

The Preening of Hawk One

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Medieval Warrior

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TOTEM TIMES

Canadian Forces Base Comox B.C.

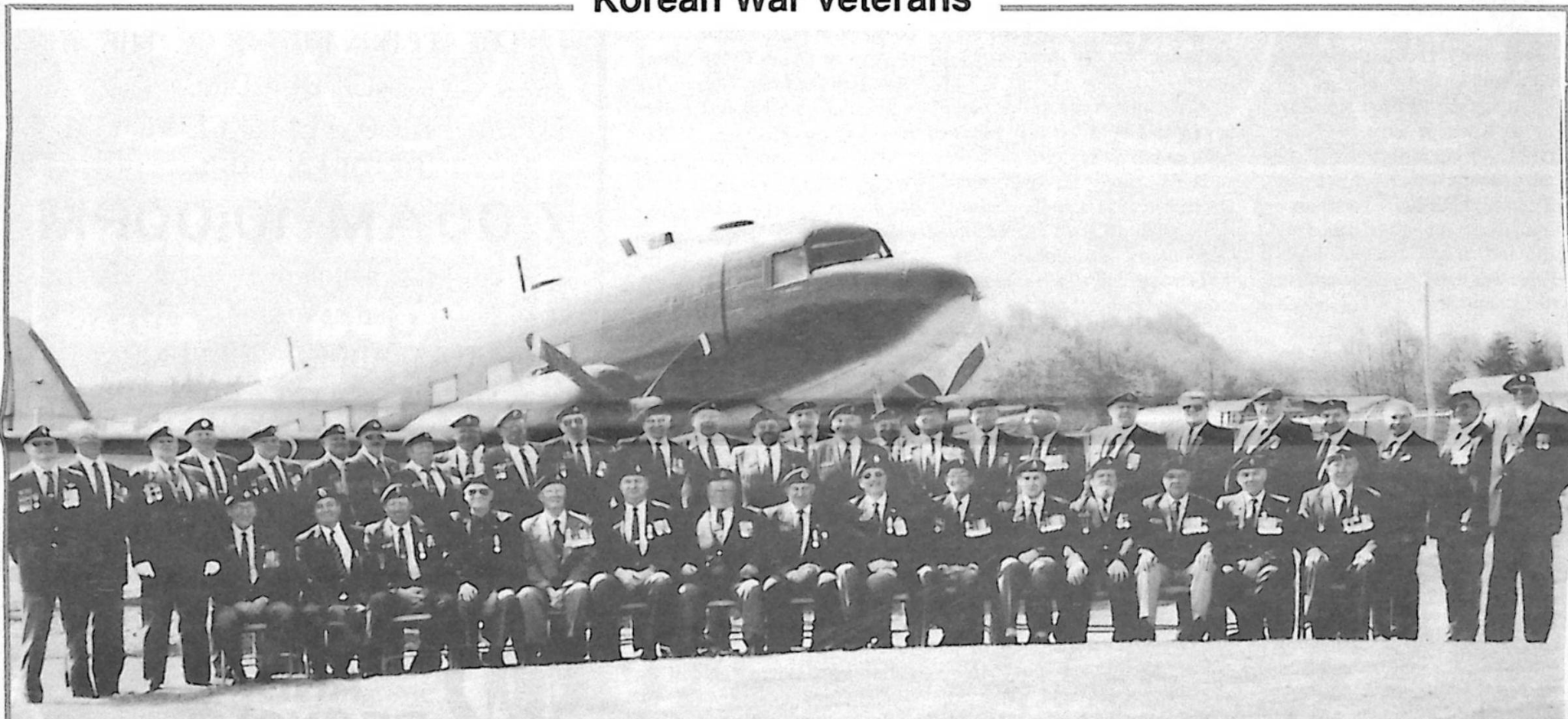


VOL 34 NO 8 APRIL 16 1992

NEXT DEADLINE APRIL 27 1992

COST: PRICELESS

Korean War Veterans



Veterans of the Korean War received their Canadian Volunteer Service Medal - forty years late - at a ceremony held in the Heritage Air Park on April 9, 1992. Base Commander Colonel J.E. McGee made the presentations.

Korea Veterans Awarded

BY PADRE BOB

Last Thursday the Korea Veterans and friends had an opportunity to watch the Snowbirds practice before moving over to the CFB Comox Heritage Aircraft Park for a parade which began at 1100 hrs. As it had been a beautiful day to watch the Snowbirds, it was a picture perfect day for a parade. The members of the Korea Veterans Association joined three flights of Base personnel and one of the Army Cadets of the Royal Canadian Scottish Regiment. Following a short commemorative service that was directed jointly towards the 75th Anniversary of the Battle of Vimy Ridge and the Korean War, 47 veterans of the latter war marched forward to receive the Canadian Volunteer Service Medal for Korea from our Base Commander, Colonel J.E. McGee.

In our commemorative of Vimy Ridge we thought of the 3,598 Canadians killed in capturing the ridge and the 200,000 British and French soldiers killed in three earlier unsuccessful attempts to take it. In commemorating Korea we thought of the 516 killed in Korea and five members of Unit 39 who have passed away since. As I mentioned in my last article, the mud and the gore and the deaths give nothing to glorify in war but we need to be reminded of the costs of the privileges and rights that we enjoy. This week we have another unpleasant task as we are reminded of the heavy, rough hewn Cross covered with blood and sweat that took the life of Jesus of Nazareth. This too was the cost of the freedoms that we enjoy, but in the death of Our Heavenly Father's only Son there

is new hope given to each of us.

This past Sunday, the boys and the girls of the Sunday School paraded into the Chapel singing and waving palm branches. They reminded us of the festive atmosphere of Jesus' triumphal entry into Jerusalem. But during the course of this week one event after another, as He tried to teach or show God's way, put Him in conflict with the religious leaders of His day. By Thursday evening of that first Holy Week, Jesus met with His disciples for the Last Supper, providing the Church with that sacrament of Communion with Him, and then later that night He was arrested. We will be in the Chapel tomorrow evening at 1900 hrs. Come and join us as we work our way through the events of Good Friday.

See you in Chapel.



Mrs. Joan Doig accepts the Canadian Volunteer Service medal, awarded posthumously to Cpl David Doig, from Base Commander Col. J.E. McGee.



Easter Greetings



On & Off the Base

Korean Korner

A Long War

by Bob Orrick, C.D.

There is a misconception among some people that the most extreme fighting of the 37-month Korean War occurred during the first year of action. The idea may be rooted in the July, 1951 Communist Chinese-initiated truce talks. The talks dragged on, intermittently, for two years before being signed at Panmunjom.

While there was death and destruction in the early months, the years which followed brought an equally difficult time for the United Nations Force. After the People's Republic of China (PRC) entered the war in late 1950, United Nations forces engaged a better-equipped and a better-trained army in the Communist Chinese than previously when they faced the North Koreans.

After their surprise attack on South Korea in June, 1950 the Communist North Koreans moved southward down the Korean Peninsula. Resistance from the Republic of Korea army and the hastily assembled UN Force was light. By early autumn the Communists had all but shoved the UN Force out of Korea. Pusan became the last stand for UN forces. United Nations forces needed to break out of the Pusan Perimeter or face annihilation.

In mid-September UN forces landed at Inchon and proceeded to cut off the North Koreans' supply lines.

The landing was hailed as a "brilliant military manoeuvre."

By the end of the first week of October the shattered Communist North Koreans were being driven north across the 38th Parallel. It seemed the war would be over by year's end. UN commander-in-chief General Douglas MacArthur, U.S. Army, reportedly claimed the troops would be home by Christmas. This was not to be.

As UN forces advanced into North Korea hot on the heels of the Communists, the PRC hinted that if the UN did not desist in its drive northward, the PRC would enter the war on the side of its ideological brother, North Korea. The UN did not; the PRC did.

The UN's advance toward the Yalu River was stopped in its tracks. United Nations forces had to retreat to new positions along the Imjin River north of Seoul, South Korea.

The UN Force regrouped and redoubled its efforts.

In mid-1951 the Communist Chinese initiated truce talks. The talks began at Kaesong on 10 July. These talks halted a strong UN offensive and stabilized the battle line between the opposing forces.

Although truce talks had begun it would be two years before a truce was signed.

During part of November and December, 1951 a 30-day ceasefire was put to good use by the Communists. The Chinese used the period to strengthen their personnel and materiel. Any attempt by UN forces, using conventional weapons, to move the Chinese out of North Korea would have been too costly in personnel and materiel.

(The political position at the time was not to dislodge the Chinese from North Korea, but to prevent them and the North Koreans from re-entering South Korea. Several military commanders of the day were more inclined to push north to the Yalu River and end the war quickly.)

For the most part the remainder of the land war was fought along the border separating the two Koreas. Communist incursions south and UN Force strikes north were each met with stiff resistance. The adversaries intensified their efforts. Casualties mounted on both sides.

The Communists increased their artillery strength considerably. In July, 1951 some 8,000 rounds of artillery and mortar rounds were fired at UN positions. By November the amount had increased to 43,000 rounds. In May, 1952 it was 102,000 rounds and in October it reached its high of 655,000 rounds.

Tabulated another way, the Chinese Communists' 655,000 rounds for October were (in rounded numbers): 21,130 rounds per day; 880 rounds per hour; 15 rounds per minute.

In October, 1952, the Korean War still had nine months of difficult fighting before the 27 July, 1953 cease fire agreement would be signed at Panmunjom.

Also in October, 1952 more than 150 Canadians were alive who would die before the July truce was signed.

The early 1950s was a period in Canadian history that must not be forgotten. The Korean War came along at a time when Canada was finally throwing off the last remnants of World War II. Industry was gearing up. The country was moving ahead. Unfortunately, far too few of today's school children know much about the 1950-1955 period in Canada. What is taught in British Columbia classrooms today covers more of Canada as an emerging middle power, the Suez Canal, and Lester Pearson's winning the Nobel Peace Prize than the 37 months of fighting that signalled to the Soviet Union and Communist China that the world would not stand idly by and watch a small nation be trampled at will by communism.

Grade 11 social studies students in British Columbia learn very little about the war in Korea. Nor do they know of the part Canada played in stemming the spread of communism in the Far East.

MP BICYCLE RODEO 5 MAY 92

The CFB Comox Military Police Section will be hosting a Bicycle Safety Rodeo for the students of Airport Elementary School on Tuesday, 5 May 92. The Rodeo is open to all students who are presently attending Airport Elementary School. During the Rodeo the students will be competing for several prizes and awards in three categories: 5-6 years old; 7-8 years old; 10-11-12-13 years old. The top male and female rider of each class will be presented with a new bicycle and helmet. Prizes will also be awarded for second and third place finishers in each class.

Bicycles used for this Rodeo should be equipped with good brakes, one red reflector (rear) and one white reflector (front). Students who require either reflector may go to Black's Cycle, Comox, and identify themselves

to the staff (who will have a current list of the Rodeo participants) and will receive reflectors free of charge.

The Rodeo will commence at 9:00 a.m. and finish at 2:00 p.m. Participants will be required to have their bicycles safety inspected by trained bicycle mechanics who will be on hand during the Rodeo. On completion of the safety inspection the riders will be required to complete several bicycle safety manoeuvres in accordance with the Motor Vehicle Branch Road User Safety Program. Students waiting to go through either the Safety Inspection Station or the obstacle course will be shown Bicycle Safety videos within a classroom designated by the school. A station will also be available for those persons interested in having their child's

bicycle marked/engraved and registered with the Military Police. Between 12:30 p.m. and 1:00 p.m., free hot dogs, french fries and refreshments will be available to all participants and the A&W Root Bear will be on hand. Prizes will be awarded on completion of the Rodeo. This Military Police Bicycle Safety Rodeo is being sponsored by the PMQ Council, Zellers, A&W, Black's Cycle, Overwaitea, Canadian Tire, Coca-Cola Beverage Ltd. of Campbell River, Re/Max (Ocean Pacific Realty), Community Programs, Traffic Safety of ICBC (Nanaimo), Home Hardware of Courtenay, Canada Safeway Ltd. and Village Foods Ltd.

Bicycle Safety medals have been donated by Nu World Awards of Courtenay.

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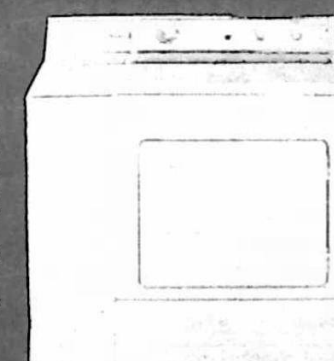
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Feature

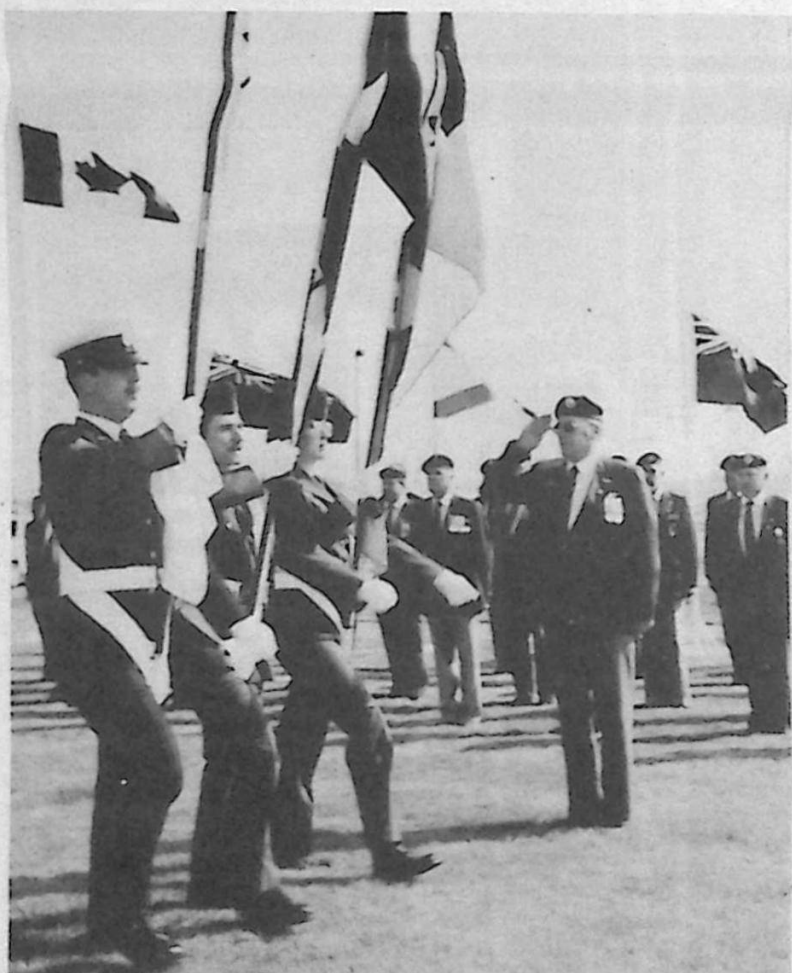
By the Base Commander, Col. J.E. McGee

An address to the Veterans of Korea



Col. J.E. McGee addressed the parade on April 9.

Honour Bestowed



KVA parade Commander salutes the colours.

Text of the Base Commander's address to veterans of the Korean War, the parade and assembled guests at the CFB Comox Air Park on April 9, 1992:

A chacun bonjour et bienvenue a notre commémoration du service de nos camarades dans la guerre des Nations Unies en Corée pendant les années cinquantes.

On June 25, 1950 the forces of North Korea crossed the 38th parallel into the Republic of Korea. This marked the beginning of hostilities which were to rage for over three years throughout South Korea - a country known to its people as the land of the morning calm. The magnitude of the assault made it clear that this was a full scale invasion - for the people of South Korea, the calm was over.

This was the first open act of aggression by one nation against another since the establishment of the then relatively new United Nations organization. Thus, the actions of that world body were of great significance for its credibility and future. The invasion by North Korea was declared a breach of the peace, and 16 member nations joined forces to resist the aggression.

The United Nations actions in Korea formed a pattern which has been followed variously until 1990 when Saddam Hussein invaded Kuwait after ignoring the warnings of the UN. Thus, although we are here for the presentation of medals this morning over 40 years after the Korean action started, the moment is particularly poignant for us because those of us who have no recollection of the Korean conflict can relate the events of the early 1950s to our own experiences of last year - some four decades later. In a sense, history has caught up to us. In both cases, the catalyst for action was the belief of Canadians - and like-minded people around the world - in the preeminence of the values of democracy and freedom - values we believe should be the right and destiny of people everywhere.

I shall never forget my first real introduction to the Korean campaign or the horrors of war. On my 13th birthday, a Canadian

infantryman stood outside a theatre in my hometown of Guelph. In summer uniform with his long shirt sleeve rolled up above his elbow, a deep purple gash was exposed. It was from a North Korean bayonet during hand to hand combat. All of a sudden, the war memorial across the street took on new meaning.

