 percent RAF). One complete aircrew had a lead pilot, second pilot and two wireless operator/airgunners.

The squadron's mission was to strike enemy shipping while patrolling enemy-held coast. Single vessels or small convoys were located by radar, visual and photo recce, and the patrols were given a roving commission to attack any suitable shipping target presenting itself. Hence, the missions were called 'Rover' patrols and were generally at night, flown from Borkum to the hook of Holland. Hudsons would attack at mast-height, dropping time-delayed bombs and machine-gunning the enemy ship.

The first mission assigned the squadron was to photograph Danish fishing vessels, and the first operational mission was an unsuccessful search for a Whitley Bomber on 7 September, involving three Hudsons. Later that day, the CO attacked a 1500 ton vessel in Hudson AM 556, designated RR-E, with no observable results due to flak dodging. September concluded with 32,500 tons attacked, including definite hits on three merchant vessels and probable hits on four more.

September had a few other interesting moments. On 9 September, Sgt Moss was piloting Hudson S back to North Coates after a mission. The crew encountered heavy fog and low cloud, and at about 2050 hrs, both engines quit, so the crew prepared to ditch. At fifty feet, Sgt Moss was able to restart the engines, and at that moment the crew spotted a church steeple in the fog. They realised they were over land and were able to return to base despite extremely poor weather.

On 19 September, F/L Hill and crew observed the German seaplane tender 'Friesenland' and her escort of eight S-boats and one destroyer. The destroyer challenged the Hudson with a five-star recognition signal, and the crew responded with a "D", the first letter they could think of. The enemy made no further signals.

Next time we will discuss the remarkable Hallowe'en raid, which won 407 several decorations, and 407's less successful effort against German shipping during operation 'Cerebus', the famous English Channel dash of February 1942.

Lockheed Hudson



Lockheed Hudson -- "The kite that made the Demons famous."

First 407 C.O.

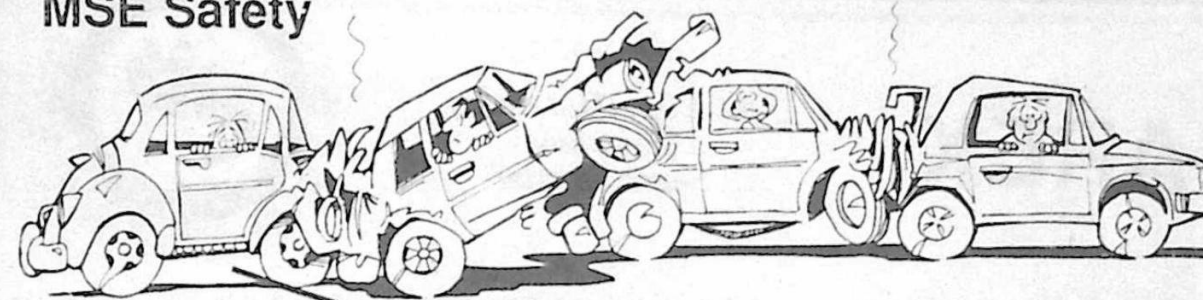


Wing Commander H.M. Styles (RAF) DSO, the first CO of 407(Demon) Squadron, with Squadron Leader P.E. Lewis (R) A Flight Commander. W/C Styles was CO from 18 May '41 to 7 Jan '42.



Section News

MSE Safety



Roads are for Sharing

Motorcycling is exciting, enjoyable, and an efficient means of transportation. Whether you ride for recreation or for getting around, you should be aware of the potential hazards involved and take the measures necessary to ensure safe and enjoyable riding.

Be Seen

A large number of motorcycle accidents involve another driver's failure to see the oncoming motorcyclist. You can make yourself and your motorcycle more visible by doing the following:

- wear bright coloured clothes and helmet (yellows, reds, oranges) with retro-reflective tape.
- add reflectors and retro-reflective tape to the vehicle.
- keep the headlight, tail light, and signal light clean and in good working order.
- when riding, choose a lane and position which maximizes visibility (e.g. avoiding other drivers' blind spots).

- signal all hand changes well in advance.

Collision Sites

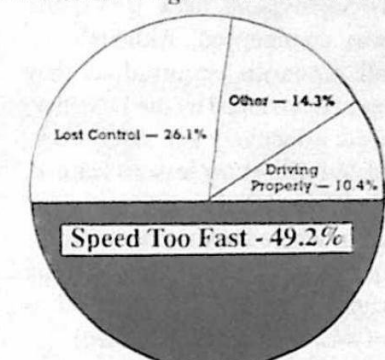
The majority of multiple-vehicle collisions involving serious injuries or fatalities take place at intersections. "One of the more frequent causes of such collisions is the car driver turning left in front of the motorcyclist. When approaching an intersection with a car waiting to turn left:

- slow down.
- move over to the right to give more room between yourself and the car.
- be prepared to sound the horn.
- get ready to react if the car turns in front of you be aware of escape areas.

Slow Down and Get There Safely

The most common error committed by motorcyclists is riding too fast. Nearly half of all riders involved in major or fatal injury single-vehicle collisions were

Driver Action Single-Vehicle Collisions



judged to have been speeding. *Responsible motorcyclists ride within the speed limit and adjust their speed for varying road and weather conditions, traffic situations and nighttime riding.

Roads can become hazardous when covered by rain, frost, dust, leaves, sand, gravel or mud.

These conditions reduce traction which affects the motorcycle's steering, braking, and balance, thereby reducing your control of the vehicle. To prevent an accident, you should be aware of the type of road surface and its condition. Speeds should be reduced when riding on any slippery road,

Master Safe Driver Award



Mr. Irving Arsenault, a civilian MD06 equipment operator currently employed within Base Transportation received his "Master Safe Driver Award" on 3 Dec 91. This award issued by the Chief of the Defence Staff signifies the highest award possible for drivers and is only awarded to those personnel having achieved over 21 years of accident free driving. On hand to make the presentation on behalf of the CDS was BGen Bowen, Comd MAG.

The B Tn O and his staff extend congratulations to Irving for his achievement and wish him another 21 years of accident free driving. Way to go JIF!

especially when entering a curve and cornering. Avoid sudden moves such as rapid changes in speed or direction; use both brakes smoothly and gently; and look out for uneven road surfaces (bumps, potholes, railroad tracks, broken pavement).

Quip

I told the other idiot what he was and went on my way.

QUESTION:

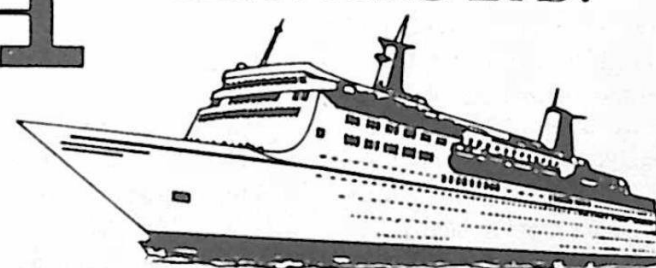
Which one of the following factors is most likely to impair the drivers ability to concentrate on their driving.

- A. Ignorance of the law.
- B. Emotional disturbances.
- C. Traffic density.
- E. Light conditions.

ANSWER:

"B" - Emotional disturbances.

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Spring has sprung
The grass has riz
I wonder where
The Beavers is

We have a few Beavers away at this time, so I'll fill you in on their whereabouts. Capt Cameron is at CFSS 11 Feb - 10 Apr, MCpl Ryan is in Alert 25 Sep - 13 Apr, Cpl Patterson is working toward his QLS 8 Jan - 30 Jun, and Cpls Leist and Potter are on their QLSs starting 17 Feb. Upcoming TDs include Cpl Reid going to Alert 3 Jun - 27 Aug, MCpl Smith is tentatively scheduled for Cyprus starting 21 Oct, Cpl Huard will be going to NWT 3 Jun - 16 Sep to help 1 CEU, Sgt Kovacs is going on his Seniors etiquette course 23 Mar - 24 Apr, and Sgt Laird is tentatively scheduled for Alert 3 Jun - 27 Aug. Welcome back to Cpl Campbell who has just completed a six week tour in Alert and to Cpl Jobin who spent a month in the true north strong and free.

By 1 Sep 92 we'll have had to say goodbye to a few of our co-workers who have decided to take the plunge under the FRP. To help keep the rumours in check, the following people fall under the aforementioned category: MWO Annesley, MWO Harwood, MWO Perry, WO Hofman, MCpl

Ripples from the Beaver Pond

Wilkins, Cpl Dupuis, Cpl MacIntyre and Cpl Waddell, and we have MWO Shannon who is an actual retiree as of 27 Jun 92.

I would also like to let you know where some of our civilian Beavers have been. Russ Burns was on an EAP Course in Winnipeg 25 - 28 Feb and Norm Rowland was in sunny Anaheim, California 7 - 13 Mar. (Must be nice!)

If you walk around the Base you will see some of our handiwork in progress. The following are some of our Aerodrome projects on the go: B174, IFRCC addition, due to start 1 Apr and be completed 15 Aug; upgrade Aerodrome signs, due to start 1 May and be completed 30 Jun; H7 Increase Sprinkler Systems is 10% complete and should be done by 6 Apr; H7 Phase I Renos for 414 Sqn includes floor renovations for offices and is due to start 16 Mar for completion by 30 Jun and H7 Phase II Renos for 414 Sqn includes Nose Dock Renovations for locker/shower areas is due to start 16 Mar for completion by 30 Jun.

Other major projects we have on our agenda are: Demolition and clean up of Holberg is 99% complete and should be done by

20 Mar; Q1 Replace Transformer is also 99% complete and will be done around 13 Mar; remove 35000 gal Fuel Tank at CHP should be done by mid Mar; emergency road repairs at Holberg is 98% complete and is being coordinated with the bridge demolition; upgrade front gate is 35% complete and should be done by 26 Mar; summer Boiler Project will start in Sep 92 for completion in Mar 93; Q1 Emergency Kitchen Repairs will be done before 14 Mar; B105 Kitchen Repairs will be done by 31 Mar; B28 Replace Gym Floor will start 1 Apr for completion by 15 May. Main Base Area/Manhole/Conduit Telecom Cable will start 1 Apr for completion 30 Jun; HSR -- Const New Fuel Tally Building is 15% complete and will be done by 31 Mar; and, Q1 Roof Repairs is 10% complete and will be done by 31 Mar.

As you can see (or read), we are busy indeed!

Just a reminder about CFB Chilliwack's 50th Anniversary celebrations to be held next month. For more info see MCpl Limoges in Prod Sched Office, or phone local 8696.

