

Why is the
BComd
opening
a hut?

....page 11

Moppets
Enjoy
FSC
Playschool

.... page 19



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 35 NO 4

25 FEBRUARY 1993

COST: PRICELESS

"Our Clouds Have Granite Hearts."



A major hazard of West Coast flying is graphically illustrated in this photograph of a 407 Squadron Aurora, returning to Comox over the Beaufort mountain range from a Pacific patrol. MCpl Rod Cando of Base Photo took this shot in mid-1992. He was also responsible for our recent front page picture of the Mount Washington ski area.

Canadian Airlift to Russia

The External Affairs Minister and the Minister of National Defence and of Veterans Affairs announced 2 February that Canada will airlift \$5 million in medicines and medical supplies to the Russian Federation over the next five weeks. This is the second year Russia will benefit from a humanitarian airlift financed by External Affairs and International Trade Canada, transported by the Canadian Forces and distributed through the

Canadian Red Cross.

On 6 February, the first Canadian Forces Boeing 707 departed CFB Trenton en route to Kirov. By mid-March, a total of 20 flights will have been made to cities in Siberia, the Ural Mountains and the Caucasus. "Operation Boreal 2" will deliver 225,000 kilograms of medicine and medical supplies for distribution by the Canadian Red Cross Society, in collaboration with the International Federation of Red

Cross and Red Crescent Societies and the Russian Red Cross.

This year's airlift will supply 200 - 250 hospitals in outlying regions of Russia with basic medicines and medical supplies for one year. The humanitarian aid is dedicated to some of the most vulnerable groups in society: children in hospitals and orphanages and pregnant women.

"Russia struggles through this difficult transition period, it is

most important that we do not forget the most vulnerable," said the External Affairs minister.

"This assistance will reach some 875,000 Russian children and expectant mothers - something in which all Canadians can take pride."

"Again this year the Canadian Forces is proud to contribute to such a humanitarian effort," said the minister of National Defence.

"Despite being heavily committed in operations around the world, the necessary aircraft will be provided for the relief operation in Russia."

Last year, Operation Boreal delivered a total of 400,000 kilograms of medicine and medical supplies to Russia and other countries of the former Soviet Union and the Baltic States, reaching an estimated one million people.

On & Off the Base



Chapel Chatter

by Padre Bob

On Sunday 31 January, between sixty and seventy members of the Protestant and Roman Catholic congregations met at the Community Centre for a pot luck dinner. Jacques and Claudette Leblanc and Mike Turcotte looked after setting up the Community Centre, for which we thank them. Following a delicious dinner, we went over to the Protestant Chapel for an Ecumenical Service to celebrate Week of Prayer for Christian Unity. Father Ray volunteered to preach, and as a result of the offering, a donation of \$83.25 was made to Mr. Andy Jackson of the Comox Valley Food Bank from the two congregations.

The first Sunday of February our Assistant Command Chaplain visited and lead in a Communion Service according to the rites of the Anglican Church. The requirement for a larger Annex hit home as the boys and girls of the Sunday School filed across the front of the Chapel for their blessing.

Having left -21° in Winnipeg on Saturday, our usual warm sunny Sunday was causing a bit of envy to creep into his speech, so we had to turn off the scenery on Monday and Tuesday. You remember those two foggy days

we had. Cdr Maindonald (he is in blues just a little darker shade than you and I) has had two postings to Esquimalt but this was his first good look at Comox. My thanks to all who helped make his visit enjoyable.

This past Sunday members of the 1st Lazo Scout Group and 4th Lazo Guide Group paraded to our Chapel for their annual Baden-Powell/Thinking Day Service. Each section from Sparks to Scouters stood to reaffirm their promises and two Religion-In-Life emblems were awarded. It is always a great pleasure to have the members of the Scouting/Guiding movement attend our Service and help in its leading.

Next Sunday the Annual Congregational Meeting follows our Service and members of the congregation were able to pick up the Annual Reports last week. The reports prove the rumours, we have had another very strong year in the Chapel and with our outreach to the community.

On 7 March Pastor Ole Bruun will lead us in a Communion Service according to the rites of the Lutheran Church.

See you in Chapel....

To the United Nations

Canada Provides War Crimes Investigation Team

External Affairs Minister Barbara McDougall and the Minister of Veterans Affairs, the Honourable Kim Campbell, announced 5 February that Canada will provide a War Crimes Investigation Team to the United Nations Commission of Experts on War Crimes in the former republics of Yugoslavia.

The team of Canadian military lawyers and police investigators will be led by LCol Kim Sandra Carter of the Office of the Judge Advocate General. She and the team will travel to sites chosen by the commission, starting with the Vukovar area of Croatia, to investigate reports of violations of international humanitarian law.

Canada - U.S.

Military Testing Agreement Renewed

OTTAWA -- The Minister of National Defence and of Veterans Affairs and the Minister of State for External Affairs announced 11 February that the Government of Canada has signed a renegotiated weapons testing agreement with the United States. The renewed Canada-U.S. Test and Evaluation Agreement (T&E) will give Canada access to American facilities and testing grounds and will also allow the testing and evaluation of American military systems in Canada. The agreement is being renewed for another 10 years.

"The increasing instability of the modern world reinforces the need for Canada and its allies to work together," said the national defence and veterans affairs minister. "The renewed agreement

"Those responsible for war crimes in the former Yugoslavia must be brought to justice," said Ms. McDougall. "This Canadian initiative of providing a War Crimes Investigation Team will allow the UN Commission of Experts to accelerate its work in amassing forensic evidence and testimony from witnesses and survivors."

"By specifically investigating incidents and determining responsibility, the Canadian Forces team of lawyers and investigators going to Vukovar will be making a vital contribution to the Commission's work," said Ms. Campbell. "I am extremely pleased with the choice of LCol

Kim Carter as team leader, given her experience with criminal and international humanitarian law.

A Canadian Forces officer, Cdr William Fenrick, appointed by the UN Secretary-General as one of the five members of the Commission, has been named as Special Rapporteur for In Situ Investigations. Cdr Fenrick and LCol Carter will travel to the Vukovar area in March with forensic experts from the organization Physicians for Human Rights to extend the investigation into a mass grave uncovered there. The Canadian team will also pursue other investigations in Vukovar.

reaffirms our longstanding, close defence relationship with a trusted ally and trading partner."

The Canadian Forces benefit from U.S. testing in Canada. They gain full access to all data from tests conducted in Canada, allowing them to remain abreast of important developments in military technology. "Through their participation in these tests, the Canadian Forces gain valuable training and operational experience that would not otherwise be available to them. This experience can be applied to a wide variety of missions, including those actions in support of the United Nations," she said.

Renewal of the T&E Agreement will also allow the U.S. to continue to request testing of

specific weapons and equipment in Canada. Today's strategic environment is characterized by uncertainty. In this context, allowing the United States to test certain types of military equipment in Canada helps ensure that the international community has at its disposal the means necessary to support collective security.

In the past, a wide variety of equipment has been tested, such as sonobuoys, submarine detection equipment, infra-red sensors for the AV-8B Harrier jet, upgrade packages for the F/A-18 Hornet, and unarmed cruise missiles. Future requests will be reviewed each year by the government during the annual planning process.

Mini-Franco-Fun

"Where is my Husband Now?"

Where is my husband now?
I miss his smiles, his dimples just so.
I miss his voice and the way he snores.

Where is my husband now?
I pass his dresser and his clothes,
His books on shelves sit still.

Where is my husband now?
In my dreams I see his face
As passion overtakes.

Where is my husband now?
He's in my thoughts and prayers.
He's in my children's face.

Where is my husband now?
In our home he lingers still.
In each room his laughter rings.

Where is my husband now?
In reality he's far away.
In reality he's gone on course.

Written by Cheryl McGowan

Groupe de rencontre parents-enfants en français. Les buts de ces rencontres sont:

- permettre aux enfants de jouer entre-eux dans une atmosphère francophone;
- permettre aux parents de rencontrer d'autres parents parlant français.

Les parents doivent accompagner leur(s) enfant(s) et doivent parler français. Chaque parent contribue à sa façon aux préparatifs des rencontres et ces dernières sont organisées de la façon suivante: jeux libres (bricolage, peinture, casse-tête), goûter, jeux de groupe, histoire, chants, etc.

Les rencontres ont lieu au Centre Communautaire (près de Canex) tous les jeudis de 9:30 à 11:30 h. Pour plus d'information, communiquer avec l'Association francophone, tél. 339-3990, ou le Centre de Soutien Familial, tél. 339-8655.

On & Off the Base

New Base Briefing Room



"Ahead of schedule and under budget," remarked Major Kampman, BCEO, as he and Base Commander Col Rogers cut the ribbon to officially open the new Base Briefing Room. Construction of the conference room and office renovations took six weeks to complete.

Helping out with the ceremony is Capt Johnson, E/A to the Base Commander, and the new Base Public Affairs Officer, Capt Short.

The Whales are Coming!

Each spring the world population of the Pacific Gray Whales migrate along the west coast of Vancouver Island, B.C. An estimated 19,000 Grays make the 16,000 km (10,000 mile) trip from their mating and calving lagoons on the Baja Peninsula to their summer feeding grounds in the Bering and Chukchi Seas.

Recovering from a population of less than 1,000 in the early 1940's, the Gray has made a dramatic return and in 1991, was dropped from the endangered species list! Their behaviour and ability to adapt has generated great interest to both biologists and whale researchers.

Grays travel close to shore, pausing to feed in shallow waters, providing excellent viewing opportunities from strategic shore locations. For even more ex-

hilarating, close-up views of these magnificent animals, one can venture out onto the open Pacific aboard local charter boats which offer whale-watching excursions. Aircraft may also be chartered for a bird's-eye view of the migrating Grays. Some Grays take up summer residence in the Pacific Rim National Park area, feeding in sheltered bays, delighting thousands of whale enthusiasts.

To celebrate this annual migration, the Pacific Rim National Park and the coastal communities of Ucluelet and Tofino are hosting the 7th Annual Pacific Rim Whale Festival - Whalefest '93.

During Whalefest '93, Pacific Rim National Park will offer free whale watching hikes (guided by nature interpreters), films, and

displays. Lectures will be presented at Greenpoint Theatre (in the Park) by interpreters and whale researchers. The Wickaninnish Interpretive Centre will be open throughout the Festival.

The communities of Ucluelet and Tofino will be hosting many exciting events during Whalefest '93. Some of these include: The Great Whale Chase, The Great Whale Race, The Great Family Whale Hunt, Community Dances, Family Folk Night, 1993 Fine Arts and Craft Show, and much more.

For more information on Whalefest '93, please write: Whalefest '93, Box 948, Ucluelet, B.C. V0R 3A0 or Whalefest '93, Box 129, Tofino, B.C. V0R 2Z0

AN OPEN LETTER TO ALL MILITARY PERSONNEL

The last thing you need when faced with a buying or selling decision as a result of a posting is confusion about who to select as your real estate agent. Be assured that the Canadian Forces Relocation Program allows you to select the agent of your choice after an interview with a councillor from ERS Ltd. However, ERS Ltd. will recommend only those agents who have agreed to pay ERS Ltd. a finders fee.

At Realty World Coast Country, we have invested many years in developing a relationship with the community of the Comox Valley including those who are attached to CFB Comox. We believe that our commitment and success is well known. We believe that you deserve the opportunity to purchase or sell your property by dealing with the agent that you select as best suited to your needs, **not one who will pay to get your name.** We hope that when you consider our proven record of service and our network of co-operating agents across Canada, you will select the company that sells more real estate in the Comox Valley than any other --- Realty World Coast Country.

In summary, your real estate decision may be the most important investment decision you will make in your life. Let it be your decision. After all, it won't cost you any more. Call any of our sales staff at our three locations.



REALTY WORLD
Coast Country
334-3124 339-5501



Al Chappin

I have lived in the Comox Valley with my wife and family on and off since 1977 and have recently retired, after 25 years, from the Canadian Forces.

I look forward to meeting with you and using my experience from both the military and the construction field to help you with the sale of your existing residence and/or the selection of your new home. Call me for a market evaluation at no cost or obligation.

Res. 339-7010 Bus. 334-3124



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Cost: \$625. per couple
Registration Deadline: March 12
Phone 338-5384

Editorial

Serviceperson of the Quarter



Pictured above is MCpl Cheryl Johnsen receiving the news from the BComd, Col T.B. Rogers, of her selection as Deserving Serviceperson of the Quarter.

MCpl Cheryl Johnsen was born in Cobourg, Ont. and shortly after moved to St. Catharines, Ont. where she resided until she joined the CF. Cheryl is married to Gord Johnsen and they have two children, Kristy and Kory.

Cheryl was enrolled at CFRC Hamilton in Jul 74 and completed recruit training at CFRC Cornwallis and trades training at CFSAL Borden as Administrative Clerk. She has served at ATCHQ, ATGHQ and CFB Trenton, CFRC Det St. Catharines and CPS, CREW Proj and NDHQ/AU Ottawa prior to her arrival at CFB Comox in Jul 90.

MCpl Cheryl Johnsen has consistently demonstrated exceptional proficiency and dedication in the discharge of her primary duties as Release Clerk. This is particularly noteworthy in that during the past year she was the guiding force through two successive rounds of FRP. In addition she admirably performed the function of: Branch First Aid and PT Co-ordinator; Base Maternity Leave co-ordinator; HQ Admin DA Holder; Section UDEC Rep; volunteer instructor on Pre-JLC courses 91/92; and Branch/Section social activities organizer. Within the military community she has acted as: Brownie Leader - 5th Komox Pack CFB Comox; Mixed League President CFB Comox Bowling Lanes; first aider for CFB Comox Girl Guides weekend activities; and volunteer worker for Air Force Museum bingos.

In recognition of her contribution to the service and community MCpl Johnsen will be going on a Deserving Serviceperson Flight with one of the Base Squadrons in the near future.

"Well done, MCpl Cheryl Johnsen."

Anniversary Input

The fiftieth anniversary of CFB Comox will be observed in the first week of May, 1993. The Totem Times has a special edition planned for 29 April 1993, which will consist of a special 24-page section within a 16-page Base newspaper, 40 pages in all. We are inviting all sections and squadrons - those who have kept some records, such as diaries or scrapbooks - to contribute something from their perspective in observation of this event.

We have received some material, but not nearly enough to do justice to the occasion. Please, lend us your photographs and your memories. We'd like the 50th anniversary edition of the Totem Times to be one well worth keeping.

Changing the Name

A letter from the President, Pacific Group RCAFA

In your letters-to-the-editor column of 11 February 1993, you published a letter from Al Scott, who is opposing the idea of a possible change in name from the RCAFA Association to the Air Force Association of Canada.

As President of Pacific Group, RCAFA, I would appreciate the opportunity to respond through your pages. The "name change" controversy has come up for discussion in RCAFA Wings across Canada and in the United States. This proposal will be discussed and voted upon by delegates, who are elected by each Wing to express the wishes of the Wing, at the national convention in Winnipeg this coming September.

A great portion of Mr. Scott's letter relates to his distress about the possible financial implications resulting from any change, much of it impacting at our National Headquarters in Ottawa. Mr. Scott's concerns about badges, buttons and banners are easily put to rest; any expense will be minimal.

I phoned Ottawa for a quick inquiry about their shelf stocks of regalia and discovered that they have only about 85 blazer badges, 150 windbreaker badges, maybe 300 lapel pins (including long service) and about 1,000 sheets of letterhead and a supply of plain unadorned envelopes. As you can see, this is a small inventory.

The proposed artistic alterations to the RCAFA badge would see the words *Royal Canadian Air Force Association* replaced with the Latin motto *Per Ardua Ad Astra*. The change would be barely discernible, as the embroidered letters on blazer and windbreaker badges are so small they are virtually illegible. On the tiny membership lapel pins, the type almost disappears from human vision! So generally speaking, caps, ties, buttons, cummerbunds and lapel badges would obviously continue in use, unchanged. It may come as a surprise, but that colourful display of regalia items that appears on the inside back cover of Air Force Magazine includes less than a handful of items that would become redundant with a name change. I have been informed that those items are ordered only

a few at a time from their suppliers.

Most of the official booklets now in use were last revised 15 to 20 years ago, and are long overdue for updating and re-issue. Even so, they can easily continue in use with guidance to the reader: for RCAFA, please substitute with Air Force Association of Canada. As it is, the NHQ staff is constantly prodded by the Wings to get on with booklet revisions.

The "Association Ensign" was re-named precisely that by Her Majesty when, in 1973, she gave special permission for our adoption of the obsolete RCAFA Ensign. I refer Mr. Scott and other Association readers to page 12 of Booklet 108. It is not officially registered as the RCAFA Ensign, but emphatically *Association Ensign*. At the local Wing level, RCAFA banners would continue to be used.

Mr. Scott is also slightly remiss in the amount of membership funds per Wing member received by National HQ. Although \$24.00 is received, up to \$1.50 is "kicked back" to help fund the operation of provincial or regional groups. Of the \$22.00 to \$23.00 remaining, \$15.00 goes to support the production of Air Force Magazine.

Which finally, after all this bean-counting, brings us around to the point that our National Headquarters, operating tenuously out of office space graciously provided by DND, ends up with what I would assume are barely enough funds to operate a 5-person office whose survival depends upon a continually updated and effective mailing list for 16,000 Association members and magazine subscribers.

Again I would assume that there certainly would neither be the funding nor staffing resources to operate a national recruitment campaign as suggested by Mr. Scott. In fact the responsibility for recruitment is firmly entrenched at the local Wing level. Sadly, very few Wings have enjoyed the recruitment success of thriving 888 (Komox) Wing which boasts more than 400 members and has become probably the largest Wing in Canada. But even so, 888 Wing

has a challenge to "get the word out" to the 1,400 uniformed serving personnel on the Base, and the some 4,000 RCAFA/CF retirees in the local area.

Yes, as Mr. Scott suggests, a national recruitment campaign is feasible with the assistance of Air Command, and its access to various Base information media. But does it make sense to try to promote the RCAFA Association? The name, unfortunately, still rightly or wrongly creates the impression that you must be an RCAFA veteran to join. This misimpression continuously works against us at the National level and to some degree at Wing level in recruitment efforts. A unique example was the British war bride who recently wanted to join after her RCAFA spouse passed away. "I didn't think I could join the RCAFA because as a former RAF/WAAF, I never served in the RCAFA," she complained to our National President.

Our image problem also troubles Air Command, an organization that seeks its own support group in the local community. Air Command wants our Association to stay alive and thrive, and speak on their behalf. They honestly don't want to see us fade away with the last of the old RCAFA vets.

