



11th Annual Hoser Olympics

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Innovations Ahead

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TOTEM TIMES



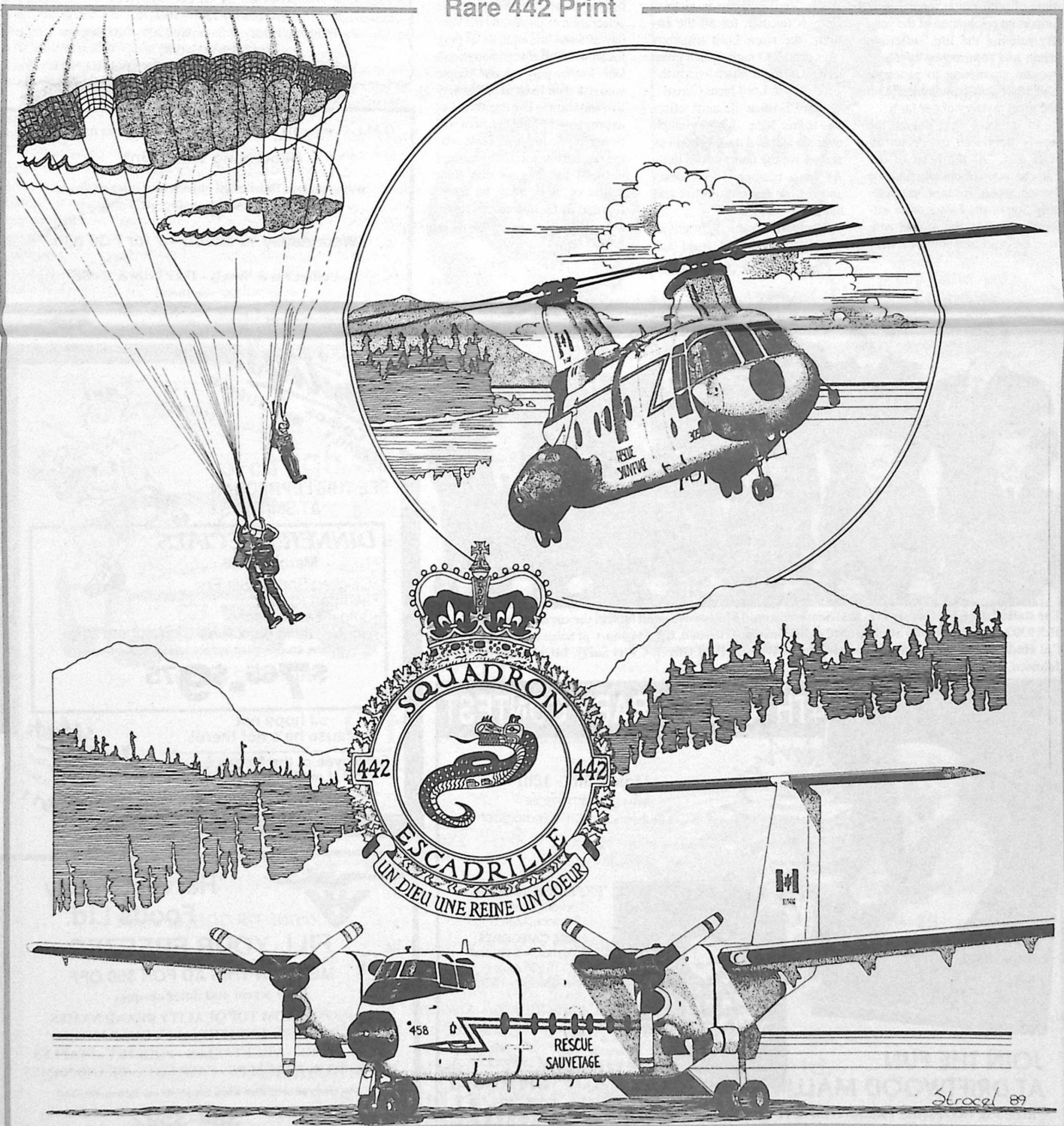
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A few copies of this limited edition print by former Editor Terry Strocel are still available at the Airforce Museum, open 10 a.m. to 4 p.m., Saturdays, Sundays and Holidays

Editorial

CFB Comox Base Commander's Commendation



Corporal N.F. Hooge

In Recognition of Outstanding Service

On 1 October 1992, while on duty at the high speed fuel dispensing compound, Corporal Hooge's diligence and attention to proper fuelling procedures led to the discovery of an underground fuel spill. Corporal Hooge's immediate action and adherence to fuel spill response regulations ensured a quick response by other agencies and averted a potentially serious environmental incident. This commendation is presented to recognize the decisive actions and diligence of Corporal Hooge in the performance of his normal duties which detected a potential serious problem and mitigated the extent of the damage to the environment.

T.B. Rogers, Colonel

A Comment from Jim Kirk

Regarding the Editorial, "Keep the Royal." If serious, a vote should be carried out by all members when renewing their membership.

If the RCAFA votes to drop the Royal, the Legion may also wish to conduct such a vote, all supposedly to continue further membership.

Perhaps even without reference to the "Royal" matter, they might consider a membership poll or vote for the possibility of an amalgamation of the Associations, under a new name, the Canadian Forces Association, or CFA.

Benefits: Reduce membership fees. Reduce number of top executives, office space, unnecessary travel and other overhead and administrative costs. Present fees may be keeping out potential members. Issue a monthly, or every other month, magazine with contributions from all branches of the service including merchant marine. Reduce amount of paid staff and "bump" from head office which requires costly postage and much of which ends up in "File 13." Perhaps more reunions and fewer conventions which are mostly political exercises, ego trips and power manoeuvres.

Instead of the decisions coming from the top brass, how about trying to get input from the members. Would the membership object to the possibility of combining the Associations or would it be only the CEOs?

Editor's Note: This is an interesting and innovative idea. Would any of our readers care to comment?

A visit by BGen Slaughter

Innovation Ahead

By Bob Sealby & Norm Blondel



Editor interviews BGen R.W. (Bill) Slaughter, Chief of Staff, Training and Reserves. Co-interviewer Bob Sealby not shown.

like Transport Canada, that is now being addressed by new training. We will maintain our training capacity but market our facilities and skills to foreign and domestic civil aviation students, for example. Conversely, some CF training may be done at community colleges.

When asked about the long delays in pilot training, BGen Slaughter was adamant: "Hopefully, the bubble will be eased by 1995. A review by DComd 10 TAG brought out some interesting points on pilot training delays. User groups have reviewed their

use of hold-over pilots awaiting training and will be taxing more trainees for useful employment.

"Some of our flying may be semi-privatized, or combined with Air Cadets or RCMP. We may supply officers for Air Traffic Control or AERE duties."

BGen Slaughter sees a bright future for CFB Comox and the Canadian Forces, despite ongoing difficulty in facing current roles with diminishing resources. The CF, he said, must be innovative and creative, and maintain public interest and support.

New CF Aircraft Named

WINNIPEG -- LtGen David Huddleston, Commander of Canada's Air Command, recently assigned names to four new aircraft types including the Griffon, Bell 412 utility helicopter; the Petrel, EH101 ship-borne helicopter; the Chimo, EH101 search and rescue helicopter; and the Polaris, Airbus A-310 strategic transport aircraft.

These popular names have been selected to capture the essence of the missions which these aircraft will perform. Providing distinctive Canadian names for new aircraft has long been a tradition in the Air Force.

The Griffon will be the Canadian Forces' utility tactical

transport helicopter. This mythical creature, with an eagle's head and wings on a lion's body, has a place in the history of Canadian tactical aviation in that it was featured on the crest of the former Army Aviation Tactical Training School at Rivers, Manitoba.

The Canadian EH101 will have two variants. The ship-borne helicopter will be called the Petrel, a tenacious sea-bird of the same family as the shearwater, usually found flying over water far from land, just as the helicopter will as it performs surveillance of the waters off Canada's shores. The search and rescue version has been named the Chimo, an Inuit word for "welcome," the normal

reaction of those in distress to the arrival of a rescue helicopter. These versatile and capable machines are well suited to the variety of duties required of maritime and search and rescue aircraft.

The Airbus A-310 will be known as the Polaris, the prominent guiding star in the northern hemisphere, and thus appropriate to an aircraft which will range far and wide. It is also a fitting tribute to an earlier Canadian transport aircraft known as the North Star. The Polaris is already in use and will progressively replace the Boeing 707s which have served Canada well for more than twenty years.

The Story of a Missing Pilot

A Christmas Letter

by Duke Warren

I am sure we all received Christmas letters - and like so many things in life, some were more interesting than others. This past Christmas I received a letter that brought back a great many memories of a long ago time when I flew Spitfires in England.

The letter began with general pleasantries between friends, but half-way through, a new paragraph began:

"I suppose you have read of the Spitfire they dug up in France after 49 years. The pilot's remains were still in the aircraft and his identity was unknown for some time. He was a Fleet Air Arm pilot (I knew immediately who it was) and there were items of clothing marked 'Eaden, D.' and also the name 'Warren' appeared on some. It was found, by a great deal of research, the pilot's name was Beane, a Lt in RNRV. It has been suggested that a friend in the Fleet Air Arm named Warren loaned him the equipment, but I think it was you."

I went to my log book and there beside an operational entry dated 26 Nov 1943 were the words: Lt Beane, RNRV, shot down on a sweep over the Cherbourg Peninsula. I then checked my twin brother's log book, and on the same day was the entry: Lt Beane, RNRV, lost on a sweep over Cherbourg flying my kite and wearing my escape boots. And back the memories flooded and I could just hear my twin

reporting this fact in high indignation!

Some who read this may think that my twin was rather insensitive (to use a politically correct word) for being indignant that his aircraft and escape boots were lost while Beane himself was lost over enemy territory. However, when losses occurred as they frequently did, one either had to laugh or cry, and making comments such as he made were no different from what Beane would have said had the positions been reversed.

Lost Navy Pilot



Lt Beane RNRV

Since receiving the first letter I have had quite a bit of further information about the incident. The aircraft was discovered because each time the French farmer plowed his field, he smelled petrol fumes. There are people in Europe who make a hobby of finding old aircraft

crashes, and it was a group of them who pin-pointed the crash site. The famous newspaper, the London Daily Mail, got interested and supported the excavation of the site, finding the main portion 25 feet below the surface. Obviously the Spitfire went in at high speed, and over the years the earth crumbled down the sides of the crater, covering the aircraft and body.

It was the practice of experienced Fleet Air Arm pilots who were instructing at the Navy OTU to "keep their hand in" and fly a few fighter sorties with our squadron occasionally. Beane was on one of these when he was lost, and had borrowed my brother's kit.

Beane's full name was Arthur Haggie Beane, son of Sir Francis Beane, general manager of Lloyds Bank. There were two sons, and Peter was killed first in an aircraft accident in 1941. Arthur at his brother's funeral read "They shall not grow old..." and had Laurence Binyon's 1914-1918 poem written on the back of his paybook. The two brothers were the last of the Beane family, and the line came to an end with them.

Digging around in our photos.

"Lost Lt Beane RNRV" - Entry in Duke's twin's log book

On the same day as the morning the 1st was seen into 24 + 190's. He got 2.60000000 3.0
4 damaged and lost his Beane RNRV in kite wearing my escape boots.

Comment

Wren Firing Party



Last Tribute: Wrens fire a volley of shots over the grave of Lt Beane

I found a picture of "Beanie" (as we called him) just before his last sortie, and sent it and copies of the logbook entry to London.

The remains of Lt Arthur Haggie Beane were buried on the 3rd of February this year at the British Commonwealth War Cemetery at Saint Charles de Percy, near Caen. Royal Navy pallbearers were from HMS Daedalus, and Lt Collins, WREN officer, commanded the funeral party. The firing party was also made up of WREN ratings.

But Beanie's 84-year-old aunt, Mrs. Jessica Haggie, remarked, her nephew "would have appreciated the all-girl firing party." Knowing Beanie - we agree with her.

Duke Warren

International Day for the Elimination of Racial Discrimination

March 21, 1993 has been designated as International Day for the Elimination of Racial Discrimination. In marking this day it is a good time for Canadians to remind themselves that race, colour, and national/ethnic origin are among the prohibited grounds of discrimination under the Canadian Human Rights Act.

The Act specifically prohibits discriminatory practices in the provision of goods, services, facilities and accommodation, as well as in the areas of employment and membership in employee organizations. By prohibiting adverse differential treatment in these areas the Act enforces the principle that every individual should have an equal opportunity with other individuals to make for himself or herself the life that he or she wishes to have as a member of society.

In keeping with the spirit of the Canadian Human Rights Act, it is up to all of us on 21 March to reflect on how we treat others and do our best to eliminate racial and ethnic discrimination.

We're Sending a Copy

Dear Editor

The theme of our Gr. 9 geography course this year is Canada's diversity. As a result my classmates and I felt that an ideal way (was) to get some up to date information on the various newspapers across the country. I am very interested in Comox, British Columbia and would appreciate it if you sent me a current issue of your paper. We intend to

use the information in our presentation on your region. If there is any other material that you feel would be helpful to us we would welcome receiving that as well. Thank you very much for taking the time to assist us.

Sincerely
Lisa
Cardinal Leger Secondary School
Brampton, Ont.

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Section News



Across the Moat

414 Sqn

Since we last told you of the happenings around the castle, not a lot has come to light to report on, so this will of necessity be short. For those of you who have enjoyed the longer tales in the past, read slowly, and it will give the appearance of the same length article.

