

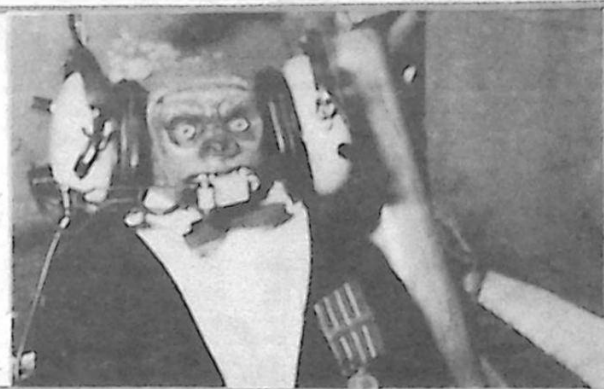


## SAR Star Magnet

....page 6

## Gluck Returns

....page 10



# TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 34 NO 7 APRIL 02 1992

NEXT DEADLINE APRIL 13 1992

COST: PRICELESS



courtesy Base Photo

Hawk One, 409 squadron's famous Voodoo, poised for flight at the main gate

## 75th Anniversary of Vimy Ridge

Padre Bob says - Next Thursday, 9 April, 1992, marks the seventy-fifth Anniversary of the Battle of Vimy Ridge during World War I. In 1917 the German Army quietly withdrew to their Hindenburg Line and new, more strongly defended positions. The Canadian Corps' share at the British Assault was Vimy Ridge, a vital key to the new German positions which were well fortified. More than 2000,000 British and French soldiers had died in three previous attempts to take the Ridge. The attack began at dawn on

Easter Monday 1917, when 883 artillery pieces and 150 machine guns roared in unison to launch the first Allied victory in thirty-two months of frustrating warfare. One source said that to conceal the exact time and extent of the attack, preliminary bombardments had begun on 26 March, intensifying from 2 April. Another source states "the artillery fire during the period was not notable. The barrage in the morning of the attack may have been the heaviest of that war." All four Divisions on the Canadian Corps moved forward together for the

first time. Advancing in the midst of driving wind, snow and sleet, they were preceded by a perfectly timed walking artillery barrage. One could sanitize the accounts as the reports sound as if it was a plan that had come together and objectives reached as planned but the reality of mud and slime that faced the soldiers who went over the top was anything but sanitary. The ground had been churned over and over again in this stalemate of trench warfare. Craters had formed twenty feet deep with slippery sides that led down to six feet of slime and

water. The craters tended to funnel the advance, providing better sighting points for the enemy gunners. As those in charge were wounded their juniors took over advancing on the objectives. For those who were wounded it was a long wait for the stretcher bearers and often their uniforms had frozen on them by the time they got to the Aid Station. By mid-afternoon the Canadians had taken the crest of the Ridge with the exception of Hill 145 and The Pimple, which were taken three days later. For the first time Canadians attacked together and

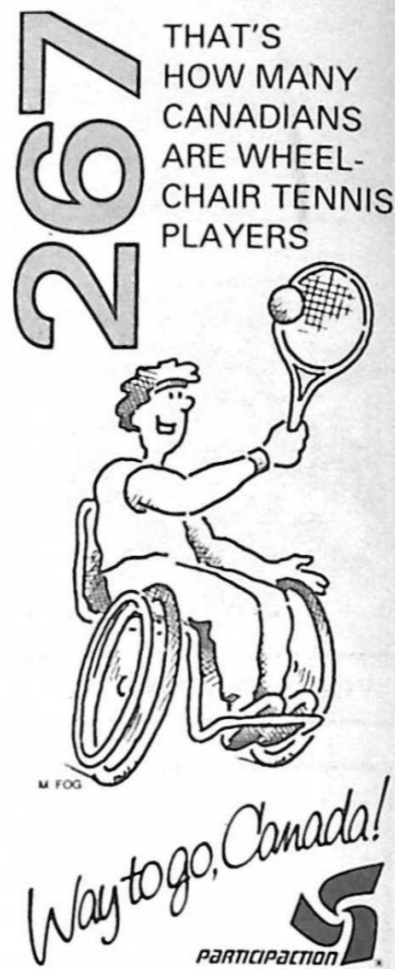
triumphed together. They lost 3,598 men. For Canadians, Vimy Ridge was a nation building experience. The British Commanding officers came away from Vimy with a greater appreciation of the Canadian Corps and used them to spearhead future attacks. Lloyd George wrote, "The Canadians played a part of such distinction that thence forward they were marked out as storm troops; for the remainder of the war they are brought along to head the assault in one great battle after another." **continued on page 2**

# On & Off the Base

Pre-JLC Seminar



The staff of the Comox Pre-JLC seminar would like to wish candidates of JLC 9202 the best of luck.. Back Row: Cpl Wetmore, Cpl Krueger, Cpl McElwee, Cpl Ouellette, Cpl Warner, MCpl Marsh Front Row: Cpl Peirson, MCpl Johnsen, MWO Breese, L.Col Challenger, CWO Doherty, MCpl Horwill, MCpl Oliver



Korean Korner

## Canadians in Korea

Research for this space takes one to many sources. From among many, three or four are favoured. *Valour Remembered - Canadians in Korea* is a Veterans Affairs Department Publication. It is a ready source of valuable information.

*Canadian Naval Operations in Korean waters 1950-1955*, a 1965 publication of the naval historical section of the Canadian Armed Forces Headquarters, is a reliable reference. Also invaluable for detail and background is *Canada's Army in Korea*, a short history written by the Army's historical section. These sources are given here, should readers wish to delve further into the Korean War, and learn more about it than can be given in this space.

Inasmuch as each of the above-mentioned references concern Canada's participation in Korea, each is written from a different perspective. The two historical section pieces are, for the most part, lacking in emotion, in feeling and certainly in colour. They are just as one would expect from a historical section: politically and militarily correct.

Melady's excellent work is worth reading. It conveys the innermost feelings of those Canadians who were there, who fought and suffered in Korea four decades ago.

An example: In *Valour Remembered* the action of the Royal Canadian Regiment (RCR) in early May 1953, is covered in four paragraphs. Melady's story, on the other hand, handles the same period in two and one half pages. The difference between the "correct" version and the "human" version is as night is to day.

From *Valour Remembered*: "On the night of May 2-3 an "A"

Company patrol moved through "C" position at 08:30, intent on ambushing any enemy patrols which came into the area. Two hours later the patrol suddenly came under enemy attack. The patrol leader was killed and half of his men were either killed or wounded. The remainder were ordered to withdraw. A "C" company platoon was dispatched to engage the enemy. A forward section of this platoon also soon found itself in a losing fight and struggled to withdraw. At midnight the enemy put down a heavy bombardment and followed it with an infantry assault. Intensive artillery fire was then called down against this attack: at half past one the enemy began to withdraw; The Canadians re-occupied their positions." The same action, as recorded in *KOREA: Canada's Forgotten War*, is much more revealing.

"The Canadian patrol moved out at dusk. Along the low ridge, then slowly down the slope then on through a narrow gap in the minefield. An officer and fifteen men in single file - silent, cautious, their faces blackened in the gloom, their eyes and ears straining to detect the presence of an enemy who was as elusive as he was deadly.

Melady's writing continues: "Then, from somewhere to one side, the sense of a presence. Silence. Nothing. Yet several young Canadians turned, waited, and finally saw a dozen darkened shapes against the murky sky. But just as quickly as they appeared, the shapes vanished into nothingness. Then, some forty feet to the rear, a muffled cough. "The men in the patrol spun around and scrambled for the partial safety of a rice-paddy wall. As they did so, the deadly stutter of a burp gun shredded the silence of the Asian

night. By the time the sound of the shots echoed back from the scrubby hills, a boy, who was hardly a man, folded into a crumpled heap and rasped his final breath into the dust of an alien land."

The final paragraph concludes with: "Even though the shelling continued for some time, the attackers had ended their drive. By 01:00, the Canadians started to re-occupy their former positions, while those who had to do so bandaged broken men and counted corpses. There were many of both.

The story continues, but interested readers will have to purchase *KOREA: Canada's Forgotten War*, and turn to page 1 to learn what happened. It makes interesting reading.

For too long in this land the myth has survived that the war in Korea was nothing more than a lark; that the fighting was somehow less intense and the dead less dead than in either World War I or World War II. Nothing could be farther from the truth. Korea had some of both world wars; trench warfare and no-man's land of WWI, and the air-supported ground attacks of WWII. Korea also had naval bombardments of enemy shore batteries and supply trains. And, reminiscent perhaps of the February, 1915 naval action when the Allied naval force destroyed the forts of Dardanelles, the Canadian Navy was front and centre when the UN naval force bombarded the port of Inchon. That was in January 1951, 36 years after Dardanelles.

THE FORGOTTEN WAR: KOREA is the rallying cry of veterans from the UN force who saw action in Korea.. To a man, THEY will NEVER forget.

## More Vimy

continued from page 1

Whenever the Germans found the Canadian Corps coming into the line they prepared for the worst." I remember as a young lad listening to my Grandfather's stories of Vimy, Passchendale, the Somme, Amiens, and Ypres with the "Mad" Fourth. As I grew older and learned of the importance of those battles, I wondered if Gramp was pulling my leg but that was the case for the Canadian Corps." Nations, claimed the French philosopher, Ernest Renan, are built from the experience of doing great things together. For Canadians Vimy Ridge was a nation building experience. "Vimy was a coming of age, a change in the eyes of the Commanding Generals, thus later that summer the Canadian Corps received its first Canadian Commanding Officer when Sir Arthur Currie was promoted to the position. Vimy was such a

benchmark battle that the French Government gave Canada 100 hectares surrounding the Ridge and the battlefield and the Vimy Memorial on Hill 145 was dedicated to the more than 60,000 Canadian and Newfoundland soldiers who died in World War I Vimy was a uniting force in the Canadian conscience yet as we prepare to commemorate its Seventy-fifth Anniversary there seems to be so many forces at work trying to rend the Canadian fabric. The following prayer crossed my desk and I share it with you at this time.

### PRAYER FOR CANADA

May God, Who has blessed our ancestors, bestow blessings upon the Governor-General, the Prime Minister, and Canadian Government. Grant them wisdom and courage in these challenging times.

continued on page 6

**Smitty's comox FAMILY RESTAURANT**

**YOU**  
(not just your lawn)  
**NEED SOME T.L.C.**

**Dinner Specials April 3 - 9**

Chicken Polynesian	Veal Cannelloni
Seafood Linguine	New York Striploin
Beef Liver & Onions	

Includes homemade soup or caesar salad and our special house dessert.

**\$7.95 - \$9.95**

Our take out window is open on Sunny days!

across from the Comox Mall  
**339-3911**  
7:30-8, 7 days a week

**Admiral Portable Dishwasher**  
Reg. \$619.99

SALE **\$549.99**

**Built-In**  
Reg. \$549.99 **\$429.99**

18 cu. ft. **Inglis Fridge**

- Practical easy rollers
- Full width cantilever vinyl coated shelving
- Reversible door swing
- 5 wall insulation

Reg. \$1099.99 **NOW \$849.99**

**PLUS \$65.00 REBATE**  
Limited Stock

NO INTEREST

**Inglis Self-Clean RANGE**

- One piece cooktop
- 2 appliance outlets
- Broiler pan storage rack
- Analog clock and timer
- Accu-simmer and ultra-speed elements

Reg. \$1149.99 **\$999.99**

NO INTEREST

**Admiral Range EASY CLEAN**

- One piece cooktop
- 1 appliance outlet
- Analog clock and timer

Reg. \$749.99 **\$629.99**

NO INTEREST

**FREE FURNITURE & APPLIANCES**

for six months

OAC EXCLUDING TAXES

**Admiral Heavy Duty 5-Cycle WASHER**

- Direct drive washer
- 4 cycles
- Easy-clean lint filter
- 3 temperature settings
- Self-balancing tub
- Tri-pod suspension
- Removable cabinet
- Consumer lab tested as No. 1 overall

SALE **\$599.99**

**Admiral Heavy Duty DRYER**

- 3 timed cycles
- 2 temperature settings
- Large door opening
- Drying rack option

SALE **\$399.99**

**Sofa, Loveseat & Chair**

Reg. \$1699.99 **\$699.99**

**8-Piece Bedroom Suite**

Reg. \$1,999.99 **\$949.99**

3 COLOURS TO CHOOSE FROM!

**SOLID PINE!**

**2 Piece Sectional**

Reg. \$1,699.99 **\$899.99**

**2 Piece Entertainment Unit**

Reg. \$499.99 **\$269.99**

**Stunning Oak Look Dining Room Set**

50" buffet and hutch with matching table & 6 chairs

Reg. \$2,708.99 **SALE \$1,698.99**

SAVE OVER \$1,000!

**BOXSPRING/MATTRESS SETS**

Single, Reg. \$299.99.....**\$139.99**

Double, Reg. \$399.99.....**\$199.99**

Queen, Reg. \$499.99.....**\$269.99**

**FREE BED FRAME WITH ALL DOUBLE & QUEEN SETS!**

**WE DON'T JUST MEET COMPETITORS PRICES ... WE BEAT THEM!**

**ASK ABOUT OUR FURNITURE WAREHOUSE \$100 BONUS BUCKS**

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

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

**WE'VE MOVED**

**FURNITURE WAREHOUSE**

2966 Kilpatrick Ave., COURTENAY

Phone **334-2922**

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

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

# Editorial

## A British Tribute to Canada

reprinted from the London Daily Telegraph 10 Feb. 1992.  
See letter and picture, opposite page.

A site in Green Park, London, for a memorial dedicated to almost 1.6 million Canadians who served with British forces in the First and Second World Wars has been approved by the Government, the Queen and the Government of Canada, writes Peter Almon, Defence Correspondent.

The memorial is believed to be the first major war monument dedicated to a nation to be built in Britain for many years.  
"There are young people today who don't know anything about the First or the Second World War," said Mr. Fred Eaton, Canadian High Commissioner in London and a trustee of the Canada Memorial Foundation's appeal.

"This is a proper time to be addressing the problem because we are nearing the end of the lives of those who fought in the last war. Something permanent is needed as a reminder and symbol of all that Canadians gave in the defence of freedom."

The site selected is near Canada Gates, on the north side of Constitution Hill opposite the Palace.

The idea for the memorial came in 1988 in a letter to The Daily Telegraph from Col. Jeffery Williams and was taken up by the then Canadian High Commissioner Mr. Roy McMurty and retired Canadian Maj. Gen. Desmond Smith. Since then, more than 750,000 Pounds have been raised in Canada and 500,000 Pounds in Britain.

Last autumn, the first two British graduates in the scholarship scheme run by the foundation left for Canadian universities, and two Canadians came to study in Britain.

More than 600,000 Canadians served in the Canadian and British armies in World War 1, suffering 232,000 casualties and 60,600 deaths. Another 10,000 served in the Navy and 24,000 in the Royal Flying Corps. In their first major battle, in April 1915, near Ypres, Canadians faced the first poison gas attack of the war and were credited with stopping the Germans from reaching the Channel ports.

At Vimy Ridge, Canadians assaulted and captured the strongest German bastion on the Western Front. It was an event now often seen as the "coming of age" of Canada as a nation. More than a million Canadians served in the Canadian army, navy and air force in the Second World War - almost 10 per cent of the population. Twenty-three thousand were killed.

Already in the British forces in substantial numbers, Canadian troops took part in their first major army engagement in the disastrous raid on Dieppe in August, 1942, which resulted in significant casualties.

Canadians were with the British assault on Sicily, and, after the Normandy invasion, they had the slow, difficult task of liberating the vital docks at Antwerp. Canadians also provided a large percentage of RAF air-crew and, with 500 ships, played a major role in the battle of the Atlantic.



Canada will send her ENTIRE armed forces to engage in the latest peace-keeping mission. All one hundred personnel will depart tomorrow .....



Editor's note: "Let's see; that would be a Colonel and three MCpls from Comox, a Colonel and three Cpls from Greenwood, a Colonel and three privates from Petawawa, a Colonel....."

## Vimy Ridge

The year 1992 marks the 75th anniversary of the Battle of Vimy Ridge, in which the Canadian Forces distinguished themselves in the eyes of the world by taking a previously impregnable German front-line position. It has often been said that the victory at Vimy Ridge on April 9th, 1917, was the day that Canada became a nation!

Canada will mark the occasion on April 5th with official observances in Ottawa attended by the Governor General, the Prime Minister, Minister of Veterans Affairs Gerald Merrithew, and other dignitaries.

The War Amps will be represented by Chief Executive Officer Cliff Chadderton at these events, which include an 11 a.m. wreath-laying at the National War Memorial and a 4 p.m. ceremony at the Governor General's residence. Ceremonies will also be held April 9th at the Vimy Memorial in France, with Mr. Merrithew and Mr. Chadderton attending.

As a further observance of this

important date, The War Amps has re-released its half-hour film entitled 'A Vimy Veteran Remembers'. Produced in 1987, the documentary has been updated as a result of high public interest in the upcoming anniversary.

The film features Perce Lemmon of Windsor, Ontario, then 90 years of age, who was a survivor of Vimy Ridge, and later lost a leg in further action in France. Also appearing is Fred Tilston, a prominent member of The War Amps, who lost both legs and an eye during WWII and was awarded the Victoria Cross. In the film, Tilston talks about the four Victoria Cross winners at Vimy.

The Chief Executive Officer of The War Amps produced and hosted the film. In its closing, he sums up the Vimy Battle's significance to Canadians in a stirring statement:

"A nation which ignores its past has no blueprint for the future. April 9th is a date which should be burned into the memory of every Canadian."

When our soldiers answered the call in the 1914-18 war, it was to fight tyranny and oppression. Maybe they didn't know it, but in addition to a great victory at Vimy Ridge, they would give us something else -- a truly Canadian identity.

The War Amps produced 'A Vimy Veteran Remembers' after recognizing the need to make Canadians -- particularly young people -- aware of the significance of April 9th in their history. The film is part of The War Amps' NEVER AGAIN! film series, which documents Canada's accomplishments in previous wars, but also emphasizes the human cost and devastation that comes with war.

'A Vimy Veteran Remembers' has been distributed on a complimentary basis to television and cable stations across Canada. This film, and all of The War Amps films, are available on loan to the public by writing: The War Amps of Canada, 2827 Riverside Drive, Ottawa, Ont. K1V 0C4.

