



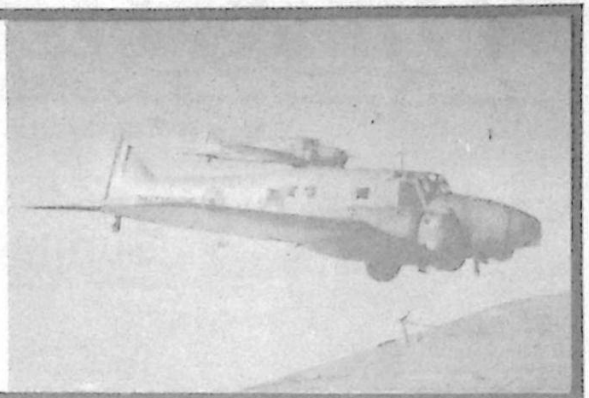
**Historic B17  
for  
Nanaimo**

....page 5

**The Midnight  
Run**

Hamish

....page 13



# TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 34 NO 9 APRIL 30 1992

NEXT DEADLINE MAY 11 1992

COST: PRICELESS

## DND Announces Depot Consolidation

OTTAWA -- The minister of National Defence recently announced that the Department of National Defence will consolidate its supply depot system at regional sites in Montreal and Edmonton. The cost saving measure will begin as early as this year.

DND will amalgamate Central and Eastern Region supply depots in Montreal and phase out operations in Toronto, Ottawa and Moncton. Edmonton will be responsible for the Western Region, where an extensive \$6 million modernization program is currently underway. These two measures will bring about savings

in operations and maintenance costs and 500 person years which together will result in \$35 million annually.

"This will allow the Canadian Forces to become more financially and operationally efficient and further illustrates this government's commitment to overall deficit reduction through rationalization of spending needs," said the minister. "This measure is fiscally responsible and militarily logical. It is also consistent with developments in private sector business practices. It takes advantage of many technological capabilities that are

continued on page 2

## Junior Prints



Military Policeman "Street-proofs" a moppet at the recent Parents & Tots meeting. This is one time Mom doesn't mind dirty paws.

**Happy Mothers Day!  
Enjoy a Day Off Mom!**



## Snow to Surf

### 2 Base Teams in Top Ten

The 1992 Snow to Surf was a great success for military teams with three finishing in the top ten, the big rivalry in Comox being between 442 SAR and the Island Honda Totems. The latter was comprised of 8 athletes from various base sections sponsored by Island Honda.

Dave Ward (BAMSO) led off for the Totems with the downhill ski, finishing 30 seconds behind the leaders, proving that running up and down the stairs in ski boots for a week wasn't so stupid after all.

After Dave's promising start he passed off to Simon Bell (407) who was our last minute asset of a cross country "runner" vice skier. At the post-race party in the line up for the washroom a few people were overheard recognizing the back of Simon's head. No need to say any more...

Gary Swyers (AMU) who we stole/borrowed from the Dental Section was the first of the

downhill runners. Gary, another asset, is known for his consistent fast miles and passed off to Carl Smith (407) whose long legs absorbed the awful downhill pounding of the last running leg and thankfully kept us within 10 minutes of the race leaders. The strength of the Totems being the cycling legs, we really hoped to pick up time on the SARs. But there was a heart stopping 6 minutes as mountain biker Jim Bratrud (407) watched the SAR mountain bike leave as he was staying warm riding the rollers he had brought. Once he was off the pavement and heading up the pipeline trail, Bratrud really started swallowing up riders, trying to get ahead of the potentially faster single track riders. Surprisingly, only one rider passed as Bratrud slowed for the log bridge with the "passer" ending up in the gully and Bratrud successfully crossing. Passing two more riders by going through

puddles instead of around them the armband was passed off to Simon Hutchins (BAMSO) our time trial specialist. The very fast road circuit and Hutchins' well rehearsed knowledge of the route enabled him to achieve 60 k/hr at one point for over 3 minutes. Riding one of his rides to date Hutchins had the 442 rider Duane Forth within his sights and two minutes at the canoe transition the mountain/road bike duo managed to bridge up 17 positions to seventh place, one behind the rival SAR team.

The Totems canoe team lead by Pat Landry (MSO) and strong man Mario Cloutier (Met. Section) gave a superhuman effort to catch the SAR canoe team led by wildman Don Peters.

Final result: 442, 6th overall. Island Honda Totems, 8th overall. Base Commander's Trophy: RRCM Victoria. Thanks to Island Honda for the support and see you next year 442.

# On & Off the Base



Chapel Chatter

## Summer Programme for 7 - 11s

BY PADRE BOB

I hope each of you had a Joy filled Easter, we certainly did! We met for our Good Friday service in the Chapel at 7 p.m., meeting again at 7 a.m. Sunday morning at Airforce Beach. Just over seventy met in the early morning with the sun having risen from behind the mountains to behind a narrow band of clouds and an eagle patrolled the area just before our service. Melanie played a portable keyboard helping those present join in the hymns joyfully. Following the service at the beach our little convoy moved off to the Junior Ranks Mess where the staff provided hot food for chilled bodies and smiles and chuckles all around. A very definite advantage to having outgrown our Annex's ability to hold our Easter Breakfast was to take advantage of the food available in the Mess. Thanks again to Lt. Pitcher, MWO Bisson and staff.

As Mums and Dads finished off their coffee the boys and girls went outside to play with a parachute. Mrs. V. Grant had many games to play and each time I looked out more and more of the children were hanging onto the edges or running underneath the parachute. By the time I got outside they were singing a song about making popcorn. The parachute, with bright panels of red, yellow, green and blue, was being waved gently and then they said 'pop' and three balls popped out of the centre of the parachute.

one yellow, one blue and one green.

At 1100 hrs. just over one hundred gathered back at the Chapel for our regular Easter Service. As we celebrated the Risen Lord, we were able to witness the Baptism of Elizabeth Barbara Rowlandson. Lee Burnham (ATC) and Sylvia and Art Rowlandson, the proud grandparents, acted as witnesses for Elizabeth.

This coming Sunday, 3 May, is Battle of Atlantic Sunday. The officers and cadets of Royal Canadian Sea Cadet Corps Port Augusta will join us parading their colours and providing a visual focal point for our Act of Remembrance, guarded by two cadets in the old 'square rig'. VAdm. (Ret'd) W.B. Hotsenpiller will be our senior Naval guest present as we commemorate the Battle of Atlantic and show our roots within Maritime Air Group with VU33 Squadron and 407 (Maritime Patrol) Squadron.

The Chapel Guild sponsored Parents and Tots group which meets each Friday morning in the Community Centre has been very active as well. Their continuing Friday morning programmes recently had the Military Police talking about 'Street Proofing' and making little identification kits. The little girl in the accompanying photo looks quite pleased that her hands are dirty

## Sunrise Service



Easter Sunrise Service, AirForce Beach, 0700 hours. Padre Baker presiding.

## More DND

continued from page 1

now available to us." This consolidation is taking place to bring warehousing requirements of the CF in line with anticipated needs of the Total Force. Recent changes in the international environment and pressures to reduce the federal deficit have also required a general scrutiny of the cost effectiveness of federal activities.

## St John Ambulance Volunteers

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

**NEXT DEADLINE 11 MAY**

## MUSEUM VISITORS



The North Island Chapter of the Vintage Car Club stopped at the Air Force Museum on Monday, April 20 on their annual Easter Monday outing. Pictures are Bill McLellan of Campbell River with his 1946 Cadillac, and Pam Zimolag with her 1963 Opel DKW. (Photos by Colin Kelley, B Photo)

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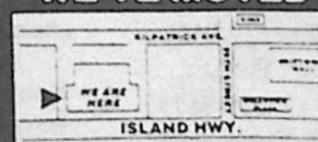
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# Editorial



Norm Blondel

## The Tutor

Two readers of other newspapers commented recently on the presence of the Snowbirds at Comox, objecting to the money spent on them in particular, and on defence in general, suggesting better uses for the taxpayers' dollar than on weapons of war, etcetera. The money would be better spent helping those in need, especially in other countries, it was suggested. Interesting point, but one which begs the question of just how we go about helping others in need.

How, for instance, does a planeload of relief supplies get to such places as Estonia, Moscow or Tbilisi? The answer is by CF Hercules or CF Boeing 707s, flown by CF aircrews and serviced by CF technicians. Aircrew and technicians both get their initial jet training on Tutor aircraft which, coincidentally, are flown by the Snowbirds aerobatic team.

The Snowbirds perform all over Canada in the Summer, entertaining most, and inspiring a very important few Canadians. The important few are the aircrew and technicians of our future Canadian Forces. This process of inspiration began with the flights of Wright, Bleriot and McCurdy, and has continued ever since.

Watching Spitfires tearing up the Luftwaffe around Birkenhead and Liverpool got me started, at the tender age of eight. After the war, I attended Battle of Britain air shows in places like Hornchurch, Biggin Hill and Tanmere - places writ large in the history of flight. I couldn't wait to get in to the R.A.F., and actually joined when I was fifteen, as a Halton apprentice. I never went to war, but for 38 more years I worked around those marvellous flying machines, including (in Canada) the Neptune, Argus, Voodoo, Tracker - and the ubiquitous little CT-114 Tutor, aka "Snowbird."

In this, I was no different from any other youth in any other country with flying displays. The Snowbirds work their magic, year in, year out, inspiring, entertaining, recruiting, giving us the young men and women we need to carry out our tasks, and, it should be noted, very few of those tasks require gunnery. As an instructor (ISTech) at Borden, old, worn-out Tutors, some of them with Snowbird markings, were my training aids. Compass swings, fault tracing, safety procedures, maintenance - all were practiced for the first time on these retired Snowbirds by my young students, some of whom are now slightly older senior supervisors, most of them harbouring considerable respect for the durable little aeroplane which gave them a start in their technical careers.

In truth, it bothers me a bit to see the Snowbirds come in for criticism by a few writers of letters to the Editor, but I tell myself, how can they know the real story behind the concept and the reality of the Snowbirds, and what do they know of the aircraft itself, of the part it has played in the lives of its "Graduates," or of the depth of affection most of us feel for the Tutor?

You just had to be there.



Korean Korner

by Bob Orrick CD.

## Navy in Korea

Looking back over the past four decades since the Korean War, much of the world has changed: mostly for the better.

The war in Korea was much more than 'just another war somewhere in the world'. It was the first time in history that an international organization (United Nations) had intervened effectively with a multi-national force to stem aggression. It has often been said, and bears repeating, that the UN Force which turned back the Communists in Korea showed the world that nations would not stand idly by as communism spread its tentacles of destruction in an attempt to swallow a non-belligerent nation. The seeds of democracy that burst into bloom a year or so ago in the late, and not lamented, Soviet Union were sown in Korea by Canadians and their fellow UN Force soldiers, sailors and airmen forty years ago.

Each of Canada's armed forces played a part in securing a ceasefire in Korea. Each fought in the element of their training. All contributed mightily to the cause.

The Royal Canadian Navy rotated eight destroyers. At any time three ships were in the theatre of operations. The remaining ships were either in transit or in home port (Esquimalt or Halifax) refitting for a return

tour. (Of the 26,791 Canadian servicemen who served in Korea 1950 - 53, fewer than four thousand were naval personnel.)

Due to the nature of naval operations in Korea the Canadian destroyers rarely sailed in company with each other. More often than not they were with ships from other UN Force nations. The various task units employed by UN Command consisted of a mix of Canadian, British, U.S., Australian, New Zealand, Netherlands, Columbian and Thai surface ships.

The UN naval force used two Japanese ports as their bases of operations: Sasebo and Kure. The former was larger and held several drydocks and was administered by the U.S., while Kure was smaller and under the administrative control of the British.

Ships returned to Sasebo or Kure to replenish supplies, re-armament and attend to protocol and liaison requirements. In addition to the enemy's guns, mines and occasional MIG, Canada's navy had to contend with the vagaries of the Far East weather. During the winter months ships were subject to icing. This created a dangerous situation in that it made the destroyers 'top heavy' and footing on the upper deck hazardous. Life-lines were

rigged while at sea and woe be to the sailor who failed to use them. More than one sailor was washed overboard. Fortunately, most were recovered from the icy waters.

In January, 1953 Athabaskan lost her starboard anchor to pack-ice when it moved in on the Canadian destroyer and a British frigate, HMS Opossum, as the pair were lying at anchor off the north end of Chodo (Island) to repel any attempt by the communists to invade the island.

Athabaskan's anchor was later recovered but not before the ice twice thwarted efforts. Four days after losing her anchor, Athabaskan, with the aid of the USN fleet tug USS Quapaw, managed to recover the lost anchor. (The Athabaskan's commanding officer, making reference to a passage from the Bible, signalled "That which has been lost, has been found")

Pack ice and ships icing up were constant concerns for Canada's navy in Korea during winter months at sea.

As difficult as the fighting in Korea turned out to be, and as wicked as the weather often was, it was not all blood and gore, ice and lost anchors. There were times when the Canadians 'stood down' and enjoyed a bit of rest and recreation (R&R).

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# TOTEM TIMES

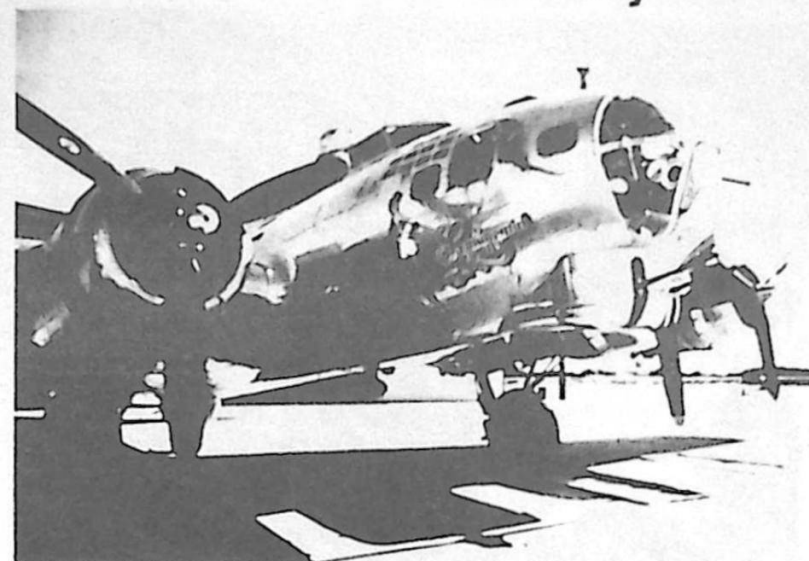
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# Comment

## "Sentimental Journey"



## Historic B17 for Nanaimo

Sentimental Journey will not be the only wartime airplane on display at Nanaimo Airport, June 29 to July 2. And a lot of old airmen are going to enjoy seeing the assembly of trainers coming for the show. The Tiger Moth that could take almost any abuse, and often had to at the hands of novice pilots, was the elementary trainer. From the "Tigerschmidt" most pilots graduated to Cessna Cranes or Ansons in preparation for the heavies of Bomber Command. These twin-engined aircraft also were used in training navigators, air gunners and bomb aimers. Then there were the chosen few going to Fighter Command who honed their advanced skills in Harvards (the infamous "Yellow Peril") before being allowed to drive the Spitfires or Hurricanes. These airplanes of Training Command will be sharing the spotlight

along with the Flying Fortress. One other airplane that served then and is still in service around the world, the DC-3 that pulled gliders, hauled paratroopers, carried cargo and evacuated wounded in every theatre, will also star in our static display.

Both Air Cadets of 205 Nanaimo Squadron and Nanaimo Airport will be celebrating their 50th Anniversaries, along with the 125th Canada Day. On "Youth in Uniform Day," June 30, boys and girls wearing uniforms will be offered a special reduced price to tour the B17, see the battle stations and sit in the pilot's seat. Scouts, Guides, Brownies, Cubs and Cadets of all services are invited for this preview showing.

808 WING NANAIMO

## Portage Reunion

As CFB Portage la Prairie was the home for many military families over the past half century, I am sure some of your readers, their children, or their parents attended P.C.I. if they were ever in High School in Portage la Prairie. There must be quite a number of ex-P.C.I. students who now reside in the Comox Valley and surrounding area. The P.C.I. Reunion Committee is planning a huge 100 Year Celebration and are busy

searching across Canada (and beyond!) for names and addresses of former students of Portage Collegiate Institute.

I am hoping that Totem Times will carry the enclosed "wanted poster" and that your readers will be able to supply the info the Reunion Committee is requesting.

