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## Our Next Astronauts

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# TOTEM TIMES



Canadian Forces Base Comox B.C.

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COST: PRICELESS

## Hallowell's "Horse"



Crimson coloured T-33 -- steed of the Red Knight between 1958 and 1969. Note the old Canadian Red Ensign on the tail fin. Inset: F/L Bob Hallowell, early 1960's

Looking Back....

## The Red Knight

Between 1958 and 1969, the Red Knight performed solo aerobatics coast to coast in Canada and the U.S. He was created to show the RCAF to smaller airshows that could not draw the RCAF's aerobatic team of that period, the "Golden Hawks." However, the Red Knight proved to be immensely popular and a draw in his own right. The first Red Knight, Flight Lieutenant Roy Windover, initiated the solo show on June 14, 1958, at Trenton and flew until July 10, 1959, when our own "WingCo" Bob Hallowell, former Totem Times staffer, presently resident of Comox and stalwart member of 888 Wing Royal Canadian Air Force Association, took over. "Loops, rolls, Cuban eights, horizontal 360s, inverted flight and high speed passes. There was nothing more spectacular than a flame-red aircraft performing in a clear blue sky," writes Larry Milberry in "Sixty Years - The RCAF and Air Command 1924 - 1984" (CANAV Books).

The Red Knight was phased out in 1970. In 1972 the Snowbirds began their long reign.



# National Affairs

Defence Policy 1992

## Defence Planning - Part B

### National Defence



The Hon. Marcel Masse, M.P.

#### Official Languages

In response to the 1988 Official Languages Act, National Defence introduced an updated Official Languages Master Implementation Plan which calls for incorporating the use of both French and English into all aspects of the Department's activities.

This is being achieved in two ways. First, additional French language units have been designated in the Canadian Forces so that francophones working in French can enjoy career progression opportunities comparable with those available to anglophones working in an English environment. Second, the Forces have expanded their capacity to provide basic and intermediate training in both official languages.

A review of the linguistic requirements of all military and civilian positions began in 1991. Progress has been made in the staffing of bilingual military positions. Civilian francophone participation in the Department's labour force has also increased, though representation remains too low within the Executive Group. Expanded areas of search and aggressive recruiting have already been employed in order to attract additional qualified francophones in the Department's civilian workforce.

As a truly national institution, the Canadian Forces are making a major contribution to the unity of the country. They see their efforts to improve their official language capabilities and programs in that light. Already, participation in second language training has nearly doubled, courses have been lengthened and standards upgraded. Military personnel maintain a presence across Canada. The two official language groups work side by side every day to ensure Canada's security within a variety of functional contexts. Problems inevitably arise from time to time. They are addressed with the same dedication and effort the Canadian Forces demonstrate in all matters that affect the welfare of the nation.

#### National Defence and the Economy

The operations of the Department of National Defence support the establishment and maintenance of a modern, capable defence industrial base, and have

an important impact on the Canadian economy. Defence expenditures generate jobs, business profits and exports. The defence program confers economic benefits on all of the economy's major industrial groups, and while not primarily intended for regional development, it does produce substantial economic activity across the country.

Major contributions to the Canadian economy, which are less well known but of particular importance to our long-term security, are research and development, defence-related economic co-operation with our allies and training. All enhance Canada's ability to meet the readiness, mobilization and sustainment requirements of the armed forces and are an integral aspect of defence planning.

**Research and Development** - The Department of National Defence, in co-operation with other federal departments, supports a wide range of defence-related research and development in Canada. This support helps develop and maintain Canadian scientific and technological expertise and enhances the overall competitiveness of Canadian industry.

The Defence Industry Productivity Program, managed by the Department of Industry, Science and Technology, assists Canadian manufacturers by promoting technological advances that strengthen Canada's overall technological base. This program is an effective use of federal funds, returning an average of 14 dollars in export sales for every dollar invested. The Department also collaborates with industry in such areas as search and rescue, space-based surveillance and arms control verification. Under the terms of the Defence Industrial Research Program, government shares the costs of defence-related research with industry, gaining additional resources and expertise from the private sector. Industry retains ownership of the new technology and is generally free to exploit it in the commercial marketplace. This enables industry to pursue and secure new markets, while providing government with a reservoir of defence-related capabilities.

**Cooperative Programs** - Significant industrial benefits flow from Canada's co-operation in the research, development and production of defence goods with the United States, largely through the Defence Development and Production Sharing Arrangements. They call for roughly balanced cross-border defence trade over time and give Canadian firms an opportunity to compete for U.S. defence contracts on the normal commercial basis of price, quality and delivery. In recent years, major products of Canadian origin have found their way into the U.S. in-

ventory, including a tactical radio system and a recovery system for landing helicopters on destroyers and frigates.

This access to the American market has allowed Canadian manufacturers to demonstrate their ability to produce high-quality goods suitable for the military and civilian markets of our NATO allies. Standardization programs provide further opportunities for Canadian equipment and technology to be sold to our Alliance partners. Canadian companies have developed recognized expertise in niche markets which include aircraft, simulation, drones and remotely-piloted vehicles, as well as military equipment designed for use in the Arctic.

**Training** - The Canadian Forces employ, educate and train Canadians on a national scale. The requirement to maintain skills at optimum levels for operational effectiveness demands a significant investment in personnel training and skill enhancement from the basic to the most advanced levels.

**This commitment to training has made the Canadian Forces a highly qualified and skilled sector of the Canadian labour force such that, after successful employment with the Forces, thousands of members take back to the civilian workforce a vast array of marketable skills and expertise in fields as diverse as aerospace engineering, air traffic control, public affairs, medicine, social work, and surveying. State of the art training ensures that the qualifications of military personnel are equivalent to those of their civilian counterparts, and that they have the skills required to perform their roles in a professional, expert, and competent manner.**

The Canadian Forces Training System carries out its activities at 36 locations, offering 1,700 courses in 138 occupations. Additional training is provided on the job and by the Commands. There are three military colleges and four professional development institutes, including the Land Forces Staff College, Staff School, Staff College and the National Defence College. The current review of defence infrastructure is taking a close look at whether significant savings might be achieved through the consolidation of these facilities.

**Defence in the North** - The objectives of National Defence, with respect to the North, are to uphold Canadian sovereignty by exercising surveillance, demonstrating presence, helping civilian agencies cope with non-military contingencies and advising government on measures to deal with new challenges. These objectives will be pursued in various ways. National Defence will expand the Rangers. It will retain an airborne battalion capable of reacting to short notice emergencies in remote areas. It will conduct research and develop systems of particular applicability to the North. It will co-ordinate its activities and plans with other departments and governments, assisting civil authorities in public welfare emergencies, including search and rescue operations. The Canadian Forces will continue to carry out surveillance of the North and its air and sea approaches. They will develop and maintain maritime, land and air plans, and carry out training exercises in the North.

A number of specific initiatives are improving the ability of the Canadian Forces to contribute to sovereignty and security in the North. The acquisition of three Arctic and Maritime Surveillance aircraft will make possible an increase in northern air surveillance patrols. The completion of the North Warning System will significantly enhance the capability of the Canadian Forces to monitor the use of Canadian airspace. The upgrading of northern airfields and the acquisition of Hercules aircraft with an air refuelling capability will enable the air force, for the first time in Canadian history, to deploy fighters anywhere across the Canadian North. The installation of a sub-surface acoustic detection system to monitor movements at a number of strategic choke-points in the Canadian Archipelago, and to monitor activity in the Arctic basin, will give Canada an unprecedented detection and surveillance capability in the North. Plans to develop a facility in northern Quebec will also expand the Canadian Forces' presence in the North and facilitate training in Arctic conditions.

Northern Region, encompassing the Yukon and the Northwest Territories, is headquartered in Yellowknife. It will be renamed Canadian Forces Northern Area and remain under the command of the Chief of the Defence Staff.

**Space** - Space is an important component of the international security environment. The spread of weapons of mass destruction and ballistic missile technologies to a growing number of countries around the world is of primary concern. As a result, the United States and Russia will examine the possibility of co-operating on the development of ballistic missile defences.

Canada will need to address these and other space-related security issues as they evolve. Over the longer term, we will have to acquire an appropriate capability in space-based surveillance systems. We can assume that, eventually, space-based systems will be capable of monitoring our territory, our airspace, our ocean approaches and other areas under our jurisdiction. The Canadian Forces will benefit from improved surveillance, communications and navigation provided by these systems. For National Defence, the most cost-effective way of deploying such systems and maintaining control over Canada's sovereign airspace may be to address this problem in co-operation with other agencies. Whatever option Canada chooses, it must find ways of keeping abreast of new technologies and ensuring that its own national requirements can be met to the greatest degree possible. It is clear, however, that space-based systems are extremely expensive and that Canada's final decision may well rest on resolving the issues of affordability and priority.

**The Environment** - The Department of National Defence is committed to ensuring that its policies and activities are consistent with safeguarding the environment. Concern about the environment is not new to National Defence. Over the last decade, the Department has demonstrated this concern in a number of ways. It has significantly reduced the amount of energy used in its facilities. Working with Forestry Canada and industry, DND has conducted inventories and developed plans for the sustainable development of forests on departmental property. The Department devotes particular attention to responsible management of property used for operational training, and has developed procedures to ensure that sites are returned to an environmentally sound state when no longer needed. In March 1992, an agreement was reached with Environment Canada to set aside 420-square kilometres on the eastern boundary of Canadian Forces Base Suffield, Alberta as a national wildlife area.

Building on past successes, the Department will continue to contribute to the achievement of the overall environmental goals set by the government. The Canadian Forces will continue to take environmental concerns into account when planning and executing training missions and operations. An environmentally sensitive approach to departmental decision-making will be pursued so that "green" considerations are given equal weight along with operational, logistic, financial and human concerns. Finally, the Minister intends to establish an Advisory Committee on the Environment to provide advice to the Department.

Do you know where your children are?

### Korean Korner

## Deception and Domination

Bob Orrick CD

In the first of this series, reference was made to the Cairo Declaration, December, 1943 (United States, Great Britain, China), the Potsdam Declaration, July, 1945 (U.S., G.B., China, [USSR subscribed to the declaration one month later]), the Yalta Conference, February, 1945 (U.S., G.B., USSR), and the Moscow Agreement, December, 1945 (U.S., G.B., USSR). At each meeting the allied leaders discussed Korea and the peninsula's fate following the end of World War II. Later events would indicate the United States was slow to recognize the Soviet's deception and the USSR's intention to dominate the peninsula.

In *A New History of Korea*, written by Ki-baik Lee, we learn that the Provisional People's Committee for North Korea had been formed in Pyongyang in February, 1946, and was designed to function as an interim government under the policy control of the Soviet military authorities. Through a variety of enactments, foremost among them a thoroughgoing land reform, this People's Committee laid a firm foundation for a communist political system. Then, in February, 1947 the People's Committee of North Korea (no longer labelled "provisional") was created and this was tantamount to establishing an autonomous governmental authority in North Korea.

Refusing to permit the United Nations Temporary Commission on Korea to carry out its mission in North Korea, the Communist authorities proposed instead that direct negotiations be pursued between the political leaders of the

north and the south. Their objectives were to obstruct the Commission's activities, to effect a simultaneous withdrawal of U.S. and Soviet occupation forces, and then to seek an opportunity to extend Communist domination over all Korea by force of arms. Accordingly, a powerful military force was organized and trained in North Korea from an early date and after the formal establishment of an independent government, called the Democratic People's Republic of Korea (Choson Minjujuui Inmin Konghwaguh).

In 1948 military preparations were further strengthened. Immediately prior to the outbreak of the Korean War on 25 June, 1950, North Korean military power consisted of as many as 10 infantry divisions, 242 tanks and 211 planes. In contrast, despite President Syngman Rhee's insistent clamour for unification of Korea by military force, South Korea's army consisted of no more than eight divisions. More seriously than that, South Korea's military was poorly equipped, lacking even a single tank and with an air force consisting of some 20 training aircraft, but not one fighter plane.

South Korea's second general elections were held in May, 1950. The result of the election gave 56 seats in the National Assembly to the government party, 26 to members of the Democratic Nationalist Party and other opposition parties, and 128 to independents. This clearly was an expression of the people's lack of confidence in the government and in the existing political parties as well.

At about this same time the view was being expressed in Washington that Korea lay outside the U.S. defence perimeter in East Asia. The North Korean Communists, who had been trying to subvert the Republic of Korea by fomenting armed rebellion (such as that at Yosu and Suncheon in 1948), now were led to believe that the time was ripe for an all-out invasion of South Korea.

On 25 June, 1950, then, North Korea launched a surprise attack across the 38th Parallel. The under-strength and poorly equipped Republic of Korea army

**The Korean War was one of the most tragic episodes in the nation's history. The suffering that it caused was cruel beyond expression. South Korean casualties in the fighting alone are estimated at 150,000 dead, 200,000 missing and 250,000 injured. More than 100,000 civilians were abducted to North Korea and the number of war refugees reached several millions.**

**North Korean casualties were several times these figures."**

was quickly forced to retreat to a line along the Nantong River in the southeast corner of the country. The United Nations, however, quickly resolved to give military support to the Republic of Korea, at whose birth as an independent nation the UN had acted as midwife. A United Nations command was established and troops from 16 countries (United States, Britain, Canada, Australia, New Zealand, South Africa, the Philippines, Turkey, Colombia, Ethiopia, France, Greece, India, Luxembourg, Thailand, and the Netherlands) arrived in Korea to fight side by side with the South Korean army

under the flag of the United Nations.

(Belgium, Denmark, Norway, Sweden and Italy provided medical and/or hospital units.)

Seoul was recaptured on 28 September, 1950 following the successful amphibious landing at Inchon. Two days later UN forces poured across the 38th Parallel and continued to push northward. Before long they reached Chongin on the northeast coast, the Yalu River in the areas of Hyesanjin and Chosan in north-central Korea, and Sonchon in the northwest. But the fighting took a sharp turn about with the intervention of Communist Chinese armies. In this new war the UN forces were forced to retreat to positions south of the Han River, but then regrouped and drove the Communists back above the 38th Parallel, suffering huge losses in the process.

The fighting became protracted along the 38th Parallel. Incursions north and south of the artificial boundary were carried out by each side. Some of the fiercest fighting of the Korean War occurred during this period.

Eventually (27 July, 1953) an armistice agreement was reached between the UN and Communist forces. The bitter struggle thus came to an end.

The Korean War was one of the most tragic episodes in the nation's history. The suffering that it caused was cruel beyond expression. South Korean casualties in the fighting alone are estimated at 150,000 dead, 200,000 missing and 250,000 injured. More than 100,000 civilians were abducted to North Korea and the number of war refugees reached several millions.

North Korean casualties were

several times these figures.

It is difficult to give an accurate account of the material losses resulting from the Korean War, but the damage to property has been estimated at something over US \$3 BILLION (1953 dollars). About 43 per cent of manufacturing facilities, 41 per cent of the electrical generating capacity, and 50 per cent of the coal mines in South Korea were destroyed or damaged. One-third of the nation's housing was destroyed, and a substantial amount of the country's public buildings, roads, bridges, ports and the like were reduced to ruins.

But the damage wrought by the Korean War cannot be measured in material terms alone. This is because the war forced the Korean people, long conscious of their ethnic unity, painfully to face the tragic reality that their nation had been partitioned and that hope for eventual reunification had become still more remote. It is not that no attempt at reunification was made after the signing of the armistice. The Geneva Conference called for in the armistice accord indeed was convened in April, 1954. At Geneva the representatives of the Republic of Korea proposed first that the authority of the United Nations over the Korean problem be acknowledged, and second, that free elections be held under UN supervision for the purpose of creating a united and independent democratic Korea. But the North Korean Communists rejected this approach bringing about the rupture of the Geneva talks. In subsequent years this Geneva formula for the reunification of Korea was reaffirmed annually by the United Nations General Assembly.

Next issue: the differences in the South and North Korean unification formulas.

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# Editorial



Norm Blondel

## Supporting Our Supporters

When I go out, I wear shoes repaired at Tri-City Boots, and I often lunch at Smitty's. My ICBC insurance is renewed at Dogwood Insurance Agencies, while Wife updates hers at Comox Valley Insurance. We put at the Leeward or the Griffin, get our bike stuff at Black's, and Sooter's handles our family films. Market Travel will arrange our UK visit next year, and if I need auto tools I go to Hartman Auto Supply.