It was a somewhat warm night not so long ago when Sir Bill said "Forsooth, it seems to be unseasonably warm here and we are ill prepared to challenge the elements without some experience. I therefore decree that two Knights shall sally forth towards the North, stopping at a place that shall be shown on maps as The Place Where One Sees The White Horse." As maps shrunk later in size, cartographers were to shorten this to The White Horse. He further decreed "Since my court money counter says we must soon replenish the war chest, funding

for this adventure is not great. Therefore the two Knights shall go only for a short time and gain as much experience as able during the short time allowed."

Sir Norm (Deek) and Sir Michael (Z-Man) had their names drawn from the helmet and promised to jam as many experiences as they could into a few days. With a clatter of hooves, they crossed the drawbridge and were last seen heading in a northerly direction. They returned a few days later at a slower pace and looking somewhat drawn out. Reporting to Sir Bill, they stated that the inhabitants of the North lived on a strange diet indeed. It seemed to consist of chocolate tequila daiquiris and many other forms of punishing liquids. When asked what solid foods the natives of the area consumed, they claimed the time allotted for research did not allow that area to

be explored. They were able to say with some assurance that the people of the North rarely required sleep, however. They further claimed that circles around the eyes giving the appearance of Rocky Raccoon was surely caused by their proximity to the Aurora Borealis.

Sir Ab (The Judge) has recently returned from the Land of the Frozen Nose, which shall be known as Wiggle Peg on the map. He reports that the locals there are very culture conscious, attending the ballet at every opportunity. Because he was there for the purpose of becoming an Instrument Check Rider, he said he had little time to indulge in the local customs. He is now qualified to decide whether other Knights are travelling about the realm in accordance with accepted rules and regulations.

Sir Cedric

Champion Donut Chomper



Squire Weiner Lavigne vanquished all comers in the donut eating contest.

Winning Hosers



The 11th Annual Hoser Olympics "Beer" team

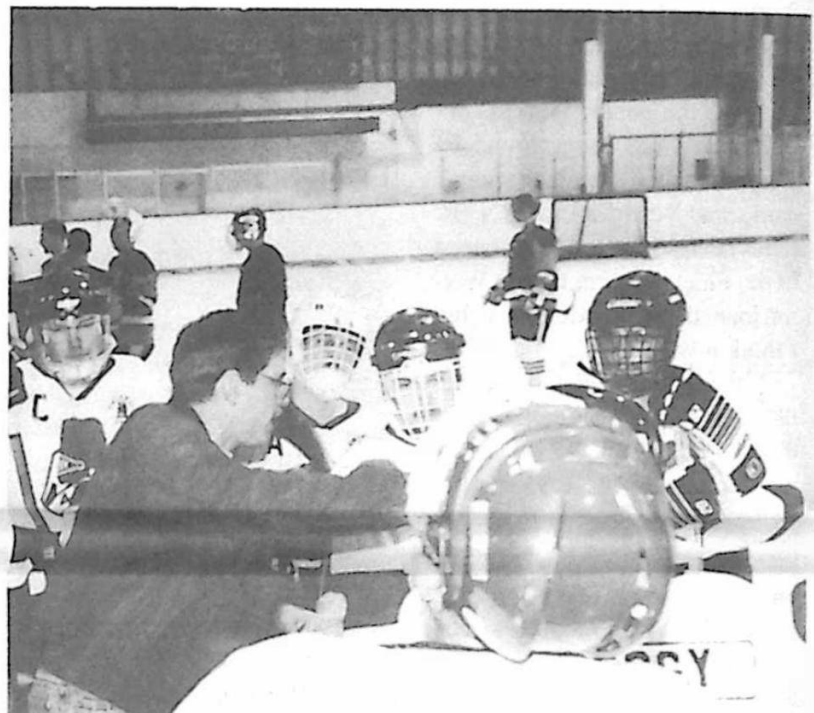
11th Annual Hoser Olympics

Hoser & Friend



The "Supreme Hoser" Shack and his loyal retainer. Shack's the one with the hat.

Go Knights!



414 Knights' coach, Al "The Wild Man" Burdon, rallies the Knights.

"Iron Man"



"Ironman" winner Carl Ljungberg receives his trophy.

Go Team Eh?



Hoser Olympics participants cheer on their favourites.

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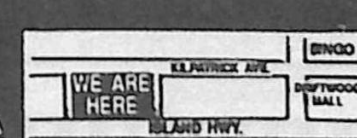
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Section News



407 Squadron

Demon Doin's

Welcome to another issue of "Demon Doin's" - as always, the names have not been changed to protect the innocent (we just word things in politically correct ways).

The upcoming Squadron Mess Dinner, to be held this Thursday evening, makes it to the top of our list today. Word was given this morning in a stern fashion by the Flight Commander that (I paraphrase) "weapons are tight" for this Mess Dinner - edible projectiles shall not be armed or launched for the duration of this dinner. Was it significant that the Flight Commander was looking at Maj Gibbs as he said this? You be the judge. (Writer's Note: he didn't say we couldn't be squirt guns!!) In honour of the CO, we will apparently be having a special menu: soup, followed by a main course of puréed everything and some watery pudding for dessert, all served with a straw. Dress for the occasion will be a full-face helmet and a body cast. Which leads us to the next news item:

The Squadron CO had a bicycle accident last Sunday and

was hospitalized due to the severity of his injuries. As of this writing he is doing well and should be back at work in a few days. We wish him a speedy recovery. A spokesman (pardon the pun) who shall remain nameless (his name rhymes with "Maj Mike Gibbs") tells the story like this: "Funny thing happened to the CO on his way to a sailing course - went too fast down a hill, lost control, and fell. Speculation on the cause of the accident centers around a theory that he was trying to chew gum and ride at the same time." The writer has further knowledge that the spokesman has been posted to Inuvik, NWT to "paint towers."

On to a few other anecdotes: Capt Bruce Cumming, recently moved to 407 Ops, is reportedly re-growing hair that he lost while on Crew 5. Apparently the associated boot-prints are also disappearing - it seems "C.C." had quite a habit of going over Bruce's head. Bruce, when asked about this, just smiled and said "mumble, mumble, mumble."

Crew 2 recently made their bi-yearly pilgrimage to your

favourite place and mine, where it sure as heck isn't springtime yet, the lovely ZX. "No sweat," they figured, "we have our own airplane - we'll just fly down to ZX, do some work, and fly right back as quick as a wink." Unfortunately, the "airplane gods" heard them and were not pleased. They were in ZX so long (how long were they gone?) they actually saw housing prices rise there. Ha ha. I hear they also had a great time at the Winter Carnival.

Capt Bill Seymour went on a little road trip recently to Nanaimo (did you take Zacky along?) and reported on the availability of a wondrous new instrument, guaranteed to make Navigators look even more god-like: the GPS. The said navigation implement was available for a mere \$1100., well within our fund-raising capabilities. Bill will be organizing a bake sale in the near future in order that we may purchase this item. (Writer's Note: it should be a sure thing - our Squadron pilots keep the local donut establishments in business.)

Junior Ranks Mess

March 1993 Calendar

Friday 12 Mar.....TGIF Euchre (Food will be served)
KARAOKE starting at 2100
Friday 19 Mar.....St. Patrick's Day Dance
Admission \$4 members, \$6 non-members
Tickets available in advance at the Mess office or at the door
For more info see ad in this newspaper
Friday 26 Mar.....TGIF Cribbage (Food will be served)
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Section News

As The Beacon Turns

Hey Beacon Browsers, welcome back to "the ranch!" The Base's annual Winter Carnival has come and gone this month with the "No Snow" theme living up to its name. (Gee, what a surprise!) I couldn't make it to most of the evening's festivities due to "work" but I did manage to witness the Lip Sinc and Dance and if the rest of the Carnival was anything like last Friday night...it was a success indeed! 442 Sqn Lip Sinc'd their way to first and third while Base Foods put on a hard Sister Act to follow, taking home second place. The MTV Video/Dance proved to be a roaring success, bringing the large crowd to the dance floor at the Base Gym. Meanwhile, back at the ranch, Training takes center stage as a few of our fellow "winged crookers" have shook off those monitors for good. In the IFR world, Rollic Lapointe and Kelly Olohan are now qualified Arrival/Terminal controllers while, in the VFR side of

the house, Phil Umperville is our most recent qualified B Stand in ye ol' Steel Tree-Fort. Taking over the initial IFR training slots at good ol' CCP 61 and 62 will be Lt Crumback and Capt Dunn who made the move downstairs earlier this month. Welcome aboard, gang!

And now for the sports! The InterSection Hockey Playoffs began this week with Base Ops hoping to advance to the B Division finals later this month. You can be proud of those "boys of slush" as they finished off the second half of the season with a respectable 8 wins and just 2 losses. So come on out to the rink and cheer on the "Orcas" to victory!!

Well folks, that does it for yet another edition of A.T.B.T. 'Til next time, you're "cleared enroute" and monitor the Beacon.

P.S. There's been a new "mod" done to OSCAR...reverse is gone! Hee, hee, hee.

Tower Promotion



Maj Hopp congratulating Lt "The Judge" Wappler on his recent promotion.

CE Promotions



On 19 Feb 93, LCol King officially recognized two promotions that occurred within the CE Section. Capt Chris McCarthy (Eng O) and Capt Rod May (BFC) were happy to accept the new responsibility that goes with the promotion.

CF's New Strategic Aircraft

One of the Air Force's new strategic air transport aircraft, a CC-150 Polaris, displays its CF markings at Calgary Aeroport. By mid-1993 the CF expects to have taken delivery of the last of five CC-150s acquired to replace its fleet of five CC-137 Boeing 707s, which are being phased out after two decades of service. Currently configured for passengers only, the CC-150s will be modified to carry either passengers or cargo on the main floor. The addition of an air-to-air refuelling capability is under consideration. One Polaris will be outfitted with a removable VIP suite and will become Canada's primary state aircraft. Built by Airbus, the Polaris is a state-of-the-art airliner. Its modern flight



deck, with three inertial navigation systems and a flight management system, requires a crew of two compared to the Boeing's four. Its wide-body design gives more cargo space and plenty of

knee-room. The CC-150s will be maintained by Canadian Airlines International at its new facility at CFB Trenton. (Photo by Sgt Dave Yesdresyski, CFB Calgary Base Photo)

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Section News



442 Squadron

Welcome to one of many literary masterpieces from the Engineer Section at 442 Sqn. I, along with Brian Harvey and Gord Neave, will be bringing you up to date on the latest rumours and juicy bits of gossip from the section.

I'll start by welcoming the newer members to the Section. It's a little late, since we all arrived here in the summer, but better late than never. First off, the laid back Buffalo engineers: WO Phil Cashman, MCpl Brian Harvey, and MCpl J.C. Smith, all in from 424 Sqn Trenton. Next are the harder working Lab. engineers: Sgt Paul Pitcher from 103 Rescue unit Gander, CMpl Juan Trescher from 427 Sqn Petawawa, MCpl Mike Graham from Base Flight Moose Jaw, and finally myself, MCpl Greg Graham (no relation to Mike) in from 403 Sqn Gagetown.

Rumour has it that MCpl Conrad Wilson is receiving the Bad Luck Bob award for enduring three in-flight emergencies. It seems to me that the only common factor in all three was you, Conrad. Conrad is also last

month's winner of the Pole Hog Award, for scamming the most hours. On the lighter side, rumour has it that Ottawa is buying school buses to replace the aging Lab fleet. Reason is that the school buses are the same colour and they stay serviceable longer.

Well, the last week of January was tense here, seeing that the Big Cheese, The Posting God (our career manager) was here for his yearly visit. Rumours were flying about postings to Trenton, Greenwood, Gander, and yes, even those two dirty words, Ten TAG (Army helicopters), but all our minds were put at ease when only two postings were announced (so far). Leaving us are MCpl Pierre Pinaut, off to the land of ice and snow (Goose Bay), and MCpl Tony Kester, who doesn't know quite yet where he's going. But it looks like he will be seeing the world through the window of a chopper. Hey Tony, just remember: "If it don't hover, it ain't worth a hoot."

Well, that's all I have for now. See ya. Over to you, Brian.

Big Brothers / Big Sisters Bowlathon

On 29 March CFB Comox will be having a Bowling Day to help raise money for the Big Brothers/Big Sisters organization. The Base Bowling Alley will be open from 0800 hrs to approximately 1600 hrs. Throughout the day there will be numerous door prizes, also a prize for hidden score. For the competitive bowlers, prizes will be given to the team with the highest score and the team that collects

the most donations. Each team will consist of four bowlers. Pledge sheets can be picked up at CMTT by contacting Cpl Ross at local 8872 or Sgt Swyers at local 8510.

If you would like to become a Big Brother/Big Sister you can contact Mr. Ed Lizon in Campbell River at Bus. 289-7823 Res. 923-3110. Please come out and support this worthwhile cause.

OFFICERS' MESS
MARCH 1993 CALENDAR

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

Wednesday March 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

Bicycle Safety:
What Every Parent Should Know

Bicycling is fun, it helps us keep fit, and gives us mobility. For kids, the bicycle is the first vehicle, a source of pride, and...it can lead to serious accidents and injury. The attitudes you as a parent instill in your child now will determine how he or she will ride for years to come. If you work at it, if you teach your child as if his or her life depended on the lessons - which it does - then you will feel more confident when he or she rides out of the driveway.