Thanks!

Valerie Little  
Comox

## Pen-Pal Wanted

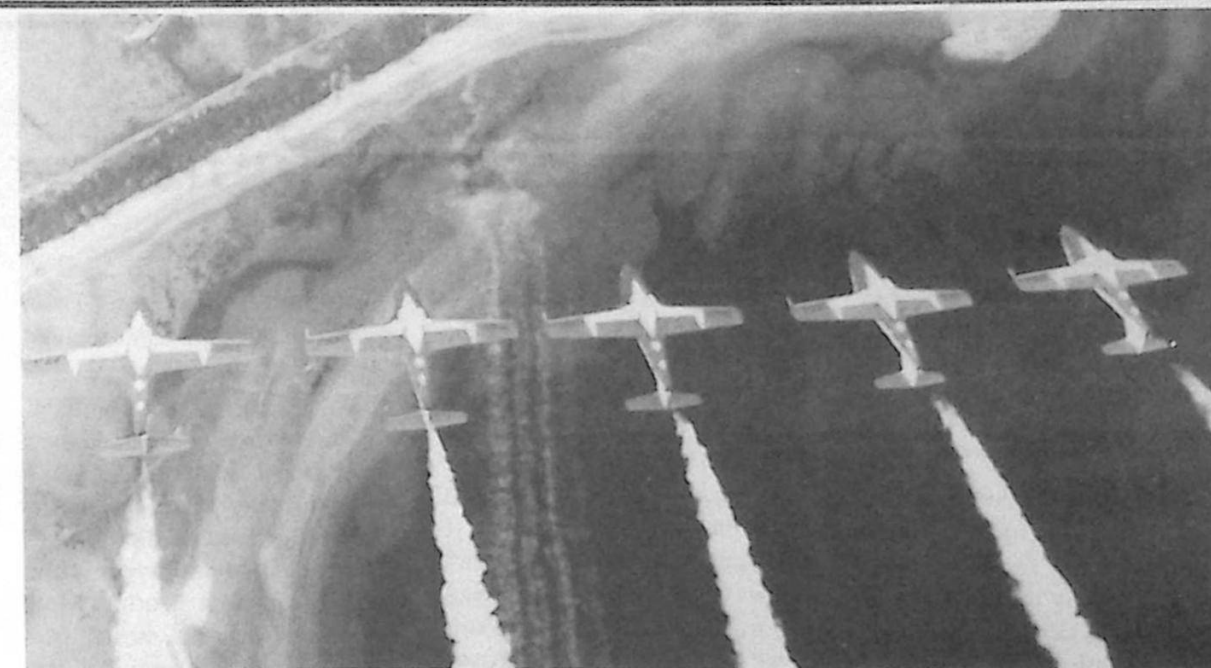
Dear Totem Times,  
 Please, do write down in the newspaper my request. I wish very much to correspond with people over there. My name is Aliza Gur-Lavi, I'm 43 years old, woman. My interests are: correspondence, nature, animals, art, stamps and more. With many thanks, yours sincerely,

Aliza Gur-Lavi  
 P.O. Box 271  
 Nahariyya 22102 Israel

Nahariyya is very close to the Golan Heights. Copies of the Fishwrapper are sent regularly to our troops stationed there...Ed.

NEXT DEADLINE 11 MAY

NOON



One of the manoeuvres the Snowbirds perform is the Line Abreast.

## Ambitious Season for Snowbirds

The Snowbirds, Canada's precision military aerobatic team, will perform in 75 airshows this year at 58 locations.

"It's our 22nd season," says Capt Mike Lenehan, team co-ordinator. "And we're happy to be doing 75 shows, the most ambitious schedule so far. We're also celebrating Canada's 125 (years of confederation). The official 125th anniversary logo is displayed above the Canadian flag on the tail section of each aircraft."

The 1992 season actually began last November when competitive tryouts were held to select new members - 50 percent of the team - to replace the Snowbirds who had come to the end of their two-year tour with 431 Air Demonstration Squadron. Changing half of the team each year ensures a uniform level of expertise is maintained from year to year.

The nine red, white and blue CT-114 Tutors, the jet trainer used by the Canadian Forces as its basic pilot training aircraft, perform at each show for about 28 minutes and complete 45 separate manoeuvres with a minimum of 10 seconds between each sequence.

## Snowbirds 1992 Schedule

APRIL	Man
24 CFB Moose Jaw	23 Lac Etchemin, Que
28 Slave Lake, Alta	24 St-Frederic, Beauce, Que
30 Peace River, Alta	25 St-Isidore, Beauce-Nord, Que
MAY	Que
3 CFS Yellowknife, NWT	27 CFB Trenton, Ont
5 Thompson, Man	28 CFB Trenton, Ont
7 Dauphin, Man	29 Brockville, Ont
9 Richards-Gebaur AFB, Missouri	JULY
10 Richards-Gebaur AFB, Missouri	1 CFB Petawawa, Ont
13 Peterson AFB, Colorado	4 CFB North Bay, Ont
16 CFB Edmonton, Alta	5 CFB Borden, Ont
17 CFB Edmonton, Alta	7 Ear Falls, Ont
18 Regina, Sask	11 CFB Moose Jaw, Sask
24 Windsor, Ont	12 CFB Moose Jaw, Sask
26 Grand Bend, Ont	17 Shoal Lake, Man
28 Brantford, Ont	19 Fort St-John, N.S.
30 Chatham, NB	20 Fort Nelson, BC
31 CFB Greenwood, NS	22 Inuvik, NWT
JUNE	25 Elmendorf AFB, Alaska
2 Paspebiac, Que	26 Whitehorse, Yukon
4 La Sarre, Que	AUGUST
6 Montreal, Que	1 CFB Comox, BC
7 Montreal, Que	2 CFB Comox, BC
9 Sudbury, Ont	5 Kamloops, BC
13 CFB Bagotville, Que	7 Abbotsford, BC
14 CFB Bagotville, Que	8 Abbotsford, BC
20 CFB Portage La Prairie, Man	9 Abbotsford, BC
21 CFB Portage La Prairie, Man	12 Port Hardy, BC
	15 Lethbridge, Alta
	22 Fredericton, NB
	23 Baie-Comeau, Que

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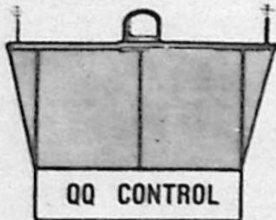
## AIR FORCE TRIVIA



## Trivia Answer

A reader suggested this is a Bellanca CH300 Pacemaker, but our source says it's a Buhl CA-6J Airedan, CF-AQG, Trenton Ont. 1937. Get out the books, readers.

# Section News



## As the Beacon Turns

Hello! It is time for your favourite article. This week we are going to do something different. Let's picture ourselves on a farm. Maybe we are up for a surprise!

Somewhere in country land at 5:00 am ... Ma Annie is fixing breakfast for the family, Pa Dave Tack is milking the cows. With him is Doug Leblanc. Well son: after your little incident of yesterday, you have learned that bulls don't have milk! "Ya you're right, gee you know the more I think it about thanks to Ron he was wearing his Montreal sweater yesterday. "Why is that son?" "Ho, you should have seen him run! You can be sure he won't be chasing chickens in the barn for a while." Meanwhile in the house Ma Annie is having a hard time keeping up with the troop. After all when you have twelve kids to feed at the same time it is hard work, you know. "Mike would you leave some for your brothers; look at them they are starving!" "OK there you go Dan you can eat my crumbs". What a nice gesture on his part.

Let's leave the house and have a look at what is going on at the pigsty. Uncle Lee is running the show. "Rollie, would you quit riding the pigs! They are exhausted; Thom come here!#@ It's the last time I tell you; do not paint faces on their sides. I can't sell them like that. "Wow! lots of action in there. Walking our way through, we see cousin Serge the gardener. OK, I have to tell you his garden is 4 acres square. He seems like he's having fun with the plough. Still cruising along we can see Jimmy having fun with the ducks. He is swimming along showing every little duck how to plunge for food. On my way home Paul stops me: Hey Butcher!

"What?"  
"Did you know that eating a portion of fibre every day is a good way to promote regularity?"  
"Thanks, I needed that!" OK I guess that's enough farming for a day. I am going home now. Oh no! Damn, I stepped in cow chip.  
We are back: Hope you liked our little trip. Let's welcome some people: James, "Sammy"

Fernandez is back from Cornwall. Congratulations body! Also back from staff school is our We are back: Hope you liked our little trip. Let's welcome some people: James, "Sammy" Fernandez is back from Cornwall, Congratulations body! Also back from staff school is our good friend Capt "Turbo" Maz, you know what that means; two more people to harrass for the entertainment fund. Posted out: Thom is going to QQ east and if you didn't know yet Capt March is going to run the show over there as well. Hey Greg, if you read this: come and get your plaque; that's why you pay 4 bucks a month!

The Arthur Morehead corner, why Morehead? Because he has more head than hair.  
Have you ever wondered: If elephants were living in the Himalayas, do you think they would wear snow shoes? How about a rhinoceros ordering a meal at McDonalds, would he order the McLean deluxe? Do you think grilled marshmallows is a firefighter's favourite snack?

Continued from page 4

## More Korea

Inasmuch as the two, three or sometimes four day stays in Sasaabo or Kure were not considered R&R, some rest and recreation did take place.

The majority of the Canadian navy's Korean War personnel preferred Sasebo to Kure. Possibly, because most of their 'down time' was spent there. Kure was less frequently visited by Canadian ships

However, when the opportunity came in December, 1952 for the Athabaskan, Crusader and Haida to spend Christmas Day together in Kure, Japan it was a chance not to be missed.

Unfortunately for the crew of Athabaskan their ship sailed Boxing Day on the early tide.

The short Christmas period spent alongside in Kure was the only time three Canadian destroyers spent the festive season together. Such was the scheduling of ships' operations brought on by wartime requirements.

Many were the headaches and numerous were the churning stomachs when the Athabaskan, which became known as the Galloping Ghost of the Korean Coast, sailed from the shelter of Kure harbour into the fury of the East China Sea and later the vicious unpleasantness of winter weather in the yellow sea. For the crew of Athabaska, all thoughts of time spent ashore came secondary, as the ship battled the weather

For Canada's sailors real rest and recreation usually was in the form of a five or six day stay in wondrous, exciting, delightful Hon Kong. For the RCN their R&R came at about the half-way point in their year-long tour. There are some who claim that the streets, back alleys and rooftops of Wanchi were more treacherous than the mined waters off Korea. But, being true sailors, the Canadians managed to successfully navigate their way around all manner of obstacles, some human, some not.

And in Korea in early 1953, as the Montreal Canadiens were skating to their sixth Stanley Cup, the Canadian army was staging the 25th Canadian Infantry Brigade hockey championship series at the famous Imjin Gardens. (In reality a frozen pond surrounded by four-foot high vertical boards held in place by wooden braces and packed shoulder to shoulder with Canadian soldiers cheering on their favourite team.)

The record shows that Montreal outscored Boston 16 to 9 to take Lord Stanley's Cup in five games over the Bean Towners. Unfortunately, we do not know which team won the "Battle of Imjin Gardens" in February, 1953 in far-off, frozen Korea.

Canada's soldiers also found respite in the sights, sounds and smells of Tokyo. In that Japanese metropolis a lonely soldier wanting to rest and enjoy some recreation did not need to look far. Most of any soldier's needs were within easy reach. The Ginza, particularly, brought joy to Canada's stalwarts. The chops were plentiful, the prices reasonable and the selection of goods worthy of close scrutiny.

As with any well-run machine, it is vital that the moving parts be oiled and greased and properly maintained: for Canada's army and navy in Korea this 'maintenance' took the form of Rest and Recreation.



## Air Traffic Controller Visits Robb Rd.

The English curriculum for Gail Nasadyk's Grade 7 class at Robb Road this year includes Arthur Hailey's play, "Flight into Danger," which is based on fact, and was used as the story for the movie "Zero Hour." In brief, the play focuses on the near disaster which occurs on a passenger flight when both pilot and first officer are disabled, along with many of the passengers, by food poisoning from one of the two menu selections served on the flight. The disaster is averted only because one of the passengers, an ex-fighter pilot who had eaten the alternate menu selection, is coached step by step by Air Traffic Control to bring the plane miraculously to a safe landing.

Arthur Hailey is renowned for extensive research preparation for each of his works, and as students studying "Flight into Danger" discovered, this was no exception. In fact, the research had some startling results. Directly after the play's publication, a regulation was introduced stating that a pilot and first officer cannot both eat the same meal on a flight, and must stagger their meal times in order to avert the possibility of any such "Flight into Danger." It is interesting to note that they are also required to drink fluids every 20 minutes to counter the debilitating effect of dehydration in the pressurized environment of the plane.

To elaborate on the vital role played by Air Traffic Control in Hailey's play, Capt Tom Miles of CFB Comox was invited to give the class a firsthand account of life as an Air Traffic Controller. He explained to the students that compared to such highly stressful positions as Vancouver, Comox ATC was relatively peaceful, but they nevertheless control 30,000 square miles of airspace. It is the

job of ATC to co-ordinate the flight plans of every plane entering that airspace, whether they are domestic flights or international flights passing overhead from the Far East, and that those plans must be co-ordinated across the entire route of that flight. ATC world wide is strictly regulated by the International Civil Aviation Organization for which the headquarters are in Montreal. This organization regulates the many variables which must be taken into consideration in each flight plan, such as altitudes of the various planes "stacked" in the airspace at any given time, visibility, fuel reserves and alternate airport possibilities. Capt Miles pointed out that if a flight deviates from its planned flight time by more than 3 minutes, that plan must be rescheduled at every ATC tower along its route. Those of us who have spent hours in airports awaiting delayed flights can only guess at the havoc at ATC!

The I.C.A.O. also issues Notams (Notices to Airmen) to ATC to alert them to any important runway conditions - it might be snow at Gander or polar bears at Churchill! The Comox Valley is noted as an area of intense bird activity and in winter it is often a full-time responsibility to keep the runway clear of swans, who like the warm tarmac. When asked how ATC managed the Snowbirds, Capt Miles replied, "Oh, they're easy! We just shut down the airspace entirely within a 20-mile radius at scheduled times."

Before leaving, Capt Miles extended an invitation to Mrs. Nasadyk and her class to visit the Base for a close-up look at ATC in action. Many thanks, Capt Miles!

8,510,259 THAT'S HOW MANY CANADIANS ARE CYCLISTS

Way to go, Canada! PARTICIPATION

# Section News



## Fishing Derby/B.B.Q.

DATE: 16 May  
Price: \$5.00 per person  
weigh In: Air Force Beach  
Time: Between 16:00 and 17:00

### PRIZES:

1. Biggest Coho
2. Biggest Spring
3. Combined Weight
4. Hidden weight

Please Register Early. A poor response may require cancellation!  
Call Hank Fortin at local 8231 or Dave Hamby at local 8527

## 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.

# Who says Canada is the best country in the world?

# The United Nations.



The Human Development Report (1992) is published by the United Nations Development Programme. The Human Development Index (HDI) used in this report is based on an evaluation of the life expectancy, education levels and purchasing power in 160 countries.

Canada  
125 years to celebrate

TOTEM LOUNGE  
CFB COMOX JR. RANKS MESS  
BOSSES NIGHT  
22 MAY 1992  
STARTING AT 15:30  
FOLLOWED BY  
THE LOVE CATS

TOTEM LOUNGE  
CFB COMOX JR. RANKS MESS  
SPRING BALL  
15 MAY 1992  
DOORS OPEN AT 19:30 hrs  
FEATURING  
MIZTER REZIZTOR  
WITH A DJ  
PRICE: MEMBERS \$5.00  
NON MEMBERS \$7.00  
(DUFFET INCLUDED!)

# 407 Squadron History



First Anniversary - Officers on Squadron - 10 May 1942



by Lt Robert Tarzwell

This week we return to our chronological study with emphasis on May 1942, when 407 was credited with 83,000 tons, a staggering record unparalleled in Coastal Command during the war.

An unusual mission of fighter escort was tasked to 407 on 27 March. A small detachment helped cover HMS Campbellton and the raiding party of the St. Nazaire commando raid. Returning, W/C Brown's Hudson struck a barrage balloon, severely damaging almost every portion of the aircraft, but he landed safely.

The squadron received a second commendation on 22 March from the Air Council:

The Council have learned with much satisfaction of records of certain Units in Coastal Command, with special reference to No.407...which has maintained the excellent record reported.