What's this? Commercials on the editorial page? Not really: the foregoing are a few of the businesses which support the Totem Times with their advertising dollars. In turn, I try to support as many of them as I can. Year in, year out, local (and national) businesses faithfully contribute to the cost of bringing the Totem Times to its readers. It isn't cheap to produce a newspaper - about \$1800 per edition for this one. Printing, materials, wages and expenses, postage, all have to be offset by the revenue obtained through advertising.

To be sure, military payroll and procurements contribute to financial stability in the Comox Valley, and our advertisers are aware of the buying power of DND personnel, but that isn't the entire reason our advertisers give us their support. The Totem Times, through sheer longevity if nothing else, has become an institution in the Comox Valley. In fact, we are the second oldest newspaper around here, a fact not too many people are aware of. For more than thirty years, the Fishwrapper has been available to service people and civilians alike. Our advertisers know that, and some of them have been around our pages for decades.

Pioneer editors set the style, substance and character of this newspaper. Others, like Gord Kruger, enhanced and modernized the format. As I see it, my job is to act as custodian of the format and traditions of the Totem Times, ever mindful of the need to keep the quality up. This task is made easier by the support we get from our contributors, an important element of whom are the advertisers. I believe in supporting our supporters. I hope you do too.

## Welcome to Comox

Between this edition of the Fishwrapper and the next one, on September 8 to be precise, our kids will go back to school and will meet others whose parents have been posted to CFB Comox. New friendships will be formed, mitigating somewhat the regret of other earlier alliances affected by the need for some personnel to be transferred to other CF units. Far from weakening bonds between individuals or couples who get to like each other through their mutual involvement with the military, I have found the process makes one inclined to protect such camaraderies, perhaps because we generally choose our friends, whereas we are born with our relatives. We still have friends we met in Greenwood in 1958. We celebrate each others' birthdays and anniversaries as regularly as we do our siblings, and our mutual support, when needed, is given without question. For that we can thank our membership in the military family. To those who have just arrived, welcome to the Comox branch.

## Photo Credits

Cpl Luc Champagne (on ATAT) with MCpl Larry Cook (407 Photo) took those fine elevated photos of the Base Commander's change-over parade on 30 July. Accustomed as we are to the excellent work of Base Photo, we sometimes forget to credit the other photo section on Base, in 407 Sqn. Good work, Luc and Larry.



## New Aviation Coins From Canadian Mint

OTTAWA -- A Canadian version of an aircraft first designed by aviator Glenn Curtis is featured on one of two coins unveiled recently by the Royal Canadian Mint. The new coins are the 5th and 6th in Canada's aviation series, Powered Flight in Canada/The First 50 Years. One depicts the Curtiss JN-4 Canuck and manufacturing executive Sir Frank Wilton Bailie, while the other features the De Havilland Gypsy Moth together with Canadian aviator Murton A. Seymour. The coins were designed respectively by George Velinger of Beaconsfield, Quebec and John Mardon of Toronto, Ontario.

A maximum of only 50,000 of each coin will be sold worldwide. Each Sterling silver coin contains a troy ounce of silver, is struck in proof finish, and has a 24-carat gold-covered oval cameo. Each coin has a legal tender face value of \$20 and sells for \$54.35 CAN, plus applicable taxes. The Mint offers another option for the purchase of the entire 10-coin series.

The aviation coins are presented in an aluminum case shaped like an airplane wing with a propeller design on the lid. All coins are encapsulated for protection and come with a certificate of authenticity.

The new coins are the latest in a ten-coin series begun by the

Mint in 1990 and since that time, its popularity has been steadily growing. Commenting on the success of the program to date, Numismatic Products Director Kirsten Petersen said, "These coins have found a dedicated and enthusiastic group of collectors.

Only 2,500 complete sets remain available and therefore we are confident that the series will be a sell out."

To order, contact the Royal Canadian Mint, Box 457, Station A, Ottawa, Ontario K1N 9H3 or call toll-free, 1-800-267-1871 #599.

### Curtiss JN-4

Designed by George Velinger, the coin depicts a Curtiss JN-4 (Canadian) flying over Camp Borden, Ontario.

The Curtiss JN-4 (Canadian), informally referred to as the Canuck, was the first mass produced aircraft in Canada. It played an important role in the Canadian training program of the RFC during World War I.

Featured on the gold cameo is Sir Frank Wilton Bailie, President of Canadian Aeroplanes Limited, the most efficient aircraft manufacturer in North America during World War I. In 1916, after acquiring the rights to the JN-3, Canadian Aeroplanes Ltd. modified it to include ailerons on both wings. It was designated the Curtiss JN-4. Cur-

thus informally designated JN-4 (Canadian), which inevitably became known as the JN-4 (Can) Canuck. In June 1918, the first Canadian air mail was carried from Montreal to Toronto by one of these Canadian built Canucks. After the war, these aircraft were sold for use by civilians. They became the preferred machine for aerial stunt performances, a popular attraction of the time.

The Canuck was the first Canadian mass produced aircraft. Some 683 of them were sold to the United States of America for use by the U.S. Army Air Corps during World War I. It was the first foreign air sale success in Canada.

George Velinger was born in Czechoslovakia, where he studied applied arts and specialized in medal engraving as well as earning a degree in sculpture. He later moved to the United States where he studied design at the Rhode Island School of Design in 1968-69. In 1977, he became the Chairman of the Department of Fine Arts at John Abbott College near Montreal. Velinger has received numerous international awards and is very active as a teacher of sculpture, 3-D design and drawing at John Abbott College.



Jenny/Canuck

tiss in the United States had already produced a JN-4, therefore it became necessary to distinguish the Canadian and U.S. machines. The Canadian was

### De Havilland Gypsy Moth

The design of artist John Mardon on the reverse of the coin depicts a Gypsy Moth in flight. The hangar beneath the aircraft is Camp Borden as it looked in the late 1920's. The historic flight took place on April 18, 1928. One week later, the Toronto Flying Club received the first flyaway delivery of a Moth from the Canadian company.

Originally from Great Britain, the de Havilland Moth, a light two-seat aircraft with an engine as small as that of today's automobiles, became the standard equipment of most flying clubs of the world in the late 1920's. Its success soon led to the establishment of the de Havilland subsidiaries in Canada and Australia. In the early thirties, the



Gypsy Moth

Moth aircraft, renowned for its long distance performance and reliability, became a familiar sight across Canada as a Flying

Continued on page 5

# Comment

## Letters

## Lahr Sar-Majors Wanted

The Editor  
Totem Times

With the upcoming closeout of Canadian Forces Europe at both Canadian Forces Base Baden-Soellingen and Lahr, also comes the closeout of various clubs which have been a part of both units. One of the oldest of such clubs is the NATO Sergeant Major Club. Formed in 1959 at Karlsruhe, with representatives from the German, French, American and Canadian Forces, it has acted as a focal point in countless friendships between these countries' military Senior NCO's and Warrant Officers.

In an effort to contact as many former members as possible, we request a small notice in your newspaper:

NATO Sergeant Major Club,  
Karlsruhe  
All former members of the

NATO Sergeant Major Club located at Canadian Forces Bases Baden-Soellingen and Lahr are requested to contact the Secretary as soon as possible. Plans are being made for a final closeout dance in early 1993 and invitations will be forthcoming. Please assist by contacting former members you know who may have since retired from the Canadian Forces.

Secretary  
NATO Sergeant Major Club  
PO Box 2228 CFPO 5000  
Belleville, Ontario  
K0K 3R0

Thank you very much for your assistance.

Yours truly,  
Brian J. Gibbons  
Secretary  
NATO Sergeant Major Club

## Tracker Videos Wanted

The Editor  
Totem Times

Eight months ago I asked for your support in getting in touch with former members of VS880/MR880 Squadron. Thank you for responding.

As I mentioned at that time, I am putting together a documentary video detailing the years that the Tracker aircraft was flown by 880 Squadron. I asked for people to forward copies of their old 8 mm film and videotape. The response has been heartening...with one exception. I now have "oodles" of old Navy footage, but virtually nothing on the last fifteen years of the Tracker's life (1975 - 1990). Given the proliferation of video camcorders, I had expected just the opposite. Perhaps your readers did too, and held off getting in touch with me thinking that the other guy/gal would handle it. Well they didn't! I'm writing to you now to get the word out that I need their help - now more than ever, as I'm fast approaching my target deadline. There must be lots of tape out there holding images of

sovereignty patrols, fishing patrols, northern patrols, ice rescue, rocket runs, lovely sunsets, exotic destinations, etc. People shouldn't be shy. The whole premise of this film is to have the majority of the raw footage shot by amateurs. With a little judicious editing I'll be able to trim out the shots of the floor, ceiling, Aunt Martha, etc. All film will be returned undamaged. As a further inducement, I plan on returning a complimentary copy of the final tape to whoever submits raw footage (plus acknowledging their contribution in the film credits).

I would appreciate it if you would again spread the word on my behalf. Please direct any inquiries to me at the address below. Thanks for your support.

Sincerely,  
A.T. (Alf) Bristow, Capt (A),  
(Retd)  
#44 - 100 Burrows Hall Blvd  
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M1B 1M7  
Home (416) 299-8016  
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## More Coins

Continued from page 4

Club aircraft and was subsequently used for varied purposes such as training RCAF pilots, bush flying as well as exploration and pleasure flights.

The cameo portrays Murton A. Seymour, the first pilot to be trained by the Aero Club of British Columbia and graduated in November of 1915. In 1939, he was named President of the Canadian Flying Club Association, and was awarded the Trans-Canada Trophy in 1939 in recognition of the outstanding

leadership he gave to the Flying Clubs of Canada.

A graduate of the Ontario College of Art, John Mardon has worked as a designer and illustrator for many years. He has won 65 awards in Canada, Japan and the U.S. and has produced coin designs for the 1986 and 1989 Canadian Proof Dollars and the 1990 Gold \$100.

The obverse of both coins features the effigy of Queen Elizabeth II, designed by Dora de Pédery-Hunt.

## CDS Message on Family Violence

In recent years, Canadians have become increasingly aware of the existence and serious effects of family violence. It is estimated that one in ten or one million Canadian women are abused by their partner every year. The incidence of child abuse is more difficult to assess, as only the most serious cases tend to be reported. The effects of abuse are not limited to the injury, pain and suffering of the abusive events but extend to long term psychological and developmental impairment, and patterns of abuse that can be passed from generation to generation.

Regrettably, there is no doubt that violence occurs in military families just as it does elsewhere. However, in the Canadian Forces, where families are so closely involved with and affected by the

member's career, the well-being of families is a specific and deliberate focus of CF policy.

Consequently, I wish to affirm that the aim of our policy in the Canadian Forces is to minimize the occurrence of violence and abuse within military families, and to ensure that any occurrence is dealt with promptly and professionally.

To this end, a committee on family violence chaired by the Director General Personnel Policy has been set up to study the phenomenon and make recommendations for achieving the aim.

Pending the outcome of these deliberations, I expect commanders at all levels to ensure that:

A. incidents of family violence are promptly handled by or

referred to professional social workers/agencies with due regard to the safety, counselling and recovery of the family; and

B. all cases are investigated and disciplinary action taken against members whose abusive action constitutes an offence under the Criminal Code or Code of Service Discipline.

While guarding against unwarranted intrusion into the privacy of family life, we must ensure that victims of family violence know where to turn for help, and that our base and unit staffs in concert with the local Area Social Work Officer and multi-service family resource centre where appropriate, have a co-ordinated and planned response to their needs.

## Battle of Britain Parade, Service, 20 Sept

On Sunday 20 Sep 92, CFB Comox will conduct an Ecumenical Remembrance Service and Parade to commemorate the 52nd anniversary of the Battle of Britain. The service and parade will be held at the CFB Comox Heritage Aircraft Park. In the event of inclement weather the ceremony will be held in the

Protestant Chapel. Contingents from the RCAF Association, Comox Legion, Courtenay Legion, Cumberland Legion, Korea Veterans Association, Royal Canadian Air Cadets, three flights representing CFB Comox and a military band from CFB Chilliwack will be in attendance. The dress for military

members is DEU 1A (Medals). OPI for the remembrance service will be Maj R.E. Baker, BChap (P), local 8273 and OPI for the parade is CWO P.J. Sarty, BWO, local 8298/8277.

The pedestrian gate will be opened for the duration of the ceremony, commencing at 1030 hrs.

## Write to CF in Yugoslavia

Dear Editor

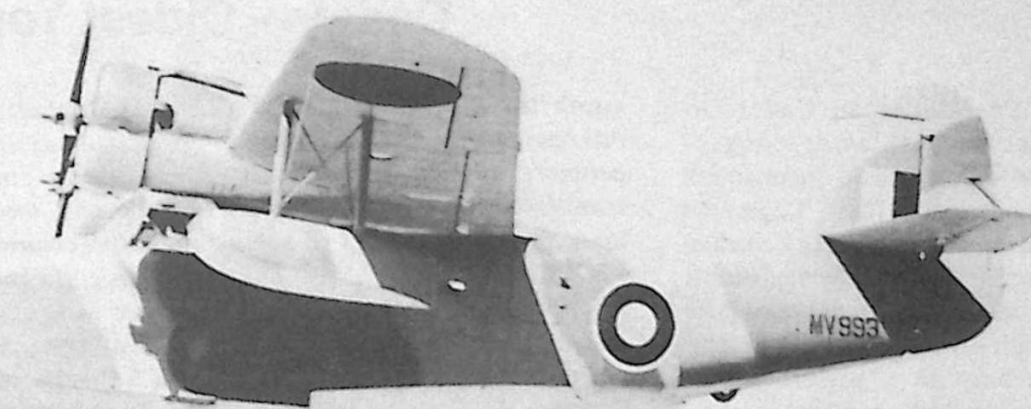
Your readers will remember that United Nations peacekeepers were awarded the Nobel Peace Prize in 1988 and that a large number of the Canadian Armed Forces shared in that magnificent tribute. As this letter is being read, our armed forces are once again risking their lives in the cause of peace, most recently in Yugoslavia. They are far from their loved ones and from the

wonderful country of Canada; yet they are very close to danger.

Can your readers imagine how wonderful it is to hear from fellow Canadians that their sacrifice in the cause of peace is appreciated? Could some of your readers take the time to say "Thank you. We hope you return safely to your loved ones in Canada. We are very proud of you." Your readers may contact service personnel in Yugoslavia by writing to:

N Company  
Operation Harmony  
CC UN Profor  
CFPO 5003  
Belleville, ON  
K0L 3R0  
Your solidarity with Canada's Armed Forces is deeply appreciated.  
Sincerely,  
Bob Lockhart, Chairman  
Conference of Defence Associations.

## Air Force Trivia



### Trivia Answer

Canadair C5 10000  
412 San RCAF

from the H.W. Holmes collection

# TOTEM TIMES

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# On & Off the Base

## BC's Reservist Peacekeepers Prepare



Capt Kelly J. Merrigan of Vancouver's Seaforth Highlanders leaves to join the 3rd Battalion of the "Princess Pats" for peacekeeping duty in what used to be Yugoslavia.

VANCOUVER — On 4 July at the Seaforth Armoury, as the B.C. District Rank and Trades School Band played "Auld Lang Syne," 53 British Columbia Army Reservists climbed aboard buses taking them to Victoria's Work Point Barracks. There they are training with 3rd Battalion, Princess Patricia's Canadian Light Infantry, which has been assigned to the United Nations Protection Force in the former republics of the Yugoslav Federation. The enterprise is optimistically code-named "Operation Harmony."

The "Princess Pats" wanted to increase the 3rd Battalion from 550 to 850 for the peacekeeping operation and, in late May, reservists from Land Forces Western Area, stretching from Northern Ontario to B.C., were invited to volunteer. By mid-June 320 militia personnel had offered their services; preference was given to those trained in combat

arms (infantry, armoured, artillery) and to military engineers. Eleven are officers. After initial screening for trade qualifications, physical and psychological fitness, 256 volunteers proceeded to Work Point Barracks. Several found it difficult to leave their families and civilian jobs for eight months.

