



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 35 NO 22

THURSDAY 16 DECEMBER 1993

COST: PRICELESS

To our readers, contributors,
advertisers, support staff and printers

MERRY CHRISTMAS

from the Editor and Staff



A Christmas Message from the Commander-in-Chief



**From The Governor
General, Ramon John
Hnatyshyn**

As Commander-in-Chief, I am honoured to offer my warmest wishes to Canadian Forces personnel and their families both at home and abroad during the holiday season.

In the years since I assumed the duties of Commander-in-Chief, I have become acutely aware of the tremendous responsibilities that the Canadian Forces

assume both in our country and on foreign soil. During this time, I have not only been struck by the confidence which Canadians have invested in military personnel, but have also been impressed by the calm, professional manner in which they carry out their duties.

While the Canadian temperament does not lead us to speak boastfully about our country, I encounter immense pride in the accomplishments of the Canadian Forces wherever I go in Canada. Your dedication to safeguarding our cherished rights and freedoms is important to all Canadians. Moreover, your commitment to the fundamental values which we, as a nation, have embraced throughout our history and your willingness to pursue peace, no matter the country and despite the danger, have earned you the esteem of people in all regions of our country.

We have entered an era when political borders are shifting and

old animosities are re-emerging in violence. It is a sad truth that Canadian expertise and peace-keeping experience are still sought after throughout the world. I am confident that our military personnel will maintain the flexibility and responsiveness for which the Canadian Forces are renowned as international developments continue to call upon their unique skills. The activities of Canadian Forces on peacekeeping missions bring a glimmer of hope to people whose desperation and struggle is particularly heart-rending during the holiday season.

This is a time of year when, traditionally, we celebrate the virtues of peace and generosity, as well as pause for a few moments to reflect upon the blessings in our lives. A glimpse at the daily headlines reinforces the fact that we are fortunate to live in a country which is founded on peace and compromise and, un-

doubtedly, people throughout our country appreciate the professionalism and courage of the Canadian Forces personnel who are devoted to these ideals. On this happy occasion, I am pleased to express my gratitude to the

members of the Canadian Forces for their service to our nation. My wife and I wish all military personnel and their families a joyous holiday season and a safe New Year.



On & Off the Base

1993 Christmas Messages



From Most Reverend
André Vallée, P.M.E.
Military Ordinary

Last year, a radio station conducted a survey on how people felt about Christmas. The question asked was: "What does Christmas mean to you?"

The results of this survey are quite revealing. The responses could be summarized something like this: Christmas reminds me of things like shopping, children,

presents, dinner parties.

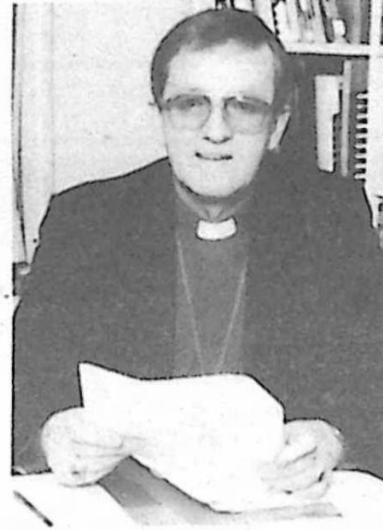
Mind you, there is nothing wrong with concerning ourselves about shopping, children, presents or dinner parties at Christmas time. In fact, anybody who had no thoughts at all about these things around Christmas might be considered a little out of touch. However, in responding to this survey, hardly anyone mentioned the religious character of Christmas. This is a lot more disturbing, for, after all, we do celebrate Christmas to mark the birth of Jesus. Moreover, we celebrate Christmas because of our Christian heritage, and finally, because we, ourselves, are Christians.

We seem to be embarrassed by having to bear witness to our faith in Jesus. We seem to have either forgotten our Christian heritage, or simply lost it. Is this possible? Or perhaps we have even rejected God in our lives to the extent of totally forgetting that He gave himself that we might be saved.

Family relatives and friends of those serving abroad would certainly be saddened if their loved ones were to be forgotten, especially at Christmas. Can anyone blame them? Indeed, how can anyone forget a loved one on the most important feast of the year?

I would like to take this opportunity to extend my greetings and blessing to all our men and women away on foreign service. We are grateful to them for their commitment to the service of peace and for their dedication towards the disadvantaged of this world.

During this Christmas season, let us keep in mind the Source of all peace who offers his love to all men and women everywhere. Let us pray for those who are far away, for those who are the most in need of our love, and for ourselves. Let us make the Christmas season a time for refocusing our lives on the One who, alone, can bring peace on earth. Merry Christmas!



The Right Reverend
G. Russell Hatton,
Chairman of the
Canadian Council of
Churches' Committee
on Chaplain (P)
Service in the Forces

Greetings for a blessed, holy and Merry Christmas!

It is my privilege, on behalf of all members of the Chaplaincy Committee of the Canadian Council of Churches, to bring these greetings to all the members of our Canadian Forces.

The nearness of God, the naturalness of God, the simplicity, the friendliness of God - this is the Love of the Christmas

message and this is why our celebration is about a little child in the humble surroundings of a barn in Bethlehem.

God comes to us and speaks to us in a language we can all understand. Next to the cradle in the manger all people speak the same language. Politics, language, and culture may divide us, yet we can still know the simple love set forth by an infant in a cradle.

To say that this world desperately needs a God of Love and Peace is not to express a mere pious or even a religious opinion. A world that is hate-filled needs this God of Peace and Love.

To bring love, peace, and hope to all is to bring God into the hearts and lives of people everywhere.

As a member of our Canadian Forces you are on the front lines of making God's Peace happen. Peacemaking and peacekeeping are now centre stage in the affairs of the world.

Wherever you are - at home or in a far off country - may this holy season be one of peace, joy and hope for you and for all people.

Be assured of our prayer-filled support at this Christmas time and always.

Advent, Christmas and other times

by Padre Harvey

Advent marks the beginning of a new Christian year. It is a time of hope and expectation. It is a time when we prepare for the incarnation of the Word, Jesus Christ and anticipate the fulfilment of God's promises.

Just as Israel waited for the coming of the Messiah, we wait and prepare to celebrate the birth of Jesus. In our lives we are always waiting. We wait for a spouse, in a check out line, or for a taxi. But in our world today, to wait is to waste time. We want everything to hurry up. We speed things up with faster jets, cars, instant drinks and technology. Time seems to be very precious and we have none to lose.

Advent is a time of preparation for a Christmas. It is often filled with frantic, exhausting and escapist behaviours. We eat too much, stay up too late, stretched thinly between all the functions. By the time Christmas rolls around we are too tired to do anything. We decorate homes and trees, buy presents and wait in line ups. We experience the joy of Christmas but often it is short lived and lacks depth. The lonely experience more loneliness; the broken have their wounds opened up; the weary become more tired and all are poorer. Fewer people experience the second coming; the birth of new life; that presence of peace, hope and joy.

Advent is not the time for last minute shopping; partying or decorating. It is a time of silent

reflection, of solitude and silence, and meditation and prayer. We need to slow down from the hectic pace of life and get in touch with our longings, hopes and dreams. It is a time to remember Jesus' first appearance on earth. It is a time to look forward with hope to his second coming. Advent is a time to wait and prepare for the birth of possibilities.