Until next time -- CHIMO!

NEXT DEADLINE 30 MAR - NOON

Section News

442 Squadron SAREX

by Capt Paul Kruis
Assistant
Searchmaster



Mobile Repair Party to Orford

by Capt A. Carrier

442 Sqn is the major Search and Rescue (SAR) resource in B.C. Every year, the Squadron responds to hundreds of SAR incidents such as assisting injured hikers or vessels in distress, conducting Medevacs or major searches for overdue aircraft or marine vessels.

Aside from the normal daily training, part of the Squadron's mandate is to have trained air and ground crews as well as searchmasters in the event of a major search. SAREX '92 was organized to provide realistic scenarios for training, and to test the Squadron's ability to deploy and conduct a major search.

It all started months ago when Major Joel Clarkston, our Operations Officer (SOPS), got together with the other directing staff (D.S.), to plan and organize SAREX '92. To begin with, the site for deployment of Search H.Q. staff and servicing personnel. The SAREX would run from Feb 17-19 with the 20th as an additional weather day, if required.

As with any major exercise, Plan "A" becomes Plan "B" then changes to Plan "C" and eventually you are running out of letters. I think you're getting the picture here! Well, this is where I come in. On the Saturday preceding the SAREX, some Sqn members and myself were transiting over Butte Inlet some 40 miles north of Comox in Labrador 310, when the aircraft suddenly decides that it doesn't want to return to Comox, and starts flashing a light at us in the cockpit. After investigation, we find the transmission chip light on and decide to park the aircraft in Orford Bay to check out the problem. I think I'll let Capt Carrier (SRO) tell you the rest of that story.

Suffice to say, that we started the SAREX with half a dozen Techs in the bush with Lab 310 and a second Lab to service the first, (or was it vice versa!).

It was now Sunday night and SAREX was about to get underway. 1815 local - RCC launches the standby Buffalo on an overdue aircraft which departed the Tofino area and failed to arrive at Courtenay Airport. The Buff was able to pick up an ELT, but was unable to localise it or to drop flares due to cloud over the area. They would try again in the morning.

0630, Monday 17 Feb 92, my phone rings, as well as all others of 442 Sqn -- a Sqn recall -- overdue aircraft -- we could have guessed! By 0730 most were in at work and jobs were detailed. Capt Martin Turpin was assigned Searchmaster, Maj Rick Hanna was assigned the position of Detachment Commander, and myself, the Assistant Searchmaster of course! After the standby aircraft were airborne on their search areas, the rest of the personnel were assigned an

aircraft or vehicle for transport to Tofino.

By late afternoon, the Search H.Q. was in full operation (minus the phones), and we were capable of handling any simulated scenario that the D.S. could think up. Three SAR Techs from Buff 458 had 'jumped' to the beach to attend to a simulated C.M.R.A. accident, and Stinger 28, the Sea King from 443 Sqn, was able to recover the SAR Techs. 458 then picked up an ELT and proceeded to home in on it, to the astonishment of the D.S. as it was not part of the scenario! Now everyone was getting 'SARITIS', but our hopes for something truly exciting were soon wiped out when we learned that 458 was chasing its tail. So much for day one.

Using the debriefs from the previous day, new search areas were assigned to the various aircraft and soon they were airborne and searching, but it wasn't long before the D.S. made life interesting! A vessel in trouble -- no problem. Buffalo to the rescue with a SKAD and pump. A few sighting reports of the overdue aircraft -- no problem, we'll get the Lab to check it out. SAREX ELT hit -- too easy. Task the Lab, but the weather has deteriorated in that area, and the Lab is short on fuel, and has to return to Tofino for fuel and lunch. Later that afternoon the Lab does make it into the 'crash' scene and picks up two very thankful survivors.

Well, the missing aircraft was found, so the SAREX was over. Right! Wrong! The D.S. had informed us that a Navy vessel had collided with a Coast Guard vessel and that the Navy vessel had substantial damage, but was stable and was being towed by the Coast Guard vessel which was undamaged. Our assistance was not required. I think we'll call it a night!

Next morning, day three, we were quickly informed that one sailor had jumped ship from the Navy vessel from the previous days scenario. We dealt with the problem by assigning the Sea King and the two newly arrived Casara civilian aircraft to search for the man in a liferaft. He was later found on the beach, sunbathing!

Now, wearing the disguise of Tofino Coast Guard radio, the D.S. announced that the Navy vessel had sunk and the Coast Guard tow vessel was unable to disconnect the tow line, and had been taken down as well. There were now 7 persons somewhere in the water. The Buff and Lab were launched, and after dropping their SAR Techs, the Buff takes over as on-scene commander. The Lab was soon there to pick up survivors, and the Sea King, after some difficulty with their hoist, also participated in recovering some survivors.

With that last episode complete, SAREX '92 was considered finished, and the re-deployment back to Comox was commenced. Although not all scenarios occurred as they were envisioned by the D.S., they were effectively and safely completed with many lessons learned. SAREX '92 did indicate some areas where improvements are required so that we will be more capable the next time the services of 442 SAR Sqn are needed!

In actual fact, not all the saviours were aboard. Of course these technicians, the aircrew and the SAR Techs were on the front line of the battle and physically recovered the aircraft, but behind the scene, back at the Squadron, the teamwork was omnipresent to plan and support the basis of that operation.

The Sqn Duty Ops Officer and A/CO were very busy and very active, planning, advising, reviewing plans, adapting to changing situations. On the floor, we expedited the equipment, gathering transmission preparation and loading, vehicle renting, food ordering and pickup and other related duties.

This operation was a stunning success despite the extent of it, the number of people involved and the potential for communication errors. It went so well because a good structure existed and everyone worked as a team member in a large team effort.

In conclusion, I'd like to add that the conditions on site were difficult. It was cold, windy, rainy, the commodities were minimum, we were isolated, the wild life was hunting us, we had to play with little plastic pigs, the coffee was instant, we didn't get much sleep (try to sleep beside a crane operator that snores!), and the bottom of the latrine was getting dangerously high.

What I'm trying to say is that we loved our experience. We didn't exactly let ourselves die. With the ingenuity of a SAR

Tech, namely Paul, there are many things you can do to make life in the wood most enjoyable, namely a sauna!

During the period of 16-22 Feb 92 a Mobile Repair Party (MRP) was dispatched to Orford Bay for a transmission change. It was a very unusual MRP, as the only way in was by helicopter or by boat. Let the challenge begin!

Orford Bay is in Butte Inlet, approximately 65 nautical miles north-west of Comox. One of our helicopters was flying in this vicinity when the crew had indications of metal chips accumulating within the forward transmission. Emergency landing and shut down procedures were immediately carried out. It is imperative to find an open area to land ASAP because there is no way to diagnose the transmission condition in flight, therefore there is no indication on how long it will hold; 50 hours -- or 50 seconds!

As the aircrew's heartbeat increased, their eyes scanned the ground faster in search of a salvation glade. (I assume that their heartbeat increased. I don't know, I was in my office at the time!) Finally, the crew was relieved to find an old logging camp with sufficient room to land.

From that point, it became a very challenging logistic effort to bring on site the transmission and especially the crane to handle it. As I said earlier, the only roads there lead to clear cut areas or dead ends. There was no landing strip that even the Buffalo with his short take-off and landing

Installing the blades



Cpl Léger, Cpl Audet (crane), MCpl Hamilton, and WO Beattie install the blades.

capabilities could use.

After evaluating several options, it was decided that a barge would bring all the required equipment to the site. In the meantime, a group of BDF personnel and squadron personnel were sent to guard the aircraft as we brought back the crew who brilliantly executed a fine example of emergency situation handling. Our technicians on site didn't lose a second and performed the highest level of efficiency once the equipment arrived.

I joined the MRP-BDF team two days following the initial deployment, accompanied by the crane operator. I think it was about time that they had visitors.

We caught them playing a weird game consisting of throwing little pigs the size of dice on the table as everyone loudly expressed his hopes to see the little pigs land on their back, their head or else 'swine razor back'. After a couple of days I enjoyed the game very much myself!

The morning following my arrival, the barge showed up, after a 7 hour trip. We unloaded our equipment and got on the job immediately. We had to load everything back on the barge so it could take advantage of the next high tide and leave at around 1700 hrs that same day.

Section News

More MRP Orford

The 4-wheel drive extension boom, 2700 lb crane was driven up the 500m road that led to the aircraft and shortly before lunch time, it was going back toward the barge. The old transmission was out, the new one in and the blades installed. The rest of the afternoon was used to hook up lines, torque bolts, make adjustment, and ensure 100% airworthiness.

The efficiency of the operation was impressive, but I should say, up to our standard! The task was completed in an excellent time, in

an orderly manner and without a single incident or delay.

The next day the aircraft was ready for ground runs and test flights but the bad weather precluded an early drop of aircrew to perform these tasks. Despite the occasional snow fall and rainshowers, the transport Lab finally landed. It was too late then to start the acceptance procedures. However, bright and early the next morning, they were carried out and the aircraft successfully returned to home base with its saviours aboard.

Getting it torqued



Cpl Devries and Cpl Harding ... serious fellows.

Drip



Cpl Harding, Cpl Léger, WO Beattie and Capt Carrier ... cold feet, dripping noses, dripping sign. This picture proves B.C. did have a winter this year.

Hands On



"Sir, we know you like to keep an eye on things, but shouldn't you eat that steak at a table?" (MCpl Hamilton, Capt Carrier)

Barging it in



A barge and tug brought in the equipment.

Hovering



Easy does it ... new transmission, poised to descend.

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Feature

Big success eh?

11th Annual Hoser Party

Shack's 11th Annual Hoser Party was a smashing success as a record crowd of 69 plus attended. The whole affair was hosted by Brian and Jill Shackleton at Hoser Acre Plus on Renne Road near Merville on Saturday, 15 Feb 92. People came from near and far to attend 'The Hoser Event of the Year'. They registered from noon until 1:00 p.m. at which time the Hoser Olympic Games began and ran until the conclusion of the party at 6:00 p.m.

Rick Skrzyzala made his annual Hoser Pilgrimage from Victoria and brought Tom Lafontaine, Frank Mitchell and Rob Taje with him. Rick has made this trip for the past 3 years and Tom and Frank attended the 9th Annual Hoser Party. Rookie Hoser Rob was fully briefed and well prepared for his introduction to Hoserism by these veteran Hosers. This allowed Rob to easily adjust to the Hoser culture and have a real 'good day eh'!