NEXT DEADLINE 13 APR

# TOTEM TIMES

EDITOR - BUSINESS MANAGER.....Norm Blondel  
ASSISTANT EDITOR.....Karen Vedova  
OFFICE-MANAGER/TYPESSETTER.....Bonnie Cochran  
WRITERS.....Jim Kirk, John Novak, Gerry Gerow, Bob Orrick,  
Barbara Vermette, Rose McCleish, Duke Warren, Norm Whitley  
PRODUCTION STAFF.....Julie Blondel, Liz Basham  
Ron Fisher  
CARTOONIST.....Teresa McIsaac  
CIRCULATION.....Stephanie Boutilier 339-0624  
COMPUTER CONSULTANT.....Gerry Peppard  
PHONE NOS: 339-2541 (Office) 338-0259 (Res.) FAX 339-8673  
Address correspondence to: Subscription rate \$20.00 per year.  
The Editor, CFB Comox, \$40.00 per year outside Canada.  
Lazo, BC, VOR 2K0

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

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

# Comment

## A Canadian Memorial in the United Kingdom



More than £1.25 million has been raised toward a memorial to Canadians who fought in the two World Wars. It will be built near Canada Gates, above, on the north side of Constitution Hill, opposite Buckingham Palace.

## Canadian UK Memorial

Dear Sir:  
I recently received from a relative in the U.K., a newspaper article on a Canadian War Memorial to be built near Canada Gates, on the north side of Constitution Hill, opposite Buckingham Palace. I thought it might be of interest to your readers.

In the letter accompanying this newspaper cutting, this relative

wrote "It demonstrates the love, and affection, and gratitude we have for Canada and Canadians in this country."

Yours truly,  
G. Collie CWO (Ret'd)

Photo and article reprinted from the London Daily Telegraph, 10 Feb 1992.

from Robb Road School

## Letters to the BComd.

Dear Sir:  
On behalf of the students and teachers at Robb Road Jr. School, I wish to pass on our sincere thanks for the use of the Base recreation facilities in January and February of this year.

They were highly delighted with the range of activities available, and the spacious gym (compared to our cramped facilities).

Dear Colonel McGee:  
We really appreciated you letting us use the facilities at the Base. I know everyone enjoyed spending our gym class there.

I liked playing basketball and volleyball in the gym, and swimming in the pool.

The weights in the weight

Dear Colonel McGee:  
Thank you very much for letting the school use your gym facilities. It was a very nice change from the normal gym routine. I enjoyed the bowling especially because I don't get to bowl much and it was a good opportunity.

I'd like to say sorry on behalf of my fellow students for any trouble or inconvenience. We all appreciate it and hope we can come back in the future.

Yours truly,  
Jill Finney

Your staff made them feel welcome and treated students and teachers with the utmost respect and courtesy.

Thanks again for your cooperation in this matter.

Yours truly,  
A.J. Whiteford  
Principal  
Robb Road School

room were amazing. I had no idea you could tone so many muscles! Although I didn't get a chance to bowl, many of my friends did and had fun. Again thanks a lot.

Yours truly,  
Sheena Johnson

Yours truly,  
John Novak

## The First Kill

Dear Editor:  
With reference to reader Tet Walston's letter, on the subject of the first German aircraft to fall to the RAF in WWII, may I submit the following. Publication "Bomber Squadrons of the RAF" by author Philip Moyes has been acclaimed as an authoritative reference work, containing complete details of RAF bomber squadron histories.

Of #88 (Hong Kong) Sqn it relates, quote, "On 20th Septem-

ber 1939, during a reconnaissance patrol over the enemy's front lines, one of its Battles scored Britain's first air combat 'kill' of WWII when it shot down a Me109. The person actually responsible for this 'kill' was Sgt F. Letchford, an air observer; he was flying in Battle K9243, piloted by Flying Officer L.H. Baker." In the section on the history of #224 Sqn, there is no mention that this unit was credited with the first 'kill'.

John Novak

## about Trivia

## "Norseman"

The latest aircraft of the 'Trivia' series must surely be considered as a 'classic' among the light transport designs of its day. It is the Noorduyn Norseman, which was designed specifically for operations in the Canadian bush. In 1920 Bob Noorduyn who was a native of Holland, moved to the USA in order to work for the Atlantic Aircraft company, (a subsidiary of the Anthony Fokker Aircraft Company). It was at Atlantic that Noorduyn became known in aviation circles as the designer of the Fokker Universal, a heavy freight carrier popular with early bush operators. It was the steady stream of Canadian pilots arriving at the Atlantic plant to pick up their Fokkers, that stimulated Noorduyn's interest in aviation activities in Canada's north. After working for a few more years in the US with another company Bellanca Aircraft, he decided to relocate to Montreal in 1934. It was there that he began designing an aircraft suitable for the rigorous conditions encountered by bush pilots, and

resulted in the advent of the 'Norseman'. It was a rugged craft, and instantly appealed to bush operators when it first flew in 1935. The first five production models revealed a shortcoming; which was a lack of power. However, this problem was soon overcome with the removal of the Wright 420 hp engines, they being superseded by the Pratt and Whitney 450 hp and 550 hp Wasp engines. The consequence of this modification was that the Norseman became a winner, and it remained in production for a quarter century, 1935 to 1959 Unique!

Noorduyn's first customers for the Norseman being built at his plant in Montreal, were five individual civilian operators, and the RCMP. Prior to 1939 only 23 aircraft had been constructed, but with the declaration of WWII orders began to pour in. One order from the US Armed Forces was for 750 aircraft, designated as the C64 by those forces. The RCAF purchased 100 Norseman, and they were used as a general pur-

pose aircraft. Duties consisted of survey work, communications, wireless training, and para rescue training. The Norseman was in RCAF service from 1940 until 1957, when they were replaced by the D.H. Otter. When production ceased in 1959, a total of 904 had been built, and some remain in service to this day.

Maybe some of our many TotemTimes readers, will recall as I do, that epic 1942 movie 'Captains of the Clouds'. It was a Hollywood produced wartime propaganda film, made on location at 2 S.F.T.S., Uplands, Ottawa. One of the highlights of the movie was the 'buzzing' of a Wings parade supposedly attended by Air Marshall 'Billy' Bishop V.C. The two errant aircraft involved, were a Waco and a Norseman. Whenever this writer comes across a photo of the Norseman, the 'buzzing' scene always comes to mind!

by John Novak

## AIR FORCE TRIVIA



## Trivia Answer

Noorduyn Norseman 2474 of 2 Wireless School, Calgary, Alta.

# Section News

## BTSO Branch Awards Presentation



BTSO Branch presentations were held on March 10, 1992, and the following presentations were made: Rear Row L-R: Cpl King, BTn, CD; Cpl Gebauer, BAMS0, CD; Cpl Benjamin, BCE, CD; Cpl Roger, BAMS0, CD; Cpl Brown, BAMS0, CD; WO Cochrane, BSup, Aerobic Excellence Award (8000 points on his second scroll); Cpl Brown, BCE, CD; Cpl O'Reilly, BSup, CD; and MCpl Martin, BEME, CD. Front Row L-R: Mr. Bourgeois, BTn, Retirement Certificate; Mr. Carson, BCE, Retirement Certificate; LCol King, BTSO; Mr. Carol, BCEO, Retirement Certificate and Cpl McKieve, represent the BEME Section, received an Appreciation Award from the MPBlind Childrens Fund in recognition of BEME's work on the Christmas Tree at the main gate. Not present in the group photo due to his duties, is our Base Commander, Col McGee.

## VU33



### VU33's LCdr Gluck Returns from Inspection Tour



VU33 would like to extend a warm and hearty 'Welcome Home' to LCdr Herman Gluck, VU33's XO (Exemption Officer, ie. he's exempt from every Sqn rule), on his return from Cold Lake. LCdr Gluck recently returned from a six month inspection tour of 416 Squadron in Cold Lake. He arrived back in Comox on the 18th of March along with the 416 Squadron entourage/band of terrorists. Terrorist spokesperson, Cpl Cheryl Theriault, stated that LCdr Gluck accompanied her to Cold Lake sometime back in September. This seems to be a misleading statement because aerial photos confirm that LCdr Gluck was indeed hiking with the Swedish Bikini Team somewhere in the Swiss Alps at that time. To further add to the mystery of his whereabouts, VU33's CO, Maj Ed Beth, has received no indication that LCdr Gluck had left an outstanding bar bill in Cold Lake (LCdr Gluck has historically left a trail of unpaid bar bills behind on his journeys in the past).

It seems that another unauthorized trip has ended in controversy for LCdr Gluck. The officers of VU33 just hope that the terrorist culprits enjoyed their case of apple juice as much as we enjoyed their ransom case of Kootenay.

# Section News

## Dental Month



Once a year, regular force members are subjected to the dreaded annual dental checkup in order that their level of dental fitness can be determined. The following is a typical scenario at the dental clinic: as the patient lies in the dental chair, fearing the worst, the dentist calmly peers into his gaping orifice and says to the dental assistant, "Replace composite on the mesial of 23." Most people are left confused by the jargon (and sometimes bad humour) exchanged between the dentist and the dental assistant during the appointment. In the pursuit of improving dental awareness among Base personnel during our national dental health month, here is a mini-lexicon of some of the terms you may overhear while in the dental chair.

**Alginate** - this pink-coloured gelatinous material is used with the dental trays to take impressions of the dental arches; contains algin, an extract of a certain brown seaweed.

**Amalgam** - the most widely-used filling material; composed mainly of silver, tin, copper, and mercury. May contain varying amounts of zinc, palladium and indium.

**Buccal** - the surface of the tooth that faces toward the cheek.

**Composite** - a tooth-coloured

filling material used mainly in areas of the mouth where esthetics is of prime concern; composed of a polymatrix, glass or silica fillers, and usually an accelerator that hardens the material when it is exposed to high intensity light.

**Distal** - the surface of the tooth that is furthest from the dental midline.

**Liner** - suspension of calcium hydroxide used to protect the dental pulp in deep cavities.

**Lingual** - the surface of the tooth that faces toward the tongue.

**Mesial** - the surface of the tooth that is closest to the dental midline.

**Periodontal Disease** - breakdown of the supporting structures of the teeth, marked by gum inflammation and pocketing around the teeth.

**PFM Crown** - short for "porcelain-fused-to-metal" crown. As the name implies, this type of capping is made of firing a colour-matched porcelain onto a core of either gold alloy or base metal.

**TMJ** - short for "temporomandibular joint", which is the articulation between the temporal bone of the skull and the lower jaw; often a source of discomfort for some individuals, e.g. grinders.

## The Canadian Dental Association's 5 Point Prevention Plan

Did you know that dental disease is the most common chronic health problem in Canada? Well, it's also the most preventable. The Canadian Dental Association recommends these five simple steps to help you keep your smile good for life.

- 1. Don't rush your brush.** Take the time to brush your teeth carefully at least once every twenty-four hours. A quick brushing may leave your mouth feeling clean, but it takes about 2½ to 3 minutes to do the job right. So slow down. You don't have to scrub hard. But you do have to remove plaque from the exposed surface of every tooth - tops, sides, and along the gumline. After twenty-four hours, plaque starts to harden and becomes difficult to remove by brushing.
- 2. Clean between.** Floss your teeth daily. Even careful brushing cleans only a percentage of the tooth's surface. Flossing cleans those areas your toothbrush simply can't reach - between the teeth and below the gumline. Flossing is just as important as brushing.
- 3. Eat, drink, but be wary.** For the sake of your general health as well as your dental health, eat a well-balanced diet. Avoid sweet foods and drinks - especially between meals. And please don't smoke. Along with all its other dangers, smoking can promote serious dental problems like gum disease and oral cancer.
- 4. Check your gums.** Your gums are just as important as your teeth. Check for these signs of trouble and see your dentist if any occur: red, puffy or tender gums; gums that bleed - even slightly - when you brush or floss; persistent bad breath. The symptoms may seem minor, but they can indicate gum disease, the leading cause of adult tooth loss.
- 5. Don't wait until it hurts.** See your dentist for preventive checkups and professional cleanings. Dental problems usually exist long before there's any noticeable discomfort. Regular visits are the best way to prevent trouble and avoid unnecessary expense.

**Veneer** - a facing, made either of composite or porcelain, placed on the front teeth to improve esthetics (e.g. discoloured teeth, closing minor gaps between teeth).

The most common way of identifying teeth in the mouth is by using a double-digit number system. The first number is a 1, 2, 3, or 4, representing the upper right, upper left, lower left, and lower right quadrants, respectively. The second number designates

the specific tooth in the quadrant, numbered 1 to 8 from the middle incisor back to the third molar. For example, a lower right first molar would be designated "46".

With all this knowledge at hand, our confused patient who "needs a composite on the mesial of 23" quickly realizes that he needs a tooth-coloured filling on his upper left eyetooth, on the surface closest to the midline. Too easy, right?



Don't be afraid to ask questions regarding dental care to any of the clinic staff at your next appointment. We don't bite - although some of you do.



## Driftwood Mall

Spring for a variety of eye-catching clothing and accessories in the colours and sizes you want from our following merchants

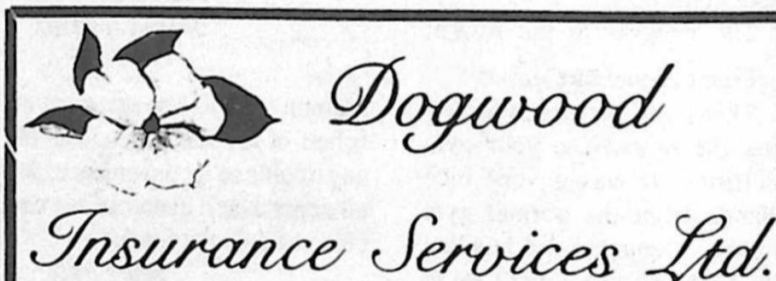
- \* Footlocker \* Lady Footlocker \* Ricki's
- \* Fields \* Mariposa/Savannah/Boppers
- \* Peoples Jewellers \* Francines \* Zellers \* Reitman's \* Tops 'n Bottoms
- \* Smart Set \* Northern Reflections
- \* Fashion Show wonderfully co-ordinated by Birdie Pilon

### More Vimy continued from page 2

Bless them with the wisdom to properly guide our beloved country. Imbue them with the courage in their efforts to strengthen Canada. And may we all together continue to experience Canada resolute in its togetherness and cooperative in its diversity. AMEN.

Next Thursday we will be holding a parade in the CFB Comox Heritage Aircraft Park to present the Canadian Volunteer Service Medal for Korea and will take time to remember the sacrifices made at Vimy as well. As we continue to look at the cost of our freedom, thinking of Vimy Ridge and Korea next week, the following week we will think of that cost in the terms of the death of our Heavenly Father's only Son. Yes we are free but there has been a price paid so let us not squander our freedom but use it wisely. See you in Chapel

Padre Bob



For All Your Insurance Needs

- |                |          |
|----------------|----------|
| HOMEOWNERS     | TENANTS  |
| CAMPER/TRAILER | MOBILE   |
| MARINE         | BUSINESS |
| LIFE           | TRAVEL   |



OUT OF PROVINCE TRANSFERS/PERMITS

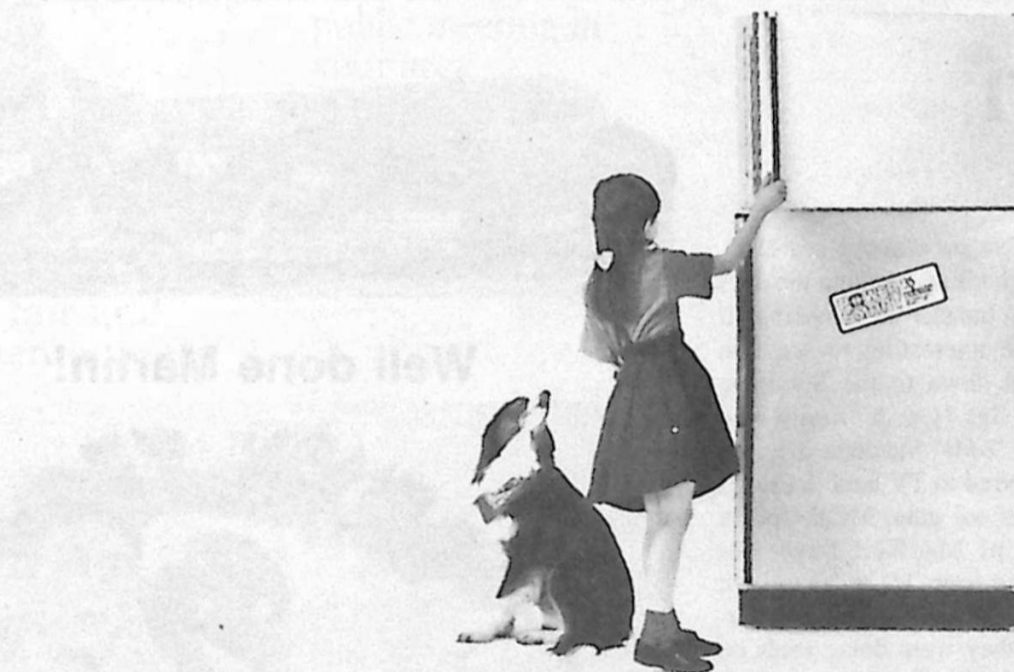
Conveniently located at the bottom of Ryan Road Hill at Island Hwy in Mount Washington Plaza Courtenay -- Phone 338-6766, and Cumberland -- Phone 336-8524



NEXT DEADLINE 13 APR

## NEXT DEADLINE 13 APRIL 92

Make the smart buy and get back \$35 in cold cash.



(Offer valid from April 1 to December 31, 1992).



Some fridges have less appetite for energy.

There are now over 100 Power Smart energy-efficient refrigerators to choose from. And to help you decide, Hydro is offering a \$35 cash rebate.\*

When you're shopping for a new fridge, be sure to ask your salesperson to show you the qualifying Power Smart models. A complete list is also available from your salesperson or local Hydro office. To receive our special Power Smart rebate, fill in the rebate form and send

it with proof of purchase. Your rebate will be on its way by return mail. And because your new fridge is Power Smart, you also get ongoing energy savings. So you save now... and you save later.



BC hydro

NEW REBATES STARTING APRIL 1, 1992

\* Rebates apply to Canadian purchases only.

# Section News

## 407 Squadron History



by Lt Robert Tarzwell

### Week III - Ecstasy & Agony

The month's total scored in shipping strikes during October 1941 was 64,900 tons. Two-thousand tons per day is noteworthy, but 28,000 tons hit in one night makes an incredible accomplishment, especially considering 407 had only been on operations for two months.

In the dark on Hallowe'en, 1941, a Hudson sighted a convoy while on patrol. After reporting back to base, it attacked, scoring directly at the mast-root of a 4000 ton ship. Seven more Hudsons joined in, all attacking from mast height through intense flak, and although three aircraft were damaged, direct hits were observed on a 7000 ton tanker and four merchant ships. This was 407's greatest success on a single raid. 407 made a total of 28 attacks in 19 sorties during October and participated in 16 searches for missing friendly aircraft and vessels.

By the end of November, 407's success netted commendations from the Air Council and Coastal Command. W/C Styles received the DSO for his "magnificent example of courageous leadership and determination which had raised the squadron to a high standard of operational efficiency." In 52 attacks, the Demons had hit over 200,000 tons.