So there's no deep, dark anti-monarchist plot to drop the "Royal." Conversely, there is a frank and open suggestion that we stand a better chance of survival if we change our title to one that truthfully states precisely who we are.

For those who did not attend the National AGM in Penticton, you will have the opportunity to hear Deputy Commander of Air Command MGen Lou Suppens and our National President George McMahon at the Pacific Group AGM in Victoria 7 & 8 May 1993.

Please think to the future; we need your support to maintain a viable Association and to preserve our glorious traditions as we head into a new era of change and preservation.

Sincerely,
William K. Coughlan
Pacific Group President
RCAFA Association

Comment

CF Relocation Programme:

A Letter from LCol Conroy

Editor's Note: LCol Conroy, head of the Relocation Program's project office in Ottawa, asked me to distribute this letter to base papers. He wrote it in response to letters to the editor in some base papers that were critical of the program.
Lt(N) Dave Scanlon
Editor, *Compliment*
CF Internal News Service

The Canadian Forces Relocation Program has existed since April 1992 and has had very encouraging feedback from those who have undergone some or all aspects of the service it offers. The program was launched in Europe as a result of the decision to pull Canadian troops out by 1994 and which required the posting cycle of CFE to be expanded to cover the entire 12 months of the year. The program is going well, with excellent co-operation from both CFB Baden and CFB Lahr. Members have so far expressed a keen interest and some have asked why the program was not in place before this time.

In Canada, the Relocation Program started with the establishment of regional offices at Calgary, Toronto, Ottawa, Montreal and Halifax. Since then, 28 military locations have been established with on-site counsellors provided by the contractor, ERS Ltd. To date, more than 1,500 members have been served or interviewed by ERS, and although this is small compared to the number of personnel posted, it is rather impressive when one takes into account the 1992 start times at most bases.

Questionnaires were sent to those who used the services of ERS and replies have been received with some interesting comments. Most indicated a good deal of satisfaction with the program and appreciation for the assistance. Some wondered why the program was so late in coming, while others provided some interesting misinformation, which made the influence of local real estate agents painfully clear. Some thought they should not have to go through the counselling process since they knew more than the counsellor. All comments were welcome and grate-

fully received. Responses provided the project office with a good sense that things are going well, but that much work is still required.

One area under study is real estate commissions in each region of the country. The average rate paid by DND for the last few years has been 6.69 per cent, compared to 6.0 per cent or less in the corporate sector. Since DND has the largest share of the Canadian market, the question arises as to why DND is paying the biggest bill given the volume we offer the 85,000 agents across the country.

Since DND does not pay a fee to ERS for counselling services, the referral fee was authorized as a method of payment to ERS for their services. Such fees are normal in the relocation business, and the percentage established by ERS is considered normal and thus should not be alarming to anyone in that industry. In fact, DND is not operating any differently than many large corporations in the country.

Of the 20,000 members posted each year, 5,000 buy and/or sell residential real estate each year. This volume makes DND the largest single employer in Canada and thus a very attractive and lucrative market. Needless to say, real estate agents are very sensitive whenever their "modus operandi" is tampered with. In 1993, DND will spend in excess of \$234 million to move our troops, and of this we will pay the real estate industry an estimated \$20 million for their services. We are trying to save some of this cost to apply to higher priority items.

One of the guiding principles of the program was to ensure members retained freedom of choice. This principle applies to realtors, lawyers and financial institutions. The use of lists for agents and lawyers was the idea of DND and a requirement in the contract. Its sole purpose was to provide members, especially younger and less experienced ones, names of professionals. It was never the intent to restrict members to the listing. The lists are only representative of the area and not intended to contain all lawyers, agents, etc. ERS is also

charged with determining the "normal" real estate rate in any given area of the country, that is to say if the going rate is 6 per cent, DND does not wish to pay a 7 per cent commission. Thus, ERS will want to know the name of the agent regardless of whether they are on a list or not.

Another aspect of the program is the requirement for members to meet with an ERS counsellor. This decision was also made by DND. When you really look at it, how else could this program be operated? It was decided to have all members who intended to either buy or sell residential real estate go through the counselling process - keeping in mind that they remained free to select the service, if any, that they wanted. The amount of time with a counsellor depends upon the time needed by a member and the services he or she wishes; there is no set time or timetable to which to refer. Even some very seasoned members admitted they learned something during the counselling sessions.

By contract, ERS are also charged with assisting in house-hunting trip planning for members. During the counselling session, members will indicate their plans for the HHT. If necessary, the counsellor may recommend some improvements or provide their advice and then advise the BOR that the member has a good plan to find accommodation. ERS has no authority to authorize or deny anything, including house-hunting trips. However, if the member does not appear to have a workable HHT, then the counsellor can either assist the member in developing a better plan or can indicate to the BOR that the member's proposed HHT is not likely to be successful. The Base Commander will then make the decision as to whether the member will be permitted to take a HHT.

DND spends in excess of \$17 million a year sending members and their spouses on five-day-plus trips to secure accommodation; we are attempting to improve the success rate in this area by ensuring that each member has a viable plan from the start. ERS are as well trying to provide more door to door moves for our members, thereby reducing the annual \$25 million for interim lodging and \$8 million for storage of furniture and effects in transit. These costs are becoming excessive, especially the interim expenses - better move management is a key element of the Relocation Program.

The legal sector has also been affected in that the program established a maximum that would be paid by DND to any lawyer for an authorized real estate transaction. These maximums are basic fees for legal services and are established for each province. Prior to the Relocation Program, basic legal fees paid by DND were averaging \$1,500 for any one transaction and amounting to over \$19 million annually. Comparatively, the corporate sector's basic legal bills were averaging \$560 per transaction. These fees do not include disbursements, but we are looking very closely at these charges as well, especially survey fees. We reduced the fees dramatically and members must be aware that we were very lenient the first year of the program. During 1993 there will be few bills paid if they are in excess of the newly established provincial tariffs.

There have been comments regarding the licensing of ERS counsellors. Since the counsellor only "counsels," no licence is required and no function is performed to necessitate such a need. Counsellors do not post anyone, they do not sell or buy homes and they do not solicit listings. The factual real estate counselling and transactions are performed by a professional real estate agent. Similarly, all legal and financial matters are handled by lawyers and bankers and they remain the member's responsibility. Many counsellors do have a real estate licence and have carried the experience for several years, but are not permitted to practise such. Many counsellors are recently retired senior clerks from orderly rooms and R&D sections from across the country. Some counsellors are seasonal while others are permanent.

I strongly encourage all members to see their counsellor with the view of letting them do some of the work they were once required to do themselves. Try to make that house-hunting trip a successful one for your family - your move will be much smoother and your spouse may just appreciate it. Try to understand that the counsellor wishes to do a good job for you, the member; after all that's why they are there and that is what they are paid to do. The Canadian Forces Relocation Program has been developed to relieve some of the stress of moving and should put you in a good mood when moving your family - give it a chance to work for you.



Air Force Trivia



Trivia Answer

Hawker Sea Fury WH589. Privately owned by Capt Ormond Haden-Baillie, CFB Cold Lake, 1973.

from the H.W. Holmes collection

Sudbury RCSCC 50th

Dear Editor:

Next October will mark the 50th anniversary of the Admiral Mountbatten Royal Canadian Sea Cadet Corps in Sudbury.

We have planned a reunion for our Thanksgiving weekend, 8-11 October 1993. The Corps is looking for former members to help celebrate this special anniversary.

Over 3,000 cadets were active members of the Corps since 1943 to date, and we expect about 1,000 people to come home for this reunion.

Former Mountbatten cadets are asked to forward their name and address to:

Admiral Mountbatten Sea Cadets Reunion Committee
Box 297
Copper Cliff, Ontario
M0M 1N0

or call Vice Chairman Commander H. Bondy, Cd at 1-705-682-2210.
Special thanks,
Keith Sabourin
Public Relations Committee

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Section News



414 Sqn

Bringing Back a 'Bird



L.- Capt Larry Summers, R.- Capt Barry Watkin, and T-33 133450, which was flown to Europe by Capt Summers in 1987 and returned by Capt Watkin in 1992. BWAT: "Listen Larry, I don't know how you beat up the nice paint job on the nose, but you'll have to have it redone!"

The Knights were sitting around the hearth not too long ago; Winter had reared its ugly head and the winds blew cold throughout the castle. All were gloomily looking outdoors waiting for the warm weather to return.

Sir Daryl, who was a bit of a fitness nut, stated that he had heard of a new experience that was called "board sliding." When queried by the others, he said that one must take the best part of wood hewn from a stout oak. By applying heat, one end of the piece that would be referred to as board could be bent up at a certain angle so as to permit the board to slide down a snowy slope without sticking in. All the Knights burst into laughter at this, saying that it surely must be a truly boring way to pass the time. With a grin that would later be remembered by those who came to be known as orthopaedic surgeons, Sir Daryl explained that he had thought of a further refinement. These boards could be tied to the wearer's feet and he then could descend the slippery side of a mountain at great speed. All the Knights were taken by this new idea, and begged Sir Daryl to organize a sliding party. When he demurred, saying that all the bugs

had not been worked out, Sir Bill said "make it happen," and it came to be most speedily.

And it came to pass that all the Knights save one went up the mountain and descended many times, not always under control. The one Knight that did not go was Sir Mel, who claimed that at his advanced age he no longer believed in immortality, and did not tempt the fates except when it was truly necessary. By all accounts the day was a success and may be repeated in the future.

Sir Larry (the Reserved) tells a tale most wondrous. It was many years ago that he was employed in a foreign land, although not as a mercenary. In order to go there, he was authorized to take his steed through the skies controlled by the mighty Odin. This was done, and as a reward, he was allowed to paint his name on the heaving flanks of his faithful mount. Another who later would return this mount to the Kingdom was also allowed to paint his name upon its flanks: Sir Barry (of BWAT) as he is known to his fellow Knights. One day these two Knights became aware that the steed was once again in the local area, having been taken on by Sir Bill. Many tales of great deeds were then told by these two

Knights. As this is a family scroll, most may not be repeated. As soon as the device known as the camera is invented and an appropriate caption devised, their pictures will be published.

The Knights have been very busy of late, training fledgling flyers in the ways to control the silver steed. These flyers show no fear of the mysteries of the

skies, and all appear to be doing well. They may soon be set free on an unsuspecting kingdom in the East. We have been remiss in not mentioning their efforts in the past, so will attempt to bring you all the tales of their deeds in the future.

This month a new scribe joins the fold. It will be his duty to tell of the exploits of his fellow per-

sons without whom we would have no purpose. They shall be known as the fixers, and it is they who keep the mighty steed in good repair. They too have had the experience of sliding down the mountain, and as the scribe was there, he shall now tell you of their day.

Sir Cedric

continued on page 7



Notice

TO: All Our Valued Military Clients
Past, Present & Future

Regarding ERS Military Relocation Program

It is still the CR member's option to choose whatever realtor he/she wishes. The list in the ERS Counsellor's office is only one option.

We have been providing professional real estate service to home buyers and sellers in the Comox Valley area for many years. It is our desire and intent to continue to provide the Military Community with our skills and training well into the future.

For further information please contact your local Century 21 realtor at 338-2222.

FROM: Your Local Century 21 Real Estate Professionals

Thank You



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& APPLIANCES OR DO NOT PAY UNTIL AUGUST!

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Bunk Beds
From.....**\$219⁹⁹**
Metal Headboards
Twin Size.....**\$25⁹⁹**
Brass Headboard
Queen Size.....**\$39⁹⁹**
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Double Size.....**\$35⁹⁹**

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SOFA.....**\$399⁹⁹**
LOVESEAT.....**\$329⁹⁹**
CHAIR.....**\$219⁹⁹**

LEATHER RECLINING
SECTIONAL SALE
Reg. \$5999.99 **\$3499⁹⁹**

LEATHER CHAIR &
OTTOMAN SALE
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Inglis
Self-Clean
STOVE
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Admiral
PORTABLE
DISHWASHER
499⁹⁹
NO TAXES

Coffee Tables
From.....**\$49⁹⁹**
End Tables
From.....**\$29⁹⁹**
Table & 4 Chairs.....**\$149⁹⁹**
Plant Stands.....**\$9⁹⁹**

SWIVEL ROCKER & OTTOMAN

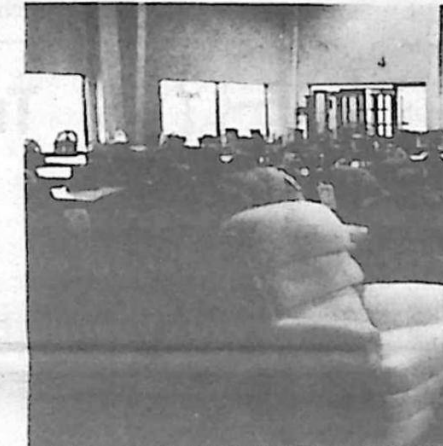
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ROOM
SUITE **\$1499⁹⁹**
Hutch, Buffet, Table & 4 Chairs

10.1 CUBIC FOOT
FRIDGE SALE
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RANGE
• Lift-up Cook Top
• Electric Timer
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NO TAXES

Admiral
WASHER & DRYER
• 3 Water Levels • 3 Temperatures
• Timed Dry • All Dry
• Permanent Press
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NO TAXES
PAIR 899⁹⁹



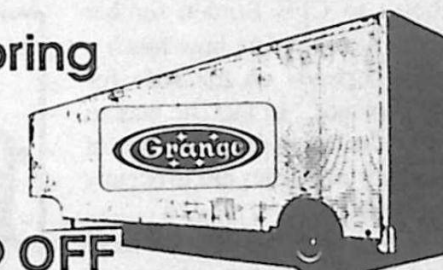
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2 PIECE	2 PIECE	2 PIECE	2 PIECE
Twin..... \$169⁰⁰	Twin..... \$229⁰⁰	Twin..... \$299⁰⁰	Twin..... \$349⁰⁰
Double..... \$219⁰⁰	Double..... \$289⁰⁰	Double..... \$349⁰⁰	Double..... \$399⁰⁰
Queen..... \$269⁰⁰	Queen..... \$329⁰⁰	Queen..... \$399⁰⁰	Queen..... \$469⁰⁰

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Self Clean Range
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Timer • Lift-off Cooking Surface
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25 YEAR WARRANTY
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Double, 2 pc.....**\$499⁹⁹**
*Queen, 2 pc.....**\$588⁰⁰**

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FRAMES
with the
purchase
of either
bed in
Queen
Size

CHIROPRACTIC
15 YEAR FULL GUARANTEE
Twin, 2 pc.....**\$419⁹⁹**
Double, 2 pc.....**\$499⁹⁹**
*Queen, 2 pc.....**\$588⁰⁰**

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FREE BED FRAME
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Inglis
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FRIDGE
829⁹⁹
NO TAXES

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DUO TO THE NATURE OF THIS SALE, PRICES DO NOT APPLY TO PREVIOUS PURCHASES

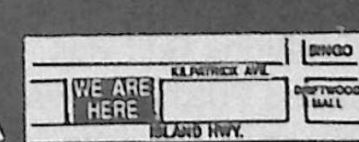
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Section News



BAMSO News

NAVCOM Labs

Well, it's that time again; time to pass on information of the happenings in NAVCOM Labs to all you millions of Totem Times readers.

Let's see, first off we have a new addition to our CRS family; he goes by the name of Scott "Arnold" McPhalen. Scott hails from across the ocean at Powell River. (Yes, I know what you are thinking, "Do people really come from Powell River?" I guess he must be a good swimmer.) Scott joins us fresh out of Borden; he stands 6 feet 2 inches, weighs 200 lbs., has a 45" chest and 24" python biceps, and yes, girls, he is SINGLE. (He told me to write these things about him and who is going to argue with someone that is 6'2" and has 24" python biceps?)

On the other side we are losing a couple of people. First off, Cpl Grant "Grando" Gilfillan is leaving us to become an AESOP. Grant told me that he wanted to travel more and figured he would be able to accomplish this by being part of an aircrew. Oh yeah, he also said that he thought those flight suits were really something else; you know, so many pockets and so few things to put in them. Best of luck, Grant.

Another person leaving is MCpl Robin Keyes. Robin is leaving us to become the Ronald McDonald of ice cream sales. Robin and his wife Sharon are in the process of buying Eric's Ice Cream Parlor in Courtenay, so if you are ever in town, be sure to drop in and patronize his business. Good luck, Robin and Sharon.

And last, we have MCpl Alan "AL 1" Arsenault who will be

leaving us this summer. I don't know if his beard has anything to do with his posting to CFB "Have you ever been to sea, Billy?" Shearwater. Al says he can't wait to work on some real up-to-date equipment, like the stuff that is on the Sea King; NOT! About the only new equipment he will have to become familiar with is the new paint brushes and scrapers they issue for painting the ships. Good luck, Al!!

Now let's talk about the most important thing in the NAVCOM labs, "The Pong Meister Championship" or in layperson's terms, Ping Pong. At the moment nobody has been able to dethrone the champ, who happens to be Dan "Manchew" Janelle. There are quite a few "Wanna Be's." We'll start off with Gerry "The Relic" Wiesner; then we have Al "Hyperman" Coles, Big Al Arsenault, and last, Joe "Zero" Mantha. The next level is called "Fresh Meat." This includes Pierre "Psycho" d'Aragon and Tony "The Troll" Granter. Our last level is called "The Meat Locker;" these guys are used to warm up the "Wanna Be's" and the "Fresh Meat." They are Claude "The Ultimate Warrior" Langlois and Bob "Grandpa Walton" Gordanier. So look out Dan "Manchew" Janelle, the "Wanna Be's" are getting better every day. That is about it for the "Goings" and "Going-ons" from the home of quality repairs, NAVCOM Labs. Enjoy your early spring and we will keep you posted as happenings arise. Good fishing!

IE/IS Labs

A sad note from IE/IS Labs. Linzi Hutchins, the wife of Cpl Simon Hutchins, passed away on 22 January due to injuries sus-

tained in a car accident a few days earlier. Linzi will be sadly missed by Simon, her family, her friends, and anyone lucky enough to have met her. Simon should be back from Scotland by now and our support would be most welcomed.

Labs picked up one more person to help out with the increasing work load. Cpl Gassner came to us from CFB Moose Jaw. He fits right in and definitely is an asset to our little organization.

We also had a little internal shuffle of manpower. Cpl Levine went to the battery ship while Cpl Gebauer came upstairs to his old job. Cpl Lefebvre has gone to Borden on his TQ3's and will be back this summer to show us all what we have forgotten over the years.