All told 26,791 Canadians served in the Korean War and another 7,000 between the armistice on July 27, 1953 until withdrawal at the end of 1955. 516 Canadians died in that conflict. Their contribution is legend, whether at Kapyong, Chail-Li, Chonwon, Hill 355 known as Little Gibraltar, or sailing up the Yalu River in dangerous waters at night to direct shore bombardment, or in the airlift of personnel and supplies into theatre, or fighter actions which saw the first RCAF pilot in a jet-to-jet combat between F-86 and Mig 15, or Canadians credited with the shooting down and damaging of Migs, or the RCN pilot decorated for leading a USN fighter-bomber force against strategic and tactical targets. The bravery of individual actions would take too long to describe in detail this morning, but we should think about the conditions those who served in Korea faced. A spartan land at the best of times, its ruggedness was all the more pronounced in the severe winters. The battles were fought against what must have seemed to have been overwhelming odds with six Chinese armies, initially some 180,000 strong increasing to 850,000, joining the North Koreans, while the United and individual nations debated over the wisdom of increasing the size and composition of forces committed or the boundaries which could be crossed. In the end, our allies comprising 272,000 South Koreans and 266,000 from the other 16 nations of the UN Force, faced 1,155,000 North Koreans, but predominantly Chinese, not counting some 10,000 Soviet advisors.

Our tribute today is our opportunity to thank those who served their country so that the ideals of democracy and freedom could be preserved. Some critics of our armed forces and military contributions think that we are glorifying war. We are not. There is no glory in war - only the most awful horrors - horrors we must never forget. While we would like to have a saner and more loving world, we do not. Until that day when ideals and realities coincide, we must defend the liberties we have earned: there are too many in this world who would deny us our liberties if we did not have the courage to stand for our principles. The cost of defending democracy is high whether in dollars or lives lost, maimed or injured. The alternative - a world in which the sun would never shine on the freedoms we hold so dear - is a far greater horror. You who have served to defend those vital freedoms and your comrades who have paid with their lives or debilitating injury have paid us the ultimate honour by restoring the peace. Our nation's recognition of your service is highly deserved. It is an honour for us, and a personal privilege for me, to participate in your day.

Thanks to CWO Doherty, Sgt. Sprague, the many people behind the scenes who made this event possible, those on parade and all the squadrons, branches and sections across the base - including the Snowbirds and CF18s for their flying tributes. A special thanks to the 15th Field Regiment Band from Vancouver, CO LCol Brownlee-Baker, and band leader Capt. Richard Van Slyke. You should know that six band members played fanfares at a tattoo in Chilliwack last night, at which I was the guest of honour, representing the Air Force as part of the 50th anniversary celebrations of that base and the arrival of the Royal Corps of Engineers in Chilliwack. The special effort of the band to join us today is appreciated and appropriate since the artillery played a key role in Korea and of course the symbolism of the army's significant role at Vimy Ridge which we are also commemorating today.

As we honour those who served in Korea, the epitaph on a grave at Vimy Ridge spans the years and is as meaningful today as it was then: "To live in the hearts of those we love is not to die."

The CBC programs depicting our bomber crews as little more than murderers of German civilians, and the Canadian Army victory in Normandy as a sham, cannot be left unchallenged. The programs - part of "The Valour and Horror" series - were rebroadcast last week.

The use of taxpayers' money to put forward the unsubstantiated views of a few ambitious journalists who rewrite history according to their own prejudices is highly questionable.

Comment

about Trivia

DH84

Dragon



The latest "Trivia" aircraft is one of the many types produced by a world famous company, De Havilland. It is a DH84 Dragon light airliner of the early 1930's. The DH company's roots go back as far as pre-W.W.I days, when Geoffrey de Havilland was an aircraft designer at the Royal Aircraft Factory, Farnborough, England. He was to become responsible for the design of several fighter and bomber types used by the RFC in W.W.I.

After W.W.I, de Havilland formed his own company and turned his attention to the field of civil aviation. His ventures into that area proved to be highly successful, due to his introduction of the Moth family of light aircraft. Although they were primarily intended for the private owner, government sponsored flying clubs and the RAF placed orders for them. The versatility of the Moth variants gained a worldwide reputation, and by 1925 they were entering production in several overseas countries. It was in 1928 that the subsidiary company, DH Canada, was established at Toronto. In those days this subsidiary reassembled Moths that had been shipped out in crates from England.

During the early 1930's a series of twin engine biplane airliners emerged from the DH drawing boards. They were the DH84 Dragon of 1933, followed by the 1934 DH89 Rapide, and the DH90 Dragonfly in 1936. These models were built in Canada as well as those manufactured in the U.K., and were to be seen in various parts of the Dominion. In 1934, James R. Ayling and Leonard G. Reid, flying a DH84 Dragon, aimed for a long distance record. Their

flight began at Wasaga Beach, Ont., with their intended destination being Baghdad, Iraq. Upon reaching the U.K., the attempt was abandoned due to technical problems. However they were credited with being the first aviators to fly non-stop from Canadian to British soil.

Several airline companies operated the DH twins, one of these being Canadian Airways, which flew a Rapide on the Vancouver-Seattle-Victoria route. The Rapide, which carried 8 passengers, could be operated on wheels, skis or floats, and became a reliable bushplane. One owned by the Toronto Globe and Mail newspaper in 1937 covered activities in the Northern bush. Dubbed the "Flying Newsroom," its main objective was to keep the paper informed on the fast moving developments in the mining industry. It was also in 1937 that the RCMP formed its Air Section. Before that year the RCAF had provided pilots and planes in support of the RCMP's preventive service duties. When this aid became no longer possible, the RCMP purchased its own aircraft, four of which were DH90 Dragonflies. These were used mainly on the East coast on anti-smuggling patrols. During W.W.II the RCAF impressed six civilian-owned Dragonflies and operated them as communications aircraft.

This writer's contact with one of the graceful DH birds first came in 1942. Then as a member of the Air Training Corps, I was attending a summer camp at a RAF Advanced Flying Unit. The most favoured segment of the training was, without doubt, the flying time given cadets in various types of aircraft. Besides

the many Airspeed Oxfords (Ox-boxes) based at this unit, there was also on strength a DH Domine, the RAF version of the Rapide. Although I had previously flown in both the Oxford and the Avro Anson, those flights paled in comparison with that first flip in the Domine. The "purr" of those Gypsy engines as we flew low over the green English countryside will never be forgotten!

Later on while serving in the RAF, there were occasions when further trips in a Domine became available, and I never missed the opportunity to go along.

After release from the Service, I worked for several years in civil aviation with various airline charter companies. It was in 1951 that I became re-acquainted with a DH biplane, this one being a Rapide. I had obtained a job with Air Charter Ltd, which was owned by Freddy Laker (later Sir), who was operating Tudors and Yorks between Hamburg and Berlin. The Rapide, his personal aircraft, was used in ferrying aircrew and ground maintenance personnel between the U.K. and Germany. So I was able once again to enjoy many hours in one of the vintage "Queens" of the sky! Some of them still survive in serviceable flying condition. To my knowledge one Rapide is employed in flying tourists over the glaciers of New Zealand. Another at the Duxford airport outside London, U.K., offers short flights to the public.

My apologies to those of our readers who may feel that this writer has strayed from the usual trivia path. Blame it on my nostalgia!

John Novak

CBC Horror (1)

Dear Sir,

Readers will be aware of the storm of protests regarding the CBC's programme "The Valour and the Horror," Bomber Offensive segment. Many famous airmen who served in the Command in WW2 have rightly castigated Patrick Watson and the McKennas for producing this libellous and belittling rubbish. (Dr. Goebbels would have been delighted with the programme!)

Perhaps some analysis is needed to illustrate the true facts regarding enemy civilian deaths due to the bombing of German cities.

In 1938 the Committee for Imperial Defence (UK) calculated that the level of losses in the event of war would be 50 casualties per ton of bombs, including 16 deaths. These figures applied to large British cities. As a result, air raid precautions (Civil Defence) planning was stepped up and preparations made accordingly.

The "London Blitz" of September, 1940 to May, 1941 caused 90,000 casualties, in which 20,000 were deaths. It took 18,000 tons of bombs to produce these results. This means that the calculations of 1938 - 16 deaths per ton - were grossly incorrect. The Blitz analysis showed 1.1 deaths per ton, less than 1/15th the expected losses.

Now to the bomber offensive of "Bomber" Harris and his crews. Three typical raids, selected at random are analysed in a similar manner to the above, stating TONS per death.

CBC Horror (2)

The CBC programs depicting our bomber crews as little more than murderers of German civilians, and the Canadian Army victory in Normandy as a sham, cannot be left unchallenged. The programs - part of "The Valour and Horror" series - were rebroadcast last week.

The use of taxpayers' money to put forward the unsubstantiated views of a few ambitious journalists who rewrite history according to their own prejudices is highly questionable.

The evidence for such a chal-

lenge is with the historians in our own Department of National Defence. Let us see who is right.

We are asking for a parliamentary inquiry, but we need public support. Write to: The War Amputations of Canada, 2827 Riverside Drive, Ottawa, Ont. K1V 0C4, or fax to (613) 731-3234.

Yours Sincerely,

H.C. Chadderton, OC, DCL, OOnt.
Chief Executive Officer
The War Amputations of Canada

Credit Where It's Due

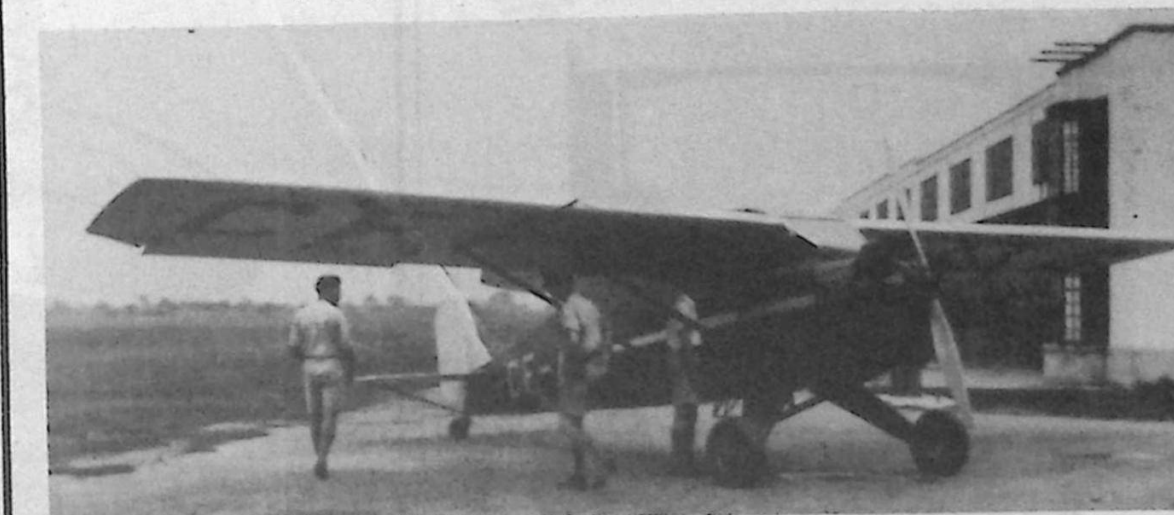
Without Base Photo, this would be a very dull newspaper indeed. The consistently high quality of their work is directly responsible for the awards which have come to the Totem Times in recent years. This is a very hard-working section, with many military commitments, yet they always put in an extra effort on our behalf. Last edition's front page picture of Hawk One is the work of Sgt Hal Frazer. This edition's coverage of the Korea War Veterans was by MCpl Rod Cando and Cpl Ben LaFrance.

Thank you gentlemen for your efforts, and thanks too, to the backup staff at Base Photo. Your work is much appreciated.....from the Editor

NEXT DEADLINE

27 APR - NOON

AIR FORCE TRIVIA



Trivia Answer

See John Novak's article, above.

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Section News

MSE Safety



One for the Road is too many

Two men leave a bar. One is drunk and the other has had two beers. The drunk man drives just below the speed limit, carefully staying in his lane. The other driver recklessly weaves in and out of traffic at high speed.

The drunk man should be stopped, of course. But that leaves the dare-devil driver on the road. Many studies indicate that this type of driver - the moderate drinker - can be just as dangerous as the heavy drinker.

In one study, psychologists observed 39 young adults play a driver-simulation video game before and after drinking. Some were given a moderate amount of alcohol and some drank no alcohol at all. Half of the participants were told that they had consumed more or less alcohol than they actually had.

WHAT YOU THINK CAN HURT YOU

The psychologists measured these drivers' risk-taking behaviour by counting the number of cars they passed while playing the video game and the amount of time they drove at highest speed. The results were surprising.

Their willingness to take risks was unaffected by the amount of alcohol that the people drank. In-

stead, it was what they thought they had consumed that changed their behaviour.

Whether they drank a little or a lot, the ones who thought they'd consumed a moderate amount of alcohol took more risks. They passed four times as many cars and drove at high speeds longer than others in the test.

Perhaps those who thought they had consumed moderate amounts of alcohol became overly confident behind the wheel. Researchers speculate that those who thought they had consumed a lot of alcohol may have compensated by driving more slowly and taking fewer risks.

HOW TO SPOT DRUNK DRIVERS

It's a well known fact that alcohol is involved in about half of all fatal traffic crashes. It slows reaction time, blurs vision, impairs the ability to judge distances and fools drivers into thinking they're driving better than they actually are.

Obviously, even non-drinking drivers have to watch out for those who do. Here are some clues to help you identify someone who's driving under the influence of alcohol:

- Weaving or swerving.
- Very slow speed.
- Inconsistent signals.
- Braking erratically.
- Stopping without apparent cause.
- Accelerating or slowing rapidly.
- Drifting.
- Speeding.
- Nearly striking an object or vehicle.
- Driving with head out the window.
- Driving into oncoming or crossing traffic.
- Driving with tires on the land marker.

RISKY TIMES TO DRIVE

Keep in mind that the most dangerous time to drive is on Saturday or Sunday mornings after 1 a.m., when people are leaving bars and parties are breaking up. Holidays are also high risk times, with New Year's Day holding the record for alcohol-related fatalities.

Warn your drivers that even a "moderate" number of drinks can be as hazardous to their driving as getting totally drunk. That's why many safety groups now recommend zero tolerance - absolutely none for the road.

QUIP
"The pedestrian had no idea which direction to run, so I ran over him."

QUESTION
Can you pass on a single solid yellow line?

- A. Yes, with extra caution and it's safe to do so.
- B. Never
- C. For emergency purposes only.
- D. Only on multilane roads

ANSWER
A. Yes, with extra caution and it's safe to do so.



Happy
Easter!



Easter MAGIC

Catch the Eggs-citement of Easter at the Driftwood Mall

April

--HEY KIDS
Saturday, April 18th

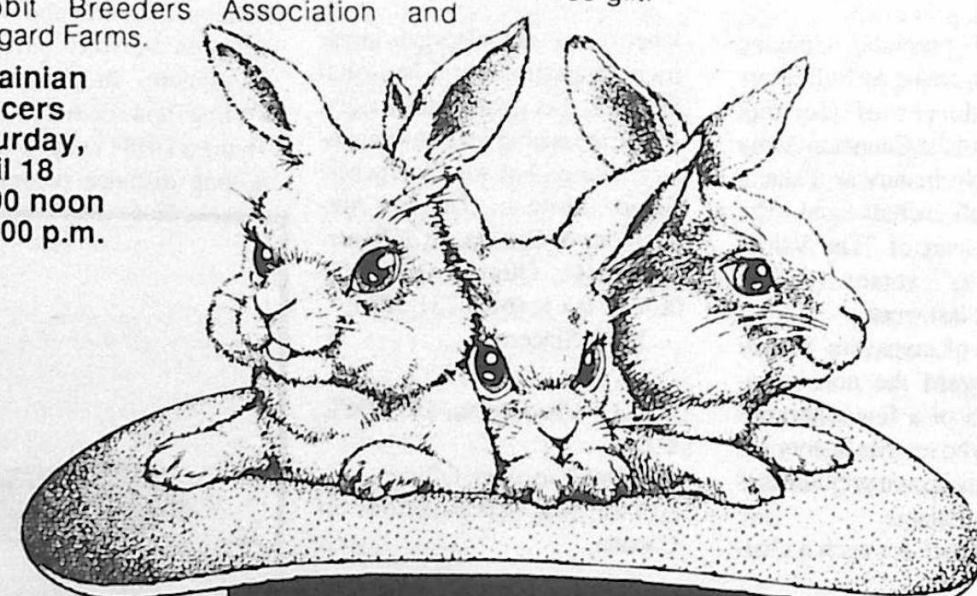
--Cuddly and Furry...

Saturday, April 18th

Live baby chickens and rabbits on display, courtesy of the North Island Rabbit Breeders Association and Wingard Farms.

--Ukrainian Dancers
Saturday, April 18
12:00 noon
& 2:00 p.m.

Who's here every Easter and has gifts for you? Easter Bunny will be here and looking for you. Come on down and get your free gift.



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Section News

CFB COMOX OFFICERS' MESS APRIL 92 CALENDAR

Wednesdays Apr 01, 08, 15, 22, 29
OFFICERS' COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Fridays Apr 3, 24 and Thurs Apr 16
REGULAR TGIF. Food as indicated 1700-1800 hrs. Spouses and guests welcome after 1700 hrs. Please purchase meal ticket for non-Mess members.