Six teams competed in ten challenging events in the quest for Olympic Gold medals and overall team championship. The six teams in order of finish were: 1st Back Bacon (yellow) 48 points. Members Tom Lafontaine (C), Dan Winsor, Ed Beth, Mike Janke, Mark Keller, David Rothermund, Lorna Foggo, Mario Roy and Mark Villanueva, received Hoser ball hats courtesy of *Hitec Screen Printing* in recognition of their achievement;

2nd Buns (pink) 46 points, members John Haugen (C), Rob Taje, Rita Beth, Paul Hoesgrove, Mike Jameson, Tammy Thornton, Craig Coons, Duane Capstick and Barry Hewer;

3rd Beer (green) 41 points, members Joe Reynolds (C), Doris

Cameron, Rick Jomha, Jim Lafrance, Lynne Levesque, Joelle Jameson, Darren Blair and Dean Cole;

4th Earmuffs (blue) 37 points, members Tony Pasolli (C), Lucy Samuels, Bill Cook, Khrla Thompson, Chris Vrabel, Vicki Keller, Mitch Moderie, Rainer Roedger, Dan Renwick and Shane Martin;

5th Toques (white) 37 points, members Frank Mitchell (C), Brigitta Reynolds, Miriam Renaud, Chris Arnaud, Charley Lamontague, Lloyd Stajkowski, Nikki Kruge, Guy Champagne, Pete Moreau, Nevin Bernard, and Sylvain Alarie;

6th Donuts (purple) 28 points, members Eric Rheume (C), Jack Mallette, Tony Kester, Joe Mahoney, Guy Ouellette, Ken Roy, Judy Rothermund, John Talon and Marcel Belliveau.

Red ribbons were used to designate officials of the day and the members were Brian Shackleton, referee and chief Hoser, Jill Shackleton, back bacon Chef, Collin Kelley, games photographer, and the other seven members made up the Judge Panel: Jeff Bondy, Dan Martin, Rick Skrzyzala, Duane Veitch, Sue Pasolli, Maria Rheume, and Donna Vanherwaarden. There were also several designated drivers and spectators who did not receive a ribbon but did thoroughly enjoy themselves. The first event was 'Donut Eating' and the best donut gulper was Paul Hoesgrove (Buns) who raced through his three donuts and let out a shrill whistle to capture the gold medal.

The second event was the 'Down Under' in which the team of Sylvain Alarie and Miriam Renaud of the Toques had the best

technique and execution. Miriam supported Sylvain who, while doing a handstand, downed a can of Blue to win first place.

The third event was a six person 'Donut Relay' in which the Back Bacon team proved to be the most efficient and thereby winning the gold medals.

The fourth event was the 'Team Beer Race' which involved four members with straws sucking down a small pail of 'Hoser milk'. The Beer team finished their pail in no time flat to win the gold medal.

The fifth event was the 'Hoser Golf' which was a dogleg left, two-person, one stroke a piece, closest to the hole wins. No team capitalized on the five point bonus for sinking the ball. The Beer team were the most accurate golfers of the day and took home the first place medals.

The sixth event was the 'Six Person beer Relay'. This event had a small pail of 'Hoser milk' and a shot glass and involved one person running up to the pail drinking a shot of 'milk', refilling the shot glass, running back and tagging the next member of the team who repeats the process and this is carried on until the pail is empty. The Toques, Earmuffs and Buns teams committed Hoser sacrilege by knocking over and spilling the contents of their pail and were subsequently disqualified and thereby collected no points. The best team effort went to the Donut Team who all collected gold medals for their super team effort.

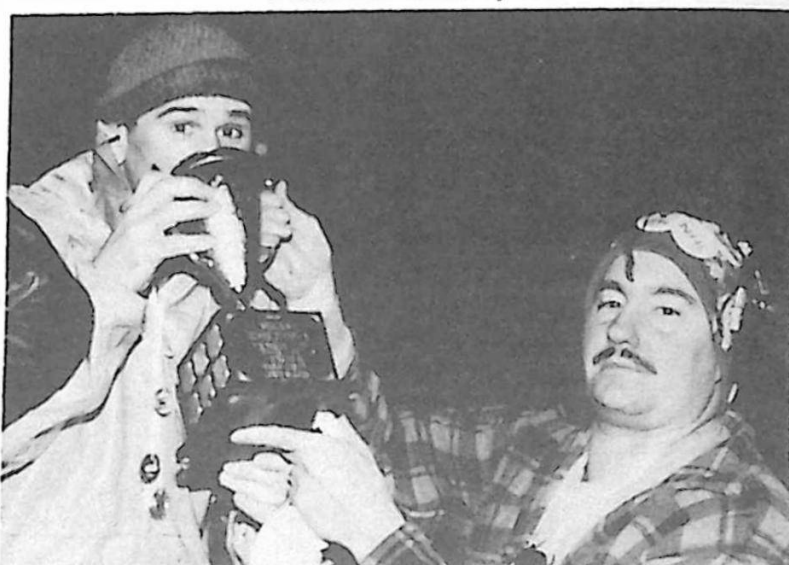
The seventh event was the 'Hoser Hammer Relay' (6 people), the object of which was to hammer a nail into a wooden stump with a round rock. A person was only allowed one swing then they had to run and tag the next member of their team and the process continued until the nail head was flush with the wooden surface. The Toque team were the best Hoser carpenters of the day.

The eighth event was 'Hoser Wheelbarrows'. This was a two heat timed event and involved six members from each team. This event has to be seen to be fully appreciated for it is truly a Hoser original. The winners of this first time ever event were the Earmuff team.

The ninth event was 'The Hoser Sockhop Four Person Relay'. This year, the Hoser Sockhop was modified to involve four people per team instead of one and the degree of difficulty was also quadrupled. The event proved to be both challenging and entertaining with the Buns team outclassing the field to win gold.

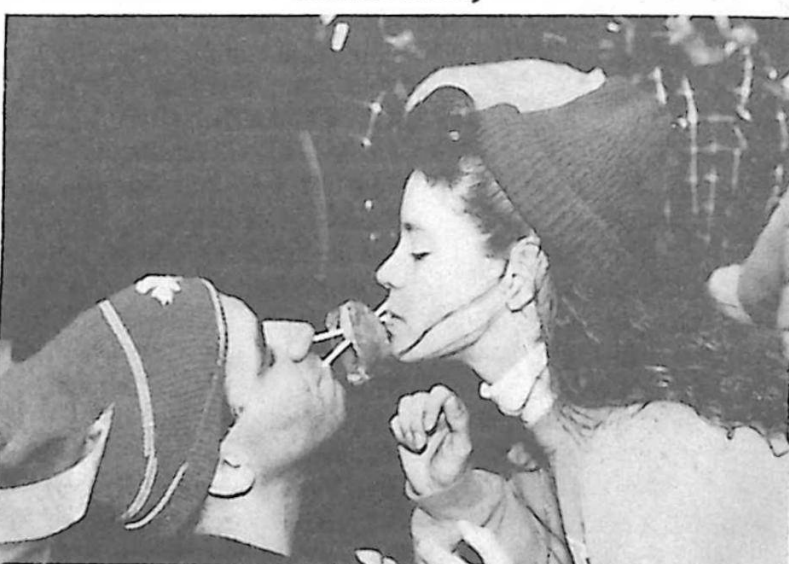
The tenth and final event was the prestigious 'Hoser Triathlon'

Ironman Champion



David Rothermund is shown sipping the fluids of victory from the 'Ironman Champion Cup' presented to him by Brian Shackleton and donated by Marge Easley of National Real Estate Service. Photo by Colin Kelley.

Donut Relay



Pass the donut please! Rick Jomha is shown receiving a donut from Lynn Levesque in the six person donut relay at Shack's 11th Annual Hoser Party. Photo by Colin Kelley.

or 'Ironman Competition'. This year the event was honoured by Marge Easley of *National Real Estate Service (NRS)*, who donated a permanent trophy on which the champion gets their name engraved. Marge also gave two NRS hats which were awarded to the winner and runner-up of the event. David Rothermund of the Back Bacon team downed his three Hoser beverages in 23 seconds, but he had to finish his foam and was awarded an official time of 29 seconds to become the 1992 Hoser Olympic Ironman. The 10 points David earned for this accomplishment also gave his team first place overall, narrowly beating out the Buns team. This was no easy feat because a very determined Mike Jameson of the Buns gave David one heck of a race.

Mike had been runner-up for the past two years, and wanted the 'gold' real bad, but had to settle for silver again. Mike is a great athlete and real competitor and though he may have felt disappointed and frustrated, he also showed what a good sport he is by shaking Dave's hand and congratulating him on his win. An honourable mention goes out to Chris Vrabel of the Earmuffs, who won the bronze medal in the Triathlon. Congratulations to all the athletes in a real hard fought competition.

I, Brian Shackleton (Shack),

THURSDAY 19 MARCH 1992

THURSDAY 19 MARCH 1992

TOTEM TIMES 13

On & Off the Base

Alaska Highway 1977

All the way to Whitehorse

by Hamish



The following morning, after making some enquiries, we moved to a garage at the north end of town where they specialized in replacing broken springs. By the look of their inventory they apparently replaced a lot of broken springs. When the springs on our friends' trailer were checked they were found to be an odd size which they didn't have in stock. They would have to phone to Edmonton and have a set flown in on the Monday flight. Another forced delay of three days. We spent the weekend exploring the town, including the Muskwa Inn where the walls were covered by an assortment of mounted wild life specimens. We also visited the old Fort Nelson Settlement and Indian Village across the Muskwa (Bear) River.

The plane arrived with the springs late Monday afternoon and were soon installed. We were back on the road by 6:30 p.m. heading for a campsite at Kledo Creek, a short distance ahead. The stretch of pavement leading north was peppered with potholes and was the worst we had seen anywhere. Fortunately it didn't last long and we soon drove onto a freshly graded piece of gravel road to Kledo Creek.

We left the campsite bright and early the next morning and continued on the same newly graded road which wound its way through miles of musketry. We crossed the Tetsa River with its clear, green sparkling water then once again we caught up to another convoy of tank trucks liberally soaking the road with water before the graders moved in. And once again we carefully picked our way along trying to avoid the water filled potholes.