Brake & Wheel

I hate Mondays, and this one came with that "very" old standard line, "You're the new guy to the shop so it's your turn to write the article again." Well, with many horrid fictional thoughts, I left for a dark lonely corner and began my second tour as a writer for the renowned Brake & Wheel Component Shop.

A well educated guess of mine would be that if one wanted to hang oneself, one would start with the boss. So let's start with Sgt. Dan "The Maytag Repairman" Beaudreau. Most recently, Dan's lovely wife Sylvia went on course to CFB Borden for her 6B's. It's amazing how much a male depends on his wife for benevolence. In fact, he was so lonely he had to throw all sorts of wild hot tub parties just to occupy his nights.

All good things do come to an end and Dan's hot tub parties ended on day number 8 when a

certain article of clothing became lodged in the inlet side of the circulation pump. Dan was forced to empty the tub and with the use of those old F-18 manuals he's acquired, he managed to clear the FOD, with no damage to the tub, I may add.

Dan's a very imaginative man; at first he used the F-18 manuals for his dishwasher, then it was his hot tub. What will he use them for next? We fear the answer!

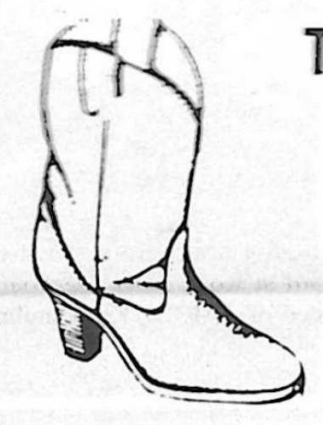
Then there's MCpl Ken Reynold, whose nickname had to be changed to "Crash." In 1985 he made his first real attempt to separate his shoulder. As the old saying goes, "If at first you don't succeed, try, try again," and try he did. On the big night of the arrival of the scout from the Ottawa Senators, Ken took a dive that would have made even the best of Hollywood's stuntmen cringe, in order to grasp the scout's atten-

tion. However, the only thing that was grasped was Ken's separated shoulder as they carried him off the ice. And yes, the scout did comment on Ken. He said, and I quote, "At least he doesn't skate on his ankles anymore." Unquote.

Have you ever been totally frustrated by that S.O.B. in front of you who's broken down on Ryan Road hill? Have you ever wondered who the S.O.B. is that ties up traffic every morning on Ryan Road hill? Well folks, just send your donations (or hate mail) to Cpl Rick Ries in care of the B&W Component Shop, and we'll apply it towards the repair of his truck.


With Pte(B) Hosegrove on course in Borden, we can proudly announce we had a ground-incident-free two weeks during his absence. However, the Flight

Continued on page 9



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 Tuesday to Saturday - 9:00-5:30
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 SHOE AND LEATHER REPAIRS

BYE BYE Birdie



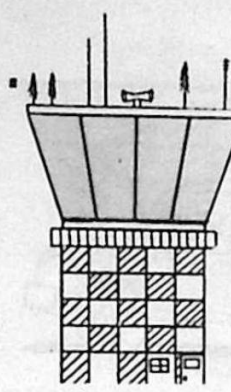
SID WILLIAMS THEATRE
 MARCH 5, 6, 8, 9/93
 7:30 p.m.

TICKETS: PHARMASAVE in COMOX & COURTENAY
 HALLMARK CARDS in DRIFTWOOD MALL

NEXT DEADLINE 8 MAR

Section News

As The Beacon Turns

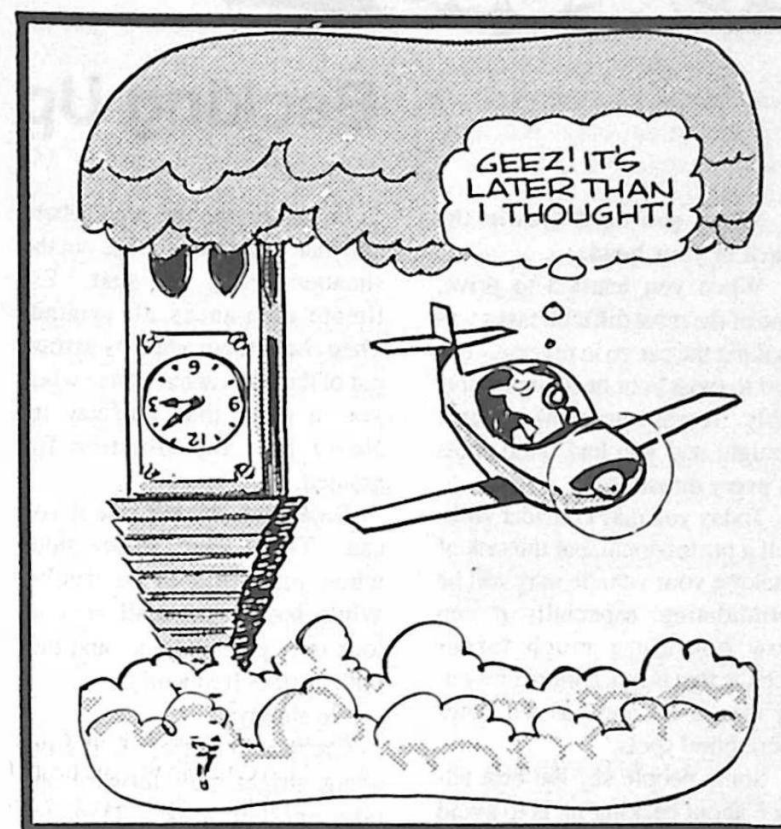


Howdy Partners! Welcome back to the Double "Q" Ranch. This edition of A.T.B.T. involves a cast of things so I'll get right to it. Speaking of "casts," a few of our resident fish fanatics (Jim Houston, Dave Bews and Tom Schrader) packed their tackle boxes recently for Gold River to "lure" in the "big one." Jim netted himself a 12-pound Steelhead, thanks to his "Pink Beannie-Weannie" but Dave 'n' Tom returned home empty basketed. Better luck next time, guys!

Speaking of "luck" (yuk, yuk), Dan Borne found a buyer for his "toothpaste green" truck! Doug "Whizzzz" LaBlance (just kidding Doug) is now the proud owner of what was "Borne's box-less bomber" and he "picked up" the "pick up" for a low low price of just 300 loonies!! (Does that include a year's insurance too, Doug! Hee, hee)

It was a tad "nippy" at the Gravel Pit last Friday for our 414 Sqn/ATC Meet 'n' Greet, but everyone "warmed up" after a few "cool ones." A few "war stories" were shared and everyone had a good time that "day" putting faces to those "Nites." Thanks for coming over, guys, and feel free to "pop up" anytime.

One of our fellow "Shepherds of the Sky" moved "up" the promotion ladder awhile back as "Captain" Tack (sounds like a hardware store super hero! Hee, hee) shed the title of being the "Oldest Lt in the trade." Congratulations, Dave! Other "Captains" making the news this time around include Suzanne Dunn, who's downstairs preparing herself for her initial "IFR" checkout, and Rob (take off eh!) Dimmer, who qualified upstairs in the



Tower. Another "solo" Steel Tree-Forter is Pat Leonard who checked out last week in the Ground Control position. Congrats, guys, and you know where the Gravel Pit is! Rollie Lapointe and Kelly Olohan continue their IFRCC training at the Terminal position while Bill Best remains hard at work under checkout at good ol' PAR 2! Keep smiling, guys!

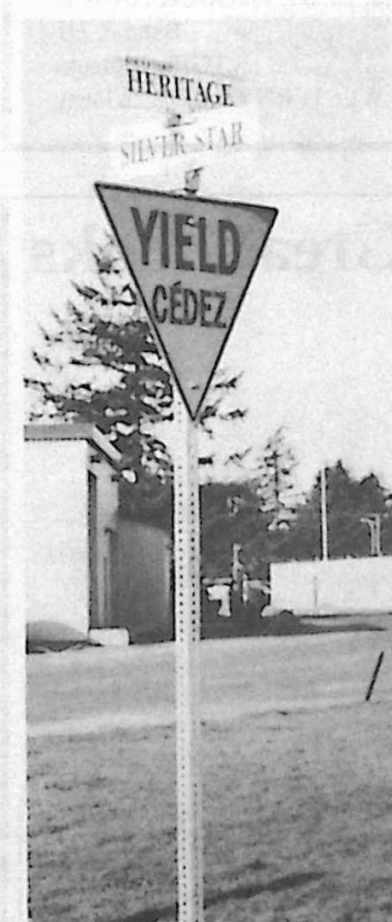
This year marks the 50th anniversary of Air Traffic Control in the Military, and to commemorate a half century of ATC, a section Mess Dinner is planned! (Date to be announced.) So guys 'n' gals, get your Bib and Tucker ready for what will definitely be a "memorable" occasion indeed! Meanwhile, on the sporting side of things, those skating "Orcas" continue to have an unbelievable second half of the Intersection

Hockey season, boasting a 5-1 winning record!! (Those planets are lined up in a row again! Hee, hee) With the playoffs just around the corner, those "boys of slush" from Base Operations will need all the help they can get, so come on out to the rink and be an athletic supporter! (Well, you know what I mean!) And finally, speaking of "operations," Tom "Snip" Schrader is recovering well after ensuring himself that "three girls" is enough in the family. Get well soon, Tom, and don't lift any heavy objects. (Sure won't be fish! Hee, hee)

Well Beacon Barons, that does it for another couple of weeks. Until next time, don't take any wooden "hand-offs" and monitor the "Beacon."

P.S. How do whales sleep, anyway? Hmmmm.

Base Street Names



The Base streets now have official names. Some of you may have noticed these signs popping up here and there and wondered "why?" The street names will allow those of us familiar with the Base to provide better directions to visitors and newcomers on the Base. This is assuming that we take note of the street names first so we don't have to ask directions.

Secondly, and more important, CFB Comox is attempting to become part of a local area 911 emergency response system. In order to achieve this, a specific street name must be employed for all areas under the 911 umbrella. Incidentally, street names also make it easier for the MPs to fill out traffic violation tickets.

Now that you have this information, ask your co-worker on Monday if they know the new name of the road that used to be known as "the loop."



Knight Time is Fun Time

continued from page 6

Greetings one and all. Ready yourselves to be regaled with astounding tales of daring do and general klutiness of the Black Knights of 414 Sqn.

Most recently, the Knights partook of a weekend of wondrous athletic feats, quaffed astonishing amounts of ale, and engaged in other sundry activities as struck their fancy when the Great Knight, Sir Head Honcho, called a tournament for all citizens of the realm. Most of the Knights made it back safely to the castle the following Monday. Many of the newer residents in the realm, however, returned to work sporting limps and minor abrasions after strapping on the boards for the first time. The Knight Sir Mikey, on the other hand, still has not returned from the most grievous injuries he suffered to both body and dignity in the Superbowl flag football game sponsored by Knight Ken-Bob. Knight Joe "Al Bundy" Reynolds, better known for bravery than brains, returned to proudly show off his many facial bruises and scrapes reportedly dealt to him by Al "The Wild Man" Burden. Speaking of dealing, Al and several other Corporals learned the hard way to guard their wallets closely when playing poker with Privates.

In other sporting news, all the

Black Knights would like to congratulate the "414 Knights" for making the "A" Division in Base hockey. Also congratulations to Jim Morrissey, Kendal Hayward and Shane Martin (or his evil twin) for representing the Squadron on the Base basketball team that will be competing in the regionals in Victoria this month. It has been reported that CRS has challenged IE to a badminton tournament for the honour of claiming the coveted "Avionics Cup." In the premiere "sporting" event of the year, the Supreme Hoser, Knight Shack, invites one and all to participate in the 12th Annual "Hoser Olympics" scheduled for 27 February.

In other news, Knight Loudman and his fair Lady Maria are finally moved into their permanent (we hope) home, and are now awaiting the arrival - sometime in March - of Loudbaby. Ken-Bob Roy will finally be made an honest Knight now that the fair Lady Nicki has agreed to become his wife. Finally Marc and Vicki Keller are proud to announce the birth of their second daughter, Nicole, born on 20 January 1993. The Black Knights all join in welcoming the newest page to the 414 family.

Until next time I remain your trusty servant,

Knight Sancho Panza

More BAMSO

Continued from page 8

Safety section in Borden called and announced a marginal increase. Welcome back, Paul!

Pte(CIV) James "Brawny Smurf" Larsen finally got his first promotion. On 17 Dec 1992 Pte Larsen became A/Col James Larsen. We cannot say he let the promotion go to his head, but his continuous barrage of ludicrous orders caused us to rethink his future in the shop. If you ever come to the shop looking for Brawny Smurf, just head for the wheel soap bath as we've chained him there at his new work station. All this of course will end 4 May when Brawny is due for his FRP

release. The bath won't be the same without you, Smurf!

For anyone who's interested, Brawny's found employment at the Unity Genuine Sealskin Leather Company. Whoever said Saskatchewan didn't have work for its people.

That about "raps" things up for this month. I'd like to thank my fellow workers for their ideas, as I cannot come up with all this humorous material on my own. It's a group effort. Nothing like a close group of co-workers to keep up the morale.

1993 Naval Communicators Reunion

Calling all Bunting Tossers, Sparkers and Coders

The 1993 Naval Communicators Reunion will be held in Halifax, N.S., the East Coast Canadian port, 2, 3 and 4 July 1993.

New attractions include HMCS Halifax, the sailor statue at Sackville Landing, and of course the last Corvette, HMCS Sackville.

Want more info? Write:
 Naval Communicators Reunion
 P.O. Box 297
 Dartmouth, N.S.
 B2Y 3Y3

HS 443


50th Anniversary celebrations are planned for 21 - 24 May 93. At HS 443 we are continually attempting to contact former members who have moved and unfortunately lost contact over the years. If you are, or know someone who is, a former "alumni," please contact the Squadron at 443 Helicopter Anti-Submarine Squadron, CFB Esquimalt, FMO Victoria, B.C. V0S 1B0 or OPI Maj K. Whitehead at (604) 363-6776 or AVN 355-2000 local 6776.

1 Sep 92 - 1 May 93
 Sat, Sun & Holidays
 10 a.m. - 4 p.m.
 Featuring Gulf War,
 409 and VU33 displays
 PHONE 339-8635

Comox Air Force Museum



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



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Section News



442 Squadron

Since the more newsworthy events of December, 1993 has started off on a quiet note. The world of West Coast SAR has had late night MEDEVACS (medical evacuations) far out to sea and the perennial favourite - ELT searches - but all are fairly typical in a day at 442 Squadron.

Nonetheless, the personnel at 442 have not been idle. In addition to SAR, our transport role has garnered more time and attention. With an increased focus on global operations, the far-reaching Buffalo fleet recently launched aircraft 465 into the daunting U.S. airspace for invaluable training.

The mission started off well. However, a snag forced revision of the itinerary. The crew waited patiently in San Antonio while 414 Sqn expedited parts delivery. Thanks to 414, the Buff crew was airborne within a few all too short days. Although the motto of SAR

is "That Others May Live," for Buffalo 465 and its crew "Remember the Alamo" may be more appropriate.

With San Antonio in the rear view mirror, the Buffalo crew were headed home. Even a fuel stop in Las Vegas went off without a hitch. We kept our spotters busy scanning for wayward 414 Drivers but the casino lights threw off our vision. However, the enroute flight was cut short by more unscrupulous vicinities. Portland, Oregon became the next home away from home for 465. Happily, a few days and many MRP hours later, our Buffalo flew home licking its wounds.

Airframe and aircrew are all home now, ready for battle once again. The training gained was valuable - with Capt Kordich and Andree at the helm, ovenight bags are a must!



Contact Mel Ferraby
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(604) 334-3124 (24 hrs.)

1509 Chinook Drive, Comox
Price - \$131,500
3-bedroom basement home, quiet treed cul-de-sac location near CFB and all schools.



Sally Alive

Perhaps it was the message; the Salvation Army Canteen picked up a little bit recently, with some new patrons trying out the menu and the friendly atmosphere. Our "Sally" is still not out of the woods, however. Your support is vital if we are to keep one of the most valuable facilities CFB Comox has to offer. Patronise the Sally. And bring a friend.

OFFICERS' MESS

MARCH 1993 CALENDAR

Wednesdays, March 3, 10, 17, 24, 31 -
OFFICERS' COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend.
Fridays, March 5, 12, 19, 26 -
TGIF. Food as indicated.

March 3, 4, 5 -
NO SNOW CARNIVAL. Officers' Mess will host games on Thursday night at 2000 hrs.
Wednesday March 10, 24 -
OLC BRIDGE
Wednesday March 17 -
OMLC featuring stencilling and decorating
Thursday March 18 -
MOUNT WASHINGTON SKI TRIP
Friday March 26 -
MEXICAN FIESTA NIGHT
Sunday March 28 -
SUNDAY FAMILY DINNER

UPCOMING EVENTS

2 Apr - RCAF 69th Anniversary Mess Dinner
10 Apr - Kids Easter Egg Hunt
17 Apr - Toga Party
23 Apr - TGIF BBQ
25 Apr - Family Dinner

MSE Safety



Backing Up

When you need eyes in the back of your head:

When you learned to drive, one of the most difficult tasks was making the car go in reverse. You had to twist your head uncomfortably. It was impossible to steer straight and you had blind spots in every direction.

Today you may consider yourself a professional, but the task of backing your vehicle may still be intimidating, especially if you now operate a much larger vehicle that is much more unwieldy than a car and has ten times more blind spots.

Some people say the best advice about backing up is to avoid doing it whenever possible. That's true - especially if you are operating a large truck or tractor trailer, but you can't always avoid it. Know how to do it right and it will make your job easier and safer.

Some basics:

It's best to have a reliable guide outside the vehicle. If not, you must be your own guide. It means getting out of the vehicle to make sure you know how much clearance you have at all points: in the back, on both sides and above the vehicle.

Walk around the area where you plan to park and scope out the situation before you start. Estimate clearances all around. Then check them again by getting out of the truck at least once when you're more than halfway in. Never take the situation for granted.

Back from the left side if you can. That's your "seeing side" when operating large trucks. While backing a small vehicle, look over your shoulder and into both mirrors frequently.

Go slowly:

Creep into place. If it's not going alright, pull forward and take another look. Then try again.

Be aware of all hazards and obstacles including people, especially small children, who may walk through the area. Plan your manoeuvre so you'll interfere with traffic as little as possible.

Don't oversteer. Back out of traffic and not into it.

Just a few tips to sum up with:

1. Whenever possible, use a guide. When a guide is unavailable, check the situation carefully.
2. Sound your horn before

backing; this will make people around you aware of what you intend to do.