Wednesdays Apr 08, 22
OMLC BRIDGE CLUB

Friday Apr 10
COMEDY NIGHT BUFFET

Wednesday Apr 15
OMLC SPRING FASHION SHOW

Sunday Apr 19
EASTER BRUNCH & EGG HUNT

Tuesday Apr 21
GOLF TOURNAMENT

Upcoming Events for May

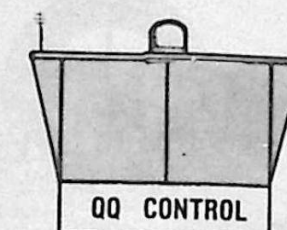
Medieval Night	2 May
Mother's Day Brunch	10 May
OMLC Farewell Dinner	20 May



THAT'S
HOW MANY
CANADIANS
ARE HORSE-
BACK RIDERS

Way to go, Canada!
PARTICIPATION

As the Beacon Turns



Two months have passed. Spring is here, good weather is back in town and somebody is finally writing an article for "AS THE BEACON TURNS." Well, people, I was awaiting the go-ahead to put my thoughts on paper. Everything is official: you are going to need Gilles' French-English dictionary to decode this article. Don't worry; if you can't understand, I will read the article on the PA system. Oh, before I begin, I would like to say, good work, Tom. I'll try to keep your high standard of writing. Enough of that; let's get started:

TOWER WORLD

I guess we have a new grandpa. Capt Burnham's daughter had a baby girl, 9 lbs I heard. Congratulations! I know a little baby who is going to be spoiled. MCpl Sylvie Jones is officially relocated to QQ East. Incidentally, the Jones family is following a course on igloo building. I didn't know there was still snow in July in Goose Bay. Oh well, look at it this way: no more sunburn! Our friend Bill is leaving the "The thousand and one scent town" on April 25. Lucky you; you are just in time for the hot sticky days of eastern summer. Mister Party Time, 2Lt Sinclair, is all checked out. The mic virtuoso is now performing on his regular shift. Oh, by the way, heard what's new? The QQ

burger has finally arrived. Yes, people, the tastiest burger on base is available for the low price of \$1.50. What a deal! And of course, we still have our ever popular "roteaux," or hot dogs for the non-familiar. This item is available for the incredibly low price of \$1.00.

Now, let's talk seriously here. There is a growing problem infecting people in the tower. The "wooden fingers" is this terrible disease; cramps your finger when you touch cookie bags. Therefore you can't close the bag anymore. If you don't suffer from this problem, please don't leave the bag open. The cookies aren't good when they're all mushy. Other than that, Sgt "Home Improvement" Leduc is planning to build a sun roof for the tower. I don't think that's a good idea. Where are we going to put the rotating beacon? Anyway, it's going to be interesting to see the development. On that note, let me remind you again, Delicious Burger for \$1.50!

No, no; I didn't forget the brown building! What is it called anyway? I am just kidding. OK, lots of stuff happened in the nervous system of the section. I have to tell you I heard this incredible rumour: Dan's car was supposed to be displayed at the main gate instead of the Voodoo. He was offered a lifetime membership at

the Base car club. Probably by the time you are enjoying this article, Capt Nick and his lovely fiancée Janice will be newlyweds. Good luck to both of you. I hope you're considering taking this igloo building stuff with the Joneses! Maybe I should stop nagging about Goose Bay; I just might end up over there.

Other news: Capt Roy attended a general safety course. Make sure your shoelaces are tied, because he will be on your case. Let me remind you again: \$1.50 for the juiciest burger. That was subliminal advertising.

On another note, our good friend Greg Huber is released from the Forces and his last day is April 25. Greg, good luck with your future plans. In Lt Yeoman's case, she doesn't know yet. Be sure you keep your ears open partywise.

THE DID YOU KNOW? FILE...

The Wemendji airport ident is YNC. The airport was given those letters in Noel Cousineau's honour. The young pioneer invented the triangle-shaped snowshoe. This permitted him to chase a polar bear at speeds up to 35 knots. Since that time, the people of Wemendji remember him as the "white harpoon." Maybe you want to believe it. Or not. It's up to you!

That's about it for now. Until we "meat" again, love a butcher.

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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.

POWER SMART rebate

BC Hydro

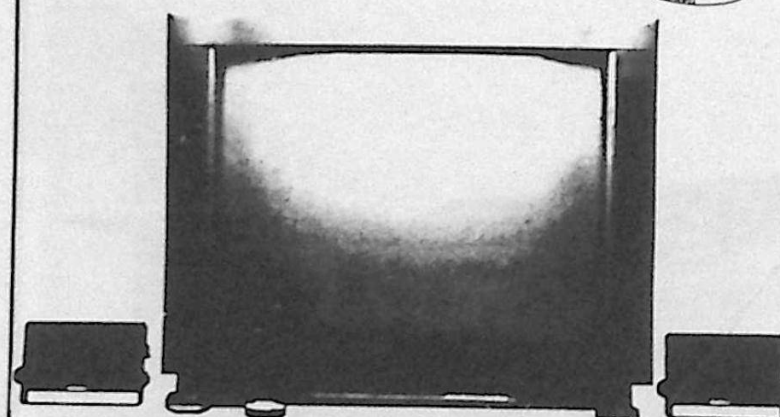
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Section News



by Lt Robert Tarzwell

407

Squadron History

Week IV

THE LOW-DOWN ON 407'S ERKS

This edition's column features several funny stories compiled by S/L G.M. Grant, the Protestant padre with 407 Squadron during 1943 and 1944.

The real guardians of any squadron's traditions are the erks. Aircrew come and go, but the erks remain to keep alive the distinctive spirit of the squadron. On December 14, 1943, there were only three or four aircrew who were with the Demon Squadron when it established its great reputation on shipping strikes. The new personnel knew little or nothing of those great days. But there were dozens of erks who were with 407 at that time and who can recall numerous incidents which are not known by new members of the Squadron.

407 has good reason to be proud of its erks: their capacity for hard work performed in all kinds of weather; their unfailing cheerfulness; and the scrupulous care with which they service the aircraft. All these factors have largely contributed to the Squadron's success.

Life is no bed of roses for the erk. He encounters bad food, cold billets and inadequate washing facilities. But under all such trying conditions he is aided by his sense of humour. He never fails to see the funny side of any situation. This valuable asset is illustrated by the following stories which have been told with great relish by ground men in billets and crew rooms.

KILLED BY A PROP

In January, 1942 when the squadron was stationed at Northcoates, Lincolnshire, "Red" Hatton, Lee Williamson and "Slim" Weaver pulled a fast one on their brother erks.

They constructed a headless dummy of life-like appearance, stuffing a suit of overalls with straw and attaching to the dummy straw-filled gloves, socks and boots. The "corpse" was then laid on a table in a dark corner of a windowless Nissen hut and red dope was poured on the table at the position where the supposed neck had been severed. A blanket, hung over the door, gave privacy to the temporary morgue.

When the shift which had gone to early lunch returned to the dispersal, Williamson, in subdued tones, related the horrible tragedy. A Limey erk, venturing too close to the whirling prop of a 407 kite, had been decapitated. The headless body had been reverently conveyed to the crew room, and it was expected that the ambulance would arrive at any

moment.

Several morbid-minded airmen expressed a desire to view the remains. The three plotters attempted to dissuade them, stating that it would be a nerve-shattering sight. Undaunted by the warning, three airmen pulled aside the blanket. Shaken to the core by what they saw, they promptly withdrew, one erk depositing in the lee of the Nissen hut his recently eaten lunch.

COOK MOURNS LOSS OF EGG-LAYING CHICKENS

While the Squadron was stationed at Docking, a RAF cook kept chickens in a pen behind the Airmen's Mess Hall. He supplemented his meagre pay by selling eggs to officers. Nourished by scraps from the kitchen, the chickens grew plump, and this delectable sight was soon observed by certain lean and hungry individuals who were pining away to a shadow under RAF rations. For obvious reasons, no names are ever quoted when this story is told. Suffice it to say that when the Demons went to Docking, the cook had twelve chickens. When they left Docking, he had none.

ERKS ESCAPE FLAMES AT THORNEY ISLAND

At Thorney Island in March, 1942, there were frequent air raids, Jerry planes being over the aerodrome almost every day. Incendiary bombs were dropped, and in consequence, nerves became somewhat jittery.

One night an aircrew N.C.O., staggering home from a local pub in the wee sma' hours, had a malicious inspiration. He quietly opened the door of a barrack block in which 25 erks lay, peacefully dreaming of corner drugstores stocked with Cokes and banana splits. Just inside the door, the evil-minded joker placed the main charge of a Verey cartridge with a burning cigarette on top of it. He then locked the door and beat a hasty retreat.

Shortly afterwards, the Verey cartridge exploded, bouncing hither and yon across the barrack room, sending out bursts of red sparks. "Commando" Jewitt, roused from slumber, screamed "Fire!" whereupon pandemonium reigned in the barrack block. Unable to escape by the door, a mob of palpitating erks made for the windows, several sustaining cuts as they leapt through. One unfortunate "Count" Graceffo vainly attempted to wriggle from his blankets and make for a window. Five airmen in succession crawled over him, disregarding entirely his loud protests. In a



Sqn Radar Section

short space of time, 25 pajama-clad erks stood outside, shivering in the wintry storm. Inside, the Verey cartridge quietly sputtered out.

SHOOTING A LINE IS A DANGEROUS BUSINESS

A rigger named Ted Watson is the hero of the following story. In November, 1942, the Jerries staged an air raid at Northcoates, and one bomb was dropped a considerable distance away from the airmen's billets. Watson, however, walking from the Mess Hall to the billets, was panic-stricken and rushed for the nearest shelter with such haste that he slipped and fell into a mud puddle, soiling his uniform.

The incident was observed by another erk who reported the details to Watson's amused barrack-mates. A few minutes later, the gallant Watson appeared in the barrack, filled with pride at having passed through his first air raid.

"Fellows," he said, "a bomb fell so close to me that the concussion lifted me off my feet and landed me in a mud puddle." The din made by the bomb was only equalled by the roar of laughter which followed his remark.

THE FABRIC GLUE SANDWICH

One day when the Squadron was at Docking, Willie Williams received a parcel from home. That night he unpacked it before the envious eyes of George Wilks. "How about something to eat?" said George.

"Okay," replied Willie, applying a can opener to a tin of maple syrup.

At this point, Fate intervened in the person of Ross Maddams who, with a wink, drew Willie's attention to a bottle of Cerric (fabric glue) on a window sill of the barrack. While Maddams diverted George's attention, Willie prepared a sandwich, the fill-



Sqn Armament Section

ing of which consisted of one part maple syrup to two parts Cerric.

Not until the sandwich had been half-eaten did George discover how he had been victimized. A good time was had by all, except George.

TRYING EXPERIENCE OF "PLIERS" WHEELER

One of 407's most efficient gunners was "Pliers" Wheeler from Toronto. He gained his nickname from his invariable custom of carrying this instrument in his hip pocket. Sometimes he forgot his purse, sometimes his identification, but never his pliers.

Being of a mechanical turn of mind, he spent much of his spare time stripping his guns to make sure that they were in perfect working condition. Sometimes he even did this on Ops. But one day an unfortunate incident took place which taught him a lesson. From that time on, "Pliers" did his servicing on the ground.

continued on page 9

Bank Breaker



LAC "Slim" Weaver (L) - who once broke the bank at Monte Carlo - with P/O Peter Meuse.

Section News



407

Squadron

407 Sqn's Excellent Adventure



Sqn Electrical Section

More 407 History

On January 10, 1943, "O for Orange" was proceeding on a daylight anti-ship strike, flying in formation with five other aircraft. In the rear turret sat "Pliers" Wheeler, busily engaged in stripping a gun. Since both hands were occupied, nuts and plungers from the breech-block were stowed in his mouth for safe-keeping. All at once a shout came over the intercom: "There's a JU-88 off to port!" Startled by the sudden warning, "Pliers" gave a gulp and swallowed a plunger. Happily, there were no ill effects. After the MO had administered a liberal dose of Epsom salts, it all came out in the wash.

407 PALLBEARERS PERFORM SAD FUNCTION AT WRAFTON STATION

The pride and joy of "Slim" Weaver's heart was his trunk. He had made it with his own hands after weeks of hard labour and skilled craftsmanship. Visitors to the billet were invited to inspect the finished product while Weaver stood by, endeavouring to conceal his self-satisfaction.

Some of his barrack-mates called it "Weaver's Coffin," for it bore a striking resemblance to a coffin. It was long, narrow and of sufficient depth to contain a body, and the wood was painted a sombre black. And thereby hangs a tale.

The said Weaver, who claims to have broken the bank at Monte Carlo, became involved one pay night in a Crap game. Quid after quid went down the drain. With perspiring brow, he attempted to recoup his losses but all in vain.

Finally, stripped of his last shilling, Slim took a desperate chance and laid his beloved trunk on the altar of sacrifice. Again the galloping bones failed him. Presently the winner, "Akie" Aitken, carried off the "coffin" in triumph, and Weaver retired to his bunk to ponder with bitter tears on the evils of gambling.

Several weeks later, "Akie" was posted from Chivenor to Canada. Having stowed his goods and chattels in the newly-acquired trunk, he set off one morning for Wrafton Station, accompanied by his friends Cam

continued from page 8

Taylor and Casey Walsh. When the London train pulled in, Cam and Casey proceeded to carry the trunk to the goods van, some distance along the platform.

Out of the corner of his eye, Cam observed several passengers standing at attention with hats removed. Sizing up the situation, he removed his cap and placed it on the centre of the coffin in the position laid down in CAP 90 - "Instructions for Funeral Parties." Then, marching in slow time, with grave and serious faces, Taylor and Walsh bore the last remains along the platform.

Among the passengers who solemnly witnessed the sad procession, one lady was observed dabbing her eyes with a handkerchief.

When the pallbearers reached the goods van, the guard stood waiting, his hand lifted to his cap in salute. The reverent silence was broken by Cam. Turning around, he said to Casey, "Now, Casey, throw the b----- in!"

The morning sun glistened off the crystal clear ocean, illuminating the small waves visible 300 ft below the patrolling sleek greyhound of death, known to her victims as the Aurora! She had been on patrol for several hours and had dropped 70 or so sonobuoys in an effort to either locate the elusive submarine (her intended victim on this day), or raise the water level to relieve the drought in California. Her crack tactical crew was busy interpreting all the data being sent to them by the mass quantities of sonos floating in the ocean. They had scrutinized all the information, discarding the useless, and had made the decision the sub was definitely somewhere in the ocean below.

Suddenly, there it was - a surface radar contact. The sub commander had obviously realized that this was not an ordinary ASW A/C. This was a Canadian Aurora! There was no point in trying to hide any longer; he might as well surface, end this pointless charade and become another notch on the belts of this superior ASW Crew.

Meanwhile, on the sleek aerial sub-killing platform, the tactical crew jumped into action. Orders were given with amazing speed: "Prepare for attack run. Target at 312 degrees, speed 4 knots." The flight engineer advances the power levers and the might engines whine (just like a CF-18 pilot), and the Aurora leaps from 300 ft to 4,000 ft in mere minutes. More orders follow with ever increasing tempo: "Arm the simulated MK48 tor-

pedo," (luggage pannier, to those not versed in TacNav lingo). "Open bomb bay doors. Commence attack run!" The flight crew quickly complies with these orders. The A/C screams out of the morning sun, unobserved by the hapless victim below. The wings whistle in protest of the stress being placed on them in this death dive. "Target in sight," yells the co-pilot, "off to the port side." "Abort the attack!!!" screams the pilot, "It's a fishing boat!!!!"

Silently the bomb bay doors are closed and the pannier disarmed. The A/C levels off at 300 ft and the crew resumes their sullen patrol. Not a word is spoken for several minutes, none are required. There floats one lucky fishing boat. Another daring victory for the ASW Champion Aurora and her battle-hardened crew. Time to celebrate.

Time to eat. "The deli is open," the TacNav declares. All the crew members eagerly partake of the ample food stores, toasting their victory and brush with death with cans of V8 and tomato juice, thanking their skill and ability for allowing them to elude the (possibly) heavily armed trawler.

This story will most likely be told with pride at the messes during the next few nights. It will also be told by much better storytellers, although some details may be changed due to security and the listeners' need to know.

Bill & Ted

Medieval Warriors



Tournament bout, featuring members of the Society for Creative Anachronism.

Medieval Feast

Announcing a Great Feast, in this, the Year of Our Lord, Nineteen Hundred and Ninety Two, the Second Day of May, to be held at the Officer's Mess. Hosted by the Good Men and Women of 407 Squadron, this Grand Affair will feature both entertainment and food aplenty.

The nominal cost for this feast is fifteen loonies per person, but tarry not...tickets must be reserved with the Mess Management by 21 April 1992.

By special invitation of the Greek God Bacchus and Lord Black Adder, the Society for Creative Anachronism, hailing from Victoria, Nanaimo and points beyond, will captivate you with displays of juggling, sword fighting, jousting and jesting. Having filled thine gullet with

much hearty fare and grog, you will be invited to dance, sing and make merry. Some early forms of Lambada will be evaluated.

In keeping with the Theme, the appropriate Medieval Garb is required. (No, this doesn't mean a Flying Jacket from your Argus days, ED.) Costumes may be rented from Courtenay Costume Rentals at a 10% DISCOUNT!...or you can design your own. Door prize for the best cod-piece.