Chaplains Chatter



Christmas is the birth of possibilities. The birth of Jesus; Emmanuel, "God with us." It is a time when we struggle with what it means that Christ has come, Christ is coming and that Christ will come again. Christ is in the midst of us wherever we recognize the poor, the broken, the sinful and those rejected by the world.

Christmas is a time when we celebrate the commonplace being made blessed and transformed by the incarnation of our Lord. The

straw and manger become a throne. The ox and ass become gracious guests. We find God where we least expect it. God is in the human condition. In our ups and downs; our joys and sorrows; in our failures and successes and in struggling human relationships. These places become the manger bed where we find Christ.

But sentimentality makes Bethlehem too white and sweet smelling and the Virgin soft and melting. We forget the pungent smell of animals and hay, the dirt and filth all because there was no room in the inn. The reality is we gave and continue to give Christ no room. We open the door a crack and fail to recognize Christ before us. Christ was in the world, and the world came into being through Him; yet the world did not know Him. Angels, bells, stars, a shepherd's staff (candy cane) and gifts all remind us of Christmas.

It is through these symbols we celebrate Advent, Christmas and other special times in our lives. There are many secular rituals that surround Christmas and often the religious dimensions of this season are left to Church. Christmas is when Christ comes and dwells amongst us, at Church, at work, and at home. It is very easy to make a place within our homes for Christ. A blessed Christmas to all.

CHRISTMAS & NEW YEAR'S SCHEDULE OF SERVICES

24 December 93 at 1900 hrs
Early Family Mass

24 December 93 at 2330 hrs
Hymn Songs followed by Mass

25 December 93 at 1000 hrs
Only Mass on Christmas Day

26 December 93 at 1000 hrs
Regular Sunday Mass

31 December 93 at 1700 hrs
New Year's Eve Mass

01 January 94 at 1000 hrs & 1700 hrs
New Year's Day Masses

02 January 94 at 1000 hrs
Regular Sunday Mass

MERRY CHRISTMAS
AND
HAPPY NEW YEAR
FROM
OUR LADY
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Local 8163

Alcoholism ARC

ARC: "One Ship's Perspective"

by Rhonda Roy

(This is the sixth and final part of a series on alcoholism in the military. The series appeared earlier this year in CFB Esquimalt's base newspaper, The Lookout. The writer, a co-op student from the University of Victoria, spent time at the CF's west coast Addiction Rehabilitation Clinic talking to patients, family members, and staff.)

Ordinary Seaman Bloggins was in the "main cave" of the ship telling his buddies about the great course he just finished, the neat things he learned, the wonderful friends he made. Finally, one observer couldn't resist - he was dying to know what-the-heck course young Bloggins was talking about because he wanted to get in on it too! "I was on ARC," Bloggins yelled back at him across the room, "it was fantastic!"

WO Chris Galvin, physician's assistant on HMCS Annapolis, often refers patient to the CF's west coast Addiction Rehabilitation Clinic (ARC) and respects the confidentiality and sensitivity involved in the process. But he notes that the old stigma of ARC participation appears to be gone: "We try to keep it confidential," he says, "but they come back and spout off about it."

Most people referred to ARC by Galvin are there through the grace of people who care: "Often wingers and supervisors come to us...they really look after each other...people do not have time to get set in the mould before others intervene."

SCAN Transition Tips

by
Lt(N) Linda J. McNally,
Wing Personnel
Selection Officer

(The following article is cited from W.G. Fitzpatrick of the Non-Commissioned Officers Association of the U.S.A.)

A military commander would rarely, if ever, commit his force to battle without effective intelligence information. The information would be gathered from as many sources as possible and include both active and passive methods. Reconnaissance units would be sent to personally check out the route or battle area and to confirm other sources of information.

Your transition to civilian life and the civilian work force can use many of the principles you have applied in military operations over the years. You will soon discover that you need to gather as much information as possible prior to committing to a course of action. You may even need to perform a reconnaissance prior to moving to a new location.

It has been easy while in the service. The military community takes care of it's own. When you are posted, you generally have a sponsor assigned to ease the

Galvin says there is "zero percent tolerance for alcohol related incidents," on the "pretty dynamic ship...you've got to be on top of it...you can't afford to be glibbed. If you don't perform you're gone...the old days of hiding people are over...people are more aware of the jobs we are doing and safety...we can't afford to carry any dead wood...none at all." Galvin doesn't want to see untreated drug or alcohol problems among his shipmates because he "doesn't wanna' be swimming."

Galvin feels the stigma of ARC no longer exists because "it's finally sunk in that no one is out to get you, but to help." He says he has seen nothing but "good results from the people we sent (to ARC) and a lot of support from this boat." In fact, there's a standing joke now that you want to get promoted, you've got to get that ARC course under your belt. Promotions seem to follow ARC graduates as they turn their lives around, become more productive and move to the front of the line.

Annapolis' executive officer, LCdr Ray Stacey, has referred personnel to ARC on eight occasions and, with the exception of one individual, all candidates came back "reborn." Stacey, who abstains from alcohol himself - not by choice, but because of an allergy - remembers one petty officer he recommended for the ARC program after he was confronted by his wife - she "rebelled." The man returned a year later to give Stacey a hug and tell him: "Sir, you're the only

SOB in 16 years who cared!"

Stacey says "I don't know what goes on in that program, but I'm absolutely amazed how individuals can be changed in such a short period of time...ARC is a hidden gem...these changed individuals make me realize how important the program is...saving families, children, generations...a century's worth of effect...and they bring this to others on the ship."

"People need to be cared for, it's called leadership," says Stacey. "It takes a hell of a lot of courage to come back and to change one's lifestyle...but the reality is not as hard as the perception...when the graduate returns to the family here, he assists others with their problems...people who work for the returned alcoholic have a lot of respect for him...a person who might have once been an object of derision becomes a valued asset." According to Stacey the only stigma associated with ARC is attached by people unwilling or too afraid to deal with their own problems of addiction.

Stacey is aware that AA meetings are held throughout the ship, but he never sees them. They tend to remain "invisible" - just a friendly group of shipmates sitting about the cafeteria having a cup of coffee or tea and chatting.

Galvin laughs that when the ship is in a foreign port now, some sailors get in the van to go shopping, others go to AA meetings. The AA members get priority service, of course. The shoppers don't mind.

Fact Finding - Easing the Transition Move

trauma of the move. On-base services were available to you and your family to provide information, help and counselling.

Those days are gone. Now you have to rely on your own efforts to ensure that your transition and your move are successful. Success requires effective planning and execution, but it also means that you are going to have to conduct your own intelligence gathering.

One method of gathering intelligence information is to conduct a fact finding visit. These trips are a good source of information but should always have a list of goals established in advance. They also require careful planning to make sure that you don't waste valuable time.

Obviously your primary goal is to find adequate housing, but there are others things to consider as well. If you have already found employment you are going to be interested in finding housing within reasonable commuting distance from your place of employment. In line with that, you need to ensure you don't get yourself into a location requiring you to spend several hours each day gridlocked in traffic. Further, if you have children in school, the

proximity of schools to both your workplace and your residence is a significant factor. It is also a good idea to visit the housing location during varying hours of the day to get a feel for the quality of the neighbourhood and to identify nuisances like barking dogs, and freeway noise at midnight.

Don't forget to check on shopping and banking facilities. Establish a banking relationship, open an account, and make arrangements to have your retired pay deposited directly beginning with your first cheque. Check on development plans for the community and economic indicators that forecast future growth. What is the cost of housing going to be five years from now, and what is the future outlook for your new employer?