On 31 March, after training was completed, 407 moved to Bircham, Newton, Norfolk and 1 April returned to Ops, primarily around the Frisian Islands. 407 was now largely RCAF in air and groundcrew. The main aerodrome was Bircham, with satellite at Docking, two miles to the North. Hopkins explains, "all our kites land there (Docking) so that Jerry won't find where we are operating from."

April was slow, but Hopkins notes the Germans were having no better luck:

Fritz is over practically every night, but never seems to find this drome, although he gets the odd hit on Kings Lynn.

On 5 May fortunes turned, as W/C Brown found a convoy of

## Part V: Regrouping & New Shipping Strike Records

twelve ships. He attacked and was joined by P/O E.F. Paige, who was severely wounded by flak, and his instrument panel was shot away, but he brought the aircraft and crew safely home, winning a DFC. F/L R.M. Christie attacked immediately after Paige and dropped two 250 pounders squarely on a 5500 toner, setting it ablaze. His starboard engine was hit by a cannon shell, and he was forced to limp home 150 miles.

May's total was 27 vessels in seven strikes for 83,000 tons, with two strikes being particularly noteworthy.

On 7 May, the squadron's first anniversary, W/C Brown led a formation of twelve Hudsons against twelve vessels, resulting in definite hits on four ships and probables on two more. Three aircraft were badly shot up by night-fighters, but none of the crews were injured.

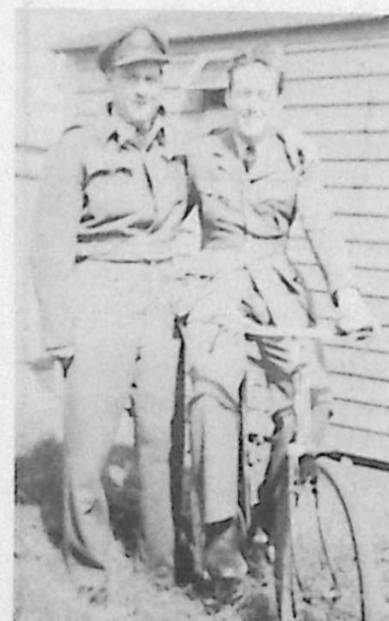
On 15 May two 407 formations struck. One group reached the target as twilight was fading and attacked through a vicious storm of flak from destroyers and escort ships. Two Hudsons went down. P/O Kay, formation leader, was wounded in the hands and legs by a shell that exploded just below his cockpit, but he completed the bombing run and nursed his badly damaged aircraft back to base. Before landing, the engine failed, forcing a crash-landing in which the Hudson was wrecked, one of the crew killed and all others injured.

Ralph Christie crash-landed with ten minutes of fuel left, after the aircraft had sustained damage in part of the attack. He won the D.S.O., Canada's first in the war. Wally Creedon's aircraft managed to make it back to base but crash-landed and burned, kill-

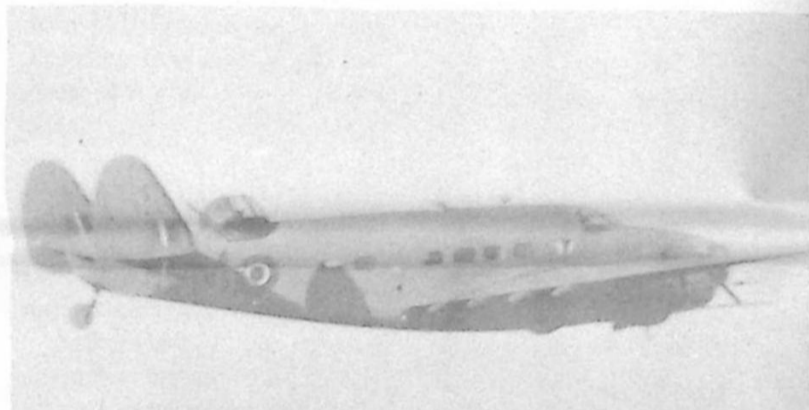
ing all on board. The attack cost twenty-two dead, four wounded, one POW and eight aircraft. The enemy suffered six ships hit, three seriously ablaze. One burning ship was caused by a Hudson crashing onto its deck. Twenty-thousand tons had been attacked in the raid.

Another event in May which gained 407 a theatre-wide reputation was "Upside-down Night." At an Officers' Mess party, everyone decided it would be great fun to turn everything upside down in the mess, so over went chairs, tables, lamps, sofas, pictures and the bulletin board. Some items were nailed down. Next morning, 407's sole Polish member tried to read the Squadron Orders and lamented that he would never be able to master English.

Next time we will look at a raid where 407 got some help from the Luftwaffe, a base defence exercise where 70 officers from 407 were jailed, and the evolution of the Squadron Crest.



Don Beer, "Dag" Dalgleish



May 3 was 407's best strike record. Of the 50,000 tons they were credited, 83,000 were scored that month!



Clockwise: Burley, Watson, Jordan, Chalmers, Waugh, Godwin.



"Fergie" Ferguson



Andy Anderson, Christmas 1943, Norfolk

# Section News

## More 407 History



## 407 Squadron

### ASO 1 Crew

Greetings from 1 crew. Hope everyone had a pleasant Easter. The past month saw a number of crew personnel on deployment in Alaska. During the trip Brad and Steve claimed field promotions, however upon return to Base they were quickly stripped of their rank and returned to where they belong, much to the relief of the rest of us.

John would like to caution all members who may return next year on the price of water in one of the clubs...\$10.00 a glass! Dan Mallette had the best accommodations; put it this way, they moved him out of his room so General Powell could have it. Nicole had the largest wish list to fulfill. Did you get something for everyone,

Nik? Chris Arnaud was kept busy supervising the less experienced techs, yet still found time for the clubs. (Well done). The hardest worker had to be Bernie Gagnon; what can't this man do? And, of course, our fierce leaders should be mentioned. The MWO and Gus rarely went out (except for church on Sundays) and kept their crews spit and polished. They were also seen making numerous charitable donations...one dollar at a time.

We have some new members on the crew. We welcome Cpl. Mike Schmidt, Pte. Darren Blair, Mcpl. Claude Marcotte, and Sgt. Karl Smith. Leaving us is Sgt. Gowen, Mcpl. Caieux, Cpl. Laroche, and Sgt.(frp) Bob

O'blenis. Good luck and best wishes go with you. Congratulations to Cpl. Pierre Gravel who is away on a deserving Airman trip around the world. Wonder if they have Auto clubs in South America? (They will now). Congrats also to Cpl. MacEachern who left for training at BOTC Chilliquack. Cpls.

Dymond and Kruger have returned from their JLC courses, while Cpl. MacIvor is away on course in Greenwood. Posting messages are coming in for Sgt. Sorrey and Mcpl. Landry, Ottawa and Greenwood respectively. Martin and Cindy are more anxiously awaiting the arrival of their new baby though.

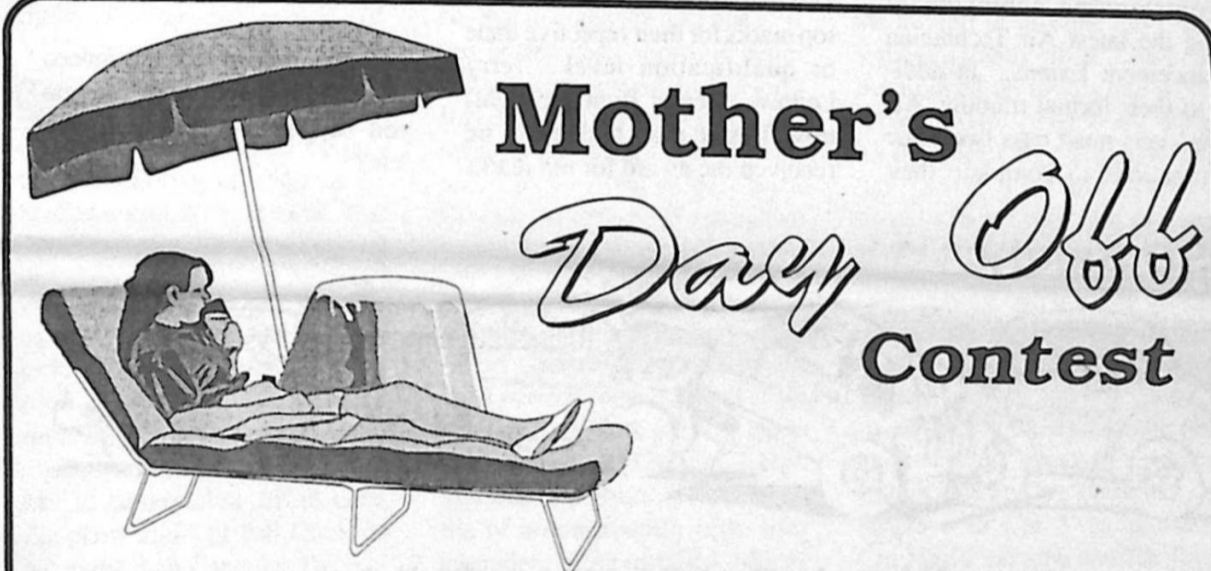


L-R: Jack Nicholls, Lorne Howie, Fred Rowe, Bob Larkin



L-R: Pritchard, Lowe, Jenner, Austin

## NEXT DEADLINE 11 MAY



Does your mother deserve a day off?

Enter to win a Mother's Day Off

**First Prize:** Mother will win Four Hours of Non-Stop Cleaning, 9:00 am - 1:00 pm on a day convenient to her. Cleaning done with the compliments of Comox Valley Cleaning.

**Second Prize:** A Lovely Bouquet of Flowers supplied by Driftwood Florist.

**Third Prize:** Gift - Compliments of Hallmark Cards

Contest Starts: April 20, 1992

Contest Ends: May 6, 1992

Entry forms available from all participating Merchants (except Overweatea and Zellers).

Place Completed Entry Forms in Red Draw Barrel located near Lady Footlocker.

Winner will be advised by May 8/92

Sorry, contest restricted to residents of the Comox Valley!



## CFB COMOX OFFICERS' MESS MAY 92 CALENDAR

Fridays May 1, 15, 22, 29 - REGULAR TGIF. Food as indicated 1700-1800 hrs. Spouses and guests welcome after 1700 hrs. Please purchase meal ticket for non-Mess members.

Wednesdays May 6, 13, 20, 27 - OFFICERS' COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Saturday May 2 - MEDIEVAL NIGHT

Friday May 8 - MIXED TGIF

Sunday May 10 - MOTHER'S DAY BRUNCH

Wednesdays May 13, 27 - OMC BRIDGE CLUB

Wednesday May 20 - OMLC FAREWELL DINNER

Sunday May 24 - CAR RALLY

### Upcoming Events for May

- 13 Jun - Summer Kick-Off Event
- 16 Jun - Golf Tournament
- 27 Jun - Officers' Mess Farewell
- 21 Jul - Golf Tournament
- 18 Aug - Golf Tournament

# Section News



## Supply Signals

We have six major aerodrome projects on the go B174 - IFRCC Addition - started 16 Apr 92 and is forecasted for completion 15 Aug 92; Upgrade Aerodrome signs - to start 30 Apr 92 and be completed 30 Jun 92; H7 - Increase Sprinkler System - 85% complete; H7 - IAP Phase I Hangar Floor and Office Renos - 10% complete and forecasted for completion 28 Aug 92; H7 - IAP - Phase II Nose Dock Renos - to start 27 Apr 92 and be completed 30 Jun 92; QRA - Replace Roofs - to start 30 Apr 92 and slated for completion 30 Jun 92.

Other major projects on our agenda are: CHP - Remove 35,000 Gallon Fuel Tank - to be completed around end Apr 92; Upgrade Roof Ladders - to be completed 30 Apr 92; Summer Boiler Project - to start 30 Apr 92 and be completed 15 Jul 92; B28 - Replace Gym Floor - to start 1 May 92 and be completed mid May 92; Main Base Area/Main-hole Conduit Telecon Cable - due to start 30 Apr 92 and be completed 30 Jun 92; HSR - Construct New Fuel Tally Building - 70% complete and should be done by the end of this month; Q1 - Roof Repairs - 93% complete and should be done 30 Apr 92; B129 - Construct Canex Gas Station - 95% complete and will be done by end month; Construct Hazmat Compound - start and finish dates are pending but the hazmat containers are on site; and Upgrade

Fuel Dispensing System - will start 30 Apr 92 for completion by 15 Jul 92.

Whew! With that out of the way, let's move on to our "people" business.

There has been a flurry of activity lately in regards to temporary duties: Sgt Laird is tentatively scheduled for Alert 3 Jun - 27 Aug 92; MCpl Smith is pencilled in for Cyprus starting 21 Oct 92; Cpl Aubertin is going to Wainwright 26 Apr - 9 May 92 for a I Canadian Field Hospital Exercise; Cpl Bell is going on Bostop; 25 Apr - 9 May 92; Cpl Morton is tentatively scheduled on a Power Boat Course 25 May - 12 June 92; Cpl Patterson is breezing through his QL5; and MCpl Ryan has just returned to thaw out from his 6 month tour of Alert. Welcome back!

It would take forever to update you on all the postings both in and out of the section, but so far there are 14 new faces coming in this APS and 32 old (I mean familiar) faces leaving. The BCEO is planning a farewell ball game and Bar-B-Que party 5 Jun 92, so come out, have some fun, and say goodbye to some great people.

Remember, if you know something about someone and would like to see it in print (whether it's the truth, the whole truth, or whatever), I'd be only too happy to help you out.

Until next time, CHIMO!

## In the company of excellence...



Left to right; Mark Fricker, Stan Daniecki, Blake Rodgers, LCol King, Wilf Hannas, Terry Ledrew, and (the TACO) Pete Quatrala.

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?

## MSE Safety



## Watch Out for that Child - when youngsters dart out in front

Sure, your truck's big. But to young children, everything's big. They don't understand the dangers. So, when a child darts out from the curb directly in front of your vehicle, the problem is all yours. Prepare for this and you'll have the solution when the problem arises.

**Prepare your vehicle**  
Whether you're driving the family car or are on the job piloting a delivery van, a bus or a tractor-trailer combination, imagine yourself trying to bring those tonnes to a sudden halt in front of 16 kilograms of a careless 5-year-old.

This danger is just one more reason why it's so important to carry out a regular inspection and maintenance of your vehicle's brakes, tires and steering. In addition to the required inspection, you must check, report and correct anything unusual that you notice when turning or braking your vehicle.

Remember that what you can't see, you can't avoid. Check and maintain headlights, windshields, windshield wipers and mirrors.

**Prepare yourself**  
In all situations requiring a sudden stop, the safest, quickest way to stop your vehicle is "threshold braking." Step firmly

on the brake pedal and keep the brakes just short of lockup. Steer straight, as swerving is more likely to cause disastrous skidding and loss of control.

**Know your vehicle.** If you can, try to get the feel of it before leaving the yard. A few practice stops in a wide, empty lot can give you some life-saving information about what kinds of manoeuvres are available to you in that particular vehicle with that particular load.

**Recognize the danger.** Your ability to anticipate trouble will depend on your experience and awareness of children and traffic. Many people think the most dangerous times of day are when children are walking to or from school. Not so. Children are much likelier to wander into danger during the play hours after school. That's when their activities are less carefully planned and supervised by adults.

Not is playing in the street most dangerous. Children who play on sidewalks with cars lining the curb are more frequently involved in accidents. Youngsters in the street are seen sooner and more easily avoided.

Here are a few facts that can help you foresee problems:

\*Until children are 8 or 9 years

old, they are unlikely to make logical, life-saving decisions.

\*Children have one-third less peripheral vision than adults. A youngster's attention may be on the ball rolling into the street. If he doesn't turn his head, he cannot see the on-coming car.

\*Children lack knowledge, understanding and experience when it comes to traffic rules.

\*Children are short. They have to walk past the hood or trunk of a parked vehicle before they can even look for traffic.

It's clear that children and traffic are a combination to be avoided. But that just can't be. Be awake to the dangers and exercise caution.

**QUESTION:** When posted, a school zone speed limit is in effect?

- a) On school days between 8 a.m. and 5 p.m.
- b) Every day.
- c) Between dawn and dusk.
- d) From 0900 to 1000, 1200 to 1300, and 1500 to 1600 on school days.