33-year old Capt Kelly J. Merrigan of the Seaforth Highlanders of Canada left his position as a crown attorney in Surrey, while MCpl Terrance A. Sweeney (21) of Vernon said goodbye to his wife Anna and their six-month old child after getting a leave of absence from work as a restaurant manager. Capt Merrigan sees the call-out as "an opportunity to test my military competence, and an opportunity to do some small good in the world." Sgt Glen A. Braid of the British Columbia Regiment is equally hopeful: "I might be able to help by (giving

by Maj Peter Moogk

them) just enough of a cooling-down period so that they can get together and find their direction." Four of the 89 selected B.C. reservists were women. One, Cpl Lauren N. Skibinsky (22) from 6 Field Engineer Squadron (Chilliwack Troop), says "it's kind of scary: they're shooting over there, and they seem a bit trigger-happy." A few, like MCpl Eldon J. Smith (27) of the B.C. Regiment, have previous peacekeeping experience; "I know what I'm getting into," he comments.

At Victoria the Western Canadian volunteers were formed into a militia training company that is receiving refresher training in radio communications, weapons handling, first aid, map reading, and battle drills. The final selection was made on 17 July, when the reservists were awakened at 3:45 a.m. for a 13-kilometre route march laden with rucksacks and weapons. This intensive training the challenges will bring all the reservists up to the required standards of military training and physical strength for service with 3 PPCLI. According to the battalion's Deputy Commanding Officer, Maj "Mike" Diakow, "there is only one standard: army standard, and all the men and women alike are expected to meet it. They must be quick, fit, and proficient," and ready for deployment by 1 September.

The peacekeepers' task has been simply defined as service for the United Nations "as required;" it will probably be in the republics of Croatia and Bosnia-Herzegovina, in what promises to be a tough and dangerous assignment. B.C. Army Reservists have already been employed in Canada's peacekeeping contingents on Cyprus and on the Golan Heights, but this is the first time since the Korean War that they have gone into an area where there has been no effective ceasefire.

## Cadets - Oldest Youth Organization

The Canadian Cadet Organization is Canada's original and oldest youth organization originating in 1880. Cadets are not members of the Canadian Forces. They are young people 12 to 18 years of age who have challenged themselves to participate in a program that provides many benefits.

The program is a partnership of civilian Navy League, Army Cadet League, and Air Cadet League of Canada and the Department of National Defence. Local cadet units are sponsored by community groups including service clubs, Royal Canadian Legion branches, parents groups, schools, and others.

The aim of the Canadian Cadet Organization is to: develop in

youth the attributes of good citizenship and leadership; promote physical fitness and stimulate interest in the sea, land, and air activities of the Canadian Forces.

There are 66,000 sea, army and air cadets in about 1,100 corps and squadrons across Canada. In British Columbia there are about 5,000 teenagers enrolled in 119 sea cadet, army cadet and air cadet corps and squadrons.

About 22,000 cadets attend summer camp each year across Canada. That experience may be a two-week basic camp, or a camp at which the cadet will earn a pilot's licence, parachute wings, or the cadet may travel on a foreign exchange trip or sea

cruise. There are also leadership course and survival camps. Special interest courses include photography, medical assistant, air traffic control, seamanship, and music. In British Columbia summer camps are held at the Vernon Army Cadet Camp, HMCS Quadra Sea Cadet Training Establishment at Comox, Cadet Camp Pat Bay, Sidney, BC and the Regional Cadet Gliding Centre at Chilliwack, BC.

About 25 per cent of cadets are female. They undertake exactly the same training as the males.

Cadets are supervised by Officers of the Cadet Instructors List component of the Canadian Forces Reserve. They are responsible for running the cadet

## A Cpl for Chris



Pte Chris McDevitt received his promotion to Cpl recently, presented by LCol Peter Kendall, CO 407 Sqn. Congratulations from all 407 Sqn members to Cpl McDevitt for a well deserved promotion.

## BComd Commendation



Maj Brown, BAMS0, accepts BComd Commendation from Base Aircraft Maintenance Support Organization from Colonel J.E. McGee. Text appears below:

During the past three years the personnel of the Base Aircraft Maintenance Support Organization have distinguished themselves by the quality of workmanship and enthusiasm with which they have embraced a number of projects. The refurbishment and re-painting of aircraft for the Air Park and the novel display of Hawk One and the Tracker reflect those qualities admirably. The Crash and Salvage Team has completed a number of difficult recovery assignments professionally, facilitating critical investigations. Emergency response of the enthusiastic EOD team has been recognized as a unique and vital capability. Photo, NDT, Safety Systems, Avionics, IE/IS, BOC Maintenance, Armament, Brake and Wheel, Workshops, Refinishing, AMSE, ATAT, Tool Control and Technical Library support to squadrons and units stationed and deployed here and to 443 Sqn in Pat Bay have been gratifying and have further enhanced the BAMS0 section's reputation for high quality workmanship and service. I am proud to present this Commendation to the Base Aircraft Maintenance Support section for sustained excellence. J.E. McGee, Colonel

organizations for the Department of National Defence with the assistance of the civilian leagues.

The cadet organization should not be compared or confused with any other part of the Canadian

Forces. The use of adjectives such as "soldier," "warriors," "invasion" when describing cadets and their activities is inconsistent with the aim of the program.

## 386 Squadron Royal Canadian Air Cadets (Komox)

The 1992-93 training year will start on 8 Sep. Parade time is 1830 hrs at the new facility on Little River Road near the retired aircraft display at CFB Comox.

New recruits, male and female, between the ages of 12 and 18 years are welcome. For information phone Capt Melancon at 339-7768. A variety of courses is available from Airmanship to Youth Leadership.

Come and join us!



## 414 Sqn Member is AIRCOM Male Athlete of the Year



LCol Cleland congratulates MCpl Morrissey on his being selected Air Command Athlete of the Year. MCpl Morrissey was a member of the CFB North Bay Men's Basketball Team which has been selected as the Air Comd Team of the Year for 1991. MCpl Morrissey and the team will be honoured at an awards ceremony to be held in Ottawa 23 Oct 92. See Commander Air Command letter.

## Two Thousand T-Bird Hours



LCol Cleland, CO 414 Sqn, congratulates Capt Pulman on achieving 2000 flying hours on the T-33.

## Letter from Commander Air Command

It gives me a great deal of pleasure to announce that Corporal J.F. Morrissey from your base has been selected as the Air Command Male Athlete of the Year for 1991.

Corporal Morrissey, along with the male athletes of the year from the other commands, will be honoured at the annual Canadian Forces Sports Award Banquet to be held in Ottawa on 23 October 1992. All command Male Athletes of the Year will be presented with gifts and the Canadian Forces Male Athlete of the Year will be announced.

Award winners will be receiving formal invitations to the banquet along with travel and accommodation arrangements.

In the interim, please pass on to Corporal Morrissey my sincere congratulations on being named the Air Command Male Athlete of the Year for 1991.

D. Huddleston  
Lieutenant-General  
Commander, Air Command



# Section News

## BComd Commendation



Maj Kampman accepts BComd Commendation on behalf of Base C.E. Text appears below:

During the past three years the personnel of the Base Construction Engineering section have materially improved the appearance of CFB Comox. Numerous projects embodying extensive planning and design have updated work and recreational facilities in a way that is tangibly satisfying to all Base personnel. More specifically, extensive public and NPF facilities construction and renovations, unique initiatives to address environmental concerns, Base beautification projects and erection of memorials have all contributed greatly to making CFB Comox a most attractive and effective workplace. These achievements have demanded considerable effort by Construction Engineering personnel. Thus, I am proud to present this Commendation to Base Construction Engineering for the sustained effort devoted to improving the physical structures and the appearance of CFB Comox. J.E. McGee, Colonel

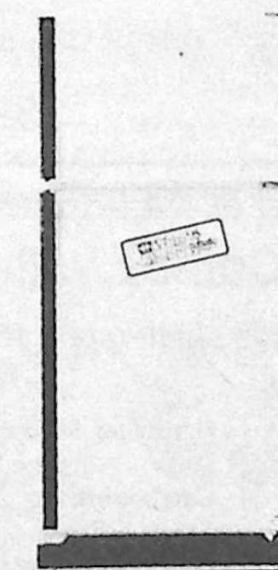
## CLEAR THE AIR

Reduce air pollution from residential wood smoke and auto emissions with tips from your Lung Association.

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When you're shopping for a new fridge, be sure to ask your salesperson to show you the qualifying Power Smart models. A complete list is also available from your salesperson or local Hydro office. To receive our special Power Smart rebate, fill in the rebate form and send it with proof of purchase. Your rebate will be on its way by return mail. And because your new fridge is Power Smart, you also get ongoing energy savings. So you save now...and you save later.

BC hydro

\*Rebates apply to Canadian purchases only.

# Smarter.



\$70 rebate

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





# Section News

## BComd Commendation



Presented to Sergeant R.K. Spragg in recognition for the outstanding support given to the CFB Comox BWO's office from July 1990 to July 1992. Text appears below:

Sergeant Spragg was acclaimed for his organizing and training of personnel for numerous parades and guards of honour. Acknowledged as an authority, his knowledge of drill and ceremonial is unsurpassed. He was also applauded for the untiring efforts he gave as an instructor for the CFB Comox Sergeant Seminars where his help was invaluable.

Throughout Sergeant Spragg was recognized as one of the BWO's office most valuable assets. He carried out all his duties in the most exemplary manner, displaying a professional attitude and maturity far in excess of his present rank. With his devoted interest and outstanding commitment he set a fine example for all to follow. J.E. McGee, Colonel

## A Third Hook for J.P.



What better way to start a new tour than with a promotion? Sergeant J.P. Hebert is seen here being introduced to his new boss, LCol Challenger, who took the opportunity to present him with his third hook. The promotion was effective 1 Aug which was the approximate date of the arrival of the Hebert family from 405 Sqn in Greenwood. Sgt Hebert is joining the Base Operations Centre staff as a computer operator. Congratulations, J.P., and good luck in your new job.

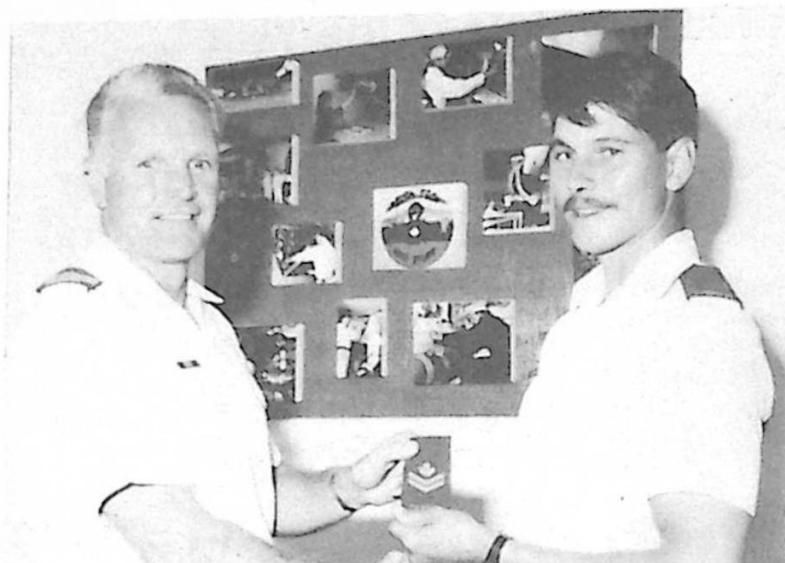
## Master Seaman Ken



ABTNO-Marine Rescue Section promotion took place recently, when MS Ken Strasberg was presented his new rank by Maj Couture. CPO1 Joe Hazlewood, Chief of Marine Section, looks on.

**NEXT DEADLINE  
14 SEPTEMBER**

## A MCpl for Martin



A belated congratulations to MCpl Martin Landry on his promotion to this rank. Martin has been employed with 407 Sqn for the past seven years. He and wife Cindy, plus newborn, are off to Greenwood this summer. Capt Price, 407 AMCRQ, is both congratulating Martin and bidding farewell at the same time.

## Labour Day Weekend Speeding Crackdown Sept 2 - 8

With the third of this year's crackdowns on speeding drivers planned for September 2 to 8, police throughout the province are determined to make B.C. highways expensive for motorists who bear down too heavily on the gas pedal.

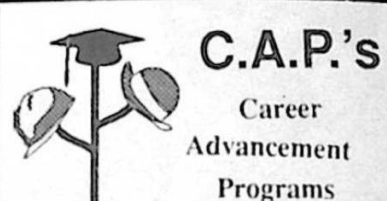
During the week-long blitz, police will step up enforcement of speeding laws, setting up additional speed checks at high-accident locations and being less tolerant of drivers who exceed the speed limits.

Unsafe speed is an enforcement focus because it's a major factor in traffic crashes. In 1990, it contributed to nearly 5,600 crashes in which people were killed or injured. Speed was also a factor in another 8,800 casualty crashes caused by driving without due care and attention, which the Motor Vehicle Act defines as "driving at a speed that is excessive relative to road, traffic,..."

To support the police efforts, ICBC will conduct a province-wide public awareness campaign on the risks of unsafe speeds. With that campaign, the Corporation is also introducing a new signature line for its traffic safety programs - "It's in your hands" - to remind motorists that they are responsible for their own safety on the road, and for the safety of others.

During the first two speeding enforcement campaigns this year, police throughout the province handed out more than 25,000 tickets for speeding and more than 1,000 for excessive speed (40 kilometres over the limit). In addition, more than 15,000 written warnings were handed out.

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and

**Dr. David A. Brailey, M.D.**

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**339-5335**

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Session II Jan. 4 - Mar. 25
- Canfigureskate
- Adults & Tots
- Private & Group Lessons

- \* Qualified Instructors
- \* Limited Spaces Available

Registration Times at Sports Centre

Sept. 9 4 - 6 p.m.  
Sept. 10 4 - 6 p.m.  
Sept. 12 9 a.m. - 2 p.m. (Deadline)

- \* Skate & Dress Swap Sept. 12 9 a.m. - 2 p.m.
- \* Base Ice will tentatively start Oct. 9

For More Info Call:

Marilyn 339-6714  
Marg 334-2364  
Michelle 338-8798  
Andrea 338-5099

# Section News

## Base Commander's Commendation



On 25 July 1992, Col McGee presented the Base Commander's Commendation to the Base Security Section. Accepting the Commendation on behalf of his section is the BSecurO, Capt Paul Weed.

The Commendation reads as follows:

"In the performance of their duties, the Officer, Warrant Officers, Senior NCOs, Junior NCOs and members of the Base Security Section distinguished themselves through their tireless devotion to duty and excellent police work by initiating and executing programmes which have improved relationships, increased awareness and led to a reduction in crime in the wider community. Through their professionalism and dedication they have brought great credit upon themselves, Canadian Forces Base Comox and the Canadian Forces and are truly deserving of this special recognition.

It is my pleasure to recognize the personnel of the Base Security Section, a key component of Team Comox, for their outstanding commitment to professional police-work in all of its dimensions." J.E. McGee, Colonel

## A Promotion for Bernie



Newly promoted Sergeant Bernie Barter, a computer operator in the Base Operations Centre, is shown here receiving his third stripe from LCol Challenger, the Base Operations Officer. Sgt Barter is an AESOP who has been employed in the BOC since his arrival from Greenwood nearly two years ago. His promotion was effective on 1 Aug. Congratulations, Bernie.

**RECYCLE THIS  
NEWSPAPER  
TOTEM TIMES**



## Bookshell Bestsellers

**Pat Bolen**  
Proprietor

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

**Debi Williams**  
Manager

get your Totem Times here

Week Ending 29 Aug  
10 Top Paperbacks

- |                               |  |                                    |
|-------------------------------|--|------------------------------------|
| 1. The Sum of All.....Fears   | 4. Phantom Leader.....Berent           | 8. The House of Thunder.....Koontz |
| 2. My Beloved Son.....Cookson | 5. The Duchess.....Deveraux            | 9. A Time to Kill.....Grisham      |
| 3. Needful Things.....King    | 6. The Seventh Commandment.....Sanders | 10. Sleeping Beauty.....Michael    |

## Success for Coaches



The BPERO, Lt (N) Bradley, gladly accepts the banners from the Ladies coach on the left, Cpl Gregg Carr, and on the right the Men's coach, Cpl Geoff Grant.

## CFB Comox Fastball Teams Off to CF Nationals

Both Ladies and Men's fastball teams from CFB Comox were successful in capturing the Pac Region banner for '92.

The Nationals are being hosted by CFB St Jean 27 Aug to 4 Sept 92. CFB Comox wishes both teams the very best of luck. Bring back the gold!