If you haven't found a job yet, you should assess the opportunities within the community critically. Are there jobs available in your specialty and can you reasonably expect to make the amount of money you need to maintain your lifestyle? This information could very well impact your overall decision to relocate to the area.

In preparation for the trip you should be responding to adver-

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tisements and sending "broadcast" letters to potential employers who are located in the area. Include your resumé and let the employer know what date you can be available for interviews.

Sources

There are lots of sources available to help you in putting your personal intelligence estimate together. Some will be visited in person during the fact finding visit and others should be contacted in advance by mail or telephone. Your best source can be your new employer if you already have found a job and information can also be gained from your future co-workers.

If you are still job hunting, start with the Canada Employment and Immigration Commission as they can provide a wealth of information on job prospects and programs. Visit the library, spend some time in the reference section, and develop a "prospect list" of companies. The list can be used to mount a direct mail campaign for broadcast letters that will produce interviews in advance of your trip. Keep your list posted and conduct follow-up phone calls (or visits) to those who did not respond, once you are

on the scene.

For economic information and leads on real estate, write the Chamber of Commerce or call and talk to the staff. Chambers generally can provide packages of valuable information on housing, schools, maps, future developments plans and much more.

Finally, subscribe to the local Sunday newspaper, and read every section regularly. This can be the most complete guide to information of all kinds and can help to direct your relocation efforts with valuable information. Employment adds can help you to respond to actual vacancies and to get some interviews scheduled for your trip.

It has been said that the three greatest causes of stress in our society today are divorce, loss of employment, and moving. You can suffer the stress or you can make it easy by preparing yourself with effective information. Get started as early as you can. Gather intelligence, anticipate the unknown, develop a viable plan and you can ensure that your transition can be the positive start of your successful second career.



Have a Safe and Happy Holiday

On the Base

A Christmas Message from the Wing Commander



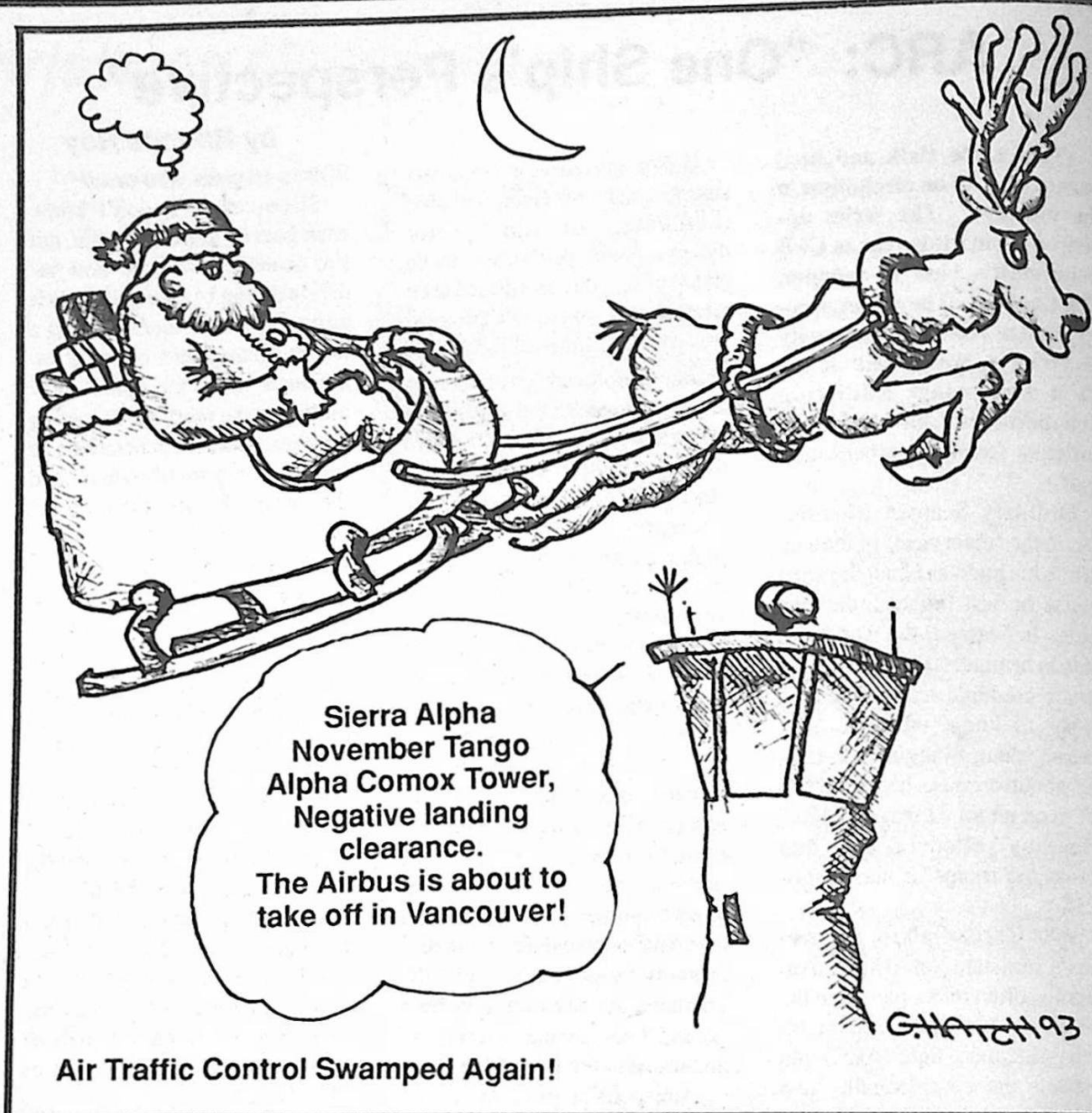
WComd Col Terry Rogers, Mrs. Heather Rogers and Sheltie-Reindeer Casey.

At this special time of year, we should take advantage of the opportunity to reflect on our personal accomplishments during the past 12 months and focus on those important matters for resolution in the new year. This annual renewal process is a valuable exercise for the individual, the family and the community in which we work and play. The stress of modern day living is more manageable when an individual takes advantage of the opportunity to re-orient the priorities on one's life and approach problems either differently or with a renewed sense of vigour and enthusiasm. I hope each and every member of Mr. Rogers' neighbourhood finds the time during this busy holiday period to share the friendship and fellowship of co-workers and neighbours and to make time for personal renewal. May the true spirit of Christmas find you and your family and bring good health and much happiness in the new year. From our home to each of yours, Heather and I extend holiday greetings and our best wishes for 1994.

and from the Editor and Staff

This final 1993 edition of the Totem Times enables the staff to look forward to a period of relaxation before we start up again on January 10. We have enjoyed bringing the Fishwrapper to you. 1993 marked the 'wrapper's fourth national newspaper award in a row, and we, with help from the excellent photographers from Base Photo, and our talented writers, will be "going for five" in 1994, perhaps against different competition.

Meanwhile, from Norm, Julie, Jenny and Ron, here's wishing you all a safe and happy holiday. Merry Christmas and Happy New Year.



Air Traffic Control Swamped Again!

A Holiday Message from the CDS

Admiral J.R. Anderson



will soon be reunited.

My wife, Anne, joins me in wishing you a happy holiday and hope that you and your families will experience all the joy, fellowship and goodwill of the season.

May all of you enjoy a safe and prosperous New Year.