The entertainment begins at 1800 hrs and will continue through the feast which commences at 1900 hrs.

In addition - there will be medieval sports demonstrations all day Saturday at the Base sports field.

RECYCLE THIS
NEWSPAPER
TOTEM TIMES



Section News



BAMSO

Welcome to another episode of "As the NavCom World Turns." To bring you up to date on what has been happening we will start with the Techs in basket.

We welcome to our shop MCpl John Jalliet from CFB Frozen Pond calibration centre. He will be hiding out in the FLIR until he remembers what a CRS tech is supposed to do, as he has been employed out of trade for quite some time. Also new in the shop is Pte Mike Gagnon. He is on ATAT rotation from 407 Servicing. We have tried to get him into servicing mode but he doesn't like to play cards. We are also expecting Cpl Gordanier from CFB Borden. Just completing his QL3 tells us he is a re-tread but we are not sure from what trade.

In the Techs Out basket, we will be saying goodbye to MCpl Norm Ruby as he looks forward to joining 408 TAC HELL in Edmonton. We understand that he has been seen late at night landscaping his yard while wearing cam paint. We will be saying "SEA" you later to Cpl Ron Davies as he sets sail for CFB Shearwater. He was so happy with his posting message he ran out to buy a bathtub boat for his daughter (yeah, right!). Also leaving us is Cpl Nancy Wild, as she will be on her way to CFB

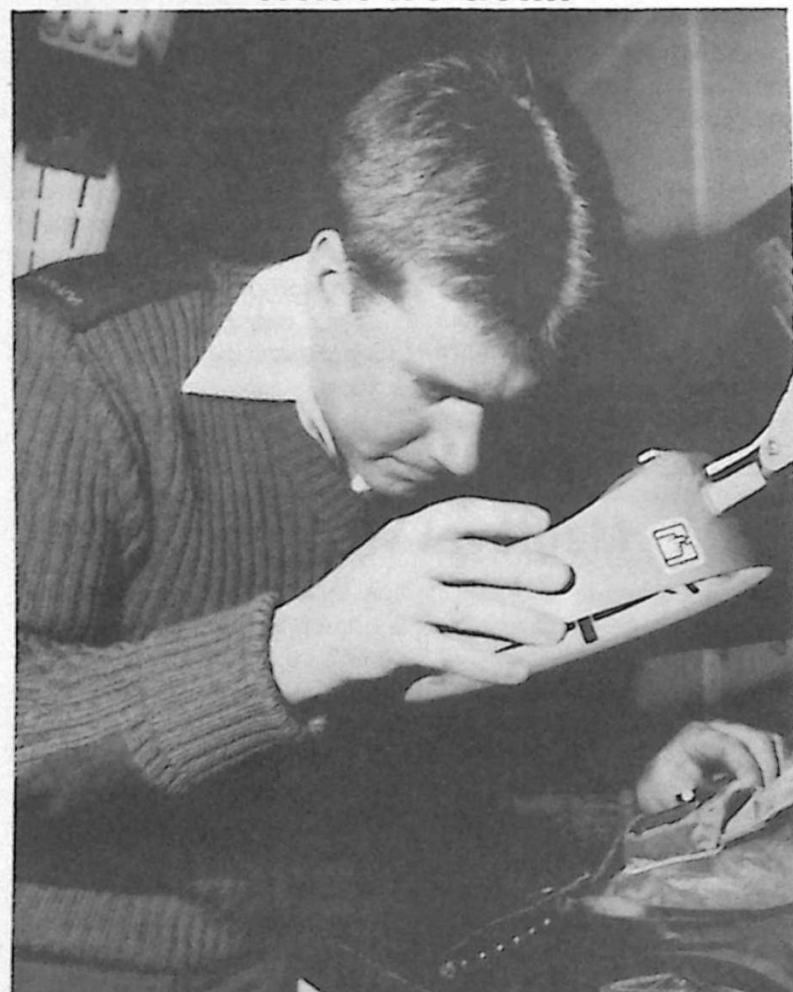
Winterpeg. She has been spotted twice at Canadian Tire checking out snow blowers and shovels.

In the Techs Pending basket, we find Cpl Grant Gilfillan has applied for remuster to AESOP. We hope they won't let him blow up anything on the airplanes. Grant has also just completed his JLC course; congrats, dude. Also back from courses are Cpl Dan Forget and Sgt Julien. Both Dams have completed the APN 503 course and Dan Forget has also finished his HRS course. Currently away on course is Pte Shelley Deley and Cpl Al (1) Arsenault, both on the AIC 503 course. Al also gets to stay behind for the FLIR course as well. MCpl Cathy Schuster is away on 6A and Cpl Gerry Wiesner has recently completed his lifeskills course (get a life).

This is also the time of year for Babies. Cpl Darcy Parker and wife Marcela have a baby boy born 16 March, weighing in at 9 lbs 11-1/2 oz., and Cpl Al (1) Arsenault and wife Darlene are proud parents of a baby boy born 3 April, weighing 7 lbs 10 oz.

That about wraps up this episode so stay tuned for the next report titled "Hey, Ease Up On Those Fully Charged Capacitors."

What we do...



Pte. Tom Dykeman (Safety Systems) inspecting a Mae West. Courtesy Base Photo



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Outstanding Achievers



In the company of excellence...

Do they really send the best to Comox? You bet, and here are five of the best receiving awards for outstanding achievement during the latest Air Technician Advancement Exams. In addition to their formal training, Air Technicians must pass two trade examinations to complete their

apprenticeship. Of the 552 technicians who wrote the exams across the country this past February, these five attained the top marks for their respective trade or qualification level. Terry Ledrew (second from the right) now has a matched pair; he received the award for top marks

in his first level exam as well! Blake Rodgers is distinguished by achieving the highest mark for all trades across the country.

Excellent performance indeed guys. Now that the word's out, do you suppose we'll get to keep 'em?



A sample of work by Gordon Henschel. "Sunshowers - Queen Charlotte Strait." Watercolour.

Wilden Galleries presents the Federation of Canadian Artists Travelling Show April 16 to May 9. This show features paintings by 39 Western Canadian artists in a variety of media. One of the artists, Gordon Henschel or Port McNeill, has recently been awarded A.F.C.A. status with the Federation.

The Federation of Canadian Artists was founded as a national organization to unite artists, critics and persons interested in art to promote the importance of art in the community. When a person purchases a painting, he or she supports a clean, environmentally friendly industry: the artist, the gallery and the artist's suppliers.

The Travelling Show is an opportunity to see paintings by artists from around the province. It is a visually rewarding show and the gallery encourages the public to see it. If you feel that your knowledge of art is limited and that you want to learn more, this show provides a chance to see a variety of paintings so that you

can compare different artists and different media and come closer to planning what you would like to see hanging in your home.

Wilden Galleries is located at 440 Anderson Avenue, Courtenay, on the river by the 5th St. bridge. Hours: Tuesday to Saturday 10 a.m. to 5 p.m. or by appointment. Phone 334-2286.

Bookshelf Bestsellers



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Week ending: 18 Apr 92

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Manager

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4. The Power of One Courtenay
5. The Line of Duty Grant
6. Sierra Triumph Fuller-Ross

7. Secrets of the Morning Andrews
8. Nobody lives for Ever Buchanan
9. Red Dragon Harris
10. The Reign of Ista Weiss, etc.

Section News



Supply Signals

SPRING IS SPRUNG, THE GRASS IS RIZ. I WONDER HOW SUPPLY IS?

Well, we're all fine and would like to welcome to our happy little family, direct from CFSAL Borden: Allison, Cam and Darryl. Also a big welcome back to Judith and Debbie after their TQ5. The Snow to Surf teams have been anxiously awaiting your return. Speaking of returns, who is that slim, grey-haired, land Lt. in our midst? Could it be... Yes, it is! Our ex-Sgt. Adams, come back reincarnated as a Lt. Congratulations, Pat, and it is true what we hear about the maids and menus on course? While we're on the subject (we were?), welcome back, Louise and Teresa, from your maternity sabbatical. Won't take you long to get back into the swing of things. Just ask stocktaking and clothing stores.

You may or may not have noticed that clothing stores was closed for the last few days due to their annual 100% wall-to-wall stocktaking. No? Well, they are easily recognized as the people walking around counting and mumbling to themselves. Don't worry though; they'll come around to normal soon enough. Just like Bill Watts did from his recent bout with the dreaded Comox bug #543b (actually, Bill,

some people would do anything to avoid losing a game of tennis).

The ladies broomball team did us proud at the Nationals in Ottawa. They walked away with a Silver medal. Congratulations, Maria, Judy, Judith and PJ.

The Supply men's hockey team won the Base Commander's Cup. Paul is real sorry that he broke your arm, Bill. Hope you heal soon. Congratulations, guys. The BTSO's Bonspiel was a lot of fun and we all hope you enjoy that tool belt, Maj. Pipe. The annual Logspiel, held in Chilliwack this year, had three teams representing Supply. From all accounts they did well, and by the way, Cathy Hidgon says Hi and "where are my sweaters?"

We have two teams entering the annual Snow to Surf on 26 April: the fearless Neverreadies and the undaunted Allways-readies. I wonder how apt those names really are. Better beef up those training schedules and best of luck to all.

Boxtop is coming up again and PJ will be participating. Dan and Barry are going North to Alaska for ICEEX. Have a good time guys and send us a postcard.

SO NOW WE SAY GOODBYE TODAY AND WE'LL SEE YOU IN THE MONTH OF MAY

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.

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ENTER OUR LUCKY DRAW AND BE A WINNER BALLOTS AT GAS BAR	COKE OR SPRITE CLASSIC, DIET OR CAFFEINE FREE 6 PAK OF CANS 1.87 plus deposit	SHELL WINDSHIELD WASHER FLUID 1.47 4 litres	FREE GIFTS FOR THE FIRST 100 CUSTOMERS WITH GASOLINE PURCHASE

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CANEX IS AN INTEGRAL PART OF CF PERSONNEL SUPPORT PROGRAMS. ALL OF THE PROFITS GENERATED BY CANEX ARE REINVESTED IN IMPROVED FACILITIES OR USED TO SUPPORT LOCAL FIP ACTIVITIES.

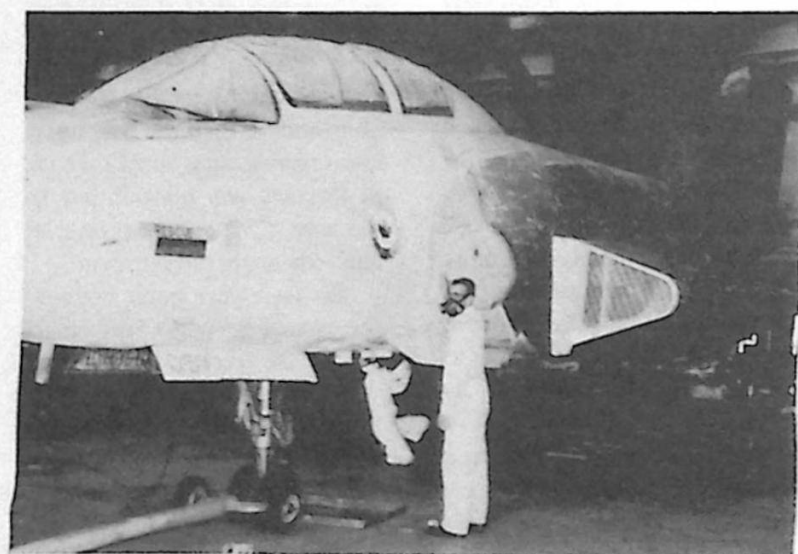
OPEN/OUVERT
MON 0700-2200 LUN
TUE 0700-2200 MAR
WED 0700-2200 MER
THU 0700-2200 JEU
FRI 0700-2200 VEN
SAT 0700-2200 SAM
SUN 0700-2200 DIM

Feature

"Out you get: this bird needs a cleanup."



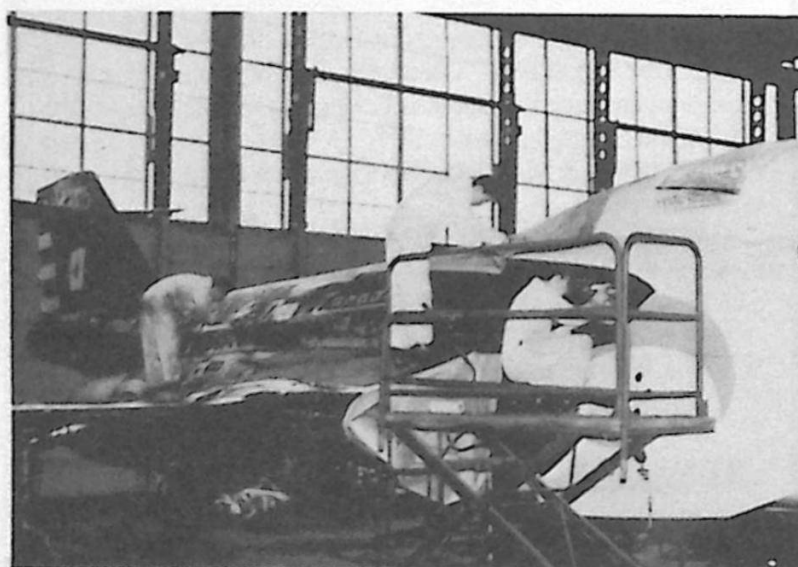
First a sanding



Then a washdown



And a mask and paint....before she goes public.



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.

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The Preening of Hawk One

Looks real, doesn't it? If you don't know what this is all about, I'll give you a hint: take a glance to your left as you come in through the Base main gate and contemplate the resting structure of our heaviest Canadian fighter aircraft to date (named CF-101 "Voodoo," undoubtedly referring to the magic involved in watching such a monster actually lift off the ground). Although our pedestal display aircraft only weighs a little over 21,000 lbs, its operational maximum gross weight was in the neighbourhood of 59,000 lbs. (with a full load of fuel and armament). "Hawk One" flew out of CFB Comox until 409 Squadron relocated in 1985.

The most observant ones will have noticed that Hawk One was previously displayed in our Air Park and has now been replaced by a CF-104 "Starfighter" painted in camouflage colours. The swap was done in July, 1991 and was part of the planned changes in order to upgrade the main gate of the Base.

Since that time, Hawk One has been undergoing extensive plastic surgery in order to regain the freshness of its better days. The operating room - the north side of Hangar 7; the doctors - BAMSO technicians specializing in refinishing, metal work, aircraft electrics, aerodynamics, air frames and safety systems. The first part of the task consisted of towing this beast from its site and into the hangar on a curvy road barely wider than the wheelbase of the aircraft. The right main landing gear sank two feet deep in the grass!

After a good wash, Hawk One was taken to the work site and the saga began. In co-ordination

with the base Construction Engineering (CE) section tasked with building the cement pedestal, a guiding template was built in order to align the bolts protruding from the top of the pedestal with the holes made in the quill and engine mounts of the aircraft. All the necessary calculations were made to ensure that the loads created by the nose-high-and-rolling attitude of the aircraft could be borne by the mount, the bolts and the pedestal, even in the worst (normal) wind conditions.

While all of this was happening, two "cockpit dummies" were made and installed at the controls to give the display an authentic look. (Rumour has it that they had been working in VU33 for quite some time! Sorry guys.)

After a series of minor metal repairs, the sanding crews from BAMSO worked countless hours in order to prepare the external surface for a total repainting. By late February, 1992, the aircraft was ready for its colours. One problem that arose was the unavailability on base of an adequate facility for painting a whole aircraft. This was partially resolved by using a portion of VU33's space during weekends, leaving one hangar door open in order to expel the noxious paint fumes. Again, the refinishers did a superb job, painting the nose colour (blue) over one weekend and then masking all of it to spray the black paint the weekend after. The detail markings were covered each time around, a very time-consuming task that could only be compared with the process of repainting the same details, using stencils and sheer artistic abilities. Furthermore, electrical wiring was put in place in order to

resuscitate the navigation lights of Hawk One.

On 29 March, 11 members of the Crash Guard and Salvage team, BAMSO and the CF-18 detachment were ready to give Hawk One its final flight, using a commercial 20-ton crane. After a test lift to determine the airborne attitude of the aircraft, Hawk One was towed to the front gate. Several fences and street signs had been taken down to allow for wing clearance. Once determined close enough to the pedestal, the aircraft was put on jacks in order to remove the 1200-lb, landing gear and close all the remaining panels. A few hours later, the patient crowd saw the Hawk being hoisted above the pedestal, only to experience a "minor" clearance problem with the boom of the crane. (I told you!) The second attempt was much more successful, but the crowd had been waiting too long already and many had left.

After all was said and done, our Base Commander expressed his gratitude and stated he was pleased and proud, which through the constitution of the chain of command makes all of us implicitly happy! To all the technicians and engineers involved in this project: two thumbs up for a great team effort and a fantastic job! Special commendations for the key personnel who ensured the success of this undertaking, namely Mr. Russ Parker and WO Al Gavel (Base Workshops), Sgt Mike Allie and his refinishers, Sgt Jim LaFrance (Brake/Wheel and Components shop), Cpl Wayne Tokarz (AMSE), and the supervisors from BAMSO and CE sections. May Hawk One rest peacefully....and permanently.