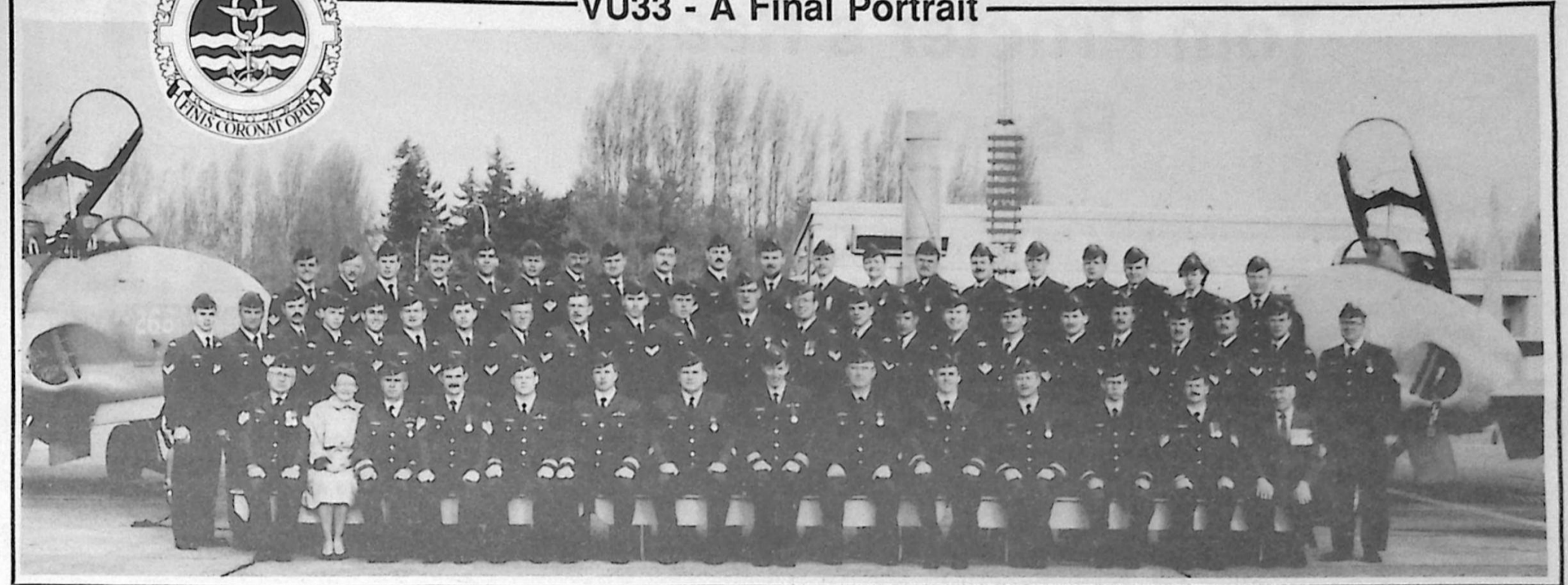
**ANSWER:** a) On school days between 8 a.m. and 5 p.m.

**QUIP:** My car was legally parked as it backed into the other vehicle.

# Section News



## VU33 - A Final Portrait



## VU33

As the SAMEO, the opportunity to relate the exploits of VU33 in the fish wrapper is usually delegated to our staff of able bodied writers. In this particular case, the SWO passed me the pictures on Friday at 1530 as he headed out the door on leave. The deadline being Monday, perhaps this was a hint that it was high time I write the article! Actually, as there is so much going on in the old VU these days, this is a good time to pass on any facts and rumours.

First and foremost, we would like to congratulate MCpl Greg Zoopkow and Cpl Bill Cook on receiving their Canadian Decorations (CD). The presenting of these well-deserved medals was also an opportune time to capture everyone in their best "bib and tucker" for a squadron photo. Although this is a yearly event, it is especially significant this year as this will be the last photo as VU33. Next year when we are 414 Sqn., the photographer will have to stand back a ways. (By the way, who forgot to take out the intake plugs).

Speaking of 414 Sqn., I was asked last week if the move was cancelled yet and that they had

heard from unquestionable sources that it would not take place. If this be the case, someone better tell our first arrival from North Bay that his posting is just a figment of his imagination. Welcome to Comox MCpl Chuck Creran. To all those of a skeptical nature, let me assure you that the move of 414 Sqn. is in full swing. Within a month we will have an advance party and enough transferred equipment to start up the third periodic bay. (That is if we can find a place to put it!) Upon visiting the VU33 side of 7 Hgr, you will find yourself in the middle of a construction zone with sprinklers being installed, offices being built, walls being knocked out, etc. This is all accompanied by jackhammering, sawing, nail driving and various machinery. You may have to wait for us to remove the cotton from our ears before attempting any conversation.

If you did happen to visit VU33 last Friday, or early this week, you may have noticed a T33 Silver Star. (And when I say silver, I mean "silver"). Under the superior guidance of Sgt Mike Allie from BAMS0 refinishing, our crew of volunteer

paint strippers managed to strip the aircraft in just one day. The sight of a totally silver T bird can be summed up in just one word, "AWESOME". Sgt Terry Wickins (project OPI), his crew and Sgt Mike Allie all deserve a hardy "Good Show" for this part of the project. For those who might not know, the project is the painting of an aircraft to commemorate the standing down of VU33. More details in the next issue.

As fate would decree, the FRP has attracted some of our best technicians and we therefore say goodbye to Cpl Yves Bernard, Cpl Marty Lavigne and Pte Tony Hernandez. All our best wishes go with you in your future endeavours, and we thank you for all your good work as part of VU33.

For upcoming events, our squadron championship baseball team is back on line and raring to take on the competition. (Fair warning to all the lesser calibre teams). Also, on the 19 May, VU33 will attempt to dig up the greens when we hold a sqn. golf afternoon. Well, that's it! Ran out of things to say. "Bye for now."

## VU CDs - Major Beth Presenting



MCpl Greg Zoopkow CD.



Cpl Bill Cook CD.

## More Snowbirds

continued from page 5

25 Summerside, PEI  
29 CFS St. John's, Nfld  
30 CFB Gander, Nfld

19 CFB Shearwater, NS  
20 CFB Shearwater, NS  
26 Fort Worth, Texas  
27 Lafayette, Louisiana  
30 Roswell, New Mexico

### SEPTEMBER

1 Rouyn-Noranda, Que  
5 Toronto, Ont  
6 Toronto, Ont  
7 Toronto, Ont  
9 Leamington, Ont  
12 NAS Oceana, Virginia  
13 NAS Oceana, Virginia  
16 Sept-Iles, Que

### OCTOBER

3 Salinas, California  
4 Salinas, California  
7 Fresno, California  
10 NAWS Point Mugu, Cal.  
11 NAWS Point Mugu, Cal.  
17 CFB Moose Jaw, Sask

**RECYCLE THIS NEWSPAPER**  
TOTEM TIMES



## CFB COMOX TOTEMS MIXED SLO-PITCH TOURNAMENT

WHEN: MAY 16, 17 & 18  
COST: \$175.00 plus two balls  
TOURNEY OPEN TO FIRST 12 TEAMS  
CASH PRIZES  
1st \$400, 2nd \$325, 3rd \$250, 4th \$175  
DANCE - JR'S MESS 16 MAY  
DEADLINE: 13 MAY 92  
CONTACT: G. GRANT 339-0998

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# Feature

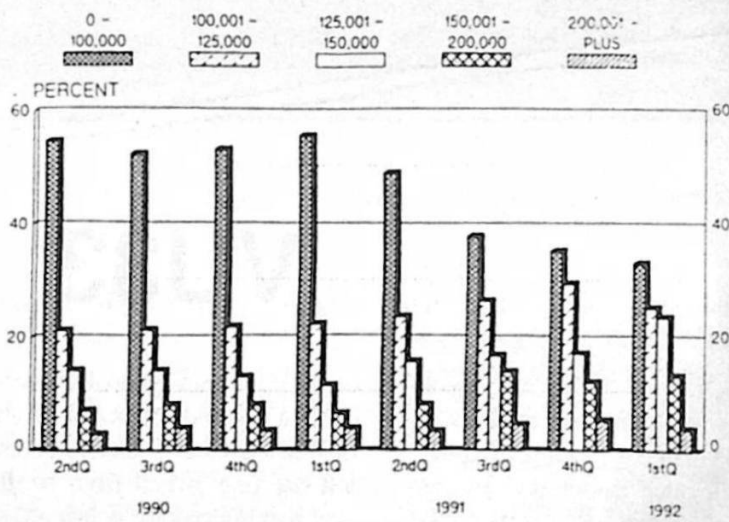
## Tom Procter's Realty Report



Tom Procter

Next let's take a look at the:

### Percentage of Market Share by Price Range Board Area

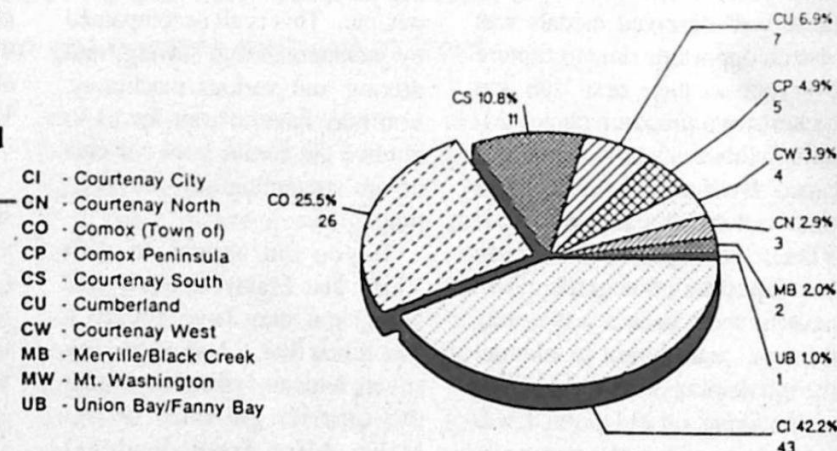


This graph which goes back to the 1st June 1990 and gives data for quarterly periods showing by segments the increase in number of sales at higher prices.

and, of course, it is useful to know the area where people are buying so below we see Courtenay taking 42% of the market and Comox 26%.

### Completed Residential Sales for Comox Valley — by Subarea

January 1, 1992 - March 31, 1992



Building costs have not changed significantly from the 1991 figures which were published in the Totem Times dated 6 Feb 92. Should you need the information on new building costs you could contact me, or your realtor will be able to provide you with it.

The forecast (remember this is a swag) is for a leveling in prices, particularly at the higher levels. We may be at the beginning of a market change - from a seller's to a buyer's market. Some modest decrease in prices could occur, as long as low interest rates for mortgages stay around the present levels. Also

the above is reinforced, as previously stated, by the increased number of houses coming onto the market some of which are at rather fancy prices. Other real estate news which may affect service personnel is the emergence into the marketing scene of a relocation company to assist posted members with their house sale and move. How this will work out remains to be seen.

The writer, J.H. (Tom) Procter, is a practicing realtor with Remax Ocean Pacific Realty, previously having served as a navigation officer in the RCAF and the CAF.

# Recollections

Stories from the Hamish Collection

## The Midnight Run

Jim Kirk

### An Airforce Recollection

It was near 23.00 hrs. on a late October night at 7 B & G (Bombing & Gunnery). 4 or 5 staff pilots were sitting in the ready room, reading or playing solitaire. A voice on the p.a. broke in calling out 3 names. 3 of us arose, moved over to our lockers and began to suit up in our winter flying gear: the new type E, 2 piece lined pants and jacket, sheepskin lined boots, lined helmet with built-in earphones and a pair of silk gloves with an outer pair of leather gauntlet gloves. I had long since substituted a pair of moosehide gauntlet mitts for the outer gloves. The softer leather mitts were warmer and easier to slip on and off when necessary. The inner silk gloves were useful when making adjustments to instruments or cold radio tuning knobs.

In the Despatch Room we were assigned our targets, signed out, met our bombing students and proceeded to our respective aircraft. Anson 4888 was my assignment. This one had previously taken part in the evacuation of Dunkirk, France. It was reputed to have carried up to 14 evacuees in one load! With a flashlight we checked out the bomb load of a dozen flash-type used for night bombing practice. While the students were climbing on board I continued with the required exterior inspection, circling the aircraft with the flashlight, checking tires, wing and tail surfaces. As I climbed on board and moved up forward I checked that our 3 chest pack parachutes were properly stowed in their racks by the door, the #2 student had his seatbelt fastened at the navigator's table and #1 student was buckled up in the co-pilot's seat. These students had completed their quota of daytime bombing and were familiar with all the procedures, but it was still the skipper's responsibility to check them out. While getting into my own seat I signalled the ground crew with the flashlight through the open side window we were ready to start up.

The British built 300 h.p. "Cheetah" engines needed to be hand cranked for starting thus requiring the service of at least one ground crew member and usually two at night, with the 2nd standing by with the fire extinguisher.

I was always appreciative of the unsung ground crew members, particularly on the cold winter nights and keeping in mind one previous fatality when one of them slipped on some ice and fell into the whirling propeller.

Following engine testing, instruments and radio checks we received clearance to taxi out to the designated runway and then final clearance to take off. We rose up into the inky black, starless night. No.1 student dutifully wound up the landing gear, all 127 turns of the hand crank! We climbed out towards #2 target area where we would be bombing from 5,000 ft. under an overcast ceiling.

"I was also appreciative of the unsung ground crew members, particularly on the cold winter nights and keeping in mind one previous fatality when one of them slipped on some ice and fell into the whirling propeller."

Nearing the target area I signalled the first student to crawl forward into the bomb aimer's compartment to do his pre-check of intercom, switches and settings on the Mk.IV British bomb sight. When ready he called for the settings; Altitude: 5,000ft., air speed: 110 mph., wind: 035 at 10 mph., heading: to follow. Another aircraft was also on target #2. They were doing low level runs and we would follow them around from above. When he reported his next heading I relayed the same heading to our bomb aimer. I then radioed the ground plotting stations we were ready to go on as 'target 2 high' on heading 090. Via inter-com I advised the student we were turning on target. Then, "You have control, 14 seconds, master switch on." He replied, "I have control. Target in sight. No.1 switch selected. Steady... Steady... Left... Steady... No.1 bomb gone, (as he pushed the bomb release switch), Bomb flash sighted... You have control." "Roger, master switch off. Next heading will be 180."

We continued on our 090 heading for another 14 seconds to clear the target area, then a rate

one turn to the left which would bring us north of the target for the 2nd run. The same procedure was carried out until the first 6 bombs were dropped. The first student then came out and traded places with his team mate. We then began the routine over again.

It was shortly after midnight and I had just turned over control to the new bomb aimer on his second run when we had a loss of power on our starboard motor. I immediately applied single engine procedure and at the same time informed the student; "Dummy run. I have control. Master switch off. Exit the hatch immediately." I applied full carburetor heat to the errant engine and reported to the ground stations we were leaving the target area. I then switched over to our control tower to advise them we were returning to base on one motor, E.T.A. approx. 22 minutes.

At a descent rate of 100 ft. per min. and maintaining our course back to base we were down to 4,500 ft. when I decided to see if the applied carburetor heat would do the trick. I flicked on the ignition switches and gradually opened the throttle. The motor coughed and spluttered and came to life. While carefully watching the instruments I uncrossed my fingers inside my mitt and synchronized the motors to a steady purr.

Although I did think of returning to the target to complete our exercise, I thought it best not to press it, and both students would probably prefer to get back to terra firma. (The more the firma the less the terra!). I called the tower again to advise them we were back on full power and gave them a new E.T.A. that would get us in sooner.

After I gave him the signal, #2 student, now in the co-pilot seat, got the landing gear down in record time.

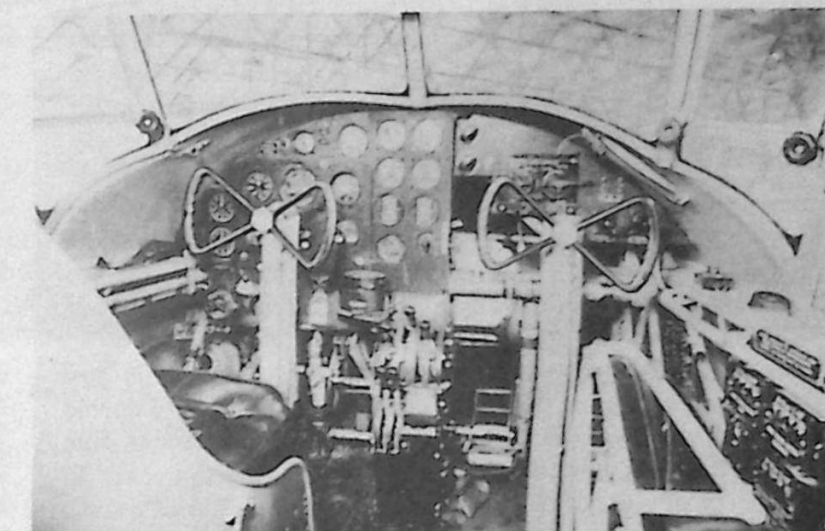
Yeah, it was a good feeling to make contact with the runway again.