Each year at this time we pause to reflect and to enjoy the festive season: we share with our friends and loved ones, we count our blessings, and we look forward with hope to the New Year.

As Chief of the Defence Staff, I am pleased to be sending you - the men and women of the Canadian Forces - my warmest greetings and best wishes of the season.

The past year has been marked by continual change and remarkable achievement. Thousands of you, for example, have been involved in one or more of the 14 peacekeeping and humanitarian relief missions that Canada has participated in this year. Your service in these difficult and often dangerous missions has given new hope for peace and stability in many of the world's trouble spots.

Many others among you have contributed to the cause of peace through our traditional commitments to the Atlantic Alliance and to the defence of North America. Others on the home front have been safeguarding our sovereignty and carrying out national roles such as search and rescue, fisheries and environmental protection, and anti-smuggling patrols. Still others have served in a variety of postings in foreign lands.

Whether you are Regular Force or Reserve, all of your tasks and missions are important to the Canadian Forces and to Canada. I thank you for your continuing dedication and sacrifice, and I express my sincere appreciation to your families for their support. For those of you who cannot be with your friends during this festive period, my hope is that you

Comment

1993 Christmas Messages

The Honourable David Collonette, Minister of National Defence

It's a special pleasure for me to be wishing you, the men and women of the Canadian Forces and Department of National Defence, all the joy, hope and peace of this festive season.

Whether you are serving at home or abroad, whether you are a Regular Force member, a reservist or a civilian employee, you are helping to safeguard Canada and Canada's interests. I commend you for your dedication and for the professional way in which you have carried out your duties

in the past year.

Many of you have participated in peacekeeping and humanitarian aid operations during the past year - a year in which we faced some of our most difficult and dangerous missions ever. Your efforts have given new hope to thousands of people living in strife-torn areas of the world, and have served as a reminder to all Canadians that our nation is committed to the search for global peace and stability.

To those of you assigned to our longstanding roles in NATO and NORAD, to territorial defence and sovereignty protection, and

to a variety of national roles in support of Canada's interest - your work, while often unsung, is important and highly valued.

For those of you far away from family, friends and loved ones at this joyful time of year, my hope is that you and they will soon be together again.

To one and all - Regular Force and Reserve members, civilian employees, and your families - I wish you the merriest of holidays and a happy and prosperous New Year.

The Commander of Air Command Lieutenant-General G.S. Clemans

As 1993 draws to a close, it is perhaps appropriate to reflect on events of the past year.

The Air Force has deployed around the globe in support of the many humanitarian and peacekeeping missions to which Canada actively contributes. During 1993 we have seen the successful conclusion of missions as diverse as the UN operations in Cambodia and Somalia, and the extensive support to the Canadian Red Cross for the airlift of critically needed medical supplies into remote locations in Russia. In all of these missions and in all of the many others, the women and men of the Air Force have performed their duties with pride and professionalism and have

earned the honour and respect of the international community for themselves and Canada.

The Air Force is in a state of dramatic change in these times of change, but I am sure that you will lead the Air Force and the country through this difficult transition period. As we struggle at home with these potential changes, we must take time to reflect on the sacrifices that our fellow personnel are making overseas and at home.

During this festive season of Christmas, Hanukkah and New Year let us all think of those of us who will be away from our families and friends. Let us think of their loved ones and their need for support during the weeks ahead. Even though this is a season of celebration and joy, it can be a lonely one for those who are not with the people who are an



integral and vital part of their lives. As Commander of Air Command, I wish you the happiest of safe celebrations. Merry Christmas, Happy Hanukkah and a Joyous New Year from LGen and Mrs. G. Scott Clemans.

The Commander of Maritime Air Group Brigadier-General B.C. Horseman

As we approach this festive season, I wish to acknowledge your accomplishments of the past year and send my appreciation and best wishes to all members of the Maritime Air community, their families and loved ones.

1993 has been another busy year and each of you can take great pride in your individual and collective achievements. All members of our community, civilian and military, have accepted the significant challenges we face and worked hard to maintain the outstanding professionalism that has become the hallmark of the Canadian Forces. On a more parochial note, I firmly believe that Maritime Air Group is the most operational group in

the Air Force. Each of you have served with distinction in many areas of the world, as well as at home, this past year and brought great credit to our country and ourselves.

As we look ahead to 1994 we see a continuing demand for our services in troubled spots throughout the world. In all likelihood the world will remain a very unstable place where limited confrontation, the loss of life and the seeming total disrespect for human dignity demands our attention. Here at home we will continue to face financial difficulties and for the good of our country we in the Canadian Forces must be prepared to persevere with our restraint programmes. Indeed, we may be facing further downsizing but, to paraphrase Mark Twain, the rumours of our

demise are greatly exaggerated. Moreover, I have been assured that, as in the past, we will continue to keep the needs and concerns of our people uppermost as we proceed.

Offer a special tribute to those of you who will be separated from your families and loved ones in the service of your country over this holiday period. It is your dedication to duty that permits Canadians and freedom loving people throughout the world to enjoy peace at Christmas and all year long. Your sacrifice delivers what is perhaps the greatest gift of all this Christmas, HOPE. There are so many people in the world who do not enjoy what we in Canada take for granted and they look to us in the Canadian Forces to help rebuild their lives and homelands.

In closing, I am exceptionally proud of each civilian and military member of the Maritime Air community. From the Horseman family to yours I extend warm and heartfelt wishes for a happy, healthy and safe holiday season. May it be one filled with joy and hope for all of you.



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WE THREE CLERKS

by Vicky, Gail & Debby

We three clerks of Central Registry are,
Opening mail and sending it far.
Hangars and buildings, squadrons and messes,
In the drivers car.

Chorus: O driver of wonder, driver of might,
Driver with speed and muscle tight,
Westward leading, still proceeding,
Guide us thru the postal strike.

Hired as clerks at Comox's base,
Always at a hectic pace.
Clerks forever, ceasing never,
Till we fall asleep on our face.

Chorus: O driver of wonder, driver of might,
Driver with speed and muscle tight,
Westward leading, still proceeding,
Guide us thru the postal strike.

Many postings to offer have we,
Delivering letters without a fee,
Thanks and praising, all people raising,
Their papers entrusted to we fair three.

Chorus: O driver of wonder, driver of might,
Driver with speed and muscle tight,
Westward leading, still proceeding,
Guide us thru the postal strike.

CHRISTMAS ODE '93

by C. Massey

As we come to the end of the present year
We pause to wish you all good cheer.
May each of you have a Christmas that's fine,
I pity the turkey on which we all dine.

We pause to remember a child's birth,
Who gave our life a measure of worth.
Let us not forget the reason
That we celebrate this season.

Now as you pause to celebrate
God bless, take care and concentrate
To keep yourselves all safe and sound
and have some fun with friends around.

When the New Year comes about
Let us not forget to shout
"Happy New Year" to you all
Now go and have yourselves a ball.

Doreen says Thanks

Dear Sir,
I would like to thank all the people who were responsible for my retirement dinner and for the lovely gifts that I received.

I would like to give a special thanks to Emma White, Isabelle Dumas, and Kevin Burns for all their hard work in organizing my dinner and also to the kitchen staff of the Combined Mess for preparing and serving such a lovely

meal. All of your efforts will be remembered with gratitude.

And thanks to all who made my job so much easier over the years that I worked at CFB Comox. Special thanks to the following: BAdmO, CPO, CEO, BSupO and any others that I may not have mentioned.