1942 brought a new C.O., W/C A.C. Brown, DSO, DFC. He was 407's first Canadian C.O., even though he was RAF and had been since 1934.

But the new year also brought bad luck. We have the following from L.A.C. S.G. Hopkins' diary:

*Jan. 22nd 1942. Sgt Jaggard, Sgt Sykes, P/O Parker, P/O Palmer went in P on ops but didn't return. M. came back but over-shot the drome at Donna and crashed. It caught fire instantly and as the ground crew went to get the crew, ... she blew up, killing 13 ground crew and her own crew. Two ambulances were blown sky high. It was an awful mess, with pieces of guys all over the field.*

Twenty-one men were killed in the two incidents.

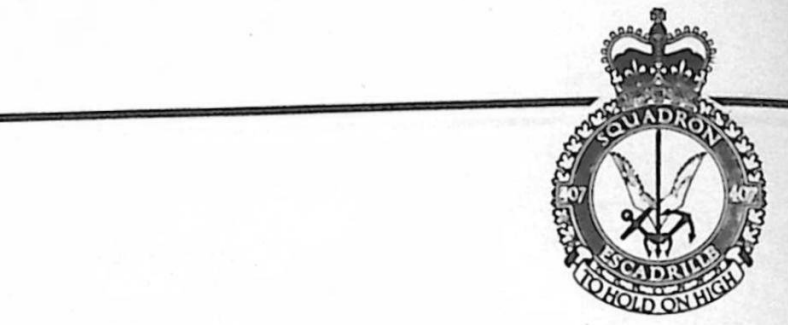
On February 12, the Germans staged 'Operation Cerebus'. The battleships Scharnhorst and Gneisenau and the heavy cruiser Prinz Eugen, with numerous smaller escort ships and an air-cover of Luftwaffe fighters and bombers, made their way from Brest to their home ports through the English Channel. Numerous RAF and RCAF squadrons participated in the pursuit through the English Channel, including 407's Hudsons.

All available 407 aircraft were launched, but only five could locate the ships. F/Sgt Creeden dropped his bombs on an escorting destroyer from an extremely low altitude, and his two RAF gunners, Sgts G. Hancox and H.G. Everett, drove off an attacking JU-88, resulting in the award of DFM for all three. F/O Cowperthwaite and F/O Lister were mentioned in despatches for their part in the attack, and two aircraft were shot down, with the loss of both crews.

Hopkins noted:  
*We sent 5 kites down to the south coast today ... Beauforts, fighter cover and Swordfish are taking part. We lost two kites "P" and "W". This was a pretty poor show, as by the time our kites got there, they were alone with no protection at all. The Swordfish outfit were all lost, five in all. Both ships got away as a low mist set in after ours got there, but received a bit of damage.*

Cerebus was the last mission 407 flew for a while.

Because of heavy casualties from September to mid February, the squadron was taken off operational flying and moved back to Thorney Island to train new crews. Even the move cost one crew, notes Hopkins:



407 CO Jan - Sep '42



"407's new C.O., W/C A.C. Brown, was Canadian and eventually became RCAF, but he joined the RAF in 1934."

*"R" was sixth off the deck and after barely reaching 50' she banked steeply, the load of kit in her must have shifted, because she crashed only about a 100 yards from where I was, and burst into flames immediately. No one could get near it for barbed wire*

*and a very wide ditch. It was one of the worst accidents I'd ever seen. None of the crew got out.*

Next time we will break with our chronological study and explore the escapades of 407's ground crews.

## 407 Squadron

### Demonic Maintenance

Things here are just ducky. A/C 117 left Maint Test flew serviceable on the first flight, then hot-turned to do a mission. Another quality product!

Due to the fact we have a small break between A/C, the Maint Section has been tasked to give servicing a much needed rest. On consecutive Thursdays we are 'manning the fort' for them so that they can attend crew luncheons. It actually is an excellent way for us to qualify section personnel on day-to-day servicing duties. After the first hour almost everyone was checked out on the TV and the VCR, and all had mastered the servicing whine, "AWWWWWW!! Oprah is a repeat!!" Sgt Jenkins used his experience in servicing

to give a stimulating lecture on how to determine which chair was the most comfortable.

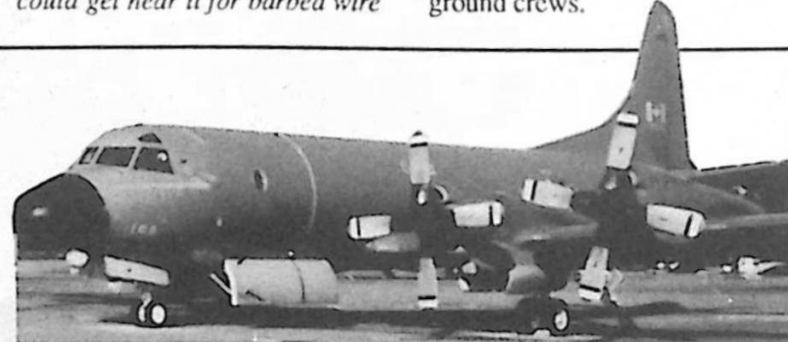
There is a rumor circulating throughout the hangar that the next periodic inspection will be done by servicing. However, I have been assured that this will not happen, as there is not enough time for us to re-do it again, properly.

FRP syndrome is running wild. Sgt Duffy can tell you how long he has left down to the second, and Cpl Wilt is already packed.

Cpls Vieau and Bauer have just returned from sunny, fun-filled Greenwood. WO Lowdon had another TD cancelled and he still has no Remar position. Cpl 'Noah' Prosser finally has his

basement back above sea level. Cpl Schmitt is counting the days till his transfer to Servicing. It will be interesting to see him slowed down to the Servicing pace. Sgt 'Crash' Smith and MCpl 'BMI' Marcotte are also transferred to TV land. 1 Crew's loss is our gain. MCpl Cooper and Cpl MacNeil have just returned from TD to Victoria, it was very hush, hush, but I understand they were doing trials on new NBCW equipment. Best wishes to Cpl Moderie and happy camping in Petawawa, and to MCpl Bill Johnson on his posting to the Skydome city.

For those who did not get their name in print, "Don't be so vain!" P.S. Sgt Mackie, what is Mo' hair??



### Well done Martin!



Cpl Martin Sylvestre, an IST with 407 Serv 3 crew, receives his new rank from Sqn SAMO Major G.A. McKenzie. Well done Martin!



## BAMSO

### NDT

Time once again to let the rest of you know just what has been going on in the NDT Section since our last article. First let me start by stating, for those of you on the Base not familiar with the term, that NDT stands for Non Destructive Testing -- and not Nothing Doing Today.

Actually we have been quite busy since the start of the new year. Besides the regular steady stream of wheels from Brake & Wheel (which we always seem to get on Friday mornings), we have had piles and piles of annoying bolts from periodic inspections, the occasional Special Inspection and analyzing more engine oil than Saddam Hussein released into the Persian Gulf. We had to provide support to HS 443 Sqn in the form of 3 MRPs, requalified 15 Helairdet personnel in the various NDT procedures that they must perform while at sea, and

fully trained 6 others. (We really try to avoid going on the ships ourselves!) So we are busy enough to keep the cobwebs from enveloping us.

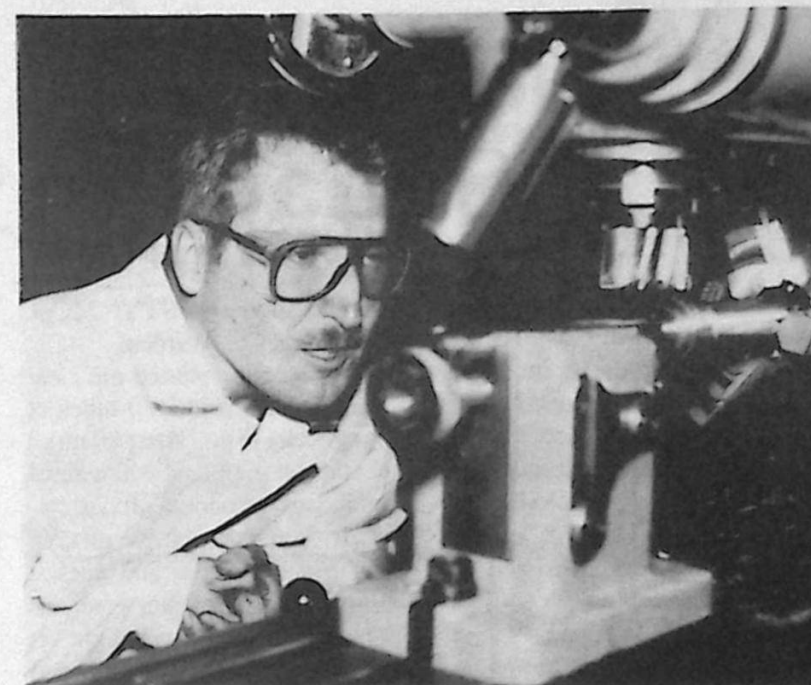
In the what's new category, our current Sgt (who shall remain nameless though his initials are Bert Pelletier), has received his transfer message to a CFTSD in Toronto. Yonge Street at that! I sure hope his office window doesn't overlook the sidewalk, or he'll never get any work done on sunny summer days, though he may develop severe eye strain. Cpl Himsel will be departing for Moose Juice this spring with her husband, where she has decided to work in the private sector. Good luck Nancy, and may your future endeavors be prosperous ones. Our newest NDTer has proven to be an energetic one, he has already completed (and passed) two Level II written

exams for Energy Mines and Resources Canada, and is chomping at the bit to finish the two day practical portion held in Edmonton in April. It looks like we will be getting a body from Germany this spring, and a fresh Greenie off the NDT 1 Basic Course.

So even though the faces in our shop are changing, we will still be able to provide the same prompt, efficient, technical expertise that you have come to rely on, or your money back!!

### IE/IS Shops

Time again for another update from IE/IS Labs up here on the 2nd floor of 7 Hangar. The ever popular 'King of Ping' contest has come to all but a halt as would be contenders start planning their summer activities. Speaking of summer, quite a few people will be leaving our illustrious section this APS. From the IE side, Cpl



Cpl Gaetan Morency (Machinist) carefully observes cutting procedures on the lathe...

Breton is posted to VU33. (I don't think the ice is better on the other side.) Cpl Wain finally got his French course and will be asking that all important question "parlez-vous français monsieur?" With an accent of course. Pte Russell is anxiously awaiting a posting to 442 Sqn and, in June, will be making the big move to marriage. Congratulations from all.

Moving along to the other half of the shop, Cpl Grawbarger is looking forward to his posting to Trenton. The Comox Valley will not be the same without 'Fred G. Sandford' and the 'G' stands for goodbye. Your stockpile/salvage of motorcycles, cars, lawnmowers and various other entities will be sorely missed by the people of Comox. Cpl Grawbarger is also expecting to be a father sometime in April, possibly a son to carry on the family name. Good luck and all the best. On a more serious note, congratulations to Pte Russell and Pte Lonigro for their successful completion of ATAT and are now TQ5 qualified. Way to go guys. Also, congratulations to Pte Fricker for his achievement on his TQ4, and good luck on your 5s.

IE/IS Labs would also like to acknowledge Pte Hutchins on his recent promotion to Cpl. (Just had to call you Pte one last time.) And so as with all great things, this melodramatic piece must come to an end and life in the IE/IS Labs must return to its everyday routine.

### Workshops

It's been quite a while since I have had sufficient time to put pen to paper for the purpose of relating to you, the reader at large, all the news that is news in the wild and woolly world of Workshops. Here's some stuff you may, or may not, have wanted to know about the Basher Crew.

WO Al Gavel and wife Jan are all snuggled into their new home in Comox. Al recently took his life into his own hands in the pursuit of better skiing techniques, during a recent BAMSO ski day. He survived. Sgt Bill Einarson, when not making someone redo CF 543, is usually planning his next excursion to one of the local lakes to indulge his passion for angling.

MCpl Roger Beauchamp, when not trying to commit Su-

Puco (suicide) on the ski hill, is busy working at remodelling his home. In case nobody notices he is the new Crew Chief down at 442 Maint.

MCpl Jean Gradmont has just recently taken over as Crew Chief of 407 Maint. Knowing the workload on an Aurora periodic he is probably up to his posterior in alligators by now.

Cpl Gary Haynes, in case nobody notices, is flying the reception area of the shop making people happy by telling them what to do with their 543s and the work attached to them. Gary is presently awaiting a piece of paper telling him where to go and what to do when he gets there.

Cpl Adrian Luczanko has recently been elevated to the lofty rank of Crew Chief of VU33 Maint. From all reports he has risen to the challenge and has been victorious. Congrats Adrian, totally gnarly dude. Oh! And if you happen to see Adrian walking by, ask him about his recent brush with the Grim Reaper, ref: skiing.

Cpl Russ Armitage, Mr. on again, off again with you know who, has been heard to be singing or humming 'You're Having My Baby' whilst roaming the hangar. Dare we pose the question (who)?

Cpl Gatien Morency, when not working his fingers to the bone in the Machine Shop, has been working on additions to his family. He and wife Nancy are expecting sometime in May. Rock and roll Dude.

Cpl Kevin Dawson, when not working in 442 Maint, has been busy with the BAMSO entertainment committee brewing beer, playing darts, playing euchre or crib, or serving on the PMQ council. That's a lot on one plate. Keep up the good work Kevin. A big B.Z. to you. Cpl Mike Long and wife Sally have just had a new addition to their family in the form of a manchild named Taylor. Congratulations to Mike, who is now working in 407 Maint.

Cpl Doug Brown and wife Anna Marie have just experienced the miracle of birth. They are probably losing some sleep over the whole situation, having aptly named this child, Coner James Brown. To this child, I say greetings Highlander. Remember to always keep your head. Oh! Doug don't be sad

continued on page 11

# Creating a better labour climate for B.C.

## Let's work together.

This is your invitation to help the Government of British Columbia create a fair and balanced labour laws.

It's time for all of us to start working together on strategies to build a stronger economy and maintain our quality of life.

### A fair and open process

Three of the special advisers appointed by the Minister of Labour - John Baigent, Vince Ready and Tom Roper - will be travelling the province to hear your ideas.

We'll take your ideas and use them as the basis for British Columbia's new labour law. Let us know what you think is good or bad about the current labour law. Tell us how we can change the Industrial Relations Act to promote harmony and stability in B.C.'s labour/management climate.

### You're invited to attend the public meeting in your area

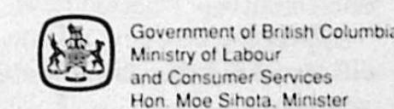
- Nanaimo April 15  
Phone 755-2342
- Kamloops April 21  
Phone 828-4516
- Kelowna April 22  
Phone 861-7404
- Castlegar April 23  
Phone 354-6550
- Cranbrook April 24  
Phone 426-1291
- Terrace April 27  
Phone 638-3272
- Prince George April 28  
Phone 565-6120
- Fort St. John April 29  
Phone 784-2390
- Abbotsford April 30  
Phone 852-0976
- Victoria May 11  
Phone 387-3795
- Vancouver May 12, 13, 14  
Phone 775-1262

To book a speaking time, call the number listed for the meeting nearest you. It's helpful if you prepare a written brief of your ideas in advance for the special advisers.

Please send your briefs as soon as possible to:

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

For general information call 387-3795.



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

## NEXT DEADLINE 13 APR

# Section News



## 442 Squadron

At 1400 hrs. Tues. afternoon the phone call for a possible prepositioning came in. The Captain of a 600' bulk carrier "The Star Magnet" was having serious chest pains. Rescue 310 was launched at 1630L to preposition in Ucluelet. Maj. Clarkston's crew consisted of Capt. Grenkow, FO, FE's MCpl's Burley and MacGregor and MCpl. Burton and Cpl. Daigle as SAR Tech's.

The A/C was stripped of all but necessary equipment and loaded to the brim with fuel. Before shutting down for the night we were informed the ship was 180 miles off shore and should be about 150 miles out by morning; no sweat.

With a 0400 wake-up call our day was started. The Lab was parred at Amphitrite Coast Guard pad clear of the fog which had plagued the Comox Valley all week. Our top cover, a "Buffalo" was stuck in Comox due to fog. They finally took off after a minor delay of our planned departure at first light. The Star Magnet was only 180 miles off shore so our plan for a 150 mile trip was modified.

We finally got the green light and off we went suited up and ready for our trip out to sea. Once airborne we RVed with our "Rescue Buff 456", piloted by Capt. Patrick and FO Capt. MacDonnell, NAV Capt. Pruneau, FE

MCpl. Soos and ST's MCpl. Power and Cpl. Warden.

The weather started out clear and a million with 180 miles of open ocean to go. After 80 miles we hit the goop and it remained for the rest of our transit out.

At 35 miles back we pick up the vessel on radar and tracked him in at 5 miles we were still looking for him with a flight vis of about 1 1/2 to 2 miles. We had a strong radar image but it was circular and not the usual cigar shape we usually see. At 1 1/2 miles we realized why; the ship loomed out of the fog to our left, bow first instead of broad side.

We maneuvered around and quickly stabilized off the Port now ready to do our job. The two SAR Tech's were hoisted down onto one of the forward hatches.

After they confirmed that the Captain was experiencing heart problems he was hoisted up to the Lab. A quick exchange of thanks from the vessels' No.1 and we were off. The Lab and the Buff finally regained visual contact with each other at about 150 miles off shore after losing sight of each other during the initial 40 miles of the transit to the vessel. It was agreed the Captain would be flown to Tofino where he would be transferred to the Buff and flown to Victoria.

JUST ANOTHER DAY IN SAR!!!