That was it for the night for those two students but there would be two more night bombing students waiting for me in another hour.

C'est la guerre!



No.4888 MK1 Anson (centre) "Echelon Left", enroute to No.2 Target, over Dauphin Lake, 1944.



Dual control Anson II. Co-pilot's seat folded up to allow access forward into bomb-aimer's compartment.



Flying Officer Jim Kirk with two crew members, POs McGrath & Waldi below Lanc. at Gimli, Man. 1944

Dear Friends:

We are now well into the month of April at the time of writing and the results of the first quarter 1 Jan/31 March 1992 are available for analysis, thanks to the multiple listing service of the Vancouver Island Real Estate Board. As usual, the report is based on the Comox Valley area. First of all let's consider the

residential housing market. Of course you all realize that real estate markets are local in nature and you find lower and higher prices in surrounding communities, i.e. higher prices for a similar house in Victoria and Vancouver, lower in say Port Alberni.

average price year to date is \$117,915 with 164 units sold, up by 69% from the first quarter of 1991. Below is a detailed table showing activity and other useful information for you on both residential housing and building lot activity during the period of the report.

### In the Comox Valley the COMOX VALLEY

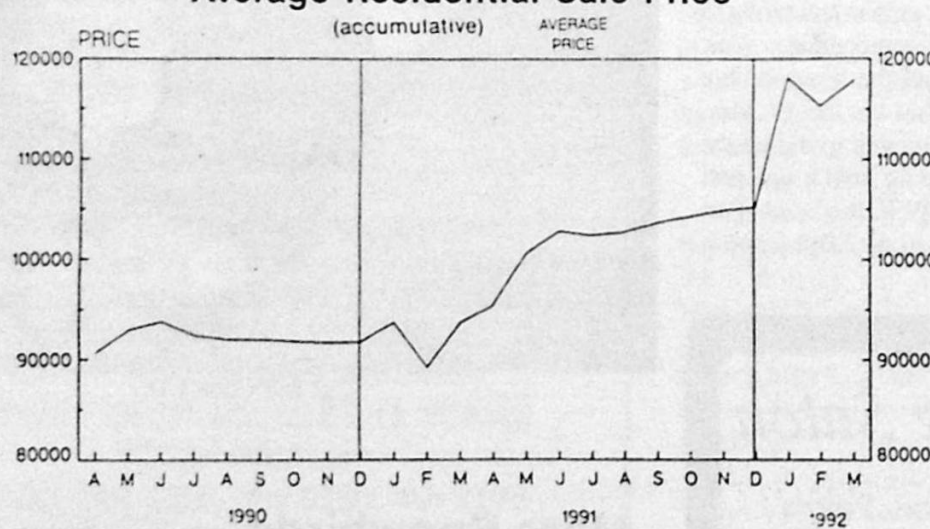
### Comparative Activity by Property Type as at March 31, 1992

	CURRENT MONTH			YEAR TO DATE		
	THIS YEAR	LAST YEAR	CHANGE	THIS YEAR	LAST YEAR	CHANGE
<b>RESIDENTIAL:</b>						
Units Listed	140	116	20%	343	242	41%
Units Reported Sold	67	55	21%	164	97	69%
Sell/List Ratio	47%	47%		47%	40%	
Reported Sales Dollars	8,152,268	5,339,600	52%	19,338,104	9,084,726	112%
Avg Price/Unit	121,675	97,083	25%	117,915	93,656	25%
Price Ratio	96%	96%		96%	95%	
Days to Sell	43	73	-41%	57	79	-27%
Active Listings	300	240	25%			
<b>LOTS:</b>						
Units Listed	19	33	-42%	135	74	82%
Units Reported Sold	48	24	100%	113	50	126%
Sell/List Ratio	252%	72%		83%	67%	
Reported Sales Dollars	1,816,600	596,765	204%	4,162,800	1,266,241	228%
Avg Price/Unit	37,845	24,865	52%	36,838	25,324	45%
Price Ratio	98%	94%		98%	93%	
Days to Sell	96	139	-30%	68	180	-62%
Active Listings	145	190	-23%			

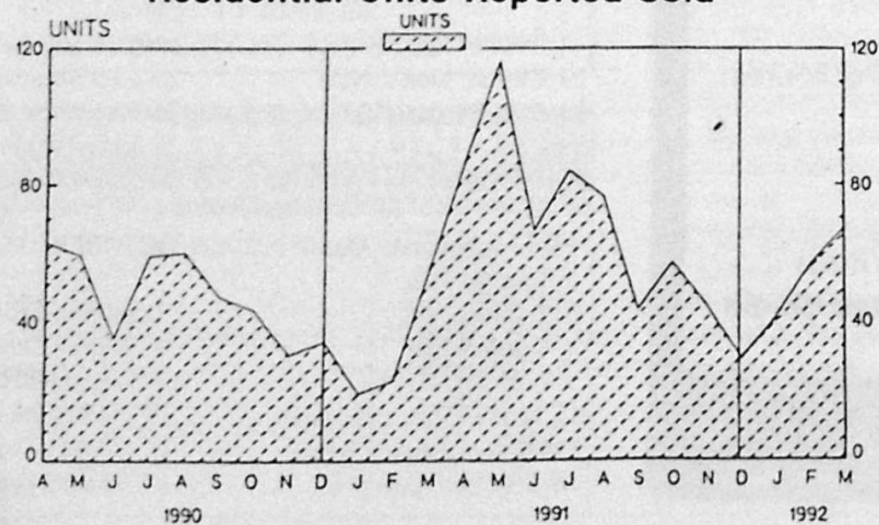
The building lot sales as shown above reflect a very healthy market with demand continuing strongly, the number of sales are up by 45% from the first 3 months of 1991. The supply of lots to date has not overtaken the demand but I believe the lot market will stabilize during the summer and fall with some leveling off of prices taking place in the last six months of 1991. The foregoing also applies equally to house prices. Note the above table on 31 March 1991. There were 300 houses on the market, up from 240 by 25% from the same date in 1991.

Turning to average residential sale price and the number of residential units reported sold, the following two graphs provide you with a historical perspective.

### Average Residential Sale Price



### Residential Units Reported Sold



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THAT'S HOW MANY CANADIANS ARE WATER SKIERS

Way to go, Canada!

NEXT DEADLINE 11 MAY

# Leisure

Country Kitchen

## A Spare Room

This week another milestone was reached in my life. My eldest son moved out into a house with a couple of his buddies. When he first announced his intentions I wasn't sure how I felt. It seemed like just yesterday when another milestone in my life was turned when I gave birth to him. And then there was the milestone when he was five and needed a tadpole net on a Sunday when the stores were closed, so I cut up my bridal veil to make a net for him and his brother. After that the milestone of realizing he was growing up because all his friends at sixteen were tall enough to see the dirt on top of my fridge. Another memorable milestone was his graduation from High School. His class was the first year of DRY GRAD at Highland and I spent months of committee meetings with other parents trying to insure they had a good time. It was the first time in years I had stayed up for thirty-six hours. **BUT THEN**, I got to thinking - **A SPARE ROOM!** I haven't had a room for my sewing and crafts since I moved away from my parents home. What an opportunity. So we agreed. I even volunteered to borrow a trailer to help him move. But he was so excited, he didn't want to wait for that. I went to work, and when I came home, he was gone. Just like that. Of course he DID come back that night for supper. And, he DID ask if he could come home to do laundry. So I'll see him now and then I'm sure. My husband and friends cautioned me not to make any drastic changes to his room. I decided I would

just paint to cover up all the scotch tape marks all over each wall. "What colour?" asked my husband. "Oh, beige", was my reply. And honestly I did intend to do it beige. It started out **BEIGE!** The closet is **BEIGE!** **BUT THEN**, I stood back and looked at it and decided it needed something. So, back to the paint store I went with samples of my fabric and the wallpaper border I'd found on sale, **AND**, the only thing that would co-ordinate them together was **PINK!** **FLAMINGO PINK!** And so Son, I have created a room that I'm sure you and your friends **donut** want to loaf around in!!!

This first recipe is my mother's donut recipe. I double or triple the recipe to ensure there are some left over to freeze. To make donuts you'll need a donut cutter and some kind of electric pan or deep fryer to cook them in. I use my frying pan. I also use newspaper underneath the pan and on the counter to soak up any excess oil. You can cover the newspaper with paper towel or brown paper for protection from the newspaper ink.

### DONUTS

(Oil temp. 350F)

- 3 eggs beaten fine as silk, add
- 1 Cup sugar, and
- 3 Tbsp. oil. Beat together and add:
- 1 Cup milk
- 3 1/2 Cups flour, into which you have added
- 4 tsp. baking powder
- 1/2 tsp. salt
- 1/2 tsp. nutmeg
- Mix flour and egg mixture

together with an electric beater and add

1 tsp. vanilla  
You will find that your dough will be soft and runny. Put a lot of flour on your working surface and pour half of the dough onto the flour. Lift and turn the edges of the dough to add flour, but do not knead. Meanwhile heat your oil in your electric pan. My frying pan holds almost two liters of oil. I fill the pan to 1/8 of an inch to the top as you will lose a lot of oil in the cooking process.

When your dough is soft but will roll out well, use a rolling pin to spread the dough till it is about 1/4 - 1/2" thick. Cut out your donuts, set aside the "hole" to re-mix into your next batch. Oil should be hot and when you drop a donut into it, the donut will rise to the top right away. If it doesn't, raise the temp a little. Use a fork to turn the donut when one side is golden brown, and when the other side is also golden brown, remove it from the oil with a fork. If the donut is done, the fork will come out clean (No dough stuck to it). Drain on newspaper, or if you'd like it sugar coated (white or powdered). Place the sugar into a brown paper bag (add a little cinnamon if you'd like) and when the donut is removed from the oil, place it in the bag and shake. Remove to newspaper to cool. Enjoy.

The next two loaf recipes are also my Mother's. My Mother is a very good cook, as the size of my hips will attest to, and a lot of my **TRIED AND TRUE** recipes come from her.

### LEMON LOAF

(Oven temp. 350F. Yields 2

- 1 lemon cake mix (any brand)
- 1 Pkg. lemon instant pudding (4 portion size)
- 1/2 Cup oil
- 1 Cup warm water
- 4 eggs

Mix with electric beater and pour into two greased and floured loaf pans. Bake 45 minutes. Delicious!

### PUMPKIN LOAF

(Oven temp. 350 F) Yields 2

- 3 Cups sifted flour
- 2 tsp. baking powder
- 1/2 tsp. allspice
- 2 tsp. soda
- 1/2 tsp. nutmeg
- 1 tsp. cinnamon
- 1 tsp. salt
- 2 Cups white sugar
- 1 1/4 Cups oil
- 2 Cups pumpkin
- 4 beaten eggs
- 1 Cup chopped nuts (your choice)

Mix all dry ingredients together, then add eggs, oil nuts, pumpkin and oil. Mix with electric beater and pour into two greased and floured loaf pans. Bake at 350 F for one hour.

### BANANA LOAF

(Oven temp. 350F)

- 3 ripe bananas
- 2 eggs
- 1 Cup sugar
- 1 1/2 Tbsp. cream
- 1 1/2 tsp. baking powder
- 1/2 Cup shortening
- 1 tsp. lemon juice

by  
BARBARA VERMETTE

- 1/4 tsp. salt
  - 2 Cups flour
  - 1/2 tsp. baking soda
- Mix all dry ingredients together. Mix in shortening, eggs, bananas, lemon and cream. Bake at 350F for one hour. Yield depends on the size of your bananas and the size of your loaf pan. I fill the pan half to two-thirds full. Nuts are optional in this recipe, good with or without.

This next loaf is an excellent one given to me by Eunice Roe. It's great for those of you who think they have no ingredients in the house to make something for that unexpected company. It's so good I double or triple the recipe.

### CINNAMON LOAF

(Oven temp. 350F) Yield 1 loaf

- 1/4 Cup Crisco shortening
- 2 eggs
- 1 Cup white sugar
- 2 Cups flour
- 1/2 tsp. salt
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 2 tsp. vanilla
- 1 Cup sour milk (You can sour milk by adding 1 Tbsp. vinegar to 1 cup milk).

**TOPPING**  
3 Tbsp. brown sugar  
1 Tbsp. cinnamon

Mix dry ingredients together. Add in shortening, vanilla, eggs and milk. Pour a little batter into a greased and floured loaf pan and then sprinkle a little of the topping over the batter. Repeat layers until everything is used up. Bake at 350F for one hour. Sliced and buttered, it's like eating a "cake" cinnamon bun.

## Food and \$

Nowadays with food prices always on the rise, it is quite a challenge to achieve healthy eating on a low budget. Using Canada's food guide is essential and we should follow the 1990 Nutrition Recommendations:

- **Lower Fats:** By choosing smaller portions of meat (3 to 4 ounces or 60 to 90 g.)
- **Eat More Complex Carbohydrates:** Breads, cereals, pasta, rice, barley, oats, cracked wheat.
- **Eat More Fibre:** Let's discover legumes: split pea soup, baked beans, falafel, hummus, chili....
- **Eat More Fruits and Vegetables:** Fresh, canned or frozen.

Here are some **sample meals:**  
- Bowl of cereal topped with fresh fruit or raisins and lower fat milk (2%, 1% or skim).  
- Bowl of split pea soup, whole wheat roll, glass of low fat milk, fruit.  
- Turkey sandwich on whole wheat bread, salad with low fat dressing, yogurt.

- Stir fry beef with rice and mixed vegetables, tomato juice, banana, low fat milk.  
Old fashioned **tips to save money** still apply:  
- Plan a menu.  
- Make a shopping list.  
- Shop wisely and store adequately.  
- Cook yourself: limit convenience foods and especially, eating out.  
- Learn from labels: try to get the most nutritive value from your food dollar. Remember that ingredients are listed in decreasing order.  
- Buy vitamin and/or mineral supplements only if a doctor prescribes them. Follow Canada's food guide instead.

Look for the best money can buy in the 4 food groups of Canada's Food Guide:  
- Milk and milk products: skim milk powder.  
- Meat, fish, poultry and alternates: use less meat and consider cost per serving rather than cost per kilogram.  
- Bread and cereals: day-old bread is a good option.  
- Fruits and vegetables: buy fresh when in season. Use leftovers for cooking (soups, stews, stewed fruits).

# On & Off the Base

## Top Reserve Student



Reserve Pte Ron Hayes of Nanaimo, helps a 442 tech hook the tow-bar up to a Buffalo

## A Commandant's Shield for Private Hayes

Private Ronald Hayes, son of David and Tanya Hayes of Glenayr Dr., Nanaimo, won the Commandant's Shield upon graduation from the Air Reserve Training Center at Penhold, Alberta. The shield is awarded to the top all-round student in academics, drill, dress, deportment and attitude.