Doreen Erickson
(retired foreman of Cleaners)

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(across from Pilon Tools)

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Address correspondence to: Subscription rate \$20.00* per year.
The Editor, CFB Comox, \$40.00 per year outside Canada.
Lazo, BC, VOR 2K0 * Plus GST

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NEXT DEADLINE 13 DEC.

Section News

Christmas Greetings to Sigonella

407 (MP) Sqn sent a warm Christmas greeting off to the 415 (MP) Sqn detachment to Sigonella, Italy. The crew that will be there over the Christmas holidays is one of the last Greenwood crews to be on active UN duty in support of Yugoslavia before 407 (MP) Sqn crews take over in mid-January. The card was the brainchild of Capt Bill Seymour, Sqn PIO, and Capt Joy Klammer took over as OPI while Capt Seymour was away. The fabulous artwork on the front of the card was the work of our very own ARMP, Lt Terry Barton. The card was signed by 407 (MP) Sqn members, and included the following verse (liberally amended from the original Christmas Ode sent out by our base Padre's):

As we come to the end of the present year
We pause to wish you all good



cheer.
May each of you have a Christmas that's fine.
To relax in the sun would be oh so divine.
Now as you pause to celebrate God bless, take care, and concentrate.
To keep yourselves all safe and sound
While airborne you circle,

round 'n round.
As you stop to ring in the New Year,
To one and all, we raise a cheer.
Though now Sigonella is your new aerodrome,
Just remember, soon you'll be home.
Best Wishes for Christmas and the New Year
Meilleurs Voeux pour un Joyeux Noel
et une Bonne et Heureuse Année.
As our first crew to Sigonella is leaving on 9 Jan 94, you can expect to hear more accounts of life in Italy. The crews will be sending back anecdotes and accounts of their missions, as well as a description of their time off (what little they have). Photos will be included, so look forward to more updates in the New Year, live from Sigonella.

407 Demons Hockey

by Rob Scholte

The Intersection Hockey League is under way, so under way that we are now in retreat for the holiday season. The Demons hockey squad is doing fairly well to date, so well, in fact, that even the veterans of the team are a little mystified.

Presently the Demons are sitting in the top third of the 12 team league, (up to date stats were not

available at publishing time) which is very competitive this season. Two members of the Demons are in the top ten scoring race while both of our goal tenders have respectable goals against averages.

The second half of the season is scheduled to pick up Jan 8 and

you can bet the play will be exciting as teams press for the top spot.

This season the Demons are proud to announce their sponsors, Subway Restaurant and Brian Rice's Courtenay Toyota. Their contribution of new team uniforms for the Demons is greatly appreciated.

Till then HAPPY HOCKEY!!

407 Presentations



Cpl Norm Espenberg was presented with his Airborne Electronic Sensor Operator Wings and MOAT graduation certificate by Col W.T. Johnson, WComd 14 Wing Greenwood during a parade held at 404 (MP&T) Sqn parade on 13 Oct.



Cpl Regent Laplante was presented with his Airborne Electronic Sensor Operator Wings and MOAT graduation certificate by Col W.T. Johnson, WComd 14 Wing Greenwood during a parade held at 404 (MP&T) Sqn parade on 13 Oct.



Cpl D.E. Blair was presented his new rank by Maj D. Irvine, SAMEO 407 (MP) Sqn. Congratulations Darren!



LCol Kendell, CO 407 (MP) Sqn, and Capt Klammer (MP) Sqn, are holding the Christmas card sent 415 Detachment to Sigonella, Italy.

Section News

Christmas Greetings (and a rhyme) from Wing Supply

We, At Supply, would like to wish everyone the best of the holidays. We all sincerely hope that a truly wonderful season is had by all.

We all have our fingers crossed for Cpl Lavallee who possibly could be leaving Comox for Calgary and is happy??? to go. We have also heard that WO Lavoie is happy about the possibility of going to Chilliwack. Mrs. Lavoie will believe it when she sees it in writing, but she thinks she'll look good in green. A certain MWO has stripped his walls and cleaned his desk in preparation for his posting, but WHERE???

Welcome to the new 8 lb 1/2 oz baby boy named Joe, born on 7 Nov. Congratulations to Jacques and Bob Strutz.

News flash from POL...No more shifts for POL pers, no more 3 a.m. wakeups. Of course, POL services during silent hours will continue, compliments of the Duty Supply Techs.

We are continuing our introductions for Supply Pers and this month we are highlighting EME Supply and Clothing Stores.

EME Supply began a six month trial on 1 Dec 93 which involved a transfer of responsibility for procurement of commercial vehicle parts. This means that supply will cease to stock commercial vehicle parts that are available downtown. When a vehicle comes in for maintenance or servicing, the required items will be locally procured using the WEMEO's budget. There will be less paperwork and Supply and EME personnel will work closer together to create a more efficient team. Welcome to Cpl Garry Brohart, a Veh Tech, who will be looking after things like purchasing.

In the space of a year MCpl Pierre Lavallee a new husband, dad, MCpl, and businessman is he,

For the time being, running EME Supply is his thing, he is also very happy cause Vicki sold him the swing.

John Miles likes working on transport like stuff he's quiet, relaxed, not at all tough the only time we've heard him squeal

is when he's trying to park his fifth wheel.

Clothing Stores is located in Bldg. 16 and is one of the original buildings on the base. They carry DEU and environmental stock for all Sgns, Flights and Sections at 19 Wing. A few friendly reminders from the clothing stores staff; when bringing in items for exchange or return please tie your boots together and ensure all items are clean.



If you're looking for clothing then you ought to know a young fellow so friendly, L/S Gallipeau he'll sell you some socks, a

The Gang of '69



Base Supply Section in 1969. Recognize anyone?

19 Wing AMS

- and All the Best from AMS!

Season's Greetings from all of us at IE/IS Labs!

1993 has almost come to an end, with extreme haste we might add, and these last few months have been no exception. Possibly the most noteworthy item to report is the promotion, and subsequent moving off base, of the two remaining privates in the shop. Our congratulations to Corporals Fricker and Lonigro, who are both proud new owners of realty (and related mortgages) in the Comox Valley. Both parties are great!!

In addition to our ATAT, we have in the middle. Two new members have joined the team.

The CRS techs on the DATS machine, just prior to attending a course in Trenton. The IS techs have recently sent an unprecedented three individuals off to the tropical resorts of Trenton and Bagotville on second line aircraft courses. Enjoy, one and all. Needless to say, the workload continues to increase.

To wrap up the year, we held our section Christmas party on 26 Nov at the Seaside Restaurant. It turned out to be a very pleasant dinner. Our thanks to Annette for organizing it.

Think of us as you kiss '93 goodbye. See you all in 1994.

19 AMS AMCRO

It's almost Christmas and it can't come soon enough! You know, that RELAXING holiday

we all look forward to? AMCRO has changed a lot in the past few months, MCpl Schuster has joined us as the AMMIS/UCR COORD and 19 AMS ADAM/PHRS REP. We also welcome MCpl Roy from DIAC, he replaces Mike Pilon in the 19 WING PHRS position. We say a fond goodbye to Mike, but is he gone for good? Can he say goodbye to us?!