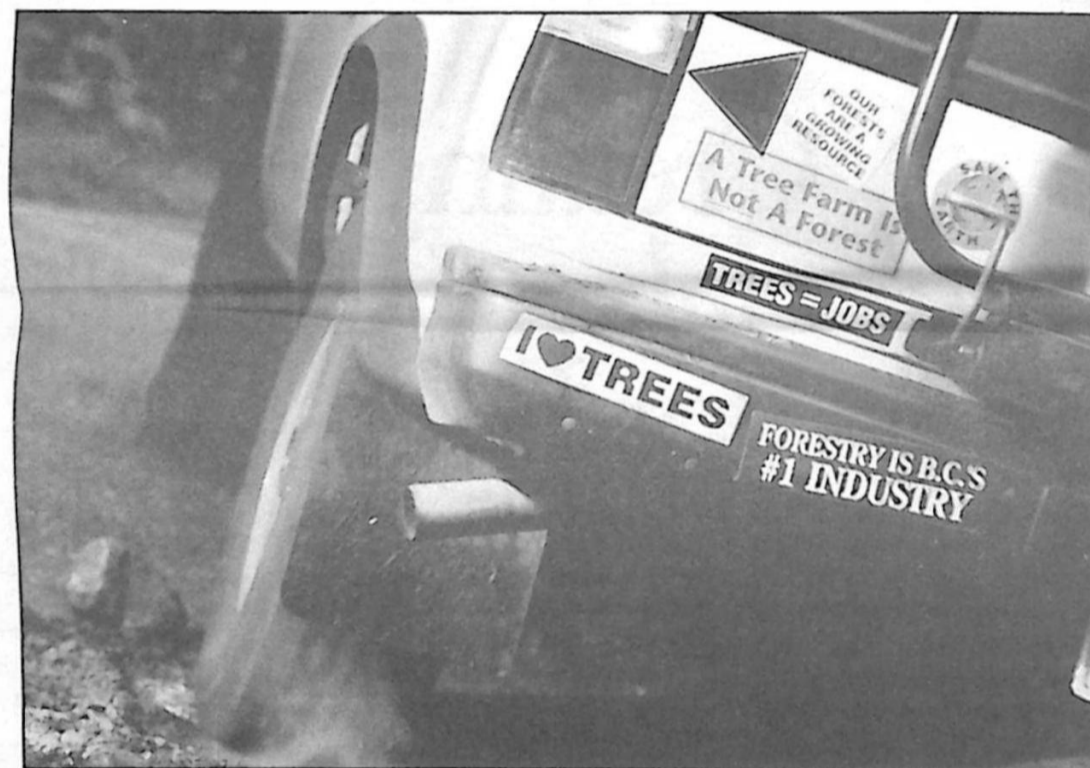
### Above the Clouds



### View from a Lab.



### Star Magnet



## Tough choices are never easy

**B**ritish Columbia needs jobs in the working forest. But we also need to protect our priceless environmental heritage. We need to maintain our quality of life. And we need to settle land claims.

That's why the government of British Columbia has set up the Commission on Resources and Environment — CORE. Because it is time for leadership to work out our differences and to resolve the valley-by-valley conflicts over land use.

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*.

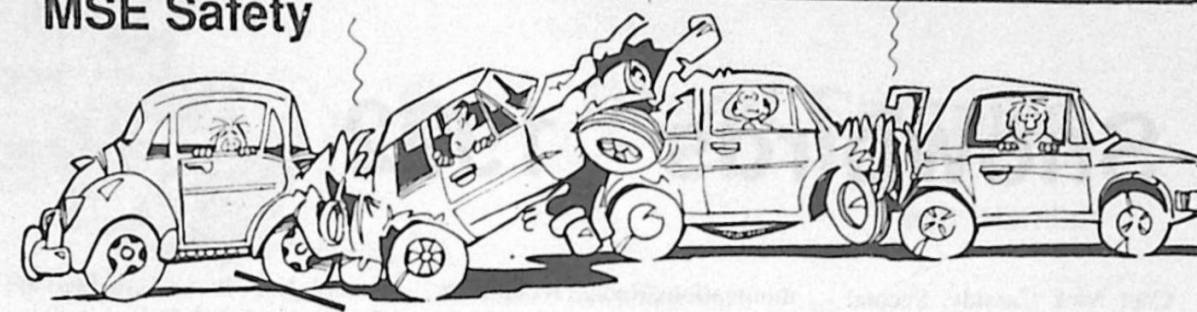
Watch for it in your mailbox.

**It's time to find common ground.**



# Section News

## MSE Safety



## Reflexes

Athletes will tell you that it was the beginning of the end for them when their reflexes began to go.

The boxer who can't get his glove up in time to block that knockout blow; the batter who can't quite get around on the fast one any more; the fullback who's a little slow picking up the right place to cut; they're on their way out when their reflexes aren't as fast as they once were.

Some athletes compensate for slowed reflexes by being more alert, by thinking ahead, by being a little smarter. Their careers last longer.

What about reflexes in driving?

First of all, just what is a reflex?

It's the physical action that results when you spot an emergency that demands some kind of action.

That's making it awfully simple. There's really a lot more to it than that.

We can illustrate it better by making up a situation and following the whole thing through from beginning to end.

You're driving along when the brake lights of the vehicle ahead suddenly light up. Maybe a car pulled in front of him unexpectedly or a pedestrian stepped out into his path.

Okay. Your eyes see those brake lights and register this fact in your brain. Then another part of the brain takes over and

decides what action is needed. A third part of the brain gets the message and passes it on to whatever part of the body is going to perform the action.

In this case, your foot gets the word to move from the accelerator to the brake pedal. As it hits the pedal the reflex action is complete. The brakes now take over.

This whole reflex action happens much faster than it takes to tell about it. In fact, the average person could perform what we just described in less than a second!

Fast, isn't it? Real split-second stuff.

But here's something important to remember about this action. This whole operation which actually lasted less than a second would take 14 metres of road space if you were doing 65km/h, 16.5 metres if you were going 80, and 20 metres if you were doing 95.

In other words, before you actually get the brakes going for you, you've travelled quite a few metres toward the object or situation you want to avoid.

You might come to what seems to be an obvious conclusion -- that you can improve your driving by speeding up your reaction time.

But it doesn't work out that way.

It's almost physically impossible to speed up your reflex actions. It's hardly worth the time

you might take trying to do it.

There's an easier way. It's to drive so that split-second reflex actions won't be necessary to help you avoid a hazardous situation.

If you have plenty of follow distance -- not just the recommended minimum -- you'll be able to stop with room to spare. A fraction of a second won't be so important.

The faster your speed, the more distance you need to stop. The reflex action time may remain the same but the high rate of speed allows your vehicle to cover more ground while the action's taking place.

So, as your speed increases you're going to have to be more alert and look further ahead for troublesome traffic situations.

Remember that your physical reflexes take time and distance. Drive so you'll have that time and distance in an emergency.

### Quip:

She suddenly saw me, lost her head and we met.

### QUESTION

The time from the moment you recognize a hazard to the moment you depress the brake pedal is called:

- A. Braking time
  - B. Stopping distance
  - C. Safety time
  - D. Reaction Time
- ANSWER  
"D" Reaction time.

## Supply Signals



## Larry Retires



Mr. Larry Bourgeois, the Receiving Clerk at our Central Materiel Traffic Terminal (CMTT), will be retiring from the Department of National Defence in May 1992 after 41 years of dedicated service in the RCAF and the Civil Service.

Larry hails from Stephenville, Newfoundland and after joining the RCAF in St. Johns went off to RCAF Station St. John, Quebec (now known as BFC St. Jean), for Basic Training in December, 1951. Shortly thereafter he was transferred to RCAF Station Borden for Basic Trades (Group 1) Training as an Aero Engine Technician in 1952. Air Force Headquarters must have thought Larry didn't like to be in one place too long because his first posting to RCAF Station St. Hubert, Quebec, was for only one year and then he was off to 3 (F) Wing, Zweibrücken, W. Germany from 1953 to 1955. After 3 (F) Wing he was posted back to St. Hubert for

another short tour from 1955 to 1957 and then he was off to Greenwood, N.S., where he stayed until 1961. In 1961 he had a short trip to his next posting at 101 KR, located at HMCS Shearwater, N.S. Unification and a posting came about the same time for Larry in 1967 when he was posted to CFB Comox. After 10 years in Comox, Larry retired from the RCAF in Feb. 1977 and was employed at 407 (MP) Sqn in Log Control until Jan. 1978. He then moved over to the Base Traffic Section as the Receiver at CMTT and stayed there until the present time.

Larry and his wife Iris have been married for 31 years and have two sons. They plan to take up serious retirement in the Comox Valley.

The B Tn O and his staff join LCol King and Col McGee in wishing Larry and Iris a long, happy and well deserved retirement.

## Yesterday, Today and Tomorrow

Author Unknown

There are two days in every week about which it is useless to worry. One is yesterday with its mistakes and cares, its faults and blunders.

The other is tomorrow: It too is beyond our control. Tomorrow's sun will rise either in splendor, or behind a mask of clouds -- but it will rise.

That leaves today, and usually our present trials are easier to bear, than remorse for what happened yesterday, or dread of what tomorrow may bring. Let us therefore journey, but one day at a time.

The sun, is at last basking the landscape with its glory: Releasing the snow, to rivers madly racing for the sea, and chasing the militant north wind, back to the edges of ice, from whence it came. Allowing the gentle breezes of spring, to bring a return of life. To ready the earth for summer's warm caresses, and scorching touch. Then, all too soon Jack Frost will appear, nipping the flowers with his icy bite, and shocking the leaves to brilliant hues of orange, red and gold. The earth now ready, for winter to claim it in its frozen grasp.

## More BAMSO

about the ski season ending, at least you have a dog to play with.

Cpl Chris Walker, when not toiling diligently in 442 Maint, is trying to go bullstic on some ski run up on Mt. Washington. He is desperately seeking Raggs, which will be the name of his Bull Terrier pup, when he finds one. Good hunting Chris.

Pte Mike DeLong is now endeavouring to do his best out in 407 Maint. He, his wife Kelly, and daughter Christian are all doing well.

Mr. Russ Parker will probably be glad to see the tail end of that

continued from page 9

VooDoo that he and others worked so hard on. But, everyone who did work on it can give themselves a pat on the back because she looks mighty fine. Mr. Al Bennett, when not being a pain, is working on everything that comes into the shop and relieves a lot of pressure with his easy manner. Thanks for your help Al.

That's about all there is from Workshops. Keep the shiny side up and the dirty side down and don't step in no doggie do. If you should happen to see one of the Workshop boys, just say "Hi. How you doin' Dude."



New Aircraft Design  
Perfect gift for easy mailing.

On t-shirts, sweats,  
and stonewash tops.

**HITEC** SCREEN  
**PRINTING**

630 F. Cliffe Ave., Courtenay 334-3656

**YOUR COMOX VALLEY SCREEN PRINTER**

## 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.

# Feature



## The Snowbirds - 1992

**MOOSE JAW** -- Canada's precision military aerobatic team, the Snowbirds, will be at CFB Comox from 28 March to 12 April, 1992 for their annual training deployment.

Colonel Terry Humphries, Base Commander of Canadian Forces Base Moose Jaw, is pleased to announce that the team's 1992 schedule has been approved and preparations are well under way for the upcoming show season.

The Snowbirds are coming off a very successful 21st season where the team performed at locations from New York City to Whitehorse, Yukon. Over 68 million people across North America have been thrilled by the aerial precision of Canada's aerobatic team.

After the first show traditionally held at its home base of CFB Moose Jaw, the team will begin its 1992 season on the 28th of April in Slave Lake, Alberta and perform its final display on the

11th of October at NAWS Point Mugu, California.

The workup for the 1992 season began last November when competitive tryouts were held to select new team members to replace the Snowbirds who had come to the end of their two-year tour. Changing half of the team each year is done to ensure a uniform level of expertise is maintained from year to year.

Major Bob Stephan, the Snowbirds opposing/lead solo for the 83-84 season and lead solo in 1989, will again lead the Squadron in his second and final year as Commanding Officer.

An experienced Canadian Forces fighter pilot, Major Stephan has accumulated over 3800 hours on jet fighter and trainer aircraft. The 1992 Snowbirds team consists of the following personnel:

Maj Bob Stephan, Commanding Officer/Team Lead, London, Ontario;

Capt Rob Martin, Inner Right Wing, Ottawa, Ontario;

Capt Marc Robert, Inner Left Wing, Greenwood, Nova Scotia;

Capt Glenn Kerr, First Line Astern, Wetaskiwin, Alberta;

Capt Nick Cassidy, Second Line Astern, Kemptonville, Ontario;

Capt Bill Watts, Outer Right Wing, Alexandria, Ontario;

Capt Frank Bergnach, Outer Left Wing, Ottawa, Ontario;

Capt Glenn Oerzen, Lead Solo, Victoria, British Columbia;

Capt Bob Painchaud, Opposing Solo, Lac Saguy, Québec;

Major Réal Turgeon, Team coordinator, St-Isidore, Beauce-Nord, Québec;

Capt Mike Lenehan, Team Coordinator, Windsor, Ontario;

Capt Paul Richards, Logistics Officer, Oromocto, New Brunswick.

Groundcrew:

Sgt Joe Maillet, Crew Chief, Moncton, New Brunswick;

Cpl Stewart (Mac) Gilchrist, Safety Systems Technician, Moose Jaw, Saskatchewan;

Cpl Mike Ubell, Airframe Technician, Luseland, Saskatchewan;

Cpl Rick Murray, Instrument Electrical Technician, Cornwall, Prince Edward Island;

Cpl Vince Leather, Instrument Electrical Technician, Scarborough, Ontario;

Cpl Terry Spence, Com-

munications/Radar Technician, Chemainus, British Columbia;

Cpl Doug Wray, Airframe Technician, Scarborough, Ontario;

Cpl Marco Asselin, Aero-Engine Technician, St-Siméon, Carletonville, Québec;

MCpl Ed Dillon, Deputy Crew Chief, Summerside, Prince Edward Island;

Cpl Kori Ibey, Aero-Engine Technician, North Bay, Ontario;

Earle Bourgeois, Supply Technician, New Westminster, British Columbia.

The Snowbirds schedule includes 75 shows at 58 locations during the April to October show season as the Squadron represents Canada and the Canadian Forces throughout North America.



### Maida's Boutique

**WE'VE EXPANDED!**



**Hours:**  
**Mon - Thurs**  
 9:30 - 5:30 pm  
**Fri** 9:30 - 9:00 pm  
**Sat** 9:30 - 5:30 pm  
**Sun** 12 noon - 4:00 pm

202-307 5th Street  
 Courtenay 338-1550

# On & Off the Base

## Desert Camping

with Hamish



For the past 10 or 11 years 'Sparky', the wire haired terrier, and I have been going down to the desert areas of south eastern California, mainly in the Imperial Valley region, (between Salton Sea and east of El Centro), to camp for a few weeks. They call it 'dry camping'; no hook-ups, pick your own spot to park, leave your spot as you found it, or better, garbage in - garbage out. Your vehicle has to be fully self contained. Some places are semi-organized with a volunteer host to more or less supervise and a Ranger comes around every week or two to check up on things.

I usually go back to the same campspot in the different camping areas each time and most times we've been successful in finding it available, so much so that 'Sparky' asks to get out of the camper before we reach the spot and he runs ahead to the same spot where we had camped the previous year! Quite often we meet the same people who were camping nearby the previous year so that it's a bit like going back to an old neighbourhood.

In some areas you can stay for up to two weeks at no charge. In other areas you can pay a fee, (it has been \$25, but there is talk of it going up next year), and stay as long as you like.

It's usually follow the sun; early to bed and early to rise. It cools off quite quickly after sunset. Some folks sit around a camp fire and chat for an hour or two.

After the campground has quietened down and the coyotes have stopped howling at the

bright moon, I sometimes wake up in the early hours before dawn to the absolute silence of the desert. The following paragraphs were written by flashlight at 2 a.m. one such morning.

I was thinking about some of the interesting people, and characters, I have met out here. Yesterday I was sitting out under the awning doing a crossword puzzle when an elderly couple stopped by. "We noticed your B.C. licence plate. Happen to have any B.C. jade with you?" I got up out of my chair and walked toward the couple as I replied, "As a matter of fact I have. It's from the Dease Lake area of B.C. I'll dig out a couple of chunks. My wife and I used to do lapidary work for almost 25 years." The old chap looked over the jade and remarked, "Good cabbing jade, but not suitable for carving. If you're interested come over to my trailer to see what I'm working on." I escorted them back to their trailer and inside he had a small work bench set up. It was covered with various small carving tools and an intricate looking jade carving sitting in the center with the sunlight coming through the window highlighting his handiwork.

"That's Wyoming jade", he told me. "About the best I've come across for carving."

I complimented him on his work and his patience and we discussed jade and the various aspects of lapidary work in general. They were from Tennessee but they came out to the desert each winter to 'catch the

sun'.

His wife offered to make us some tea and enquired if I took milk and sugar in my tea. I told her I was a 'MIF/NOSTY' to which they both raised their eyebrows. "An English expression", I laughed, "Milk In First, No Sugar Thank You. But out here on the desert it's MILATR/NOSTY, Milk In Last After Teabag Removed, No Sugar Thank You."

Over tea and biscuits we got on to what and where we had worked at. It turned out we both had previous airforce experience. He had been an electronics technician in charge of the electrical work on the B17 and later on the B29 Flying Fortress bombers during WWII. He ended up eventually working on designing the electronics, etc., required for the dropping of the atomic bombs over Japan. I asked him if that aircraft had been the 'ENOLA GAY'? He said it was, and did I know what it meant? The story goes the crew wanted to give a name to the aircraft and they worked on a remark the pilot had once made about flying in the high altitudes. "You feel all alone up there, just you and God" So if you spell it backwards, it comes out YAG ALONE, You And God Alone.

Yes, I guess one could write a book about all the interesting people you meet if one were so inclined, like another chap I got talking to in the hot pool a few days ago, but I better leave that for another time -- it's getting on to about FOUR A.M.!!

## Cloud Flying

Circa 1940s

An Airforce Recollection by Hamish

We were enroute to our designated practice bombing target on a quiet summer afternoon. One bombing student was sitting across from me in the co-pilot's seat and a second student was sitting behind me in the navigator's seat.

I radioed ahead that we were approaching target area #1 at 5,000 feet and received a reply advising that the target area was still in use for about another ten minutes. I acknowledged their message then relayed the info to the students via the intercom. While pointing over to a large bank of clouds about a mile away, I told the students we would 'stooge' around over there.

As we approached the cloud bank I noticed a long, narrow trough in the clouds that climbed upwards like a chute. I flew the Mk I Anson aircraft into the mouth of the opening and both wing tips disappeared into the sides. I had to increase throttle a bit as we came out on top onto a beautiful expanse; like a white cotton comforter. I gave the students a brief demonstration of 'motor boating' by burying most of the aircraft down into the cloud with just the top of the fuselage visible as we moved along like a boat in the water. Then with a gradual turn we re-entered the trough as I throttled back for our descent and back to business over at #1 target.

It was an interesting freak of nature and a brief but memorable experience.

On another occasion I was part of a three plane formation while ferrying aircraft to another airport. We had been flying 'open vee' above the clouds for almost an hour. Our lead a/c had a navigator on board and we 'wing men' just followed along.

We received a call from #1 to form 'line astern' and we would be descending in one minute. Then a second call announced, "We've just spotted a hole in the clouds. Follow the leader and spiral down." At the same time I noticed #1 disappear in a tight spiral turn to the left. #2 then followed down. When I reached the top of the hole I could see the other two aircraft inside the hole spiraling down toward the green fields below. Then I was also spiraling down until I came out below the clouds at about 1,500 feet. As I levelled off behind the other two I spotted our destination airfield about a mile ahead. Bang on navigation I'd say, considering there were little or no navigation aids available then. I thought to myself, "It must have been quite a sight to anyone on the ground witnessing our three aircraft emerging from the clouds like that!"