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CALENDAR OF EVENTS  
AUGUST 1992

Sat 29 Aug.....	STEAK NIGHT
	\$7.50 per person
Sat 05 Sept.....	STEAK NIGHT
	\$7.50 per person
Lunch Will Be Available.....	Thursday and Friday
	1200 to 1330 hrs \$2.00 per person
CRIBBAGE NIGHTS.....1st & 3rd Monday each month 7:30 PM.	
DND AND MILITARY PERSONNEL WELCOME	
WING HOURS OF OPERATION ARE AS FOLLOWS:	
Thursday, Friday & Saturday 1200 - 0100 hrs	
Sunday 1300 - 1900 hrs	

**NEXT DEADLINE  
14 SEPT 92**



# Section News

## From the Fire Chief's Office

It has been far too long since you have heard from the Office of the Base Fire Chief. There are so many changes here, as in every other section, that it is rather difficult to keep up with. It is almost a complete new department.

A going away party was organized in June for all who were advancing to greener careers/pastures/water. In some cases all of the above. The FRP has offered many among us a new start on life, while postings out have continued as usual. To the people who have left the area, good luck at your new station in life, what ever that might be. To the many who have chosen to remain, I know there will be many opportunities to stop in for coffee. The personnel who have left the Base Fire Department are MWO Don Adlam, WO Fred Mason, WO "Archie" Moore, WO Ron Oakley, WO Lloyd Riedlinger, Sgt Rick Crookes, Sgt "Bud" Mott, MCpl Gary Beazley, MCpl Scott Harlock, MCpl Don Parsons, Cpl Wes Court, Cpl Drew Deics, Cpl Ed Luj, Cpl Barry "Mitch" Mitchell, Cpl Peter Robertson, Cpl Stephane Simard, and Cpl Kelly Smith.

The Air Show once again gave us an opportunity to invite our families to enjoy the show from this quiet spot. Many took the opportunity to meet and greet new members and their families. I know that there is a warm welcome for all the members that have been posted in and a proper welcome will be organized later on in the year when all have arrived. We are expecting MWO Dave Christie, WO Wayne Alley, Sgt J.V. Forrestal, Sgt Ed "Spook" Trenholm, PO1 Len Derrah, and MCpl "Des" Desruisseaux.

As in every career, a few ups and downs must come but I am sure this is a matter of it finally caught up with you, Ron. It seems while Ottawa has promoted Sgt Ron Hamilton to WO, our RO's have seen the light and made him a MCpl. Regardless, he is still the task master of orange crew. There are also many other deserving promotions to be recognized here, and they are: WO Dave Staples, Sgt Jim Lariviere, MCpl Derrick Manning, MCpl Ian Adams, MCpl Collin McIsaac, Cpl Ed Blaney, and Cpl Geoff Grant. Congratulations to all.



I see it has truly been a productive year both in and out of the Fire Hall. There was a lot of discussion on how babies are born. Well, now they know how, and the following rugged firefighters are daddies: Roy Summers, Geoff Grant and Donny Huard were all presented with boys, while Jimmy Laneville had to be different and have a girl. Now they are asking why, as they attempt the 3 o'clock feedings and discuss the different techniques of changing and folding diapers. It's a little different from folding tarps, now isn't it guys?

## Hot water burns like fire!

Burns from hot tap water can result in death or second and third degree burns which require hospitalization. For each burn hospitalized at least three more are seen, bandaged and sent home. It only takes a second and children should never be left alone in the bathroom. With lower water temperature the potential for such accidents is reduced. A water tank temperature setting of 54°C (130°F) allows a 30 second safety margin before serious burns occur. Reducing your thermostat also cuts energy costs and increases the life of your water tank.

The Old Lady suggests that homeowners turn down the thermostat on their water tank to 54°C; that homeowners purchase a mixing device to control the water temperature of the bath and shower; that adults be careful to never leave young children or the disabled unattended at bath time, to run cold and hot water together, and to test the bath water before letting a child get into the tub.



FIREMAN, YOUR LOCAL FIRE DEPARTMENT AND THE CANADIAN INSTITUTE OF CHILD HEALTH



## Perfect Score

BTSO LCol King is pleased to present Pte Deley with the 404 Squadron award for outstanding achievement. Pte Deley is the first and only student to graduate from any CP-140 Ground Maintenance Course with an overall mark of 100%. Pte Deley, of the BAMSO organization, accomplished her perfect score on the ANAIC 503 Intercom System Course 9201.



THE UNITED WAY SYMBOL — What It Means

... a rainbow of hope for the future

... a willing giver and a grateful receiver

... a helping hand, busy in our community

It's the United Way!



## 25 REASONS IN OUR COMMUNITY TO CARE MORE AND SHARE MORE

- Alano Club of Courtenay
- B.C. Paraplegic Association - Vancouver Island North Region
- Beaufort Association for Mentally Handicapped
- Canadian Arthritis & Rheumatism Society
- Canadian Diabetes Association (Comox Valley Branch)
- Canadian National Institute for the Blind
- Canadian Red Cross Society
- Children's Hospital
- Comox Valley Block Parents
- Comox Valley Community Organization for Drug Education Services (C.O.D.E.S.)
- Comox Valley Crossroad Crisis Centre
- Comox Valley Family Life Association
- Comox Valley Ground Search & Rescue
- Comox Valley Planned Parenthood/ Education Purposes
- Comox Valley Recovery Centre
- Comox Valley St. John Ambulance
- Comox Valley Stroke Club
- Comox Valley Therapeutic Riding Society
- Comox Valley Women's Resource Centre
- Courtenay Rescue 71
- Friends of Schizophrenia
- North Island Alcohol & Drug Education and Information Society
- Vancouver Island Multiple Sclerosis Society (Courtenay Branch)
- Island Deaf & Hard of Hearing
- You are Not Alone

## It's Time ... To Join The Giving YOU MAKE IT HAPPEN

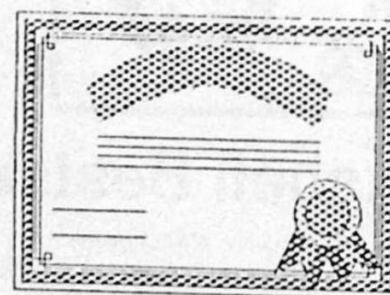


COMOX DISTRICT UNITED WAY

CFB Comox United Way Campaign

The 1992 CFB Comox United Way campaign is in the planning stages at this moment and will be hitting the streets shortly, looking for those great volunteers who helped to make the 1991 campaign a great success. The Comox District United Way is an umbrella organization of volunteer directors who help to support the many agencies that supply services and support to a wide range of differing needs of Valley residents. It is only with your kind support that this united effort serves so many of the Valley needs. All the money that is raised in the Valley will remain in the Comox District United Way. Remember, it only takes a little from all to make that big difference.

## PMQ PET REGISTRATION



Just a quick reminder that all 1992/93 PMQ pet registrations are due by 1 September.

TO PAY  
Come into the Wallace Gardens Community Centre  
between 0800 - 1230 hrs  
Monday through Friday  
or call 339-8571  
for more information.

# History

## A History of Comox Harbour

### Part 4 - Royal Canadian Navy

by Lloyd James Bailey



### Professor Bailey

In May 1910, Canada had its own navy soon to be known as the Royal Canadian Navy. The Federal Government renewed the previous arrangement with British Columbia and Goose Spit became a RCN "user possession" in November 1910. Commander J.D.D. Stewart aboard *HMCS Rainbow* visited the spit and reported on March 16, 1911, that its facilities were in a bad state with the foreshore ruined by recent booming ground piles.

Three local logging companies were eventually restricted to certain parts of the foreshore in 1912. By October that year, a new 535-foot pier facility had been completed by local contractor, M.P. Smith. Plans for sinking a cribbed well were abandoned, however, and barrels of water still had to be loaded in ship's boats.

The Great War, 1914 to 1918,

prompted Colonel John Warden to recruit the 102nd Canadian Infantry Battalion or Comox-Atlin Battalion in northern coastal British Columbia. It was necessary for a mobilization camp to be located within the federal constituency and Goose Spit became the choice in the winter of 1915-1916.

Major G. Rothnie commanded two Comps at first, one on the spit, the other near Headquarters Road in Courtenay. Weather conditions were bitterly cold and supplies of all kinds desperately short. Housed under canvas or at the requisitioned Hotel Port Augusta, the new recruits endured a phenomenal snowfall. Warm clothing was not immediately available and the men were forced to lay a waterpipe across the shallow bay to Goose Spit in December and January, working up to their thighs in freezing water.

Record snows did not deter the building of a military camp, however, and despite engineering difficulties, messhalls, recreation rooms, a bath-house and kitchens were erected. As the winter passed, morale did not lag and no fatality from disease occurred, sure testimony to the physical fitness and calibre of the men.

With spring, conditions improved and early in March 1916, company headquarters moved up from Victoria, and a second company of Interior recruits marched into Goose Spit. Since they hailed

from Prince Rupert to Cranbrook a shout went up for the "North British Columbians" and the name stuck. The 102nd (North British Columbian) Overseas Battalion trained in an increasingly pleasant, if not ideal, summer environment until orders were received to depart for the war.

On Saturday, June 10, 1916, the two companies proceeded in full marching order across the narrow neck of sand for the last time. The soldiers embarked in the *SS Princess Charlotte* for Vancouver. At midnight the same date, the troop train for Halifax pulled out, many of the battalion singing "The Song of Spit" to the tune of "John Brown's Body."

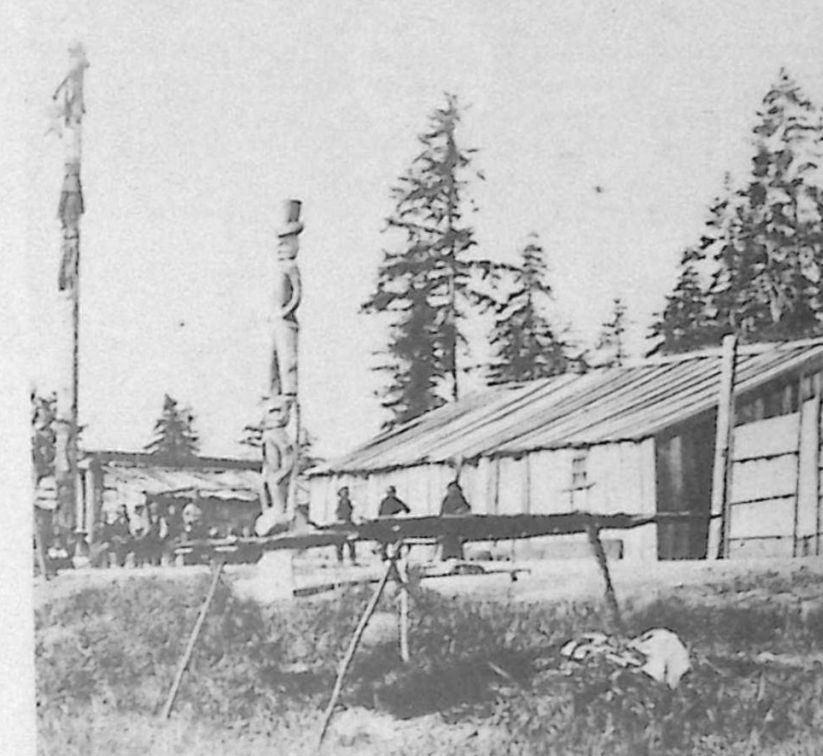
"The sand gets in our blankets  
And the wind blows chill and drear.

If life was dull in Comox,  
It's a damned sight duller here...."

The 102nd Battalion left Halifax aboard the *Empress of Britain* on June 20, 1916, reaching Liverpool by June 28th. Six weeks later, the hardy soldiers trained at Goose Spit were fighting in France.

The Royal Navy regained its user rights in the 1910 arrangement and following the Great War, 1914 to 1918, it was customary for the Commander-in-Chief, America and West Indies, at Bermuda, to send at least one cruiser to the Northeast Pacific, and, invariably, Comox. Quite

### Comox Native Village



The first inhabitants of Comox Bay, circa 1862.

often the Royal Navy's visitor ship would be accompanied by a destroyer or minesweeper of the RCN, to exercise with the mightier British ship.

These "showing the flag cruises" offered British ships access to the rifle range, training in camp life and a rest cure after a very strenuous voyage. Their companies entertained the local inhabitants and their visits to Comox were very popular. From 1922 to 1939, there were fifteen annual visits of RN ships.

Canadian warships at the spit for musketry exercises during those years included: *HMCS Aurora*, *HMCS Patriot*, *HMCS Patricia*, *HMCS Skeena*, *HMCS Vancouver* and *HMCS Comox*, a coal-burning minesweeper built in 1938 at Burrard Dry Dock in Vancouver. The townspeople of Comox presented Lieutenant-Commander H.W.S.

Soulsby with a miniature totem pole in silver as a token of their pride in the new ship.

## Air Show '92 -- a Different View



courtesy Base Photo

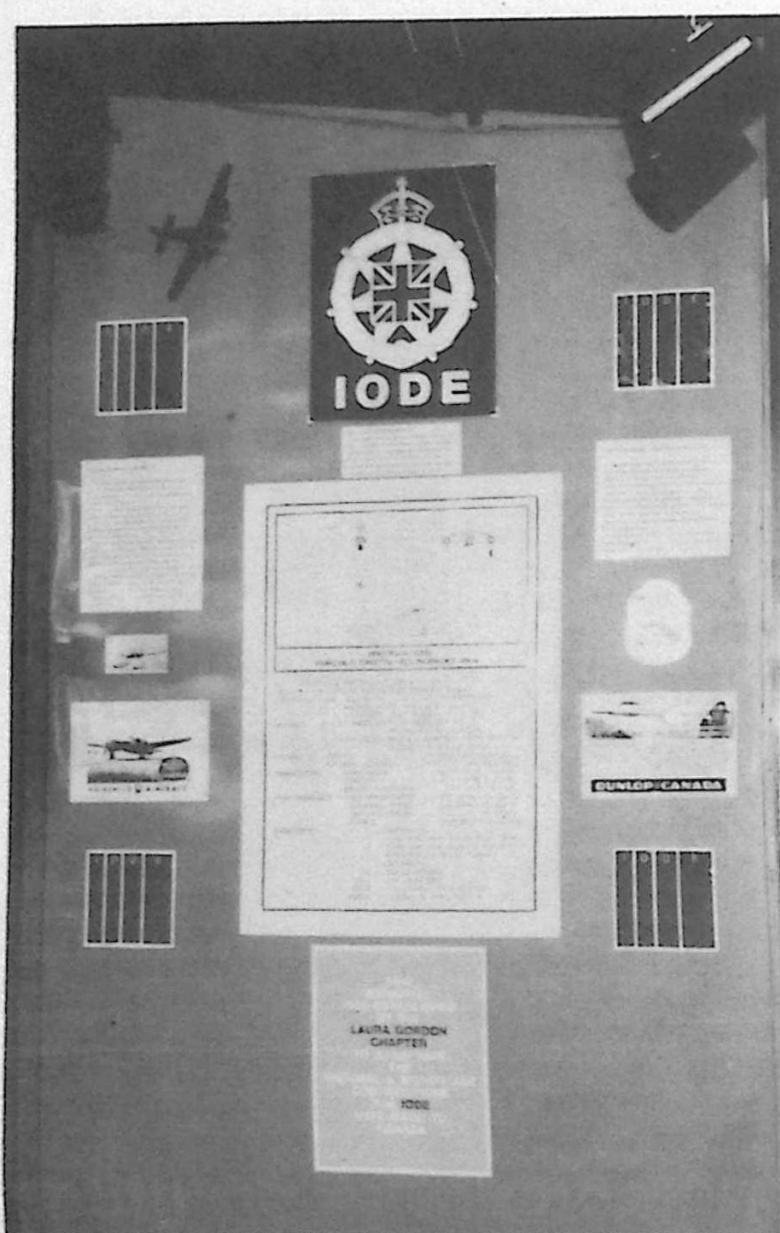
Drive Carefully:

School Starts Sept 8th



# Feature

## New Display for Comox Air Force Museum



The Comox Air Force Museum has recently added a new display to its collection of aviation history. This exhibit represents the Imperial Order Daughters of the Empire (IODE). The Comox Valley chapter, named after Valley resident Laura M. Gordon, was established 16 October 1989. This women's volunteer organization assists Canadians with education, social services, advancement of the arts and promotes the history and heritage of Canada. The IODE, in 1940, raised \$100,000 in just six weeks to purchase a Bristol Bolingbroke bomber to donate to the RCAF.