There were many points of interest along that stretch of the highway; Steamboat Mountain, teetering rock, the snow capped Rockies in the distance, stratified rock faces, extensive green farmlands, huge rock slides sweeping down to Muncho Lake, and Peterson Creek Falls at Mile 445. The road gradually improved and at Muncho Lake we were treated to 30 miles of pavement along the lake shore. Near the north end of the lake we saw a number of vehicles parked and people standing out on the road. At first we thought there may have been an accident but as we drove closer we began to see part of a flock of mountain sheep, along with a number of young lambs, busy licking salt along the edge of the highway and completely ignoring the tourists and their cameras. Of course we had to pull over and get our share of snapshots.

Another 25 miles of travel brought us to a long bridge which crossed the Liard River, a sizeable river that runs more than 500 miles from high in the Yukon Territory to empty its waters eventually into the Mackenzie River at Fort Simpson and thence into the Arctic. Near the crossing is a government campsite with two hot springs in their natural settings. The lower pool is hot and the upper pool is hotter! There is a charge for camping but no charge for the use of the pools. The lower pool was sandbagged by the U.S. Army Engineers to deepen the pool during the construction of the Alcan Highway in the 1940s. The same sandbags were still in place when we visited the area.

For the next 60 miles or more

the gravel and fill for the road came from the Coal River area. When dry the road surface gave off large volumes of black dust, which made it important to drive with the headlights turned on. When wet the vehicles were covered with a coal-black spray that stuck like glue. The car wash centers in Whitehorse and Fort St. John did a steady business and it usually took at least two washes to get it all off!

About fifty miles farther we came to Contact Creek, so named when the Engineers from the south met those from the north, thus completing the road from Dawson Creek to Whitehorse, in September 1942. For the next two hundred miles the highway roughly follows the Yukon border, criss-crossing back and forth to avoid most of the muskeg in that area. Along this part of the road is the dividing point between Pacific Standard Time and Yukon Standard Time. A two hour difference occurs in spring, when B.C. changes to daylight saving time while the Yukon remains on standard time; the 'Land of the Midnight Sun'.

The traveller is officially welcomed to the Yukon at Watson Lake, (Mile 635), where a fancy 'Certificate of Entry' is handed to those who visit the tourist bureau. A popular attraction is the ever growing display of sign posts. These were first erected during the highway construction days by the workers showing the mileage back to their home towns. Visitors have since carried on the tradition.

Fourteen miles west of Watson Lake is the junction with B.C. Hwy 37, also known as the Stewart Cassiar Highway. This is

an alternate route north beginning at Kitwanga on Hwy 16, between Prince George and Prince Rupert.

We continued on another 125 miles before crossing into the Yukon for the final time near Morley River where a Yukon government campsite is established. From there we drove on to Teslin Lake which we followed for about 30 miles. Teslin Lake was part of the 'Stikine Route' in the gold rush days of '98. Many prospectors followed the Stikine River from Ft. Wrangell, on the Alaska 'Panhandle', up through Telegraph Creek, in B.C., along Teslin Lake and down the headwaters of the Lewes River, later renamed as the headwaters of the Yukon River, then on to Whitehorse and eventually to Dawson City.

Except for an 18 mile section of road construction, it was paved all the rest of the way to Whitehorse, a pleasant and welcome change! We had now travelled over 900 miles from Dawson Creek, Mile 0.

Whitehorse became the capital of the Yukon a few years after WW11, when the territorial government seat was moved from Dawson City. The new capital had grown and come into its own during the construction of the

Alcan Highway and the building of its new, modern airport. It continues to grow as the center of Yukon commerce. At the southern entrance to Whitehorse the paddle wheel steamer, 'Klondike' sits up on the river bank, restored to its original splendor, reminding visitors of the part it played in the more than half a century of transportation on the rivers and lakes of the Yukon by a large fleet of similar steamers. Today transportation is either by road or air. At the Whitehorse Rapids, (from whence Whitehorse got its name), visitors can view the longest wooden fish ladder on the continent. The narrow gauge tracks of the White Pass & Yukon Route follow along the river bank into town. The W.P. & Y.R. (dubbed 'We Push & You Ride'), carried freight and passengers between Skagway, Alaska and Whitehorse. Its main freight load consists of graphite which is hauled to Whitehorse by trucks from the mine at Faro. It is quite a tourist attraction in the summer months. Across the street from the station is the McBride Museum where one can spend considerable time viewing displays of pioneer days.

Continues on April 2

CF Personnel Assistance Fund

The Canadian Forces Personnel Assistance Fund offers an Education Assistance Loan Program to assist serving and former members of the Canadian Forces and their dependants with the costs of post secondary education.

To be eligible for a low interest loan of \$1,200, \$1,500 or \$2,000, the service member must have served after 31 January 1968 and have a minimum of ten years Regular Force military service. The loans are repayable over a twelve month period commencing

in September of the year the loan is awarded.

Application forms are available from Canadian Forces Base Financial Counsellors, the district office of Veterans Affairs, Provincial Command offices of the Royal Canadian Legion or by writing to CFPFA, 245 Cooper Street, Ottawa, Ontario, K2P 0G2. The application must be submitted by the service member on behalf of the student. The deadline for submissions is 30 June 1992. Late submissions will not be considered.

3rd annual most photogenic

BABY CONTEST

Trophies & Prizes

will be awarded for the following age categories

- Under 6 months • 6 - 18 months •
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JUDGING

will take place on March 21, 1992 at 2 p.m.

Prizes & Trophies will be presented by our Mayor
RON WEBBER

2751 Cliffe Ave., Courtenay **338-1071**

888 (KOMOX) WING
RCAFA

CALENDAR OF EVENTS
MARCH/APRIL 1992

SATURDAY MARCH 21.....PIZZA NIGHT 7:00 PM
Members & Guests

SUNDAY MARCH 29.....OPEN HOUSE 2:00 PM to 6:00 PM
at the NEW WING, 2298 Little River Road. All interested Base personnel and other interested persons are welcome. Come out and see the new complex.

WEDNESDAY APRIL 01.....GENERAL MEETING AND ELECTIONS 8:00 PM at the New Wing. Members are urged to come out and cast their vote.

CRIBBAGE NIGHTS.....1st and 3rd Monday of each month.
7:30 PM.

DND AND MILITARY PERSONNEL WELCOME
WING HOURS OF OPERATION ARE AS FOLLOWS:
Thurs 11 a.m. - 6 p.m. (except AFIS nights)
Fri and Sat 11 a.m. - 1 a.m.

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2726A Willemar - 2 bdrm
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NEXT DEADLINE 30 MAR

Leisure

Country Kitchen

Tried and True ... (or is it Trial and Error?)

The past couple of weeks has been intriguing. It began with a call from the Editor telling me that I had had a call from a reader (that was the good news, I have at least one reader). The bad news was she pointed out the fact that I had left an ingredient out of one of the recipes in my 'muffin' issue. It was the second recipe for 'Bran Muffins' and the item left out was 5 cups of flour. It occurred to me that without the flour it would have been 'Bran Soup' which in turn brought to mind several of my Country Kitchen 'flops' over the years. The one my husband reminisces about most frequently is the first batch of soup I made for him after we were married. He had mentioned that he liked barley so I purchased some and the next time I had a stock bone, I threw in a cup of barley. The fact that I also threw in a cup of rice and the pot I was using was just an eight-cup saucepan, was a definite factor in his statement that it was "The only soup I have ever had to slice with a knife." That soup wasn't a success, but following is a recipe my mother makes that always brings raves from family and friends.

Tomato-Vegetable Soup

In a large 24 cup (6 quart) saucepan combine:
2 large soup bones
16 cups water
2 tps salt
2 large onions diced
8-10 carrots sliced

1 pkg celery sliced
Simmer on top of stove for a couple of hours. Remove soup bones and chill stock. When chilled, skim fat off the top. Reheat, and add 2 pouches of Lipton tomato-vegetable soup. Bring to a boil, reduce heat, cover, and simmer for 5-10 minutes. Delicious!

P.S. If you don't have a large saucepan, you can use the bottom of your roaster.

The second flop in the past couple of weeks was when I tried a new recipe for scones. I had just done a column on them and this recipe caught my eye because it called for 'both' baking powder and soda, and, as asked for brown sugar instead of white, and, it called for sour cream instead of milk. Well, I tried it! But I forgot to add the soda to the sour cream so I added it to some additional milk and this made the dough too wet so then I had to add more flour which made the scones tough. But, the flavour was so good I thought, this is worth trying again, and, I'll bet it would be good with some whole wheat flour added! Wrong! So on my third attempt, by following Marg Crasheley's recipe exactly, I discovered a delicious new scone recipe that I'd like you to try.

Brown Sugar Scones

Oven temp 400° F
4 cups all purpose flour

1 cup shortening
2 tps baking powder
1 cup brown sugar
1 tsp salt
1 tsp baking soda in
1 cup sour cream
Raisins

Sift flour with salt and baking powder. Mix shortening and flour mixture until crumbly. Add brown sugar. Mix in sour cream (with soda added), until just moist. Add raisins. Roll on floured board and cut into shapes. Bake 10 minutes. Really good!

With all these disasters in the past couple of weeks it got me recalling other flops. Like the time I made the special oatmeal cookies from my third column on Feb. 6 and forgot to add the flour. It wasn't until I baked the first batch and the whole tray melted down in one large, delicate, lacy looking cookie, that I realized what I had done. But, everyone loved the taste and texture of this odd looking cookie so much, that now I do it deliberately, and if possible, cool a circle shaped piece of it over an inverted bowl making a fancy cookie bowl in which to serve ice cream at a dinner party. The moral of this story being that even 'flops' can be successful to a 'tried and true' cook. I'll repeat the cookie recipe for you.

Special Oatmeal Cookies

Oven temp 350° F
1 1/2 cups flour

1 1/2 cups oatmeal
1 cup brown sugar
1 cup white sugar
2 eggs beaten
1 tsp baking powder
1 tsp baking soda
1 cup Crisco
1/2 tsp salt

Blend all dry ingredients together. Work in soft shortening and add beaten eggs. Drop by small spoonful and bake until edges are brown (approx. 8 min) for a soft chewy cookie. Crisper-bake until whole cookie is brown.