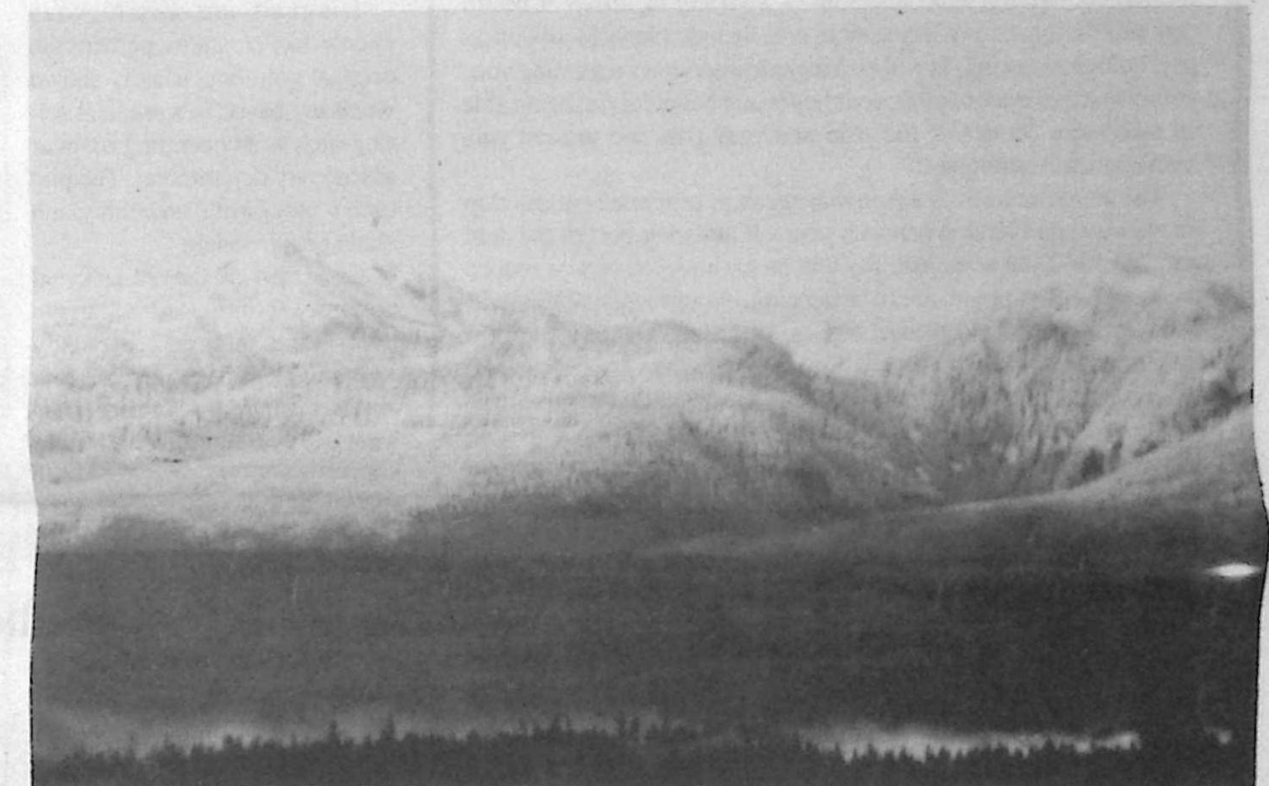
The course, General Military Training (basic training), is the first of several courses candidates for the Air Reserve must attend. Private Hayes represents the trend toward invigorating growth in the Air Reserve and Total Force Concept being pursued by the Regular Air Force. He joined the Reserve in

January and is awaiting Air Frame Technician training at Borden, Ont. He is presently employed on contact training with 442 Transport and Rescue Squadron at CFB Comox. When he completes his trade course at Borden he will return to CFB Comox for employment part time with one of the squadrons based here.

Ron graduated from Nanaimo District Senior Secondary School in 1989 and was a member of No. 205 Air Cadet Squadron, Nanaimo, for four years.

Private Hayes' goal is to complete his university education and apply for pilot training with the Reserve or Regular Air Force.

## Hanging On....



Snow-dusted mountains in April -- Peggy Sandirson of Sooters captured these scenes of a winter that didn't want to let go.

## NEXT DEADLINE 11 MAY



**OPEN HOUSE** for Prospective Registrants at Tigger Too Nursery School and Rainbow Nursery School will be held Tuesday evening, May 5 1992, 6:30 to 8:00 pm.

**TIGGER TOO NURSERY SCHOOL** 339-6422

1800 Noel Avenue (upstairs)  
Comox, B.C.

**RAINBOW NURSERY SCHOOL** 338-8424

Lower St. George's United Church  
6th and Fitzgerald Avenue, (enter off Fitzgerald Ave.)  
Courtenay, B.C.

**RAINBOW NURSERY OFFERS FRENCH EXPOSURE CLASSES.** Registration forms for September 1991 will be available at this open house. Registration starts May 8, 1992. For children 3 to 5 years of age.

## Hamish

## Humour

At a Birthday (or Christmas) party for kids, the adults rushed around frantically keeping the party going...organizing games, treasure hunts, and contests. In the midst of the confusion, one little boy asked, "When this is all over, can we play?"

The troops were lined up for pay parade in alphabetical sections. The W.O. shouted at the person at the head of the "P's" line; "Name?"

"Phillips sir."  
"What are you doing here? Get over in the 'F' line."

## DON'T SMOKE

## Be Water Wise

You can help a drowning person even if you can't swim. Extend a towel, a stick, anything that will lengthen your reach.



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## BC BESTSELLER LIST

April 21, 1992

### Fiction

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

### Non-Fiction

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



## Dogwood

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## NEXT DEADLINE 11 MAY

# Health & Fitness

## To Your Health

Health information from the Registered Nurses Association of British Columbia

### Pain Clinics Offer Hope

For most of us, for most of our lives, pain is a friendly enemy. When we feel pain it makes us suffer, but it also alerts us to dangerous situations and forces us to take action. If we step on a nail, for example, the pain may make us pull our foot away before doing ourselves serious damage.

There is another kind of pain, though, that can cause endless, pointless suffering. It is the pain that accompanies long-term chronic illness and nurses know that it can become a sad fact of life for individuals and for the families that care for them. Fortunately, though, there is now more hope of relief.

In recent years, research has accelerated in the areas of pain and pain management and some of that research has paid off in practical methods of reducing or controlling chronic pain. A number of pain clinics throughout the province now incorporate many of these methods in their treatments. To check whether there's one in your area, ask a nurse or your doctor, or check the yellow pages of your telephone book.

If you attend a pain clinic expect to have a comprehensive assessment from a team made up of a variety of different health care professionals. An assessment will include physical as well as psychological testing. It will also include interviews regarding your personal experience of pain, your hopes and beliefs about being able to take more control of the pain and your past and present pain management techniques.

The key to success in a pain management program is to develop an effective partnership between yourself and members of the pain clinic team. Their responsibility will be to show you how to reduce the amount of pain you are experiencing. Your responsibility will be to learn and practice the techniques you are shown and to monitor their effectiveness.

A variety of approaches are needed in a comprehensive pain program because different solutions work for different people. Nurses know that no one solution will work for everyone, nor for all types of pain. Even when people have the same complaint or underlying condition they will respond differently to the same treatment.

Many new pain management therapies are based on the discovery that the mind has an enormous effect on our perception of pain. In modern pain treatment, therefore, a number of techniques are utilized to train the mind how to experience less pain, or to experience it differently. These techniques include self-hypnosis and biofeedback.

Other methods of pain control are designed to work directly on your body. Relaxation training, for example, can help to reduce chronic muscle tension caused by pain, and physiotherapy can help you achieve optimal body posture and movement, despite your pain.

Counselling may also be effective. It can help you understand how the pain you experience may be the result of your attitudes, habits and current methods of coping. Even your cultural background may play a part in how pain affects you. In some cultures, for example, an admission of pain may be considered a weakness. This attitude, however, may hinder the effective treatment and management of pain.

A pain clinic can help you evolve a unique and effective pain management program that will work for you. If you or a member of your family suffer from chronic pain, seek out a pain clinic in your area. If there is no pain clinic nearby, consult health care professionals who can help you develop your own pain management program.

If pain has become a part of your life or affects a member of your family, nurses recommend that you not accept the situation passively. You will definitely benefit by learning the best ways to deal with it.

## info health

Dr. Bob Young



### Dingbat Rascals

The Dingbats are gone. They have graced a wall of one of my examining rooms for more than three decades, entrancing kids and their parents alike. Every February a mailing tube containing a new group of Dingbats would arrive in the form of an illustration on a simple wall calendar.

Dingbats are mischievous gnome-like creatures, perhaps the original gremlins, usually shown wreaking havoc in a medical setting such as an operating room or emergency department. The pictures were colorful and funny, and made people laugh.

Gone also are the red-jacketed notebooks that used to arrive every three months. Actually only the refill pages arrived four times a year; the fabric (later, vinyl) covers into which they slipped were replaced on request when required. Combined, they formed a booklet of just the right

size to fit in a shirt-pocket.

This was also a calendar, and an appointment book, with dated pages, lists of normal laboratory values, and other information of value to doctors. The red booklet identified the bearer as being a physician as surely as did the stethoscope around the neck - but no more.

In what seems to me to be a case of bureaucratic over-kill, the pharmaceutical companies that provided these items for so many years are no longer permitted to do so. The reason? Both the calendar and the notebook contained some advertising - a few words on the Dingbat calendar, a line or two on each page of the notebook.

Apparently the powers-that-be were convinced that gullible physicians were being seduced into using the mentioned products as a result of being sent the notebook or calendar. (The in-

trinsic value of the items was low - a greeting card would cost more.)

Both pharmaceutical companies (Frosst, in the case of the Dingbats; Ciba, with the notebook) are well-respected drug firms.

I don't know who is being insulted here, but I think it is the physician. Few of us are likely to modify our treatment decisions on the basis of having received a token "gift" from a certain supplier. And, if the truth be known, most of us would be hard-pressed to recall which drugs were being promoted through the notebooks or calendars.

Surely the regulators could have found more important things to get excited about.

The dated memo book can be easily replaced - but I will miss those Dingbat rascals!

### Walking's Good Exercise

Our prehistoric ancestors took millions of years to develop the ability to walk on their two hind legs. In time we became pretty good at it, walking wherever we wanted, near or far.

For the past 200 years or so we have worked hard to develop technology that makes it ever easier to avoid walking. The horse was perhaps the beginning, but cars, bicycles, buses and trains, elevators and escalators, even moving sidewalks have replaced shank's mare.

Today people can go for days at a time without walking more than a few token steps, and they suffer for it.

Walking, of course, is excellent exercise, easily available to most of us at no cost. It does not demand the skill needed to play sports, the endurance required for

running, or the healthy joints necessary for jogging. We can walk at any convenient time, on trails, sidewalks, or paths. Even open fields or sandy beaches will do.

While true jocks pooh-pooh the benefits of walking, doctors and many of their patients recognize its worth. I have previously remarked in these columns about the fitness of patients who walk, sometimes several miles, to the office. These same people walk daily as a matter of course - to town, to the store or church, or just for the sake of 'going for a walk'.

If you belong to this group you need read no further!

The majority of us are, I'm afraid, too lazy or too busy (at least in our own estimation) to abandon our vehicles and hoof it.

Even when our destination is a block away we take the car.

The British Columbia Medical Association is joining the British Columbia Dairy Foundation in sponsoring a walking project to remind people of both the pleasures and health benefits of walking. "Step It Up" stresses comfortable shoes, easy first efforts, the proper pace, and the need for frequent outings.

Walking with a friend, or joining an informal walking group may keep you honest. And whole new vistas may open. Walking tour holidays ranging from leisurely to rugged are available in many countries, particularly England.

One walk will not make you fit, of course. But it may start a habit that will - for a lifetime.

## Bookshell Bestsellers

<p><b>Pat Bolen</b> Proprietor 10% off for mil pers - show ID</p> <p>2751 Cliffe Ave., Driftwood Mall, Courtenay, B.C. V9N 2L8 604-338-5943</p>	<p><b>Debi Williams</b> Manager get your Totem Times here</p>
<p>Week ending: May 2 10 Top Paperbacks</p>	
<p>1. As the Crow Flies .....Archer</p> <p>2. Rustlers of West Fork .....Louis L'Amour</p> <p>3. H is for Homicide .....Grafton</p>	<p>4. The Covenant &amp; The Flame .....Morrell</p> <p>5. The Other Side of Love .....Briskin</p> <p>6. Tokaido Road .....Robson</p>
<p>7. Crossfire .....Hagberg</p> <p>8. Pacific Beat .....Parker</p> <p>9. Love of Duty .....Grant</p> <p>10. Bodily Harm .....Berrenson</p>	

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# On & Off the Base



## Military Police:

Authority, Powers & Jurisdiction

Police authority refers to those powers provided by law to certain persons, to prevent, detect and investigate offences. Our system of law, from its earliest beginnings, has depended upon the active participation of every citizen to preserve law and order. The Statute of Winchester in 1285 required each city and town to maintain certain numbers of men as watchmen from sunset to sunrise from Ascension Day to Michaelmas Day. If they failed to apprehend an offender, the community itself had to compensate the victim. Once a crime was committed, each citizen had to leave his work and, armed with his weapons, had to pursue the offender, raising a "hue and cry". The offender was pursued from town to town until he/she was apprehended. But the Police, first known as the Bow Street Runners, were not created until 1753, when London, England was experiencing a crime wave. This was expanded until eventually the Metropolitan Police Force was established in 1829 by Sir Robert Peel.

The creation of a police force, however, was not meant to have the effect of transferring total responsibility for preserving order from the citizen to the police. Although the constable

was now considered the person selected by his fellow citizens to carry out the duty of preserving peace and apprehending offenders, the common law and subsequent statutory legislation still recognized that each citizen had the responsibility and obligation to assist in that role as he/she had done from earlier times.

Over the last seven centuries, the office of constable has developed certain recognized duties and responsibilities under common law. However, because both the Federal and Provincial legislatures have jurisdiction to create a police force, a policeman's status may vary by the particular legislation under which his force has been established. It is important to remember that to the extent that his status is not superseded by statute, the duties and responsibilities of a police officer as they have developed under the common law will remain. The National Defence Act (federal statute) includes provision for the designation of a particular group of commissioned officers and non-commissioned members to be Specially Appointed Persons. Specially Appointed Personnel (Military Police) are "Peace Officers" as prescribed in the Criminal Code of Canada, Sec-

tion 2. The peace officer status provides Military Police with lawful authority to enforce the Criminal Code and other federal statutes. Peace Officer status specifically provides Military Police with lawful authority to maintain and restore law and order. Military Police are authorized to stop persons and vehicles, question witnesses and suspects, arrest and take custody of offenders, report to appropriate authorities, search people and places, collect and present evidence, swear information to justices, and serve warrants, summonses and other court processes.

The Military Police are the primary police force at CFB Comox and exercise police authority over persons subject to the Code of Service Discipline, without regard to their rank, status or location. Any other person, including civilian employees, spouses, dependants, visitors or trespassers, in regard to any event, incident or offence, real or alleged, which occurs or may occur on or in respect to CFB Comox, comes under the authority of the Military Police. So remember, only the Military Police are responsible for law enforcement on DND property at CFB Comox, which includes all PMQ's.

SEE YOU AT THE LEeward!

**THE LEeward NEIGHBOURHOOD PUB**

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

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**429 Sqn Presentation of Colours**

On 25 June 1992  
429 SQUADRON will receive from  
HER MAJESTY THE QUEEN or Her representative,  
SQUADRON COLOURS

All former members are invited to attend this presentation. The COLOURS will be presented in conjunction with the Quinte International Airshow and 426 Squadron's 50th Anniversary

For further information, contact  
429 Squadron  
Astra, Ontario  
KOK 1B0

**ST. PETER'S Anglican/Episcopal Church**

218 CHURCH ST., COMOX

**HOLY EUCHARIST**  
8:00 a.m. and 10:00 a.m.  
Fr. John Paetkau - 339-2925

**JESUS IS LORD**

# Public Announcements

## Dependant Use of Base Gym Facilities

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

## 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 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.

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

YOUR LOCAL POLICE ICBC

## 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.

## Gym Floor Closure

The gym floor will be out of bounds from 01 - 22 May 92 (approx) for floor re-surfacing. During this time, the locker rooms will also be restricted to limited usage due to acid washing of the floor.

## C.V. Amateur Radio Club

The Comox Valley Amateur Radio Club holds monthly meetings the fourth Thursday of every month at the AFIS Theatre, next to the CFB Comox Air Force Museum. All amateurs and prospective amateurs are welcome. For more info contact Dave Grimshire, Local 8523 or the club repeater VE7 RCV, 147.91/31

## CFB Comox Bodybuilding Club

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

## 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.

## Ball Hockey Championship

CFB Comox is hosting the Pacific Region Ball Hockey Regionals 3 - 8 May 92.

CFB Esquimalt, Chilliwack, Comox and HMCS MacKenzie will play off to determine the Region's best team. Anyone wishing to volunteer as timekeeper, host or to officiate please contact the PERI staff at local 8315/8690.

## 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.

## NAUI Underwater Instructor Course

There will be a national aquatic underwater instructors course held by CFB Greenwood Underwater Club 09-17 May 92.

Course Fees are \$550.00, which includes registration and instructor guide.

Course prerequisites include:

- a. current First Aid
- b. 50 logged dives with 25 hrs bottom time
- c. currently certified NAUI Divermaster or prep course graduate
- d. NAUI Rescue Diver certification or equivalent
- e. minimum age 18
- f. current diving medical

Additional expenses include transportation, meals, instructor, insurance, accommodations and NAUI dues.