The Bolingbroke, a Canadian license built version of the British Bristol Blenheim bomber, served many different roles on the west coast. Originally assigned to the Aleutian campaign against the Japanese in 1942-43, is also served with Western Air Command for patrol duties at Pat Bay, Tofino, Sea Island and Comox. In addition to these roles, the



IODE Laura Gordon Chapter President Hazel Downer, Museum Assistant Heidi Summers and Museum Chairman Major Wes Postma in front of the new IODE display.

Bolingbroke served with 122 Squadron, a Coastal Artillery Co-operation Squadron which towed gunnery targets and provided simulated attacks and other related tasks. 115 Squadron used Bolingbrokes in 1942 for anti-submarine patrol and maritime

reconnaissance missions.

The Bolingbroke was in operational use almost from the beginning to the end of WWII in British Columbia and it suffered heavier losses than any other RAF aircraft in WWII.

## Drive Carefully:

School Starts September 8th

# JR. Ranks Mess COMEDY NIGHT

28 August 92

Followed by our D.J.

Three Comedians



Don Bryan

&

Noseworthy

and



Gerry Owens

Janice Ungaro

Finger Food will be Served

Cover Charge Members \$5.00  
Non-Members \$7.00

Acquittance Roll Available at the Office or at the Door

Door Opens at 1900

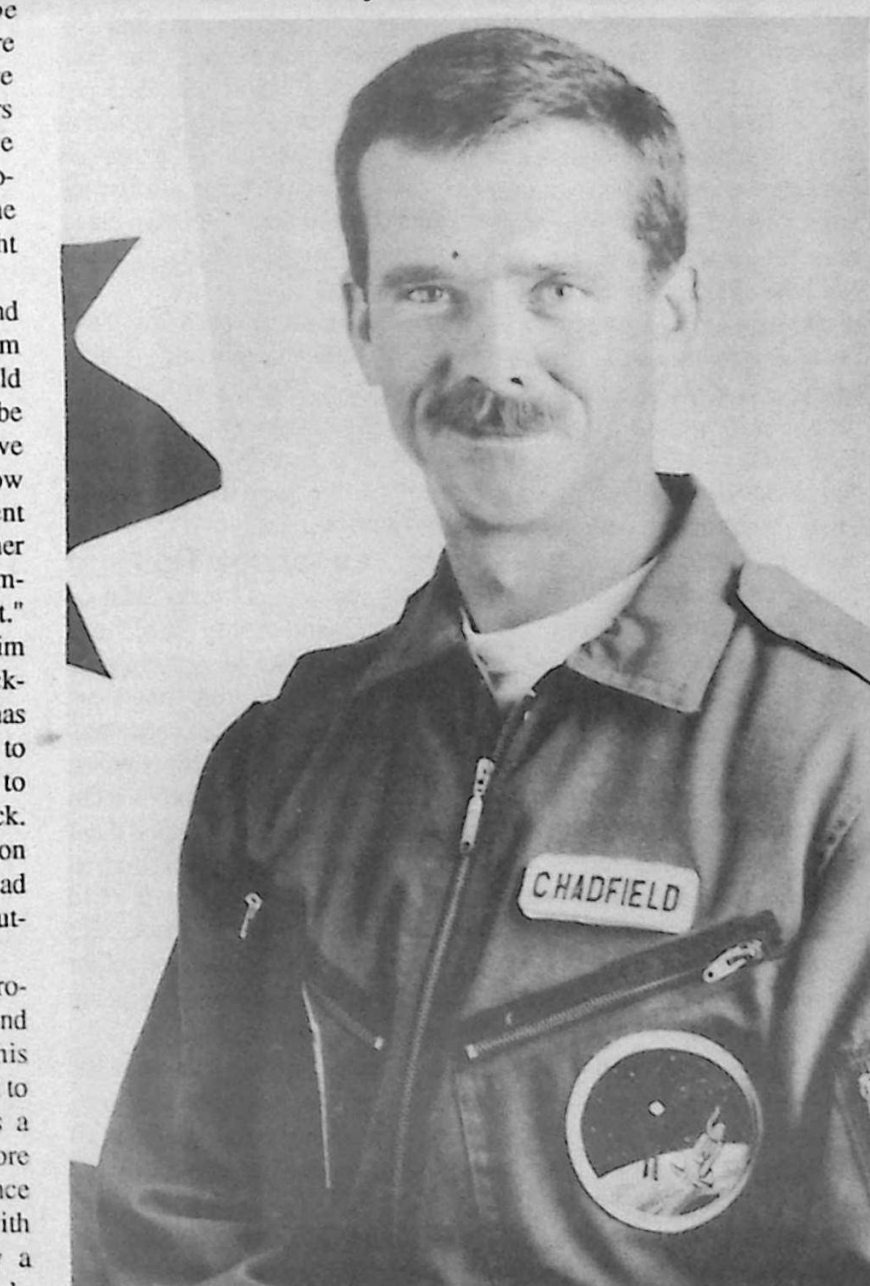
# Feature

Capt Michael McKay



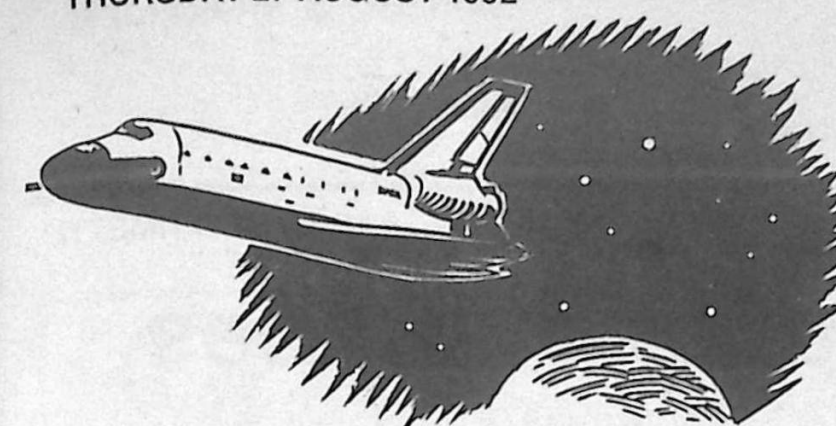
Capt Michael McKay: "The other astronauts we've talked to say, 'It's magical.'"

Maj Chris Hadfield



Maj Chris Hadfield: "It's something I've hoped for since I was a child."

photos by Canadian Space Agency



## Two Servicemen for Canadian Astronaut Programme

(LT (N) Scanlon, a public affairs officer at NDHQ, is editor of *Compliment*, the CF's internal news service.)

by Lt (N) Dave Scanlon

In their youths, both men dreamed of one day joining the space program. Today, their dreams couldn't be closer to coming true. Earlier this summer, after a lengthy selection process, Maj. Chris Hadfield and Capt. Michael McKay were asked to join the Canadian Astronaut Program.

"It's something I've hoped for since I was a child, and to finally get it is kind of overwhelming," said Hadfield. When he received the call he was living with his wife, Helene, and three children in Lexington Park, Maryland, where he was a test pilot at the U.S. Naval Air Test Centre.

"Ever since I was nine years old it was the direction I wanted to go," said McKay, an aeronautical engineering officer who was teaching at the College Militaire Royal. "I was going to join the military, get a masters degree, and end up working for NASA...The fact that I'm here as an astronaut is just icing on the cake."

Hadfield, along with Canada's first astronaut in space, retired navy captain Marc Garneau, will begin training as a mission specialist. Both will be moving to Houston, Texas, for an initial five-year secondment to NASA.

They will be the first Canadians trained as mission specialists, which marks a significant departure from past Canadian involvement in the space program, where Canadian astronauts have trained as payload specialists. There are three categories of shuttle astronauts: pilots, mission specialists, and payload specialists.

Mission specialists, like pilots, are considered career shuttle astronauts. They are trained to operate the shuttle's various systems, like the *Canadarm*, and are qualified to conduct "extra-vehicular activities," such as spacecraft or satellite maintenance. Payload specialists are often one-time astronauts, are limited to conducting experiments within the spacecraft, and receive only minimal training on shuttle systems.

Hadfield said he believes the move to mission specialists is a major step up for Canada's astronaut program and for its space industry. "We're going to gain a lot of credibility and say-so in what goes on."

"Canada is one of the very few countries in the world that actually makes a profit in space," he added. "To have two Canadians now going down to become full-fledged members of NASA is just a great opportunity for more co-operation and for increased access of Canadian products to the

market."

McKay, who got the call after geologist Rob Stewart declined for personal and professional reasons, has been seconded by the Canadian Forces to the Canadian Space Agency until he joins NASA, likely in 1993.

The CSA was established by an act of Parliament in December 1990 with a mandate to "promote the peaceful use and development of space for the social and economic benefit of Canadians." It was preceded with the formation of the astronaut program in 1983, which has now seen 10 astronauts.

Two of Canada's astronauts, Marc Garneau and Roberta Bondar, have been to space. A third, Steve MacLean, is scheduled to fly a mission later this year.

McKay believes Canada's and America's investment in the space program is well worth it. Information gained about our own planet, and the technological advances that result from the program, ultimately benefit humankind, he said.

He points out that "remote sensing," the collection of data from afar with sophisticated equipment, is helping to better manage the planet's natural resources. And the zero-gravity of space is allowing scientists to develop crystals and medicines that could not be produced within the gravitational pull on the earth's surface.

Hadfield and McKay share the powerful desire to reach out and explore "the final frontier," despite criticisms that the many billions of dollars invested in the space program might be better spent on fighting poverty or improving the environment.

"You have to look to the future and see where mankind is going," said Hadfield. "I'm sure when Columbus first set sail there were lots of problems at home, and he was working on a 'wing and a prayer' to make it across. It's always been that way."

"I think it's a natural extension of our exploration of the world and space around us," he said. "And so, from my point of view, what great opportunity to be participating in that."

Both men said that behind every career choice they made was the desire to eventually join the space program. "Any time I had a career or education decision to make, I always considered what would further qualify me just in case the opportunity to be an astronaut ever came up," said Hadfield. "That was always kind of my guiding principle."

Hadfield, 32, holds a bachelor of mechanical engineering from the Royal Military College, a

master of aviation systems from the University of Tennessee, and was awarded the Liethen-Title Award for "most outstanding graduate" from the USAF Test Pilot School. He has over 2,000 hours of flight time in more than 50 types of aircraft.

McKay, 29, holds a bachelor of engineering physics and a master of electrical and computer engineering, both from RMC. In 1991, after completing two years of post-graduate studies in computer control systems and robotics, he was posted to RMC to teach courses in logic circuit design.

McKay and Hadfield have few apprehensions about flying in the shuttle. McKay said he expects the training will be so intensive that if anything does happen on a flight, "we'll have trained for it hundreds of times and will be able to react as if it was an everyday occurrence."

Hadfield said many people have asked him if he thinks flying in the shuttle is going to be dangerous. "I've lost a lot more friends and known a lot more people that died flying fighters and testing aeroplanes than have died in the American space program. It's a safer job than the one I've been doing for the last eight or nine years."

His experience as a pilot and test pilot has fully prepared him to become an astronaut, Hadfield said. "I'm not expecting it to be wildly different from what I have been doing. It's just that now we'll be looking at a different type of machine that goes higher and faster and has a lot more complicated life-support equipment."

The greatest challenge for him will be battling his motion sickness, said McKay. But NASA has told him that when it comes to space flight it's impossible to predict who will or won't get sick. Marc Garneau suffered motion sickness while in training, but had no problems at all during his shuttle flight in 1984.

For McKay, the astronaut program means realising a second childhood dream - getting his pilot's licence. He had wanted to join the Canadian Forces as a pilot, but unfortunately he wore glasses. Having a pilot's licence carries a great deal of weight with NASA, he said. Already a qualified glider pilot, he's "tickled pink" that he will finally be qualified to fly "powered" aircraft.

As for his first flight into space, McKay said: "I just don't know what to expect...the other astronauts we've talked to say, 'It's magical.' I'm just eagerly waiting for my chance."

**NEXT DEADLINE**  
**14 SEPTEMBER - NOON**



# Leisure

Country Kitchen

## Out of, and Into, the Mouths of Babes

Art Linkletter sure had them pegged when he said, "Kids say the darndest things!" Kids have kept me chuckling over the years and this column is dedicated to them, and their going back to school and out of our hair. Amen.

My husband has two favourite stories about our kids. The first is about our eldest son when we were living in Valcartier, P.Q. Andre was three, and just learning his letters and numbers. We only had one English channel on the TV and he knew the times when the important stuff came on, like Sesame Street, Mr. Dressup and cartoons, etc. One day the channel went off the air and Andre was terribly upset. His dad told him not to take it out on us, but instead to call the people responsible. My husband dialed the number that gave out pre-recorded weather forecasts and handed the phone to our son, who told them exactly what he thought about the TV being off the air. Andre hung up and his dad asked him what the lady had said. "It'll be back on soon," was his reply and he plunked himself down in front of the snowy screen. Sure enough, the channel came back on with the announcement, "You are watching CKND Channel 7." Andre's eyes got big as saucers, and he turned to us and asked in a hushed voice, "How did HE know?"

My husband's other favourite story took place while posted in Portage and involved our younger son, Danny. The Superman movie had just come out and Mike and a friend of his decided to take their kids into Winnipeg to see it. Danny was just a little over two years old, and was quite impressed with the theatre and all that was going on. He sat enthralled for the first half hour. Then the action on the screen began to slow down, and Danny began to fidget in his seat. It was during a particularly poignant moment that Danny crawled up into his dad's lap and announced in a loud voice, "Daddy, change the channel, please!"

My favourite Danny story took place around the same time. We lived in Portage and went to visit my sister Beverly, living in Winnipeg. As we had to return to Portage that night, Danny was woken up after midnight and carried down to the car by my sister. We stepped out of the building and he sat up in her arms with a jerk, and asked her "Who putted de lights out?" "What does he mean?" asked my sister. The realization hit me that this child had never seen the night. He went to bed when it was light and got up when it was light! It makes you stop, to see the world through a child's eyes!

Then there was little Erika MacAuley, born in Comox, living in PMQs, and when asked at about a year and a half "What do the birdies say?" would reply, "Caw, Caw, Caw!" None of this

peep, peep business for her!

Another kid that gave me a good chuckle is Raven Holm. I was having a cup of tea with her mom one day and we were sitting at the dining room table. Raven entered the room carrying three items, pulled out one of the chairs that was three times her size, and tried to crawl up to join us, having great difficulty as her feet kept stepping on one of the three items, a blanket. "Do you need some help?" I asked this two year old. She nodded yes, so I lifted her up and then handed her the three items, naming them as I went. "Here's your blanket, and here's your block, and here's your horse," I said. "Tis not," she said, so I looked more closely at this little pink and blue horse I have in my hand. "Aha!" I said, "you're right, it's not a horse, it's a unicorn." "Tis not," was her reply. Meanwhile, this mother of sons is racking her brain trying to remember the name of these popular little creatures. "I know," I cry triumphantly, "it's My Little Pony!" "Tis not," was her reply, "it's MINE!"

And then there is the story of my great-niece, Kyla. She crawled up into her grandmother's (my sister-in-law's) lap and tenderly ran her fingers around her eyes and announced, "Grandma, your face has cracks!" (Sorry, Sheila, I just couldn't resist!) Kyla also said to my sister Bev during a spirited game, "Auntie, have you forgotten that I'm here?" Our language stands corrected, Kyla. Thank you!

Well, those are but a few of the things that came out of the mouths of babes, and now here are a few recipes that you can put into their mouths! I think they will like them, as they are family favourites.

### Lunchbox Tips

If you want to keep meat or cheese sandwiches cool, and those vegetables crisp, store your child's lunchbox drink (small cartons of milk, white or chocolate, and fruit juices) in the freezer. The night before, remove them from the freezer and place them in the fridge. They will be thawed by lunchtime, but still cold enough to act as an icepack. But remember they will sweat, so put them into a baggie before placing them in a paper sack.

Did you know a banana is the one food that a person could survive on if they had to as it has all the necessary ingredients in its makeup.

**Cold pizza?** Don't be alarmed if your child is too lazy to make a lunch and grabs cold pizza out of the fridge instead. It contains all the food groups and is the most nutritious of the "junk" foods.

If your child is bored with sandwiches, try this. Place a slice of an swich meat (ham, bologna, etc.) with a slice of cheese, and cut into narrow strips. Place an

olive or pickle in the centre of each strip, roll up and secure with a toothpick. Place some crackers in another bag and it's a quick but nutritious lunch.