3. Never take the situation for granted. If you are unsure while backing, stop. Get out of the vehicle and assess the situation.

Question

Whenever emerging from an alleyway, driveway or private road, what must be done?

A. Sound your horn before proceeding;

B. Slow and proceed with caution;

C. Roll window down and listen for traffic;

D. Come to a full stop before crossing the sidewalk or entering the street.

Answer

D. come to a full stop before crossing the sidewalk or entering the street.

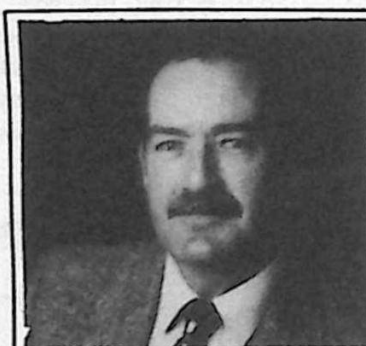
Driver's Quote

"The other car collided with mine without even giving warning of its intentions."

"A truck backed through my windshield into my wife's face."

Safety Slogan

"If you take a chance, you may take a life."



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Junior Ranks Mess

March 1993 Calendar

Wednesday 03 Mar.....WINTER CARNIVAL OPENING
Games and Music (DJ)
Friday 05 Mar.....MUCH MUSIC VIDEO DANCE
at Base Gym
Friday 12 Mar.....TGIF Euchre
KARAOKE and DJ
Friday 19 Mar.....ST. PATRICK DANCE
Band & DJ
Friday 26 Mar.....TGIF Cribbage
& COUNTRY WESTERN Line Dance Party



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Section News



407 Squadron

New from Two

It has been a long time since 2 crew has had an opportunity to publicize its news in this paper. We have plenty of rumours, gossip and interesting facts to reveal to you. Without further delay, let's begin.

First of all, we would like to welcome Cpl Andy Wysman from 3 crew and Cpl "Pedro" Maier from the "Cool Pool" to the crew. "Pedro" will be on an instructor's (S.I.T.) course in Borden for two weeks. Although the acronym has somewhat expanded for some members, she seems eager to attend.

In the world of sports, Cpls Dan Maciver and Erik Akmens battle it out on the basketball court while Cpls Scott Letendre, Ray Tessier, and MCpl Bryan Beal call it quits for another hockey season. Better luck next year. New to the sports scene, Sgt Jim "The Mover" Mulikow attempted a new locker dead lift record. Although the attempt failed, the only casualty was a 2x3 ft. plate glass window. We wish him luck.

In the world of business, Sgt Ralph Akersteam will be attending a driver's course in a few

weeks. ICBC rates will therefore increase accordingly.

To the bizarre, Cpl Mike Ouellette has burnt his retinas as a result of an overused computer. On the positive side, Mike will be working with singer Ray Charles in an up and coming Pepsi commercial.

Two more victims fell to the recent crime wave in the Squadron. Pte Blake Rodgers has been sentenced to Avionics Supply while Sgt Ron Makie will be serving his term on a writing course. Our deepest sympathy go with them.

Finally, on a sad note, we discovered that MWO Trev Hallam fell off his bicycle a few weeks ago. We at 2 crew were saddened by this event. To compensate for this disaster we decided to draw money from the crew fund to purchase training wheels for the MWO on behalf of the Squadron. We wish the best of luck and happy trails!



PMQ Pedestrian Gate House

Gone is the unsightly, dilapidated yellow trailer at the PMQ Pedestrian gate. The Commissionaires now have a new heated guardhouse to sit in and watch your comings and goings.

The BCEO, Maj Randy Kampman, was looking for a construction project which a small team of his military personnel could construct. This project would be a training exercise for a two-week deployment to New Orleans, Louisiana, as part of an Air National Guard exchange program. That deployment, incidentally, is happening now.

The construction team consisted of MWO Marty Cote, WO Steve Kovacs, Sgt Owen Blake (Struc Tech), Col James Allaby (Draftsman), Cpl Jim Warner (Plumber), Cpl Joseph Jobin (RM Tech), Cpl Paul Fowler

(Firefighter), Cpl Richard Collette (Firefighter) and Cpl Kim Nielsen (Firefighter). In Dec 92 the Op Order and Scope of Work was drafted. Sgt Blake was tasked to ensure all the material was ordered, and construction was scheduled to start on 11 Jan 93. WO Kovacs was assigned the duties of Crew Chief but, sadly, was the only member of the team to stay in Comox during the New Orleans deployment.

Construction did start on schedule but was soon halted due to heavy rains and high winds. When the wind died down construction resumed and the team continued to "get their feet wet" for their upcoming deployment. The thought of being in New Orleans at the end of February probably helped to keep them motivated.

Bringing electrical power to the guardhouse was a bigger problem than originally planned, but the Production Section (especially Roads & Grounds and the Electrical Shop) came to the rescue to lay the cable and hook up the power. All of the team members learned new skills like pouring concrete, erecting walls and installing siding and gyproc which they will no doubt use when they decide to renovate their own homes.

The work progressed well and was ready for final acceptance on 5 Feb 93. The official opening took place on 12 Feb 93 with the BCEO, BSecurQ, BCEO and the construction crew in attendance.

Well done! CHIMO!

The Gatehouse Gang



(L to R) Maj Randy Kampman, Cpl James Allaby, Cpl Kim Nielsen, Sgt Owen Blake, Cpl Paul Fowler, WO Steve Kovacs, MWO Marty Cote, and Cpl Joseph Jobin. Absent - Cpl Richard Collette and Cpl Jim Warner.



Supply Signals

The Stork Has Landed

We have some welcomes to make to a few new additions to our midst. In order of appearance the cast reads: Sydney Frances Pickering, the daughter of Maria and Mark Pickering, born 2 Feb 93 at 3:30 in the afternoon in Nanaimo, weighing in at a whopping 5 lbs, 11 oz.; and also featuring Debbie and Reg Lavoie's bouncing baby boy Gregory James, born a little after 10 p.m. on 16 Feb 93, weighing in at 6 lbs, 15 oz. (just the size of a nice coho, eh, Reg? Why don't we find that hard to believe?); and finally we would like to welcome Brenden Gary Giese, son of Pauline and Brian Giese, born 20 Feb 93 at 1:04 p.m. and weighing in at a solid 8 lbs. Looks like there is going to be a lot of birthdays to celebrate in February.

The Logistics Birthday Party was a great success and fun was had by all attendees. Right now we're into sports. The Base Supply Ski Day is on 24 Feb and we'll have lots to tell on this subject in the next article. The Base Supply hockey team is doing really well in the intersection league. They came in 1st overall in the first round and are presently playing A Division semi-finals. Keep putting the puck in the net, guys. The Pacific Region Logspiel 93 is happening 18, 19 and 20 Mar at the Comox Valley Curling Club. We would like to invite everyone to come out and watch some good curling and meet some friends from Chilliwack, Esquimalt and Rocky Point, to name just a few.

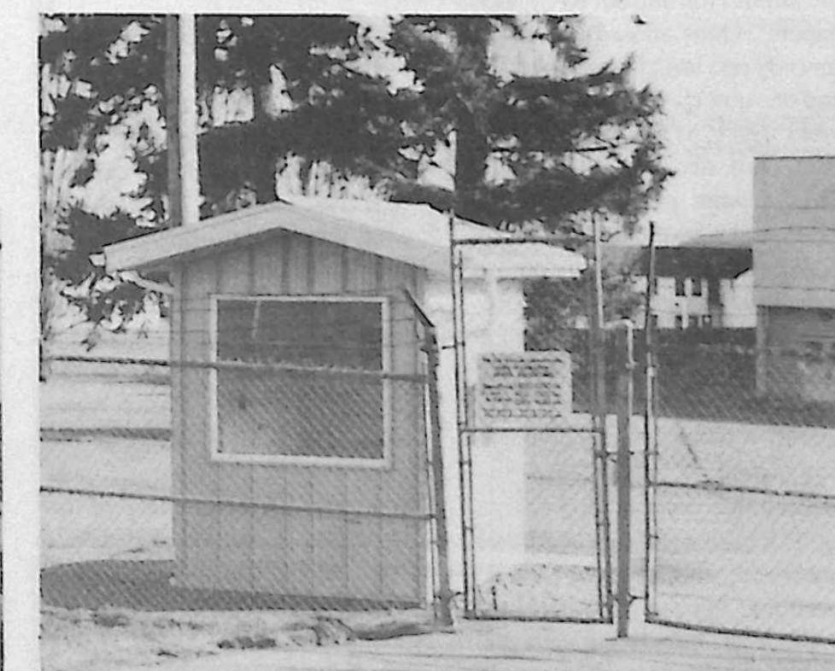
We have to make sure that you all say Hi to Cpl Judy Kitchen, our Bingo Supply Representative, the next time you go Binging. We know you'll really enjoy this job, Judy, being the Bingo Buff that you are.

At this time we would like to

correct a small faux pas by extending a belated welcome to PO2 Ian Campbell, who arrived last July from CFB Shilo. We finally got to you, Ian, so now you are officially part of the gang, and speaking of the gang, we thought that a little intro to some others in Supply could become a regular part of our article. So without further ado, let's start with the Systems Control Officer (SCO) Lt Leona Alleslev. Lt Alleslev is in charge of Data Control, Customer Services and LPO. She is one of the most important people to us as she signs our leave passes. Thanks a lot, Ma'am. Our Systems Control Warrant Officer is WO Sandy Cochrane. You will see him a lot in his best dress, literally, as he is one of the pipers on the Base. The Customer Services Supervisor is PO2 Ian Campbell. Welcome again, Ian, to the Air Side. Customer Services 2-i/c is MCpl Diane Johnston. She takes care of your furniture demands. Our Material Authorization Change Request (MACR) clerk is Cpl Pete Naaykens. He has just returned to us from a UN tour in the Golan Heights. The Cadet Clerk (just recently promoted) is Cpl Paul Procure. You're in the right trade with a name like that. The next person has her own section. She has in her hands the Base Supply computer system. Mrs. Jean Van Der Mark is the supervisor of Data Control and as such certainly has her hands full. Cpl Rocky Boudreau takes care of Aero-Engines, Aircraft and Land Vehicles (well, the paperwork on the supply side). So now that we have introduced a few of the Supply team, we would like to leave you with these words of wisdom: "We try harder."

"Til next time, have a good time.

Commissionaire Comfort



"The new view"

NEXT DEADLINE
8 MARCH NOON

Feature



Frank Steven

"Passaporte, passaporte," I shouted to the men, indicating my pocket and hoping they would understand we were civilian Americans. This brought forth only more brandishing of automatic weapons, forcing me against the wall as they now proceeded to open our cases, throwing the contents on the floor. All we could do was stand anxiously by and continue to explain in English who we were. Perhaps one of them would understand a little English. When my bag's contents were spilled on the floor, it was not long before the epaulets were discovered and proved my undoing. One of the men now picked them up and waved them in my face. "Officer, officer!" he called angrily. All I could do was try to deny the accusation and point out that I was the airplane "Captain" only! I was certainly mentally berating myself for carrying the epaulets on this trip but perhaps it was better this way than to have been wearing them. With the unpredictability of these people, I could very likely have been shot first and questions asked afterwards. Now that the baggage inspection appeared complete, we were herded out into their boat despite our protestations about not getting our bags, or for that matter the aircraft log and our navigation papers. Once aboard I had time for only one last glance at N8497J and one quick word of encouragement with Carl before a blindfold was tied around our heads. Things were getting decidedly more sticky by the minute.

We sat in this position for some time, listening to the boarding party going about the business of checking over our aircraft. If they were knowledgeable at all in aircraft systems, which I doubted, they would of course have discovered that none of the systems e.g. Loran or radar, was wired or functional. Soon, however, we heard and felt our captors return to the boat, the engine start and we were under way. What would be the destination? What would happen? Somehow I was optimistic about the outcome, but this optimism didn't last long for shortly our craft slowed and bumped on a shore, and we were unceremoniously pushed over the

side onto the sand, but not before stepping into water above my ankles! Without warning, my hands were roughly pulled behind my back and I felt rope being wound around my wrists. I called to Carl and Warner and was gratified to hear their acknowledgement that they were alright and still with me. Trying to pick up the odd word of Spanish was next to impossible so it was hopeless contemplating what would happen next. We had not long to wait to find out, though, as once again I felt myself being steered forward and then lifted onto another boat. There was no doubt this was a larger vessel, but after manipulating some narrow steps down to its innards, the position I found myself in was positively cramped. I was sitting on the bottom, back against a bulkhead with my knees against my chest, and to make matters worse, a foul smelling sack was placed over my head...as if the blindfold was not sufficient.

As we got underway a second time I knew this was going to be a rough ride. The fumes from the diesel engine filled the area in which we were confined, adding to the discomfort caused by the excessive heat and humidity. I began to wonder why I had even considered ferrying these machines in the first place. Promising myself things would be different the next time...if I survived this one...I tried to relax by thinking of the good things that had happened to me. Shortly I was aroused from my reverie by one of our guards asking me, in reasonably good English, "Señor, where do you come from?" I could not give him my life history of born in Scotland, live in Canada, fly out of Florida. That would have been much too complicated, so I settled for a condensation. "A place called Stuart, just north of Miami in Florida, USA."

This seemed to open a line of communication as he now recounted how he had been to Miami a few years ago. I let him do the talking, hoping to gain his confidence before I asked him what was going to happen to us and where we were being taken. At this, he became once again the enemy, decidedly unco-operative and saying only, "You are in trouble Señor!" Time now seemed to stand still but the boredom of inaction was relieved frequently by the inability of the engine to maintain RPM. It would constantly have to be restarted, to the point that I was certain the starter motor would fail. If the engine was this unreliable I began to wonder if she was equally as sea-worthy. I am not a particularly good swimmer but attempting even flotation, blindfolded and hog-tied would have given Houdini a challenge, let alone myself.

Albatross

Part 6 - Up Against the Wall!

By Frank Steven

Fortunately we remained afloat and could only wonder how much longer we would have to suffer the torture of our cramped positions. I suspected we were being taken to Guayaquil but our estimate of 30 miles seemed to be considerably under the mark. Eventually, after what proved to be some hours, the motor was torqued down and we came alongside what was obviously a dock, judging by the squeaking of the timbers on the boat hull. Once more I felt myself being unceremoniously pulled and pushed forward, stumbling over unseen steps and boat gunwales to the dock, then pushed up a ladder to an upper level. And now we were taken to a van where we were forced to sit on a seat with our foreheads resting on the back of the seat in front of us. The sliding door was slammed shut and without a word from anyone, the van moved off. By the sounds I was sure we were now in a large city, indicated by car horns, screeching tires and a constant babble of voices around us when we stopped. It did not take too long, though, before we stopped at our final destination. As I staggered out of the van I could hear a metal gate being opened - probably a military barracks, I thought, and I'm sure my heart missed a beat as I imagined a courtyard with three dishevelled prisoners standing against a wall riddled with bullet holes from previous shootings by a firing squad whose commander called, "Ah Señors, do you weesh a last cigarette?"

This is indicative of my state of mind at the time and is not surprising when one considers the tension buildup and the long hours which had elapsed since we had awakened that morning. Strangely enough, even although I had started this day in poor physical condition from the effects of the "bug," from the beginning of the ordeal I had had no discomfort from it at all. This was a blessing!

In any case, my state of mind was not being alleviated; we were being led across a courtyard, the noise of soldiers' boots and rifles resounding in our ears, and into a large room. I imagined this room to be sparsely furnished judging by how the sounds echoed, and undoubtedly would have a desk or two and perhaps a no-nonsense NCO. This was confirmed moments later when rough hands started to untie my ropes, but not for release - only to replace them with handcuffs. A harsh voice, no doubt from the owner of the equally harsh hands, commanded us to move, whereupon I found myself pushed against a wall, balanced only on my forehead, my feet spread and leaning forward at an awkward angle. By now I had heard nothing from my two crew members since the boat ride, so I called them both by

name. Before either could answer I was hit painfully across the shoulders with a club or gun-butt accompanied by the command "Silence."

I assumed from this that the crew were still with me but no communication was being allowed, so instead I coughed as if clearing my throat. Carl replied the same way a moment or two later, but nothing from the engineer. Perhaps he was in another room.

"Gruff-voice" now began a series of question, punctuated with a jab in the ribs - "You, why did you land in Ecuador? What kind of airplane you fly? How many guns?"

My old military training prompted me to give only serial number, rank and name, but since that information was out of date, I merely tried to explain as briefly and simply as possible that an engine had failed off their coast on a ferry flight from Chile to Florida. Carl got the same treatment and gave a similar account, but the engineer began a technical discourse on what he thought had caused the failure. However, I at least knew we were still all together now, but suspected "Gruff-voice" was getting impatient and annoyed at our

answers. During this period of what I felt was a preliminary screening to keep us off guard, I was moved along the wall a number of times, at one point finding my head in a corner between two walls! Taking a weight of 180 pounds on the forehead got to be quite unbearable and I envied Carl, who I'm sure weighed only about 100 pounds soaking wet!

Lack of food and water in the excessive humidity and heat as well as discomfort and tension were beginning to take their toll. I was growing infinitely more discouraged and depressed and had developed a shaking at the knees which I could not control. If only they would let us sit down! As if in answer to my thoughts, I felt myself once more being pulled upright and propelled along the wall, this time to a door which I now heard open, then through the opening down three steps and within a few paces I felt a chair being pushed against the back of my knees and I collapsed gratefully into it. The comfort of even that wooden chair was practically overwhelming, so much so that my mind could only think of the relief it presented, going no further in concern for the future.