For more information and registration, send course deposit of \$150.00 payable to Chesley Chaulk, P.O. Box 897, Greenwood, N.S. BOP INO

Deadline for registration is 01 May 92

## Ladies Win

Silver in CF Nat. Broomball

## Broomball

CFB Comox Ladies Broomball team lost 1-0 to NDHQ at the CF National Championship final game. The Comox team played with desire and showed great skill, however could not score on the NDHQ goalie.

Comox tournament record is as follows:

- a. 3-2 lost to Kingston
- b. 2-1 lost to Cornwallis
- c. 1-0 lost to NDHQ
- d. 5-3 win Lahr
- e. 2-0 win Edmonton
- f. playoff semi-final 1-0 win over Kingston

Their record shows the outstanding performance by all members throughout the week.

Team coaches WO Howie Gustafson, Cpl Ian Adams and team captain Sgt Knight-Adams should be commended for their tremendous efforts in forming this very successful team.

Good show to everyone involved, you represented Comox well.

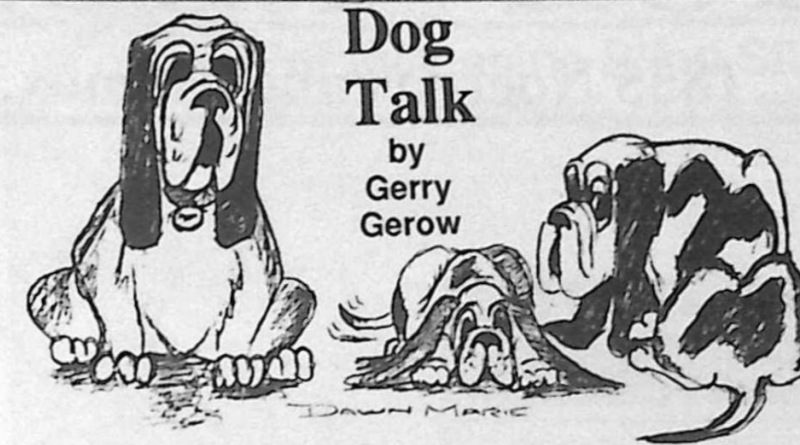


**Buckle Up BC!**

Is your child's safety seat tether strap attached? If it isn't, the seat is UNSAFE.

INSURANCE CORPORATION OF BRITISH COLUMBIA

# On the Base



**Dog Talk**  
by Gerry Gerow

## Poodles

although that is seldom heard today. They are regarded as the National dog of France. Like so many other breeds of dogs they made their way to England as a result of the Napoleonic wars when returning soldiers brought some breed specimens home with them.

Poodles are very popular dogs in Canada. They rate in the top five breeds when it comes to popularity, right up there with German Shepherds, Shetland Sheep dogs, Golden Retrievers and Labradors.

Most people are familiar with the peculiar method of clipping a poodle. However most are not aware that there are two distinct clips which are used, the English Saddle Clip and the Continental Clip. In addition there is a third clip which is used on puppies.

Poodles come in a great variety of colours. Blue, grey, silver, brown, black, apricot, cream and Cafe-au-Lait are some of the more common. Because parti coloured dogs are disqualified in the show rings, poodles are always bred to others of the same colour.

Poodles are extremely intelligent and this has resulted in them being used quite commonly as performing dogs in circuses.

Do you have a breed of dog you would like to see mentioned here? Let me know, and I'll see what I can dig up on them for you

## Poems Wanted

Sparrowgrass Poetry Forum Inc. is offering a grand prize of \$500 in its new "Awards of Poetic Excellence" poetry contest. Thirty-four other cash awards are also being offered. The contest is free to enter.

Poets may enter one poem only, 20 lines or less, on any subject, in any style. Contest closes July 31, 1992, but poets are encouraged to submit their work as soon as possible, since poems entered in the contest also will be considered for publication in Poetic Voices of America, a hardcover anthology. Prizes will be awarded by Sept. 30, 1992.

"We are looking for sincerity

and originality in a wide variety of styles and themes," says Jerome P. Welch, publisher. "You do not have to be an experienced poet to enter or win."

Poems should be sent to Sparrowgrass Poetry Forum, Inc., Dept. GC, 203 Diamond Street, Sistersville, West Virginia 26175.

Sparrowgrass Poetry Forum sponsors six free poetry contests and publishes six hardcover poetry anthologies each year.

They are dedicated to encouraging and rewarding the many "undiscovered" poets across North America.

## 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

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

**CALENDAR OF EVENTS**  
MAY 1992

Sat 2 May WESTERN NIGHT 8:30 pm Westwin Trio. \$3.00 per person, members & guests.

Thurs 7 May AFIS HERITAGE NIGHT 7:00 pm in the Wing

Sun 17 May BINGO 2:00 pm, members and guests

Sat 30 MAY HAWAIIAN NIGHT 6:30 pm. Tickets \$12.50 per person. Members and Guests. Music by "The Music Man"

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

DND AND MILITARY PERSONNEL WELCOME  
WING HOURS OF OPERATION ARE AS FOLLOWS:  
Thurs 11 a.m. - 6 p.m. (except AFIS nights)  
Fri and Sat 11 a.m. - 1 a.m. Sunday 1pm - 7 pm.

TOTEM LOUNGE

CFB COMOX IR. RANKS MESS  
COME AND DANCE TO THE MUSIC OF  
**LOVE CATS**

SATURDAY 23 MAY 1992 FROM 1900 UNTIL CLOSING

COST MEMBERS \$5.00  
NON MEMBERS \$7.00

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

**Comox Air Force Museum**

May - Sept 10 am - 4 pm  
Wed thru Sun & Holidays  
Featuring GULF war, VU33 & 409 Sqn Displays  
**MUSEUM GIFT SHOP**  
AVIATION MEMORABILIA  
BOOKS, FLAGS, MODELS, POSTERS,  
HATS, SWEATERS, SHIRTS, PINS, PATCHES  
AND MUCH, MUCH MORE!  
PHONE (604) 339-8635  
At the gate of CFB Comox

**WANTED:**

Your personal Births, birthdays, engagements, anniversaries, weddings and death announcements, including photographs.

These will be published free of charge to all DND personnel and civilian employees, retired DND personnel and RCMP.

**DARN!**  
I COULD HAVE ADVERTISED IN THIS SPACE!

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

<p><b>AUTOMOTIVE</b></p> <p>Engines rebuilt for cars &amp; trucks. 6 Cyl. from \$995, 8 Cyl. from \$1095. 5 Year or 100,000 Km limited warranty. Bond Mechanical 872-0641. 8-7 p.m. 7 days. Toll-free Mon-Fri 1-800-663-2521.</p> <p>CANADA ENGINES LTD. Quality Rebuilt engines: cars - light trucks. 6 cylinder from \$995, 8 cylinder from \$1,095. 5 year, 100,000 km. ltd warranty. 7 days. (604) 580-1050, 1-800-665-3570.</p> <p><b>BUILDING SUPPLIES</b></p> <p>DOORS! WINDOWS! Interior and exterior wood, metal and French doors, wood windows, skylights. MORE! Call collect to WALKER DOOR and WINDOW in Vancouver at (604) 266-1101.</p> <p><b>BUSINESS OPPORTUNITIES</b></p> <p>COLOURFUL BUSINESS. Do you have a flair for colour and design? Decorating Den, Canada's fastest growing interior Decorating Franchise is expanding in B.C. Training provided. Lower Mainland 525-8722. Provincial 1-800-565-8722.</p> <p>OPPORTUNITY, 3 Ft. Dish, T.V. &amp; Video Programs, make \$200 per sale, more money from people you sponsor. 1(416)945-8714 Robert But-ton, initial investment \$15.</p>	<p><b>BUSINESS OPPORTUNITIES</b></p> <p>CREATIONS! Unique, proven step-by-step economic empowerment, success and buying strategies and more! No inventory! Global opportunity! Free recorded message. Toll-free B.C. 1-978-6017. Call anytime.</p> <p>Paint Store, wall covering, wicker furniture. Well established in Powell River, B.C. For information call Joe Mastrodonato, Vogl Agencies (1982) Ltd. 1-485-4231 (office), 1-485-2283 (home).</p> <p>CREATE WEALTH. Financial independence can be yours. Take the first step. Send SASE for free prosperity program to Box 124, 101-1184 Denman, Vancouver, B.C. V6G 2M9.</p> <p>...WANTED! Individuals who enjoy PEOPLE, FASHION AND SELF-EMPLOYMENT! Call Balance Fashions and discover an exciting home-based, direct-sales opportunity selling fabulous cotton casual-wear! Minimal investment. 1-800-565-5600!</p> <p>SIMPLY ALARMING! Discover the rewards of marketing the world's most advanced, affordable "SAM" Security Systems. Opportunities throughout B.C. Contact: Marketing Director, Tye Security Inc. (604) 684-5500.</p>	<p><b>BUSINESS OPPORTUNITIES</b></p> <p>PROFIT FROM THE RECESSSION? Every few years a truly different opportunity comes along from ANYTHING you have ever seen. Minimum Investment \$499. CALL TODAY. 1(519)944-6000.</p> <p><b>CRAFT SUPPLIES</b></p> <p>CRAFT SUPPLIES for all your crafting needs. Send \$3 for our 1992 Craft Catalogue. Unicorn Crafts, Unit 20 33718B Essendene Ave., Dept. BA, Abbotsford, B.C. V2S 2G9. Refundable with first purchase.</p> <p><b>EDUCATION</b></p> <p>TRAIN TO MANAGE an Apartment/Condominium building. Many jobs available. Government licensed home study certification course. Call for details: (604) 681-5456 or 1-800-665-8339.</p> <p><b>FOR SALE MISC.</b></p> <p>Backhoes 2 &amp; 4 W.D., 950, 960, loaders, 18" x 36" jaw crusher, dump trucks and pups, 455 case loader, water truck, excavators, and more equipment not listed. Call Vic 493-6791.</p> <p>LINEN HOUSE'S down duvets are great shower and wedding gifts. Duvets for summer and winter. Top quality, top value, top service, guaranteed! 1-800-661-3696, Susan Abildgaard.</p>	<p><b>FOR SALE MISC.</b></p> <p>NIPAWIN BRIDGE: New publication for former Nipawin residents. For two free introductory issues, send name, address, postal code to Nipawin Bridge, Box 2380, Nipawin, Sask., SOE 1E0.</p> <p><b>PERSONAL</b></p> <p>STAINED GLASS SUPPLIES by mail order. Instructional videos and 184 page catalogue available. Write or call: The Glass Place, Box 18, Lancaster, Ontario K0C 1N0. Tel: 1-800-363-7855.</p> <p><b>HELP WANTED</b></p> <p>Regis Hairstylist is now hiring for our Eaton's and Tillicum Mall locations. Full-time licenced stylist required. Good traffic flow. Easy to build clientele. We supply equipment. Advanced training. Friendly atmosphere. Call 1-384-4588 or 1-386-7778. Ask for manager.</p> <p><b>CRUISE LINE EMPLOYMENT PACKAGE.</b> Types of Jobs/How to get those Jobs/ North America Contact Directory/More! For details call: (604) 535-3539.</p> <p><b>MACHINERY</b></p> <p>Foley Belsaw saw sharpening equipment, automatic refinisher, sander, filer, plus 310 grinder new diamond wheel for carbide plus many accessories. Detailed list available. Call 1-752-3391.</p>	<p><b>MOBILE HOMES</b></p> <p>ATTENTION PARK OWNERS and mobile home buyers. We have a good selection of used and new mobile homes in stock. Buy factory direct. Noble Homes 1(403)447-2333.</p> <p><b>PERSONAL</b></p> <p>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!</p> <p><b>REAL ESTATE</b></p> <p>PROPERTIES TO BE SOLD for unpaid taxes. Crown Land availability. For information on both write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa, K2C 3J1</p> <p><b>SERVICES</b></p> <p>Major ICBC and injury claims. Joel A. Wener trial lawyer for 22 years. Call collect: (604) 736-5500. Contingency fees available. Injured in B.C. only.</p> <p><b>TRAVEL</b></p> <p>COMING TO VANCOUVER? We have rates from \$46.95 daily. Weekly and monthly rates available. BLUE BOY MOTOR HOTEL. Call 1-800-663-6715. Full hotel facilities, casino, bowling.</p>
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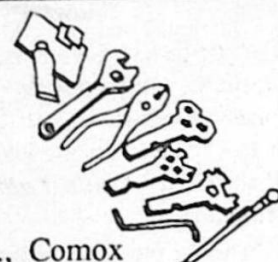
# COMOX RECREATION

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

## BICYCLE MAINTENANCE & MECHANICS\*

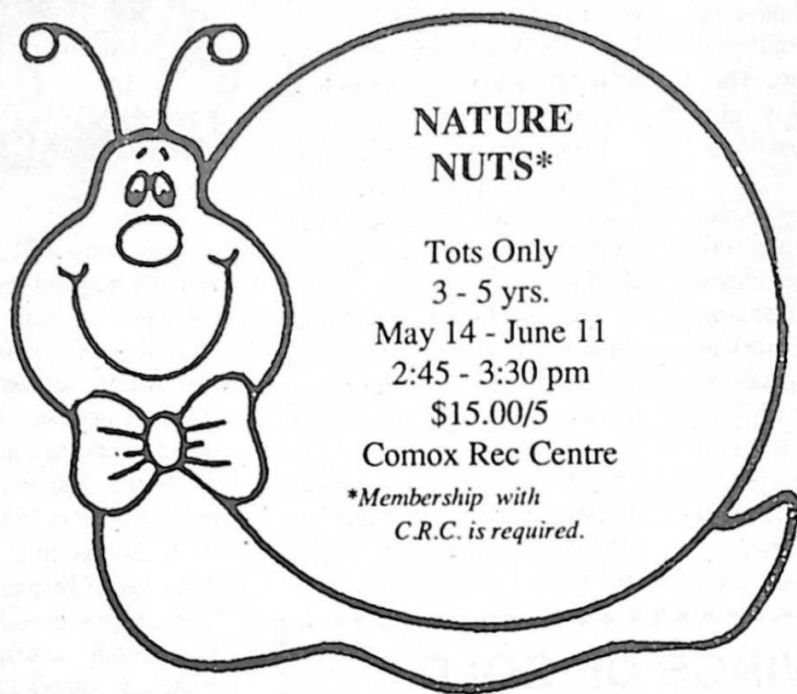


13-17 yrs.  
May 7- June 4  
6:00 - 7:00 p.m.  
\$20.00 / 5  
Simons's Cycles,  
221 A Church St., Comox



\*Membership with the C.R.C. is required

Don't let your freedom be ruined by a minor bicycle breakdown. Learn how to fix those minor repairs so you won't be caught down the road or on the trail without a clue.



## NATURE NUTS\*

Tots Only  
3 - 5 yrs.  
May 14 - June 11  
2:45 - 3:30 pm  
\$15.00/5  
Comox Rec Centre

\*Membership with C.R.C. is required.

## BUNGEE JUMPING COURSE

is NOT being offered but...

### ALL ABOUT KAYAKS

is...  
All Ages  
Wednesday  
May 13  
7:00 pm - 9:00 pm  
\$6.00  
Comox Rec Centre  
Everything you wanted to know about kayaks from what to look for when buying one to where to go and how to paddle.

Best and Worst Health and Fitness Ideas of the Year

### EMERGING SPORT

according to "Men's Health" magazine.

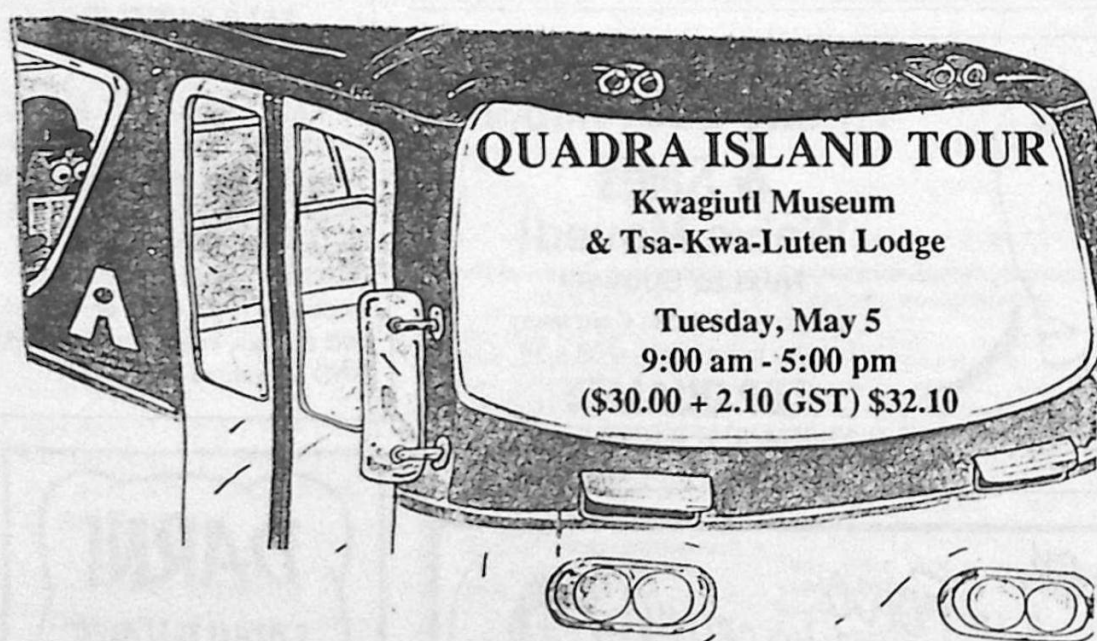
#### Worst: Bungee jumping.