Want to have a little fun with the younger child? Use halved hamburger buns, covered with a slice of cheese, with cut pieces of weiner as eyes, nose and mouth, and broil just until the cheese melts slightly. Also, stick a note into their lunch once in a while, preferably saying "Miss you," and not "Clean up your room after school!" (although I have to admit I've done both.)

For a quick dessert, cook cake mix batter in flat bottomed ice cream cones and ice them. Kids love it.

The next two recipes are ones I've given you before, but they bear repeating as they are both fast to prepare and family favourites. Both freeze well!

### Quick Chocolate Drops

2 cups white sugar  
3/4 cup margerine  
4 T. cocoa  
1/2 cup milk

Combine in a saucepan, bring to a rolling boil and boil for one and a half minutes. Remove from heat and add:

1 tsp vanilla  
3 cups quick rolled oats  
1 cup coconut (remember the sweeter the coconut, the sweeter the cookie)

Mix and drop by spoonfuls onto waxed paper. Cool.

### Butterscotch Oat Crisps

1/4 cup butter or margerine  
1/2 cup firmly packed brown sugar

1/2 tsp baking powder  
1 cup quick rolled oats  
1/2 tsp vanilla

Melt butter in microwave or on top of the stove. Add vanilla. Combine dry ingredients and add to butter and mix well. Place in a greased 8" x 8" pan and bake at 375 degrees F for ten minutes. Remove from oven and cool five minutes. Cut into squares while still warm, then cool completely.

This next recipe is a little more complicated to make, but it's nutritious and the kids will be very impressed.

### Cocoa Krispie Roll

3/4 cup corn syrup  
3/4 cup white sugar  
3/4 cup peanut butter  
2 T. butter  
4-1/2 cups Rice Krispies  
1/3 cup butter or margerine  
2 T. milk  
1-1/2 cups icing sugar  
2/3 cup cocoa

Cook corn syrup and sugar over medium heat until mixture bubbles. Remove from heat and blend in peanut butter and butter (2 T.) Add rice krispies and mix well. Press firmly into a buttered cookie sheet or jelly roll pan.

Melt the 1/3 cup butter with 2 T. milk over low heat, remove from heat and add icing sugar and cocoa. Remove rice krispie rec-

tangle from pan and place on a greased waxed paper sheet. Spread the icing sugar mixture over top and roll up from narrow end. Refrigerate for at least 2 hours, then cut into slices. fun, nutritious and delicious.

### Butterscotch Squares

1/2 cup butter or margerine  
2 cups lightly packed brown sugar

1-1/2 cups white flour  
2 tsp baking powder  
1/2 tsp salt  
2 well-beaten eggs  
1/2 tsp vanilla  
1 cup nuts if desired

Melt butter in large saucepan. Add sugar. Remove from heat and add dry ingredients, eggs, vanilla and nuts. Bake in a 8" x 8" greased pan until edges pull away (about 25 - 30 minutes).

Cool and cut into squares. Ice with butterscotch icing if desired. Recipe as follows:

1/2 cup butter  
1/2 cup brown sugar

1/4 cup milk  
1 tsp vanilla

1-3/4 cups icing sugar

Melt butter, add brown sugar and cook until sugar melts. Remove from heat and add milk, vanilla and icing sugar. Beat until thick and spread on squares. Delicious.

### Really Really Easy Brownies

1 pkg semi-sweet chocolate chips (350 grams)  
1 can Eagle Brand sweetened milk

1-1/4 cups icing sugar  
pinch of salt  
1 tsp vanilla  
1/2 cup chopped nuts

Melt chocolate chips with Eagle Brand milk and stir in remaining ingredients. Spread in a waxed paper lined 8" x 8" pan and chill 3 hours. Cut and serve.

This next recipe is a favourite of my sons and their friends. When asked which meal they'd like for birthdays, this is the one they always choose. Leftovers can be used in Sloppy Joe sandwiches.

### Pizza Fondue

1 onion, chopped  
1 pound ground beef  
2 - 10 oz cans pizza or spaghetti sauce

1-1/2 tsp oregano  
1/4 tsp garlic powder  
10 oz cheddar cheese  
1 cup grated mozzarella cheese

French bread, cubed  
Brown onion and ground beef. Drain fat. Add pizza sauce and spices and simmer 30 minutes. Just before serving, add cheeses

and stir until melted. Transfer to chafing dish and serve with cubed French bread.

### Sandwich Fillings

There are too many to mention, but the most common fillings are egg, tuna, salmon, chicken, turkey, beef, ham and peanut butter. All are equally nutritious and keep well in a lunch. For a crisper sandwich, put the lettuce in a separate bag to be added at time of eating. Want to add a little more nutrition? Throw some sunflower seeds into any of the above. If you live with a vegetarian, grate some carrots, add a little mayonnaise, raisins and sunflower seeds for a really delicious, refreshing sandwich. Cucumber and tomato should be stored in a separate baggie to be added to the bread at time of eating. And remember moms, don't let lunchtime boredom complaints get you down. "Don't get mad - get even" has always been my motto, as these two following tales will tell!

At the ripe old age of seventeen I journeyed several hundred miles to stay with my older brother and his two year old daughter while mommy went to the hospital to bring home a baby sister. I proudly made lunches for my hero and the first day I included a small mustard jar full of crushed pineapple for dessert, accompanied by a small white plastic spoon. When my brother came home that evening, I eagerly asked him he'd enjoyed his lunch. "Fine," was the reply, only couldn't I give him a larger spoon as it had taken him half an hour to eat his dessert. The next day the dessert was again crushed pineapple in the same jar, only this time I included the broken-handled spoon from my sister-in-law's kitchen utility set!!! The next complaint I'll tell you about came from our friend Gerry to his wife Lorraine. "Gee, I'm tired of always having roast beef, ham or turkey sandwiches!" Imagine his surprise the next afternoon when he opened his lunch kit to find POPCORN sandwiches. You can be sure neither of these two men ever complained again!!! Tee Hee!

Oh, and Sheila...about those cracks around your eyes. Don't give them another thought because they are laugh lines and they come with the territory when you marry a "Reeves." Besides, laughter keeps you young!! Until next time...bye.



**Barry Sweeney**  
music reviews and syndicated columnist

## Chains on the Wind

Lacy J. Dalton has one of the most recognizable voices in country music. It is that same voice that chronicled the hard times of breaking into the music business via 16th Avenue and told of love in its different forms through such songs as *Hillbilly Girl With The Blues* and *Everybody Makes Mistakes*.

In her newly released *Chains On The Wind* (Liberty) the voice is central to the soulful offerings. The songs here are like she has dug deep into the soul and psyche of the various writers to come up with songs that reach the depths of emotions. While much of the material is new, Lacy has reached back in time to revive *Love Hurts* which comes from the pen of Boudleaux Bryant. This song has been recorded by numerous artists including Roy Orbison but thanks to Ms Dalton's vocalizing, she had added a whole new dimension to the evergreen. She also dips into the Bryant bag of hits for *Bye Bye Love*. While no one but the Everly Brothers will ever be remembered for this song, the duet of Lacy J. and Eddie Rabbitt is credible, if not memorable.

*Stay With Me*, written by the team of Stevens, Kanter & Pennington, is one of the album's key ingredients. This one, with Lacy's vocals flying high above the instruments, wrapped with solid guitar and drums and featuring superb lyric lines, is a standout track that should be culled for the singles market. She adds the recent chart rider *Here Today Here Tomorrow* and wraps up the set with *Lay A Little Love On Me* and *Like The Answer To A Prayer*.

Lacy has superb phrasing and throughout this project has added a new dimension to the term country-soul.

### ARRESTED DEVELOPMENT

In their 3 Years, 5 Months and 2 Days In The Life Of... (Chrysalis) Arrested Development utilize a combination of African rhythms, scratches and bring together a hip-hop sound. They have broken through the top-10 with their beat-heavy Tennessee and as this song breaks big the spotlight is beginning to shine on AD.

Their music seems rooted in raising social consciousness and best tracks include *Dawn of the Dread*, *Children Playing With The Earth* and *Eve of Reality*.

### FAST FACTS

The Avant-Garde only reached the top-40 once and really made very little impression with their single *Naturally Stoned*. However, something that makes the song somewhat unique is the fact that it was written by Chuck Woolery host of *Love Connection*. That's the Fast Facts on Avant-Garde.



Lacy J. Dalton

# Recreation

ArtScene

## Sculptures in Wood

Until 5 Sept, Wilsden Galleries is home to exquisite wood sculpture by Ontario artist Dorsey James. Dorsey began wood carving in the sixties and received formal training at York University in Toronto. For five years in the fine arts program he studied subjects ranging from computers to biology to anthropology.

Dorsey's sculptures in wood deal with world myths, legends and folklore and combine traditional influences with both biological and abstract elements.

A storyteller at heart, he is fascinated by the mechanics of a story and how it is presented through art.

The pieces in this show range from a muscular torso of Samson to a delicate heron. There are three small masks that radiate character: mischievous Puck, a knowing shaman and a wise woman. One intricate piece is the angel Gabriel blowing his horn.

Although only 16" high, the work gives the viewer a strong feeling of rejoicing. Gabriel is alone but one has the impression of a host of angels trumpeting the glories of the universe.

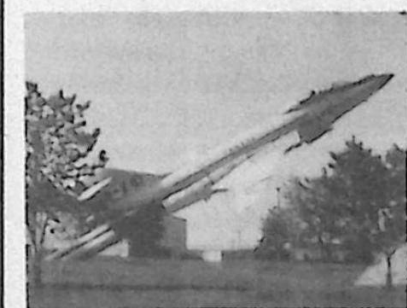
Dorsey's pieces are carved from a variety of woods - maple, mulberry, cherry, Douglas fir, red cedar and his favourite, black walnut. Among this artist's many skills is the ability to work with the shape of the wood, its knots and its cracks. Dorsey's love and respect for this medium is evident in the works. Mark this show on your calendar. It runs until 5 Sept at Wilsden Galleries in Courtenay, 440 Arderton Ave. by the 5th Street bridge. Gallery hours are Tues to Sat, 10 a.m. to 5 p.m. or by appointment. Phone (604) 334-2286.

**Editor's Comment:** This is the best sculpture I have ever seen. Dorsey's work crackles with life and tension. Well worth a visit to Wilsden Galleries.

### Trivia Extra

#### Answer

Three calls, two correct, naming the location of this CF-101 Voodoo as Bagotville, Que.



Make your move.

PARTICIPATION



Superb wood sculptures in the Wilsden Gallery



**Tri-City Boot Repair & Sales**  
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Next to Subway  
Cliffe Ave & 8th St., Courtenay  
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SHOE AND LEATHER REPAIRS



# Health & Fitness

From Base Hospital

## Women and Smoking

by Lt(N) G.S. Raymond, MD

I spend a great deal of my professional time trying to encourage patients to quit smoking. I often point out to them that it is the single most important action that they can take to improve their quality of health and longevity. Despite the fact that it is a difficult habit to quit, many of my patients do make a concerted effort to stop. Unfortunately the number of young women who smoke is increasing, and this is quite distressing. According to the World Health Organization (WHO) tobacco-related deaths among women will more than double over the next 30 years.

In a recent report entitled "Women and Tobacco" it was noted that the prevalence of smoking-related illness and death among women has been lower than that among men because in the past, fewer women than men smoked. New data gathered as the number of female smokers has grown indicate smoking can, in fact, cause additional health problems specific to women.

Some of the special health problems faced by female smokers include:

- greater susceptibility to reproductive tract infections.
- greater likelihood of suffering infertility disorders
- greater incidence of menstrual disorders
- two to three years earlier onset of menopause
- Smoking during pregnancy is linked to:

- premature delivery
- spontaneous abortion
- increased risk of delivering a low birthweight baby
- Of course women share the following frequently experienced adverse effects with men, such as:
- increased risk of cancers
- increased risk of myocardial infarction
- hoarse voice or chronic cough

- detrimental effects on personal appearance, such as premature wrinkles, bad breath, stained teeth and fingernails, gum disease and dental problems.

This same report also looked at differences between men and women in smoking behaviour. Men tended to smoke to obtain pleasure, whereas women used tobacco to deal with stress and negative emotions such as loneliness, grief or anger. Subsequently women were more likely to start smoking again when experiencing these negative emotions while men relapsed in social situations. Women are also more fearful of weight gain when they stop smoking.

According to the report, the worldwide rise in female smoking means that by the year 2020, tobacco-related illnesses will kill more than a million adult women annually. Don't be one of those statistics - if you need help in quitting, the staff at the Base Hospital are prepared to help. Come in and pay us a visit.

## info health

Dr. Bob Young



## All About Dying

Dying takes many forms. Some people go quickly, victims of car crashes, quickly-fatal heart attacks, or suicide. Doctors are convinced that death is imminent while the physician feels that a few relatively simple types of treatment may be effective in prolonging useful life for a while.

Doctors should not be bound to prematurely follow the instructions in a living will. Dying by degrees is another matter. Long term care facilities and nursing homes are now requesting "advance directives" regarding "degree of intervention." Patients in these locations are, in the main, either elderly (often very), senile, incompetent, frail, bed or wheelchair confined - or a combination of these and more.

Medical care has no more to offer. The lives have been lived; the remnants of flesh and blood await the Reaper - for most, not as grim as usually depicted.

The inevitable final event may be pneumonia, heart or kidney failure, a stroke, or some other

condition that can be treated. The degree of intervention documented, discussed with the patient if competency allows, or with close family members if not, helps determine whether the condition should be treated, and where.

Briefly, a predetermination is made that there be either no treatment, simple treatment such as oral antibiotics and other measures available at the nursing home, or transfer to hospital for more complex treatment or intensive care. Few choose the latter.

It's important to remember that even if the interventions are successful the best that can be expected is a return to the patient's former status.

This type of documentation helps both the patient's personal physician, and "on call" doctors who might, without instruction, be tempted to inappropriately over-treat.

And the policy also helps preserve precious medicare funds.

## Saving Medicare

Do you want to help save medicare? Of course you do. Patients and physicians agree that universal health care is one of the things that makes this country special. Unfortunately, when money is tight, as in times of recession, medicare costs loom large in the eyes of the government. Underfunding results in the amount, the quality, and most noticeably, the immediate availability of medicare benefits diminishing.

One frequently mentioned factor when discussing costs is utilization (usually called over-utilization) of available services by patients. This does occur, fueled by several factors.

The news media are sometimes to blame. Sensational coverage of such things as meningitis epidemics on TV, daily newspaper medical columns (not this one, of course!), and radio talk shows on medical topics

cause anxiety in some people. They may arrange a visit to their doctor just to be sure they have not got the latest popular illness.

Patients come to my office at least four times a week, clutching clippings. I can't recall any of them having the disease in question.

Over-protectionism is also a factor. Young (and not-so-young) moms worry over the first sneeze, the minor fever, and the smallest scratch in their offspring - so it's off to the doctor. This pattern has been developing for a long time, and now many of the kids, grown and with their own children, are following their parents' example.

Gone, forever perhaps, is the philosophy of our pre-medicare grandparents. They waited until the child was really sick before calling the doctor. Since minor illnesses almost always get better, the visits were few. Simple

things were treated, in simple ways, at home.

Requests for tests, "scans", referrals (to other physicians or health care practitioners) are very frequently made, for no good reason, by patients. Physicians may find it difficult to refuse. It can take a long time to explain why a test is not needed. The patient may be alienated and switch to another, more pliable doctor, and get it anyway. You should let your doctor, not your bridge opponent or golfing partner, decide which tests you need.

A wartime fuel-saving motto was "Is this trip really necessary?" Patients should ask themselves the same question when contemplating a trip to the doctor. Medical care, like gasoline, is perfectly capable of being rationed.