The AMCRO section has moved to the tech library and just recently so did the Orderly!!! Room as well. WO Mainville has the ADAM completely under control or vice versa, we're not sure! Then there is our revered boss (PER's aren't done yet!) Capt Holland, who has ALL of us in complete control, but he leaves very soon for a long needed rest

shirt tan, white or blue and smile while he tells you a joke, maybe two.

And new to the team is MCpl Doreen Morris who came from the depot in Edmonton too.

With two kids and her kitten, she's moved twice so far but is settled in now without trauma or scar.

See Cpl Nannette Grondin when exchange is your game for coveralls, workdress or helmets to claim for flying gear needs she'll fit you to scale or make an appointment for your combat trail.

L/S Barry Ross is our man in the back of the store he does projects and issues, and very much more scrap textiles and leather, on receipts he's quite clear and he's tried to quit smoking at least five times this year.

Cpl Debbie Lavoie sits at the computer tense and afraid Oh NO! another reject, thank goodness it's 8A

Usually she is inspired and can take the heat

as part of the ARAF team that can't be beat.

There's Sgt Dennis O'Brien, well what can we say she likes dogs, cats and rabbits and cross-stitch by day she'll answer your questions and help you obtain what you maybe have always wanted to gain.

Quick reliable, friendly and line dances too

Elaine Maude is the tailor for clothing stores who can fit you so well and so quick with a stitch that you'll have your new uniform, without any hitch.

Well now that you've met some of us from Supply Clothing Stores staff would now just like to say Hi

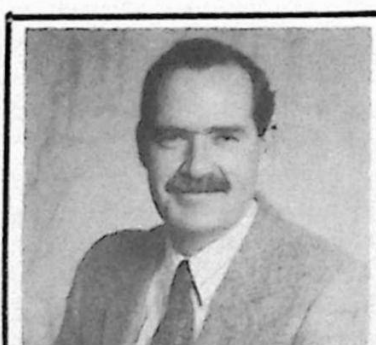
so stop by when you pass and let us help you to improve your self image and buy something new.

Where Are They Now? Can you identify any person from the photo below? (Hint - yes, you might see some of them around in 19 Wing but they are not usually in uniform.)

Christmas greetings from 740 Comm Squadron detachment

All of us wish you a MERRY CHRISTMAS and a wonderful NEW YEAR. PEACE, LOVE and JOY will be around you throughout this year.

Les gens du Centre de Communications vous souhaitent un JOYEUX NOEL et une tres belle ANNEE. Que la PAIX, LA JOIE et L'AMOUR vous entourent tout au long de cette nouvelle année.

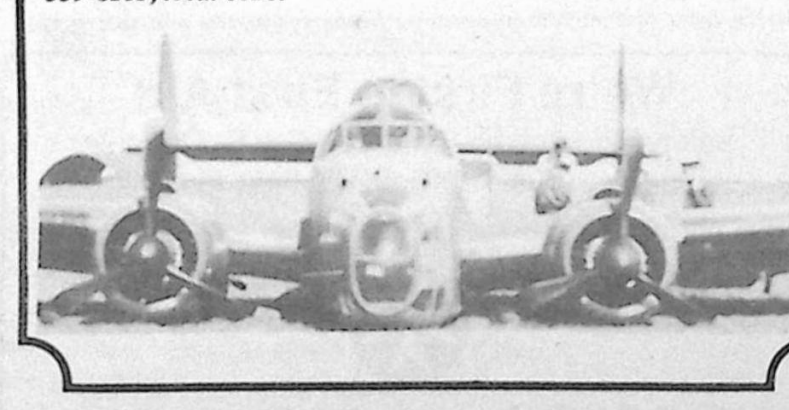


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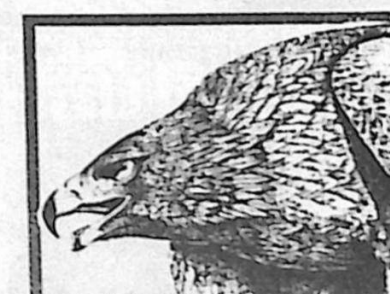


407 SQUADRON HISTORY BOOK

407 Squadron is currently putting together a book of its history. It is a colourful rendition of the squadron at war and during peace. A limited quantity of books will be available in June 1994, at approximately \$25.00 each. If you are interested in reserving a limited edition copy, please contact Capt Gavlas or Lt Sorensen at 339-8211, local 8626.



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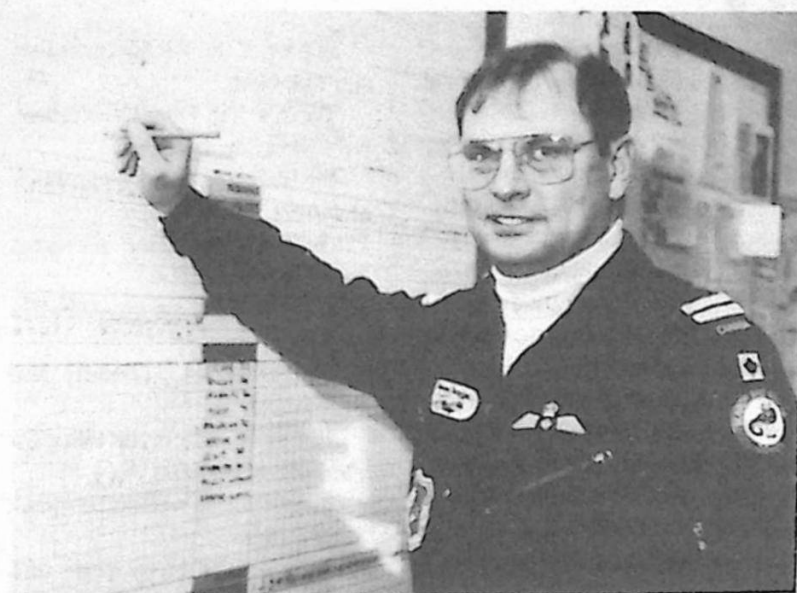


The AMMIS procedures have changed quite a bit in the last few months, but the errors are decreasing at a good rate. Please have patience we're trying!

Thank you to all of 19 AMS for their help and cooperation, if we all work together we can make each others' jobs easier.

Section News

442 Awards



Capt Dowler Boeing Rescue Award.

The Commanding Officer of 442 Sqn, LCol Hardy, will be presenting awards to several squadron members during a parade which will be held on the morning of Fri 17 Dec.

Boeing Rescue Awards

Every year Boeing Helicopters awards crew members of 442 squadron's Boeing Labrador helicopters awards for Meritorious Service.

Maj Joel Clarkston - aircraft commander who assisted in the 25 Jul 89 rescue and medvac of two hikers from Forbidden Plateau, despite the low ridge line and surrounding high mountain terrain.



Capt Goodman. 2000 hr Scroll.



MCpl Banky. Golden Eyeball.



More 442 Awards



L-R: MCpl Neave, Sgt Levesque, Capt Gordon.

conditions and minimal clearance, Rescue 312 performed a successful mission.

Flying Achievement Scrolls

MCpl Gord Neave - flight engineer who assisted in the 30 Jan 90 rescue of a 62 year old male with a possible perforated ulcer aboard the SS Glacier Bay. Despite poor weather and darkness, the crew of Rescue 312 suc-

cessfully completed the mission. The following aircrew will receive Flying Achievement Awards for having logged 2,000 flying hours in Air Transport Group aircraft.

Maj Clarkston
Capt Goodman



MCpl Isaacs. Boeing Award.



Sgt Mark. 2000 hr Scroll.