Another experience to add to my cloud flying file.

From the Desk of Hamish

AB CDEF'B BGH IJKL  
 BGDB IDNNAHO GAP  
 JQQ, AB CDE D IJQA'

A Cryptogram

BGHB IDNNAHO GAP JQQ  
 AF.  
 Answer next issue.

## Alaska Highway

The conclusion - The Cassiar Road

Following a three day stop over at a campground near Whitehorse we continued a short distance farther along the Alaska Hwy. and then branched off onto Yukon Hwy. 2. This road is an all weather route to Dawson and roughly follows the early overland winter stage route. We skirted the shore of the famous Lake Labarge where Robert Service's character, Sam McGee, was cremated. At Carmacks we crossed the Yukon River to the east bank and gradually headed across country while the river meandered west for a while. At Minto we were back alongside the river for a short distance before it once more wandered off in a westerly direction. The next time we would see the river would be at Dawson. We travelled for some distance past roadside deposits and layers resembling snow or ice. Upon enquiring we learned it was ash from an ancient volcanic eruption.

At Pelly Crossing we met some of the Fort Selkirk Indian Band. At one time they lived about 30 miles down stream at Ft. Selkirk where the Pelly River met the Yukon River. The word 'Yukon' come from an Indian word for 'big', or 'wide river'; the river at that point being about a mile wide. Since the steamers had quit travelling the natives have moved their village up to the highway. As a young fur trader I had lived and worked at Ft. Selkirk almost 40 years previously.

At Stewart River Crossing the road splits; east to Mayo and north to Dawson. The settlement here consisted of a garage and cafe. Gas cost \$1.32 per gal. (1977 price), and you could get a mooseburger for \$1.50.

We arrived in Dawson on June 20th, a day ahead of the summer solstice, the longest day of the year. The Airstream caravan also began arriving and eventually occupied every available parking place in and around town. The best place for viewing the mid-

night sun is from the top 'dome', a high hill behind Dawson. A narrow road winds up the back to a small parking area and we decided to stay for the view a day ahead and avoid the crowd. It's quite a sight to watch the sun ride low along the horizon and then begin to rise again through the night.

Dawson is being maintained as a heritage town retaining much of its history as a gold rush city. Some renovations are carried out as and where required. We attended the 'Gaslight Follies' at the Palace Grande Theatre, one of the completely restored buildings.

The programme was good and well worth the \$5.00 admission. A museum is under construction and will have a fine selection of items from the days of '98. Robert Service's cabin is another point of interest.

We spent a day exploring up the Klondike River, Bonanza and Hunker Creeks. Two of the giant gold dredges still remain, with

one of them being open to the public. None have operated since 1966 but individual prospectors and miners still operate claims in the area.

We returned to Whitehorse on the same road although there is an alternate route via a ferry and climbing up onto the Taylor Highway also known as 'top of the world highway'. It climbs to over 4,500 ft. and travels about 70 miles west to the Alaska border and the Alaska Hwy., on which we could have returned south. However, our friends thought it might be too much of a climb to pull their trailer, and also wanted to try out the fishing in some of the lakes we had passed on our way north. The fishing was good and we all caught our quotas at the different lakes we fished.

We made further enquiries about the Stewart Cassiar road and from the opinions offered our friends decided to return south on the Alaska Hwy., while we would try out the Cassiar road in our van. We arranged to meet at a

campground south of Prince George in a few days time. As it turned out it was a wise decision on our friends part as construction was underway south of Cassiar for several miles and it would have been difficult pulling a 25 ft. trailer. For us it was an interesting route and with promise of improvement in the future we planned on using this road on our next trip north.

We met up with our friends almost on schedule at the designated campground. We worked our way south to the Emory Creek campground where we had first met and there we said our good-byes. The next day they headed south across the U.S. border and we caught a ferry back to Vancouver Island and home.

**Update:** As of 1989 there was probably less than 30 miles of the Alaska Hwy. under re-construction. This was a stretch in B.C. below the Yukon border which was being straightened and hard surfaced. On B.C. Hwy. 37, the

continued on page 15

### TOTEM LOUNGE



CFB COMOX JR. RANKS MESS

## T.G.I.F. DARTS

3 APRIL  
 PIZZA AT 17:00.  
 DARTS START AT 17:30

AND

## KARAOKE NIGHT

STARTING AT 20:00  
 PRICE : FREE

# Leisure

Country Kitchen

## Fruit Puddings & Cakes

April has arrived and signs of Spring are popping up everywhere! This time of year brings to mind a story told to me by a co-worker. Chocolates and cakes are Pam's area of expertise and when a friend of hers was planning a surprise birthday party for her husband, Pam agreed to supply a cake for the crowd. She decided a strawberry shortcake would be the answer and set about to out-do herself. She did her best work - creating a masterpiece consisting of two huge slabs of cake, layered with whipping cream and beautifully arranged strawberries! When it was time to set out for the party, a mild dilemma arose. Pam and her husband's vehicle was a small pick-up truck and the cake was too big to fit into the cab with them. So the bed of the truck was cleaned up, papers laid down, and the cake gently placed for its journey to the party. En route, a corner was turned too fast and the cake slid across the bed of the truck, dislodging the top layer and strawberries and whipped cream were everywhere! "Oh no", wailed Pam, "what are we going to do now?" As there was absolutely nothing that could be done - the cake was hastily re-arranged with gobs of cake, strawberries and whipped cream placed back on the bottom layer, and carried into the birthday boy. At the sight of the cake, he collapsed in a fit of laughter and everyone congratulated Pam on her ingenuity because you see, the date was April 1st! Happy April Fool's Day! Pam can be reached at 339-2499 if you'd like one of her delicious creations.

The following is not Pam's recipe, but instead, an old-fashioned one, made with biscuit dough instead of cake. It is traditionally served with unsweetened, unwhipped cream, but you can serve to taste. Several recipes for biscuits were featured in a previous issue.

### STRAWBERRY SHORTCAKE

- 2 cups flour
- 4 tsps. cream of tartar
- 1/2 tsp. salt
- 1 TBLSP sugar
- Nutmeg - to taste
- 4 TBLSP butter
- 3/4 cup milk

Grease an 8 or 9" round cake pan. Sift dry ingredients together and work in butter. Stir in milk a little at time until dough holds together. On a floured board, divide dough into two parts and pat into an 8 or 9" circle. Place in bottom of greased cake pan and spread 2 TBLSPS melted butter over it. Place second round dough on top. Bake 12 minutes, remove from oven, split and spread with more butter, then add sweetened, warmed, slightly crushed strawberries. Place top layer and repeat. Serve with

heavy cream, whipped or not. Serve immediately. This is great for breakfast or as a dessert. Enjoy.

My rhubarb is about 12 - 18" high so here are a couple of excellent recipes.

### RHUBARB PUDDING CAKE

- 2 cups sliced rhubarb
- 1/2 cup bran flakes
- 1/2 tsp salt
- 1/2 cup boiling water
- 3 1/2 tsps cornstarch
- 3 TBLSP butter or marg
- 3/4 cup flour
- 1/2 cup milk
- 1 1/2 cups sugar split into 2 - 3/4 cups)
- 1 tsp baking powder

Wash and slice rhubarb in about 1" lengths. Grease an 8 x 8" dish and put rhubarb in bottom. Cream together: butter and 3/4 cup sugar and stir in bran flakes. Mix baking powder with flour and 1/4 tsp of the salt. Stir the floured mixture into the creamed mixture, alternating with milk. Blend well. Spread this batter over the rhubarb. Add together: 3/4 cup sugar, 1/4 tsp salt and the cornstarch. Sprinkle over the batter. Pour boiling water over the cake and bake for 50 minutes. Serve with milk, ice cream or whipped cream. Enjoy.

### RHUBARB BARS

- Oven temp 375 F.
- 1 cup flour
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 cup butter
- 1 egg
- 1 TBLSP milk
- 2 cups finely chopped rhubarb
- 1 - 3oz pkg strawberry Jello powder
- 1/4 cup butter
- 1 cup sugar
- 1/2 cup flour

Sift together 1 cup flour, baking powder and salt. Cut in 1/4 cup butter. Add egg and milk. Mix thoroughly. Pat into a greased 9 x 9" pan. Put rhubarb on top of batter and sprinkle jelly powder over rhubarb evenly.

In a bowl combine: 1/4 cup butter, 1 cup sugar and 1/2 cup flour. Mix until crumbly. Sprinkle over mixture in pan and make 45 minutes at 375. Cool and cut into bars. (Especially good for those of you who don't particularly like the flavour of rhubarb!) GIVE IT A TRY.

I've had a request for a recipe for a blueberry grunt. This is something I've never made personally but I looked up in my favourite cookbook, Fannie Farmer's Boston Cooking School Cookbook, and this is what it says:

### CAPE COD BLUEBERRY GRUNT

- Cook until soft - 2 cups blueberries
- 1/2 cup water
- 1/8 tsp allspice

Sweeten to taste. Put into a deep baking dish. Put over the top:

### BAKING POWDER BISCUIT DOUGH

- 2 cups flour
- 4 tsp cream of tartar
- 1 tsp salt
- Mix and work in - 2 TBLSP shortening and then quickly stir in: 2/3 cup milk

Turn out on floured board and pat into a circle that fits into your deep baking dish. Set the dish in a pan of boiling water. Cover dish. Cook 1 hour, keeping the water boiling constantly. Add more water as needed to keep it within 1 inch of the top of the dish. Serve hot with cream.

NOW - this is where I could use your help. The recipe book does not give an oven temperature - so at first I thought maybe it was to be cooked on top of the stove as the recipe refers to "cook" and not "bake". I phoned around and asked friends if they had ever made it and all said yes - and it was in the oven at about 350 BUT they didn't use a pan of water - they just baked it. So if anyone knows exactly what to do - give me a call at 339-6439 and I'll clarify it in my next issue. You can use many varied types of fruits to make these grunts. Let me know about your favourite. This next recipe is made with another fruit - lemon. It is one of my personal favourites.

### LEMON CRUMB CAKE

- Oven temp. 350
- 1 1/4 cups graham cracker crumbs
- 1 1/4 cup coconut (I use sweet flaked)
- 1 cup wt sugar
- 1 cup wt flour
- 1 tsp baking powder
- 1/2 tsp salt
- 1 cup margerine - melted

Mix all ingredients together and press half the mixture in a greased 9 x 9" pan. Prepare lemon filling either from your favourite mix, or in a saucepan, mix well

- 1 cup sugar
- 2 1/2 TBLSP flour
- 1/4 cup lemon juice
- grated rind of 2 lemons
- 1 egg slightly beaten
- 1 tsp butter

Cook over low heat until it reaches the boiling point. Pour filling over the crumb bottom and put rest of topping on top. Bake at 350 till golden brown - about 45 minutes. Cool and slice into squares or serve warm with whipped or ice cream.

P.S. This crumb topping is excellent with any fruit. I use it with apples, raisins and cherries. If you don't have time to make your own filling - use a canned one with a little butter, vanilla, etc., added for more flavour. Until next time. Bye.

## 25th Annual Military Ordinariate Convention

Our Lady of the Sacred Heart Council of the Catholic Women's League of Canada, CFB Comox, is pleased to announce that the 25th Annual Military Ordinariate Convention will be hosted by our Base Council, May 21-23, 1992 at CFB Comox.

Over 150 delegates and spiritual directors will represent all the bases across Canada and Germany.

Our Base Council is working hard on preparations for the convention and more information will be announced later.

**WALLACE GARDEN ANNUAL SPRING GARAGE SALE**

WHEN: SATURDAY, APR 25, 1992  
 TIME: 9AM TO 2PM  
 PLACE: PMQS

JUST SET UP YOUR TABLE OF DISPLAY IN FRONT OF YOUR M.Q. HOPE TO SEE YOU ALL OUT FOR THIS EVENT!

## Comox Glacier Wanderers

The Comox Glacier Wanderers are holding a General Meeting on Tuesday, 14 April, 1991 at 7:30 pm in the Port Augusta Motel. Come out and bring a friend. Info 339-3945

# On & Off the Base

## More Hamish

continued from page 13

Stewart Cassiar Road, there were about 320 kms, or a little less than half of its total length, still to be hard surfaced.

The W.P. & Y.R. was no longer operating full time. In summer the train took tourists from Skagway to the summit and back. Some talk was in the works to continue on through to Whitehorse but due to time and necessity for boat tours to reschedule, no decision was yet reached. A road has been built to Skagway and freight is now hauled by trucks. Most travel is by road or air.

Whitehorse population had grown from 14,000 to 17,000.

Gas prices in Whitehorse were .53 per litre, Muncho .60, Fort St. John .50, while in Alberta prices of .48 and .45 were common.

Anyone interested in travelling to northern B.C. and the Yukon and wishing further information can get in touch with me via the Editor.

## Rose McCliesh

## Glacier Greens

### Golf News

There was a record attendance for the Zone 6 Junior's Golf Tournament held at Glacier Greens on Sun. 29 Mar 92. Junior golfers from Myrtle Beach (Powell River), Storey Creek, Sunnydale, Comox and Glacier Greens participated in the event.

Mr. John Courtemanche, the Juniors Director at G.G.G.C., organized the tournament. Bill O'Neill and Gene Grandmont assisted John with the scoring and transportation. John's wife, Lorraine, was also a big help to the group when she met the ferry to transport golf clubs and passengers.

John scheduled the tournament for a 1:00 p.m. shot gun start, to allow the golfers coming over from Powell River on the ferry to re-group and for those wishing to spend some time on the practise green and for general warm up, before starting play.

Following golf, a light lunch was served. Following lunch, Mr.



Courtemanche congratulated the winners and spoke briefly on the importance of turning in a complete and legible score card. Mr. Scott Fraser, the golf pro at Glacier Greens was on hand to present the prizes.

### Field Low Gross: Tim Hedquist

**Ages 14 and Under:**  
 1st L.G. Brian Benedictson  
 1st L.N. Oliver Houle  
 2nd L.G. Grayson Pettigrew  
 2nd L.N. Logan Billings

**Ages 15 and 16:**  
 1st L.G. Tim Hedquist  
 1st L.N. Simon Houle  
 2nd L.G. Martin Ready  
 2nd L.N. Steve Beckett

**Ages 17 and 18:**  
 1st L.G. Colin Blake  
 1st L.N. Randy Webb  
 2nd L.G. Dean Verdenhalven  
 2nd L.N. Marc Hamilton

## Officers Ladies



"Soon o'er their heads blithe April airs shall sing  
 A thousand wild flowers 'round them shall unfold.  
 The green buds glisten in the dews of Spring,  
 And all the vernal rapture as of old."

J. Keble

What a wonderful introduction to Spring in Lotus land! At our March get together we were treated to an abundance of 'flowery language' as Anderton Nursery and The Blooming Barn came to share their expertise with us. We would like to thank them whole heartedly for their time and generosity! Congratulations to winners of the lovely door prizes -- it was an evening thoroughly enjoyed by all!

... Well April is here, and with

it comes our annual fashion show. What's new for Spring '92? We'll find out as some of the Valley's fashion retailers and a notable hair salon show off their stuff! Everything you could want for a bright new look this season -- fresh new colours and styles abound -- who could resist?

Members of the O.M.L.C. cordially invite all ranks and guests to attend our

**Spring Fashion Show**  
 Wed. 15 April 1992 - Doors open 7:00 - 7:30 is showtime!  
 Door Prizes and Raffle  
 Coffee and desert

Tickets are available from the executive, and from advertised locations -- watch for them!  
 Bring a friend -- we'll see you there!

### GOLFERS!

Come and see our selection of quality goods & merchandise.

FREE club fitting with every new club purchase.

Enjoy the benefits of a CPGA professional today!

Glacier Greens Golf Shop

Scott Fraser...CPGA Professional Ph. 339-6515

## So You Wanna Be An Ump!

Softball B.C.

Level 1/2 Clinic April 5

Phone Gord Kruger 339-4389 for details.



**Comox Air Force Museum**

1 OCT THRU APR 10-4 p.m. SAT SUN & HOLIDAYS  
 Featuring Gulf War and 409 Sqn displays

**MUSEUM GIFT SHOP**

AVIATION MEMORABILIA  
 BOOKS, FLAGS, MODELS, POSTERS,  
 HATS, SWEATERS, SHIRTS, PINS, PATCHES  
 AND MUCH, MUCH MORE!

PHONE (604) 339-8635

At the gate of CFB Comox

**Comox Valley INSURANCE Service Ltd.**

"THE INSURANCE PEOPLE"  
 Serving the Comox Valley For Over 24 Years.

- Your Home
- Your Car / R.V.
- Your Business / Farm
- Your Boat / Yacht
- Your Airplane and
- All Other Types of Insurance

**Complete Autoplan Service**

Including: Out of Province Registrations  
 Sales Tax Exemptions  
 Estate Transfers  
 Personalized Licence Plates

491 Cumberland Road Courtenay, B.C. 338-1401  
 1782A Comox Ave. Comox, B.C. 339-4847  
 Across from the Courthouse Next to the Lorne Hotel

**COMOX VALLEY FINANCIAL Services Ltd.**

Our team of Insurance Brokers, Investment Advisors and Financial Planners have over 60 plus years of combined experience.

We offer a relaxed and consultative style to providing advice. Feel free to call us for an appointment.

**RELOCATING?**

We Offer:  
 GICs - RRSPs  
 Investment Funds  
 RRIFs & Annuities  
 Life Insurance  
 Retirement Income Planning

480A 6th Street Courtenay, B.C. 338-8713  
 1782A Comox Ave Comox, B.C. 339-4847

# Health & Fitness

## To Your Health

Health information from the Registered Nurses Association of British Columbia

### When Someone You Know is HIV Positive

Have you ever considered how you would react if a friend or co-worker confided in you that he or she had tested positive for the HIV virus? It could happen. The incidence of HIV and AIDS infection is growing, and it is not confined to traditional high-risk groups. You should be prepared.

First, you should realize that anyone who has tested positive for HIV has undergone an intensely emotional experience. They face an uncertain and difficult future. At the same time, because of a continuing stigma associated with HIV and AIDS, many victims are hesitant to reveal their problem. Some may choose to live with their illness in secrecy for months or years until they gain the strength to share their concerns with others.

Therefore, if someone chooses to tell you about his or her diagnosis, you should be aware that you may be the only person -- or one of a very small group of people -- who have been chosen to know. Also, your friend or co-worker has probably spent a long time considering whether you are trustworthy. Because of this, you have a very special responsibility. You should be careful in your responses and you should respect confidentiality.

You should also face your own fears. "Am I at risk in some way?" is a common first thought. Rationally you may know better but emotionally you may become uncertain about everyday routines such as sharing washroom facilities or the use of kitchen facilities. Ask your friend or co-worker about their concerns and share your own questions and worries with them. If you are both relaxed and honest with each other there is more than enough to talk about!