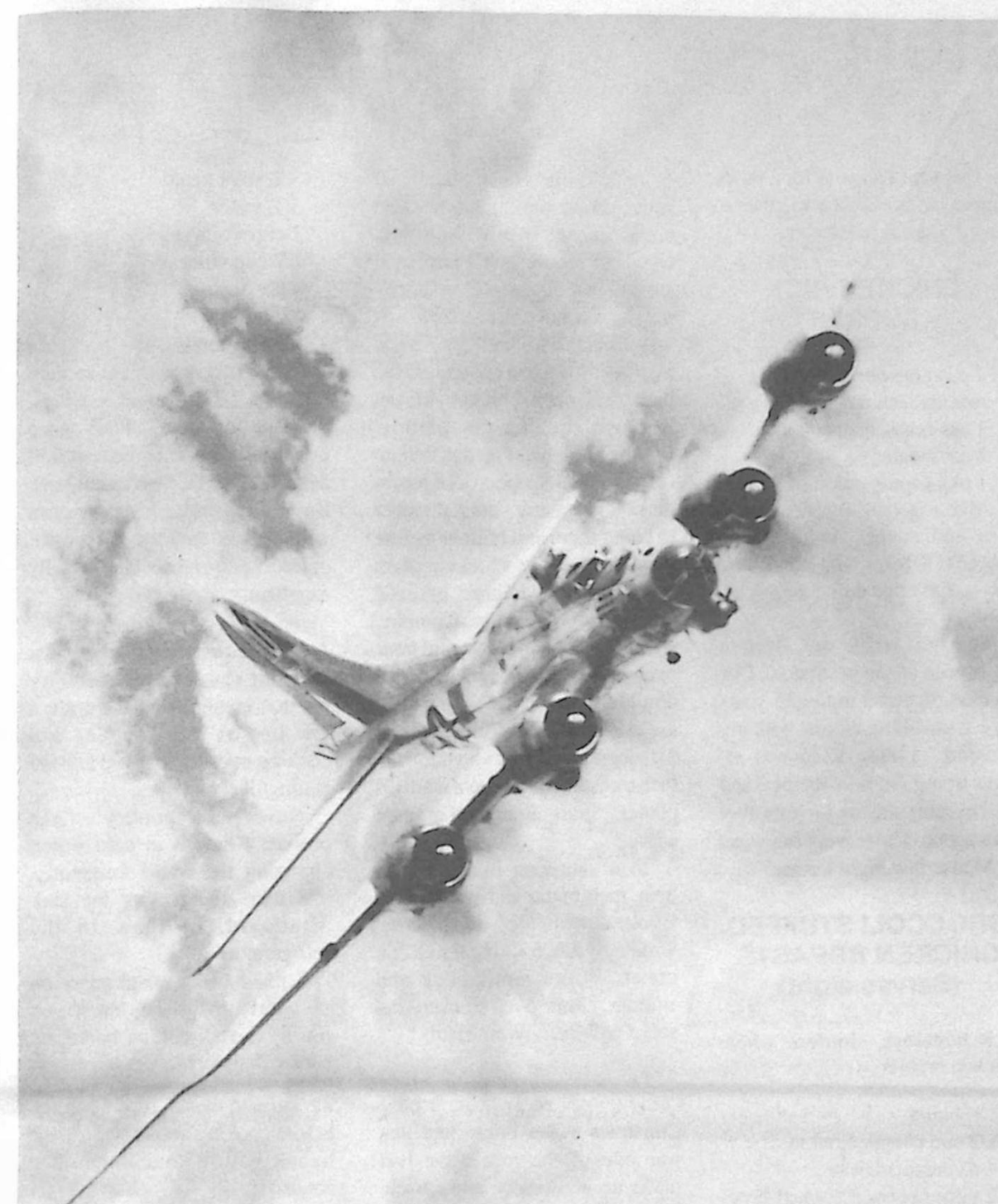
Hawk One on final approach



NEXT DEADLINE
27 APRIL 92

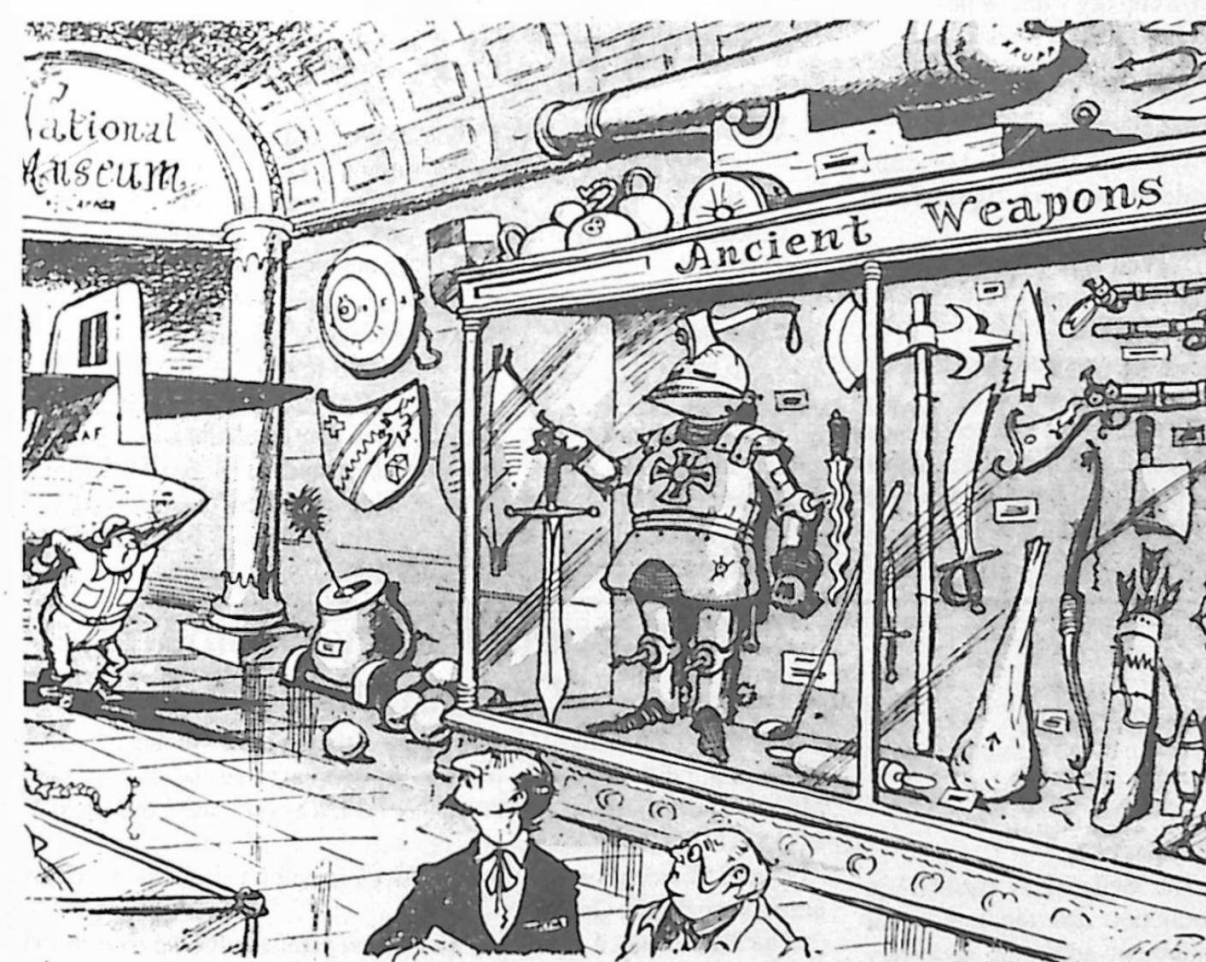
On & Off the Base

"Sentimental Journey"



Coming to Nanaimo June 29 to July 2: "Sentimental Journey," a refurbished B17 Flying Fortress, flown by the Confederate Air Force, will fly in to Nanaimo's Cassidy Airport for the Canada Day celebrations. Read about it in future editions of the Totem Times.

Some old warriors didn't fare so well...



"Where do you want the CF-100?"

1,002,478

THAT'S HOW MANY
CANADIANS ARE
WATER SKIERS



Defence Capital Acquisition

OTTAWA -- The Minister of National Defence today announced the Department of National Defence's short-term Capital Acquisition Program.

The review of capital acquisition plans was based upon the new defence policy announced by the minister in September 1991 and the February 1992 budget. Both profound geostrategic changes and the imperatives of fiscal restraint contributed to the reshaping of the defence program.

The review concluded that some projects would be allowed to proceed, while others would have to be reduced or deferred. In addition, two major projects involving the procurement of new tactical helicopters and a reduced program for the acquisition of light armored reconnaissance vehicles were approved.

"The revised Capital Acquisition Program ensures that Canada's navy, army and air force will be provided with the modern equipment they need to remain both capable and flexible," said the minister. "The equipment to be purchased will utilize proven technologies and, in the case of the helicopters and light armored vehicles, equipment that is predominantly built in Canada, sold worldwide, and supported by industry across the country."

The Minister went on to stress that the short term Capital Acquisition Program will offer advantages to industry across Canada. He said "we will be protecting jobs and reinforcing excellence in Canadian industry in these difficult economic times."

A number of projects are proceeding as scheduled and will continue to provide benefits for all regions. The recently announced light truck contract and the underwater surveillance systems portion of the Maritime Coastal Defence Vessel project will generate new economic activity in British Columbia. The Tactical Command Control and Communications System (TCCCS) will create a number of jobs in a new production facility in Calgary, Alta. in 1993 and will foster additional employment through electronics and support subcontracts in Saskatchewan and Alberta. The privately contracted pilot training activities at Portage la Prairie, Man. will be fully operational in September, 1992. The purchase of 15,000 C-7 rifles from Diemaco of Kitchener, Ont. will continue to provide industrial benefits for that region and enhance the

ability of Diemaco to compete for international contracts.

The Atlantic regions will benefit from major portion of the half-billion dollar Maritime Coastal Defence Vessel project, in addition to the ongoing benefits derived from the Canadian Patrol Frigate (CPF) project and the Tribal Class Update and Modernization Project (TRUMP).

Quebec City and Montreal will continue to benefit from their major involvement in the CPF and TRUMP projects.

In view of budgetary restraint and recently announced force reductions, the Department has cancelled the \$2.8 billion Multi-Role Combat Vehicle (MRCV) project. There remains, however, a critical requirement for the Land Forces to replace the Lynx light reconnaissance vehicles before they become technically unsupportable. The Lynx will be replaced by 229 light armored vehicles at a total project cost of approximately \$800 million. London, Ont.-based Diesel Division of General Motors is the company selected to produce these vehicles, which have been proven in combat in the Gulf and are much in demand around the world.

As well, the Canadian Patrol Submarine Project will be deferred until 1994, when we will launch a program to replace the 30-year-old Oberon Class submarines with conventionally powered boats.

The Department of National Defence will buy 100 Bell 412 helicopters from Bell Helicopter Textron Canada Ltd., in Mirabel, Que. for a total project cost of approximately \$1 billion. The Bell 412 will replace the current mixed fleet of 20-year-old CH-136 Kiwas, CH-135 Twin Hueys, CH-118 Iroquois and the recently retired CH-147 Chinooks. The aircraft will be used for a variety of national and international missions such as UN peacekeeping, lift of troops and equipment, inland search and rescue, medical evacuation and base rescue flight duties.

Last week, the government received proposals from EHI(L) and Paramax relating to a project to acquire 35 shipborne helicopters and 15 search and rescue helicopters. These proposals will be given careful consideration over the coming weeks and the government will announce a decision related to these proposals in the summer.

From the Desk of Hamish

Answer to Cryptogram:

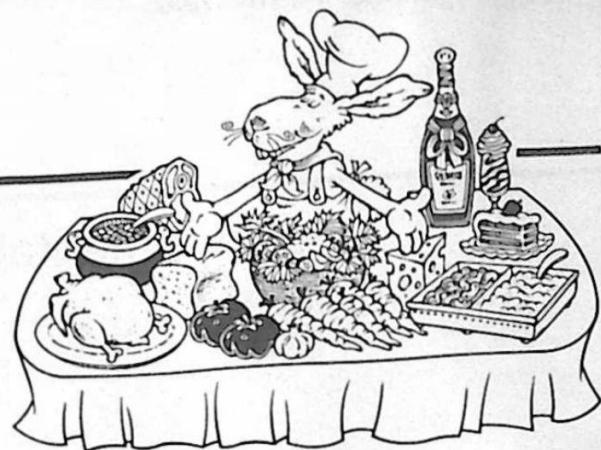
It wasn't the cough that carried him off, it was a coffin they carried him off in!

Leisure

Country Kitchen

It's Easter!

THURSDAY 27 APRIL 1992



As I was mulling over what to use as my theme for this column, I looked through my recipes to see how many things I had to do with bunnies, eggs, etc. when I remembered where eggs come from. How come the chicken has never been honored in one of our annual celebrations? Chicken has always been one of my favorite meals and I've been cooking chickens since I was a young girl in my first apartment. I distinctly remember being about eighteen, inviting some friends over for supper, and cooking a roast chicken. When it was ready, I was removing it from the roaster when it fell and skidded across the kitchen floor right into the living room where my guests were seated. I followed it into the room, said "OOPS," picked it up, walked back into the kitchen, washed it off and served it. They are still teasing me about that particular meal. The first recipe I'm going to give you is appropriate for spring weather. It's BBQ Chicken that is cooked indoors, so if the weather is like it is today, drizzly, there's no worry. I got this recipe from a girlfriend of mine, Marlene Basso, when I was in my teens. I remember making it for a pot luck shortly after I got married, and having the ladies rave about it and ask for the recipe. So give it a try.

BARBEQUE CHICKEN

A day before or early in the day prepare this sauce in a saucepan:
2 tsp salt
1/4 tsp pepper
1-1/2 cups tomato juice
1/2 tsp cayenne pepper
1/2 tsp dry mustard
4-1/2 tsp Worcestershire sauce
1/3 cup vinegar
1/2 cup brown sugar
2 cloves garlic (optional)
3 T. butter
Simmer uncovered for 10 minutes. Cool and refrigerate. One and one-half hours before serving, preheat oven to 425 degrees F. In a large roaster arrange 3 lbs. cup up frying chicken, skin side down, in a single

layer. Tuck around the chicken 2 medium onions, sliced. Sprinkle chicken with salt and pepper, pour sauce over chicken. Bake in a covered pan for 30 minutes. Turn heat down to 350 degrees F; turn the chicken pieces over and continue to cook uncovered, basting often, for another hour, turning and basting until cooked and coated with sauce. Serve immediately, or refrigerate and serve cold. It's delicious either way.

The next recipe is fabulous. It's a bit fiddly to make, but well worth the end results. This recipe was given to me by Lucy Cuthill.

CHICKEN CORDON BLEU (Serves six)

6 whole large chicken breasts, skinned and boned
1-8 oz pkg swiss cheese slices
1-6 oz pkg sliced cooked ham
3 T. all purpose flour
6 T. margarine
1 chicken flavour cube
1 T. cornstarch
1 tsp paprika
1 cup water
1 cup whipping cream
5 cups hot cooked rice (optional)

Spread chicken breasts flat, fold cheese and ham slices to fit on top, and fold breast over and fasten edges with toothpicks. On waxed paper, mix flour and paprika. Roll sealed chicken breasts in flour mixture until well coated. Preheat a skillet, melting the margarine. Over medium heat, cook chicken until browned on all sides. Add water and bouillon cube, and heat to boiling. Reduce heat to low, cover, and simmer for 30 minutes or until tender. When chicken is cooked, remove from pan with a slotted spoon, leaving broth behind, and place on a warmed platter. (Remember to remove the toothpicks.) In a small bowl, blend cream into cornstarch until smooth. Add cream to chicken broth, stirring constantly until sauce thickens. Serve with rice. Absolutely delicious!

This next recipe is for a quick supper casserole. It was given to me by Marilee Mathews.

CHICKEN RICE SUPPER

1 cup converted raw rice
raw chicken pieces
1 can mushroom soup
2 cans water
1 pkg Lipton onion soup mix
Mix together in a casserole dish and cover. Bake at 350 degrees F for 2-1/2 hours and serve. Easy and delicious!

This next recipe was given to me by one of the best cooks I've ever encountered in the 25 years I spent travelling around with my husband. Louise Eves was always trying out new recipes, and the best part was inviting us over for supper. Those were fun years in Moose Jaw, right Louise?

BROCCOLI STUFFED CHICKEN BREASTS (Serves eight)

8 boneless, skinless whole chicken breasts
salt and pepper
2 T. butter
1/2 cup chopped onion
4 oz cream cheese
2 cups chopped cooked broccoli
1/4 cup parmesan cheese
1/4 cup chopped toasted hazelnuts
1 T. lemon juice
1/2 cup dry white wine
1 cup chicken stock

SAUCE
1/4 cup butter
1/4 cup flour 1-1/2 cups strained cooking liquid from chicken
1/2 cup light cream
salt and pepper
GARNISH
1/4 cup chopped toasted hazelnuts

Spread whole chicken breasts between 2 sheets of waxed paper and pound to 1/4" thick. Sprinkle lightly with a little salt and pepper.