Capt George Dowler and MCpl Tony Isaacs - First Officer and SAR tech who participated in the 16 Feb 91 rescue of a patient suffering from internal bleeding. Victim was skillfully medevaced to St. Joseph's hospital.

MCpl Tony Isaacs (during his tour at 103 Rescue Unit in Gander, Newfoundland) - SAR tech who participated in the 17 Nov 88 medevac of an appendicitis victim on the Atlantic Explorer. Despite night overcast, 20 foot waves, and a damaged cable, MCpl Isaacs completed a successful mission.

Sgt Walt Levesque - flight engineer who assisted in the successful rescue of the Spanish fishing vessel "Edward Chao" on 14 Jan 91.

MCpl Lyndsay MacGregor - flight engineer who assisted in the expeditious 05 Oct 89 rescue and transport of a 51 year old male suffering from kidney stones.

MCpl Lyndsay MacGregor and MCpl Gord Neave - flight engineers who assisted in the 15 Jan 90 rescue of three crew suffering from pelvic fractures and internal injuries aboard a cargo ship. Despite severe weather



CWO Livingstone. CWO Scroll.



Capt Rafuse. 2000 hr Scroll.



MCpl McGregor. Boeing Award.



Maj Clarkston. Boeing Award.



Capt Mulholland. OPDP Cert.

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Section News

MSE Safety

Tips for the Christmas Season

December always begins with National Safe Driving Week - it has for the past 37 years. At the same time, police forces across the province give an extra boost to their spot checks. Yet, despite all this activity, December continues to hold a high traffic casualty rate each year. That's not an encouraging picture for one of the most joyous holidays of the year, is it? But it will be a little easier if you know what to expect.

For example, you can expect three times as many cars as usual and heavy pedestrian traffic. Obviously, this will mean more congestion and traffic snarls. And people will certainly not be thinking of traffic safety. On top of this, add the weather situation which makes the going rough for both the driver and the pedestrian.

There are still people who insist they can drive after downing a brew or two. It's not too reassuring to realize that quite a few of the drivers who glut the roadways all around you are in various stages of intoxication. And those drivers who are too intelligent to drink and drive will still be pretty bushed, their minds on other things.

As a driver, you'll appreciate the holiday traffic problem. Expect the unexpected. Be prepared for and resigned to traffic congestion and delays, plus the inexperience and fatigue of the other drivers. Your foresight in driving may help keep this holiday season a happy memory for yourself, your family, and countless others.

Here is a roundup of the kinds of actions that can win enemies and influence them to commit unsafe driving acts that could involve you in an accident.

Try to avoid...

- Excessive horn blowing. A tap or two will usually do it. Long blasts - except in critical situations - will only irritate and alienate. Avoid laying on the horn if the driver ahead of you doesn't start up instantly when the light changes to green.
- Tailgating. Riding another vehicle's bumper is annoying and dangerous. Some drivers even get mad and slam on their brakes to "shake" a tailgater, so keep your distance.
- Neglecting to lower beams with an oncoming vehicle in view. If the other driver forgets, don't try to get revenge - just watch the right edge of the road - don't look directly at his lights, and try to stay cool.
- Switching lanes or turning without signalling.

- Bluffing your way into a lane of traffic.
- Grabbing the right of way and proceeding on your way regardless of the situation.
- Occupying parts of two lanes.

There's a lot more. Think about these actions you see every day and make sure you're not guilty of any of them.



The Pedestrian Problem

The pedestrian problem is particularly acute at this time of year. Many simply assume that drivers are going to look out for them and give them the right-of-way. Others are preoccupied with holiday thoughts and loaded down with packages. They aren't paying much attention to traffic or traffic signs and signals.

No matter what you may think, the responsibility rest with you, the driver. Like it or not, you've got to put up with the chance-taking of Christmas shopping pedestrians and give a little courtesy and common sense.

So, proceed slowly and cautiously and be prepared to stop safely should an emergency situation arise. Anticipate the thoughtless pedestrian everywhere when you're behind the wheel.

Of course, you're not always driving - sometimes you're a pedestrian too. So remember to walk cautiously yourself. And remind members of your family to use care when walking.

New Years Resolutions

Not many people actually sit down and write out a list of New Year's Resolutions any more. That's too bad, in a way. However, most people still give some thought to changing their ways, looking at the New Year as a fresh sheet and a new start. No matter what category you fall into, you can benefit by letting the following resolutions influence your driving during 1994.

I Resolve:

- To be willing to give in, in

order to live on...

- To know the traffic laws without learning them by accident...
- To drive as I think the other guy should...
- To be sure at all times that my vehicle is in condition for any traffic conditions...
- To drive as if my living depended on it.

Driver's Question of the Day

Question: What should you do if your vehicle goes into a skid?

- A) Pump the brakes;
- B) Push in the clutch if driving a standard transmission vehicle;
- C) Take your foot off the gas and steer away from the skid;
- D) Take your foot off the gas and steer in the direction the rear of the vehicle is skidding.

Answer: (D) Take your foot off the gas and steer in the direction the rear of the vehicle is skidding.

Myths vs Fact

Myth: Front wheel drive vehicles are much harder to control in a skid.

Fact: Wrong. Experts agree that front wheel drive cars are no more difficult to control in an emergency than rear wheel drive cars. There is no evidence to suggest otherwise.

Driver's Quote of the Day

The accident occurred when I was attempting to bring my car out of a skid by steering it into the other vehicle.

Thought For The Season

The man in the red suit as we all know, Drives his sleigh yearly in the rain and snow.

He's been doing this on Xmas night

For a very long time, He manoeuvres his sleigh he can turn on a dime.

You never hear in a news flash, That Santa's been in an accident He's been in a crash!

He rides the sky and roof tops Rudolph is a great guide, Santa only drinks milk and soda He has nothing to hide.

'Tis the Christmas season a time for good cheer, Keep our roads safe Pass up on that beer.

A Christmas Verse from Base Transport

'Twas the night before Christmas and all through Transport Not a vehicle was moving, none of any sort. The ambulances were parked by the crash-door with care, In case there was trouble with a plane in the air.

The plows and sweepers are all ready to go Just waiting for that little bit of Christmas snow. And MCpl in her wedge and I hatless Had just sat down to watch how the Grinch Stole Christmas.

When out in the parking lot there arose such a clatter We sprang from our chairs to see what's the matter. Away down the stairs the dispatcher soars Opening up and picking out the big grey doors.

The stars how they twinkled and the moon how it shone It really showed off our nice green lawn.

When what to our wondering eyes should appear But a miniature bowser and eight tiny reindeer.

With a civvy driver so lively and quick We knew in a moment it must be St. Nick. More rapid than Safety and MP's allowed He circled the base and called all around.

Main side, refuelling and heavy over there Be on your toes there's a show in the air.

Over top of the section to the lot down below He pulled up and stopped real careful and slow.

And then in a twinkling we heard on the hard top Each little hoof going clippity-clop.

As we drew in our heads and were turning around Through the big crash doors came St. Nick with a bound.

He was dressed in his best old civvy greens And his clothes were all tarnished, it was time for jeans.

A bundle of goodies he flung to the rear The truckers perked up, sounds like Christmas cheer.

His eyes how they twinkled, his dimples how merry His cheeks were like roses, he's been sipping the sherry.

His droll little mouth was drawn up like a bow And his beard on his chin was as white as the snow.