First things first

First, however, let's see what your safety IQ is. The following are common attitudes parents have about bicycling. Each of them lead to accidents.

"Bicyclists should ride facing traffic." This common myth is responsible for about 23 per cent of all car/bike collisions. Riding against traffic puts the bicyclists where motorists least expect them. Unpredictability is the result and many bicyclists - particularly kids - are hurt as a result of it.

"My child needs a bike he/she can grow into." That's the last thing your child needs. Young kids have enough trouble controlling a bike the right size. Put them on a big bike and they wobble and weave down the road. Your child should be able to straddle his or her bike with both feet flat on the ground.

"My child wants a ten speed, so I guess I'll get one for him/her." It may be hard to buck the trend towards buying youngsters ten speed bikes but think of it this way: young hands often can't make hand brakes work. Ask a ten-year-old how he/she stops a ten speed and the answer will probably be one of the following: "I drag by feet." "I

run it into something." "I don't stop." Unless you want to make sure the bike you buy has high quality hand brakes with levers made for small hands, you're better off getting your child a bike with coaster brakes. Maybe later, a ten speed will be in order.

"My child only rides around the neighbourhood, so I don't worry." You should. The majority of bike accidents happen near home. Further, a large percentage of the fatal car/bike collisions happen on two-lane streets with speed limits under 30 mph. Does that sound like your neighbourhood street? It may be. Often, we forget safety when we ride in familiar surroundings and that is what leads to trouble.

How old is old enough?

There is no "magic age" at which a bicyclist becomes safe. Some ten-year-olds are accomplished road users, some adult riders are "accidents looking to happen." Nevertheless, if ten, few kids can really understand traffic. They can be taught certain specific skills but they will have trouble understanding concepts like "right of way." If you are an experienced cyclist, you can take your child out for training rides. Such an approach has been known to work with very young kids but, alas, there aren't that many parents out there who are skilled bicyclists. If you aren't one of the "lucky few" the best thing to do is to lay down some iron-clad rules and to help your child learn some specific lessons. First, the rules:

1. No playing on the road.
2. No riding on busy streets.
3. No riding at night.
4. Stop for all stop signs.
5. Ride on the right with traf-

fic.

6. Make your own decisions. As for the lessons, let's look at what really happens out on the road. First, the majority of bike accidents do not involve cars. Most are falls, collisions with stationary objects, collisions with other bikes or collisions with pedestrians. Fortunately, most of these accidents aren't serious but they can be. Bike riders have been killed running into posts or hitting each other. But by and large the most serious accidents are car/bike collisions. The following are the most common:

1. Riding out of the driveway.
2. Running the stop sign.
3. Turning without warning.
4. Nighttime riding.

What about helmets?

Helmets can save lives. About 75 per cent of all bicyclists who die each year die from head injuries. Many more are permanently impaired as a result of hitting their heads. Whether you buy a helmet or not, your child is small when compared with the medical bills and possible grief from a head injury. Go with a hard-shell bike helmet; there are several available in kids' sizes.

Driver's Statement of the Month

"The guy was all over the road. I had to swerve a number of times before I hit him."

Question

A driver of a private vehicle should not follow an emergency vehicle responding to an emergency call within

- a. 200 feet (60 m)
- b. 300 feet (90 m)
- c. 400 feet (120 m)
- d. 500 feet (150 m)

Answer

- d. 500 feet (150 m)

CFB Chilliwack 21-26 Feb

Comox Shines at Bowling Regionals

The Regional Competition was held at CFB Chilliwack with a "Meet and Greet" on Sunday evening followed by a team captains' meeting.

With six teams entered and only four lanes to bowl on, there was the usual bye for two teams on each shift. The units represented were CFS Aldergrove and CFS Masset (Small Base); CFB Comox, CFB Chilliwack, CFB Esquimalt and Fleet (Large Base).

Individual awards for Small Base were won by: Dave St. Amant, Masset - High Single - 390 and High

Triple - 893

CFS Masset was the winner of the Small Base competition.

In the Large Base competition it was a close race all the way from game one, with the largest lead being only 250 pins at any time. CFB Esquimalt held the lead at the start of the last shift and CFB Comox overcame the deficit to win by 80 pins. CFB Comox had an additional cheering section filled by all the team members from Fleet.

Individual trophy winners for Large Base were: Dalton Dash, Esquimalt - High Single - 353

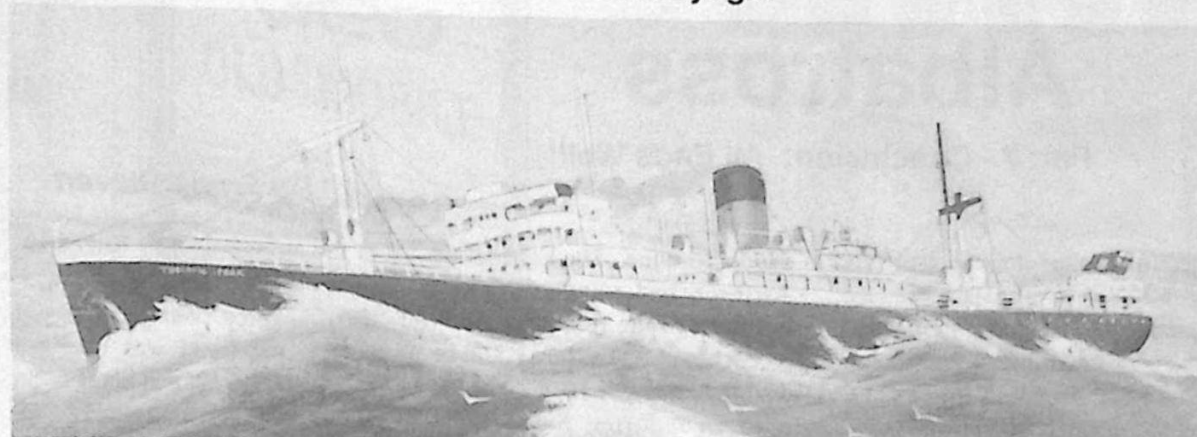
Wayne Adams, Comox - High Triple - 931 and High Average - 248.9

Members of the CFB Comox team were Reg Cormier (BTNO), Bill Mansell (Marine), Dave LeBlanc (407 Sqn), Byron Tordoff (BCompt), Steve Emberly (BTNO), and Wayne Adams (407 Sqn).

The Comox team finished the tournament with a team average of 210.9 and a game average of 1100.7. All in all it was a long five days and 30 games. Well done, guys!

Section News

Murmansk Voyager



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

The Murmansk Run

Part 2 - "Fundamentally, when you think of it, they were pretty heroic!"

CBC Documentary

The cold orange dawn revealed an awe-inspiring sight in the sheltered waters off Londonderry. As far as the eye could see, from horizon to horizon, an enormous collection of ships gently tugging at their anchors as though anticipating enormous adventures ahead. Had the small knot of shore observers been able to magically rise above all these ships, they would have seen seven orderly rows, nine deep and all facing in the same direction, straight into the wind. And windy it was, with whitecaps increasing in intensity and sprays of white foam skimming the surface, forcing even the gulls to hover at higher altitudes. The once orange sky was rapidly changing to grey, even leaden. A sou'wester rapidly freshening coupled with a falling barometer meant storm.

A brace of Corvettes appeared from the mist at flank speed and soon flashed light signals to the fleet. Move, Move, Let's Go! The creaking, straining and grinding of chains pulling through sixty-odd pairs of hawser pipe simultaneously filled the early morning air and slapped the sides of the steel hulls as the giant flukes pulled free of the bottom mud.

Soon they were asca, an armada from every free nation at struggle with the enemy. Shoreside observers must surely have wondered at the organizing genius of the the convoy masters as the ships slowly disappeared from the sight of land.

The *Seven Oaks Park* assumed a position of some strategic importance in the convoy, the lower left or SW corner, as she carried a fighter plane in the forward sling position. A false deck was constructed from the rear of the stubby prow, and some distance back a Hurricane single seat fighter sat nestled in the sling ready to be hurled into the air at the first sign of trouble.

The sou'wester was indeed turning into a storm and the deck officer had some trouble making his way to the fighter plane to examine the lashings. Already the corrosive salt spray had begun eating at the camouflaged aluminum airframe and it was obvious this aircraft was deemed expendable. The seaman turned to his companion and shouted above the shrieking of the wind, "Come into the wardroom and we'll splice the mainbrace." The two

men then fought their way into the warmth and comfort of the small inner cabin and a bottle of navy rum appeared.

"We don't stand on tradition in the merchant navy like you people do in the military. If we want a tot of rum we don't have to wait till the sun's over the yardarm, we have it when we want it or need it. As long as the job's done properly, that's all that counts. Cheers!" And the RCAF flight Sergeant raised his glass in return, "Cheers."

After a long "Ahhhhh," the deck officer looked at the flight sergeant and asked, "Well, m'lud, this question has been swirling around my head all day. If, and I repeat if, we are attacked from the air and you have to launch and engage the enemy, and if you are not shot out of the skies, and if you aren't hopelessly lost in the storm and clouds, just how the hell do you expect to get back to your cozy wee bunk on this friendly ship?"

The young pilot drained his rum tot and placed the small glass on the table. He cleared the cobwebs from his throat. "Well, sir, let me tell you. I've made four round trips so far across the Atlantic and I've been scared as hell eight times. This is the ninth, and I'm still scared as hell. Fortunately, I've never been launched. The pilots of the Concorde aircraft are scared of the Hurricane and turn away every time they spot them on deck. They just know it's a losing situation." He paused to pour another tot. "To answer your question though, if I am launched, I'm to repel the enemy, stay airborne to the last minute, then return to convoy and fly to the front and locate the Commodore's destroyer. At that point, I'm to make a considered decision: do I land in the sea? If it's too choppy, no. I turn my little airplane upside down, release my seat belts and drop out, hoping some ship or ships will see me and come to the rescue."

"Migawd." That's all the deck officer could say. He regained his composure. "You wouldn't last twenty minutes in the ocean this time of year!"

The flight sergeant downed his second tot of rum in one large gulp. "Ten," he said, "and I can't even swim."

As surly daylight lost its struggle to inevitable darkness, foul weather increased by the minute. Driving rain lashed the decks and made footing unsure. The Chief Steward, besotted by paperwork, stepped warily over the high transom to catch a refreshing breeze. Holding on with determination, he quickly scanned the chilling blackness of the endless sea, barely able to recognize the vague outline of the nearest merchant vessel. He idly wondered how, in such a short span of a month, the climate could change so drastically from the warm blue calmness of South African waters, teeming with incredible varieties of marine life, to this, the mind and body numbing cold of the sub-arctic. And now it was beginning to snow.

"Better get out of this freezing air and back to my..." He caught himself in mid-sentence as he looked to the far horizon, caught in the glare of two brilliant star flares. "Torpedoed. One of our ships torpedoed."

The clanging of the ship's telegraph alerted the engine room to prepare for action. The voice tube whistled for attention: "Prepare for engine changes, commencing zig-zag pattern!" The *Seven Oaks* listed rapidly to starboard. The action had begun.

The Chief Steward, along with the rest of the crew, now scrambling topside, were donning their steel helmets and preparing to man their small armaments. Two DEMS gunners, naval ratings seconded to merchant ships, raced to their small stern mounted cannon, determined to utilize their "defensive equipment of merchant ships," known to be pitifully small and inadequate, but nevertheless something to fight back with. All hands were alert, watching for enemy action, preparing for the worst, hoping for the best.

The torpedo wake was barely visible from the bridge of the *Seven Oaks*. The bridge officer spotted it at the last moment. It came from the dark horizon and was aimed at the bow. "Full astern, hard a'port." The merchantman came calm, then shuddered as the engine reversed. The vibrations turned to violent shaking as the triple expansion engine turned from full ahead to full astern in one movement. The wicked polished torpedo ploughed for the violently buck-

ing prow, but as fate would have it, missed by inches, continuing on at 30 knots. It was now a runaway torpedo, dangerous and unguided. The *Seven Oaks* was now righting herself from the deep port tilt and slowly resuming headway. Every man on board silently thanked the experience of the veteran skipper, for they knew that had the torpedo driven home, it would have blown a hole above the water line, thus diminishing the possibility of foundering.

A restless convoy spent the remaining hours of darkness regrouping and assessing their positions as the Corvettes, now like angry hornets, sped up and down the columns and through the groupings, searching for surface raiders and listening for Asdic pings. Several depth charges were exploded in the distance but nothing was determined. That was the devil of war, not knowing, never being sure. And slowly, silently, as a blanket being pulled snugly over the head, a modicum of calm spread over the ship.

At Sea.
Dear Son,

It's been a long time since I've had the chance to write you. And even longer since I've seen you. Your mother tells me you are quite grown up now, nearly six feet tall and delivering papers after school. I'm sorry I've not had the opportunity to be at home more often and watch you grow up, but I can tell you I miss you and the rest of the family an awful lot. Mom tells me you are in the Air Cadets. I'll bet you look real good in your uniform. We have a young flyer right on board ship. We are good friends. He is here to protect us in case the Hun attacks. I am not allowed to tell you where we are, but the voyage is not too exciting. Oh, yes, we did have a narrow brush with another vessel, but it was a lot smaller than us. I'll tell you the whole story later.