Continued in 11 March issue

THURSDAY 25 FEBRUARY 1993

THURSDAY 25 FEBRUARY 1993

TOTEM TIMES 13

Feature



by Norm Whitley

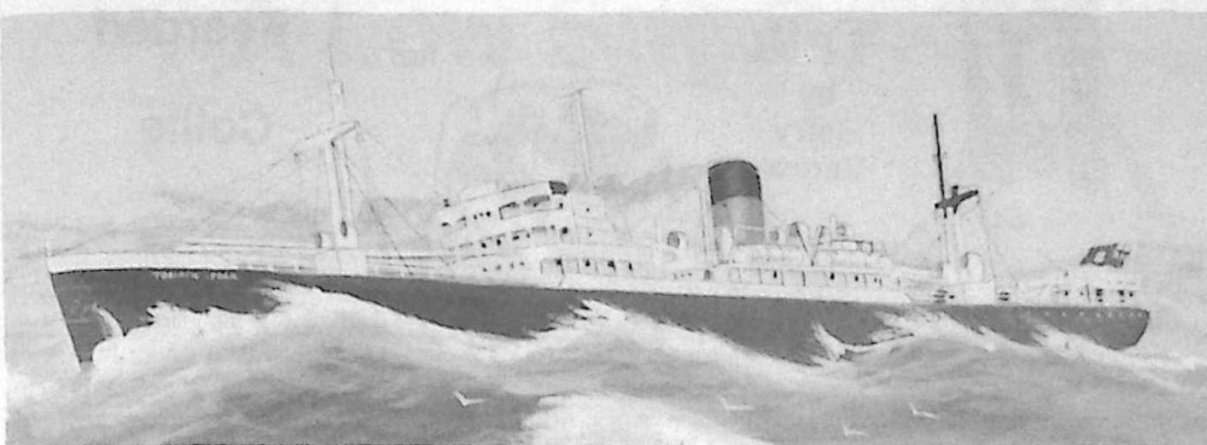
haps 8 on the surface. This convoy will travel at 6 to 7 knots so he has a definite advantage. Following the initial attack he may parallel your course, watching from his bridge with binoculars, and at night he will attack from the darkest horizon and run. Also remember, he can stay at sea for 3 months and dive as deep as 200 feet. In these cold thermals he can play possum and remain undetected for days on end if necessary."

Wilson noted some of the captains were jotting memos on various bits of paper. He finally had their full attention. "And in conclusion, your best friend will be the weather. The fogger the better. The rougher the better. Their torpedoes scramble in bumpy waters and get confused.

All's the better. You will utilize 25 square miles of sea in good weather, twice that in bad. You sail with the tide. Good luck gentlemen, and may God sail with you."

Continued in March 11 issue.

Murmansk Voyager



The Tobatic Park, sister vessel to the ship in this story.

The Murmansk Run

Part 1 - "...and may God sail with you!"

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Introduction

Generally speaking, I find statistics boring. It's probably because we, the public, have been increasingly bombarded with figures, no longer in the hundreds of thousands or even millions, but commonly now we hear of billions, yes, even trillions. One becomes inured to these figures. So it is with a degree of astonishment that when I accidentally ran across some simple statistics recently, I literally gasped with surprise.

It all started with Canada's new Bill C-84, Merchant Navy Veteran and Civilian War-related Benefits Act, proclaimed into law 1 July 1992. As my father was a merchant mariner during World War II, I was rummaging through some old family documents seeking research material. The statistics? Simply, here they are: during World War II, for every 46 men and women in uniform, I was killed. During the same conflict, for every 11 merchant seamen, I was killed. In other words, as a civilian sailor, your chances were 1 in 11 that you would die. I decided then and there to research the subject for the Totem Times. The deeper I dug, the more astonishing the statistics became. Think about this one: during one year of war (12 months out of 68), nine hundred and fifty Allied deep-sea ships were lost, half to submarines alone. Or this one: 3 merchant ships were going down for every one replaced.

This was nothing more or less than carnage. Queries to Transport Canada disclosed more startling revelations. My father, a two-stripe officer at war's end, was credited with 19 "entries" between the years 1938 and 1945. "Entries" means sailing foreign waters. If this were to be equated to bombing missions or fighter missions, he would be the recipient of Ops Wings with at least two bars.

But on with the research. I am relying heavily on naval books and recorded military accounts as virtually nothing is chronicled from the merchant

mariner's point of view. The following story is basically the documented truth supplemented in part by 50-year-old recollections and (naturally) a modicum of writer's license.

Let's begin in 1942.

The Convoy Conference Room was redolent with smoke, the air blue with Woodbines, Old Shag, Players and Galois. Sixty-three men, all Master Mariners of a dozen or more free countries, were assembled to receive instructions from their "pack leader," their convoy master, Rear Admiral Wilson, R.N. They were an undisciplined group, all technically civilians but mostly clad in double-breasted blue blazers with four stripes around the sleeves, once undoubtedly gold tinted but now as rusted in appearance as the masters themselves. Most wore thick turtleneck wool sweaters and seaboots, others shaggy unpressed business suits. Incredibly they paid no apparent attention to each other as they shuffled to their small desks, spreading their dogeared sea charts and fumbling with charred, burned out pipes apparently as old as the boilers on their ancient tramp steamers.

Several sharp raps from the front podium and silence slowly spread throughout the stifling steamy room. "Gentlemen, if an interpreter is required, please indicate your needs at once." A buzz of muted conversation and enquiring turns of the head indicated that all understood the English language, whether in part or in whole.

"Very well, then, if there is anything you don't understand, don't hesitate to raise your hand." The pack leader adjusted the microphone and cleared his throat. "I am Rear Admiral Wilson of the Royal Navy. I am here today to brief you on the next leg of your journey. As you may have surmised, it is of utmost importance to the successful outcome of the war that the materiel you will be transporting..." (and he emphasized the French version, dragging out the word, mater-eyall!) "...must reach Russia within fourteen days." All eyes were on the speaker at the lectern as he grasped the edges, straight-armed, with two beefy fists. He was an inspiring figure in his immaculate uniform, broad gold stripes glinting in the stage light, brass buttons shining like huge

polished nuggets.

"Convoy Command is not here to pull punches. This will be a dangerous leg of the journey. I'm sure you're all aware of that. Your destination, Murmansk. From this point forward, it will be referred to as The Murmansk Run."

There was mild reaction, surprisingly, throughout the conference room. A few grizzled masters turned their heads in idle curiosity, some teased their beards, others sucked on pipes.

Admiral Wilson continued. "Sixty three ships will form the convoy. Most of you have travelled in convoy before so it will be unnecessary to advise you of the logistics, but for the remainder that have arrived singly, the following rules will apply."

He pointed to a large map pinned to the stage wall. "Convoy GBM 63 will proceed as follows: seven columns in width will be formed with 9 ships in depth, 1,000 yards apart and 600 yards bow to stern. The Commodore's ship will lead the group at the head of Column 4, establishing 3 columns of ships on each side. Directly behind the Commodore will be fastest and most modern ships carrying bulk fuel oil and petrol." He paused for effect and looked directly at the master mariners. "These ships are vital and will run if necessary." Returning to the wall map he indicated the four corners with his pointer. "The four outside ships, NE corner, SW corner and so forth will be fitted with catapult structures that have a fighter aircraft attached. Hurricanes to be precise, that will be launched in the event of an enemy attack. The Boche are fond of monitoring our convoys and send their long-range Condors over to spy, but we well know the Condor is no match for the Hurricane and is bound to lose in a scrap. Also, at each corner, you will be escorted by Canadian corvettes, hopefully the *Albani*, *Kenebec*, *Orillia* or *Chamby*, or just possibly the *Moose Jaw*. At the first sign of trouble, signal the nearest one with your Aldis lamp and get their attention. If, by any stroke of misfortune you are tagged by a torpedo, fire a star flare or two bright lights and the corvettes will attempt to engage the enemy."

Wilson glanced at the assembled master mariners. None of them seemed impressed. Quite the contrary, they exuded an air of

Comox Valley Fourth Annual

Health Fair

Saturday, 27 February 1993

12 Noon - 4:00 P.M.

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COMOX VALLEY
RECORD
8k Fun Run
SUNDAY, MARCH 28
Courtney Recreation Center
RUN STARTS AT 11:00 A.M.
ENTRY FEE \$12.00
Registration Day of Event 10:00 A.M. \$10.00
RIBBONS WILL BE AWARDED TO 1st TO 5th PLACE FOR EACH CATEGORY
NUMEROUS PRIZES WILL BE DRAWN DURING THE AWARDS CEREMONY FOLLOWING RUN

RUNNERS CATEGORIES
Men and Women

MIDGET	9-12 years
JUNIOR - 1	13-16 years
JUNIOR - 2	17-19 years
OPEN	20-29 years
PREMASTER - 1	30-34 years
PREMASTER - 2	35-39 years
MASTER - 1	40-44 years
MASTER - 2	45-49 years
MASTER - 3	50-54 years
MASTER - 4	55+ years

ENTRY FORM: RECORD 8k FUN RUN
NAME (Last, First, Middle Initial) _____
ADDRESS _____
CITY _____
PHONE NO. _____
BIRTHDATE _____
T-SHIRT: SMALL MEDIUM LARGE X-LARGE
AMOUNT ENCLOSED \$ _____
PLEASE MAKE CHECKS PAYABLE TO: COMOX VALLEY ROAD RUNNERS
FOR FURTHER INFORMATION: A. MURPHY, 224-1846, The Record, Box 1414
THIS EVENT IS NOT PART OF THE CANADIAN ROAD RUNNERS ASSOCIATION RACE SERIES

General Panet Reunion
Notice to Panet Students Past & Present
Reunion May 21-23, 1993
Thirty-Fifth Anniversary
For More Info Contact:
James H.R. Buchner, Registrar/Bursar
General Panet High School Reunion 93
CFB Petawawa, Ontario K0H 1C6



Harry Sweeney
music reviews and
syndicated columnist

Warwick's Friends & Lovers

Dionne Warwick possesses an almost timeless quality to her voice. She sounds as good today on her current *Friends and Lovers* (Arista) as she did 30 years ago, when she hit the charts for the very first time with *Don't Make Me Over*. Dionne, who has about three dozen top-40 hits and forty or fifty million album sales to her credit has hit the top-10 as a solo artist with such all-time classics as *Theme From Valley of the Dolls*, *Do You Know The Way To San Jose* and *I'll Never Fall In Love Again*, and shared chart topping honours with *The Spinners* (Then Came You), *Johnny Mathis* (Friends in Love), *Luther Vandross* (How Many Times Can We Say Goodbye), and the platinum-plus rendering of *That's What Friends Are For* that featured Elton John, Gladys Knight and Stevie Wonder.

At one time Dionne was the main voice for the compositions of *Hal David* and *Burt Bacharach* and that magic is re-united on the opening track of *Friends and Lovers* as the lark relates the beauty of *Sunny Weather Lover*, which is a standout track that will probably be culled for singles release. The bluesy title track, co-written by *Lisa Stansfield*, is a song of sheer power and beauty that Dionne delivers to perfection.

Witney Houston, who held the top spot on all the charts for the past three months with *I Will Always Love You*, from the soundtrack of *The Bodyguard*, duets on *Love Will Find A Way*, and then Ms Warwick interprets the lyrics of ace-writer *Diane Warren's* *Much Too Much* and ex-Police *Sting's* *Fragile*. Set rounds out with *Til The End of Time*, *The Woman That I Am* and *I Sing At Dawn*. This is one of those albums that you know is going to go platinum and the only question that remains unanswered is how many times over.

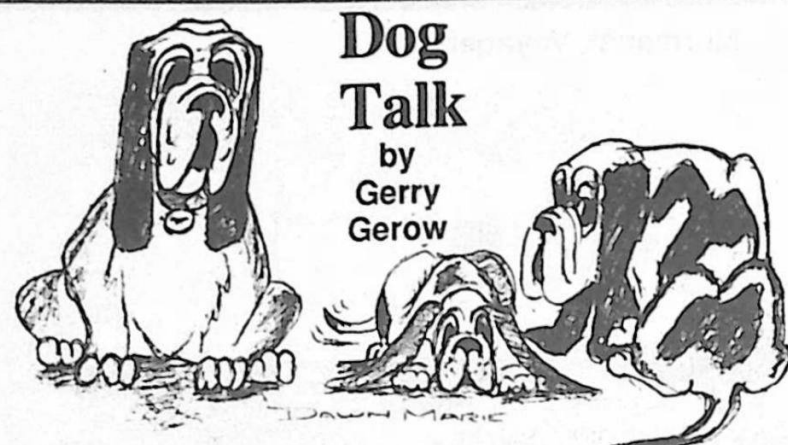
LISA STEWART

"When I heard her sing I was floored. She sounded unlike anyone who had come my way, with a very romantic and elegant voice. Not a dressed-up thing, but naturally elegant." Those are the words of producer *Richard Landis*, a man who has charted with *Juice Newton*, *Vince Gill*, *Lorrie Morgan* and numerous others. Landis knows a hit sound when he hears one, and with *Lisa Stewart*, it's a definite hit sound.

In her self-titled (BNA Entertainment) debut *Lisa* kicks the set into motion with an uptempo *Somebody's In Love* and follows with a smoothly flowing *Drive Time*. The Mississippi native sounds almost like a re-born *Patsy Cline* as she revives *Hank Cochran's* slow-paced weeper *Don't Touch Me*, but shows a wide vocal diversity as she swings into the uptempo *Under The Light of the Texaco* and then slows the tempo for *Old-Fashioned Broken Heart*.

The music here is country, nineties country. And there's enough chart potential in this debut to see Ms. Stewart cross onto pop charts her first time out. Other set highlights include *Forgive and Forget* and *There Goes The Neighbourhood*.

Dionne Warwick



Dog Talk
by
Gerry Gerow

Bearded Collie

This week an interesting breed book. I haven't received a lot of breed books in the last few months, so it is kind of a change to get one. *The Complete Bearded Collie*, Howell Book House, New York, and Maxwell Macmillan, Don Mills, Ont. \$32.50.

Both authors are internationally known judges and breeders of Bearded Collies for many years. The recognition of the Bearded Collie in both the United States and Canada has only happened in the last few years, but he was well known for centuries in his native Scottish Highlands.

As a herding dog, the bearded is docile, obedient and easy to train. Some are used as guide dogs, which attests to their trainability.

All the attributes of a good breed book are here. The authors seem to have left nothing out. This is a 160-page hard cover edition, well illustrated with around a hundred photographs and a

number of sketches. Anyone who is into beardedies can't afford to pass this up.

When man first domesticated and trained dogs, it was no doubt to help him on the hunt. However, later in his history when man turned to raising animals as opposed to hunting them in the wild, he naturally trained his dogs to guard and herd them. Thus has come to us a group of dogs known as herding dogs.

Some of these are very familiar to us as so called "farm dogs," such as Collies (both smooth and rough haired), Australian shepherd dogs, Shetland sheep dogs, and the Bearded Collies we just discussed. However, there are others which are seldom thought of today as herders, but that is their heritage and that is what they were developed and stabilized by their breeders to do. Notable among these is the German Shepherd dog. Today we think of him as the "police dog" or guard dog, but his real

place in the old world was as a herder. His German name "Schaefer Hund" or "shepherd dog" says it all. How about the loveable little Corgis, both the Cardigan and the Pembroke variety. Today, they are kept almost exclusively as pets, but they are herding dogs. The Old English Sheepdog is another which is seldom used today in herding pursuits. The Bouvier des Flandres is another dog which is seldom thought of as a herding animal.

The herding jobs they were bred for require exceptional obedience, excellent trainability, and a particularly sharp sense of alertness. This has led to many of them being trained as guide dogs, guard dogs, etc. They generally excel in the obedience trial rings.

If I was to acquire a dog with obedience training as my primary objective, it would definitely be one of the herding group. But for me there are other considerations, so I'll stick with my German Short Haired Pointers, even if they do embarrass me in the ring sometimes. At least they know what a pheasant looks like and how to find one.

CFB Comox Family Support Centre

Hours of Operation:

Address:

119 Little River Road

Mailing Address:

Family Support Centre, CFB Comox
Lazo, BC V0R 2K0

All Services are
Confidential

Services available:

Volunteer information services
Practical problem solving
Financial counselling referrals
Babysitter list - adults and
trained teenagers
Cleaner list
Welcome package

Ongoing programs:

Teen program
Tuesday morning discussion
group with childcare provided
Confidential short-term
Counselling services
Parenting information
Emergency shelter



Drop in anytime or call
339-8654 or 339-8655

Family Support Centre programs are open to all military families and Base employees.

Teen Events

Wednesdays 6:30 - 8:00 p.m.
Weight Training/Games in Base Gym

Thursdays 6:30 - 8:30 p.m.
Video Night at Family Support Centre

Fridays 7:00 - 11:00 p.m.
Dance at Base Community Centre next to Canex

For more information on Teen events call Jennifer at 339-8655

On Going Events
Tuesday Discussion Group.
Every Tuesday 10:00 - 11:45 a.m.
at FSC. Speakers, crafts and
good company. Child care
provided. Everyone Welcome.

A Morning Together. Every
Wednesday 9:30 - 11:30 a.m.
at the Community Centre next to the
Canex. Parents and their children
are invited to a morning with
games, crafts, songs and social
interaction for children under 5.

March Special Events

Self-Esteem Workshop - Tuesday evenings: 2 & 9 March, 6:30 - 8:30 at the FSC. Personal goals, personal values, feeling good about me.

Babysitters Course - A Babysitters Course will be held in March. Fee is \$12.00. If you are interested and 11½ years old, call Colleen at 339-8654 for registration.

Menopause Information - Next meeting Monday 1 March, 3:45 - 5:45 p.m. at the FSC. Information and support. New people welcome. Call Mara at 339-8655 for more information.

Deployment Support - March meetings are Wednesdays, 10 March and 23 March at the FSC. Call Jo or Mara at 339-8655 for more information. Everyone Welcome.

Parenting Teens Workshop - Tuesday evenings 23 March - 27 April (six sessions). An opportunity to learn and share with

other parents of teenagers. Communication, problem solving, self-esteem, etc. Call Mara at 339-8654 for more information.

Life Saving Lessons for Base Dependant Teens - From 31 March to 28 April, Wednesday evenings at the CFB Comox Recreation Centre. Bronze Medallion: exam \$12.00, senior resuscitation exam \$7.00, text book \$17.00. Brone Bors: exam \$12.00.

IMPORTANT - We are looking for information from military spouses who are unemployed and looking for work. Anyone interested in a special Job Search Program for military spouses please contact the FSC ASAP at 339-8655.

To ensure minimum participation registration is required for all special events.

All Services / Workshops / Groups are confidential

Country Kitchen

A Low Sugar Day

By Carolyn Haight

For those of you who went overboard on the chocolates this past Valentine's, a low sugar day is just the way to repent. The recipes below take you from breakfast to supper, and use only ½ of a cup of sugar combined. They are not only delicious, but are recommended by the American Diabetes Association.

Foods low in sugar are thought to be bland or boring, whereas in fact, can be positively mouth-watering. Here's proof!