In a skillet, melt butter and saute onion until tender. Add cream cheese and stir until softened. Remove from heat, and stir in broccoli, parmesan, hazelnut, lemon juice, and a little salt and pepper. Mix well, divide into eight portions, and spoon into the center of each chicken breast. Enclose stuffing completely, folding and tucking chicken to form an oval shape. (Use toothpicks if necessary - but remember to count them and remove before serving.) Place chicken seam side down in a large greased baking dish with cover. Combine wine and chicken stock, and pour over chicken. Cover. (If you don't have a covered baking dish, use some buttered foil.) Bake at 350 degrees F for 45-50 minutes, then transfer chicken to a warmed platter. Strain liquid and prepare sauce.

In a saucepan over medium heat, melt butter and stir in flour. Cook, stirring, for one minute. Gradually add cooking liquid and cream. Cook until thick and smooth. Pour over chicken and serve with rice. Wonderful!

The next recipe was one given to me by my sister. She hosted Christmas at her house and this was one of the meals she had made up in advance and frozen. She used tin foil roasters to cook and freeze in, leaving her regular pans free for Christmas baking. When our family gets together, there can be as many as 25 of us and as these Chicken Wings are so good, she counted on as many as 6-10 per adult.

SESAME CHICKEN WINGS

Chicken wings, cut in half and tip discarded
1 beaten egg
1 cup flour
1 cup butter

Beat egg slightly. Dip wing pieces in egg and roll in flour. Melt butter in a hot skillet and fry chicken until crisp. Place in roasting pan. Prepare sauce:

3 T. soya sauce
3 T. water
1 cup white sugar
1/2 cup vinegar
1 tsp Accent
1/2 tsp salt
Sesame seeds

These proportions are enough for about 3 lbs. of chicken wings. Increase for more. Pour sauce over fried wings and bake at 350 degrees F for 1/2 hour uncovered. Baste frequently. Serve warm with rice, or they are good cold, or freeze and reheat later. Really excellent.

Please remember when you are using chicken, or any poultry for that matter, that there are a few tips on safe handling and cooking in order to avoid anyone getting ill.

Never thaw poultry on the counter. Thaw it in cold water, changing the water frequently, and then disinfecting the sink afterward, or thaw in the refrigerator.

I like to use waxed paper on my working surface, but if you use a wooden cutting board, be sure to disinfect it with a solution of bleach and water afterwards. Be sure to wash fresh poultry before cooking and to wash your hands before touching other foods.

Eggs deserve the same respect, and old recipes that called for raw eggs have now been adapted to accommodate cooked eggs in order to avoid sickness. For example, if using egg in a caesar salad recipe, you can boil 2" of water in a small saucepan, turn off the heat and carefully lower egg into the water and let stand for one minute. Lift out and cool. Use as recipe instructs, and if the whites are cooked, put sauce into a blender to puree. Do the same for egg nog. Avoid cooking eggs sunnyside up and go for easy-over instead.

I'm sure the Easter Bunny is up to date on all these new procedures and he'll be delivering "safe" eggs from those oh-so-delicious chicken. 'Til next time!! Enjoy.

THURSDAY 27 APRIL 1992



Rose McCliesh

Glacier Greens Golf News

With the advent of favourable weather, work on the expansion at G.G.G.C. is once again in full swing.

At a recent general meeting the president of Glacier Greens, CWO Bill Krier, announced that Mr. Doug McArthur of D.N.M. Designs Ltd. of Courtenay has been awarded the design consultant's contract, subject to finalization of some minor details.

Nine holes should be seeded by this fall and in play by next year.



Pictured with Shirley Shearer is Fred Couples. Fred won the Masters at the weekend. Missing from the picture is Bernie Johnson. Bernie tagged a hole-in-one on #4 on 11 April 92 at G.G.G.C. Congratulations to Bernie.

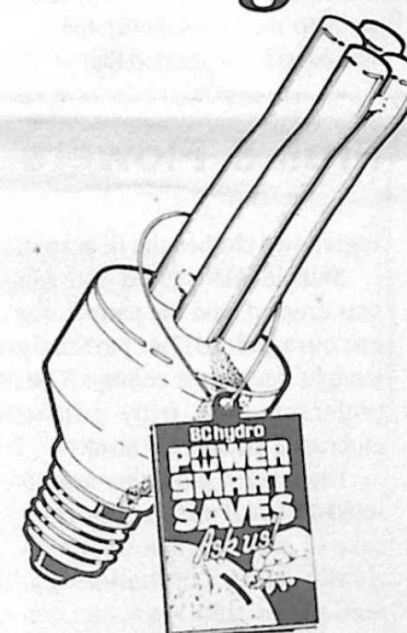
UPCOMING EVENTS:

Sunday, 19 April - Mens/Ladies Early Bird
Sunday, 3 May - Mens/Ladies President's Cup.

Sign up in the Pro Shop.
Our congratulations to Shirley Shearer, who captured an Eagle on the #2 - Par 4 hole. Not an easy

feat by any means. Shirley's drive of 165 yards allowed her to use a 9-wood into the green, with the ball coming to rest against the flag stick. As Shirley and her group were approaching the green, just enough wind came up to slightly move the flag stick and the ball dropped into the cup. Well done, Shirley.

Costs less. Lasts longer. What a Bright idea!



Switching from regular bulbs to compact fluorescents is a brilliant thing to do. Especially for lights in hard-to-reach places or lamps you leave on for four hours or more at a time. Compacts use 75% less energy to give the same amount of

light (so you save on your energy bill) and last up to ten times longer. But your pocketbook isn't all that benefits. The environment does too. *And that's just the start of being Power Smart.*

Here's How

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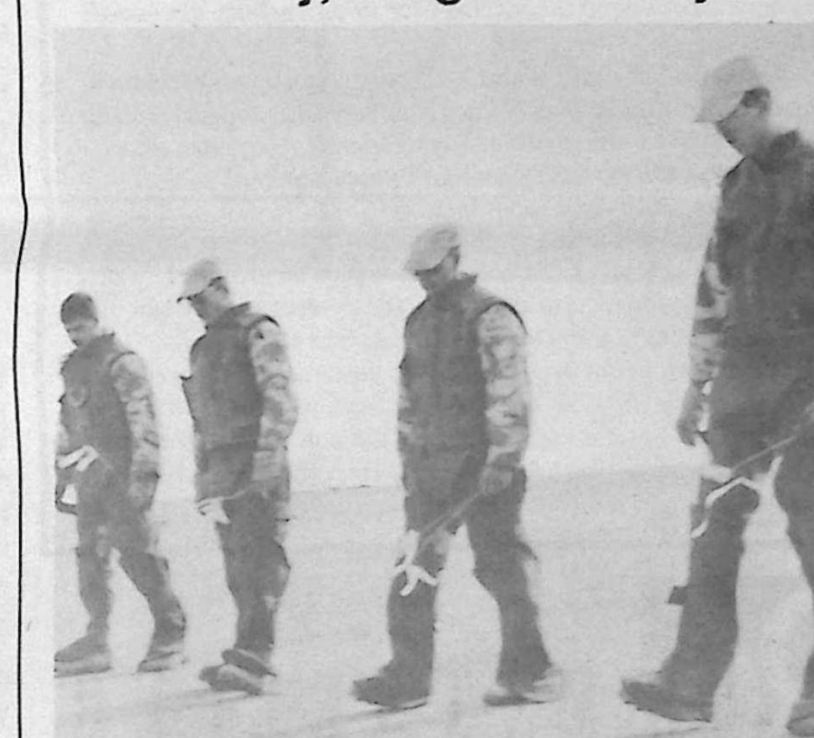
On & Off the Base

Regionals Silver for Comox Men



Our men's team achieved silver in the '92 Regionals at Chilliwack. L-R Sgt Dave Staples, WO Lloyd Reidlinger, Sgt Rick Urban and Skip WO Fred Mason.

Dusty, dangerous duty



Sappers from the 59th Field Squadron, 5 Combat Engineer Regiment, Valcartier, Que., keep their eyes on the ground as they search for land mines and other explosives in the Kuwaiti desert.

For six months, the 90-member unit has been part of the United Nations Iraq-Kuwait Observation Mission. Their job: to clear a stretch of arid land -- running the 240km length of the Kuwait-Iraq border -- of ordnance left from Iraq's August 1990 invasion of Kuwait and the resulting Gulf War.

Clearing the area of hazards such as artillery shells, rockets, bombs, grenades, and the seemingly ubiquitous land mine is risky business but essential to the profession of peacekeeping. What the Canadian soldiers have done (300 members of CFB Chilliwack's 1 Combat Engineer Regiment served for six months before SCER's 59th Fd Sqn rotated in last fall) is to provide safe passage to UN monitors who patrol the border in an effort to maintain the peace.

Dressed for the dangerous job, the foursome shown here is wearing heavy boots with thick soles and protective pants and vests as its members slowly walk across the desert with prods. They return home to Quebec this month (March).

CF photo by Warrant Officer John Blouin ISC92-076.

Giant Lions Bingo

Sunday May 3, 1992

at the Florence Filberg Centre, Courtenay

JACKPOTS: 1st: \$500.

2nd \$1000

Doors Open at noon, early bird games at 1.30 pm. No drop-ins. Free coffee. All proceeds to Comox Valley Child Development Centre.

TAC Transport Chopper Co. Selected

Bell Helicopter Textron Canada Ltd., of Mirabel, Que., has been selected to provide up to 100 utility tactical transport helicopters to the Department of National Defence. The total project cost for this acquisition is estimated at about \$1 billion.

The defence policy of September 1991 reaffirmed the importance of the Canadian Forces being equipped to take on demanding national and international tasks. The Bell 412 will provide the Canadian Forces with

a modern helicopter capable of fulfilling many important roles. Furthermore, it will avoid significant upgrade costs and introduce improved efficiencies of common training, support and operation of a single fleet.

Tasks for the new utility helicopters will include base rescue flight duties, inland search and rescue, support to special emergency response teams (SERT), peacekeeping operations, medical evacuation and utility lift and transport of troops

and equipment.

The Bell 412 is currently in production and requires minor equipment additions necessary for military operations. Acquisition of an off-the-shelf commercial helicopter will ensure that in-service support can be provided in an economic manner.

It is expected that successful negotiations with Bell will result in a contract later this year. Helicopter deliveries will begin in 1994 and will be completed by 1997.

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.

B.C.'S SECRET WEAPON

AGAINST DRINKING DRIVERS

Provide police with car type/colour, licence, location and direction it was going.

DRINKING DRIVING COUNTERATTACK

Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

Outsmarting Ticks

Spring and summer are the seasons for ticks. A tick bite may cause no harm, but the potential is always present, as nurses know. If you understand ticks and their capacity to cause infection, you may be able to avoid serious consequences.

Ticks are very tiny slow-moving insects that feed on the blood of animals and humans. In the spring, their eggs hatch in the ground and the larvae climb into tall grasses and bushes where they wait for an animal or human host. When an animal or person passes through the area the tick falls into the animal's hair or a person's hair or clothing and crawls onto his skin to feed.

Ticks bites are not usually painful. However, infectious organisms borne in the saliva of the insect can cause problems. Different ticks carry different infections. In B.C., Rocky Mountain Spotted Fever, encephalitis and other fevers have been reported as a result of tick bites. Another tick, the deer tick, is capable of carrying the spirochete that causes Lyme Disease. In B.C., there have been three reported cases believed to be Lyme Disease.

The first important move, according to nurses, is to avoid unnecessary exposure. Ticks are most prevalent between April and September, so if you are in tall grasses or woodland areas at that time choose light-colored clothing as it is easier to see if any ticks are present. Wear a hat and a long-sleeved shirt that fits closely around the neck and wrists and tuck your pants into your socks. Good shoes are preferable to sandals. Apply repellent to your clothing and after being out, check your clothes and body carefully for any signs of ticks.

Ticks burrow their heads under the skin to draw blood from their host and their hind parts will appear as a blue grey bump when feeding. They can drop off after a feeding. However, it is wise to remove them due to the potential for infection from the insect's saliva.

Grasp the tick firmly with a small pair of thin tipped tweezers as close to the skin as possible and pull it steadily upward without jerking it. Do not use a hot match or nail polish or any other strategy to smother or kill the tick as you may prompt it to inject more saliva into the skin. Once the insect is removed, disinfect the area with an antiseptic such as rubbing alcohol.

Save the tick in a jar, if possible, so it can be identified. Watch the bite area for redness or itching and contact your doctor if a reaction develops. Early treatment is the most effective.

Check your pets if they have been in the same areas as you. They can also pick up ticks and transfer them to you, or be bitten themselves. Outsmarting ticks is not difficult. Remember when, where and what to watch for, take simple precautions and treat bites carefully.

BC BESTSELLER LIST

April 7, 1992

Fiction

- | | |
|--------------------------------|-------------------------|
| 1 The Elf Queen of Shannara | Terry Brooks |
| 2 The Road to Omaha | Robert Ludlum |
| 3 Such a Long Journey | Rohinton Mistry |
| 4 Generation X | Douglas Coupland |
| 5 Griffin and Sabine | Nick Bantock |
| 6 Itsuka | Joy Kogawa |
| 7 The Wastelands: Dark Tower 3 | Stephen King |
| 8 Burden of Desire | Robert MacNeil |
| 9 Famished Road | Ben Okri |
| 10 Star Trek Probe | Margaret Wander Bonanno |

Non-Fiction

- | | |
|-------------------------------------|---------------------|
| 1 Revolution From Within | Gloria Steinem |
| 2 Oh Canada! Oh Quebec! | Mordecai Richler |
| 3 Stolen Continents | Ronald Wright |
| 4 A Return To Love | Marianne Williamson |
| 5 The Betrayal of Canada | Mel Hurtig |
| 6 The Wealthy Barber | David Chilton |
| 7 Wealth Without Risk for Canadians | Charles J. Givens |
| 8 Backlash | Susan Faludi |
| 9 The New Canada | Preston Manning |
| 10 Iron John: A Book About Men | Robert Bly |

info health

Dr. Bob Young



Use it or lose it

"Use it or lose it" may be good advice in some circumstances, but not in the medicare arena. In fact what is seen by some as being excessive use of our health care system is threatening its very existence. High demand for services would spell success for a commercial enterprise - but puts a tremendous strain on publicly funded medicare.

"Utilization" is the operative word here, and it is a word that doctors are beginning to detect. A utilization factor is crafted into doctors' fee settlements with governments, and if the cost of services provided exceeds the negotiated prediction the doctors must repay part or all of the over-run.

Negotiations produce a global budget or fixed dollar amount for medical care each year. Governments have little interest in in-

dividual fees for services, lab tests, or x-rays. A payback is triggered if the global budget is exceeded.

Utilization increases when patients' need (or demand) for care rises, when doctors overservice their patients by having them back too often, and when large numbers of costly high-tech tests and procedures are done. Many doctors feel pressure to order extra tests for legal, rather than medical, reasons. A complete 'investigative trail' may avert or help win a lawsuit.

When work has been done and a fee has been earned it is upsetting to have to pay some of it back. Physicians are getting tired of doing this each year, particularly when the number of dollars withheld to cover the refund seems to match whatever fee increase has been granted that year.

Fruit & Flowers

Fruit and flowers for the favored hotel guest; soap and towel for the visiting doctor. While I occasionally receive the nice welcoming touch from a hotel, it is rare indeed to command the attention of earlier days when making a medical house-call.

Making a major occasion of the physician's visit to the home was a fast-fading tradition when I began practice many years ago. A few patients retain it. They are usually little old ladies, often spinsters, and likely as not, of United Kingdom origin.

They, I am sure, were trained in the etiquette of greeting the almighty doctor by their mothers. The routine was fairly standard.

First, the house was thoroughly cleaned - certainly all the rooms that the doctor might possibly see. The sick room was dusted, the best sheets (sometimes, I swear, starched ones) were used on the patient's bed. New or nearly new pajamas or

nightgown clothed the ill person.

Stubble was shaved and hair was dressed, and the patient was encouraged to lie perfectly straight, facing the ceiling. One, preferably two, frilly pillows embraced the fevered head.

The revered physician was offered a bowl of warm water, a new cake of soap, and a towel on arrival. The examination was meticulous and slow, accompanied by clicking tongue, learned head nodding, and other necessary bits of bedside manner.

The patient was then abandoned, sheets and attire barely ruffled, while a family conference was held in the parlor. But not before a fresh bowl of water and (in better homes) a brand new cake of soap and an unused towel were offered.

The doctor would discuss the status of the patient, with dashes of optimism and, to cover himself, touches of gloom. Nursing instruction would be given to family members or, even better, to

the nurse employed for the job. Admittedly some overservicing does occur. It is perhaps inevitable in a system that provides free visits for all. But most doctors are too busy to engage in this type of behaviour, and there are internal mechanisms to identify the black sheep.

The public cannot be blamed. People want good care and have been programmed to check out every sniffle and sprain. The peace of mind generated by a visit to the doctor is comforting - and free. It is a rare patient that has any idea of (or indeed, desire to know) the cost of the medical service they have received.

But the doctors do know the value of their toil and some are near revolt over the monetary devaluation of their knowledge and skill that is required to subsidize the overutilization monster.