Involves about as much skill as eating with a spoon; you trust your life to guys whose entire business inventory is a rubber cord and some duct tape; "Liability insurance? Gee, like, we've been meaning to look into that, y'know."

#### Best: Ocean Kayaking.

Fun, nature, solitude, portability, good exercise and enough danger to make you feel manly.

## Welcome Aboard!



### QUADRA ISLAND TOUR

Kwagiutl Museum & Tsa-Kwa-Luten Lodge

Tuesday, May 5  
9:00 am - 5:00 pm  
(\$30.00 + 2.10 GST) \$32.10

Comox Recreation and YOU will be headed for Quadra Island, the Kwagiutl Museum and the Tsa-Kwa-Luten Lodge. Your registration fee will provide transportation, ferry fee, and museum fee. You are responsible for your lunch payment (soup and sandwich special for approximately \$7.00) at TsaKwaLutenLodge. Please dress for any possible weather conditions. You will be travelling with HiLo Transportation Ltd.

## THE WATER WORKS

2001 BASIC FLAT WATER CANOE PADDLING (TANDEM) #1

16 yrs. +  
Mon. - Fri.  
June 1 - 5  
6:30 - 8:30 pm  
\$55.00/person  
Goose Spit



Participants must wear PFD's and have complete change of clothing.

2002 BASIC FLAT WATER CANOE PADDLING (SOLO) #2

16 yrs. +  
Mon. - Fri.  
June 8 - 12  
6:30 - 8:30 pm  
\$60.00/person  
Goose Spit

2003 ADV. FLAT WATER CANOE PADDLING (TANDEM) #3

16 yrs. +  
Mon. - Fri.  
June 15 - 19  
6:30 - 8:30 pm  
\$55.00/person  
Goose Spit

## EMPLOYMENT Opportunities

The following employment opportunities are available with the Comox Recreation Commission.

**SECRETARY/ RECEPTIONIST**  
July & August  
Wage: \$10.00/hr.

**DAYCAMP COORDINATOR**  
May - September  
Wage: \$8.50/hr.

**DAYCAMP LEADERS**  
July & August  
Wage: \$6.50/hr.

**HANDS ON FARM COORDINATOR**  
May - September  
Wage: \$8.50/hr.

**HANDS ON FARM ATTENDANT**  
July & August  
Wage: \$6.50/hr.

Call Comox Recreation  
339-2255  
for details.

# On & Off the Base

For Malaspina Blind Students



On 13 Feb 92, CFB Comox Military Police presented Malaspina College with a cheque for \$9674.00. Photo - Left to Right: Brad Erhart (Student), Capt Paul Weed (BSecurO), Sgt Cartier (MP Section, Nanoose), MCpl Frank Aroz (MP Blind Fund Coordinator), Arlene Ward (Chairperson, Malaspina College Advisory Committee), Cpl Desrochers, Mr. Clayton Hobbs (Student), LS Lubitz, Mr. Albert Ruel (Student) and Mr. Rich Johnson (Malaspina College President).

## MP Fund helps Visually Impaired

Thanks to financial support from the Military Police Fund for Blind Children, Malaspina College has recently purchased an Akenstone reader which is now being used by students. The adaptive technology is enormously useful for blind and visually impaired students. It helps to level the playing field for them by making information accessible almost immediately.

The scanner/synthesizer gives students access to printed material that would otherwise have to be read to them. Text is placed on the machine, it reads the material, relaying information by voice to the student. It is also useful in computer applications, allowing the student to type on a

keyboard with an audio output of text on the screen.

The Arkenstone can also be attached to other specialized equipment such as large print and braille printers. This may encourage people who would otherwise not have considered a post-secondary education to choose to continue their education, thereby improving their employment options.

Proceeds from a Christmas fund-raiser and a recent dunk tank event, sponsored by the CFB Comox Military Police, were donated to the fund to help pay for the scanner/synthesizer. Capt. Paul Weed from the CFB Comox Military Police Section led a group of MPs to Nanaimo to

make the donation.

Col. J.R. Stone started the fund in 1957 after a visit with his daughter who was enrolled at the Ontario School for the Blind.

During one of his visits at the school, classes were recessing for a canteen break. His daughter informed him that her best friend could not take canteen breaks because she had no money.

On a tour of military establishments, Col. Stone spoke on the issue of the blind children not having money to take a break at the canteen. It turned into a one-man project which raised several hundreds of dollars in donations from Military Police personnel.

The project grew into a trust fund and is supported exclusively by all Canadian Military Police units in Canada, Europe and the Middle East.

The fund is available for individual or organizational use. For more information contact any Military Police unit.

## LEGION LOG

BRANCH 17 COURTENAY  
334-4322

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

Fri 01 May.....Music by El Durado  
Fri 08 May.....T.B.A.  
Fri 15 May.....Music by Nashville

### \*\*\*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 10 May.....Mothers Day B.B.Q.  
Saturday 30 May.....Lounge Lower Lounge 1:00 PM  
for Cancer Society

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

SUNDAY 31 May.....FUN CRIB TOURNAMENT  
Registration 12 - 1:00 PM  
Open to All Crib Players

BRANCH 160 COMOX  
339- 2022

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

01 May.....Rawhide & Lace  
08 May.....Cross Country  
15 May.....Coyote  
22 May.....Spectrum  
28 May.....Alley Cats

### \*\*\*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\*\*\*

SUN. 10 MAY - Mothers Day.....music by Cross Country  
2 - 6 PM

### \*\*\*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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## 441 Reunion

441 Tactical Fighter Sqn is pleased to announce their 50th Anniversary reunion on the weekend of 24-26 June, 1992 at CFB Cold Lake. All former members and spouses are invited to attend. Contact Sqn Chief WO at:  
441 TFS, Medley, Alta, TOA, 2MO  
or call (403) 594-7908



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# On the Base

## Retiring JRs



## JRM RETIREMENT LUNCHEON HELD 08 APR 92

Front Row: Cpl Josee Nadeau, Cpl Marsha Koran, Pte Tony Hernandez, MCpl Scott Harlock, Cpl Angela Hermanns, MCpl Rick Easton, Cpl Gord Gagne, MCpl Dan Brown, Cpl Gerry MacIntyre, MCpl Vern McLearn.

Second Row: MCpl Pat Sears, Cpl Tom LePage, MCpl Ken Hubich, Cpl Al Luj, MCpl Maurice LeFrancois, MCpl Bob Davidson, Cpl Dan Dupuis, Cpl Jim Waddell, Cpl Barry McKieve, Cpl Mike Heigl.

Third Row: MCpl Mike Pilon, Cpl Roger Bernard, MCpl John Saikaly, Cpl Dawn Summers, MCpl Don Parsons, Cpl Gabriel Audet, Cpl Andre Legault, Cpl Steve Gosling.

Missing: MCpl Victor Arsenault, MCpl Don Ayotte, MCpl J.M. Bentley, MCpl Ceci Blanchette, MCpl John Chequis, MCpl Bernie Corrigan, MCpl Anne Davey, MCpl Bill Gawdun, MCpl N.A. Kennedy, MCpl Bow Maasz, MCpl Hector Pitre, MCpl Eugene Scheidl, MCpl Fred Sell, MCpl Roger Theberge, MCpl Riel Verbeek, MCpl Bob Wrightson, Cpl Rita Becker, Cpl Yves Bernard, Cpl Gerry Bodner, Cpl Roy Brassington, Cpl Be Brow, Cpl E.W. Gammon, Cpl Ryan Harding, Cpl Ken Harvey, Cpl Nancy Himsi, Cpl Jan Kearns, Cpl Martin Lavigne, Cpl Barrie Mitchell, Cpl Sand Morris, LS Peter Motty, Cpl James Randall, Cpl Charlen Rowlandson, Cpl John Russel, Cpl Dave Threndyle, Cpl Blai Wilt, OS Janet Giroldi, Pt Chris Landry.

On behalf of all Junior Rank I would like to congratulate the retirees and wish them all the best in their future endeavours. As retirees who have not signed for their gift certificates or picked their gifts may do so at their earliest convenience at the JRM office.

S. Limoges  
MCpl PMC/JRM

## Motorists asked to Start Seeing Motorcycles

When you're riding a motorcycle, one of the greatest threats to your safety is the other vehicles sharing the road with you.

That's because about two-thirds of all motorcycle crashes involve another vehicle and, for motorcycle riders, the consequences of an accident are serious - three out of every four motorcycle crashes result in injury or death. Last year alone, nearly 1300 motorcyclists and their passengers were killed or injured. A significant number of the

two-vehicle crashes occur because the other driver fails to detect the motorcyclist in traffic and does something to violate the cyclist's right of way. The typical accident scenario involves another vehicle making a left turn at an intersection directly in the path of a motorcyclist, so that there is little the cyclist can do to avoid a crash.

Since the return of warm weather in the spring brings legions of motorcyclists back onto the highways and roads of

British Columbia, May has been designated Motorcycle Awareness Month to encourage other drivers to start seeing motorcycles.

There are several reasons why many other drivers fail to see motorcyclists:

- Motorists are generally looking for other cars and trucks, not motorcycles.
- Motorcycles have smaller profiles than other vehicles on the road, making approaching motorcyclists more difficult to see.

The smaller profile also makes it more difficult for motorists to estimate the distance and speed of an oncoming motorcycle.

However, for most drivers, the solution is simply greater awareness of the fact that they share the road with motorcyclists. After all, motorcycles aren't really that difficult to see when you expect to see them.

In addition, other drivers should realize that a motorcyclist's riding pattern differs significantly from that of a car or truck. Traffic, weather and road conditions often require motorcyclists to respond differently than drivers of other vehicles, making their actions more difficult to predict.

Potholes, road debris, railway tracks or changes in the road surface can all make it necessary for the motorcyclist to suddenly change lane position. Wet road surfaces reduce motorcycle braking and affect handling. Strong gusts of wind can move motorcyclists across an entire lane. As a result, other motorists should expect cyclists to make sudden changes in position and direction and allow room in their driving for such actions.

During Motorcycle Awareness Month, ICBC and the province's motorcycle riders remind all drivers to start seeing motorcycles. Drive Aware by knowing what to expect from motorcyclists and the situations where crashes are likely to occur.

## Bulletin Board

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

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

Happy 50th Birthday Wayne!



Wayne Erhardt, sheltering either from the rain or a hole in the ozone layer. With love from Audry.

### For Sale or Rent

Newly renovated 2-bedroom bungalow, 800 sq.ft. New furnace, new Thermopane windows, new stucco siding. Bathroom refinished. Very clean. Centrally located. Garage, carport, mature trees, garden, hedges, and fenced. Asking \$95,500. By appointment only. 339-2393

### For Sale

Set on a beautifully landscaped lot, this immaculate 3 bedroom home has it all! From the spacious 11'x18' master bedroom with walk-in closet and ensuite, to the cosy family room featuring woodstove and handcrafted bar, this cared for home is in Courtenay's best neighbourhood. The double garage, large deck, and private, fenced backyard complete this handsome package. \$145,900 (ML516234)

### For Sale

16 Ft. Fibreglass Boat. Needs interior. \$200 o.b.o.  
1980 CHEV pickup Heavy Half, 350 Engine, Pioneer Stereo, comes with running boards and extra mud tires. \$2000 o.b.o.  
LOC 8365 or 339-0762  
Ask for Neil

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### CALLING FORMER STUDENTS

The organizing committee of the 1994 Portage Collegiate Centennial Reunion is currently assembling names and addresses of former students. Please forward your own name and address, along with those of known former students to:

P.C.I. Centennial Celebration and Reunion  
P.O. Box 1994  
Portage la Prairie, Man.  
R1N 3J9



# On & Off the Base

## CFB Comox Family Support Centre

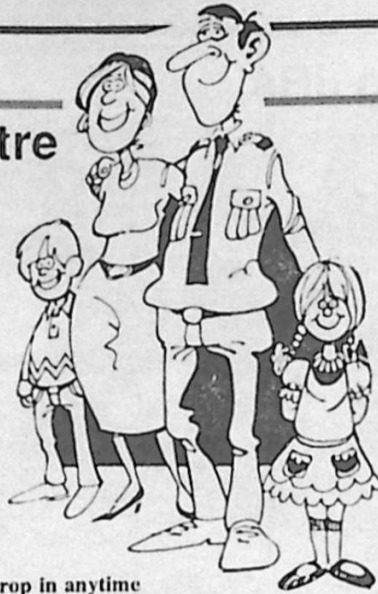
**Hours of Operation:**  
7:30 - 4:30 Mon to Fri  
**Address:**  
119 Little River Road  
**Mailing address:**  
Family Support Centre  
CFB Comox  
Lazo, BC  
VOR 2K0

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  
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Emergency shelter

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



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## Family Support Centre Update

We have now acquired some play equipment for our fenced-in yard. Why not drop by with the kids for a visit?

Volunteers Required: We have openings for volunteers. Training will be provided. Please contact us at the Family Support Centre if you are interested.

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

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**BREAK free**

ATTENTION  
RCAF / CF Flight Engineers  
Plan to Attend  
the '92 Western FLT ENG Reunion  
Comox BC 10 - 14 Jun 92  
Contact John Wood  
2229 Robb Ave.  
Comox, BC  
V9N 4T2  
(604) 339-4962



## Summer Programme

Coming soon, to a museum near you, is a summer programme for kids that's fun, exciting and educational! If you are looking for something a bit different for your 7 - 11 year old to do for one week this summer, then this programme might be for you.

Each week day from 10 am to 3 pm, the programme offers a different topic for children to explore. From 80 million-year-old dinosaur fossils to the tiny creatures that live in rivers today; from 2 thousand-year-old native traditions to the daily lives of our pioneer ancestors; from the simple science that makes a light

bulb shine to the global water cycle; the children will explore and learn about many things using games and hands-on activities. The programme takes advantage of museum resources and daily walking trips to area parks.

Sessions begin July 6th with only 12 places available each week. The fee for the week-long session is \$65 per child if you register before June 1st, and \$75 per child if you register after June 1st. For more information, or to pick up a registration form, phone or stop by the Courtenay Museum at 360 Cliffe Avenue, 334-3611.

## ASSOCIATION FRANCOPHONE 'AGA'

L'Association Francophone de la Vallée de Comox a le plaisir de vous inviter à son Assemblée générale annuelle qui aura lieu le 2 mai à 19h dans nos bureaux du Centre communautaire (au coin de Ryan et Little River Rd., Lazo).

## ASSOCIATION FRANCOPHONE 'AGM'

The Association Francophone de la Vallée de Comox cordially invites members and new members to attend our Annual General Meeting May 2nd at 7pm in our office in the Community Centre (at the corner of Ryan and Little River Rd., Lazo).

## PARKSIDE

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## KIDS SENSE IS COMING TO DRIFTWOOD MALL

Driftwood Mall will sponsor the all-Canadian Kids Sense public safety awareness program  
April 29 - May 3, 1992

KIDS SENSE at Driftwood Mall will kick-off on Wednesday April 29 with displays and information being provided by the following local organizations:



Courtenay R.C.M.P.  
Courtenay Fire Hall  
Red Cross Society  
Comox Valley Bicycle  
Safety Committee  
Child Find  
Poison Control Centre  
Crime Stoppers  
St. John Ambulance

Kids Sense encourages children ages 4 to 12 and their parents to familiarize themselves with everyday safety so their responses in any given situation are sensible and automatic.