Blueberry Banana Bread

1 cup whole wheat flour
¾ cup flour
1 tsp. baking soda
½ tsp. cinnamon
¼ tsp. salt
½ cup quick cooking oats
3 T. margarine
½ cup sugar
1 egg
1 cup mashed bananas
1 T. lemon juice
1 cup fresh or frozen blueberries, thawed

Preheat oven to 350° F, and lightly grease an 8½ x 4½ inch loaf pan. Mix flour, soda, salt and cinnamon. Stir in oats and set aside. Cream margarine and sugar. Beat in eggs, add bananas and lemon juice, and blend well. Fold in blueberries. Add dry ingredients and mix until just moistened. Bake for about 1 hour. Let bread cool for 10 minutes, then turn out on wire rack to cool. Wrap and refrigerate several hours before slicing.

Greek Chicken Salad

(Six Servings)
2 cups cooked brown rice
1½ cups cooked chicken, diced
dash of salt
½ cup plain yogurt
2 T. mayonnaise
1 garlic clove, minced
1 cup sliced celery
2 cups shredded raw spinach
¼ cup chopped green onions

Beef Burgundy

¾ pound beef round, well trimmed and cut in 1-inch cubes
½ tsp. salt
dash of pepper

1 bay leaf
dash of thyme leaves
1½ cups water
1½ cups diced potatoes
1 cup sliced carrots
½ cup diced celery
½ cup chopped onion
1 cup sliced fresh mushrooms
3 T. flour
¼ cup water
½ cup red burgundy wine
parsley, for garnish
Brown beef cubes in hot frypan. Add salt, pepper, bay leaf, thyme and 1½ cups water. Simmer until beef is tender, about 1½ hours. Remove bay leaf. Add potatoes, carrots, celery, onion and mushrooms. Simmer, covered again, until vegetables are tender, about 20 minutes. Mix flour with ¼ cup water until smooth. Add slowly to meat mixture, stirring gently, and cook until thickened. Stir in wine. Garnish with parsley.

The following salad dressing does have sugar in it, but not hear as much as the commercial dressing.

Mock French Dressing

1½ T. cornstarch
2 T. sugar
1 cup water
¼ cup vinegar
¼ tsp. salt
½ tsp. dry mustard
½ tsp. paprika
dash of onion powder
dash of garlic powder
Mix cornstarch and sugar in saucepan and stir in water. Cook over low, stirring constantly, until thickened. Cool slightly. Add remaining ingredients. Mix together and chill.
Note: A 2-tablespoon serving contains ¾ teaspoon sugar.

Glacier Greens Golf News

K.P. #2 - Duke Dukaris

K.P. #7 - Glen Caslake

7 Feb 93

1st L.G. - Sharon Miles, Lloyd Billings, Moe Morrison, Ted Wallis

1st L.N. - Arnie Mathus, Jim Patterson, Earl Martin, Shirley Wallis, Rosalie Lloyd

2nd L.G. - John Armstrong, Dick Nex, Doug Cull, Verle Laferty

2nd L.N. - Lorne Ross, Bob Pridmore, Don Linekar, Joan Webber

K.P. #11 - Burke Martin
K.P. #16 - Wayne Ogilvie

14 Feb 93

1st L.G. - Nick Mykitiuk, Cheryl Armstrong, Greg Lagace, Kay Banks

1st L.N. - Lori Ross, Dick Nex, Reg Warne, Jack Cribb

2nd L.G. - Jim Perry, Bill Ballance, Len Doyle, Jill Iddiolls

2nd L.N. - Tom Fallon, Andy Andeburgh, Irene Perry, Moe Morrison

K.P. #2 - John Holley

K.P. #7 - Tom Fallon

21 Feb 93

1st L.G. - Nick Stolarchuk, Lloyd Billings, Fred Williams, Patti Beachey

1st L.N. - Duke Dukaris, Jim Patterson, John Holley, Renee Hillis, Peggy Falconer

2nd L.G. - Doug Slaunwhite, Glen Caslake, Dave Kelly, Rose McClesh

2nd L.N. - Ferg Webster, Lee Johnston, Chuck Perry, Rosalie Lloyd

K.P. #11 - Doug Slaunwhite
K.P. #16 - Rose McClesh

The Sunday Mixed Winter Golf Closing will be held 14 Mar 93. Sign up by 9 a.m. for a 9:30 a.m. Shotgun Start. Entry fee \$8.00.

The Low Gross Prize for this 18-Hole Tournament is sponsored by McConochie's Furniture and Appliances.

The Low Net Prize will be sponsored by Windsor Plywood.

GLACIER GREENS BAR AND GRILL

Having a Wedding, Anniversary or just a fun Party?

Come to the best location in the Valley

at the Glacier Greens Gold Club's Bar and Grill

We can accommodate up to 115 people in a private setting overlooking the Glacier
For further information call Marg or Diane at 339-8720

Glacier Greens Golf Club

1993 - 94 Fee Schedule

1 March to 28 February

Category	Fee	GST	Total
Regular and Ordinary	\$340.00	\$23.80	\$363.80
Regular and Ordinary H&W	\$580.00	\$40.60	\$620.60
Associate Single	\$450.00	\$31.50	\$481.50
Associate H&W	\$765.00	\$53.55	\$818.55
Regular and Ordinary Jr.	\$ 80.00	\$ 5.60	\$ 85.60
Associate Jr.	\$110.00	\$ 7.70	\$117.70
Regular and Ordinary Student	\$150.00	\$10.50	\$160.50
Associate Student	\$200.00	\$14.00	\$214.00
Military TD (2 wks.)	\$ 65.00	\$ 4.55	\$ 69.55
(Additional \$25.00 for 7 more days)			
Power Cart Shed Storage	\$ 70.00	\$ 4.90	\$ 74.90
Electric Cart Shed Storage	\$110.00	\$ 7.70	\$117.70
Outside Power Cart Storage	\$ 35.00	\$ 2.45	\$ 37.45
Lockers	\$ 30.00	\$ 2.10	\$ 32.10

Glacier Greens Golf Club

1993 Tournament Schedule

March

Sun 14 - Sunday Winter Golf Closing (18 Holes)
Sun 21 - Mixed 4-Ball
Sun 28 - Zone 6 Juniors
Tue 30 - Ladies Day Start-up (9 Holes)

April

Sat 3 - Mens Saturday Morning Start-up
Sun 4 - Mens/Ladies - Early Bird
Thu 15 - G.G. Seniors Opening (18 Holes)
Fri 16 - Friday Night Mixed Start-up
Sun 18 - Mens Inter-Club - Storey Creek at G.G.
Sun 25 - Mens Inter-Club - G.G. at Storey Creek
Fri 30 - ATC Tourney (18 Holes)

May

Sun 2 - Mens Inter-Club - Sequoia Springs at G.G.
Wed 5 - Comox Valley Seniors Curling (9 Holes, 3 p.m.)
Sun 9 - Mens Inter-Club - G.G. at Sequoia Springs
Sun 16 - President's Cup - Mens/Ladies
Fri 21 - Base Foods (18 Holes)
Fri 28 - MP/RCMP Tournament
Sun 30 - Mens Inter-Club - Comox at G.G.

June

Sat 5/Sun 6 - G.G. Mens Open
Sun 13 - Mens Inter-Club - Pacific Playgrounds at G.G.
Sat 19/Sun 20 - G.G. Ladies Invitational
Sun 20 - Mens Inter-Club - G.G. at Pacific Playgrounds
Sun 27 - Mens Inter-Club - G.G. at Comox

July

Sun 18 - Mr. & Mrs./His & Hers Tournament
Wed 21 - Zone 6 Seniors (8:30 a.m. SGS)
Sat 24 - Korean Veterans Association (18 Holes)
Sun 25 - Mens Inter-Club - Powell River at G.G.

August

Sun 8 - Gen. Lett Tournament - Mens/Ladies
Fri 13 - WO/Sgt's Mess Championship
Sun 15 - Mens Inter-Club - G.G. at Powell River
Sat 21 - Mens Lefty/Righty Challenge
Sat 28/Sun 29 - Ladies & Juniors Club Championship

September

Sat 4 - Mon 6 - Mens Club Championship
Wed 8 - G.G. Seniors Closing
Wed 15 - Comox Valley Seniors Curling (9 Holes)
Sat 18 - Mens Tuesday Night Closing
Sun 26 - Friday Night Mixed Closing

October

Sun 10 - Mixed 4-Ball Closing
Tue 12 - Ladies Day Closing

Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

Chest Pain is a Call to Action

If you experience chest pains, nurses advise you to find help immediately. The following account describes how one man nearly lost his life when he ignored these important danger symptoms. Here's how he told his story:

"The meal was superb and we had all eaten too much. After our guests left I sat up alone, reading and waiting for dinner to digest. Instead, my stomach got more and more uncomfortable. I tried antacids - no luck. A drink - no luck. I lay down, stood up and walked around but still felt awful. I no longer had any interest in reading.

"An hour and a half had passed and I was worried. I considered waking my wife but what could she do? It was my own fault for eating so much.

"After a while my chest felt very tight. 'Must be tension,' I decided. 'But why so much pressure?' I felt dreadful and nothing had helped. I briefly considered driving to the hospital but dropped the idea, deciding I would call the doctor in the morning if I still felt bad.

"Then my wife appeared. One look at me and she knew something was really wrong. Two looks and she decided I was going to the hospital. I couldn't argue and it was just as well. My three hour bout of indigestion was a heart attack. I needed every minute she saved in getting me into treatment.

"I don't know if I would have died. Nor is there any way to say for sure because I got treatment that affected the course of my heart attack. I do know I have some damage to my heart muscle. Some of it might not have happened or might not have been so bad if I'd got earlier treatment but I don't think much about that. I can't undo what's been done. Right now I'm just grateful to my wife's good sense for speeding things up and getting me the help I needed.

"I feel good now, just about back to normal. But if I ever have that kind of pain again you can bet I won't sit around waiting for it to go away!"

This man is not alone. Nurses who care for people after heart attacks often hear very similar stories. The moral of many of these stories is the same: if you, a friend or relative is suffering chest pains, don't wait for the pains to go away on their own and don't try to treat yourself with home remedies. Also, don't try to drive yourself to hospital. Call an ambulance to take you to emergency immediately. Heart attacks usually start with pain described as heavy and pressing in the mid-chest area. The pain may be dull or sharp. It can also occur in the arms, neck and jaw or upper back. Sweating, shortness of breath, nausea or vomiting and feelings of weakness frequently occur as well.

Most people don't die immediately of a heart attack but the first three hours after pains begin are critical. That's when victims are most likely to die. Other complications such as a change in heartbeat occur most often in the early stages, especially in the first 72 hours. So it's essential to get help quickly. Victims should be in hospital where staff understand how to handle such problems.

Some heart attacks can be prevented, others can not. However, once they have occurred the goal is the best recovery possible. And again, the sooner you get care the better your chances of a good recovery.

info health

Dr. Bob Young



Sinusitis

Those neon-lit sinus cavities we see on TV are impressive, and so is the way they magically clear within seconds of using the spray or pill being advertised. If this really happens, why do we doctors still have to treat so many cases of sinusitis?

Most afflictions of the paranasal (around the nose) sinuses are relatively straightforward, being due to infection, allergy, irritation (by smoke, for example), or getting a "snootful" while swimming or diving.

Other cases are due to enlarged adenoids, a foreign body in the nose, cancer or polyps, or even overuse of nose sprays. Patients with these problems will not get better, at least not for long, unless the underlying cause is eliminated. Sinus disease is a lot more complicated than the TV images suggest.

Dangerous too, sometimes. Whatever the cause of the obstructed, and therefore inevitably infected sinus, walking around with pockets of pus in our heads is neither comfortable nor wise. Chronic sinusitis is enough to drag anybody down, with its headaches, stuffed feeling, fatigue and other symptoms.

But there are worse complications of sinusitis. This is osteomyelitis, often exceedingly difficult to treat. The orbit, or eye-socket, may be involved and soon the eye and tear gland.

Or the infection may track straight in, causing a brain abscess or meningitis. A collection of pus may form under the coverings of the brain causing confusion, coma, or epileptic seizures. The blood in the veins that drain the skull may clot, stopping flow.

All of these are serious complications of sinusitis. When the brain is involved they are life-threatening, often requiring teamwork between an ear-nose-throat specialist, a brain surgeon, and an infectious disease expert if the patient is to survive. This type of thing just doesn't improve with nose sprays or decongestant drinks.

There is probably a lesson here somewhere. Most sinusitis will get better fairly quickly, with or without the help of over-the-counter medicine which should be used for only a few days in any event. If sinusitis recurs frequently, a cause should be searched for and rectified, if possible.

If symptoms are severe, or seem to be unusual for a simple sinusitis (and there are many possible ones) medical advice should be sought promptly.

Breast Cancer Study

Item: Cancer of the female breast is a major cause of illness and death. About one woman in 10 will develop this tumor.

Item: A drug called tamoxifen is known to significantly improve survival rates in selected women with breast cancer.

Question: Should this drug be given to women without breast cancer but who, for a number of reasons, are more likely to get it than most?

A major North American study is looking for the answer. A number of answers, in fact, including whether the drug's relatively mild toxic effects would be accepted by healthy women, and if its other "good" effects (slowing of bone loss and reduction of heart attacks) are really beneficial.

Tamoxifen is now used routinely in most cases of proven advanced breast cancer that has

invaded other areas. One in three respond, in the sense that lung function improves and bone pain subsides. Life may not be prolonged in these advanced cases but comfort is gained.

The drug is also given to some women who have had surgery for their cancer, but are at high risk of recurrence because of the tumor's size, local spread, or sensitivity to estrogen when tested by the lab. Many women get another cancer in the second breast; the incidence of this is reduced by 35 per cent when tamoxifen is used.

Will the drug prevent cancer in women who do not yet have it, but because of family history, relatives with breast cancer, having had a first baby when age 30 or more, or other reason, are more likely to get it? Finding out is the aim of the study.

Also of interest will be the

long term (five year) incidence of side effects and their severity.

As in most studies, the selection process is somewhat complex. Some women will be ineligible because they have other diseases, are on certain medications, or have had other cancers. It is expected that 8,000 women will participate in the study - half receiving tamoxifen, the others a placebo. Neither patient nor doctor will know who got which until the code is broken at the end.

Details of the trial are in the January 1993 issue of the BC Medical Journal. Ask your doctor to review the article if you think you might be eligible and are interested. He or she, or for that matter you, are invited to consult Study Co-ordinator, Lynn Fern, RN, at (604) 822-7997 in Vancouver for more detailed information than space allows here.

The Salvation Army Snack Bar, situated in the Recreation building, would like to remind our regular customers that we are still in operation. We are here to serve you and we now offer a clean smoke-free environment where you can sit and enjoy our delicious food with your friends.

Our menu still provides:

- A wide variety of sandwiches
- A daily soup
- Fresh tossed vegetable salad and chef salad
- Hamburgers, hot dogs, chicken burgers
- Chicken fingers and chicken nuggets
- Home style fries with rich brown gravy if you prefer
- Fresh muffins and fresh fruit

Our hours of operation are 7:30 a.m. to 2:00 p.m. If you haven't been here as yet, please come and check us out!!!

If we can be of any assistance to you in any way, please contact me, at any time. Phone the office at 339-7821.

We sincerely thank our faithful customers who continue to support us. God bless you all!!!
Major Winston Dodge Administrator



NEXT DEADLINE 8 MARCH 93 - NOON

On & Off the Base

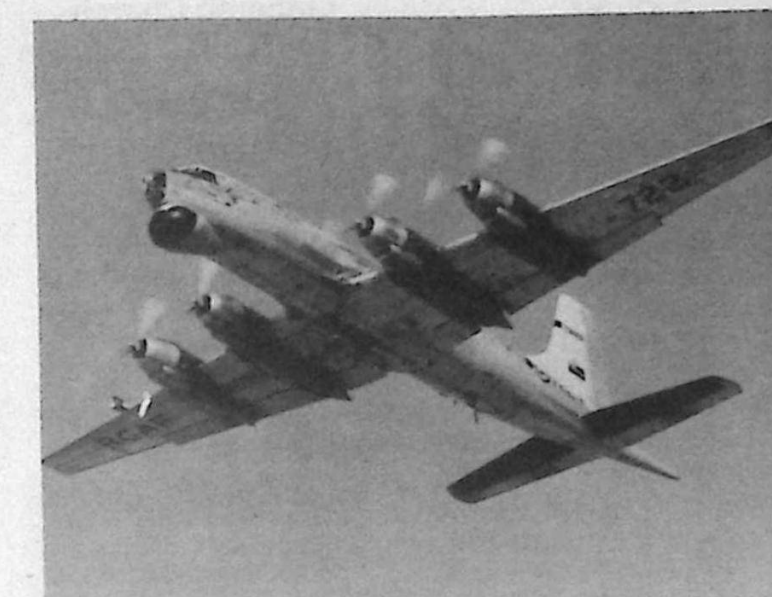
Argus

Revival Project

Once again I have returned to be seen in print, this time to relate a story of a 21-year service veteran and the abuse endured at the hands of both aircraft maintainers and operators. I am referring of course to A/C 107712, more commonly known as "Argus," at one time the biggest A/C in the RCAF's inventory, as well as the undisputed champion in the ASW field.

Airframe 712 has survived many mishaps and adventures in a long, picturesque career. Landings were routine most times, but occasionally quite an exhilarating experience. Once a 33 inch snowbank jumped into 712's descent path just 80 feet short of the runway. This undoubtedly caused considerable excitement to her operators and genuine concern to her passengers, as she came within 9 inches of touching down "a wee bit" short of the runway. Even after the landing was completed, the "art" of taxiing still eluded some trainees. One excessively tight turn broke a main landing gear, no small task given their size and construction.

712 was a well liked, outgoing aircraft. Ladders and



vehicles were introduced to her exterior by cheerful maintainers, leaving various lasting impressions. Her exterior appearance was immaculate, except when improperly secured caps covered her "usually spotless" engine cowlings with ugly black oil. 712 also went out of her way to meet the local wildlife, especially birds. One time she even gave a familiarization flight to a muskrat, although he did have to ride in the pannier as the 1st Class seats were full.

Argus 712 did have a unique way of avoiding work when she was having a "bad" day. False fire warnings were her specialty. They may have ruined everyone

else's plans but she did get time off of flying for a much deserved rest.

Over her distinguished operational career she has had many ups and downs, from being a "hangar queen" due to parts shortages to flying the flag on TDs in far off exotic lands. Even though she's been reduced to filling the role of a monument she still needs attention and volunteers are required to accomplish this. So give a little of your time to help a "retired veteran." come out to the next meeting at 1500 hrs on 28 Feb 93 at RCAF 888 Wing, located by the airpark. For more information contact Sgt Karl Smith at 338-7950.