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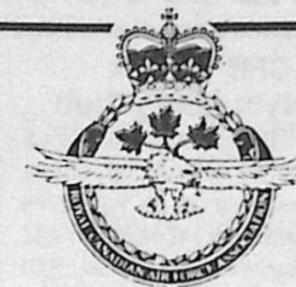
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On & Off the Base



New Digs for 888 Wing

A dream became reality on the 29th of March when Mr. Peter Koch of Kelowna, President of Pacific Group RCAFA, but the blue ribbon to officially open the new 888 (Komox) Wing building. An open house which was very well attended was held from 2 p.m. to 6 p.m. Approximately 300 members and visitors toured the complex which includes the lounge and the almost completed Air Cadet training and administration facilities. Out of town visitors included Mr. Hal Loeppky, Regional Director, Pacific RCAFA, along with his wife, and Mrs. Bud Hall of Victoria. Col. McGee and his wife Donna also attended the opening.

Triple Eight Wing was formed on March 1, 1979, and received its charter in June, 1979. Until the former Bank of Commerce building located near the base was purchased, meetings were held in the Comox Legion and/or Dusty's Den. The renovated bank building served as the "Hangar" from 1981 until the present. The building may not have been adequate to our needs but we had the best "Booze Lockup" in the area. The bank vault came with the building and served its purpose well.

Our new facilities would not have been possible without the help of approximately 65 volunteer workers who spent about 40,000 hours on the project. This included dismantling two Steelco buildings at CFS Holberg, transporting them to Comox and re-assembling the "Meccano Set-like" buildings on site. Other than the excavations, foundations and the heating and other specialty installations, all construction on the new lounge was provided by the volunteers.

Wing members can be proud of their accomplishment. Over a period of twelve years funds were generated from membership dues, bar profits and various so-

cial functions. A "GO BC" grant helped cover part of the costs of the Air Cadet Squadron facilities. It is to be noted the Wing's primary function is to sponsor and support 386 (Comox) Air Cadet Squadron.

Membership in the Association is open to all ex-RCAF and CAF personnel, serving CAF members and those interested in promoting aviation in Canada. Anyone interested in becoming members should call 339-0888 or drop in to the lounge at 2289 Little River Road.

Hours of operation are:
Thursday 11 a.m. to 6 p.m.
(later on AFIS nights)
Friday 11 a.m. to 1 a.m.
Saturday 11 a.m. to 1 a.m.
Sunday 1 p.m. to 7 p.m.

Closing the "Hangar"

888 KOMOX WING
Royal Canadian Air Force Association
Lounge



President Stu Living of 888 (Komox) Wing RCAFA lowers the flag on the "Hangar" for the last time.

"I declare 888 Wing open."



Mr. Peter Koch, President Pacific Group RCAFA, cuts the ribbon to officially open 888 Wing's new lounge. Assisting are 1st Vice Bill Shields (L) and President Stu Living.

"Nice Place Stu"



BComd Col. and Mrs. McGee visited the lounge (with 888 Pres. Stu Living).

NEXT DEADLINE 27 APRIL 92

DRINKING DRIVING COUNTERATTACK
POLICE ROADCHECKS...

"Can Mr. Smith call you back? He's chairing an important meeting..."

Make your move.
There is more than one way to be a chairperson. Get up and stretch between calls so you won't become part of the furniture!

PARTICIPATION

BREAKfree

Public Announcements

Dependant Use of Base Gym Facilities

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

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.

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.

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.

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.

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 at 339-3213.

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.

Aerobics

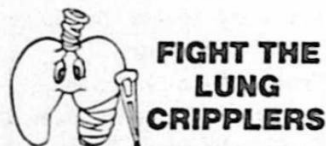
Co-Ed Aerobics are available at the Base Gym aerobic room Mon thru Fri 1130-1215 hrs. For further info contact Karen loc 8442 or Brenda loc 8295.

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.

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.



BCYCNA
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NEWSPAPERS
ASSOCIATION

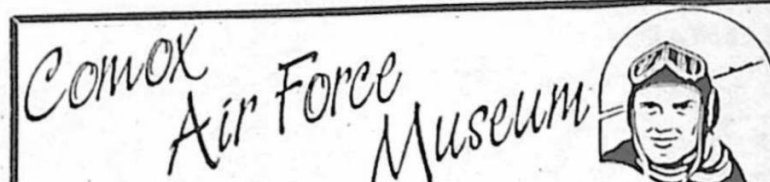
CFB Comox Bodybuilding Club

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.



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ANNOUNCEMENTS

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BOATS

FLOATING BOAT SHOW '92. Port Sidney Marina, Sidney, B.C. April 23-26; 10 a.m. - 8 p.m. Shuttle bus from Swartz Bay Ferry. New and Brokerage boats!

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.

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REAL ESTATE CAREER OPPORTUNITY. Protected franchise areas available in B.C. Complete set up and training. No real estate license required. National Home Owner Marketing (604)837-4960.

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...WANTED! Individuals who enjoy PEOPLE, FASHION and SELF-EMPLOYMENT! Call Balance Fashions and discover an exciting home-based, direct-sales opportunity selling our fabulous cotton casual-wear! Minimal investment. Huge profits. 1-800-565-5600!

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Owner retiring, very busy 1-hour photo retail outlet for sale. Too many goodies to list. Astal \$99,500. Monday - Saturday, 9-5. 746-4333. Serious inquiries only.

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DRUGRAID SEIZURES! Buy dirt cheap! Cars, houses, boats, computers, more... direct from U.S./Canadian government! FREE REPORT: Seizures, Dept. bc2, #150-1857 West 4th Avenue, Vancouver, BC V6J 1M4.

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SMOKERS Grew your own. Over 100 government certified seeds. Instructions included \$5.50 + 1.50 S&H to: S & S Enterprises, Box 52090, Edmonton Trail P.O., Calgary, Alta. T2E 8K9.

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HANDLE STRESS. GAIN CONTROL OVER THE REACTIVE MIND! It starts with this book Dianetics: The Modern Science of Mental Health by L. Ron Hubbard. \$7.50. To order call (604)581-0319. Visa/MC accepted. Hubbard Dianetics Foundation, 401 West Hastings Street, Vancouver V6B 1L5.

GARDENING

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ADD A LITTLE SPICE! College Roommates - Cindy, Lisa, Diane and Jennifer - have exciting personal photos of themselves for sale. For discreet info, write SPICE, Box 670-GB, Kelowna, B.C. V1Y 7P4. Adults only please!

STOP!!! SINGLE? SEARCHING for someone special? Try our Mail Order Dating Service! Reasonable fees, confidential. For FREE DETAILS, write: P.O. Box 2222 Kelowna, B.C. V1X 4K6.

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Rancher, logger or dairy, 459 deeded, 200 cleared, modern buildings 4/parcels. Peaceful, private, springs and creek. 135 head lease, Est. 347 loads of logs, 1/3 cedar. Listed at \$598,000. Terms call H. Desnoyer. Tradeland Realty 545-5325, pager 1-977-0754, fax 545-4873.

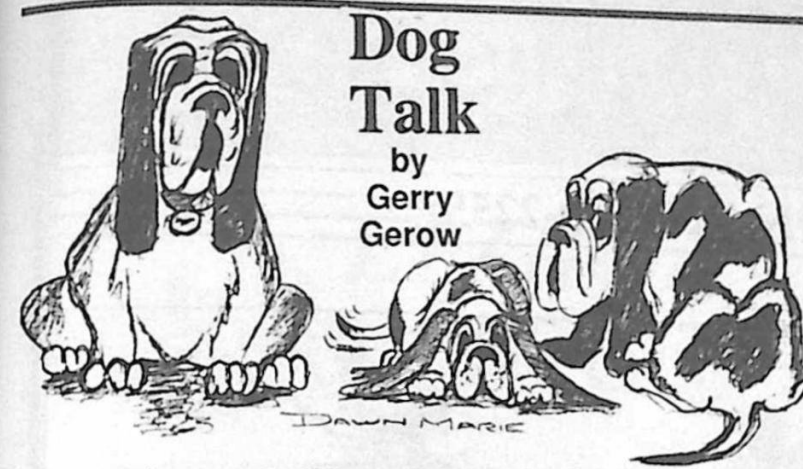
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Some time ago, I told you about a book titled Everyday Dog. This week's book is a companion book to it. Everyday Cat, by Mary Pyles, Howell Book House and Maxwell MacMillan, Don Mills, Ont. \$24.95.

This is an all purpose book which every cat owner should have for reference purposes. Everything you should know about caring for your cat is here in carefully detailed explanation.

I particularly enjoyed the section on the various breeds of house cats, especially the rare ones such as the Abyssinians, Egyptian Mau, Japanese Bobtail, Siamese, Birman, Maine Coon Cat, and others.

This is a 207-page hard cover edition which is well illustrated with over 100 photographs. If a cat owner can only own one book about cats, this should be it. It came out last year and should be on the book store shelves, but you

can order it from the publishers if you can't find it.

Spring has arrived and with it, once again we see a lot of dogs riding around in the back of pickup trucks. Every time I see this I get just a little upset about the lack of thought on the part of the dog's owner. Would the owner ride around at highway speeds in a vehicle without a windshield, or at least without some sort of facial protection? Of course they wouldn't. If they did someone might suggest they go to visit a psychiatrist. Why? Flying stones and debris. And yet these same well meaning persons will expose their pets to this hazard. For a few dollars in almost any pet store they can purchase a crate to keep their pet safe from harm, if it is necessary to take it in the back of the truck.

Usually, of course, it isn't. Sure, the puppy will make a big

Dogs & Trucks

Don't Mix

to-do about coming with you when you leave, but it is mainly force of habit, and he really is hoping to go for some exercise, not a ride downtown to pick up something at a store, and then back home. Leave him/her at home. They will be happier there. Of course if you're going hunting and need your dog, that is different. Most hunters I know, and I know quite a few, always put their dogs inside a truck camper, in the cab with them, or in a crate if the truck is open and there is no room in the cab. Don't be a schmuck. Protect your pet.

One other bad habit is to tie the animal to the vehicle while you are away. It is all too easy to forget them when you come back. Many a tragedy has resulted from this, and numerous near misses. And if you leave them in the car or truck cab, especially in the summer time, it can become unbearably hot. A pet belongs in the home and that is where he/she should stay, unless there is some valid reason to take them with you.

Intersection Fastball Meeting

There will be a second meeting for Intersection Fastball Teams 21 Apr 92 at 1300 hrs in the Base Gym Conference Room. Team representatives, umpires and committee members are urged to attend.

Team lists should be brought to the meeting if possible. For more information contact Cpl Carr at the Base Gym, local 8315.

Blue Devils Swim Club

The CRA Blue Devils Swim Club in one of the Comox Valley's most respected and well established sporting clubs. For 43 years, the club has provided thousands of youths with fitness, friendship, competition and enjoyment.

REGISTRATION

When: Saturday, 25 Apr 92
Time: 2:30 - 4:30 p.m. (during Public Swim)

Where: Comox Valley Sports Centre foyer

Please bring your birth certificate with you. For more info, please call Pat Baker at 334-0609 or Janice Nicklin 339-2688.



On the Base

Letter to Gerry

A Reader Writes:

Sir:

I feel I must respond to statements made in the article "Dog Talk," by Gerry Gerow.

Mr. Gerow commented that dogs can be positioned to hide flaws. This is true; however, it is also noteworthy to mention that even a dog with excellent conformation can look mediocre if not positioned properly. While the dog is standing still it may look very good, but the moment it starts to move any weaknesses or strengths will become apparent to the judge. The judges are not fooled by tricks the handlers may use; they more than likely know them all and a couple more besides.

Mr. Gerow also stated that in Canada, dogs are not judged against a breed standard, but rather against each other. This is not so. More than one dog may be in the ring at the same time, but they are not competing against each other; they are competing against breed standard. The dog

that the judge decides comes closest to the description in the standard wins. How could a judge compare the movement of a mastiff to that of a Yorkshire terrier? It would be like comparing apples and oranges. Sure, they're all fruit but where do you go from there?

With regards to Mr. Gerow's comment that "Championships can literally be bought," I must state that in order to win points towards a championship you must defeat other dogs. It is not a matter of show up and automatically win a point. In some breeds, where the dogs are all very high quality, it can be a long trip to a championship title.

Lastly, I can't help but wonder if this is a case of sour grapes on Mr. Gerow's part. Would his comments have been different if his dog had placed better in the last two matches?

Sincerely,
N.A. Himsl

Gerry responds:

Sounds like I struck a nerve. Certainly dogs are judged against the breed standard and the one that comes closest wins. However, every dog in the ring can be only mediocre and one will still get points. The writer may or may not know that the dog that defeated mine in the last two matches is a half sister. Both these pups will be shown in some Island shows this year and one or the other will get points each time, assuming, as is likely, that they will be the only ones of their breed present.

Granted that in breeds such as the German shepherd, cocker spaniel, golden retriever, etc,

where numbers are greater, it is much harder to win. However there are other breeds where you only have to own two, to get one a championship, simply by showing up and paying your money. Experienced people ignore the title champion and look for group wins and "best of shows" which are significant. Yes, I know judges can withhold points but have you ever seen it done? And, no, it's not sour grapes. See you in Mill Bay, all three days, where Candi and Heidi are going to win big. Thanks for writing and please write again.

Gerry

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

COMOX RECREATION COMMISSION

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

IT'S A "LARK IN THE PARK" (Anderton Park)

On any given day Anderton Park is a beehive of activity. Situated at the corner of Balmoral and Stewart Avenues in Comox, quite conveniently behind the Comox Mall, it has become the place to go.....the place to be!

The Park has something to offer for all ages and interests, from tiny tots to tennis teams.

If you have active pre-schoolers who need to let off some steam, drop by the Park where you and your little one will find new friends and fun. The variety of playground equipment is inviting to all ages.

Teens also find this Park a convenient place to meet with friends, just to hang out or to

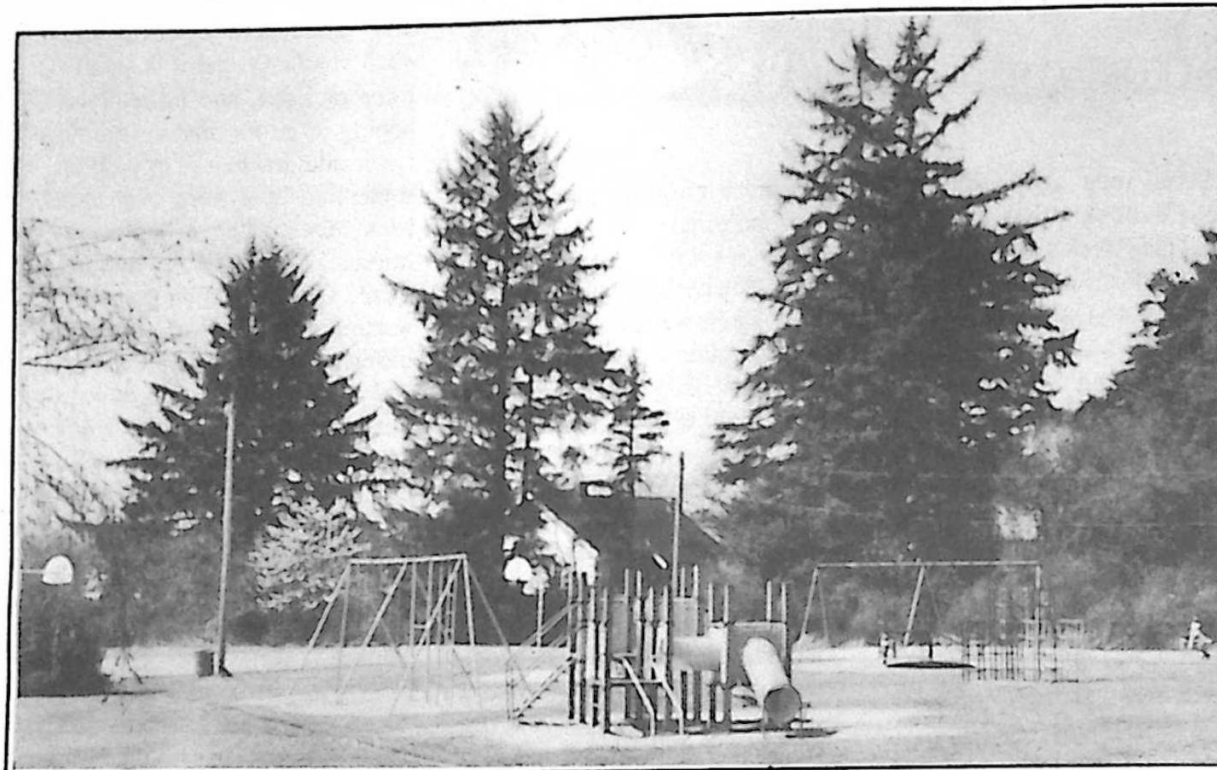
dribble and dunk around on the basketball court.

Everyone appreciates the finest tennis courts at Anderton Park and the Seniors are often on the courts at the break of day.

A variety of recreation programs are operated from this park. "Lark in the Park" is a popular program soon to be returning this Spring.