"This is the Captain speaking." The loudhailer blared throughout the ship. "Now hear this and hear this good. Last night we were nearly torpedoed. We would have been had the torpedo not been spotted well in advance. After your actions last night, your report card rates an F for Failure. You must, and I repeat must, adhere to the following rules: One. A minimum of smoke from the stack during the day. Two. Blackout will be rigidly observed, all deck lights, porthole lights, mast lights and especially stern lights will be darkened. Three. Bilges will not be pumped at any time during convoy, it's a trail to our exact position. Four.

Comox Glacier Ladies

Start Date: 5 April 1993
Registration: 5:30 p.m.
First Tee Off: 6:00 p.m.
Registration Fee: \$6.00
Weekly Fee: \$1.00
Green Fees for Non Members: \$10.00
You do not have to be a pro to



by Norm Whitley

No garbage whatsoever will be discharged. Five. The fog whistle will not be sounded in future. The enemy has sharp eyes and good hearing. And he is not stupid. That will be all."

"Who you writing to, Chief?" The young pilot was sitting in the Chief Steward's cabin, reading his Hurricane Maintenance Manual, 1940.

"My teenage son. I see so little of him these days, I like to write a small note each evening and mail it at the next port. He likes getting letters from exotic places. He's in the 1601 Wing of the Air Cadets, 111 Squadron. Marches in Stanley Park."

"Sounds great. I was never a cadet. Went right into the service."

The conversation was interrupted by a blinding flash and an ear-splitting explosion. The two men were tossed to the deck.

"Battle positions. We've been bombed." The blaring loudspeaker didn't have to repeat the message. The ship came alive and the DEMS gunners tore the canvas covers off the machine guns. Everything happened at once: deck hands tore the bracing from the aircraft, a mechanic started the inline engine with a swirl of smoke, and the young pilot leaped forward, strapping on his chute and fumbling with his helmet.

"Bombers overhead. Get 'em. Flight, go get 'em." The deck crew pointed skyward, as if to pinpoint the offenders, urging the pilot to action. The *Seven Oaks* changed course suddenly, veering straight into the wind, ignoring the close proximity of the accompanying ships. The howling of the wind muffled the metallic sounds and hissing of released steam as the catapult flung the small aircraft into the buffeting void. The Hurricane took a heart-stopping sickening plunge toward the turbulent waters as it was flung loose and the steel propeller tips actually churned wave tops to steam as the craft gained momentum. But soon it was airborne and rapidly disappeared from sight as it climbed to altitude. The once cluttered deck now seemed strangely empty.

Continued in 25 March issue.

Monday Night Golf

play. Come out and meet new friends, have fun and play GOLF.

Our Pro Scott Fraser will be on hand to give clinics once a month which will cover all aspects of the game. For more info please call Yvette at 339-2002.

Feature



Frank Steven

I awoke from this kind of stupor with a start, as bright light hit my eyes — the blindfold had been removed — and involuntarily I tried to rub them, but found I was still handcuffed! As my eyes adjusted I found myself looking across a large desk, behind which sat a statue-like figure dressed in white duck and sporting three gold bars on the epaulets of his short sleeved shirt, denoting the rank of Commander in the Ecuadorian navy. For some reason I felt relief, the more so when he spoke, and I was sure that at last we were in the hands of an educated officer and not some trigger-happy rebel like those who had boarded us on the river. He calmly asked me to recount what had happened, the purpose of our trip, and who we were.

Having noted our passports on the table, I asked if the cuffs could be removed before I answered and was surprised to hear him agree, giving orders in Spanish to have them removed. My first concern was to check the time, so rubbing my wrist, I raised my left arm to check my Rolex, only to discover it missing! I was not surprised. But I was surprised when the Commander volunteered the information. It was 2030 hours which meant we had been tied up for nearly seven hours! I now told my story, keeping it as short and simple as possible, reiterating that this was not a military airplane and that, having lost the engine, we had no choice but to seek help in his country notwithstanding their political and military position at the time. I then asked for information on our other aircraft but he was non-committal. I understood afterwards why he took this attitude, but for the present it was obvious he must complete his interrogation of all three. Since we had nothing to hide, all our accounts agreed completely and even if I still did not know the outcome of the interrogation, it was great to see the other two crew members as they went through the relief of being divested of hood and handcuffs.

When the Commander seemed satisfied that we were what we purported to be, he apologised for the rough treatment which we had

been subjected to and then told us that the final outcome and decision would be made by the Airforce, to whom he would hand us over, and who he now informed us was looking after the other aircraft at the airport. Meanwhile we had our bags brought in for us to check over and report any losses. The film in Carl's camera had been removed but my camera was gone along with my watch. Warner had lost five hundred dollars in U.S. currency and of course those gold bars of mine were gone, a fact which did not cause me any misgivings at all. About two hours later, having sat through about an hour of listening to the President of Ecuador expounding his military superiority over Peru via the television in the Commander's office, he advised us that transport was ready to take us to Airforce headquarters. Despite the darkness outside, I was able to see the barracks which I had only visualised on our arrival. I must admit that I was not surprised at how close the imagined and actual setups were, as my military experience had exposed me to many similar configurations around the world. Nevertheless, it was comforting to be on the outside and unshackled.

The ride in the half-ton pickup was wild. South Americans of all nationalities seem to take a great delight in driving at excessive speed, playing chicken with other drivers, and keeping a heavy hand on the horn! Our sailor driver was no exception. Carl and I were at least inside the cab in reasonable comfort, but our engineer was relegated to the outside on the box with our baggage and I'm sure the rough roads and the tight springs of the truck combined to make his posterior ache even more than from the wooden floor of the river boat some hours earlier. The reception at Airforce Headquarters was perfunctory, an NCO merely glancing at the paperwork proffered by our driver and it was once again onto the "Indy 500"! We were proceeding around the perimeter of the airport and found ourselves shortly being processed through police and customs. The airport was blacked out with only minimal lighting in the terminal building, giving us an eerie feeling compounded by the shadowy forms of soldiers, automatics slung over their shoulders, constantly moving about. The lack of spoken English helped to heighten our apprehension, knowing full well that although we were technically free, we were still not out of the country, particularly now that once again our passports had been taken away! The formalities finally concluded and our driver once again ushered us to the comfort of the La Moneda Hotel and familiar surroundings at last, having stayed

here on our previous trip.

Check-in completed, we quickly retired to our rooms and the incomparable delight of a warm bath in which to soak and let the tension of the day drain away. The time was half past midnight, exactly twenty-one and a half hours since we had left similar surroundings in Lima. It was hard to believe that we had not been able or allowed to use washroom facilities in all this time!

While still in the bath, Fred Rowley, retired Chief of Test Flying for Grumman and now a member of the other crew, came in. He was obviously getting a great kick out of their experience which in no way compared to the treatment we had received. When they had arrived at the airport that afternoon, they had been parked at the Airforce side of the field, and although surrounded by armed personnel, their baggage was superficially inspected and they were quickly processed through Customs. They were, however, unable to obtain any information on our whereabouts, and as the day wore on, they began to feel some apprehension, especially as they viewed the succession of military units pounding past the hotel. Still, they believed that the delay in our arrival was due to transportation and problems in getting our aircraft secured. Fred was shocked and more than somewhat chastened when he heard our account and could well understand why I could not share his mild excitement at being in the middle of a war zone. Shortly, the rest of the crews joined us and after a couple of strong Scotches, I began to relax somewhat. Nevertheless, Carl and I were now showing the effects of the ordeal so we had to postpone further discussion on our predicament until the morning and finally try to get some sleep. It did not come easily. I tossed and turned, reliving the action like scenes on a slow-motion projector.

About 0700 hours I was aroused from this fitful slumber by the noise of a newspaper being slid below the door and the sound of voices in the corridor. I arose immediately to scan the paper in the slight hope there would be some report in English. It was naturally all in Spanish but even I could understand the headline of a report on our capture on the front page. "Captura de dos Aviones Peruanos." Capture of two Peruvian aircraft. No wonder we were in trouble! Interpreted fully for us on return, it read: "Monday, 2 February 1981. Two Peruvian aircraft were captured yesterday and taken to an undetermined location from Ecuadorian territorial waters. An official confirmation is expected in the next several hours, since there has been no commentary up to this morning's 'Diario' publi-

cation deadline. The Ecuadorian Airforce had reinforced their positions in the frontier zone in recent hours, and as best could be determined, its intervention along with Ecuadorian naval units resulted in the capture of the two enemy aircraft. When contact was established with persons who could provide information, they limited their statements to say that information would be forthcoming from Quito.

Spy Airplanes?

"It was understood that the enemy aircraft were equipped with observation instruments and were being used as 'Spy Airplanes.' It was also reported that five of the aircrew were detained and were undergoing rigorous investigation."

Over breakfast it was decided that most of us would try to secure space on the first available flight to Miami, leaving the other Captain and Flight Engineer in charge

of the aircraft as they had established a reasonable rapport with their Airforce counterparts. Of course, the flight was late, but eventually we made it home, as in due course did both flying boats — our aircraft rather forlornly by barge. It had been determined that two cylinders had blown on the starboard engine. The other engine, having sustained high power settings for such a considerable time, was nothing but scrap.

Civil certification was completed by May 1981, just in time for me to take the prototype to the Paris Airshow in its new 28 passenger set commuter form, following the route of the U.S. Navy's pioneer Atlantic flight in 1919 via Newfoundland, the Azores and Lisbon.

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

NOTICE

To: Residents of Wallace Gardens

Re: Candidates for Community Awards
If you know someone deserving of this award, please submit their name in writing to the Council Office by 30 March 1993. Awards Night will be 20 May 1993.

Albatross

Part 7 - Conclusion: All Ends Well!

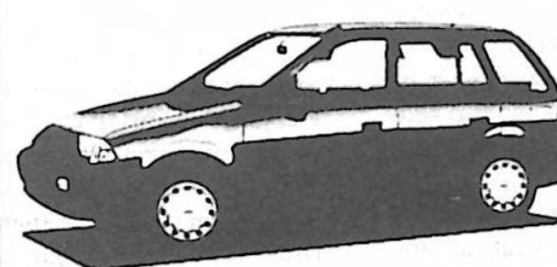
By Frank Steven



LIMITED OFFER!

As of Now! Brian McLean Chevrolet-Geo-Oldsmobile Ltd. and General Motors of Canada Ltd. are making a special allotment of New 1992 Geo Models available to you, with specially enhanced G.M. Cashbacks of up to \$2,300.00. Hurry while the selection is excellent. This is a limited time offer, while inventories last!

1992 GEO METRO 4 DOOR HATCHBACK



- *1.0 L 3 cyl. engine
- *5 speed trans.
- *Rear window defroster
- *Daytime running lites
- *Tinted glass
- *All season radial tires

\$7,600

4 AVAILABLE TO CHOOSE FROM

1992 GEO TRACKER 2 WD SOFT TOP

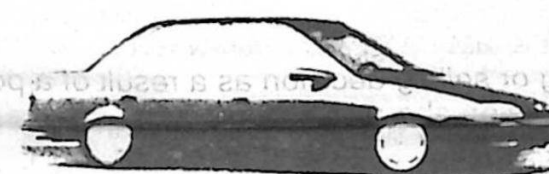


- *1.6 L 4 cyl. engine
- *5 speed manual trans.
- *Power rear antilock brakes
- *All season radial tires
- *Daytime running lites
- *Highback bucket seats

\$9,593

4 AVAILABLE TO CHOOSE FROM

1992 METRO 4 DR. SEDAN



1.3 L 4 cyl. engine, 5 speed

\$8,345

1992 STORM 2+2 COUPE



1.6 L, 4 cyl. engine, 5 speed

STK. #4449
\$10,995

PRICED FROM

1992 TRACKER 4x4 SOFT TOP



1.6 L, 4 cyl. engine, 5 speed

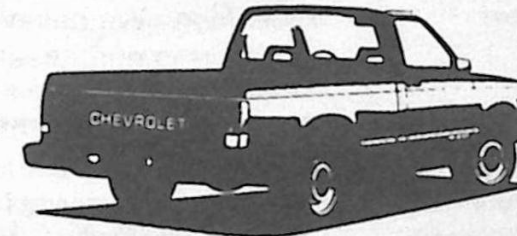
\$10,993

5 AVAILABLE TO CHOOSE FROM

ALL PRICES SHOWN ABOVE ARE NET OF G.M. CASHBACK (TAXES & D.O.C. FEE EXTRA)

1993 CHEVY S-10 PICK-UP

- *2.5 L 4 cyl. engine
- *5 speed manual trans.
- *AM/FM cassette stereo
- *Rally wheels
- *Cloth trim



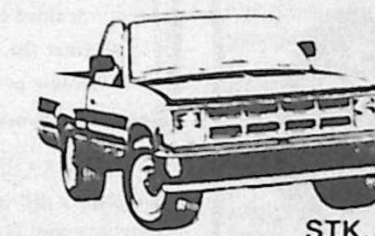
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Leisure



Harry Sweeney
music reviews and
syndicated columnist

Rockin' With Jeff Healey

Feel This (Arista) is the Jeff Healey Band's follow-up to such powerhouse hits as *See The Light* and *Hell To Pay*, and like the previous releases, *Feel This* is almost certainly destined to crash the million sales mark worldwide.

This is a total rockin' experience that opens with the explosive *Cruel Little Number*, the set's first single, and powers through such blues-rockers as *Baby's Lookin' Hot* and *Evil and Here To Stay*.