Be reassured that you can be a friend without endangering yourself. But ask for good information from credible sources and you will feel even better. Fighting fear with facts is an excellent way to get around common doubts and anxieties that can get in between the two of you. Check with AIDS organizations or AIDS information lines in your community for additional information. If you are uncertain about who to contact, begin with a nurse in your local health unit or hospital.

Discover what is of concern to your friend or co-worker. Many concerns may exist besides those associated with the disease itself. Will my children be treated unfairly? Will I be criticized if I choose to have a baby? Will my work opportunities be limited? Will my friends and family be able to handle it? Will I need to move to be closer to medical facilities?

Most importantly, be yourself with the person who has confided in you and continue the normal give and take of your relationship. Help them to realize that you are prepared to share this experience with them just as you have shared other experiences in the past. Many limitations are set by our attitudes -- not the actual course of events that follow a positive HIV test. As one person so aptly said to a nurse, "Remember what I need -- it's courage, faith and lunch together sometime soon."

### "Trivia Nights" Highlights

#### Book Festival Week

Trivia buffs can test their wits and compare knowledge while they compete for prizes at a team trivia night, Wednesday, April 29 at the Coast Westerly hotel.

Sponsored by the local National Book Festival committee, the trivia night is "mainly for fun, but we also hope to raise money for some of the other Book Week events," says organizer Matt Hughes.

Prizes include gift certificates of up to \$25 donated by local bookstores and other businesses.

Questions will mostly be based on books, movies and TV, Hughes says, "but it will be very mainstream. You're more likely to be asked to name a character on MASH than to tell us Anna Karenina's shoe size."

Contestants who come dressed as a favorite character out of his-

tory or fiction could also win prizes ranging from a pound of gourmet coffee to a half-hour of professional massage therapy.

Players are asked to form teams of up to six and to register with Hughes at 339-3423 by April 22. There is an admission fee of \$5 per person.

"If people don't register in advance, we'll still take them at the door, but it helps if we know how many are coming."

Doors open at 7 p.m., and the questions will start at 7:30. There will be a cash bar.

*Editor's note: Sounds like a good squadron project to me: I dig the idea of CO-42 (or 407, or VU33) winning a half-hour massage.*

## info health

Dr. Bob Young



### Reasonable Prudence

In 1928 six coal barges were lost at sea in a storm. The owners of the towboats involved were found negligent because they had not installed radio receivers in the vessels. The captains did not hear the broadcast storm warnings that would have allowed them to reach safe havens.

Thus was born the Doctrine of Reasonable Prudence in American law. In many jurisdictions it has become the prime method of determining medical negligence, replacing 'custom' and 'locality rule' based decisions. These earlier guidelines forgave negligence if the doctor practiced according to the custom in his or her locality at the time. (I am over-simplifying.)

Now, let's change towboats for doctors' offices or hospitals, and radio receivers for computers -- and the year to 1992. Medical information reaches computer databases very quickly, often

within a week of publication in a medical journal. It is then accessible to anyone, using simple, low cost technology. Doctors, like the towboat skippers, have the option of basing their decisions on recent data.

Are they negligent if they fail to do so, and something goes wrong? Recent court cases in the United States tend to suggest that they might be. Pharmacists, too, who fail to inform patients of possible drug interactions (information readily available on computer programs) have also been found negligent.

But what about the 'gap factor', the time required for brand new information to become general knowledge? Keeping up surely does not mean absorbing all of today's medical news by suppertime. But how soon should the doctor be expected to know? A week? A month?

Most doctors keep up to date

quite well, considering the huge amount of information available. Research types may indeed scan their computer screens every few days to see what is new in their field. Most practicing physicians use more mundane methods.

Recently, however, a doctor in Vancouver was found negligent for not being aware, soon enough to satisfy the jury, that semen can transmit the HIV virus. That fact had been published, initially, we understand, in a letter to the editor of a journal the doctor would be unlikely to read. The case is being appealed.

I, for one, am not looking forward to checking my computer every morning to find out which things I was doing yesterday are no longer safe or wise. Come to think of it, though, I do listen to the morning weather report when I am out sailing. That seems prudent!

### Health Care Committees

"Another op'ning, another show" usually means that a bit of excitement is in the air. The premiere performance is the culmination of months of work, and if successful the excitement may carry on for years.

Not so with Royal Commission reports. While they too are the result of weeks or months of deliberations and data collection, their premiere is usually followed by the dropping of the curtain -- and there are seldom curtain calls afterward.

There have been two recent major studies of aspects of the health care system in Canada -- the Royal Commission on Health Care and Costs (BC), and 'Toward Integrated Medical Resource Policies for Canada'. Both are exhaustive academic examinations, the first of health care delivery in general, the second focused on doctor numbers, or

'physician human resources'.

We will not explore either of these any further. Instead, let's discuss the futility of it all! In 30 years of practice I have seen several dozen major studies concerning health, medical, and hospital matters. Most have been costly, many have promoted, or at least stressed, the goals of the group commissioning (and paying for) the research, and virtually all are quickly forgotten, left to gather dust on an obscure shelf somewhere.

It's not that they do not contain useful material. Most do. But very few new facts are discovered. The increasing problems in many aspects of health care in Canada have been defined long ago. Boiling them up one more time, like leftovers in the soup kettle, isn't going to change them.

All reports are expected to

provide solutions, or at least a pathway for overcoming the difficulties. These appear as 'recommendations' appended to the report, and there are sometimes hundreds of them. While some of these, alone or in groups, may make a lot of sense, isolating and implementing them would likely throw other parts of the medical system out of kilter.

Since accepting and following all the recommendations (of any report) would be foolhardy it is fortunate that such a course is also impossible. There are too many players, too much turf to protect, and too many political considerations involved.

But the exercise will continue. A little flurry when the study is announced, an occasional progress report as it proceeds, a day or two center stage when it is released and responded to, then oblivion. And never a revival!

### How to Deal With Mistakes

Mistakes will happen. Here are some ways to handle them: **Accept them.** The only people who don't make them are the ones who do nothing.

**Accept responsibility for them.** Others may have goaded you into an unwise move or remark, but it was your decision to react as you did. **Release them emotionally.** If you wallow in them, the burden of guilt will increase their power.

**Learn from each mistake.** Why did you do or say this? What would have been more effective? What steps can you take now to do better the next time around?

**Learn to laugh at them.** Use them to build greater understanding. If you can forgive yourself for your own errors, you can also forgive others for theirs.

# On & Off the Base

## Healthy Snacks

Snacking is part of modern day living. There are some ideas to think about when we choose our snacks:

\* limit snacking to no more than two or three times per day

\* choose a variety of foods from Canada's Food Guide

The following list will give you an idea of good and poor snack choices:

### Good Choices Green Light Foods

- fresh fruits and unsweetened fruit juices
- raw vegetables with cheese
- tomato or vegetable juices
- boiled or pickled eggs
- nuts and seeds
- nuts and bolts
- plain or sparkling water
- bread sticks
- rice cakes
- wholegrain or low fat muffins
- plain yogurts
- fruit salads
- milk
- whole grain cereals with milk

### Choose Occasionally Yellow Light Foods

- milkshakes
- chocolate milk
- french fries
- 'poutine'
- cheesies
- diet soft drinks
- fruit flavoured yogurts
- fruit muffins
- milk puddings
- ice cream
- popcorn
- sugarless gum
- sweetened fruits and juices
- raisins and dried fruits

### Foods With Little Nutritive Value Red Light Foods

- candies
- breath mints
- lozenges (colds)
- chips
- fruit flavoured drinks (sweetened)
- marshmallows
- granola bars
- jam and jelly
- regular pops
- popsicles
- chocolate bars
- sugar coated cereals
- cakes and pastries

NOTE: Nuts, seeds and peanut butter are high in calories.

Use your creativity to make your snacking healthy and delicious!

More ideas:

**Cinnamon Delight** - Spread whole grain toast with unsweetened apple sauce and sprinkle with cinnamon.  
**Jiffy Pizza** - Spread tomato sauce on a toasted English muffin or bun. Top with mozzarella cheese and broil until bubbly.

at Suffield

## National Wildlife Area

CANADIAN FORCES BASE SUFFIELD, Alta. -- One of the largest remaining areas of undisturbed natural prairie in Canada, part of CFB Suffield, will be protected and preserved as a national wildlife area.

An agreement between the Department of National Defence and Environment Canada sets aside 420 kilometres on the eastern boundary of CFB Suffield as a national wildlife area.

The announcement was made at a signing ceremony by the Minister of National Defence and the Minister of State for the Environment. Witnessing the signing was His Royal Highness Prince Philip, in his capacity as International President of the World Wide Fund for Nature. Also in attendance was Robert Porter, MP for Medicine Hat, Alta.

"The signing of this Memorandum of Understanding under-

scores the importance that DND places on the preservation of the environment," said the Minister of National Defence. "We have done an excellent job of conserving this fragile portion of the prairie in the past, and this agreement strengthens our resolve to continue this practice in the future."

The Department of National Defence has agreed to keep these areas out of bounds and Environment Canada has agreed to recognize them under the Canada Wildlife Act. CFB Suffield will continue to manage the areas in cooperation with the Canadian Wildlife Service of Environment Canada.

The area will help Canada achieve its goal of protecting 12 percent of our special spaces and species. The formal designation of these areas under the Canada Wildlife Act is one of the impor-

tant goals set out in the National Wildlife Habitat Network, part of the Green Plan's national Wildlife Strategy.

CFB Suffield, located 25 kilometres northwest of Medicine Hat in southern Alberta, is home to a wide variety of wildlife including mule deer, white-tailed deer, pronghorn antelope and other mammals, birds and reptiles, some of which are threatened species. As well, it is one of the largest expanses of native mixed grass prairie remaining in Canada.

National wildlife areas are established and managed by Environment Canada to conserve essential habitat for migratory birds and where appropriate, other wildlife species. There are 45 national wildlife areas across Canada.

## BC BESTSELLER LIST

March 24, 1992

- |                                |                  |
|--------------------------------|------------------|
| Fiction                        |                  |
| 1 Generation X                 | Douglas Coupland |
| 2 The HI Queen of Shannara     | Terry Brooks     |
| 3 Griffin and Sabine           | Nick Bantock     |
| 4 The Wastelands: Dark Tower 3 | Stephen King     |
| 5 The Road to Omaha            | Robert Ludlum    |
| 6 Burden of Desire             | Robert MacNeil   |
| 7 Possession                   | A.S. Byatt       |
| 8 Such A Long Journey          | Rohinton Mistry  |
| 9 Rising Sun                   | Michael Crichton |
| 10 Famished Road               | Ben Okri         |

- |                                       |                     |
|---------------------------------------|---------------------|
| Non-Fiction                           |                     |
| 1 Revolution From Within              | Gloria Steinem      |
| 2 Stolen Continents                   | Ronald Wright       |
| 3 The Wealthy Barber                  | David Chilton       |
| 4 7 Habits of Highly Effective People | Stephen Covey       |
| 5 A Year in Provence                  | Peter Mayle         |
| 6 The Betrayal of Canada              | Mel Hurtig          |
| 7 A Return to Love                    | Marianne Williamson |
| 8 Wealth Without Risk for Canadians   | Charles J. Givens   |
| 9 Iron John: A Book About Men         | Robert Bly          |
| 10 Backlash                           | Susan Faludi        |

**NRS OTTAWA BOUND? NATIONAL REAL ESTATE SERVICE**

Call for my information package and my Homebuyers Handbook

**DARRIN LANGEN**, R.M.C., B.A. (Comm)  
Sales Representative  
Bus. (613) 837-4443 Fax 830-7007  
**NRS CAPITAL CITY LTD., REALTOR**  
2054 St. Joseph Blvd.  
Orleans, Ont. K1C 1E6

Diamond Club

## 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.

### Comox Valley Newcomers Club

The Comox Valley Newcomers' Club welcomes all ladies new to the area, and invites them to attend the next meeting on Monday, April 13, 7:30 pm at Dusty's Den in Comox. Call Chris at 338-6550 for information.

## Bookshell Bestsellers



Pat Bolen  
Proprietor

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

Debi Williams  
Manager

10% off for mil pers - show ID

get your Totem Times here

Week ending: APR. 4 1992

### 10 Top Paperbacks

- |   |   |   |
|---|---|---|
| 1. If You Really Loved Me<br>.....Rule  | 4. The Reign of Ishtar<br>.....Weis, etc. | 7. Deadlock<br>.....Peretsky                  |
| 2. Bodies of Evidence<br>.....Cronwell  | 5. Heartbeat<br>.....Steele               | 8. The Search for Maggie Ward<br>.....Greeley |
| 3. The Sherbrooke Bride<br>.....Coulter | 6. Firefly<br>.....Anthony                | 9. Nobody Lives Forever<br>.....Buchanan      |
|   |   | 10. The Fires of Paradise<br>.....Joyce       |

# 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.

## Servicewomens Fastball Meeting

All servicewomen interested in playing fastball must attend a pre-season meeting at the Base Gym Conference Room 1330 hrs 06 Apr 92. A team coordinator is also required. If unable to attend, please contact Cpl Carr, local 8315 at the Base Gym.

## Comox Tri-K Triathlon

There will be a mini sprint Tri-K Triathlon held in Comox on 10 May 92, consisting of 750m swim/20k bike/5k run. Registration forms can be picked up at the Base Gym.

For more information contact the Comox Valley Sportsplex, 339-2458.

## Aerobics

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

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

## 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.

## CF EXPRES Evaluation - Medical Excusals

Members who are permanently medically excused one or more evaluation items, who request to be evaluated and have the Medical Officers concurrence to do so, may do the evaluation.

The EXPRES Form DND 279 will be fully completed but clearly marked that member did not meet minimum physical fitness standard (MPFS) as per message from Air Command 24 Mar 92.

## Newcomers' Club

The Comox Valley Newcomers' Club welcomes all ladies new to the area, and invites them to attend the next meeting on Monday, April 13, 7:30 p.m. at Dusty's Den in Comox. Call Chris at 338-6550 for information.

## 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.

## 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.

## Canadian Forces CISM Sailing Selection Regatta

Maritime Command together with CFSA Montreal will host a sailing selection regatta at CFB Montreal CFSA 15-18 Jun 92 using CF Albacore sailboats; white sails event. The competition will be organized and directed by CFSA Montreal. The CFSA National and the CISM Selection Regattas will be the same competition. The rules and regulations will be provided by CFSA Montreal.

For more info please contact Sgt Plante at the BPERO Section, local 8690.

## 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.

## Coaches Conference

The Courtenay Recreational Association in conjunction with the Coaching Association of Canada and the Investors Group is hosting a coaches conference 15 Apr 92 starting at 1930 hours at the Florence Filberg Centre, Soroptimist Room. All coaches are welcome to attend.

## Intersection Fastball Meeting

There will be an Intersection Fastball Meeting at the Rec Centre Conference Room 4 Apr 92 at 1300 hrs.

All interested team coaches, representatives and officials are encouraged to attend.

For more information contact Cpl Carr at the Base Gym, local 8315.

## 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 Base Accommodations



**FIGHT THE LUNG CRIPPLERS**

## BLANKET CLASSIFIEDS

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers. TO PLACE AN AD CALL THIS PAPER OR BCYCNA AT (604) 669-9222.

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

BCYCNA  
BRITISH COLUMBIA AND YUKON COMMUNITY NEWSPAPERS ASSOCIATION

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

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

**BUSINESS OPPORTUNITIES**  
DISSATISFIED? DISILLUSIONED? LOOKING? Then become a FAT CAT in Canada's fastest growing Book and Vacation program making huge profits. Full training, corporate support. Call 1-800-465-5400.

**COLOURFUL BUSINESS.** Do you have a flair for colour and design? Decorating Den, Canada's fastest growing Interior Decorating Franchise is expanding in B.C. Training provided. Lower Mainland 525-8722, Provincial 1-800-565-8722.

Since 1976 We've been Canada's #1 Display Wholesaler. We seek 2 reps to service established retail stores in your area. Earn \$900-\$1,100 weekly. (416)756-2156 or (416)756-3174.

Market the world's first digital compression direct broadcast satellite system for pay per view and subscription. Home entertainment. Incredible profit. Royalty and residual income. Potential full-time or part-time with no investment in inventory. A marketing opportunity with sales expected to rival the VCR. For more information, call Kirk at (306)862-2651.

Local dealership available for a bonded on, rubber like, spray applied, four second set up Polyurethane Elastomer coating. For your protected area call Dennis (403)287-2273.

**BUSINESS OPPORTUNITIES**  
CANADIAN 2-FOR-1 PIZZA FRANCHISE OPPORTUNITIES NOW AVAILABLE IN B.C. Interior. Turnkey operation. No experience necessary, training provided. Call Bill Raine in Kelowna at 768-9350.

Cafeteria and dining room for lease in hotel. Situated in small community, located in north eastern B.C. Reply Narwalky Holdings Ltd., Box 157, Sooke, B.C. V0S 1N0.

**WEST COAST OPPORTUNITY** NET \$50,000. Yearly outdoor sign maintenance, pressure washing franchising greater Vancouver. Investment required for equipment, territory. The Clean Team, Toll-free 1-977-3985 Aeron.

**EARN MONEY** working at Home. For information write: T.J.B. Distributing, Box 54074, North Vancouver, B.C. V7M 3L5. (Send self-addressed envelope.)

**BUSINESS OPPORTUNITY.** TV programs, three foot dish. Advertised April, Popular Mechanics, page sixty, no inventory, no investment except Registration. (416)945-8714. Robert Button, 45 Ontario, Grimsby, Ont. L3M 3H2

Well Established Portable Welding Business. New 1-Ton 4x4 Dodge Diesel, 350 AMP Lincoln with tools, Midland 100 channel radio. Quesnel 249-5625.

**BUSINESS PERSONALS**  
OFFEND YOUR FRIENDS - ADULTS ONLY T-SHIRTS, FUNNY, DISGUSTING, GOOD GAG GIFTS. Quality guaranteed. Warning may be objectionable to some. For free catalogue send \$2.00 S & H to Howie's Custom T-Shirts, Box 271, Duncan, B.C. V9L 3X3.

**COMING EVENTS**  
SWAN HILLS HOMECOMING AND 25th Birthday Celebration, May 29-31, 1992. Fun and entertainment. Everyone welcome. Call (403)333-2224 or write: Community Services, Box 607, Swan Hills, AB, T0G 2C0.

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

**FREE CAREER GUIDE** to home-study correspondence Diploma courses. Accounting, Airconditioning, Bookkeeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel. Granton, (5A)-263 Adelaide West, Toronto 1-800-950-1972.

**FOR SALE MISC.**  
SOLAR POWER PRODUCTS Canada's largest selection of Solar Panels, Wind Generators, D.C. Accessories. Used solar panels from \$300. Free Catalogue. Phone: (604)727-7720. SOLTEK Solar Energy, #2-745 Vanalman Ave., Victoria, B.C. V8Z 3B6.