I'll end my column of Tried and True recipes with the story of 'The Attack Escargot'. This took place in Moose Jaw when a young co-worker of my husband's announced he had been given a batch of lobsters, but his young bride didn't know how to cook them. My husband suggested that we supply the 'turf' and I'd show the young bride how to cook the 'surf' and we'd even throw in some escargot which neither of them had ever tasted before! The men thought this was a great idea but the fact that the young bride didn't speak a word of English and my French did not come up to par in the cooking department had me somewhat apprehensive! So what would any woman do in this circumstance to bolster her morale, but buy a new outfit to wear for this cooking lesson. The fateful night arrives and our young guests were being entertained in the living room by my husband who was showing off his

new Hammond organ. Meanwhile, English speaking Barbara is slaving away in the kitchen in her morale-boosting new outfit. I announce that the escargot are ready -- the organ demonstration continues. I again announce the escargot are ready and after some time my guests make their way to the table. I remove the very hot, overcooked escargot from the oven on their tray and advance toward the dining room. Poof goes one escargot and flies across the room hitting my young guest in the back of the neck! Pop goes another, and it bounces off the ceiling! Pop! Poof! Pop! Poof! Escargot and butter are all over my ceiling and floor. Butter and parsley are dripping off my hair and eyelashes, and the front of my new outfit is grease spattered.

"How are you enjoying your cooking lesson so far?" I ask my young guests as I slip and slide across the room to go and change my clothes. I wasn't burned, but the house was sure a mess. So beware, do not overheat water-logged escargot. It might have been prevented if I had pierced them with a fork and if they'd been served as soon as they had reached 'boiling' point. Cooking disasters happen and we had a good laugh when the young man scratched by cats and chased by dogs, but it was the first time he'd ever been attacked by escargots.

by Barbara Vermette

CFB Comox Ladies take PAC Region Broomball Honours



Front L-R: Capt Weissenborn, Cpl Pickering, Cpl Gough, MCpl Preece, Cpl Giese. Rear L-R: Coach Cpl Adams, Sgt Knight-Adams, Cpl Grenier, MCpl Davey, Sgt Levesque, MCpl Ireland, Cpl Beaton, Sgt Peters, Coach WO Gustafson.

CFB Comox Ladies won the Pacific Region Broomball Championships on the 27-28 Feb 92. Our ladies won the best two of three series beating CFB Esquimalt two games straight. They are presently preparing for National Playdowns at CFB Ottawa in late March. Bravo, Zulu and Good Luck.



Major Bernard presenting Comox Captain Sgt Knight-Adams the Championship Banner. Lt(N) Bradley, BPERO in the background.

**NEXT
DEADLINE
30 MAR 92**



The hustle and bustle of Winter Carnival is over and we, in Base Supply, had a great time. Paul Procure did us all proud by becoming the King of the Carnival, and Paul don't let anyone tell you that you got this title just because you were the only male entered, because you sang well, whatever it was. There to cheer on the 'King' (Elvis eat your heart out), was none other than 'Minnesota' Mario Talbot and Bob 'Doritos' McMahon, along with that tandem of card knowledge Maria 'Fingers' Pickering and Pauline 'Just call me P.J.' Giese, and the team of the 'King' and Don '8200?' Ayotte. We were also represented in Blind Darts by the team of Ivan 'Good thing it's Blind Darts' Ally, and Al 'Hey this isn't so bad I can

see over the blind' Green. Good job all.

Thursday afternoon found us eating chili and chowder at the Senior NCO Mess -- at least those brave enough to eat the chili. Then it was to the Gym for an afternoon of Blind Volleyball. (Blind darts and blind volleyball, hmmm, I wonder.) Just what the MIR ordered after the chili. Thursday night's activities were not well represented by Supply personnel but a few cheers could be heard from our cheerleader (for the night) Lyse Massicotte. We tried but we just could not compete with the sections that had mega manpower. By the time the Friday morning tabloid, rolled around, our manpower increased ten fold, and we all send Wendy's hands a get well. Friday afternoon

Supply Signals

activities found us at the Arena where we excelled at the Chariot Race and Skate Boot Relay. Good show to all the teams entered. And yes Barry, you do have a green-helmet. By Friday evening the Lipsync team, who had a whole ten minutes to practice, got up and did a version of M.C. Hammer's 'Can't Touch This'. I wonder who got the jokes? We may not have won the Carnival, but those that attended said they all had a great time.

Well enough about the Carnival. Let's warm up things a little (that's a little weather humour P.J.), by catching up on the current events.

Best wishes to Rocky on his TQ5 Course. Say hi to Judith and Debbie for us. We hear that they are working hard and are trying to

have a good time, but are maybe a little homesick. Would someone, anyone, send them care packages?

We have a welcome back to Shane Houser, returning from the Middle East. Welcome back to us, Shane. Also a big get well to LCol Robert Piercy. We all are praying for a speedy recovery, and hope to see you out jogging again real soon.

Our annual ski day was well attended. Mimi took a few days to recover and we hear that Jude didn't like the trees on the bunny slope; kept her going in circles?

The girls' broomball team for the Base is to be congratulated. Well done ladies in your Regional Victory and good luck in Ottawa.

Up and coming: The 10 Apr is our Spring Sports Day. For fur-

ther info contact MCpl Massicotte or Cpl Pickering.

Speaking of MCpls (I know I wasn't but it's the best I could do for an entry), the moves are now finished, and you may have noticed a new face in your place of employment, or favourite Supply group. Judy you will get used to saying "No" real fast, and Serge hasn't been in HQ so often since he's been posted here.

That's another edition of 'As the tongue wags'. If you have anything you wish to enter in the Totem Times, please let the writers know, and we will be sure to enter it. Thanks to all who have contributed, in the past, and let's take time to thank those that will in the future. G' Day!

407 Squadron

Crew Checks 1992 are underway, staged in part to select the crew that will represent the Squadron at O'Brien this spring. Few details have been released, but Crew 2 appears to have the 'style' category sewn up with their patented 'Zorro Expendable Fly-To-Point Avoidance Man-cuver'. It is highly complex and involves several hard turns in order to form a Z pattern in the sky. In the hands of a skilled, spirited pilot, it is an ideal way to avoid hitting a F.T.P. Rumour has it that Crew 3 will gain top marks in the swim suit category. Good luck to all the crews.

This year the winner of the O'Brien Competition (407 Sqn of course) will fly to Kinloss, Scotland to represent Canada at Fin-castle.

The Flight Suit Formal was a smashing success. Thanks to Capt Ross Potts and his committee for organizing such an enjoyable evening. The event featured the Terry Chester look-alike contest (picture a bunch of guys in flight suits with white hair and a penchant for monopolizing microphones), which saw Capt Mike Subchak edge out the real big enchilada for the top prize. The five contestants, excluding the vrai Terry Chester, had a wonderful time trying to get their hair to return to its natural colour. I don't think the good Lord meant for people to have baby powder and cold cream in their hair.

Kudos to Crew Five for showing so much spirit.

Capt Potts is in the news again, this time for having devised yet another use for both his desk and his developing wood working skills. It seems he found some shoe polish and a brush in the bottom drawer of his desk. Excited at the prospect of shining his boots for the first time in years, he placed his foot on the extended drawer and proceeded to apply some polish. Unable to bear the strain of Ross's muscular physique, the drawer exploded into a million pieces. Red faced, Ross looked up and said "Gee, I guess I know what my next project at the shop will be." For those of you who don't work with wood, contact Capt Clancy to capture the full effect of this paragraph.

Congratulations are in order to Cpl P.J. Mears, whose shooting prowess was properly recognized with a trophy displaying a piece of the concrete she dislodged during the annual weapons refresher. Capt Chris Bullis received an almost perfect score on the range ... NICHT!! (German variant of NOT!!)

The annual posting season has begun. We would like to wish a fond farewell to those who are posted out and a warm, hearty hello to those who are posted in. Welcome to 407 Squadron.

Let's shed new light on an old problem



If we work at it, we can find a way to bring stability to our working forests and protect our priceless environmental heritage.

It will take goodwill at the table. It will take openness, respect, creativity and patience. And a process that is fair and balanced.

That's why the government of British Columbia has set up the Commission on Resources and Environment — CORE.

Over the next few months CORE will be asking British Columbians to participate in an open public process with specific

deadlines for making recommendations about where to log and what to protect.

CORE is your chance to help shape British Columbia's future. Shouldn't you be involved?

More information on CORE and the choices we face is available in a special publication, *Focus On Resources & Our Environment*.

Watch for it in your mailbox.

It's time to find common ground.

British
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We've Moved!**
Next to Subway
Cliffe Ave & 8th St., Courtenay
Tuesday to Saturday—9:00-5:30
TOP QUALITY
SHOE AND LEATHER REPAIRS

Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

Coping With Common Childhood Illnesses

You can manage most childhood upsets and common illnesses at home with a few basic techniques and medicines.

For example, if your child is suffering from a stuffy nose caused by a common cold, nurses recommend that you try cold, moist air to relieve the symptoms of colds or upper respiratory infections. You can do this by running a cold shower in the bathroom with the door closed and sit with your child. Better still, use a cold mist vaporizer, available at drugstores, to keep your child's room humid for sleep. Make sure you clean the vaporizer regularly to prevent bacterial growth. Relieve stuffiness with vaporub on the neck and chest and for babies try a small bulb syringe that sucks up nasal mucus. Wipe baby's nasal area gently with baby oil or warm water, especially after a bath.

If your child develops a severe cough, has trouble breathing or has a fever, let your doctor know. Likewise, if you suspect an ear infection.

Coax the child to rest as much as possible and offer clear liquids such as water, juice or popsicles while the cold runs its course. Other than this, check with your pharmacist for medications to help with symptoms.

Remember not to use acetylsalicylic acid (ASA) products such as aspirin for children under 16 years because of a potentially fatal disease, Reyes' syndrome.

For colic, nurses say the best help may be to take a break yourself and leave the baby with a reliable person. That way you can maintain your patience for experimenting with remedies such as changes in formula or medications which your public health nurse or doctor will suggest.

Colic, or the sudden onset of abdominal pain which comes and goes, most often happens in the evening. Colic may begin at two or three weeks of age and continue for three or four months. Keep in mind that crying may not be due to colic but to pain, hunger, need for attention, tiredness or over-stimulation. If you have checked everything, a baby swing or ride in the car or buggy may soothe the baby and induce sleep. But if you are worried by the baby's colour or general appearance, call the doctor's office.

Similarly, a fever may be associated with symptoms other than coughs and colds. If a fever from any cause persists more than two days, if it is over 39.5 centigrade and does not lower with medication, is associated with a sore neck or convulsions, call the doctor's office.

A fever could accompany gastroenteritis. For the symptoms of diarrhoea and vomiting give your child only clear fluids such as apple juice, clear soup, water, jello, or popsicles. Avoid milk or milk products. For nausea, medication in children's form is available at your pharmacy. Call your doctor if symptoms worsen or persist after two days, or if the child appears weak and listless.