# Drive Carefully: School Starts Sept. 8th

# On & Off the Base



## LEGION LOG

BRANCH 17 COURTENAY  
334-4322

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

Fri 28 Aug.....Music by El Dorado  
Fri 04 Sept.....Music by John MacKenzie  
Fri 11 Sept.....Music by Wylie & The Other Guy  
Sat 12 Sept.....Music by Rawhide & Lace

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

BINGO.....Thur., Fri., Sun. at 7:00 PM  
MONDAY.....FUN EUCHRE  
TUESDAY.....PUB DARTS  
WEDNESDAY.....LEAGUE CRIB  
THURSDAY.....FUN DARTS  
FRIDAY.....TGIF & MONEY DRAW 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 30 Aug.....Steak BBQ & Corn Roast  
3:00 - 6:00 p.m. \$6.00

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

Sunday 30 Aug.....Free Car Rally 1:00 p.m.  
Sept 11, 12, 13.....Slo-Pitch Tournament  
Six Legions Lewis Park

BRANCH 160 COMOX  
339- 2022

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

Fri 28 Aug.....Music by Alley Cats  
Fri 04 Sept.....Music by Westwind  
Fri 11 Sept.....Music by Highway 19  
Fri 18 Sept.....Music by El Dorado  
Fri 25 Sept.....Music by Skip & The Byters

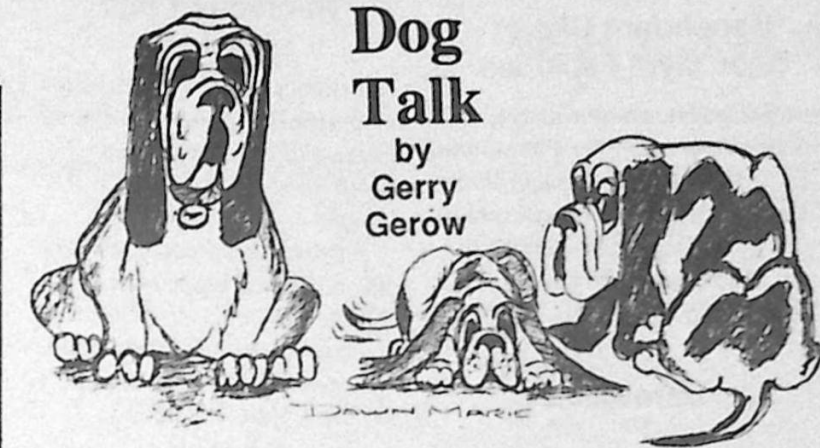
### \*\*\*REGULAR ACTIVITIES\*\*\*

SUNDAYS.....Lounge 11 AM to 6 PM  
MONDAYS.....Men's Dart League Begins Sept. 14, 7:30 PM  
L.A. Drop-In Bingo, Upper Hall. Doors open 6:30. 7:00 PM  
TUESDAYS.....Ladies Crib League Begins Sept. 17, 8:00 PM  
Mixed Dart League Begins Sept 8, 7:00 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\*\*\*

Sunday 20 Sept.....Music by Wylie & The Other Guy

## Dog Talk by Gerry Gerow



## Serious Dog Training

tiest weather possible doesn't deter them for a moment. I usually shoot pheasants on one particular farm, and when my vehicle approaches that farm, the dogs start getting excited. They know this is the place. Also at home, if I pick up a gun or put on the clothing I usually wear to go hunting, all hell breaks loose.

A reader called to ask if I knew of anything that would stop his dog from killing the lawn when it urinated. Sorry, I don't, nor can I find anyone that does. I do notice that it is much more pronounced in my dogs when they are pregnant. Some wit once remarked that the difference between male and female dogs was that male dogs kill shrubs and female dogs kill lawns.

One thing that you can do, however, is to always take your puppy to the exact same place in the yard when you are house breaking it. They tend to gravitate to the same place to do their business. Like many domestic animals, you will find the males are much more neat than the females in their daily toilet. Don't ask me why.

If anyone does have questions, please feel free to call or write. If I can't find the answer, maybe somebody else knows, and will provide it. The address is G.A. Gerow, Site 41, C-35, Fanny Bay, B.C. V0R 1W0. Phone (604) 335-0701.

## Nfld. Samoyed Canada's Top Dog



Seven-year old Sancha with owners' sons clad in sweaters knit from hit fur.

TORONTO -- Canadian athletes aren't the only ones winning medals these days. One lucky canine is bringing home the gold and \$10,000 to St. John's, Newfoundland, as the winner in the 1992 "Search for Great Canadian Dogs" contest.

Sancha, a seven-year-old Samoyed breed, earned top marks to outscore more than 2,100 dogs in the nationwide search sponsored by a feed company.

The four-month long contest invited dog owners nationwide to submit a color photo and essay entitled "Why I Love My Dog." Sancha's owner, Heather Rees, wrote eloquently of her dog, "I love our dog because he has enriched our lives by helping us to enjoy the simple pleasures of life. Because of Sancha, our children are aware that a delicate balance exists between man and nature and that we are ultimately responsible for preserving and protecting animals and the environment."

Sancha also taught his family about recycling. Rees' winning entry included this anecdote: "We combed and collected

Sancha's dog hair which was then knit into sweaters for our sons. This unique experience was a valuable lesson that our children will always remember each time they wear their special gift from Sancha."

Selecting one Great Canadian Dog was a difficult task for the judges. "There were a number of outstanding entries, but Sancha's entry best expressed the reciprocal relationship between dog and owner. The love expressed by Sancha's owner was returned to the Rees family by Sancha's companionship and example," said David Connor, product manager for the feed company.

In addition to \$10,000 and the Great Canadian Dog title and medal, Sancha's grand prize package includes a trip to Toronto for a professional photography session. His face will soon become well-known to Canadians nationwide as he appears on the dog food packaging.

The competition drew such diverse entries as a needlepoint rendering, a poster-sized finger painting from a child, poems, paw-signed entries from the dogs themselves, and canines dressed up as ski patrol, firemen and surfers.

## CFB COMOX OFFICERS' MESS SEPTEMBER 92 CALENDAR

Wednesdays Sept 2, 9, 16, 23, 30 -

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

Fridays Sept 4, 11, 18, 25 -

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

Wednesday Sept 9 -

OLC BRIDGE CLUB WINE & CHEESE

Wednesday Sept 16 -

OMLC WINE & CHEESE

Wednesday Sept 23 -

OLC BRIDGE

Saturday Sept 26 -

MEET & GREET

## UPCOMING EVENTS FOR OCTOBER

10 Oct - Oktoberfest  
39 Oct - Black & White Party

# NEXT DEADLINE 14 SEPT 92

# NEXT DEADLINE 14 SEPTEMBER



# Public Announcements

## L'Association Francophone de la Vallée de Comox

AFVC - L'Association Francophone de la Vallée de Comox est une association à but non lucratif ouverte à tout(e) francophone ou francophile de la région. Le Conseil d'administration se réunit régulièrement au cours de l'année afin de réaliser divers projets sociaux, culturels et récréatifs. Nouveaux membres sont les bienvenus. Pour partager vos idées ou pour vous renseigner, téléphonez à Diane au 339-3990 ou venez nous rencontrer à notre bureau du Centre communautaire au coin de Lazo et Ryan rd. (à côté du Canex) entre 13h et 16h le mardi, mercredi et jeudi. Au plaisir de vous connaître!

L'Association Francophone de la Vallée de Comox est une non-profit organization open to all Comox Valley Francophones and Francophiles. The Administrative Council meets regularly through the year to prepare many social, cultural and leisure events. New members are welcome. To become involved, or for more information, call Diane at 339-3990, or stop by our office in the Community Centre on the corner of Lazo and Ryan Roads (beside Canex). Hours: Tuesday, Wednesday and Thursday from 1 p.m. to 4 p.m. We're looking forward to your visit!

## CFB Comox Weightlifting Club

There will be a meeting of the CFB Comox Weightlifting Club 15 Sept 92 at 1400 hrs. It is imperative that all members attend as there are Executive positions to be filled. Also numerous important club items need to be discussed. For info call Cpl Laprade at Local 8534/8417.

## Opening of CFB Borden's Pine Plains Park Campground

There is a new entity at CFB Borden which is open to all DND employees, military and civilian, and their dependents.

The Pine Plains Park has been created to provide a safe and enjoyable environment for those campers who wish to visit CFB Borden or are travelling through the area.

For more info, contact MWO Ryan at Local 8282.

## 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.

## Noon Hour Swim Schedule

Due to Summer Aquatic Program, the noon-hour lane swim time has been changed from 1130-1230 hrs to 1145-1300 hrs.

## 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.

## Aerobics

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

## TOPS Meeting

TOPS #BC3454, Lazo, meets every Wed. night at the Base Rec Centre at 6:30 p.m. For more information call Elaine 339-3213

## Lost Sports Equipment

Personnel not returning NPF Sports Equipment without a legitimate reason will be liable for re-imbursement. A pre-determined value will be set based on the age and condition of the item. An administrative deduction will be ordered against individuals who fail to comply.

## Recreation Ball Hockey

Military members interested in playing Rec Ball Hockey, floor time is available Wednesdays, between 1600-1730 hrs at the Rec Centre.

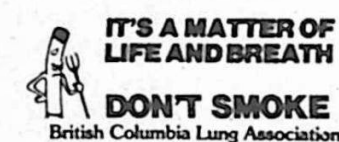
Personal equipment is advised due to limited equipment available. Eye protection is mandatory and wooden sticks are permitted. For more information, contact the Rec Centre, local 8315.

## 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.

## Comox Glacier Wanderers

The Comox Glacier Wanderers are having a 10K guided Volkswalk in Paradise Meadows on Sunday, 13 Sept 92. We will meet at the comox Valley Sports Centre at 9 a.m. to pool rides. Walk to start from Nordic Lodge at 10:30 a.m. Bring a lunch and enjoy! Info 339-4145.



## Base Soccer Team Practice

Base Soccer Team practices have commenced at the Base Soccer Field. Practices are scheduled for Mon and Wed at 1830 hours. All team positions are open and anyone wishing to play is welcome to attend. For further info contact Cpl K. Roy loc 8505 or Cpl D. Devries loc 8285.

## Vancouver Island Swim Challenge

There is a swim challenge at the Base gym for those who wish to participate. The swim around the island is done in the Base pool, and then distances are transferred onto the map. For registration and/or information, call local 8315.

## Base Hockey Team Meeting

There will be a meeting for the Base Hockey Team on 9 Sep 92 at 1500 hrs in the Base Gym Conference Room.

The topics discussed will be tentative practice times and yearly game schedule.

The team has a new coach and is under new management, so anyone interested in playing for the Base Hockey Team is encouraged to attend.

## 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

## 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.

## Motion Commotion Aerobics

Begins Monday 14 September... Welcome Military, Dependents & Friends

Mon, Wed, Fri - 9:30 a.m.  
Tues & Thurs - 6:45 p.m.  
1 hr. combo/low impact aerobics  
Have Fun! Get Fit! Join Us!  
For more info please call Wendy at 339-5620.

THURSDAY 27 AUGUST 1992

THURSDAY 27 AUGUST 1992

TOTEM TIMES 19

# On the Base

## Speed Quiz

Safe driving requires people to be in constant control of their vehicle's speed. The faster you drive, the less time you have to react. On the road, conditions can change very quickly and the distance travelled in the space of a single second can mean the difference between a safe stop and an accident. Are you aware of the danger of speeding? Answer the following questions and decide for yourself.

### QUESTIONS

- When a driver doubles a vehicle's speed, the distance needed to stop the vehicle will be:
  - ☐ Twice as great
  - ☐ Three times as great
  - ☐ Four times as great
- When driving at night in reduced visibility as a result of rain, snow or fog, you should:
  - ☐ Stick closely to the speed limit
  - ☐ Drive somewhat below the speed limit
  - ☐ Drive very slowly



Braking distance is affected mainly by:
 

- ☐ Speed
- ☐ Weight of the vehicle

The ideal way to maintain control of a vehicle when taking a curve and maintain its trajectory is to:
 

- ☐ Apply the brakes
- ☐ Slow down before entering the curve
- ☐ Slow down before entering the curve and accelerate once you have entered the curve

The proportion of crashes involving death or injury is greatest on:
 

- ☐ 50 km/h streets
- ☐ 80-100 km/h highways

6 to 7 right answers: Bravo! You have a highly developed sense of responsibility. You are aware of the risks of speeding.

3 to 5 right answers: Careful! You may not be aware of the danger of speeding.

Fewer than 3 right answers: Watch out! Speeding can get you into a lot of trouble. Don't forget that it contributes to 38% of fatal accidents in B.C.

5 Speed limits are based on:
 

- ☐ Drivers' abilities
- ☐ Vehicle capabilities
- ☐ Road and environmental conditions

It's never an accident when speeding is involved.

It's in your hands  
Your Local Police & ICBC

ANSWERS

- Four times as great. The faster you go, the greater the braking distance which increases with the square of the speed.
- Tests have shown that it is speed, not weight, which is the main determining factor in braking distance.
- You must slow down before entering the curve by releasing the accelerator, braking or gearing down, then accelerate slightly once you have entered the curve in order to maintain the vehicle's stability.
- Use the "two-second rule" to keep a safe distance between your car and the one ahead. Pick a landmark ahead of you on the road. As the vehicle ahead of you passes it, start counting: "One thousand and one, one thousand and two..." If you reach that spot before you finish counting, you're following too closely.
- Road and environmental conditions. The posted limit is the maximum speed you can safely maintain. When you exceed the limit, you open yourself up to unexpected events which can become problems.
- You should drive somewhat below the speed limit. Reducing speed is also useful if you know you will be required to go slowly or stop.
- The proportion of crashes involving injury or death is greatest on 80/100 km/h highways. Injury producing and fatal crashes increase in proportion with the speed you're travelling.

## Junior Ranks Mess Upcoming Events

Friday Aug 28.....Comedy Night  
- tickets available by cash or acquaintance roll at Mess Office,  
- or by cash only at door  
- see ad in this newspaper for more details

Anyone interested in playing Tuesday Night Pub League Darts in Comox Valley please contact Cpl Kevin Dawson at Local 8283 or 339-2995 by 07 Sept 92. Men and women are needed, and the League is open to all members and spouses.

## It's never an accident when speeding is involved.

In 1990, there were 5,706 motor vehicle crashes involving death or injury where unsafe speed was a factor. The real tragedy is that these crashes might not have happened if drivers had obeyed the speed limit.

### Who causes speed-related crashes?

Speeding is a key element in the records of drivers with a bad history of traffic crashes and violations. Males are involved in more speeding-related crashes than females. Younger drivers, those in the 16-25 range, represent about 17% of B.C. drivers, but they have nearly 31% of all crashes and 54% of speeding-related crashes. Of the young people involved in speeding-related crashes, 90% are male.

### Perception vs. reality.

There are many reasons why drivers speed. Here are the most common examples:

I've got excellent reflexes and can handle my car at higher speeds."

The fact is as your speed increases, it takes longer to stop. For example, if you're driving 50 km/h, you'll travel up to 27 metres before coming to a full stop. At 120 km/h, you'll cover the length of a football field before stopping. Even if you feel you can handle higher speeds, you're cutting down on time you may need to react to an unexpected problem.

I save time if I exceed the speed limit. Posted limits are too low, anyway."

Most people speed to save time, but their savings amount to just a few minutes. A 30 kilometre highway trip takes only about two minutes longer at 90 km/h than at 100. Another misconception is that the existing limits are too low.

Recent experience in the U.S. indicates that the cost of raising the speed limit can be measured in lives lost. By 1989, 40 states had raised limits on rural interstate roadways from 55 to 65 mph (90 to 105 km/h) and recorded significant increases in traffic deaths.

### Costs & consequences.

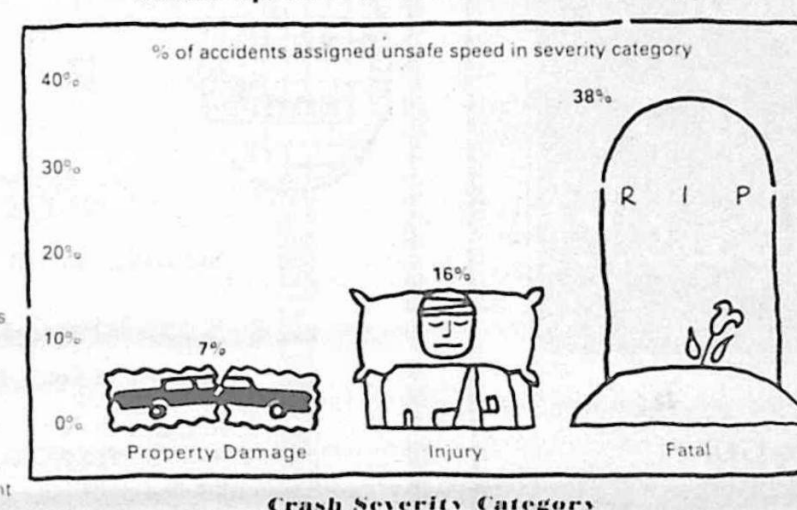
In 1990, 14,000 collisions involved unsafe speed. Last year alone, police issued over 380,000 speeding tickets province-wide. The severity of the crash is also directly linked to a vehicle's speed, and excessive speed is often involved in fatal crashes.