Backhoes 2 & 4 W.D., 950, 960, loaders, 18' x 36' jaw crusher, dump trucks and pups, 455 case loader, water truck, excavators, and more equipment not listed. Call Vic 493-6791.

**EMERGENCY SURVIVAL KIT** Up to 50 hours of protection from inclement weather. Canis sealed, floats and weighs only 17 oz. A must for skiers, bikers, airplanes, snowmobiles, hunters, hikers, A.T.V.'s, boats. Kit scrutinized and endorsed by Kelowna Snowmobile Club. Sur-Way Distributors, 2165 Rutland Rd., N., Kelowna, B.C. V1X 4Z9 or Toll-free 1-800-665-2408.

**FOR SALE MISC.**  
ALMOST FREE SOFTWARE for IBM-PC and compatibles. Thousands of titles. Send, phone or fax for free catalogue to GD Software, 1330 Home Ave., Thunder Bay, Ont. P1E 3B7. Phone (807)475-9466, fax (807)475-8274, 24 hours/7 days.

**BURGLAR BARS.** Attractive white window grilles provide discrete home security. Economical and guaranteed. We ship you install. All sizes. 15 years experience. Canadian security products. Toll-free: 1-800-661-7555, Ext. 1.

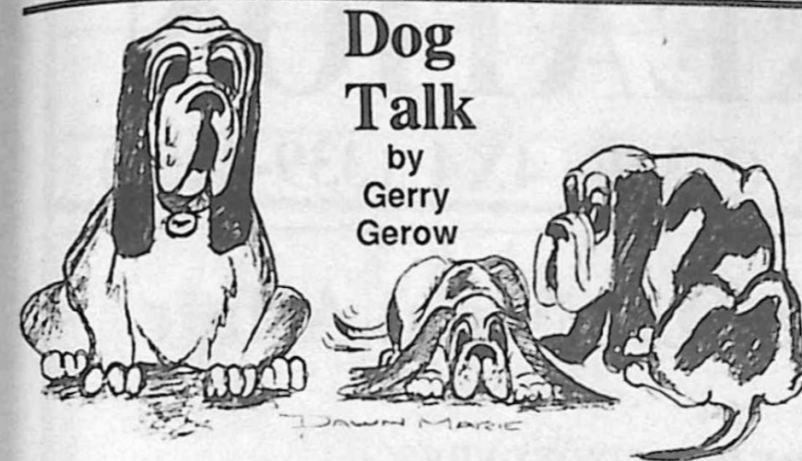
**GARDENING**  
The Ultimate Gardener's Store. 1,000's of Products, Greenhouses, Hydroponics, Drip Irrigation. Huge Book Selection. 72 page photo filled 1991 catalogue \$4, refundable on order. Western Water Farms, #103 - 20120 - 64th Ave., Langley, B.C. V3A 4P7.

**HELP WANTED**  
HERE'S THE CURE for the "No Money Blues". Independence, job flexibility and unlimited potential can be yours. So...shake off those blues. Call us today at 1-800-661-3305. Ma Cherie Home Fashion Shows Oakville, Ontario (EST. 1975).

Wholesale firm seeks two individuals to display merchandise in established stores. Potential earnings \$950-\$1,500 weekly. Serious applicants will be chosen. Training provided (416)398-0919; (416)398-0924.

**BE A MILLIONAIRE.** International Music and Video Company expanding. We need highly motivated people. Find out more about our recession proof business. Call 24 hours. 1-800-263-1900.

**DISCOVERY TOYS.** Fun, educational toys, books and games. Adaptable for special needs, catalogue sales, fundraisers. Part-time career opportunities. Information call collect. Tami Calvert 274-5496.



## Dog Talk by Gerry Gerow

I just spent an enjoyable day at a dog show. Even though this was just a small local show, the number of different breeds evident was very impressive. Where do, or rather where did, all these different breeds come from?

Without exception, at least to my knowledge, every last one of them was carefully and painstakingly developed to assist man in some special purpose. The majority of breeds that we know, today, in Canada, were developed in Great Britain or Continental Europe.

Most of the hunting breeds which originated in England, are a product of competition between a number of very wealthy land owners who each strove to develop better dogs than the other. Many of them kept extensive doggy experts they could

find to look after them. While the owner took the credit it was really the employee down in the kennels who developed the dogs.

These dogs were and are specialists. They were bred and developed to do only one thing. And, of course, they were also bred for beauty. One only has to look at the Irish or English Setter to realize that. Beauty and brains were what they were after.

To develop a new breed is not just a matter of crossing two dogs. Mother Nature in her wisdom does not want her species being mixed up. She will strive to make the animals go back to what they were to begin with. Therefore it takes many years of careful and tedious work to accomplish what is wanted.

I don't like showing dogs. I don't like the politics, and I don't like the deceit that goes on. For

# On the Base

## Fooling the Judge

instance, at a handling class you will be taught how to hide your dog's bad points from the judge. In other words, the handler who is the most skilled at it will probably win. Championships can literally be bought, just by taking your dog to a lot of shows and especially shows where there are only a few of your breed entered. I prefer the Continental European system where your dog is judged against the breed standard and not in competition with other dogs. And I very much enjoy the obedience trials where your dog competes against a set of rules laid down which are the same for everybody.

There, I said it and I'm glad. The sooner the system of awarding championships in Canada is changed, the better. The American system is a small improvement over the Canadian, but not much.



Oh what a feeling!

## 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
Seasonal \$35	Weekly \$50
	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.

## BASE SOCIAL CENTRE

### Bar & Grill

We're Open Longer! extended as daylight increases

Monday, Wednesday, Friday SPECIALS

We are: Close to the Base  
Excellent Food  
Perfect Party Place  
Located at the Golf Course

INFO 8720

SEE YOU AT THE LEeward!

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

**THE LEeward NEIGHBOURHOOD PUB**

- \*country cooking
- \*rural hospitality
- \*reasonable prices
- \*cleanair system

649 ANDERTON RD., COMOX 339-5400

Dr. Ron Peta, formerly of Driftwood Dental, will be relocating to a new dental practice in the Braidwood Mall #12, 204 North Island Hwy (next to Canadian Tire Store). The phone number will be announced at a later date.

## Cheesecake & Kahlua

Live it up like the "Princess" you are. From the girls.

## Transferred To Winnipeg?

### Professional Real Estate Service

## Coast to Coast Pearl Langen

MILITARY RELOCATION NETWORK

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

RE/MAX Above the Crowd!

## 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.

## FIRST AID TIP

### WOUNDS AND BLEEDING

- Direct Pressure to stop blood flow
- Elevation to reduce blood flow
- Rest to slow the circulation. Apply direct pressure with the hand over a dressing if available. If the dressing becomes blood-soaked, do not remove it, add another and continue pressure. When bleeding is controlled, maintain pressure and secure dressings with bandages. Maintain elevation and immobilize the injured limb.

# COMOX RECREATION

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

## Spring is in the Air ... Let's Have a One Night Affair

**901 Learn Foot Massage**  
with Barb Kennedy, RMT  
Wednesday  
April 8  
7:00 - 9:00 pm  
Pre-register NOW only \$6.00

Give your feet a treat; or let others put their feet in your hands. Just for the health of it.



**#902 MORE HORS D'OEUVRES**  
with Trish Barnsley "Small Affair" Cafe  
Wednesday  
April 15  
7:00 - 9:00 pm  
Pre-register NOW only \$6.00

Finger foods are a simply delicious way to entertain. It's food for thought!

### LET'S BE... BOATWISE

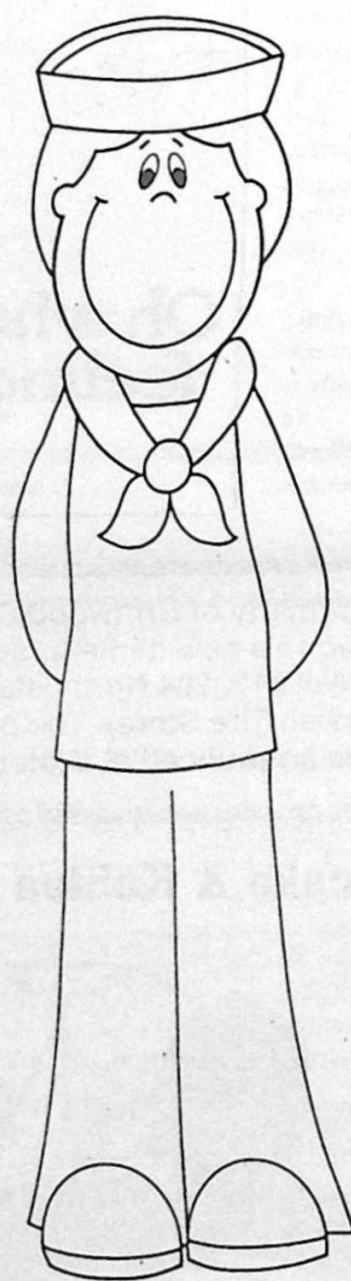
CAPE LAZO POWER SQUADRON and COMOX RECREATION

presents.....

"A CHILDREN'S BOATWISE COURSE"

This course is a must for all children in our Nautical Neighborhood

Mondays  
APRIL 6 - JUNE 22  
6:00 - 8:00 pm  
\$25.00/10  
Dusty's Den



### COOKING MONSTERS

Thursdays  
2:45 - 3:30 pm  
April 9 - May 7  
\$15.00/5  
Comox Rec Centre

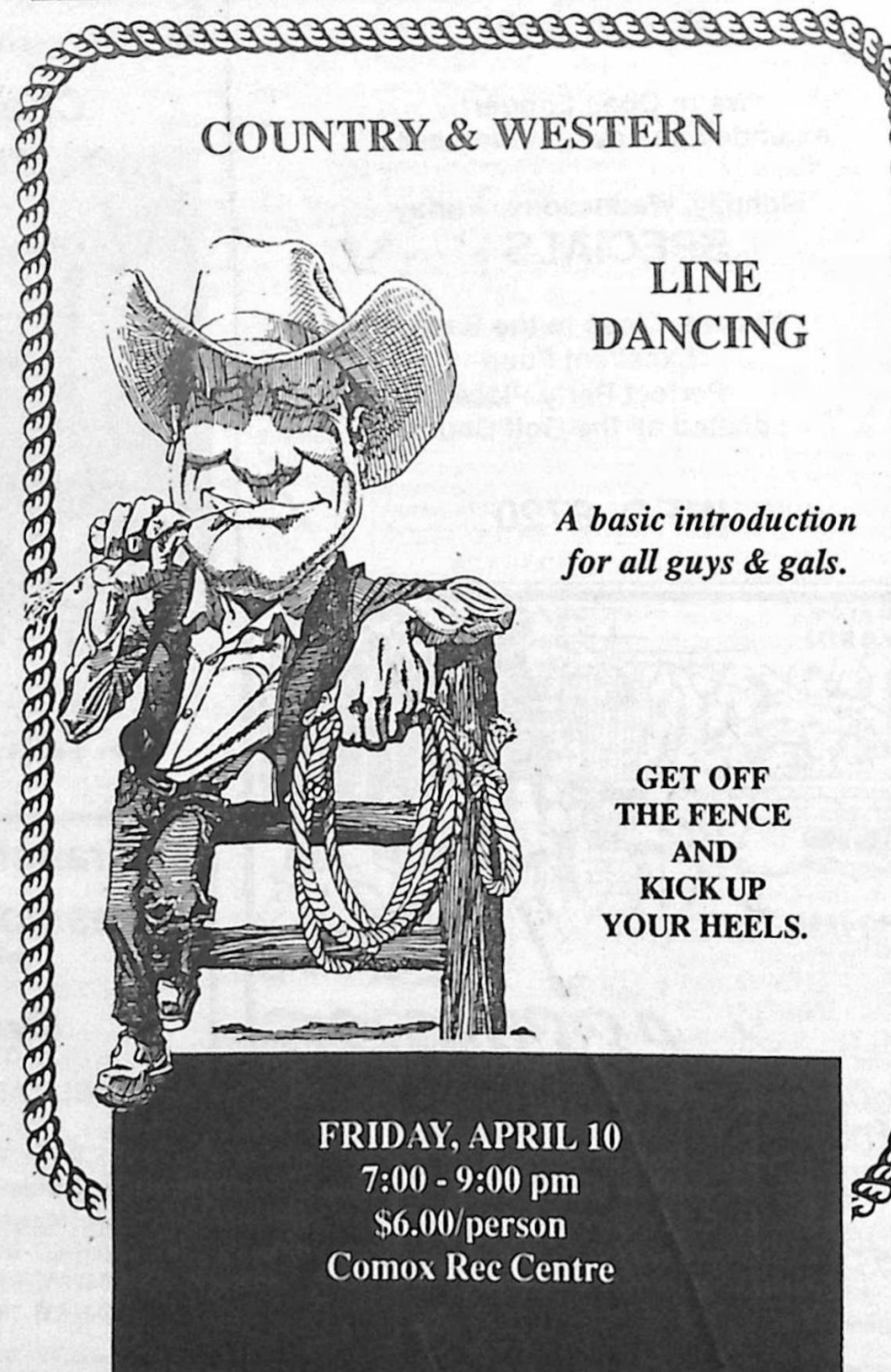
Pantry play for your pre-schooler.



### COUNTRY & WESTERN

LINE DANCING

A basic introduction for all guys & gals.



GET OFF THE FENCE AND KICK UP YOUR HEELS.

FRIDAY, APRIL 10  
7:00 - 9:00 pm  
\$6.00/person  
Comox Rec Centre

**J** ♦ **BEGINNERS BRIDGE LESSONS** ♦ **f**

You too can be an ACE at the Bridge table.

WEDNESDAY  
7:00 - 9:00 pm  
April 8 - June 10  
Dusty's Den  
ONLY \$25.00/10

It's a GREAT DEAL!



## LEGION LOG

**BRANCH 17 COURTENAY 334-4322**

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

Fri & Sat 03 & 04 April.....Music by WESTWIND  
Fri & Sat 10 & 11 April.....Music by John MacKenzie  
Good Friday.....Open 12 - 7 No band  
Fri 24 April.....Music by WESTWIND

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

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

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

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

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

THURSDAY 09 April.....VIMY LUNCH tickets at bar

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

SUNDAY APRIL 26.....FUN CRIB TOURNAMENT  
All Crib Players Welcome. Reg. 12 - 1:00 PM

**BRANCH 160 COMOX 339- 2022**

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

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.

# On & Off the Base

## For Sale by Builder

in quiet new sub division of Comox.

1044 sq ft quality built 2 bedroom Strata-title 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

## Junior Ranks Mess Upcoming Events

FRI APR 03 TGIF DARTS  
- food will be available.  
KARAOKE NIGHT - starts at 2000 hrs  
- small tokens awarded for best singers!

FRI APR 17 TGIF CRIB  
- food will be available.

## 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 INO

### POSTED TO HALIFAX/SHEARWATER?



13 Years Military Experience

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



**Carm Dolezal**  
Sales Representative

Residential Real Estate Services  
942 Cole Harbour Road  
Dartmouth, Nova Scotia  
B2V 1E6

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

## CONTRACT AWARDED FOR CF FIRE TRUCKS

OTTAWA--the Minister of National Defence and the Minister of Supply and Services (SSC) today announced that a contract worth \$6.1 million has been awarded to Nova-Quintech Corp. of Saint-Francois-du-Lac, Que., for the provision of 20 fire trucks to the Department of National Defence. The combination pumper-fire fighting trucks will be supplied to various Canadian Forces bases across Canada.

"The Canadian Forces have a requirement to replace equipment that has reached the end of its useful life," the MND said. "These trucks will provide excellent protection for the buildings and equipment on our military bases, many of which are located in communities with limited fire fighting facilities."

The contract was opened to competition via SSC's Procurement Opportunities Board. "All qualified suppliers had an opportunity to compete," said the MSS; and the taxpayer benefits when we achieve the best value for their dollar." As a result of this contract, 24 new jobs will be created, and 19 existing jobs will continue to be maintained in the Province of Quebec.

Delivery of the trucks is expected to begin in August and will be completed by February 1993.

## CF RELOCATION PROJECT ANNOUNCED

OTTAWA--The Minister of National Defence and the Minister of Supply and Services today announced that Employee Relocation Services (ERS) Ltd. of Toronto has been awarded a \$360,000 contract for the provision of relocation benefits to members of the Canadian Forces.

ERS, a professional relocation company, has been awarded the contract to provide a number of services including home sale marketing, home finding, management of house hunting trips, negotiated legal fee limits and financial counselling.

"This coordinated approach to relocation will save the Department of National Defence approximately \$10 million during the fiscal year 1992/1993 alone," said the MND.

The project refines the moving process so that members and their families will move directly, as much as possible, from their current residence to their new residence without costly interim living expenses such as in-transit storage of their belongings, and interim meals and lodgings.


This new counselling service not only provides Canadian Forces members with recommendations on all areas of concern in a typical move, but also it ensures they have access to a national legal network and a national real-estate broker network.

ERS was one of eight bidders that competed for the contract, and was awarded the contract bases on the company's ability to provide the most services in relation to the expressed requirements.

# Advertisements

## SERVICE DIRECTORY

**HARTMAN AUTO SUPPLY LTD.**  
  
**338-7261**  
 480 Puntledge Road We're Moved!  
 Parts, Accessories, & Tools

**John Hackett, C.D., B.Sc.**  
 Specializing in all aspects of personal, estate, retirement and financial planning.  
  
 SUITE F, 450 EIGHTH ST., COURTENAY, B.C. V9N 1N5  
 TELEPHONE: 334-2552  
**Paisley Financial Consulting Ltd.**

**Century 21** **COURTENAY REALTY LTD.**  
 Serving Buyers Thinking of Listing?  
 Serving Sellers Call me:  
 Bus. 338-2222 Res: 338-9827  
 Toll Free Pager 1-978-5682  
**Multiple Listing Service Free**  
**Comparative Market Analysis**  
  
 Jeani Dev Johnson

**Mel Ferraby**  
 Sales Associate  
**REALTY WORLD**  
 "Your Comox Connection" CF retired  
**REALTY WORLD** - Coast Country Realty Ltd.  
 576 England Avenue, Courtenay, B.C. V9N 5M7  
 Bus. (604) 334-3124 Res. (604) 339-4692  
 Pager # 1-979-1469 Fax: 334-1901  
Each office is independently owned and operated.


**COAST COUNTRY INSURANCE**  
 \*DRIFTWOOD MALL 338-8318  
 \*COMOX MALL 339-7774  
 \*DOWNTOWN COURTENAY 334-3443  
**HOME OWNERS & AUTO PLAN INSURANCE**


**RETIREMENT HAPPENS ONLY ONCE...**  
 Don't deny yourself the retirement lifestyle you deserve. I can help you with your financial planning now, so you can maximize your savings and enjoy the retirement lifestyle you want. To find out how call me today.  
**Grant Morrison C.L.U.**  
 2174 Wallace Ave. Comox, B.C. V5N 4J7  
 Res: 339-4414. Off: 339-7486  
 Fax: 339-5855  
**SunLife**  
 See the Difference the Sun Makes!  