Healey, who shared big-screen credits with Patrick Swayze in *Roadhouse* and took the power ballad *Angel Eyes* into the top-5 around the globe, adds the lushly orchestrated *Leave A Light On*, a ballad with enough beauty and sensitivity to go head-to-head with anything on the charts. Alternately rocking and performing ballads seems to put the JHB at their finest and as they power-down from the *Hot* track to recreate the smoky atmosphere of *Lost In Your Eyes*, you can almost see people swaying to the music.

Healey rocks his way through *House That Love Built* and adds *It Could All Get Blown Away*, the beautiful *Heart of an Angel* and wraps up the musical proceedings with *Dreams of Love*. Whether he is playing the incendiary rockers or slowly grooving with the ballads, Jeff Healey is a consummate performer, and as he says, "As a band we have definitely grown both musically and personally. We channelled that growth as positive input into *Feel This*."

ROLLINS

Henry Rollins, perhaps best known as the leader of *The Rollins Band*, has a parallel career as a stand-up comedian and in *Boxed Life* (Imago) he displays a cutting-edge humour that most listeners can identify with. He talks about being *Tired* and does a complete dissertation on Airplanes, their Courtesy Phones, and what it's like having *Jet Lag*.

The two cassette set of *Boxed Life* is one of the funniest, slice-of-life, comedic experiences you can hear. Give it a try.

FAST FACTS

Little Eva, whose *Loco-Motion* went to #1 in 1962 (yeah, the same song that Kylie Minogue revived in '88), was discovered by world famous songwriters Carole King and Gerry Goffin. In actual fact Eva was babysitting their daughter Louise who later had her own career in the music business. Incidentally, Eva's real name is Eva Narcissus Boyd. That's the Fast Facts on Little Eva.

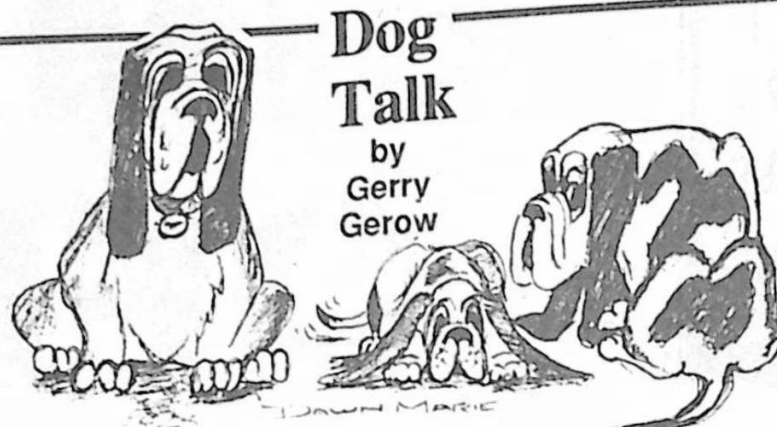
Remember to support your local food bank.



The Jeff Healey Band

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Come to the best location
in the Valley
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Dog Talk

by
Gerry Gerow

This week I've got a training book for you. *Dog Logic* by Joel M. McMains, Howell Book House, New York, and Maxwell Macmillan, Don Mills, Ont. \$25.95.

The subtitles of this one are more descriptive of its contents than the main title. "Companion Obedience" and "Rapport Based Training." In other words, the author is teaching you to establish a rapport with your dog before you start to train. How to think "dog." How does your dog interpret your mannerisms, tone of voice, commands, praise and corrections? Once you learn how to understand your dog, the rest is fairly easy.

Everything is here. From choosing your puppy, to raising him, to training him to obey you. If you are one of those, and there are plenty, who want to raise your puppy to be a nice worthwhile pet, but for any variety of reasons don't have time or don't want to go to formal obedience classes, then this book is for you. The

author is a professional dog trainer who writes from experience.

This is a 221-page hard cover book which I personally think is one of the best ever written for those who want to train their own dog without outside help. There is also a lot here for more experienced dog trainers and handlers. If you don't see it on the shelf, it can be ordered from the publishers. Howell books can be ordered by Phoning Maxwell Macmillan in Toronto at 1-800-465-5273.

McMains finishes up his book with ten commandments for dog owners that I would like to share with you:

1. My life is likely to last ten to fifteen years. Any separation from you will be painful for me. Remember that before you buy me.
2. Give me time to understand what you want of me.
3. Place your trust in me - it's crucial to my well being.
4. Don't be angry at me for

Dog Logic

long and don't lock me up as punishment. You have your work, your entertainment and your friends. I have only you.

5. Talk to me sometimes. Even if I don't understand your words, I understand your voice when it's speaking to me.

6. Be aware that however you treat me, I'll never forget it.

7. Remember before you hit me that I have teeth that could easily crush the bones of your hand but that I choose; not to bite you.

8. Before you scold me for being unco-operative, obstinate or lazy, ask yourself if something might be bothering me. Perhaps I'm not getting the right food, or I've been out in the sun too long, or my heart is getting old and weak.

9. Take care of me when I get old; you too will grow old.

10. Go with me on difficult journeys. Never say, "I can't bear to watch it," or "Let it happen in my absence." Everything is easier for me if you are there. Remember, I love you.

To me, these commandments say it all when it comes to caring for your pet.

CFB Comox Family Support Centre

Hours of Operation: 7:30 - 4:30, Mon to Fri
Address: 119 Little River Road

Mailing Address: Family Support Centre, CFB Comox
Lazo, BC 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

Babysitters Course - A

Babysitters Course will be held 2 & 3 April, Friday evening 6:00 - 8:30 p.m. and Saturday 9:00 a.m. - 2:00 p.m. at the FSC. Registration deadline 25 March. Fee is \$12.00. If you are interested, call 339-8654 for registration.

Childcare Parent Advisory Committee Meeting - Next meeting 25 March 10:00 a.m. - 12:00 noon at the FSC. Anyone interested in childcare in the military community is welcome. Call the FSC for more information

Deployment Support - Drop-in meeting, 10:00 - 11:00 a.m., Wednesday 23 March at the FSC. Call Jo or Mara at 339-8654 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 339-8654 for information. No fee.

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. Bronze Cross: exam \$12.00.

Menopause Information Group - Next meeting 29 March, 3:45 p.m. at the FSC. Everyone welcome. For more information call Mara at 339-8654.

Parents of Teens interested in joining a newly formed Parent Advisory Board, please contact the FSC for information.

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 339-8654.

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

All Services / Workshops / Groups are confidential

Country Kitchen

A Cuisine Vacation



By Carolyn Haight

Cure the winter doldrums with a vacation. A cuisine vacation that is. Break from your familiar cooking routine, and experiment with some international recipes. There are many tasty dishes to choose from, and you'll be sure to add excitement to mealtime.

The next few issues will feature favourite desserts and meals from countries such as Italy, France, China, and much more. So be prepared to take a trip around the world in your very own kitchen!

Since St. Patrick's Day is just ahead, the "vacation" will start off with traditional Irish recipes.

Irish Stew

1 1/2 lbs middle neck lamb
1 onion
4-5 medium potatoes
dried marjoram
3/4 pint water
2 tsp. mushroom, ketchup or worcestershire sauce
salt and pepper

Cut up the lamb. Peel and thinly slice onion. Peel potatoes and cut into 1-inch cubes. Grease a heavy casserole and arrange potatoes, meat and onion in meat with a dash of marjoram and finishing with a layer of potatoes. Mix water and sauce, pour over layered ingredients and sprinkle with salt and pepper. Cover tightly and bake at 450° F. for 30 minutes. Reduce heat to 300° F. and cook for a further 1 1/2 to 2 hours, or until meat is tender.

Irish Soda Bread (1 large loaf)

2 cups flour
2 cups whole wheat flour
2 T. sugar
1 1/2 tsp. salt
1 1/2 tsp. baking soda
1 tsp. baking powder
1/4 cup butter or margarine
2 cups buttermilk or sour milk

In large bowl combine flours, sugar, salt, baking soda, and baking powder. Cut in butter or margarine until mixture looks like fine crumbs. Stir in buttermilk or sour milk, all at once, to make a soft dough (a little sticky). Turn out onto a floured surface. Knead 10 times. Form into a ball. Place on buttered baking sheet. Flatten into 3-inch thick round. With sharp knife, cut a large "X" about 1/4 inch deep. Bake at 375° F. for about 45 minutes or until tester inserted in center comes out clean.

Irish Coffee Pie

Crust:

1 1/4 cups wafer crumbs
2 T. packed brown sugar
1/2 cup melted butter or margarine
1 T. warm water
1/2 cup finely chopped pecans
Combine crumbs, sugar and pecans. Work in butter or margarine until evenly distributed. Firmly press onto bottom and sides of a 9-inch pie plate. Bake at 375° F. for 10 minutes until lightly browned. Cool.

Filling:

1 envelope unflavored gelatin
1/4 cup cold water
2/3 cup milk
1/2 cup granulated sugar, divided
2 T. instant coffee granules
pinch of salt
2 eggs, separated
1/3 cup Irish Whiskey
1/2 cup whipping cream
1/2 cup toasted finely chopped pecans

Sprinkle gelatin over water and let stand for 5 minutes. In small heavy saucepan, heat milk, 1/4 cup sugar, coffee granules and salt, stirring until coffee is dissolved. Beat together egg yolks and whiskey. Stir in a little of the hot milk, then add to milk mixture in the saucepan. Cook over medium heat, stirring constantly, for about 2 minutes or until mixture thickens. Do not allow to boil. Remove from heat. Stir in softened gelatin until it dissolves. Pour into bowl and chill for 25 minutes or until consistency of egg white. In bowl, beat egg whites with electric mixer until frothy. Add remaining sugar and beat until stiff, shiny peaks form. Fold into gelatin mixture. Chill set. Spoon into cooled pie shell. Chill for at least 3 or 4 hours. Garnish with roasted pecans.

NOTE: In the Beef Barley Soup recipe in the last issue, 1-1/2 cups of pearl barley was used. If pot barley is used, only add about 1/2 cup or all the stock will be soaked up.

Leisure

Home Poison Prevention

By Lt(N) J. Krempien,
Pharmacist

Be safe, not sorry. It's an expression we hear almost daily. And yet accidental poisonings remain a problem in Canada. In 1991 there were approximately 96,000 poison exposures resulting in 450 deaths. Children under the age of five accounted for approximately 65 per cent of these poisonings. Most of these accidents occur in the home and can be prevented.

Some important preventative measures include:

1. **Ensure your medications are in bottles that have child resistant closures.** It's important to keep in mind that although these closures will keep out most infants, toddlers and children learn fast and are quick to figure out how to open these containers.

2. **Store your medications and other potentially dangerous chemicals properly.** All prescription and non-prescription drugs are potentially harmful and must be kept out of the reach of children. These items, as well as household cleaners, paints, etc., need to be stored high off the ground and in securely locked cabinets or drawers.

3. **Do not take medications in front of children.** Kids are natural mimics and often try to imitate the actions of adults. When children view adults taking medications from pill bottles, kids may seek out these bottles and try the medications for themselves.

4. **Never call medicine candy.** Parents sometimes use this technique to get their children to take medication. However, children sometimes misinterpret this action. They perceive pills to be an item to be sought after as a kind of treat or reward. Drug manufacturers don't help matters much either. Vitamins, non-prescription, and prescription medications are often formulated in shapes and colours that are indistinguishable from candy. (Try telling some vitamin pills and "Goodies" apart.)

5. **Keep all medications in their original containers.** This preventative measure is important for two reasons. First, if medications are stored in their original container (with a "child-resistant" lid and proper warning symbols), children are less likely to accidentally take them. Secondly, if a poisoning does take

place, medications that are stored in their original containers can be readily identified. (Identifying which drug a child may have accidentally swallowed is a critical step in determining an appropriate course of treatment.)

6. **Carefully read and follow all label directions.** Even though non-prescription or Over-The-Counter medications can be obtained without a doctor's prescription they can still be dangerous if taken improperly. Following directions is especially important for children, as appropriate dosages are usually based on their weight or age. If an Over-The-Counter medication doesn't give a specific dosage for your child it may be an inappropriate medication for him or her. Always double check with a pharmacist or another health care professional.

7. **Recognize the potential dangers of house plants.** Household plants are one of Canada's leading causes of accidental childhood poisonings. Many house plants such as Mistletoe, Tulip, Iris, and Foxglove are considered potentially dangerous. Moreover, plants are frequently overlooked as possible toxins and often kept within the grasp of curious toddlers and children. Parents need to be aware of which plants in and around their house are potentially dangerous and must keep these plants well out of reach. Hanging your plants from the ceiling is often an effective means of preventing accidental poisonings. Lists of toxic and non-toxic plants can typically be obtained from your local pharmacy or poison control centre. It should be noted that any plant may cause an unexpected reaction in certain individuals.

8. **Know what to do in the event of an emergency.** Have the number of your local poison centre, ambulance service, and hospital on or near your telephone. Stay calm and bring the bottle or container of the substance that was ingested to the phone with you. Learn what you can do in the event of an accidental poisoning.

Hopefully these tips will help you prevent accidental poisonings. If more information is required, it may be obtained from your local poison control centre or your local pharmacist.

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CANADIAN FORCES



FORCES CANADIENNES

MORE GOOD NEWS

ALL of the War and Hostile Act clauses previously associated with the SISIP policies and agreements HAVE BEEN ELIMINATED.

Watch for more in the Personnel Newsletter.

Talk to your SISIP representative or adviser today or call us toll-free at 1-800-267-6681.