Ages: Parents & Tots
Day: Thursday
Time: 9:30 - 11:30 am
Date: May 7 - June 25
Fee: \$1.00 drop in/child/

A variety of games, crafts and fun in the fresh air and SUN.



Comox Recreation Employment Opportunity

ANDERTON PARK COORDINATOR

A temporary full-time position is available for an energetic, enthusiastic individual to promote and conduct activities at Comox's Anderton Park. A recreational background with tennis expertise is required. Employment would be based on a 35 hour work week from May 4 - September 4, 1992 with an hourly wage of \$7.00 to \$10.00 per hour based on qualifications and experience.

Resume applications should be directed to Comox Recreation, 1855 Noel Ave., Comox, B.C. V9N 4X4. For further information contact Patti Fletcher at 339-2255. Application deadline is April 29, 1992.

ONE NIGHT AFFAIRS

All courses are held on Wednesday evenings from 7:00 - 9:00 p.m. Please pre-register now or these fantastic programs may be cancelled. Only \$6.00/person for a wealth of information.

903 HANGING BASKETS April 22

Register now for this colorful course. Techniques and tips are offered in this course, so that you may build the most beautiful and bountiful baskets. Planters, pots and moss baskets will be shown.

904 SUSHI April 29

Now here's some food for thought. Learn to make basic sushi, a quick and easy, nutritional meal.

905 DRIED FLOWER ARRANGING May 6



Learn the art of dried flower arranging now. Know what to grow this summer in your garden, and how to enjoy it for ever more.

906 ALL ABOUT KAYAKS May 13

Comox Valley Kayaks has all the information you need to enjoy the experience of kayaking. A boat load of knowledge is afloat.

KARATE

The Comox Valley Karate Club operates through the Comox Recreation Commission. This self-defense fitness and cultural art form has been operating in the Comox Valley since 1979 under the direction of Sensei Peter Hilhorst.

This Japanese based form of martial art incorporates a variety of blocks, punches, stances and kicks in the Shito Ryu Itosu-Kai Karate style.

Karate is a martial art strictly governed by the codes and principles of courtesy, benevolence, and spiritual understanding. It is the belief of all who practice karate that "fists are not meant for killing, but giving life to everyone".

If you or your youngster are interested in knowing more

about Karate please contact Comox Recreation at 339-2255 or Peter Hilhorst 339-2337.

The Comox Karate Club will be starting their Spring session on Monday, April 27; new members are welcome.

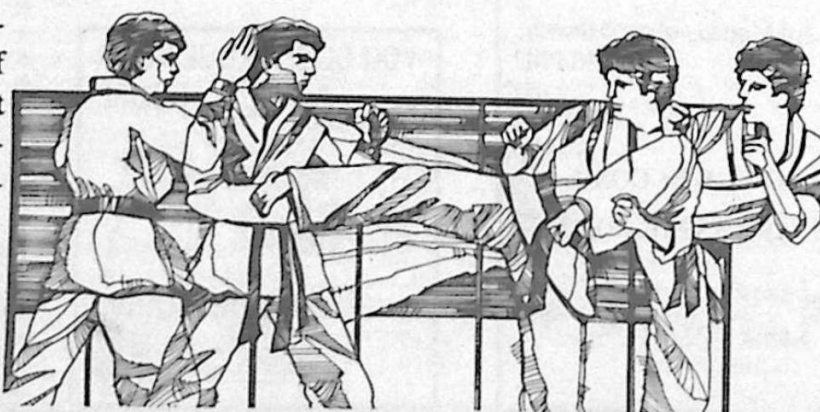
SR. KARATE 15 yrs. +

Mon. & Wed.
April 27 - June 24
7:30 - 9:30 pm
\$65.00
Brooklyn Elem. School

JR. KARATE 8 - 14 yrs.

Mon. & Wed.
April 27 - June 24
6:00 - 7:15 pm
\$55.00

Brooklyn Elem. School



On & Off the Base



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

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

Sunday April 26 Jazz Band in Lounge 3:30 - 6:30

SPORTS

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

BRANCH 160 COMOX
339- 2022

ENTERTAINMENT

Not received by press time

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

General Meeting Change:.....to April 23, for April Only.

SUNDAY APR 26....."SPECTRUM" AFTERNOON

SPORTS

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

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SUN 11:00AM-5:00PM

EXPRESSMART

DAILY- 7:00AM-10:00PM

GAS BAR

DAILY- 7:00AM-10:00PM

7 HANGER CANTEEN

MON-FRI 8:00AM-2:30PM

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INFO 8720

Comox Valley Writers

Comox Valley writers are invited to take part in a workshop sponsored by the Comox Valley Writer's Club on May 2, 1992 at North Island College from 10 a.m. to 4 p.m.

The scheduled speaker is West Coast children's author Joan Skogan, whose first two books are promoted by Raincoast Publishers and whose newest book, published by Harper Collins, is due out at the end of April.

There will be an informal session with Ann Featherstone, the children's editor with Orca Publishers, Victoria.

Featherstone will conduct the afternoon's seminar with the emphasis on what she as editor looks for in a manuscript as well as her commentary on the general needs of Canadian publishers today.

The registration fee is \$5. Registered participants are reminded to bring their own bag lunch. Tickets will be at the door but reservations are suggested as seating is limited. For reservations call: Vera Jensen 339-3578; Holly Warren 337-8483; or Sharon Brisebois 335-2251.

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The Dangers of Drugs

Drug use in the CF (Canadian Forces) has become a major concern during the past few years. In the past, people were not considered part of the group unless they had a drink at a party. Now, it is not uncommon to be offered a "toke" (common term for use of a marijuana cigarette) during a party. To refuse is of course to be anti-social and studies revealed that most drug abuse begins with the first "toke" at a party.

The term drug includes any substance that increases or retards the activity of the body part that they affect. According to this definition, alcohol, cigarettes, cough syrup, aspirin, coffee, barbiturates, LSD, marijuana and heroin are drugs. While some of these drugs are socially acceptable, others are against the law. All drugs have a greater or lesser

effect on the body and their use can be habit-forming.

The use of any drug has an influence on the individual's body and a psychological effect on his/her mind. For this reason, some drugs are used by some people to relieve physical pain, or as support when the individual is not feeling particularly "up" for a task. Clearly, the use of some drugs can be either helpful or harmful, depending on the reason for their use and the situation.

The effects of drugs on a person are unpredictable. Each individual has his/her own level of acceptance for a drug. For example, some people are helped by penicillin while others are allergic and can suffer death. One person can drink a cup of coffee and have no reaction; another who drinks the same amount might

stay awake all night.

Notwithstanding the increasing use of drugs and the changing attitudes of society toward drugs, CF policy remains that any involvement with drugs, prohibited substances or drug-related paraphernalia will not be tolerated by a member of the Canadian Forces. A member who has reason to believe that any other member of the CF has committed an offence under the Narcotic Control Act or the Food and Drug Act of the Criminal Code of Canada shall report the matter to his/her superior officer immediately.

Needless to say, we were all born to be free of drugs; no one forced us to be an addict or drug offender. Bottom line: "Say no to drugs."

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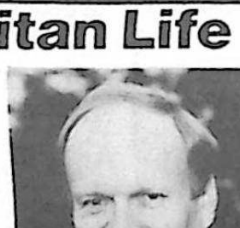
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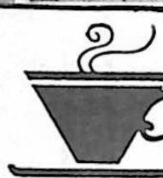
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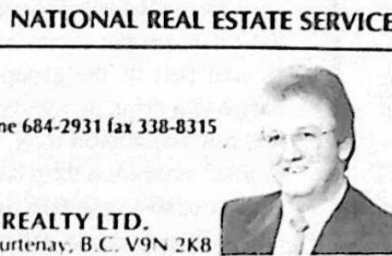
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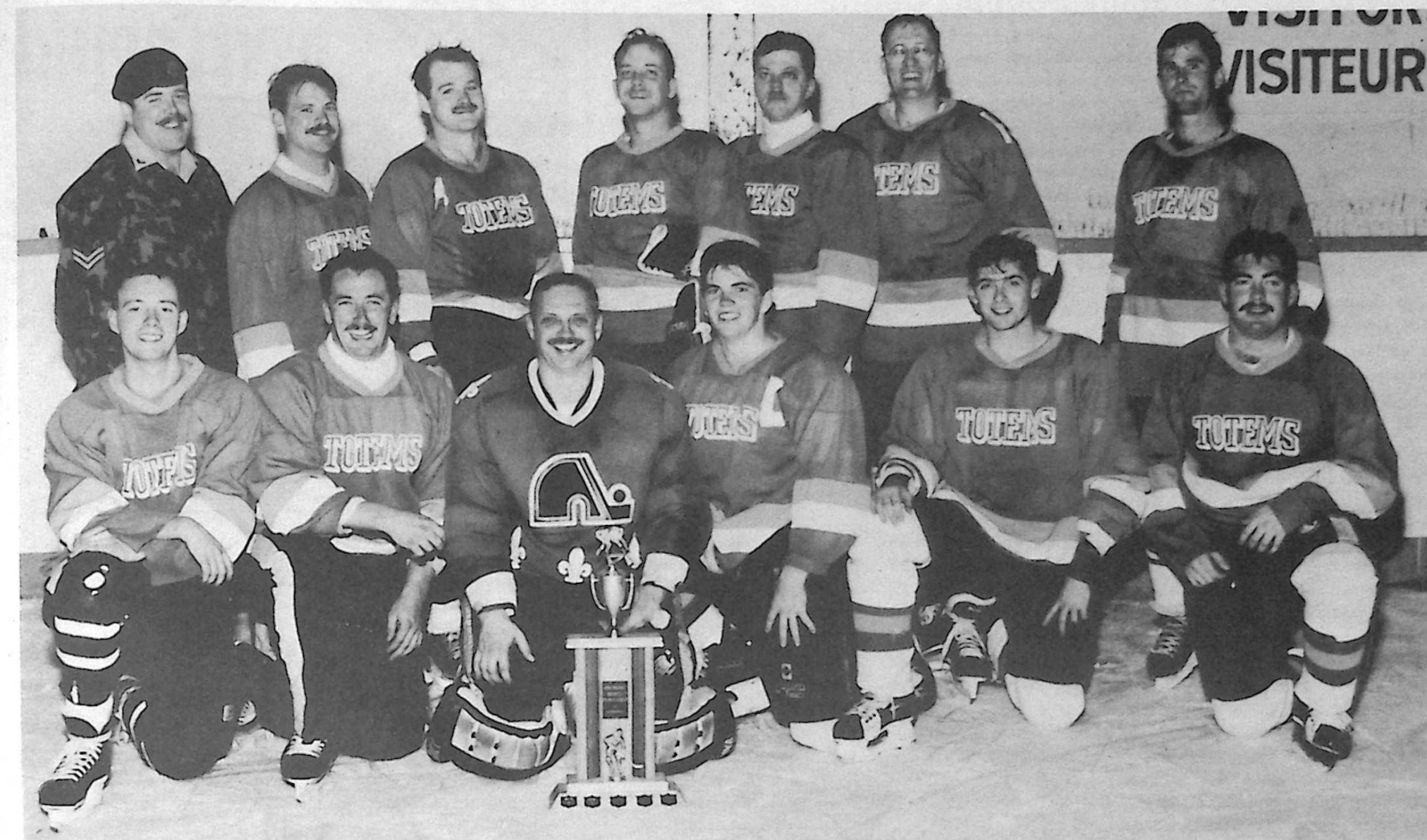
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On the Base

Commander's Cup Hockey Champions 1992



L to R (Back Row) Jay "Boog" MacDonald, Bill Bailey, Dean Cole, Drew Deics, Barry Hewer, Jake "Pete" Plante, Dave "Stumpy" Rothermund

L to R (Front Row) Patrick "Big" Daillaire, Bruno Bouliane, Bill Fisher, Paul Kavanaugh, Scott Letendre, Gregg Carr

Bulletin Board

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

FOR SALE by owner four
bedroom 1915 sq ft house in
Comox, on quiet street, close to
schools and Base. Full basement,
family room with wood stove,
large sundeck over carport,
fenced landscaped yard and
double width driveway. Pos-
session 1 June 92. Contact Nor-
mand 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

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.

Janitorial Services Contract

A new contract will be let ef-
fective 1 May 92 for janitorial
services to the Glacier Greens
Golf Course (GGGC) complex.

Details of contract require-
ments may be picked up at GGGC
Pro Shop between 8 a.m. and 6
p.m. daily.

Sealed bids must be delivered
to GGGC Pro Shop no later than
12 p.m. 23 Apr 92. The successful
bidder only will be notified on 24
Apr 92.

FOR SALE - 14' Mirrocraft
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Commander's Cup Hockey Champions '92

A BSUpO sponsored team cap-
tured the Base Commander's Cup
for 1992.

This year's event saw 9 teams
enter a two division round robin
tournament. Teams entered were
from CE, VU33, Base Arm't, BAMS
O, BSUp, Ops, 442 Sqn, BTNO and
407 Sqn. The hard fought play in
each division resulted in 442 Sqn (A
Div) and BSUp (B Div) in the semi-
finals. A fast skating, close game
saw BSUp come out on top 4 to 1. In
the other semi-final, BAMS O de-
feated CE/Firehall 4 to 0. So the
final was set; at 1600 hrs 26 Mar 92,
BAMS O squared off against Base
Supply. BAMS O opened the scoring
at the 7:16 mark of the first period,
Grant from Hutchins, which was the
only scoring done in that period. The
second period, Supply embraced in
the excitement of the win. Paul
Kavanaugh and Dave Rothermund
embraced in the excitement of the
win. Paul Kavanaugh, the team
owner, was quoted as saying, "Howie
Mecker is still my idol."

second, big Patrick Daillaire
boomed one in from the point on
a pass from Dean Cole and Jake
Plante. In the third, BAMS O tied
it up when the Spud King, Al Ar-
senault, walked in all alone with
a lead pass from Wayne Marsh to
pop one in on Bill Fisher. Then at
the 7:04 mark of the third, Jake
Plante on a lead pass from Barry
Hewer, fed Drew Deics who
blistered a shot in the top corner
past Guy Champagne. Then
Supply sewed it all up at the 0:20
mark when Barry Hewer made a
fine defensive move in front of
Supply's net, Dave Rothermund
picked up the puck and fed Greg
Carr, who went in all alone on an
empty net to finish the game with
a score of 4 to 2.

Coach "Boog" MacDonald
and his assistant "Cecil" Mc-
Mahon (Mick-ma-hon) were seen
embracing in the excitement of
the win. Paul Kavanaugh, the
team owner, was quoted as saying,
"Howie Mecker is still my idol."

Buckle Up BC!
...non-belted occupants
have been killed in crashes
at speeds as low as 19 km/h.

NEXT DEADLINE 27 APR

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

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.

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.

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.

We have a video, "Hugs & Kids," depicting positive parenting strategies; and audio tapes, "How to Talk so Kids Will Listen" and "Siblings Without Rivalry." Please phone or drop in if you are interested in viewing or listening to these tapes.

Thank you to everyone of you who filled out our needs assessment.

We hope to arrange family picnics at Air Force Beach Pavilion in the near future. In the meantime, have a "Happy Easter."

Make your move.

PARTICIPATION

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).

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Obituary

Sgt. Dennis A. Grimster, CD, died suddenly of heart failure at National Defence Medical Centre, Ottawa, March 4, 1992. He was in his 50th year.

He enrolled in the RCAF in 1959, serving in many Canadian provinces, as well as UN Peacekeeping Duty El Arish, Egypt (115 ATU) 1963-64, and Ismailia, Egypt (116 ATU) 1979.

He also served with 444 (TAC Hel) Sqn., Canadian Forces Europe, 1983-1989, and was a member of CFB Ottawa (S) BAMEO at the time of his death.

He is survived by his wife, Barbara (CAF Sgt., retired) of Marionville, Ont.; his parents, Walter and Ellen Grimster of London, Ont.; brother Tim of

CFB North Bay, Ont.; brothers Phillip and Alan of London, Ont.; sisters Judith (Mrs. R. Sapelak) and Pamela (Mrs. P. Gilles) of London, Ont.

Services were held at Elizabeth Park Protestant Chapel, CFB Ottawa (S), on March 6th, with Padre C. Massey officiating; and at Needham's Funeral Home Chapel, London, Ont., on March 9th, Padre N. Shaw (CFB London) officiating. Interment in Forest Lawn Memorial Gardens, London, Ont.

Donations in Denny's memory may be made to the Ontario Lupus Association, #250 Bloor Street East, Suite #401, Toronto, Ont. M4W 3P2

CFB COMOX PMQ ASSOCIATION

EASTER ACTIVITIES

18 APRIL 1992

10:00AM AT AIRPORT SCHOOL
FOR ALL PMQ ASSOCIATION
MEMBERS

YOUR CHILDREN, FROM TODDLERS TO 12 YEARS
OLD, ARE INVITED TO PARTICIPATE IN THE
FOLLOWING EASTER ACTIVITIES:
BICYCLE DECORATING AND PARADE
COLOURING CONTEST
(PLEASE BRING YOUR CRAYONS)
EASTER EGG HUNT
AWARDS PRESENTATION

REMEMBER
START TIME
10:00AM



WE LOOK FORWARD TO SEEING YOU