**This space available \$15.00 per edition**  
**Ph.339-2541, 338-0259**

**SPECIALIZING IN MARKETING FINE HOMES**  
**ASK ABOUT MY 5 STAR REALTY PROGRAM**  
 LISTINGS REQUIRED  
 ocean pacific realty  
 282 anderton road  
 comox  
 Marketing Through  
 off: 339-2021  
**MLS**  
**tom procter 339-2668**

**Electro Audio / Video**  
 V.C.R. • TELEVISION  
 • HOME & CAR STEREOS  
**Installation & Repair We offer FAX services**  
 "Where Customer Satisfaction Comes First"  
 Pick - Up & Delivery  
**1496 Ryan Rd. Tel: 339-3393**  
 Next to Goods Groceries

**BRUCE TRAINOR**  
 SALES ASSOCIATE  
**Holland and Associates Realty Limited**  
 Business (604) 338-1334 Residence (604) 338-0740  
 Facsimile (604) 338-0896  
 605 ENGLAND AVENUE, COURTENAY, B.C. V9N 2N5  
**MEMBER ROYAL LEPAGE Associate Broker Network**  


**Metropolitan Life**  
**Life/RRSP**  
 Career Opportunities for CF Personnel  
**S. E. (STEVE) NEUMANN**  
 Account Representative  
**Office 338-9344**  



**FRANCIS AUTOMOTIVE**  
 COMPLETE AUTOMOTIVE SERVICES  
 OWNER-OPERATOR  
 COMPUTERIZED & MODERN EQUIPMENT  
 IMPORT & DOMESTIC. 4 WHEEL DRIVE  
 WHEEL ALIGNMENT SERVICES.  
**330 ISLAND HIGHWAY NORTH COURTENAY**  
**B.C. V9N 3P2 Ph.(604)338-9660**


**MARKET TRAVEL WORLDWIDE**  
**PROFESSIONAL TRAVEL ARRANGEMENTS**  
 (Area Code 604) **338-1474**  
 FAX No. (604)338-8377  
 OR B.C. TOLL FREE 1-800-232-9294  
 549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2  
 ACROSS FROM THE BANK OF NOVA SCOTIA

**Country Village Kitchen Bin**  
 Coffee • Teas • Spices • Giftware  
**Sears Convenience Centre**  
 Send a Gift: Delicious gourmet coffee. Vacuum packed immediately before shipping.  
 190 Port Augusta Mall, Comox, B.C. V9N 5H5  
**Don Gates "Our Business is a Grind" 339-7313**

**COMOX MINI WAREHOUSE**  
 "BEST LITTLE WAREHOUSE IN THE WEST"  
 U Store It Lock It Keep the Key  
**CLOSE TO THE BASE & TOWN**  
 \*Safety \*Security \*Supervision  
 Knight Rd & Pritchard Rd  
 Comox, B.C. **339-3424**

**This space available \$15.00 per edition**  
**Ph.339-2541, 338-0259**

**NRS** **Diamond Club**  
**NATIONAL REAL ESTATE SERVICE**  
**KEN STEWART**  
 bus. (604)334-3111 dir. line 684-2931 fax 338-8315  
 res. (604)338-0868  
  
**NRS BLOCK BROS. REALTY LTD.**  
 1742 Clife Avenue, Courtenay, B.C. V9N 2K8

**POSTED? - Coming in or going out -**  
 see me for ALL your Real Estate needs.  
  
**Maureen Davidson**  
 Sales Associate  
**REALTY WORLD** - Coast Country Realty Ltd.  
 576 England Avenue, Courtenay, B.C. V9N 5M7  
 Bus. (604) 334-3124 or 339-5501  
 Fax (604) 334-1901 Res (604) 338-7842

**EXPRESS**  
 Assistance for Busy People  
**Gerry Peppard 339-3376**  
 339-6945 Fax RR #1, Site 168 C11  
 Comox, BC V9N 5N1  
 • Event Management  
 • Computer Tutorials on popular software  
 • Computer Shopping & Set Up, & Spreadsheets

**COMOX AIR FORCE MUSEUM GIFT SHOP**  
  
 GIFT IDEAS  
 AVIATION MEMORABILIA  
 BOOKS, FLAGS, MODELS, POSTERS, HATS, SWEATERS, SHIRTS, PINS, PATCHES, AND MUCH, MUCH MORE!  
**PHONE(604) 339-8635**

**This space available \$15.00 per edition**  
**Ph.339-2541, 338-0259**

# On the Base

## CSAR4 Chute

### New Parachute Glides to the Rescue

by 2Lt David Krayden

Two survivors of a light plane crash are waiting in dense woods hundreds of metres below. They're bleeding and in shock. One has a broken leg and daylight is starting to fade. Their lives depend upon a quick rescue before the fall of darkness and night time temperatures.

The Canadian Forces Search and Rescue Technicians (SAR Techs) circling above consider jumping in. But first they must calculate wind conditions, the distance down and the amount of room necessary to manoeuvre through the trees. It's a tough decision -- another life and death decision -- CF SAR Techs are so often asked to make.

Thanks to a new parachute, the skilled SAR Techs will be better equipped to bring fast medical treatment and rescues to Canadians in distress.

SAR Tech at Air Transport Group Headquarters, Trenton, Ont., who has worked closely in the development of the new rig. "These jumpers get a sensation of gliding and are able to direct the canopy more precisely to their target area."

With the old chute (7TU/CR 1 Para Rescue), manoeuvrability could be difficult. The free-fall type of parachute descends at a rate of more than six metres (19 feet) per second, excellent for airborne troops who want to reach their pre-selected target fast so that they don't become targets themselves. But it is unknown territory for SAR Techs who must immediately respond to emergencies anywhere in Canada; through thick stands of forest, over water, mountainous or swampy terrain when visibility is at a premium. High winds alone can cause a rescue to be cancelled. Understandably, the request for a new parachute came directly from the SAR Techs themselves.

**Test-driving the 'Rolls'**  
 SAR Techs made 475 test jumps with the Irvin Industries of Canada produced CSAR4 in a variety of locations during the summer of 1991. The testing team

made up of jumpers, an advisor, a design authority and rigger, judged the success of their tests based on wind limits, in-flight and landing procedures, jump altitudes and airspeed.

From a CC138 Twin Otter in the skies of Wainwright, Alta., they jumped over Jarvis Lake into the bush at night. Water jumps were conducted over Comox Lake in British Columbia from a CC115 Buffalo flying at altitudes of 835 to 1,335 metres (2,500 to 4,000 feet).

"It's like going from a Volkswagen to a Rolls-Royce, or from a Twin Otter to a (CC130) Hercules," says Sergeant Pat Callaghan, a SAR Tech with 442 Transport and Rescue Squadron at Canadian Forces Base Comox, B.C. "It's very large but very forgiving."

"There were four minor malfunctions in the first 375 jumps," says Master Warrant Officer Howard. But true to form, the highly trained and dedicated SAR Techs whose decisions may mean the survival and safety of those they rescue as well as their own, the last 100 test jumps were error free.



The new Canadian Search and Rescue #4 (CSAR4) parachute helps SAR techs glide into unfamiliar terrain in less than favourable weather conditions with a greater degree of safety.

## NOTICE CANEX PATRONS

WE ARE PROUD TO ANNOUNCE THE OPENING OF OUR NEW GAS BAR LOCATED IN FRONT OF THE CANEX BUILDING FOR YOUR CONVENIENCE WE WILL BE OPEN DAILY 7:00AM-10:00PM WE SERVE BRONZE, GOLD AND MARINE GAS FOR YOUR ADDED CONVENIENCE OUR EXPRESSMART WILL OPERATE WITH THE SAME HOURS AS OUR GAS BAR WE HOPE THIS WILL BETTER SERVE ALL OF OUR CANEX AUTHORIZED PATRONS

## Bulletin Board

**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.

**FOR SALE** - Established landscape/garden maintenance business.  
 • All equipment included  
 • Willing to train  
 • For more info call Terry 336-8877

**FOR SALE:** Custom built cedar and glass cozy 2 bdrm waterfront home. Immaculate 1030 sq ft on 2 levels with full unfinished basement, room for a 3rd bdrm and family room. Only 10 mins to the Base, 15 mins to either Comox or Courtenay. If you want privacy in the country, walk along the beach, or dig for clams and oysters - this is the home for you. \$215,000. For more info call Bill Olds, Holland & Associates Realty Ltd. Bus: 338-1334, Res: 339-7248.

**FOR SALE** - This half for you ... 3 bdrm strata title duplex w/garage, skylight, jetted bathtub, close to Driftwood Mall. 2686B Stewart Ave., Courtenay. \$94,900. Ph 334-3604 after 5 p.m. or leave message.

**HOUSE FOR SALE:** 21 yr old 4 bdrm & family room, 2 fireplaces, 12'X 20' deck. Home on 67'X140' lot. Quiet street. Vacant. \$98,000. 338-8474.

**LOST IN PMQs**  
 Chain bracelet...a birthday present from Grandma. A fine, sterling silver chain. Please ph. 339-2854. Possibly lost at Rec. Centre Pool during canoe lessons.

**FOR SALE:** Beautiful 2 bdrm condo in Chambly, Que., 10 mins from St. Hubert. Close to all services. English and French schools across the street. Recently renovated. \$70,000. Ph: Capt Susan Raby (514) 447-0737.

**FOR SALE** - 14' Mirrocraft aluminium boat, Calkins trailer, 20hp Johnson '83' motor. \$2,500. Also, 16' St. Maurice fibreglass canoe. Phone 339-0624.

**IT'S A MATTER OF LIFE AND BREATH**  
**DON'T SMOKE**  
 British Columbia Lung Association

**The Family Support Centre** is looking for a part time computer operator on an occasional on-call basis. Please drop by the Centre with a resumé.  
 119 Kinnikinnik Place (off Little River Rd. across from the main gate).

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

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

**CENTRAL BUILDERS**  
 610 Anderton Avenue  
 Phone: 334-4416  
**MOVING TO GREENWOOD?**  
**GREENWOOD IS REALTY LTD**  
 Canada Trust Representatives  
 P.O. Box 1422  
 Greenwood, N.S.  
 BOP 1N0  
 (902)765-4243  
 FAX(902)765-8350

## T-BALL REGISTRATION

THE WALLAGE GARDENS COMMUNITY COUNCIL IS NOW ORGANIZING A T-BALL LEAGUE FOR THE SPRING 1992 SEASON. BOYS AND GIRLS AGED 5-7 YEARS ARE ENCOURAGED TO PLAY IN THIS SPORT WHERE THE EMPHASIS WILL BE ON PARTICIPATION AND FUN. REGISTRATION WILL TAKE PLACE AT THE COMMUNITY CENTER (BESIDE CANEX) ON SATURDAY, 4 APRIL 92 FROM 1PM-4PM COST-PMQ ASSOCIATION MEMBERS \$20.00 FIRST PLAYER \$15.00 EACH ADDITIONAL NON MEMBERS \$25.00 FIRST PLAYER \$20.00 EACH ADDITIONAL INTERESTED PLAYERS WITH QUESTIONS SHOULD HAVE PARENTS CONTACT L.S. ROSS AT LOCAL 8529 OR HOME 339-4879 IF INTERESTED IN HELPING CONTACT ABOVE.

# On & Off the Base

## CFB Comox Family Support Centre

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

All Services are Confidential

Services available:  
Volunteer information  
services

Practical problem solving  
Financial counselling referrals  
Baby sitters list -- adult and  
trained teenagers  
Cleaner list  
Welcome package  
Ongoing programs  
Single parent group  
Wed. 6:30 - 9:00  
Tues. morning discussion  
group with childcare provided  
Confidential short-term  
Counselling services  
Parenting information  
Emergency shelter



Drop in anytime  
or call Linda, 339-8655  
or Colleen, 339-8654.

## Family Support Centre Update

The Family Support Centre will soon be circulating a needs assessment to military families living in PMQs and off Base. We would like to have your ideas and suggestions so that we can develop responsive community programming and services which will meet your needs. Please complete the Questionnaire and either give it to the volunteer who will drop by to pick it up, or return it yourself to the Family Support Centre.

Our discussion group is held every Tuesday from 10-11:30 a.m. We have babysitters available and the children may be dropped off at the Community Centre. Why not drop by for a coffee and give us your ideas on the activities and the speakers you would like to have for our group?

The Teen Club is hosting movie nights on Thursdays for Teen Club members at 6:30 p.m. at the Family Support Centre and new members are welcome. Phone Fran Archambault at 339-5716 or talk to any Teen Club member.

A parenting course for young military families is being held every Wednesday from 7-9 p.m. We have an active group participating. Additional courses for parents, including a course for parents of teens will be held in the fall.

Emergency housing is now available to assist families in crisis. Referrals can be made by calling the Family Support Centre. Donations to complete

the furnishings (kitchen utensils, towels, etc.) would be greatly appreciated.

Our fence is finished and we are busy developing a play yard. We welcome parent input in the design. We are also working on summer programs for toddlers and preschoolers. We would appreciate your ideas, so come and get involved in planning some summer fun for the little ones.

Volunteers are needed for a variety of interesting positions at the Family Support Centre. We welcome your feelings and ideas on what you would like to do as a volunteer. We will provide the training. Drop by for a coffee and let's talk.

A self defence course for young women 13 and over will be held at the Community Centre for six consecutive Tuesdays after school from 4:00 - 6:00 p.m. beginning April 21. Participants will need a large tough cushion to punch and kick. The course will teach awareness and assertiveness skills, as well as physical self defence tactics. Enrolment is limited to 20 but some spaces are still available so please call the Family Support Centre early to assure a space. The course, which is intended to enhance the safety and security of young women in our community is sponsored by the Family Support Centre at a cost of \$1 per session. For more information phone 339-8654.

We have an updated list of teenage and adult babysitters. Several mothers have mentioned

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

A video series on topics of interest to individuals and families will be offered at the Centre on Thursday mornings from 10:00 to 11:30 a.m. Bring a friend and visit our new resource room viewing area. The April 2nd video selections include a National Film Board series on parenting. The first short topic entitled *The Third Person* deals with overcoming the 'Super Parent' myth, and adjusting to the reality of love fear frustration and satisfaction that becoming a parent brings. *Post Partum Depression* is the topic in the next 25 minute segment, and the video is rounded out with a fascinating look at parenting approaches and family life in Japanese society.

April 9th, a 29 minute video entitled *The Start of a Lifetime* will demonstrate ways of giving a child a feeling of being loved and cared for, of helping your child develop skills as well as how to encourage interest in exploration and experimentation by stimulating the child's curiosity.

If you would like to see the video and Thursday morning is not a good time for you, please call the Centre to arrange an alternate viewing time. Please call ahead if babysitting is required.



## LIFESTYLE TIPS

### Nutrition Mythceptions

The Campbell Survey on Well-Being in Canada tells us a great deal about our current health practices. It tells us, for example, that one-quarter of Canadians consistently follow Canada's Food Guide for healthy eating.

And it shows positive changes in recent years. Many Canadians report eating more poultry, fish, fruit, and vegetables, while consuming fewer total calories. Still ... there are many myths about diet and nutrition.

To help counter these myths, the Canadian Fitness and Lifestyle Research Institute asked a registered dietitian, Helen Bishop MacDonald, to respond to the more common ones. MacDonald is a columnist for the Calgary Herald, a popular radio commentator on nutrition matters, and the author of *Eating For The Health Of It*.

Here are her comments—to help set the record straight!

**MYTH:** It costs more to eat nutritiously.

Many of the *least* nutritious foods are the most costly items in a grocery cart. Yes, you should pay attention to buying produce in season and avoid paying the manufacturer or the guy at the supermarket to do your meal preparation, but *basic* foods are usually the least expensive.

**MYTH:** Cholesterol-free foods are a healthier choice.

Not necessarily! Some foods that have absolutely no cholesterol may be loaded with fat, which is a much greater threat to health. Conversely, eggs contain cholesterol in the yolk, but they are very rich in many important nutrients. Watch out for baked goods

This article is provided by the Canadian Fitness and Lifestyle Research Institute in collaboration with ParticipACTION.

made with hydrogenated vegetable oils—they may well have no cholesterol, but lots of saturated fat.

**MYTH:** You'd be healthier if you cut out red meat.

It's a good idea to avoid too much fat from any source, and it's wise to buy lean meat and trim the fat before cooking. But the minerals, especially iron and zinc, found in red meat make it a valuable part of the diet. In the past some people perhaps chose too large a serving of meat, but there is definitely a place in the diet for reasonable amounts of lean red meat.

**MYTH:** Foods today are full of dangerous chemicals.

All foods are made up of chemicals. Certain processed foods have small amounts of approved chemicals added to increase their safety, shelf-life, appearance, texture, or taste. What we seem to have forgotten is that it's "the dose that makes the poison"—anything consumed in large enough quantities can be toxic. In small amounts, preservatives and additives are not harmful and are infinitely preferable to mould and rancidity.

**MYTH:** Low-fat foods are healthier, but take the joy out of eating.

This needn't be so. Many low-fat and fat-reduced products now on the market rate high on taste. Breads, cereals, fruits, and vegetables can taste great, and they're almost invariably low in fat. Lean meat is readily available as are low-fat milk and milk products. True, no one has yet come up with a perfect low-fat donut!

## Family Support Centre Seeks Board Members

Would you like to support your community?  
Do you have people skills?  
Are you interested in getting experience on a Board of Directors?

The Comox Military Family Support Centre invites you to share your ideas with us at a special information evening April 22, from 7-9 p.m. the Family support Centre, 119 Kinnikinnik Place (Little River and Ryan Road).

## MUSING....

Silence fills conscious thought with words yet to be penned.  
Laughter and tears seep in to warm the words in readiness for the poets ink, now flowing with the vitality of passion. Ecstasy abounds, possessing the hand to transcribe with haste the words, allowing none to escape.  
This alone is wine for the soul.  
Once tasted, never to be forgotten.

To love unconditionally,  
is the ultimate;  
but also the most painful.

## A collection of poems and thoughts by Jeannie J. Norlander

Where will you take me, I asked the sea.  
It answered me, away.  
Away, where, I asked:  
But only silence responded.  
Then I knew and felt what my fate would be,  
should I follow the old man called the sea.

The boats rock in the harbour,  
awaiting the outgoing tide;  
longing for the sea to fill their nets.  
But knowing it is only a dream,  
as those dreamt many years ago on the prairies;  
when the dust blew persistently,  
across its wide expanses.

British Columbia Lung Association

NEXT DEADLINE 13 APR - NOON