D'AUTRES BONNES NOUVELLES

TOUTES les clauses de guerre et d'actes hostiles qui étaient reliées aux polices d'assurance et conventions du RARM, sont maintenant ELIMINÉES.

Un prochain Bulletin du personnel vous donnera plus de renseignements.

Renseignez-vous aujourd'hui auprès de votre représentant ou aviseur du RARM ou appelez sans frais le 1-800-267-6681.

NEXT DEADLINE 22 MARCH 93 - NOON

Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

Making the Best of Your Stay in Hospital

A hospital stay. It happens to most of us eventually and it can cause a little nervousness.

Sometimes we're taken by surprise when a short trip to emergency turns into a hospital stay. If this happens to you, you'll be lucky to arrive with your B.C. Medical CareCard and a few quarters for phone calls.

But if you know in advance that you're heading to hospital, take some time to prepare yourself. Nurses suggest packing a bag, perhaps a few days ahead, so you're organized and ready to go.

Slippers - preferably with non-skid soles - should be at the top of your list! If you've been in hospital before and had to walk barefoot through the hospital wards, you'll know how important they can be. The only other clothing you'll need until discharge is usually underwear and a housecoat.

In hospital, you'll be supplied with a clean gown every day. That large (and, for some, embarrassing!) opening at the back is designed so that it's easy to reach dressings, tubes and casts. If modesty is important to you, wear your housecoat over your hospital gown.

Personal items such as brush and comb, toothbrush and toothpaste, denture cleaner, deodorant, shaving gear, hand lotion and talcum powder are not usually provided in hospital. If you get stuck, you can buy them in the hospital gift shop. When packing, also consider anything that might make you more comfortable such as a radio, headphones, books or magazines, eye mask, earplugs, a clock or your own pillow. A note pad and pen are useful; so are quarters for the phone and your phone book. And, don't forget glasses and hearing aids.

It's important to bring along a list of drugs to which you are allergic and your current medications. If you aren't sure how to spell the names of these drugs, give hospital staff the original containers for the drugs or the prescription receipts. Don't be surprised if you bring drugs and they are taken away. Most medications are taken from you during your hospital stay and re-issued through the pharmacy.

For security reasons, leave all valuables, including jewelry, at home. But if you forget, the hospital cashier will usually look after anything that shouldn't be left at bedside. This includes jewelry, credit cards, and cash over twenty dollars or so.

Once you've arrived in your room find out who your main nurse will be and when he or she works. Ask lots of questions. Write them down as they occur to you. You may want to know more about your condition, treatment, or hospital routines. Ask your doctor questions, too. You may see very little of him or her so it's even more important to plan your questions in advance.

Before you're discharged from hospital, make sure you find out from your nurse or doctor what your diagnosis means, how soon you can resume normal activity, what sort of treatments are necessary at home, medication names, dosages and side effects, and what sort of follow-up visits are needed. You may also wish to know about useful community resources and how you can contact them. These resources include home care, long term care, home support services, etc. Ask to see the discharge planning co-ordinator who can help you arrange for help at home, transportation in your community, or other services you may require.

If you follow these simple guidelines, you can become an active participant in your own health care during your hospital stay. And when you return home, you'll be able to take care of yourself more effectively.

1st Annual

12 Wing Symposium (Formerly the HS Symposium)

This year's theme:

12 Wing: Building for the Future

The aim of this year's symposium is to introduce 12 Wing to the world; what it is and what it does.

To be held in the Hampton Gray Centre, CFB Shearwater, from 22-23 April 1993, this event will feature presentations by prominent military and defence industry personnel.

Come join in the social activities.

This is an event that should not be missed!

For more information contact Maj Mike Hargreaves, HS 423 Sqn, at (902) 466-1438 or 1430.

Shearwater: the place to be on 22-23 Apr. '93

NEXT DEADLINE 22 MAR

info health

Dr. Bob Young



The Waiting Room

Practice development advisors (there are such people) tell us we shouldn't call it a waiting room anymore. Connotes an unfavourable image, they say, as people do not like to wait.

Still, patients do have to, uh, sit around trying to read or converse while some mom's young rug-rats are noisily destroying the toys that are supposed to keep them quiet. Most doctors try to keep to their schedule but the waiting room (I still call it that) does see a lot of use.

The ideal office, I suppose, has a back entrance for the physician to use. He or she can then avoid the black looks of patients generated by a late arrival. Unless I crawl through a window, I have to run the gauntlet of a waiting room full of patients if I am late. I try to look like I have just completed a life-saving operation. Hard to do when the real

reason for my tardiness has been dawdling over lunch-time coffee.

At least I get to see the waiting room every day. I suspect that the back-door does may go months without entering their waiting room, judging by the looks of some I've been in. It is possible, of course, to walk through the room without really seeing it. That's why the same pictures, posters, and pamphlets are there for months, and the chairs, lights, and tables are never moved.

And the magazines! We get plenty - MacLean's, Time, Chatelaine, National Geographic, Pacific Yachting, Reader's Digest, and more. We recycle the first two after six weeks, the others after three or four months. When we think of it.

Doctors do have a reputation for hoarding dog-eared, old periodicals, but I think I have outdone most of them. The most ap-

preciated magazines in my office, at least as far as male patients are concerned, are Popular Mechanics and Popular Science.

The reason? The half-dozen issues are dated 1940 and 1941, over a half-century ago. I found them at a garage sale, but I think I remember them the first time around! The guys really like them; the waiting room often looks busier than it really is because they stay around reading them long after their visit with me.

Doctors' patient welcoming areas may be posh or stark, neat or messy, tasteful or crass - there are no rules. The odds are that it will look the same year in and year out, and probably from one decade to the next.

But it is very comforting to return to a room that you have become used to. Please tell me it is!

Communication

There is often a gap in the chain of events that forms a perfect medical encounter, and that link is the follow-up. Not necessarily a follow-up visit, but some sort of contact with the physician after the crisis or acute part of the illness is over.

Communication is what it is called, and lack of it is something patients complain about most. "The doctor sent me home from hospital a week ago and he (or she) has never phoned to see how I am doing," is a frequent lament made to friends and relatives by the recovering party. The comments may damage the doctor's reputation, especially if they are embellished, as they often are.

It is certainly true that some physicians are lax in providing instruction and advice for ongoing care at times. Perhaps we feel

that, having made a smart diagnosis and given the right treatment, the problem is completely solved. Usually, of course, it is.

But not always. This poses a dilemma for many patients who, not really sure how they should feel after an operation or during an illness, yet not wanting to "bother the doctor," fret and stew about what is disturbing them. "I'll phone tomorrow if it still hurts," they tell their spouse, but they seldom do.

If part of you acts, feels, or looks strange after an operation or during medical treatment, let the doctor's office know. Don't assume that it's safe to wait until the arranged appointment 10 days away. After all, your physician is assuming that you are responding favourably to his or her magical touch unless told otherwise.

Our Lady of the Sacred Heart C.W.L. Happenings

The 9 February monthly meeting of the C.W.L. was well attended with lots of new members, and there is always room for more.

Our league has been very busy with different events. On 20 February we had a Games Night with the Courtenay C.W.L. Father Ray enjoyed the evening - especially the Bridge. On 28 February we helped with stock-taking at Canex as a fund-raiser to make money for Convention

which will be held in Calgary this year on 20-22 May. We had a one-day Retreat on 15 February and plan to have a Rock-a-thon on 28 March in the Parish Hall. Sponsors will be greatly appreciated. All monies will go to various charities.

Elections will be held in April for a new executive for 1993-94. Our monthly meetings have been changed from Thursdays to Tuesdays following Mass in the Chapel. For more information

please contact our president Diane Plamondon at 339-0807 or Claudette Leblanc at 339-3004. Come and join us.

For God and Canada.

The clock of life is wound but once

And no man has the power

To tell just when the hands will stop

On what day - or what hour.

Now is the only time you have

So live it with a will.

Don't wait until tomorrow;

The hands may then be still.



LEGION LOG

**BRANCH 17 COURTENAY
334-4322**

ENTERTAINMENT

Fri 12 Mar.....Dance to Wildriver
Fri 19 Mar.....Dance to Rawhide & Lace
Fri 26 Mar.....Dance to Shaboom

REGULAR ACTIVITIES

BINGOS.....Thursdays, Fridays & Sundays 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

Friday 12 Mar.....St. Patrick's Dance - Prizes

SPORTS

Saturday 20 Mar.....Dart Steak Shoot
Lower Lounge Registration 6-6:30 p.m.
Sunday 28 Mar.....Fun Crib Tournament
Upper Hall Registration 12 - 1 p.m.
Open to All Crib Players

"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 19 Mar.....Music by Highway 19
Fri 26 Mar.....Music by Alleycats

REGULAR ACTIVITIES

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 PM
MONDAYS.....L.A. Drop-In Bingo, Upper Hall, 7:00 PM
Men's Dart League, Recessed until Sept '93
TUESDAYS.....Ladies Crib League, Lounge, 7:30 PM
Mixed Dart League, Upper Hall, Recessed until Sept '93
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall, 7:00 PM
Comox Valley Men's Crib League, Recessed until Sept '93
THURSDAYS.....*1st Branch Exec. Mtg. Upper Hall, 8:00 PM
L.A. Executive Meeting (as required)
*2nd L.A. General Meeting, Upper Hall, 8:00 PM
*3rd Branch General Meeting, Upper Hall, 8:00 PM
FRIDAYS.....TGIF in Lounge
Meat Draws in Lounge, 2:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 2:00 to 6:00 PM

EVENTS

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

On & Off the Base

CYMC Big Band Show 20 March

CYMC is delighted to be the host of the Island Big Band at their upcoming concert in The Sid Williams Civic Theatre on 20 March. Playing with the Big Band will be the well known local musician Art Ellefson on saxophone. Art played and recorded with many famous orchestras and soloists all around the world before settling in the Comox Valley.

Also playing with the Island Big Band will be Rob McKenzie on trombone. He is a well known performer and a long time member of the Jazz Faculty of CYMC.

Featured on trumpet will be Don Clark and on the clarinet Gord Clements. Gord is well

known as the organizer of the Summer Jazz Workshop held each August at the Victoria Conservatory of Music.

These four musicians will give Clinics on the afternoon of 20 March at the Comox United Church, Comox Avenue, at a cost of \$10. Please phone Courtenay Youth Music Centre at 338-7463 for further details and to assure your spot.

Tickets \$15.00 are available at Blue Heron Books, Comox; Clarion Books and Music, Courtenay; Chamber of Commerce, Cumberland; Bop City Records, Comox Mall; The Book Shell, Diftwood Mall; The Sound Station, Campbell River.



Art Ellefson

COURTENAY YOUTH MUSIC CENTRE

presents



JAZZ

Saturday, March 20th
8:00 p.m.

Sid Williams Civic Theatre

SPECIAL GUESTS

Art Ellefson, saxophone Gord Clements, clarinet

Don Clark, trumpet Rob McKenzie, trombone

All tickets \$15.00

**members receive their discount at the door

Tickets available at:
Clarion Books and Music, Courtenay 338-7722
Blue Heron Books, Comox 339-6111
Chamber of Commerce, Cumberland 336-8313
The Book Shell, Diftwood Mall 296-1414
The Sound Station, Campbell River 339-5799



Posted to Kingston in 1993?



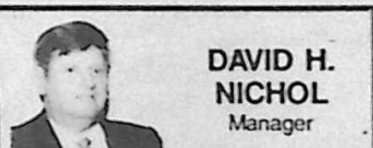
Don Wyld, CDI, RRS
ERS ROSTER APPROVED

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, CDI, RRS, Sales Rep.
#1 Barrielfield Centre
Kingston, Ontario, Canada K7L 5H6

1-800-663-0078



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Manager

BRAIDWOOD FINANCIAL

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Financial Centre

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FAX: 338-2716

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Saturday 27 - 9-5

Sunday 28 - 9-4

Hours of Operation

Monday to Friday 9-5

Saturday 9-4



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

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 4844, or the club repeater VE7 RCV, 147.91/31

New Library Hours

Effective 2 Mar 93 the operating hours for the Base Library will be as follows:

Monday	1800 - 2100
Tuesday	1100 - 1300 & 1800 - 2100
Wednesday	1800 - 2100
Thursday	1100 - 1300 & 1800 - 2100
Friday	1100 - 1300
Saturday	1300 - 1600
Sunday	1300 - 1600

The Base Library is located in Building 10 next to the Base Accommodations Office. The library was recently renovated and contains approximately 5000 books and magazine subscriptions. Some examples of new releases held by the library are:

"Dragon Tears" by Dean Koontz
Consumer Reports 1993
Buying Guide

"Mexico" by James Mitchener
Consumer Guide Best Buy

Lemon Aid New Car Guide
"Dolores Claiborne" by Stephen King

"Fergie Confidential" by Chris Hutchins

"It Doesn't Take a Hero" by Norman Schwartzkopf

"Gerald's Game" by Steven King

"Crimson" by Shirley Conrad

"The Cardinal of the Kremlin" by Tom Clancy

"Niagara" by Pierre Berton

"The Stars Shine Down" by Sidney Sheldon

Phone 339-8351 for further information.

Comox Glacier Business Ladies Monday Night Golf

Start Date: 5 April 1993
Registration: 5:30 p.m.
First Tee Off: 6:00 p.m.
Registration Fee: \$6.00
Weekly Fee: \$1.00
Green Fees for Non Members: \$10.00

You do not have to be a pro to play. Come out and meet new friends, have fun and play GOLF. Our Pro Scott Fraser will be on hand to give clinics once a month which will cover all aspects of the game. For more info please call Yvette at 339-2002.