Other common childhood disorders include conjunctivitis or pink eye, which is contagious, and needs a doctor's treatment in the office. Also common are upsets associated with teething. Expect fussing or crying and chewing on fingers. Offer a chilled teething ring or safe finger food to chew on, rub the gums with a moist soft cloth and cuddle the child for comfort.

Once your child has returned to normal health, nurses recommend you maintain your child's health beyond infancy with a selection of food from the four main food groups. Improve resistance to illness with a balanced diet of milk and milk products, meat, fish or alternatives (such as peanut butter, eggs, dried beans), breads and cereals, fruit and vegetables.



Rose McClesh

Thanks to the continued support and sponsorship of *McConochies* and *Windsor Plywood*, there were many 'happy faces' on Sunday when GGGC held their closing Winter Golf tournament.

1st L.G. Team and the winners of the McConochies trophy: John Courtmanche, Bill Balance, Larry Blais, Lori Cameron, and Rick Forster.

1st L.N. Team and winners of the trophy donated by Windsor Plywood: Rick Salmon, Dave Kelly, Lori Ross, Don Linekar, and Muriel Fielding.

2nd L.G. Team: Bob Pridmore, Tom Fallon, Lorraine

Courtmanche, and John Holley. 2nd L.N. Team: Dale Robertson, Sharon Miles, Ray Cossette, and Hank Fortin.

3rd L.G. Team: Arnie Mathus, Shirley Shearer, Dick Nex, and Fred Williams.

3rd L.N. Team: Bing Shearer, Cheryl Armstrong, Bob Frenette, Ed Schiller, and Mary Kelly.

4th L.G. Team: Norm Fellbaum, Stu Mohler, Doug

Cull, and Anne Patterson. 4th L.N. Team: Nick Mykitiuk, Rod Verchere, Glen Caslake, Rosalie Lloyd, and Kay Banks.

K.P. Nos. 2 & 11 - Nick Mykitiuk Team.

K.P. Nos. 7 & 16 - John Webber Team.

Mixed 4 Ball Opening - Sun 22 Mar 9:00 a.m. Shot gun start.

info health

Dr. Bob Young



Cholesterol

Get rid of that bogeyman cholesterol and live forever has been the sermon of late. The plaque-forming fatty substance has taken a lot of abuse, some of it perhaps undeserved. At least a few recent studies suggest this might be the case.

The January 14, 1992 issue of the Medical Post reports information from several sources that seriously questions the generally accepted role of cholesterol in vascular disease. There is even a suggestion that the whole cholesterol drama might be a myth. It certainly implies that there is a lot we don't know.

Some contend that some early studies were rigged, flawed, or wrongly interpreted, twisted in a manner that would tend to 'prove' that cholesterol was the main villain in heart attacks.

Paired studies from Finland show that, while coronary risk fell

by about half during a five-year intensive drug, diet, and counselling program, the benefit levelled off after a further five years. At the 10 year point, the untreated group are doing much better, while the treated group have more than double the death rate due to cardiac disease than those who received no treatment.

Even more difficult to understand is the discovery that patients in the treated group were much more likely to die violently through accident or suicide. The vast majority of these deaths were avoidable in the sense that the victim was in a position where he (all were men) had, or should have had, some control of the situation causing the fatality.

There appears to be no question that cholesterol levels and heart disease are related. In doubt is the usefulness (and safety) of reducing these levels. As on ob-

server states, increased cholesterol is a natural response while suffering from mental or physical stress. Lowering the blood level may be interfering with some undiscovered protective mechanism, and, just maybe, be contributing to the high accident rate.

Sometimes in medicine, the more we know the less we understand. Theories are often only partially correct, the relation between cause and effect sometimes vague at best, and the bandwagon lure may influence research, physician, and patient alike.

These unexpected findings are new. They do not yet warrant changes in existing treatment methods for high cholesterol levels, but they might soon.

As Johnny Carson might say, there's more to come in the cholesterol saga.

Bellyaching

"My gut aches." "I'm bloated all the time." "My bowels aren't working right -- I'm either bugged up or loose." These are some of the complaints you would hear if you spent an afternoon in my office -- and I am not even an intestinal tract specialist!

Few things are more annoying than having constant or recurrent abdominal pain, abdominal gas, and unpredictable bowel function that neither gets better nor worse. Worrisome, too, for both doctor and patient; each knows that a wide variety of significant disease may lurk along the long pathway between throat and rectum.

Irritable bowel syndrome (IBS) is not a serious disease. Distressing, even incapacitating, yes, but it won't do you in. It is common, poorly defined (it may include spastic colon and dyspepsia), and until recently was often diagnosed as a 'leftover', after all other possibilities had been excluded.

It is what we call a functional disease. All tests will be normal. There is no bleeding, no tumor, no infection, no kinks or weak spots in the intestines. Blood test, stool examinations, x-rays: all normal. Even the physical exam may be normal although vague, non-specific tender areas may be present.

Some suspect that the nerve supply to the gut may be faulty, altering the normal motility required to push our food and intestinal gases along. There is no easy test to check this.

IBS, also called American bowel, has a list of possible symptoms that would fill this column. Pain is the most prominent, followed by irregularity and bloating. Most characteristic is the persistent nature of the distress. While discomfort may wax and wane, it is present for months or years. This helps make the diagnosis.

Diet, lifestyle, and stress have been implicated as causes; modification of these, when found, is preferred treatment for many physicians. A wide variety of medications have also been used. Some of the newer ones are certainly effective at times, but patient response is variable and several may have to be tried before relief is obtained.

There is concern about taking any drug for long periods of time for non-threatening disease. Certainly potent or potentially addicting compounds must be avoided.

Treatment is often limited to managing constipation, diarrhoea, and gas, with perhaps occasional use of pain suppressants and tranquilizers during bad patches.

We doctors will have to resign ourselves to the "bellyaching" of our IBS patients. It's a real disease.

Glacier Greens Golf News

Courtmanche, and John Holley. 2nd L.N. Team: Dale Robertson, Sharon Miles, Ray Cossette, and Hank Fortin.

3rd L.G. Team: Arnie Mathus, Shirley Shearer, Dick Nex, and Fred Williams.

3rd L.N. Team: Bing Shearer, Cheryl Armstrong, Bob Frenette, Ed Schiller, and Mary Kelly.

4th L.G. Team: Norm Fellbaum, Stu Mohler, Doug

Cull, and Anne Patterson. 4th L.N. Team: Nick Mykitiuk, Rod Verchere, Glen Caslake, Rosalie Lloyd, and Kay Banks.

K.P. Nos. 2 & 11 - Nick Mykitiuk Team.

K.P. Nos. 7 & 16 - John Webber Team.

Mixed 4 Ball Opening - Sun 22 Mar 9:00 a.m. Shot gun start.

Sign up in the pro shop.

Zone 6 Jrs - Sun 29 Mar. Shot gun start.



CFB COMOX OFFICERS' MESS

MARCH/APRIL 92 CALENDAR

Wednesdays Mar 25, Apr 01, 08

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 27, Apr 03, 10

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

Wednesdays Mar 25, Apr 08, 22

OLC BRIDGE CLUB

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

For Sale by Builder

in quiet new sub division of Comox.

1044 sq ft quality built 2 bedroom Strata Duplex with enclosed garage. Close to schools and Base.

Good value at \$87,500.
Ready for occupancy April 1st.

Phone 339-2627 or 339-4918

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 Bonnie Cochrane 339-0298.

On & Off the Base

So You Wanna Be An Ump!

Softball B.C.

Level 3 Clinic March 28 & 29

Level 1/2 Clinic April 5

Phone Gord Kruger 339-4389 for details.



SPIFFY COMOX RANCHER

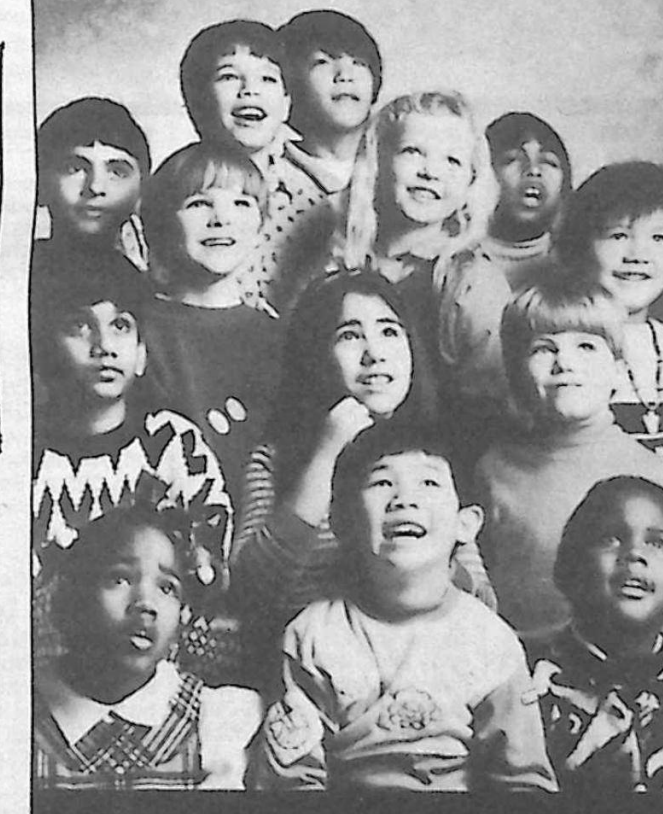


This property is a real gem! The 3 bedroom, immaculate rancher is on a crawl space and features a large living room with hearth, stove, kitchen nook and separate laundry area. The grounds are beautifully landscaped but the bonus is the 20 x 28' garage/workshop with 220 wiring. A beautiful property. \$117,900.

Larry Evans 339-7840

RE/MAX 282 anderton road, courtenay 339-2021

LET'S STOP RACISM



"People may be different on the outside, but they are no different on the inside."

- Jasmine Buntain, Age 11

Our children are called the future. They come into our world full of innocence and hope until they are taught to distrust and, sometimes, even to hate. Racists are made, not born.

Parents can teach their children to understand the value of compassion, respect and understanding of others. Or, they can sow the seeds of intolerance, bigotry and cruelty - the things that divide a society and keep us apart.

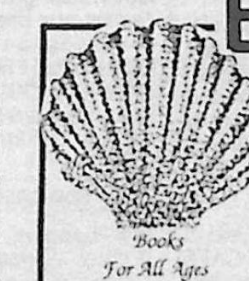
Racism exists in many forms and can be found everywhere in Canada. March 21 is the International Day for the Elimination of Racial Discrimination. And it is Canada's Anti-Racism Day, a time for us all to join the fight against inequality.