In April of this year, fines for speeding jumped to \$100, and fines for excessive speeding—driving 40 km/h over the speed limit—went up to \$150. For every speeding ticket you receive, you also add three penalty points to your record. If you have five or more points in a 12-month assessment period, ICBC will bill you a driver point premium.

### What's the solution?

This is the fourth annual police/ICBC initiative to combat speeding. During the Victoria Day weekend

### Unsafe Speed as a Factor in Crash Severity



Crash Severity Category

## It's in your hands

Your Local Police & ICBC

## Toll-Free Number Connects Military & Families

OTTAWA -- The Associate Minister of National Defence announced recently that the Department of National Defence is introducing a 1-800 number to provide a communication link between Canadian Forces families and members serving on UN peacekeeping missions around the world.

The toll-free national information line will be a point of contact for family members. Trained staff of the Director Military Family Support will operate the

service at national Defence Headquarters Monday through Friday between 7:30 a.m. and 4:30 p.m. EST. Messages may be left at other times.

"The Gulf War taught us the need that CF families have for timely and accurate information about loved ones serving far from home," said the minister. "Canada's numerous peacekeeping missions will continue to require military personnel to be separated from their families for long periods of time."

The information line is intended to relay family messages and answer questions about a CF member's whereabouts or condition, but not to facilitate direct communication between family and member. The service line is designed to supplement the information function of the CF Family Resources Centres which exist at bases and stations across Canada.

Families and relatives may access the service by dialing 1-800-665-1514.

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**PUBLIC AUTO-TRUCK AUCTION** every Tuesday 6:30 p.m. and Saturday 12:00 noon. Over 600 cars & trucks every week. Sell your car or come as a buyer. First time customer, this ad worth \$50 in free services. 12742 King George Highway, Surrey, B.C. Info: (604) 560-0011.

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**EMPLOYMENT OPPORTUNITIES**  
We are seeking experienced Muffler/Brake installer who will develop long term customer relationships resulting in repeat sales. Top wages and benefits. For personal interview call James (604) 392-2855 Williams Lake, B.C.

**BUSINESS OPPORTUNITIES**  
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**BUSINESS PERSONALS**  
ADD A LITTLE SPICE! K.C. College Roommates - Karen, Wendy and Lisa have exciting Personal Photos of themselves for sale. For discount info write to: Spice, Box 670-GB, Kelowna, B.C. V1Y 7P4. Adults only please.

**EDUCATION**  
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**FINANCE**  
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**ATTENTION RETAILERS:** For a complete selection of clothing, toys, gifts, Halloween, Christmas items, etc. at competitive prices with prepaid shipping, call 1-800-265-2869 B.K. Wholesalers, Ontario.

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**HEALTH**  
CALL NOW! Free Mail Order Catalogue from Vitamin Discount Stores. Please call 1-800-663-0747 or in Vancouver 321-7000 for all your Vitamin needs.

**HELP WANTED**  
We need you to sell toys & gifts for C & M Gifts. NO INVESTMENT, NO DELIVERIES, no collection. Call (519) 258-7905 or fax (519) 258-0707 for free info.

**Immediate positions available** in Banff and Jasper with quality resort properties. Subsidized single accommodations are available. Contact: Allison Buttenworth, CHARLTON RESORTS, P.O. Box 1418, Jasper, Alberta, T0E 1E0. TEL: (403) 552-5644. Saturday thru Wednesday 8:30 a.m. to 3:30 p.m.

**HELP WANTED**  
ACCOUNTANT. Hands-on accountant required for busy newspaper association office. Should be a senior student or recent CGA/CA/CCA graduate with good knowledge of ACCPAC/Lotus 123. Some supervisory experience and good interpersonal skills essential. Competitive salary, benefits and pleasant working conditions make this position an excellent opportunity. Please forward resume to: Bob Grainger, Executive Director, B.C.Y.C.N.A., 414-1033 Davis Street, Vancouver, B.C. V6E 1M7.

**Experienced Reporter/Photographer** wanted for award-winning community newspaper in Smithers. The position involves writing and photography for general news and feature stories (not sports). Car and camera essential. Full benefit package. Apply Editor, Box 2560 Smithers, B.C. V0J 2N0.

**Recreation Coordinator** full-time. Salary per H.S.A. contract. Qualifications: Recreation Program Degree or Diploma. Contact: C. Nicholson, Burns Lake Hospital 1-692-3181, Fax 1-692-3633.

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FAT CHANCE



The  
Joker  
is  
Back

FAT CHANCE

Mountain Bike Race and Poker Ride  
Sunday September 20th

## POKER RIDE

Starting Time: 12:30 p.m.

For recreational riders. Each rider will ride to 5 preset locations where they will receive a card at each station. At the end of the ride the participant with the best poker hand wins! Costume prizes! Hidden prizes! Course length 15 km. Registration limited to 100 participants. All participants 12 years and under entered in FREE BIKE DRAW.

(Pre-Registration: \$12.00 (Ride Day: \$17.00))

## MOUNTAIN BIKE RACE

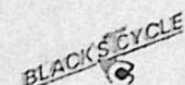
Starting Time: 12:00 noon

First across the finish line wins \$150.00  
Second place \$100.00 • Third place \$50.00  
A more demanding course of 30 km or 15 km. Categories for age groups and experience levels. Racers must be 10 years of age or older.

(Pre-Registration: \$17.00 (Ride Day: \$22.00))

Registration includes T-shirt and draw prizes. Late registration 10:00 a.m. at start. Bike check 10:00 a.m. Approved (Ansi/Snell) helmets must be worn.

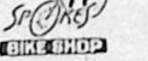
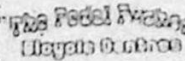
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## Comox Valley Seniors Tournament

(55 YRS AND BETTER)  
FRIDAY & SATURDAY  
AUGUST 28TH & 29TH (8:00 AM TO DUSK)

- Register at Anderton Parkhouse or by calling 339-2255 Visa No. Required. Please Register by Thursday August. 27/92
- Double knockout and Consolation Round
- Entrance fee of \$5.00 per Person, Balls included



## Comox Family Doubles Tournament

SUNDAY, AUGUST 30TH @ ANDERTON PARK

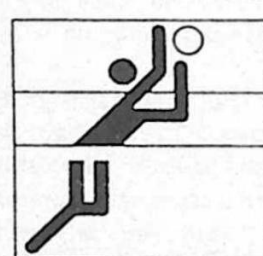
- Combinations of Mother/Daughter, Mother/Son, Father/Daughter, Father/Son, age of Children 10-16 yrs. of Age.
- Register at Anderton Parkhouse or by calling 339-2255 Visa No. Required. Please Register by Thursday August. 27/92
- Pro Set to Eight Games and Consolation Round
- Entrance fee of \$5.00 per Person, Balls included



## 1020 VOLLEY BALL CAMP \*

8 - 12 yrs.  
Mon. - Thurs.  
Aug. 31 - Sept 3  
10:30 - 11:30 am  
\$20.00

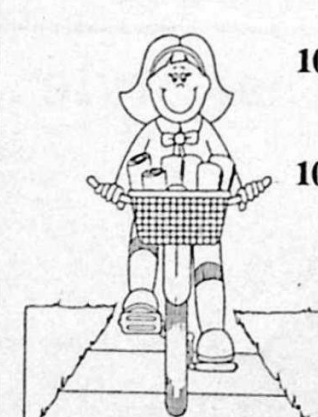
Anderton Park Outdoor Court



## BIKE SAFETY CAMP \*

6 - 10 yrs.  
Tuesday  
Sept. 1

1025 Thursday  
Sept. 3  
9:00 - 12:00 noon  
\$15.00  
Comox Rec Centre



Your child's first vehicle is their bicycle - a source of pride and potential danger! Feel confident when your child rides to school this fall, that they have the right knowledge and the best attitude to travel the roads safely.

THURSDAY 27 AUGUST 1992

TOTEM TIMES 21

# On & Off the Base

Employee Assistance Programme

## Alcohol-Stressed Kids Affected Later in Life

by Nancy Belliveau &  
Wendy Terral

A child of an alcoholic grows up with immense stress. Its effect is equal to a death - the loss of a parent, sibling, or friend. This stressful childhood profoundly affects development. Stress-related problems such as hypochondria, chronic anxiety or depression, anorexia nervosa, bulimia, panic attacks, hypertension, or disorders involving bowels, respiratory system, heart, and skin are common among the adult offspring of alcoholics.

In fact, for the adult child of an alcoholic (ACOA), there is an increased incidence of physical and sexual abuse, neglect, self-abuse, suicide, murder, and chemical dependency.

ACOA's typically have problems in intimate relationships. They have low self-esteem and - though often unaware of it - constantly seek approval and validation from others.

As a result, children of alcoholics often become people pleasers. They become "other-focused," while acutely aware of what others are feeling, thinking and doing, they lose awareness of themselves. They often rationalize this behaviour as "unselfish." This loss of focus upon self leads to a condition called co-dependency.

Psychiatrist Timmen Cernak says co-dependency means "dependent on and controlled by others who are themselves dependent on or controlled by forces such as alcoholism, compulsive behaviour, or chronic illness." The term "co-dependency" is a further distinction of the term "enabler."

An enabler is most commonly understood to be a person who covers up the effects of substance abuse - missed work, broken promises, outrageous behaviour. They unintentionally allow the substance abuser to continue unhampered by natural consequences.

Less commonly understood to be enabling behaviours are provocation and being the victim. A single individual can sequentially be an "enabler" who not only rescues and provokes but also collapses into victimization. This is the subtle drama of family entanglement.

This family disease is co-dependency. Every member of the family is affected by the behaviour of every other member.

Co-dependency involves a set of learned behaviours. For example, the spouse of an alcoholic learns to be dishonest in order to cover up the alcoholic's indiscre-



tions. The child of an alcoholic learns to be dishonest to cover up the parents' drinking; the child also learns to keep secrets to protect the family. All members of the family learn to deny their pain and fear.

Three rules common to all dysfunctional families are:

- Don't talk.
- Don't feel.
- Don't trust.

- Nancy Belliveau, MSW, works for the Campbell River Hospital substance abuse program and for Campbell River Mental Health. Wendy Terral is co-ordinator of the North Island Alcohol and Drug Information Society. For further information, see Timmen Cernak's book *A Primer on Adult Children of Alcoholics* or other books available at NADIS.

Reprinted courtesy of North Island News.

## Call one of us

Carol Anderson	8319
Russ Burns	8625
Bev Chadderton	8857
Gordon Sherritt	8363

In DND, the EAP is a joint Union/Management Program.

## Chapel Chatter

by Padre Bob



The Chapel schedule seems to have planned itself for September.

6 Sept - 1100 hrs - regular service including the Sacrament of the Lord's Table

10 Sept - Choir will have its first practice of the fall at 1900 hrs. We had a very good choir last year and look forward to the new songbirds who have been posted in joining in the fun this year.

13 Sept - Back to Chapel Sunday. We have the opportunity to register for Sunday School, Choir, Chapel Guild, Bible Study and whatever else you would like to see in your Chapel this year.

20 Sept - Our Battle of Britain Sunday service will begin at 0930 hrs. We have invited members of the 888 Wing, Royal Canadian Air Force Association and the Cadets and parents of the 386 Royal Canadian Air Cadet Squadron. Following our service

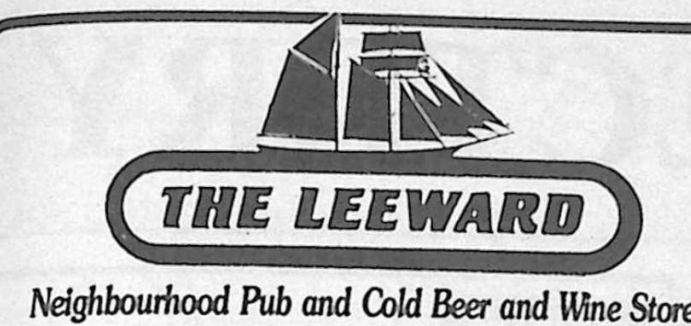
we will reconvene across the street at the CFB Comox Heritage Aircraft Park for the 1100 hrs parade. Come along and join us

in our commemoration of the 52nd anniversary of the Battle of Britain.

On 27 September, members and relatives of Comox Chapter 99 of the Order of the Eastern Star will join us for our service. Being the last Sunday of the month, we have pot-luck lunch following the service so don't plan on leaving too quickly after noon.

As you can see, September has planned a very active and interesting series of themes, so come on along and join us.

See you in Chapel.  
Padre Bob



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NEXT DEADLINE  
14 SEPTEMBER - NOON

## 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.





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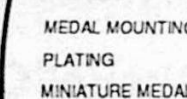
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## On the Base

### Going-Away Gifts

"Gee, Thanks Jack!"



Col Jack McGee, the out-going Base Commander, presents a can of worms to Col Terry Rogers, the in-coming Base Commander, at the Officers' Mess on July 29, 1992.



Mr. Neil Howell presents one of his own paintings, specifically completed for Col Jack McGee and his wife Donna as a going-away present, during a BBQ held on July 29, 1992 at the Officers' Mess.



Comox Mayor Alicia Burns presents a Marla Wilson limited edition print as a going-away present to Col Jack McGee and his wife Donna during a farewell reception sponsored by the town of Comox at the Filberg Lodge on July 27, 1992.

### 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 339-4988



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THE PATTERN  
OF POVERTY

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**USC Canada** 56 Sparks  
Ottawa K1P 5B1  
(613) 234-6827

## Bulletin Board

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

ADOPTEE Born Aug. 3/67, 3:24 a.m., St. Joseph's Hospital, Comox. Searching for birth parents. Birth mother born March 13/50 in AB. Birth father born June 12/50 in BC. Info requested from anyone knowing their whereabouts. Lisa Dewar, 5312 - 50 Avenue, Camrose, AB T4V 0T3

### ANNOUNCEMENT

Mr. & Mrs. Don Raby are pleased to announce the wedding of their son, Capt. Alan Raby, recently of Nanaimo Militia, to Shoko Tsuji of Tokyo, Japan, held April 26, 1992 in Victoria. The couple presently resides in Toronto. Capt. Raby serves at CFB Downsview, Ontario.

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# On & Off the Base

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services

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Cleaner list  
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Drop in anytime  
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or Colleen, 339-8654.



## Is Sugar Bad?

Instinctively, we feel like saying "yes." But, before reaching a final conclusion, let's see where sugar fits among the other nutrients. Sugar belongs to the carbohydrate group.

**Sources of Complex Carbohydrates (Starch and Fibre)**

- grain based foods: breads, cereals, pasta

- legumes: peas, beans, lentils  
- fruits and vegetables

**Sources of Simple Carbohydrates (Sugars)**

- milk (lactose)  
- sugar, maple syrup, molasses (sucrose)

- honey, corn syrup (glucose)  
- fruits and vegetables (fructose, glucose, sucrose)

What are the nutrition recommendations of the 90's regarding carbohydrates? "The Canadian Diet should provide 55% of energy as Carbohydrates from a variety of sources." This means eating more carbohydrates since the estimated consumption in 1988 was 48%. By eating more carbohydrates that are high in fibre and lower in fat we can fight more effectively against cardiac problems, certain types of cancer and other problems such as diverticulosis, constipation, hemorrhoids, varicose veins....

Trying to increase carbohydrate consumption without eating sugar is unrealistic. Can we imagine muffins baked without any sugar? Or rhubarb eaten unsweetened? Eating would become more an act of discipline rather than a pleasure!

What gives sugar such a bad reputation?

- It is associated with **Dental Decay**: true, but prevention involves more than just cutting sugar - water fluoridation and dental hygiene are essential regardless of food habits.

- It is associated with **Obesity**: weight gain is a very complex issue and it is unfair to blame only sugar.

- It is associated with **Hyperactivity in Children**: recent research has not proven this.

It then appears unjustified to banish sugar; however, as always, the best advice is **moderation**. To conclude, some food for thought: don't you think that adding sugar (table syrup, brown sugar, honey, jelly, jam) on pancakes, toasts or vegetables, instead of fat (butter, margarine or cream) could be a wiser choice?

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## And for Those Posted Out:

The Food Bank, located at 1126F Piercy Ave. in Courtenay, accepts perishable food, so when you empty your fridge and freezer before you leave, don't throw anything away. Remember the local Food Bank. They are open from 9:30 to 4:30 weekdays only.