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.

Pacific Command Medical Reunion

The Medical Reunion is being held at Victoria, British Columbia, 4 & 5 September, 1993. For Serving and Retired Members of the Military Medical Services. Personnel wishing to attend should contact:

Jim or Anne Scott
523 St. Charles Street
Victoria, B.C.
V8S 3N8

Telephone (604) 370-2359

For those not able to attend this Reunion but interested in future reunions, please send us your name and address.

Dependant Use of Base Gym Facilities

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

Arena Parking

Arena staff and facility users are reminded to respect Chapel parking areas Sundays from 1000 hrs to 1200 hrs. Please refrain from using reserved parking spots during this time. Offenders will be ticketed.

Comox Glacier Wanderers

The Comox Glacier Wanderers invite you to join them for their 8th Annual "March March" being held on Sunday 21 March 93. This 10 km Volkswalk will start from the Salmon Point Pub. Registration will be from 9 a.m. to 10:30 a.m. Come out and enjoy. Info 339-3945.

We also invite you to join us each Saturday at 9 a.m. for a 10 km Volkswalk in and around Comox. We start from the Port Augusta Motel and at the finish of the walk, take time to have coffee with us. Info 339-4145.

Or join us each Sunday at 9 a.m. for a 10 km Volkswalk in and around Courtenay. We start and finish at the Arbutus Hotel where you are welcome to join us for coffee. Info 338-9052.

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.

Motion Commotion Aerobics & Step

Mon. Wed. Fri. 9:30 - 10:30 a.m. - AEROBICS

Tues. Thurs. 6:45 - 7:45 p.m. - STEP

In the Studio at the Base Gym. Dependents and Military welcome! For more info call Wendy at 339-5620.

TOPS Meeting

TOPS #BC3454, Lazo, meets every Wednesday at the Base Rec Centre at 6:30 p.m. for information call Wendy at 339-9851 or Elaine at 338-1200.

Aerobics

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

Base Rugby Club

A Base Rugby Club is in the process of being formed with Base backing. Any persons interested in joining, phone Cpl Brad Marriott at local 8534/8417 or 339-2793 or Cpl Vince Horne at local 8534/8417 or 339-6409 anytime. No experience required. This club is open to civilians living on Base and their dependents and foreign personnel on duty with the CF. (CFAO 50-20)

22 RCSCC

75th Anniversary

22RCSCC Undaunted will be celebrating the 75th Anniversary of the corps with a reunion of former cadets and officers to be held in conjunction with the 75th Annual Inspection on the weekend of 20-22 May 1994. If you have any information, memorabilia or recollections about the corps' history (cadets, officers, activities, parade locations, summer training, cruises), or to put your name on the mailing list for further details about the reunion, please write to the present Commanding Officer at the address shown below. Be sure to include your present address and the dates that you were in Undaunted.

LCdr Leslie R. Young, CD
75th Anniversary Committee
22 RCSCC Undaunted
1820 - 24 Street S.W.
Calgary, Alberta
T2T 0G6
FAX: (403) 246-1510

Avis

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

On & Off the Base

Employee Assistance Programme

"Walking Miracles"

Anne Marie: "We are all walking miracles."

Mother felt confused by Dad's drinking and eventually became obsessed by it. I mimicked her behaviour. Unable to work, Dad spent time alone with me. Mother was the bread winner. While she worked, I busied myself hunting Dad's bottles and pouring them out, also hiding his matches and cigarettes in my doll carriage.

Later, in school, I became self-conscious. I thought everyone would know what I didn't want them to know - that my father was an alcoholic. I tried to please others to prevent them from questioning things that might not be right. I hid these mixed emotions and feelings.

Dad and Mom soon divorced, and I was glad. He never knew my anger. One would think that after Dad left, all would be well for Mom and me...right? Wrong! Mom's confusion remained with her, and with me. Dad wasn't the only touched by alcoholism.

After finishing high school and junior college, I married. It

wasn't love, it was because the man didn't drink. He seemed to be the opposite of Dad. Despite the misery, I stayed in the marriage because I was afraid to be alone. Then, I found my first true love: an alcoholic. I divorced my husband and spent the next two years with a "dry" alcoholic. Although in AA, he was crazy and violent. I put myself in danger many times before I broke up with him because the excitement was familiar.

I joined Al-Anon while he was in AA; if I hadn't, I never would have been able to detach from this destructive relationship. I never would have seen it as destructive.

In the years that followed I made a series of unhealthy choices. There were other unstable relationships and, then, my own alcoholism. This was something I had sworn I'd never do: follow in Daddy's footsteps! It wasn't until I found other adult children of alcoholics in Al-Anon that I really started to get a grip on my complex disease of alcoholism.

These Al-Anon meetings



saved my life. I found many things, especially love and an insight I couldn't find anywhere else. We'd been through the same war, fought the same battles, and shared the same scars. We are all walking miracles. We love and support, no matter what. I am learning to live 24 hours at a time. I'm not afraid to reach out. Life is more serene. I let go and let God. By changing what I can - only me - I find happiness.

I use the 12 steps. I accept the right to be free, happy and joyous. This is what my Higher Power wants for me. I can now care for others because I can care for me.

For more information on Al-Anon/Alateen support groups, contact an EAP Referral Agent: Carol Anderson 8356
Russ Burns 8625
Bev Chadderton 8857
Evelyn Femia 8336
In DND, The EAP is a joint Union/Management program.

BESTSELLER

March 2, 1993
Hardcover
Fiction

- | | |
|-----------------------------|------------------|
| 1 Griffin & Sabine | Nick Rantok |
| 2 Sabine's Notebook | Nick Rantok |
| 3 The English Patient | Michael Ondaatje |
| 4 The Talismans of Shannara | Terry Brooks |
| 5 Generation X | Douglas Coupland |
| 6 Vox | Nicholson Baker |
| 7 Graven Images | Audrey Thomas |
| 8 Mostly Harmless | Douglas Adams |
| 9 Mexico | James Michener |
| 10 Good Bones | Margaret Atwood |

Non-Fiction

- | | |
|-------------------------------------|---------------------------|
| 1 Revolution From Within | Gloria Steinem |
| 2 The Wealthy Barber | David Chilton |
| 3 Women Who Run With The Wolves | Clarissa Estes |
| 4 A New and Better Canada | Best of Bridge Publishing |
| 5 A New and Better Canada | Best of Bridge Publishing |
| 6 Sex, Art and American Culture | Camille Paglia |
| 7 Healing and The Mind | Bill Moyers |
| 8 Wealth Without Risk for Canadians | Charles J. Givens |
| 9 Systems of Survival | Jane Jacobs |
| 10 Nobody Nowhere | Donna Williams |

Urgent Ward Councillors Needed

We are in urgent need of ward councillors. Postings have caused a number of vacancies on the Council. All we ask from you as a Councillor is about 2 hours a month of your time and assistance with the events held about every six weeks. If you wish to represent your ward on the Council, please call Linda Rose or come out to a Council meeting held every third Tuesday of the month at 1900 hrs in the Community Centre. Hope to see you there!

Presently the PMQ Association Council is as follows:

Mayor: Capt Dave Grimshire, local 8484, PMQ 83A, 338-7061
Deputy Mayor: Sgt Mimi Caron, local 8360, PMQ 1, 339-6230
Town Clerk: Mrs. Linda Rose, local 8571 PMQ Assn. Office
Ward #1: Mrs. Judith Eckhardt, PMQ 4, 339-6916
Ward #2: Councillors Needed
Ward #3: Councillors Needed
Ward #4: Sgt Roger Archambault, local 8392 or 8270, PMQ 60A, 339-5716
Ward #5: Mrs. Sandi Petitpas, W. 338-6561 and
MWO Dan Petitpas, local 8372, PMQ 71A, 339-6548
Ward #6: Councillors Needed
Ward #7: Mrs. Liz Watts, PMQ 102E, 339-2324
Ward #8: Mrs. Sharla Hunter, PMQ 109A, 339-2568
Ward #9: LS Allen Ross, local 8769 or 8529, PMQ 114B, 339-4879
ACO: Mrs. Doreen Wyatt, PMQ 112F, 339-0221
Helper: WO Mike Turcotte, local 8545, PMQ 55A, 339-2843

Wallace Gardens Community Calendar of Events

Tuesday 16 March.....PMQ Association Council Meeting
1900 hours in the Community Centre - Guests are Welcome
Saturday 10 April.....Easter Activities for Kids 12 yrs. & Under
Look for flyers in the near future.
Saturday 1 May.....PMQ Area Clean Up
(Look for flyers to come explaining details.)
Thursday 20 May.....Community Awards Night
If you know a candidate deserving of a Community Award, submit name in writing to Council Office.

Support your Community and all its Events by becoming a Member of the Wallace Gardens PMQ Association

For further information contact Council Office
Monday - Friday 8:30 a.m. - 12:30 p.m.
Phone 339-8571

NEXT DEADLINE
22 MARCH NOON

French Schools at CFB Edmonton

If you are posted to Edmonton and wondering about French language schooling for your children, the following information will assist you in making some decisions.

Schools in Edmonton are accepting registrations at this time, and in order to help plan for teacher and classroom requirements it would be helpful if new arrivals could make their needs known to the various institutions as soon as possible.

A list of French schools in Edmonton is shown below:

Les Écoles Françaises - BFC Edmonton

Si vous êtes muté à Edmonton et vous voulez avoir des renseignements concernant les écoles françaises pour vos enfants, l'information suivante peut vous aider à prendre des décisions importantes sur tous les choix possibles.

Présentement, les écoles à Edmonton acceptent les inscriptions en vue d'aider les enseignants à planifier les prérequis pour les cours, il serait très apprécié si les nouveaux arrivants pouvaient faire connaître leurs besoins aux institutions le plus tôt possible.

La liste des écoles françaises est comme suit:

a. École Maurice Lavallee
Elementary Junior/Senior High School, Grades 4 - 12
8828 - 95 Street
Edmonton, Alta
T6C 4H9
Tel: (403) 465-6457
Principal/Directeur Mr. Leonard Rousseau

b. École Notre-Dame
Elementary, Kindergarten to Grade 6
6715 - 86 Avenue
Edmonton, Alta.
T6V 0J9
Tel: (403) 466-1800
Principal/Directrice Mme Yolande Moquin

15425 - 91 Avenue
Edmonton, Alta
T5R 4Z7
Tel: (403) 484-6955
Principal/Directrice Mme Lucille Charrois

c. École Père Lacombe
Elementary, Kindergarten to Grade 6
10715 - 131A Avenue
Edmonton, Alta
T5E 0X4
Tel: (403) 478-9389
Principal/Directeur Mr. Claude Ouimet

d. École Ste-Jeanne D'Arc
Elementary, Kindergarten to Grade 3
6715 - 86 Avenue
Edmonton, Alta.
T6V 0J9
Tel: (403) 466-1800
Principal/Directrice Mme Yolande Moquin

Chapel Chatter

By Padre Bob

released, having served their time.

All of the incumbents were innocent - they always are. It was usually their boss' fault but some complained that it was their subordinates' fault that they got to sit in cells for a while. One young lad did come up with an original. "It was my MCpl's fault, Padre. She led me astray."

From my vantage point it seemed like everyone had a good time and the Charity Lock Up collected around \$1200. This will be used to establish a fund to provide short term emergency help to service members and their families - help that cannot be supplied in

ways such as the Personnel Assistance Loans. It was a lot of fun that will result in helping other serving members. Thanks to all of you for your good humour, patience and support of the Charity Lock Up and what it will provide in the future.

This past Sunday Pastor Ole Bruun of the Lutheran Church led our Service and conducted Holy Communion according to the rites of his denomination. One of the fun/interesting things of Chapel life is taking part in each other's Services, but also showing first and foremost our unity in Christ, in His family, the Church. See you in Chapel....

COMOX COMMUNITY CENTRE

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

SPRING BREAK 1993

March 15 - 19, 1993

SOFTBALL B.C. & COMOX RECREATION

presents

Spring Break Skill Development Camp



Ages: 9 - 12 yrs.
Days: Tuesday - Friday
Date: March 16 - 19
Time: 9:00 am - 1:00 pm
Fee: \$40.00/child includes Camp t-shirt
Location: Comox Community Centre

A grass roots softball skill development camp.

REGISTRATION DEADLINE: Wednesday, March 17 • 12:00 noon

LOONEY LEISURE

Kids in the Gym • DROP BY FOR PHYSICAL ACTIVITY & FUN

AGES: 6 - 9 yrs.

Mon., March 15 8:30 - 10:00 am
Floor Hockey & Games
Wed., March 17 1:00 - 2:30 pm
Badminton & Basketball

AGES: 10 - 12 yrs.

Monday, March 15 10:30 - 12:00 noon
Indoor Soccer & Games
Wednesday, March 17 3:00 - 4:30 pm
Volleyball & Basketball

\$1.00
Drop In/
Day

GET INTO THE GAME AT THE COMOX COMMUNITY CENTRE

TEEN TIME

Tuesday, March 16 1:00 - 2:00 pm Floor Hockey
2:00 - 3:00 pm Indoor Soccer
Thursday, March 18 1:00 - 2:00 pm Volleyball
2:00 - 3:00 pm Basketball

SIMON'S CYCLES

and the

COMOX COMMUNITY CENTRE

presents

DUO-FUN

1st
ANNUAL

SQUASH

T O U R N A M E N T

• Saturday • Sunday •
• MARCH 27 & 28 •

at the Comox Community Centre, 1855 Noel Ave., Comox, B.C.