Let's work together with our families and friends to break down the barriers that divide us. Let's set an example for our children and help create a world free of prejudice and discrimination.

Let's bring back the hope of a better tomorrow and make it real because ...

If you don't stop Racism, who will?

Bookshell Bestsellers



Pat Bolen
Proprietor

10% off for mil pers - show ID

Week ending: MAR 14 1992

10 Top Paperbacks

1. HeartbeatSteele
2. If You Really Loved MeRule
3. Nobody Lives ForeverBuchanan

4. Wolves of DawnSarabande
5. FireflyAnthony
6. Prince of TidesConroy

Debi Williams
Manager

get your Totem Times here

7. Summer of NightSimmons
8. In the Hall of the Dragon KingLawhead
9. The Reign of IshtarWeis, etc.
10. The Sherbrooke BrideCoulter

NEXT DEADLINE 30 MAR

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.

Aerobics

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

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

CV Amateur Radio Club

The Comox Valley Amateur Radio Club holds monthly meetings the fourth Thursday of every month at the Kin Hut, Courtenay. All amateurs and prospective amateurs are welcome. For more info contact Dave Grimshire, Local 8523 or the club repeater VE7 OVR 147.91/31.

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.

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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 offshore skipper qualifications. These courses are modeled after and meet the CYA standard and will be entered on the individual's UER on completion. For further info on levels, contact Rec Centre 8315 or C2 Hanna, CFFSE Esquimalt Boatshed, loc 4313.

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.

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.

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.

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.

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.

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.



Comox Glacier Wanderers

The Comox Glacier Wanderers invite everyone to join them on their 7th Annual March March, to be held on Sunday, 22 March 1992.

This is a 10k Volkswalk and will start from the Salmon Point Restaurant and Pub. Registration from 9:00 a.m. - 12 noon.

Come out and enjoy the scenery. For more information call Jean Maxwell, 339-5329.

BASE LIBRARY HOURS

MONDAY 6 PM-9 PM
TUESDAY 6 PM-9 PM
THURSDAY 6 PM-9 PM
SAT/SUN 1 PM-3 PM

PHONE: Loc 8351

Building 10 - next door to
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and needs to add the above
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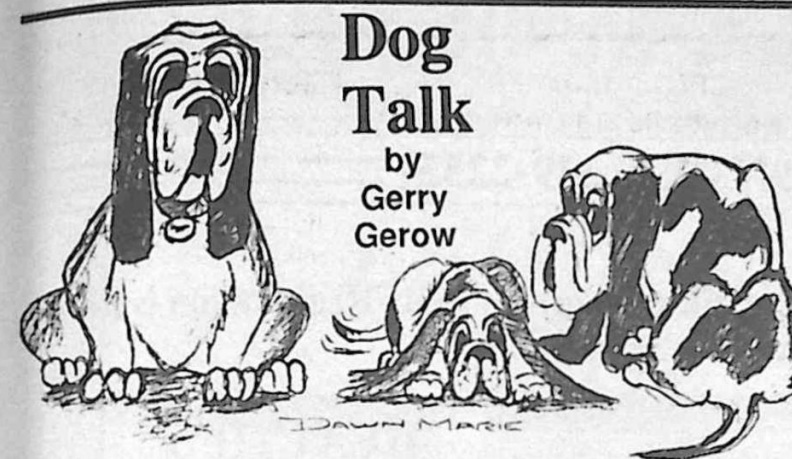
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On the Base



Dog Talk by Gerry Gerow

Simple but True

Another training book this week. *The Companion Dog* by Glen R. Johnson, Howell Book House and Maxwell Macmillan, Canada Ltd. \$26.95.

This is a good one. The author, now deceased, was well qualified in the subject. He had many years as a professional trainer under his belt and was the founder of the Guardian Training Academy.

The many illustrations were drawn by Sue Sellers Rose, an obedience trainer and judge who knows the subject in an expert manner.

Everything is here from Basic Obedience to the advanced utility training of dogs. The author takes you through the training regimen one week at a time. At the end he spends some time on tricks and other things you can teach your dog.

I did notice one glaring error which goes against anything I have ever been taught in obedience, and I put it down to a typo with the writer not being around to do the final proof reading of his book.

All in all a good book with something for everyone. I got something from it, as I do from every training book I read, and you will too. It's a recent edition, but if you can't find it, just ask them to order it for you.

It doesn't really matter if your doggy is a \$1000 purebred or a mutt that you picked up for free. He or she requires training or in a few months you'll hate yourself for ever getting a dog in the first place. An untrained dog is, quite frankly, a pain in the butt.

The first thing that you as an owner must realize, is that everything you do around or to your dog, has an effect on its future behaviour. There is a popular conception of dogs chasing mailmen, paperboys, etc. There is a very simple explanation for this. More people than care to admit it will discipline their young puppy by swatting it with a newspaper. Everyone with a piece of paper in their hand now becomes a threat. The animal will now act instinctively when such a person shows up in their home territory. Simple but true.

Training everyday is necessary if you really want to teach your doggy anything. I used to train in the evening, after I came home from my days labour. Often I'd arrive home completely stressed out and if I bothered at all with my pets training, it would be only in a half-hearted manner. Now I have a new routine, which works very well and I heartily recommend it. Every morning I arise, get ready for work and then have breakfast. But before I leave for my days effort, I take my dogs for their training period. I am fresh from the night's sleep, and so are they. It is unbelievably effective. My biggest problem is that now the dogs are used to this routine, they don't want to wait until I finish my breakfast. They want to go and train right now.

If you are having trouble keeping up a training routine with your doggy, perhaps you should consider doing it before work or school. It only means getting up fifteen minutes earlier in the morning.

NEW ON THE MARKET

Military Transfer Forces sale of this beautiful new Jenish design, 1756 sq ft rancher in prestigious Foxwood Estates, 894 Highwood Dr., Comox, BC, with panoramic view of mountains, glacier and greenbelt. Six minute drive to ocean and Comox Base. 3 bdrms, 2 full bathrooms. Master bdrm has separate entrance leading to patio and garden. Ensuite has large Jetta tub in bayed window area and separate shower. Spacious dining room with bay window. Large dream kitchen with breakfast carousel, open to family room, features sliding glass doors to private patio. Living room has natural gas fireplace and super view from bay window. Many, many more features. Low 180s. GST is incl.

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INFO 8720

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.

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.

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Our New Spring Brochure is on the streets... Look for these and many other exciting programs in it - Registration is now being taken at our office at 1855 Noel Avenue, Comox - 339-2255.

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Nature Nuts
Lark in the Park
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Easter Crafts
Mom's/Dad's AM Off
Birthday Bonanza

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Gymnastics
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Jazz Dance
Floor Hockey
Badminton
Basketball
Tennis
Babysitters Course
Jr. Chef
Guitar Lessons
Tae Kwon Do
Karate

TEENS

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Karate
Tae Kwon Do
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Black Fin/Comox Team TENNIS LEAGUE



Spring has Sprung
The grass has riz
Wonder where
Your racquet is?

It's time to start digging out your old tennis racquet and those fuzzy yellow balls because things are starting to smell fishy down at the Anderton Park tennis courts. It's time to register for the Black Fin/Comox Rec Team Tennis League.

LEAGUE #1 May 20 - June 24
LEAGUE #2 July 8 - August 12
LEAGUE #3 August 19 - September 23

A maximum of 48 players are taken into the league. Players are seeded in levels 1 to 6 with 8 teams having one player of each seed. Players are encouraged to challenge any team member seeded above them - if they choose to improve their rank.

Team play takes place each Wednesday evening. Each team player plays a similarly ranked member of the opposing team. All team members play at the same scheduled hour. An 8 game pro-set is played in the hour, and points are scored according to games won. The team with the greatest score at the end of the six week session takes the highly coveted Black Fin Trophy. This trophy is on display at the Black Fin Pub and it's a real beauty.

This league is not only the tennis/social event of the season, but a great way to meet new players and improve your game. For only \$25.00 you will receive a Black Fin memento (maybe a t-shirt, a towel or a headband - it's a surprise!), 6 guaranteed games, court time and a whole of a good time. It's the only way to play, so register today!

Age: 18 yrs. +
Day: Wednesday
Time: 4:30 - 9:00 pm
Fee: (25.00 + 1.75 GST) \$26.75/6
*Membership with Comox Recreation Commission is required (\$3.21/adult/year)

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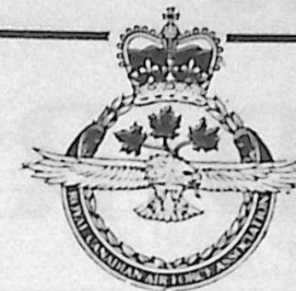
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- Social Graces
- Nail Care
- Hair Care
- Personality Development
- Modelling Techniques

REGISTER NOW!

10 - 15 yrs.
Tuesdays
April 14, 21, 28, May 5 & 12
6:00 - 9:00 p.m.
\$55.00
Comox Rec Centre



On & Off the Base



888 Wing Opening March 29

March 16, 1992 -- Stuart Living, President of 888 (Comox) Wing, R.C.A.F.A., proudly announces the Grand Opening of the New Wing on March 29, 1992, in Comox, B.C.

Under the tutelage of three (3) professional craftsmen, members of The Wing volunteered more than 15,000 hours of their time to build this 4,000 square foot facility for members, their wives and friends.

Also, when the Federal Government closed the Canadian

Forces Station in Holberg, B.C. in 1991, two metal storage buildings -- 2,400 square feet each -- were purchased by The Wing.

Members went to this isolated North Vancouver Island Station, dismantled the buildings, brought them back to Comox and re-erected them on The New Wing property. One crew averaged sixty-seven (67) years of age. The Air Cadet training and administration facilities are housed in one building and the other will be used by the Canadian Coast

Guard for volunteer training, St. John's Ambulance volunteer training, the Comox Valley Pipe Band and other community endeavors.

A sense of accomplishment and satisfaction runs deep among Wing members -- and justifiably so! A ten year old dream has reached fruition primarily through the efforts of retirees who have proven that retiring doesn't mean 'quitting'!

Gotcha!



"Happy Birthday Kiersten"
So what's your point
Tootsette?
From the gang.