888 Wing

Childprint Programme

As reported by the North Island News, security of our children is of prime interest to parents in the Valley.

Did you know in your own back yard there is a well trained, well equipped group of volunteers, sponsored by RCAF Association 888 Wing, who are conducting fingerprint programmes almost monthly in the Driftwood Mall? We have conducted sessions in local schools and we are invited to participate at the Health Fair in the Filberg

Centre 27 Feb 93, and the Health Fair in Gold River 24 Apr 93. We have a good group of people who enjoy doing this community service.

The service is free, and we cover children from age 3 to 17. (Younger than 3 years is very hard to get a good print.)

So bring your children to the Mall monthly. I'm sure you will be impressed with our format and modern equipment. For more information call 339-7292.

Annual DFS

Briefing

18 & 19 March

LCOL J.M.J. Forestell, DFS 3, and Maj B.A. Baldwin, DFS 4, will visit CFB Comox 16-19 Mar 93 to present the annual flight safety review.

Commanding Officers and Branch Heads are to ensure that all their personnel have the opportunity to attend one of the three briefings, which will be held in the Base Recreation Centre.

Briefings for all Base personnel will be held at 0930 and 1330 hrs on 18 Mar, and at 0830 on 19 Mar.

The OPI for the visit will be Maj V.V. Kippel, BFSO, local 8438.



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Fri 26 Feb.....Music by Frontiersmen
Fri 05 Mar.....Music by Wylie & The Other Guy
Fri 12 Mar.....Music by Wild River

REGULAR ACTIVITIES

BINGOS.....Thur., Fri., Sun. at 7:00 PM
MONDAY.....FUN EUCHRE
TUESDAY.....PUB DARTS
WEDNESDAY.....FUN CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 5:30 - 7:30 PM
SATURDAY.....FUN BRIDGE AT 11:00 AM

EVENTS

Sunday 28 Feb.....Fun Crib Tournament
Upper Hall Registration 12 - 1 p.m.
Open to all Crib Players

SPORTS

"MORE PLAYERS WELCOME"
Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12 - 7 PM

Dress Code in effect 8 PM Fri & Sat

Building is Handicapped Friendly

BRANCH 160 COMOX
339- 2022

ENTERTAINMENT

Fri 26 Feb.....Music by Skip & The Byters
Fri 05 Mar.....Music by Westwind
Fri 12 Mar.....Music by Doug Maclean & Party Mix

REGULAR ACTIVITIES

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

EVENTS

Sunday 14 Mar.....L.A. St. Patrick's Pancake Breakfast
Upper Hall 9:00 - 11:00 a.m. \$3.00 per person



Posted to Kingston in 1993?



Don Wyld, CD1, RRS
ERS ROSTER APPROVED

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call on the "TOLL FREE" number below, and I will send you a "Worry-Enders Kit of Kingston" containing maps, home prices, school information, shopping facilities, transportation & much more.

Please call or write:

Don Wyld, CD1, RRS, Sales Rep.
#1 Barrielfield Centre
Kingston, Ontario, Canada K7L 5H6

1-800-663-0078

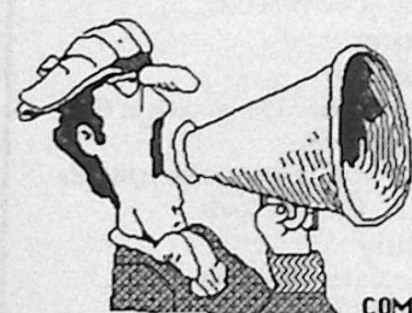


Leaving the Military?
Wondering How to
Find the Right Career?

We can show you how to make the successful transition from the Military to a rewarding Civilian career.

You can have access to the higher paying positions, with your very desirable Military qualifications and the correct marketing techniques and job finding skills.

PHONE NOW for your FREE confidential interview and find out how: **334-2354**



COMOX ELEMENTARY SCHOOL CHARITY

BINGO
EVERYONE WELCOME

(19 YEARS & OVER)

THURSDAY, FEBRUARY 25, 1993.

JUNIOR RANKS MESS

C.F.B. COMOX,

7 - 10 P.M.

JACKPOT PRIZE

(ALL RANKS WELCOME)

Public Announcements

C.V. Amateur Radio Club

The Comox Valley Amateur Radio Club holds monthly meetings the fourth Thursday of every month at the Kin Hut in Courtenay. All amateurs and prospective amateurs are welcome. For more info contact Dave Grimshire, local 8484, or the club repeater VE7 RCV, 147.91/31

Sailing Club

CFB Comox Sailing Club will hold a general meeting on Tuesday 2 March 93 commencing 1900 hrs (7:00 p.m.) at the 888 Wing RCAFA facilities. Anyone with an interest in sailing/boating is invited to attend.

A reminder that dues for the 1993 season are payable by 1 April. The annual fee is \$35.00 per person. For additional information on activities or courses please contact any member of the executive:

Commodore - Capt Mort MacDonnell, 338-8957
Vice Commodore - Maj Fred Reed, 339-4941
Treasurer - Lt Dave Stephan, 339-4360
Secretary - Maj Lothar Hopp, 339-7208
Fleet Capt - Sgt Dave Moford, 339-6621
Foreshoreman - Ray Uhl, 339-0454
Bosun - Ed Goski, 339-5401

Volunteers Needed

The Kidney Foundation of Canada, B.C. Branch, requires volunteers to assist with the door to door neighbourhood campaign during March. For more information please call Nancy Blair at 334-1090.

Motion Commotion Aerobics

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.

Base Library Hours

Mondays, Tuesdays & Thursdays
6 - 9 p.m.
Saturdays & Sundays
1 - 3 p.m.

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.

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.

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.

Shepherd of the Valley Lutheran Church

E.L.C.I.C. Mission Congregation
We are a year-old congregation in the Valley. We invite you to join us.

Sundays, 9:30 a.m.

- Sunday School

- Adult Classes

- Choir Practice

Sundays, 10:30 a.m.

- Family Worship

Native Sons Hall, 360 Cliffe Ave., Courtenay, B.C. For more information, call 338-6737

Base Bowling Lanes

Now open for Casual Bowling
Sundays 1 - 4 p.m. & Fridays 6 - 9 p.m.

Leagues:
Youth Bowling Council - Saturdays at 10 a.m.

Mixed - Mondays, 6:45 - 9 p.m. & Wednesdays 6:30 - 9 p.m.

Ladies - Tuesdays, 6:45 - 9 p.m. & Wednesdays 1 - 3:30 p.m.

Intersection - Thursdays, 6:30 - 9:00 p.m.

For more information call Base Bowling Lanes at Loc. 8351 or contact the Rec Centre.

Avis

Groupe de soutien pour familles francophones centrer sur l'étude de la parole de Dieu. Rencontre tous les mercredi de 1900 - 2030. Pour information contacter Alain Dinel 339-6998

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.

Bronze Medallion Lifesaver Course

For all interested personnel there will be a Bronze Medallion Lifesaver Course starting 13 March 93. The course will be run Saturday/Sunday mornings at CFB Comox pool. The course will consist of 20 hours both classroom and pool. In order to run the course, a minimum of 10 candidates are required. Course fee will be \$60.00 which covers the cost of books, examiner fees, and instructional costs. All interested personnel are to call Cpl Gregg Carr at h. 334-4986 or w. 339-8315 no later than 1 Mar.

CFS Aldergrove 50th Anniversary

CFS Aldergrove will be celebrating its 50th anniversary 1-4 July 93. Any serving or retired members who served at this station or its predecessors - Vancouver Naval Radio Station, HMCS Burrard and HMCS Aldergrove - are invited to attend the gala celebration. A number of special events are planned including ceremonial divisions, a meet and greet/BBQ, semi-formal dinner/dance, and a pancake breakfast. Personnel interested in attending should contact the 50th Anniversary Committee, CFS Aldergrove, Box 4000, Aldergrove, B.C. VOX 1A0.

Attention Ward 1

PMQ Residents

Your help is needed to repaint our playground. Parents and children welcome. Saturday 27 Feb 93 at 10:30 a.m. at the playground. For more information call Judith Eckhardt at 339-6916. Come and show your support. Put a little back into your community.

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

Pickle Ball Tournament

The Base Gym is having a Pickle Ball Tournament during lunch hours and after work. The tournament will run for a six-week period, using the pyramid set-up. It will be a success with your participation. All interested personnel contact Cpl Carr at the Base Gym, local 8315.

Bronze Medallion Lifesaver Course

There will be a Bronze Medallion Lifesaver course commencing early March. The course will be held on Saturday and Sunday mornings at the Base Pool, and will run on time depending on participation. All interested personnel are to contact Cpl Carr at local 8315.

TOBACCO IS A DRUG.
Protect your children.

NEXT DEADLINE 8 MAR

BLANKET CLASSIFIEDS

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers.

TO PLACE AN AD CALL THIS PAPER OR BCYCNA AT (604) 669-9222.

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

BCYCNA
BRITISH COLUMBIA AND YUKON COMMUNITY NEWSPAPERS ASSOCIATION

296

AUTO

ENGINES REBUILT from \$995. 5 year 100,000 kms warranty. Bond Mechanical serving B.C. for 27 years. Phone 7 days, 8 a.m. - 8 p.m. (604)872-0641. Toll-free Mon-Fri 1-800-663-2521.

BEFORE YOU BUY a rebuilt engine, compare quality and service. CANADA ENGINES LTD. IS THE BEST. Cars, light Trucks from \$995. 5 Yr. limited warranty. 580-1050 (24 Hrs/7Days). 1-800-665-3570.

F-250, 4X4's, Cummins Diesel, Explorers, Rangers, Trucks. Up to \$1500. cash rebate. 'O' down O.A.C. Payments from \$189/month. Phone Grant or Don collect 538-9778.

BUSINESS OPPORTUNITIES

New Engraving Machine complete with Fonts. Ideal for home business. Sacrifice for \$3500. NO GST. Box 102, Citywide Classifieds, 45 Erie St., Victoria, B.C. V8V 1P8.

RECESSION PROOF Wanted immediately, men/women to take advantage of outstanding home-based business opportunity in your local area. Easy to run, strong immediate cash flow, low overhead. \$10 - \$20,000 investment. 24 Hr. Rec. MSG. 1-800-995-2764.

\$8000 per/mth and growing. After 10/mths representing this 15 yr old international MLM health and nutrition company. 1 work from home with a \$500 inventory. I'll train you. Call Jim at 1-800-925-2206.

Retail Bakery's Equipment. Must be sold. Includes an overhead bread system. Phone: John at 792-2340.

FINANCIAL FREEDOM in '93. Imagine your customers purchasing 20 CURRENT CD's cassettes, AM/FM Receiver, Video Rewinder + Pre-paid Airfare for ONLY \$19.98. Investment \$995. 1-800-263-1900 FMVC.

EQUIPMENT

1976 JD440B Skidder \$12,500. 1978 ML250 Skidder \$17,000. 1974 TD25C Crawler \$25,000. 1970 TD15B Crawler \$20,000. Coastal Pacific Equipment, Williams Lake 392-7757, Eves. W. Holley 392-4903.

FINANCE

Government Grants & Loans. Billions of dollars are made available to new and existing B.C. businesses. The Brad Book can show you how to get your share. Call now (604)753-9424.

EDUCATION

Train to be a "CRM" - Certified Apartment Manager. Many jobs available. Over 2,000 graduates now working. Government licensed home-study course. R.M.T.I. 681-5456 or 1-800-665-8339.

Psychiatric Nursing. In B.C. there is an ongoing shortage of Registered Psychiatric Nurses. As a graduate of Douglas College's Psychiatric Nursing program, your skills will be in demand. The Psychiatric Nursing program blends classroom learning with real-life, hands-on training to ensure you're ready to start your new career right after graduation. Graduates find work in a variety of settings including hospitals and residential and community care settings at starting salaries of up to \$30,000 per year. Douglas College in New Westminster offers B.C.'s only Psychiatric Nursing program. Call (604)527-5027 today for more information. Apply now-spaces are limited. Douglas College...a tradition of excellence.

EMPLOYMENT OPPORTUNITY

URGENTLY REQUIRED 2 heavy duty and/or ag mechanics for progressive and aggressive Ford New Holland dealer. Excellent working conditions. Resume required. Call (403)627-3646.

FINANCE

1976 JD440B Skidder \$12,500. 1978 ML250 Skidder \$17,000. 1974 TD25C Crawler \$25,000. 1970 TD15B Crawler \$20,000. Coastal Pacific Equipment, Williams Lake 392-7757, Eves. W. Holley 392-4903.

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FINANCE

Attention Retailer/Fundraisers! Picture This Industries Ltd is distributing American Cyanamid Glowsticks for Novelties/Industrial/Recreational users. For FREE Catalogue Fax: (604)756-0303 or 3172 Barons Rd. Nanaimo, B.C.

FOR SALE MISC.

SEPTIC TANKS, PUMPOUT CHAMBERS & DISTRIBUTION BOXES. New lightweight Polyethylene. Lasts five times longer than concrete! Lowest prices. Also large selection of Water Tanks. Call for nearest dealer 1-800-661-4473.

THE LAST STEEL BUILDING

you'll ever need. FUTURE STEEL BUILDINGS, the recognized leader in affordable, top-quality, Arch-style Steel Buildings. Why pay more? 630'WX38' LX14'H \$6,274. 630'WX40' LX14'H \$6,434. delivered. 1-800-668-5111.

CONSTRUCTION EQUIPMENT

For Sale or Rent. Grader with Snow Wings, Plow Trucks, Sander Trucks, Excavators, Lowbeds, Kenworth Tractors, Backhoes, Loaders, Water Trucks, Dozers, Packers, Belly Dumps and Pups. Call 1-493-6791.

EXCELLENT TRAILERS

EXCELLENT PRICES. Utility, Flatbed, ten to thirty feet, car and machinery haulers. Also Tiltbeds, Hydraulic Dumps, Single, Tandem and Triple Axles. Call Deliver. (604)492-4068 Peniticon.

AMAZING SIMPLE MACHINE

Build from plans. Turn ordinary styrofoam into huge profits. Make signs, displays, decorations, crafts. Complete plans, patterns, methods, marketing. \$29.95 + GST + \$2 (S&H). "Styro-Magic" Box 781, Westbank, B.C. VOH 2A0.

MOBILE HOMES

USED MOBILES. Manufacture must clear all mobiles. 16 units to choose from. Priced from \$10,000. Noble Homes (403)447-2333.

WINTER WORKS SPECIAL

Any new mobile or modular home ordered during February will be equipped with "central air conditioning" (\$3,000 value) FREE of charge. We will custom build your home. Noble Homes (403)447-2333.

GARDENING

ONE STOP GREENHOUSE SHOP, B.C. Greenhouse Builders Ltd., 7425 Hestley Ave. Burnaby, B.C. V5E 2P1. FREE BROCHURE. Aluminum/Glass or Aluminum/Acrylic SDP, Double-walled Greenhouses, Solariums and complete line of Greenhouse Accessories. Telephone (604)433-4220, Fax 433-1285.

HELP WANTED

WHOLESALE FIRM SEEKS 2 INDIVIDUALS to display merchandise in established stores. Potential earnings \$950-\$1,500 weekly. Serious applicants only. Benefits, profit sharing. Training provided. (416)398-0919, (416)398-0924.

WOMEN - 35-65 years old

who have undergone breast cancer surgery without recurrence since 1987, are needed for a study on self-concept. One 15 minute questionnaire. Call Collect Iris 224-0313, Vancouver.

WOULD YOU LIKE to correspond

with unattached Christian people across Canada for companionship or marriage? Ashgrove, P.O. Box 205, Chase, B.C. VOE 1M0.

REAL ESTATE

NEW HOMES from \$55 sq/ft. Quality Engineered Modular Homes. Factory Built for your site. 2'X6" walls, R40/R20 insulation. Showhomes at DeMac Home Sales, Surrey. (604)597-2181.

SERVICES

Major ICBC motor vehicle injury claims. Joel A. Wener, trial lawyer for 24 years. Call free: 1-800-665-1138. Contingency fees available. Simon, Wener & Adler.

TRAVEL

DOWN UNDER SEAT SALE. Australia R.T. 3/Mth, 3/Stop \$1345. Australia O.W. \$849. New Zealand R.T. \$1146. New Zealand O.W. \$799. Cook Island 2/week package \$1517. ANZA TRAVEL 734-7725, 1-800-667-4329.

On & Off the Base

Fun and Games

Parents and Preschoolers on Base

By Paula Shimp

"Where is Thumbkin? Where is Thumbkin?" ...so ends yet another Wednesday morning episode of the programme "A Morning Together" held at the Base Community Association building. Sponsored by the CFB Comox Family Support Centre, this programme is designed to bring parents and preschoolers together in a playful environment that fosters emotional, social, physical and mental development.

Programme co-ordinator Claudia Naaykens, an Early Childhood Educator, expressed delight at the large number of users especially in light of the programme's recent inception. This Wednesday, twelve moms

and dads along with their too-numerous-to-count progeny made paper bag puppets, painted a cardboard box house, sifted and poured uncooked rice, built Lego castles, played dress-up, and otherwise occupied themselves for the better part of the morning. Markedly absent was the noise one usually associates with such groups.

Naaykens noted that the Morning Together group provides a number of benefits to the military community. Being herself a military spouse and a mother of three, she appreciates just how difficult raising children can be without benefit of extended family nearby. This programme brings parents

together in a supportive milieu. Moms and dads are able to exchange child-rearing stories, discuss the pressing issues of the day, or just revel with one another at the antics of fifteen or so toddlers under one roof.

Naaykens also observed that the activity oriented set-up encourages parents to play with their children in new and exciting ways. Many of the crafts are messy and require a lot of space. What better place than the Community Centre to engage in such pastimes?

This programme has been specially designed to allow children to play at their own developmental level, explained Naaykens. Here they can choose to play in solitude, alongside other children, or they can join the melee of giggling, chattering preschoolers. Either way, the kids are given the opportunity to play at their own pace, at their own stage of development.

Asked whether they liked the programme, parents overwhelmingly responded in the affirmative. One mother of four expressed it best when she said, "I have lived in the Valley now for a year and a half and finally I have come across the perfect programme for me and my kids." And the children...well, they were too busy playing to answer any questions.