339-2255

REGISTRATION

Registration and Payment. Teams register in person, maximum 30 couples. Closing Date WEDNESDAY, MARCH 24 at 6:00 p.m. All playing times available. Thursday, March 25th, after 12:00 noon. Looking for a partner? Singles sign up available.

RULES

- Teams consisting of couples only (minimum age 15 yrs.)
- Every team plays four matches consisting of 5 games per match
- Scoring is done by adding up your points won per game. Points are then combined with your partners game points for teams overall total points
- Substitute players permitted due to injury or illness

PRIZES

- All entries receive complimentary water bottles
- Gift Certificates by SIMON'S CYCLES awarded for 1st, 2nd, & 3rd. place!
- Lucky Draw Prizes!

COSTS

\$30.00 per Couple or \$15.00 per single + GST.

Want to Improve your Squash Game?

4 - DAY JUNIOR SQUASH DEVELOPMENT CLINICS

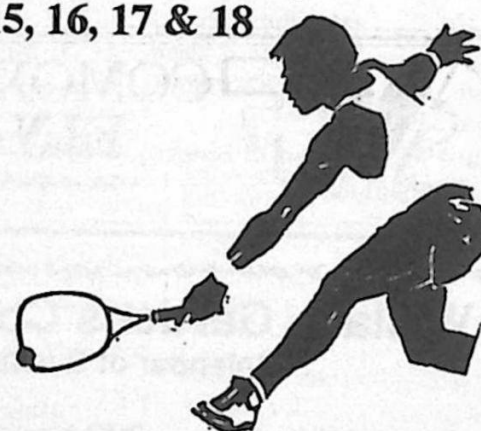
Hosted by

COMOX COMMUNITY CENTRE

Monday, Tuesday, Wednesday, Thursday
MARCH 15, 16, 17 & 18

B.C. SQUASH INSTRUCTOR
LARRY CHRISTIANSEN

Certified A-1 Official,
Four years International
Player,
Five years Instructor,
Coach
and Examiner.



SCAMPS 9 - 12 years

Includes 12 hours pro squash instruction with Larry Christiansen, all squash equipment, Mini-squash tournament and court fees.

9:00 - 10:30 am &
1:00 - 2:30 pm Daily
Cost: \$65.00/person
Max: 8 participants - REGISTER NOW

JUNIORS 13 - 15 years

Includes 12 hours pro squash instruction with Larry Christiansen, all squash equipment, Mini-squash tournament and court fees.

10:30 - 12:00 noon &
2:30 - 4:00 p.m. Daily
Cost: \$65.00/person
Max: 8 participants - REGISTER NOW

FOR MORE INFORMATION and PRE-REGISTRATION
PLEASE CALL:

COMOX COMMUNITY CENTRE
339-2255

THURSDAY 11 MARCH 1993

TOTEM TIMES 21

On & Off the Base

Airport Service Supports MP Fund



For the blind children: Mr. John Van der Vliet presented a cheque to BSecurO Capt Weed on 16 Feb. Attending were MCpl Aroz (L) and MCpl White (R).

MP Car Wash & Airport Service 25th

MP Fund for Blind Children

February 16, 1993 marked the 25th anniversary of the Airport Petro Canada Service Station and a happy moment for the Military Police Fund for Blind Children. One cent for every litre of gasoline sold on 15 and 16 Feb 93 was donated to the Blind Fund. The total amount of money donated from the sale of gasoline reached \$174.22 but with the help of the Military Police Car Wash the grand total was \$522. Thanks goes out to all who attended to help celebrate the 25th anniversary with gas, car wash or just to

say hello. We would also like to give special thanks to certain individuals who gave the Service Station a certain flair for the day. Thanks goes out to John Van Der Vliet and staff, CE Roads & Grounds (use of the hoses), General Stores, MSE Dispatch, Base Cleaners for the buckets, the unforgettable Alain Turcotte and the Rappers and of course Karen The Clown. Consideration must be given to Chris Sheehan and Virginia Hall for providing the dirtiest vehicle for the day and special recognition goes to the car

washers:

Joan "Sneakers" Langevin
Pat "C & W" Reid
Mike "Shoeless" Rodgers
Serge "Mousse" Cousineau
Steve "Give me the hose,
Joan" Smith
Frank "Candid Camera" Aroz
Pat "IOU" Brunet
Doug "the Slug" White.

This day will remain in the hearts of all the Security Branch for a long time to come or until our feet dry out.

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

CHAPEL CHIMES OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - Maj R.C. Vickers
CHAPEL - Our Lady of the Sacred Heart (on Base)
OFFICE - Headquarters, Bldg 45, Rm 48, Local 8274
MASS SCHEDULE:

Saturday.....1700 hrs
Sunday.....1000 hrs
Daily Masses.....Tuesday and Wednesday at 1900 hrs
and Thursday mornings at 0900 hrs

Changes will be announced in the bulletin
RECONCILIATION - Confessions will be heard before each Advent and Lenten Seasons.

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.

CATECHISM CLASSES - September to May in the Airport School at 1830 hrs, every Wednesday.
Coordinator: Diane Plamondon, 339-0807.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj R.E. Baker
CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88

OFFICE - Headquarters, Bldg 45, Room 48, Telephone 8273.
SUNDAY WORSHIP - Each Sunday at 1100 hrs.

HOLY COMMUNION - First Sunday of the month.
SUNDAY SCHOOL - In conjunction with 11 a.m. Service.

NURSERY - during 11 a.m. Service for children under 3 yrs.
CHOIR - Practices 6:30 p.m., Thursdays at Chapel.

CHAPEL GUILD - Meets the first Thursday of each month at the Chapel 7:30 p.m. President Bonnie Cochrane 339-4988.

New Mayor & Deputy Mayor PMQ Council

Effective 1 Mar 93, Capt D.A. Grimshire, BAMS0, is appointed Mayor PMQ Council, and Sgt M.M. Caron, BSupply, is appointed Deputy Mayor PMQ Council. The terms of office will be for a period of one year and may be extended.

On behalf of the BComd, I would like to express my sincere appreciation to Capt R.C. Sealby and WO J.P. Turcotte for their dedicated and diligent service to the military community in their capacities as Mayor and Deputy Mayor respectively.

LCol G. van Boeschoten
B Adm O

TO OUR VOLUNTEERS:
Our heartfelt thanks for a job well done!



Improving your odds against Canada's #1 killer.

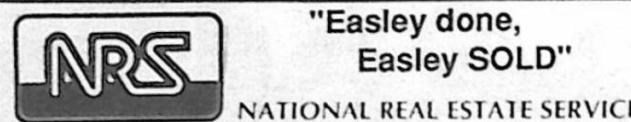
NEXT DEADLINE 22 MAR

Service Directory



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res. (604) 338-0868

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"Easley done,
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res. (604) 339-7910 pager 1-978-2263

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338-8318
* COMOX MALL
339-7774
* DOWNTOWN COURTENAY
334-3443

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U Store It
Lock It
Keep the Key

CLOSE TO THE BASE & TOWN

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Knight Rd & Pritchard Rd
Comox, B.C.

339-3424

**Country Village
Kitchen Bin**



Beans to You
Our new gourmet coffee bar
We serve the Service

190 Port Augusta Mall, Comox, B.C. V9N 5H5
Don Gates "Our Business is a Grind" 339-7313

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330 ISLAND HIGHWAY NORTH COURTENAY
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EXPRESS

Assistance for Busy People
Gerry Peppard 339-3376

339-6945 Fax RR #1, Site 168 C11
Comox, BC V9N 5N1

* Event Management
* Computer Tutorials on popular software
* Computer Shopping & Set Up, & Spreadsheets

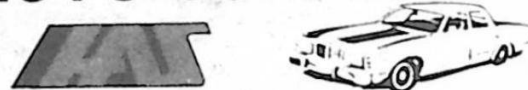
**THE
GRIFFIN**



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* Darts
* Pool
* Section parties
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PUB 1185 Kilmerley Rd. Comox

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Parts, Accessories, & Tools

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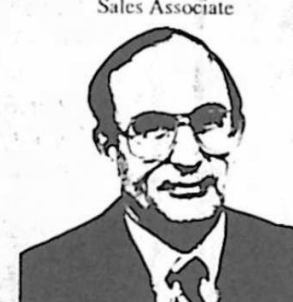
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**General
de Chastelain
Retires**



Gen de Chastelain

Gen John de Chastelain, Canada's former chief of the defence staff, returns a general salute from the guard of honour at his farewell parade in Ottawa on 2 Feb 1993. "Canada is in your debt," de Chastelain told those assembled in the concourse of National Defence Headquarters. "You have done an extraordinary job on behalf of the Department...and indeed on behalf of the country." After 37 years of service, including three-and-a-half years as CDS, de Chastelain retired to accept an appointment as the Canadian Ambassador to the United States. Adm John Anderson is Canada's new CDS. (Photo by MCpl François Bigras)

Feb 22, 1993
**BGen Bowen Visits
Inspection**



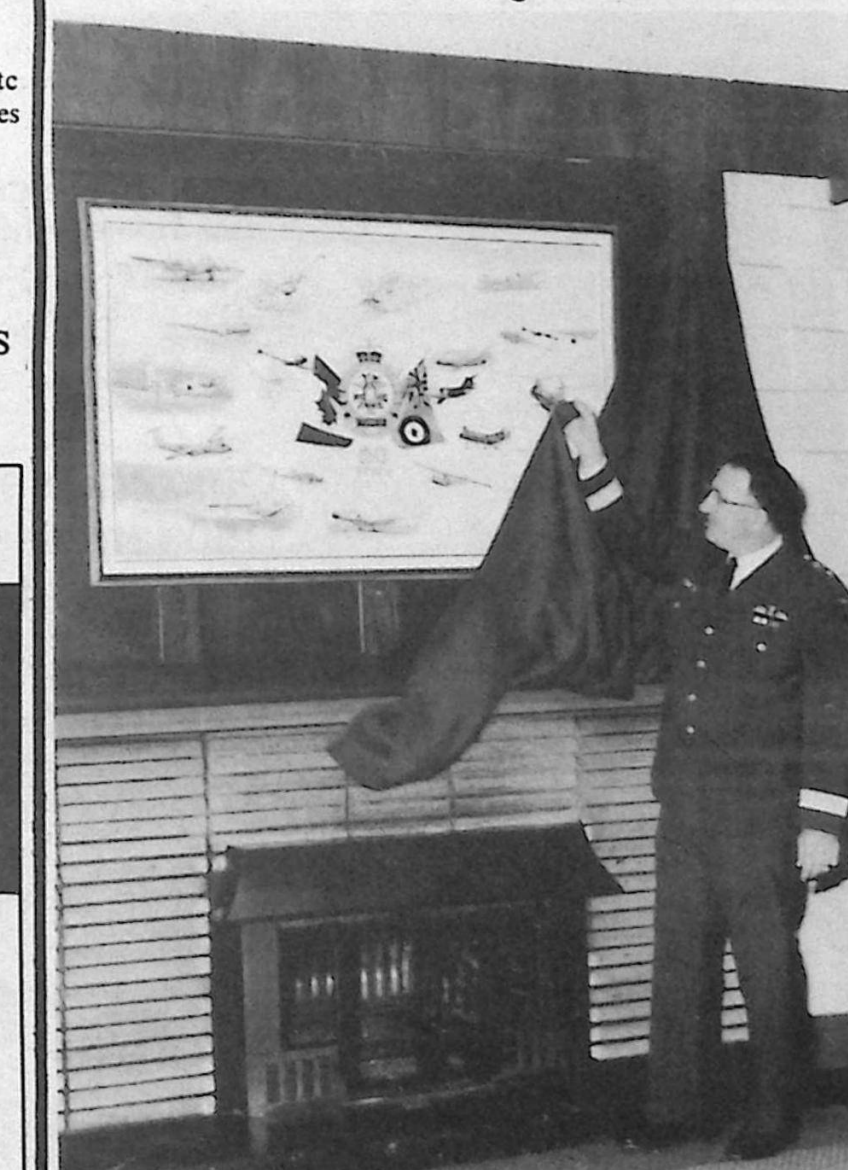
Accompanied by Lt Elizabeth Ritchie of 407 Sqn, BGen Bowen inspects the Honour Guard outside the Officers Mess.

Conversation



Cpl Layla Kelly has an opportunity to exchange views with BGen Bowen during a coffee break at the Jr. Ranks Mess.

Unveiling

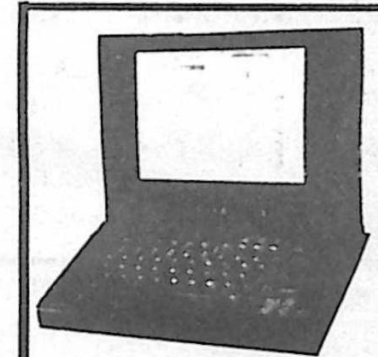


The painting was "officially unveiled" by BGen Bowen during his 22 February visit to the Base. Commissioned late last year, it is a mosaic of the various aircraft which have operated out of CFB Comox and was masterfully painted by Mr. John Rutherford, a well known aviation artist.

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