Catholic Women's League

On behalf of the Catholic Women's League of Our Lady of the Sacred Heart Chapel of CFB Comox, I wish to extend a thank you to all those that participated in The World Day of Prayer, 6 Mar 92. It was estimated over 100 women and men (although few - it was good to see them there!) filled well, half filled, our church.

The Service went very well with prayers being said by women of our neighboring churches, as well as our own: the Protestant Chapel of CFB Comox, the Anglican Church, the Catholic Church, the Bay Com-

munity Church, the Baptist Church, United Church, and the Pentecostal Church, all of Comox. Also the Menonite Church of Black Creek.

Our guest speaker, Tom Miles, spoke briefly on our ecology, recycling, etc., our theme of the year being 'Living Wisely with Creation'.

Following the Service a reception was held at the Parish Hall, hosted by the CWL Council. Comradeship was shared and refreshments and goodies were plenty! Once again, thank you for joining with us!

Association Francophone de la Vallée de Comox

L'Association Francophone de la Vallée de Comox vous invite à sa CABANE A SUCRE

Qui dit 'Cabane à sucre' dit 'printemps' aussi, et les deux s'en viennent vite! Venez vous sucrer le bec dimanche le 29 mars à partir de 12h à la 'cabane' d'Air Force Beach.

Nous vous promettons un menu traditionnel, ainsi que du sirop en vente (afin de ne pas être déçu, passez votre commande à l'avance!)
Prix: 5\$ membre (adulte) 7\$ non-membre (adulte)
et 3\$ enfant (5 à 12 ans) moins de 5 ans gratuit

Téléphone pour d'autres informations ou pour réserver vos billets au 339-3990 ou au 339-7382. On vous attend!

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LEGION LOG

BRANCH 17 COURTENAY 334-4322

ENTERTAINMENT

Fri Mar 20.....Music by WESTWIND
Sat Mar 21.....SLOW PITCH DANCE Upper Hall.
See Events.
Fri & Sat Mar 27 & 28.....Music by WYLIE & THE OTHER GUY

REGULAR ACTIVITIES

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

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

Dress Code in effect 8 PM Fri & Sat
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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.
TUESDAY MAR 24.....GENERAL MEETING 7:30 PM
SUNDAY MAR 29.....JAZZ BAND Lower Lounge.
3:30 - 6:30 PM

SPORTS

SUNDAY MAR 29.....FUN CRIB TOURNAMENT
All Crib Players Welcome. Reg. 12 - 1:00 PM

BRANCH 160 COMOX 339- 2022

ENTERTAINMENT

Fri Mar 20.....Music by CROSS COUNTRY
Fri Mar 27.....Music by HIGHWAY 19
Fri Apr 03.....Music by RAWHIDE & LACE
Fri Apr 10.....Music by WESTWIND

REGULAR ACTIVITIES

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

EVENTS

SATURDAY APR 11.....HONOURS & AWARDS NIGHT
Upper Hall. No host bar 6-7 PM. Dinner 7 PM. Dancing to ALLEYCATS. Tickets \$7.50 per person on sale Mon 30 Mar.
SUNDAY APR 26....."SPECTRUM" AFTERNOON

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.



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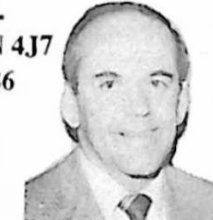
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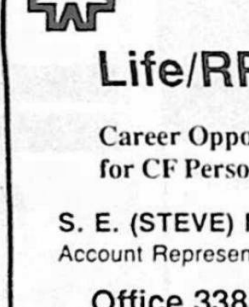


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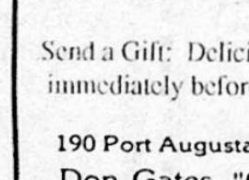
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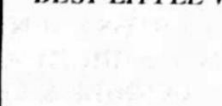
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Chapel Chatter

Lent

Did you celebrate Mardi Gras? Mardi Gras came into existence as the last good party and celebration before entering the Church season known as Lent. One of my sources says that Lent is just an old name for spring which has obviously taken on more meaning within the Church year. It has become a season of preparations, of self denial and there was a time when fasting was an important part of this preparation. Fasting became a part of the preparation as people followed the example of Jesus who fasted in the desert before beginning His ministry. In the early years it was only a matter of two or three days. At the Council of Nicea in A.D. 325, however, it was recognized that the proper length for such a fast was that observed by Moses, Elijah, and our Lord: forty days. Consequently, the rules developed at the Council stipulated that the followers of Jesus -- Christians -- were to fast for forty days before Easter. Since Sundays were the days on which the resurrection of the Lord was celebrated, they could not be included. Thus, the forty days were made up as follows: the four days beginning with Ash Wednesday up to the first Sunday in Lent, and

the thirty-six weekdays left in the six-week period before Easter, including Saturdays.
These forty days were to be a time of fasting. What did such fasting mean in actual practice? In the first centuries of the Church, it meant that people were allowed one meal a day toward evening. Added to this, there were severe restrictions on what one could eat. No meat, fish, eggs, or dairy products were allowed. From the ninth century on, there was a gradual relaxation in the requirements for this fast. For example, the single meal could be eaten at noon, with a drink and light food being allowed in the evening. The use of fish and dairy products was permitted also. Beginning in 1966, the Roman Catholic Church required fasting on Ash Wednesday and Good Friday only. The Eastern Orthodox Church still observes a general prohibition during the whole Lenten season.

This span of forty days was a time of penance, being sorry and making amends for ones sins, non-participation in festivities, giving to the support of the poor, and devoting extra time to religious exercises.

What to give up in Lent

Give up grumbling - instead in everything give thanks.
Give up 10 to 15 minutes in bed - instead use that time in prayer.
Give up looking at people's worst points - instead concentrate on their best ones.
Give up speaking unkindly - instead let your speech be generous and understanding.
Give up your worries - instead trust God with them.
Give up hatred or dislike of anyone - instead learn to love.
Give up concentrating on Sunday newspapers - instead study your Bible.
Give up TV one evening a week - instead visit some lonely or sick person.
Give up buying anything but essentials for yourself - instead give the money to God's work.
Give up the fear which prevents Christian witness - instead seek courage to speak to others.
Give up judging by appearances and the standards of the world - instead, learn to
Give up yourself to God.
*World Christian Digest
London*
See you in Chapel

NEXT DEADLINE 30 MAR - NOON

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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119 Kinnikinnik Place (off Little River Rd. across from the main gate).

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On the Base

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SAT MAR 21 MIXED DARTS with WO & Sgts Mess
- Contact MCpl Arnaud 8417 for more information.
FRI APR 03 TGIF DARTS
- food will be available.
KARAOKE NIGHT - starts at 2000 hrs
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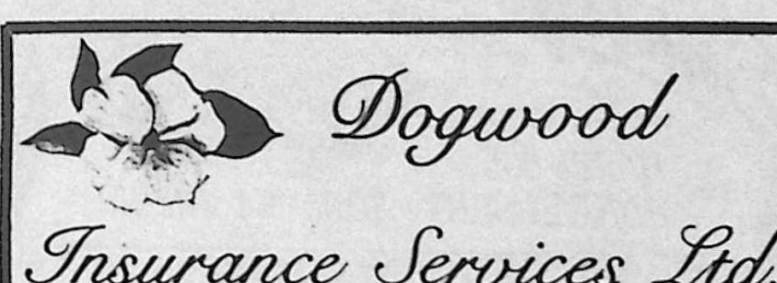


YOUR COMOX VALLEY SCREEN PRINTER

Comox Winter Carnival

Although a few weeks have passed since the Winter Carnival, 442 Squadron is still buzzing over the success of both the Ops and Maintenance teams. The 442 Sqn Ops Team managed to take the trophy -- but not without stiff opposition from the other competitors. Hats off to the strong showings from the other teams!
From all accounts, the activities were well supported and turn-outs were high. It was virtually impossible to tell who was leading the pack, as scores were close and the events numerous. For 442 Ops, we won a few and lost a few, but enjoyed them all.
The real clincher, though, was the final night and the final competition, the Lipsynch Contest! A couple of the teams put on fine showings, however, it was those crooners from 442 that brought the crowd to their feet, with a heartwarming rendition of 'Y.M.C.A.' Accompanied by some sultry aircrew figures, Capt Turpin and the boys caught the crowd's imagination. It was inspiring! Congrats to all and here's to next year.

By Capt Neil Mathew
442 Squadron



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Wed. 6:30 - 9:00

Tues. morning discussion

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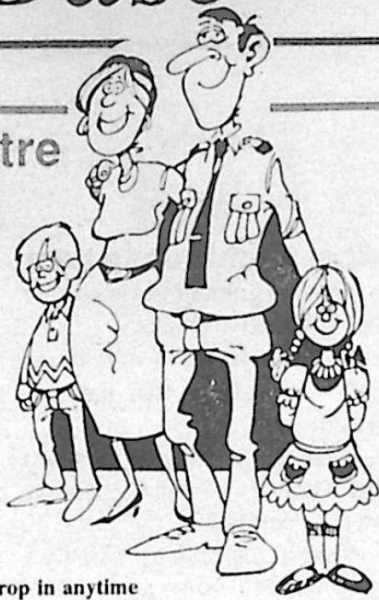
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IM GETTING A BIG KICK OUT OF THIS CASE MISS SIMSON. COOPER HERE USED TO BOWL HELL OUT OF ME OUT ON THE PARADE SQUARE!!



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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

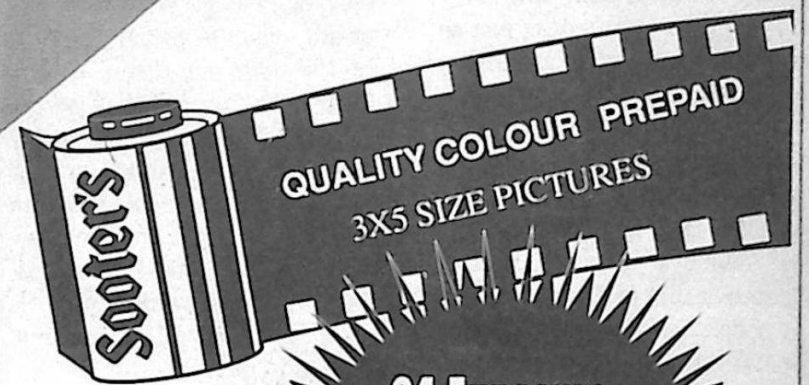
- responsible for boat launch control, decal sales, camp site bookings, pavilion bookings, campsite maintenance, etc., IAW Caretaker job description.

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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