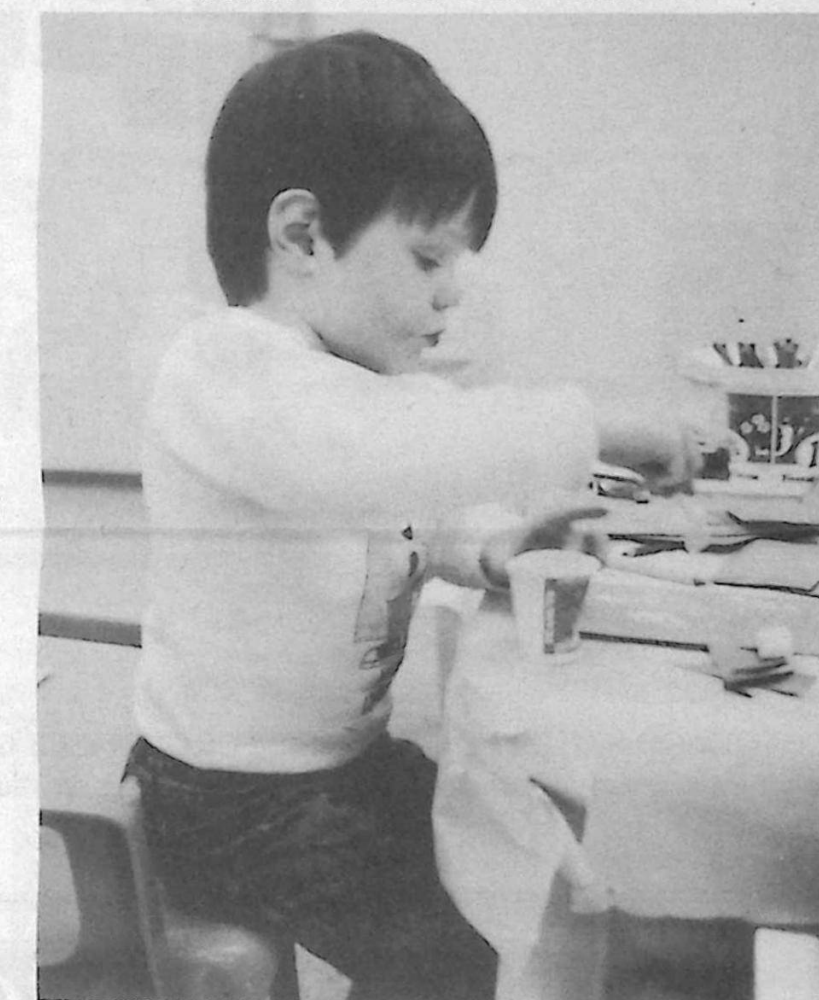
As directed by the CFB Comox Family Support Centre, Naaykens is responsible for meeting with parents, planning programmes for children, and rounding up both volunteers and donations of craft materials. Craft donations, such as old magazines, toilet paper rolls, egg cartons, paper and fabric scraps, etc., can be dropped off at the Family Support Centre, corner of Little River and Ryan Roads. Volunteers are required to assist with programming, set-up and take-down. Anyone who would like to help can contact Claudia at the Family Support Centre, phone 339-8654.

The "A Morning Together" programme is among the best that the region has to offer. All parents/preschoolers of the military community are welcome to drop by and join in the fun and games. Yee haw!



Jennifer Arcand rolls out the playdough.

"Wonder what this stuff tastes like."



Jamie Bradbury (3 1/2) constructs a paper bag puppet.

"Fasten your seat belts."



Nathan McIntyre (2 yrs.) oversees passenger safety on his F.P. plane.

888 (KOMOX) WING
RCAFA
CALENDAR OF EVENTS
March 1993

Wed 3 Mar.....General Meeting, 8:00 p.m.
Mondays 8 Mar, 22 Mar & 29 Mar.....Desperation Jazz Band Practice Nights, 7:30 - 9:30 p.m.
Come out and listen!
Fri 12 Mar.....Spaghetti Night, 7:00 p.m., \$5.00
Sun 21 Mar.....Bingo, 2:00 p.m.
Sun 28 Mar.....Candlelight Dinner, 6:30 for 7:00 p.m., \$8.50

MIXED BRIDGE.....2nd & 4th Tuesday 1:00 p.m.
CRIBBAGE NIGHTS.....1st & 3rd Monday 7:30 p.m.

DND AND MILITARY PERSONNEL WELCOME
HOURS OF OPERATION:
Wednesday 1300 - 1800 hrs
Thursday, Friday & Saturday 1200 - 0100 hrs
Sunday 1300 - 1900 hrs
SUPPORT THE WING - MAKE NEW FRIENDS

Smitty's Comox
FAMILY RESTAURANT
HOMESTYLE COOKING FRIENDLY SERVICE

DINNER SPECIALS
Feb. 26-March 4
•PEPPERCORN STEAK
•VEAL CORDON BLEU
•SEAFOOD TORTELLINI
Includes soup or salad & our special house dessert.
\$7.95-\$10.55

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NEW HOMES from \$55 sq/ft. Quality Engineered Modular Homes. Factory Built for your site. 2'X6" walls, R40/R20 insulation. Showhomes at DeMac Home Sales, Surrey. (604)597-2181.

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DOWN UNDER SEAT SALE. Australia R.T. 3/Mth, 3/Stop \$1345. Australia O.W. \$849. New Zealand R.T. \$1146. New Zealand O.W. \$799. Cook Island 2/week package \$1517. ANZA TRAVEL 734-7725, 1-800-667-4329.

Smitty's
across from Comox Mall
7:30 a.m. - 8 p.m.
7 days a week
339-3911

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OPEN FOR RRSPs
Saturday 27 - 9-5
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Hours of Operation
Monday to Friday 9-5
Saturday 9-4

COMOX COMMUNITY CENTRE

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

DRAWING and WATERCOLORS with Brian Banks

INTRODUCTION TO WATERCOLORS

10 yrs. +
Wednesdays
7:00 - 10:00 p.m.
March 17 - April 21
Comox Community Centre
\$85.00 plus supplies

A basic beginners intro to working with watercolors with sketching and composition techniques.

WATERCOLOR TECHNIQUES

10 yrs. +
Thursdays
7:00 - 10:00 p.m.
March 18 - April 22
Comox Community Centre
\$85.00 plus supplies

For those with some previous experience with watercolors this is a chance to focus on specific problem areas.



DRAWING TECHNIQUES

10 yrs. +
Saturdays
10:00 am - 1:00 pm
March 20 - April 24
Comox Community Centre
\$85.00 plus supplies

Learn the basics of freehand sketching in mediums of graphite, pen and ink, and ink wash.



COMOX COMMUNITY CENTRE and CROWN ISLE GOLF CLUB joined together to offer a successful Beginner Golf Clinic in the new gymnasium of the Comox Community Centre.

COMOX COMMUNITY CENTRE

OPEN GYM

FEBRUARY 1 - MARCH 31, 1993

The following times have been made available for drop in. You choose...

- BASKETBALL
- BADMINTON
- FLOOR HOCKEY
- VOLLEYBALL

MONDAYS	*8:00 a.m. - 1:00 p.m. 7:00 - 8:00 p.m.
TUESDAYS	*11:00 a.m. - 4:00 p.m. 6:00 - 7:00 p.m.
WEDNESDAYS	*8:00 a.m. - 12:00 noon 5:00 - 6:00 p.m.
THURSDAYS	*8:00 - 10:00 a.m. *12:30 p.m. - 3:00 p.m. 5:00 - 6:00 p.m.
FRIDAY	5:00 - 10:00 p.m.
SATURDAY	12:00 noon - 10:00 p.m.
SUNDAY	9:00 am - 9:00 p.m.

*These times are subject to change.

DROP IN ONLY \$2.00 for STUDENTS
\$3.00 for ADULTS
or "LOONEY LUNCHTIME"

MEMBERSHIP IS REQUIRED TO PARTICIPATE IN ANY OF THE COMOX COMMUNITY CENTRE PROGRAMS OR TO UTILIZE THE FACILITIES. ANNUAL FEES ARE \$5.00 FOR YOUTHS, \$10.00 FOR ADULTS, \$25.00 FOR SENIORS.

JUST LIKE MOM'S RESTAURANT

"Home of the .50 cent cup of coffee!"

O P E N

at the

COMOX COMMUNITY CENTRE

Mon - Sat. 9:00 am - 10:00 pm
Sunday 12:00 pm - 9:00 pm

For a leisurely lunch, or after your workout, come upstairs to Just Like Mom's Restaurant and sample...

- specialty hot cocoa's
- deli sandwiches
- muffins
- homemade soups

- salads
- subs
- nachoes
- hot dogs

Tammy & Greg Lewis
Owners/Operators

DONAIRS

HAVE
ARRIVED

DONAIRS

On & Off the Base

CFB Comox No Snow Festival Bus Schedule 5 March 93

Cumberland	- Post Office	17:00	18:30
Royston	- Junction Island Highway & Royston Road	17:10	18:40
Courtenay	- Driftwood Mall	17:15	18:45
	- Safeway parking lot	17:20	18:50
	- Fitzgerald & 5th Street	17:25	18:55
Comox	- Tyee Park: Aitken & Davis	17:30	19:00
	- Robb & Anderton	17:35	19:05
	- Comox Plaza	17:40	19:10
	- Noel & Pritchard	17:45	19:15
PMQ's	- Poplar Crescent	17:50	19:20
	- Elm & Pine Crescent		
	- Elm & Oak		
	- Oak & Spruce		
	- Cedar & Spruce		
	- Cedar & Chapel cut-off		
	- Cedar & Spruce(upper)		
	- Spruce & along Maple exiting PMQ's on Maple & Ryan Road		
Arrival	- Base Gym	18:00	19:30
Departure	- Base Gym	23:00	24:00 01:00 02:00

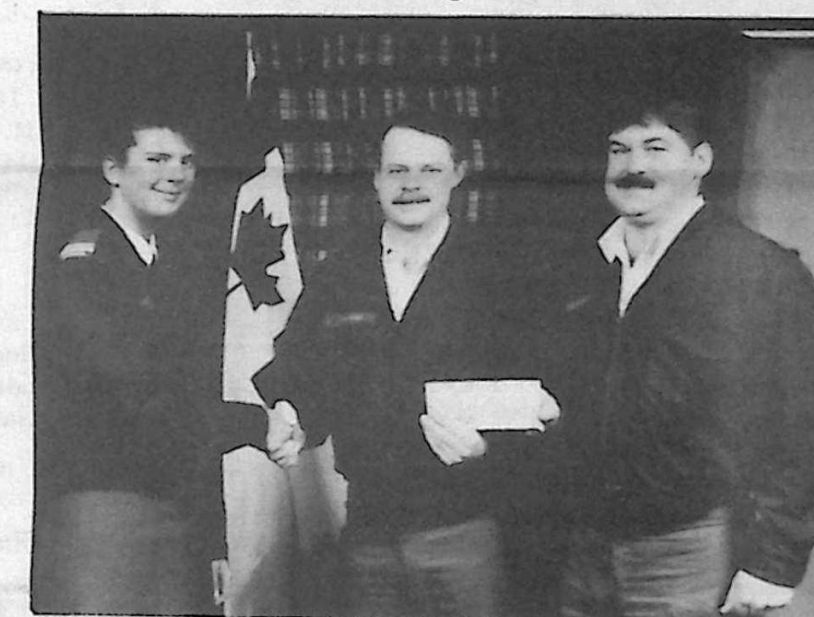
Note: On departures from the Base Gym the bus will proceed to Comox, Courtenay, Royston and finally Cumberland

This schedule will be adhered to as closely as possible; however, it must be realized that due to unforeseen problem, etc. stops will be very brief. Personnel are advised to arrive at the pick-up points early to the advised times. It is quite possible that some deviation from the times shown will be indicated. It is requested that the buses be flagged down by personnel awaiting transportation to the various messes or Base Gym.

"No Snow" Festival Charity Lock-up

The 1993 "No Snow" Festival is sponsoring a Charity Lock-up. For \$5. per 10 minutes, you can have the person of your choice whisked away and locked up in the MP jailhouse. (1 hour max.) However, if the person of your choice matches your \$ value, no time will be served. All proceeds will benefit the Family Emergency Fund.

No Snow Logo Winner



The winning "NO SNOW" Festival logo was designed by Sgt Al Stephans and MCpl Shane Roenspies. Each was presented with a \$25 cheque by Lt Parsons.

A Masters for Colleen



Maj Hedley, Dental Detachment Commander, congratulates MWO Boudreau on her recent promotion. MWO Boudreau is completing her tenure as PMC of the WO & Sgt's Mess. Nice teeth...Ed.

Kids & Tobacco It's a crime.



Neighbourhood Pub and Cold Beer and Wine Store

GROUPS & LARGE PARTIES WELCOME!
(reservations recommended)

COLD BEER and WINE STORE

NEW SUMMER HOURS
Mon - Sat 9 am - 11 pm
Sunday 11-11
339-6033

649 Anderton, Comox 339-5400



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OVER 24 YEARS



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Opposite the Court House

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480C 6th Street
Courtenay, B.C.
338-8713

1782A Comox Ave
Comox, B.C.
339-4847

NEXT DEADLINE 8 MAR

PMQ Gate Carnival Hours

In addition to normal times, the PMQ Gate will be open at the following extra times during the "No Snow" Festival:
Wed 03 Mar.....1730 - 2330
Thurs 04 Mar.....1930 - 2330
Fri 05 Mar.....1300 - 0200

Air Cadet News

The following cadets, members of 386 RCACS (Comox), were promoted to the rank shown:
Mayer, J. - WO2
Murphy, D. - F/Sgt
Stefanson, M. - F/Sgt
Barnes, R. - Sgt
Douglas, L. - Sgt
Cochrane, J. - Sgt
Nawrocky, S. - Cpl
Rogers, D. - Cpl
Seabloom, K. - Cpl
MacMillan, M. - Cpl
Congratulations to all those cadets from Capt Melancon, Commanding Officer.

Service Directory

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On & Off the Base

This Medal Can't be Worn

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by James Bowman, Editor

The Kuwait Liberation Medal being presented to 17 CFB Comox service men and women is striking, glittering with gold and inscriptions in both English and Arabic.

But the 17 won't be wearing it on their uniforms; the Canadian government has forbidden that.

The government of Saudi Arabia is awarding its Kuwait Liberation Medal to all coalition force members who participated in the Gulf War during the period of active hostilities about two years ago.

Canadian Forces members who are awarded the Gulf and Kuwait medal with bar are authorized only to keep the Saudi Arabian medal as a memento, not to wear it.

That's because the Canadian government issued its own service medal to men and women serving in the Gulf War. Admittedly, the Canadian version is a little less splashy.

"I can see the Canadian government's position," says LCol Garrit van Boeschoten, the CFB Comox Base Administration Officer. "They're loathe to have two medals for the same service."

"I see it as a very mag-

nanimous gesture by the Kingdom of Saudia Arabia to those who served in the cause of freedom."

Van Boeschoten will be among the officers presenting the medals. Fifteen of the 17 are from the junior ranks, while only two are officers.

CFB Comox did not send an entire unit, opting instead to send men and women who had needed, specialized skills.

"In their own way, they all shared in the danger," said van Boeschoten. Across Canada, almost 3,300 Forces members are eligible for the medal.

Receiving the medals at an as-yet unspecified date will be:

442 Squadron
 MCpl R.R. Fradsham
 Capt W.W. Mabey
 Maj R.D. Reyenga
407 (MP) Squadron
 Cpl N.J. Boyes
 Sgt J.A. Cahill
 Cpl M.A.C.F. Patry
 Cpl P. Williamson
 MCpl R.L. Devries Stadelar
 MCpl L.E. Buck
 WO (Retd) J. Lapointe
414 Squadron
 MCpl L. Casanova

Military Police
 Cpl R.E. Albright
 Cpl D.J. McGougan
 Cpl S.M. Benjamin
Base Supply
 LS L.F. Cooper
 Cpl B. Lovelace
Base Hospital
 MCpl J.J. Brenot
 Cpl T.A. Warner
Base Forecast Centre
 Cpl B.G. Giese
Base Telecommunications
 Cpl E.D. Paradis
Base Aircraft Maintenance
 MCpl J.C. Stewart
Personnel Administration
 Cpl E.C. Devries Stadelar
Base Food Services
 MCpl (Sgt) S.W. Seymour
Base Traffic
 MCpl (Sgt) J.G. Swyers
 MCpl D.M. Parsons

Kuwait Liberation Medal

Receiving the medals at an as-yet unspecified date will be:

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10. All Fall Down.....Thompson

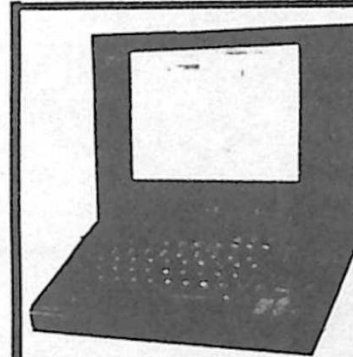
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 Sunday.....1000 hrs
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 and Thursday mornings at 0900 hrs
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BAPTISMS & MARRIAGES - By appointment - notice well in advance please.
CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in the Parish hall, preceded by Mass in the Chapel at 7:30 p.m. President: Mrs. Diane Plamondon, phone 339-0807.
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 Coordinator: Diane Plamondon, 339-0807.

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CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88
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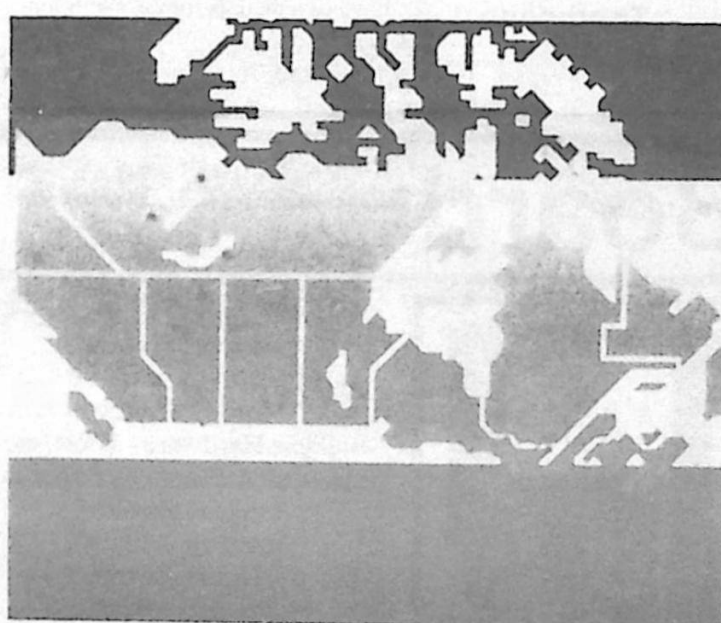
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