The stump of a pipe he held tight in his teeth And if he was allowed, the smoke would circle like a wreath.

He had a broad face and snow white hair And a round belly. No BMI there.

Chubby and plump a right Jolly Old trucker he be We're out of cookies, but have lots of coffee.

A wink of his eye and a shrug of why not Soon gave us to know to put on a fresh pot.

He gabbed and blabbed as he did his work And he filled each mailbox and then turned with a jerk.

He gave a little wave and spun around And before we knew it, he was gone without a sound.

He sprang to his bowser and to his team said "Let's go" He flew off and looked fondly at 19 Wing Comox below.

But we heard him exclaim as he flew from our sight "Good truckin' to all and to all a jolly good night."

19 WING TRANSPORT WISHES EVERYONE A SAFE AND MERRY CHRISTMAS

COMOX MILITARY FAMILY RESOURCE CENTRE

NEW LOGO CONTEST



The CFMRC/CFMFC is looking for ideas on a new logo. A prize will be awarded for the logo design selected to represent the Resource Centre. Entries will be accepted at the Resource Centre until January 31, 1994.

All entries should:

- Clearly indicate the full name or initials of the CFMRC/CFMFC in both English and French.
- Be equally legible in black on white as in colour.
- Be submitted on an 8 1/2" x 11" sheet of paper.
- Be in some way representative of the CFMRC/CFMFC and its mandate.

Please note: The CFMRC/CFMFC reserves the right to use any part or combinations of winning submission(s) in final design.

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DAVID H. NICHOL

Feature

THURSDAY 16 DECEMBER 1993



Gordon Wagner

The northwest wind swirls dusty snow across the Saskatchewan prairies. It hums through the telephone wires, dips down into Loon Creek, skates across the ice-bound lake. It races up Faibish's Coulee, rushes past the slaughter house and grabs the smoky smell of Indian Tom's log cabin. It tears at my limbs. I bend and almost break. I dread the winter. Still half of December left and the warmth of April still far away.

I'm cold. Ice crystals plug my veins. I'm too cold to shiver, even though I am a trembling aspen - the poplar tree you see guarding the edges of prairie sloughs and nestling in the south side of hidden valleys; the trees with the black-scarred, pale green bark, whose small leaves flutter in the slightest breeze.

I'm small for my age. I gave up my dreams of being straight and tall, because I'm too far up the coulee and a long way from McAulay's spring. I can see my tall brothers and sisters snuggled in the coulee's bottom. Some were big enough for Tom to use when he built his log cabin. I know I'll never be big enough to be in a log cabin. I'm even too small for firewood.

I'm just tall enough to see Tom's cabin. Smoke tumbles out of a tin stove pipe poked through the log wall. The 40 below zero wind whips the smoke to the ground, and drives it up the hill through my branches. I smell the smoke of burning poplar, and can smell Tom, his bride and their new papoose.

"Burrrrr it's cold." My frozen branches are too stiff to shiver.

The voices of children ring clearly in the down-wind air. Now I see the children. The four are bundled into toques, mackinaws, leggings and overshoes with woollen scarves hiding their chubby faces. The bigger boy and girl are pulling a toboggan with a chubby boy and tiny girl aboard.

"These poplar trees are too skinny for Christmas trees. Maybe we should forget about it for this Christmas" says Gordon. "Nobody else in town will have a tree 'cause the Co-op couldn't afford to bring them in."

"But Gordon, what about all those parcels from Auntie Florence, Aunt Ida, and Aunt Elsie? And from all the Grandpas and Grandmas? They're all wrapped up with such pretty paper and bows, we just can't pile them on the piano bench" wails Bernice.

"We needa twee," says the

smallest bundle.

They're almost beside me. "Dars one Dodo. Witte behind ya" says the second smallest bundle and he points his stubby arm at me.

"Look Gordon, Carlie's right" says Bernice. "It's just the right height and look how bushy it is. Let's take it!"

They buck-sawed me about a foot above the ground and loaded me on the toboggan.

I watched Tom's cabin disappear below the hill. I took one last look down the coulee and felt close to tears. But all my tears were frozen and I wondered if I'd ever cry again. I'd watched over Loon Creek, Faibish's Coulee, McAulay's spring and the slaughter house for nearly twenty years.

But if I live another twenty years I'll never be big enough for a log cabin or for firewood. At least I'm going to be a Christmas tree - whatever that is. So I should be happy.

They took me to a house - a big house. You could put Indian Tom's cabin in almost any room. They put me in a metal ice cream bucket, and I heard them say they had saved it just for their Christmas tree. They packed rocks and gravel around my stubby trunk and poured warm water on the rocks. I feel warm and good - just like I do when the south winds of April melt the winter's snow. The ice crystals in my limbs turn to water and I drop a tear or two. A smile wrinkles my next year's buds.

"Let's put it here in the south window, like we always do. Even if it isn't an evergreen it will look good in the winter sunshine," says Bernice.

"Look Ma, our poplar is going to be pretty even if it doesn't have any leaves. Let's use the green tissue paper we saved from last Christmas to give it some leaves" Bernice says.

"That's a good idea, Bernice. The paper and the Christmas tree decorations are in the attic. Gordon, you fetch the step ladder and get them down."

I stand and watch those happy children. They put a silver star atop my spindly head and hang little animals, kewpie dolls and shiny coloured balls from my branches and I begin to sparkle. Warmth soaks through my limbs and my sap starts to circulate. They cut strips of green paper and hang them on all my branches and I feel alive, like I do in mid-May when I get my new summer leaves.

"What a pretty twee," says tiny Phyllis.

"Yet's put the shiny wope on. Yat's all what's yet," says Carlie.

"Yes, don't forget the tinsel, Bernice. It's getting old and straggly but the silver still glitters in the sunlight" says the mother.

The tinsel is wrapped around me from top to bottom and they stand back and admire me. I can

see the happy sparkle in their eyes. They join hands and sing and their voices sound like soft south winds of spring.



*Oh! Christmas tree, Oh! Christmas tree,
How lovely are your branches,
Oh! Christmas tree, Oh! Christmas tree,
Your branches green delight us.*

*They're green when summer days are bright,
They're green when winter snow is white.*

Oh! Christmas tree, Oh! Christmas tree, How lovely are your branches.

My wooden heart beats faster and a throb of joy tingles through my branches. So now I'm a Christmas tree! I wish all those trees in Faibish's coulee could see me. They might be straight and tall and good for log cabins or firewood, but they will never be as pretty as I, nor have happy children singing and dancing around them.

The days pass, each one happier than the last. I feel so alive, better than any spring I've ever known on Loon Creek hill. My buds begin to swell. I hope I have enough sap in my rootless trunk and limbs for them to grow and flower, because I'm prettiest when my catkins bloom and the bees buzz around my tiny flowers.

My buds burst, and my catkins are almost half an inch long, but no one notices. They're too busy wrapping parcels and piling them around my ice cream bucket.

Then one night I know something special's happening. The children hang stocking on my lower branches and the family gather around me, and the father plays the piano. They sing the happiest songs I've heard - soft and gentle like the trembling melodies we poplars play when we thank the warm south wind for another spring, or the tunes we tinkle when the robins return, or the songs our dancing leaves hum after a summer shower.

They sing about a holy, silent night and a baby in a manger and then the father closes the piano

and announces "It's time for bed, children."

"Aw, Ma, can't we stay up a little longer?" pleads Gordon.

"Pa, we didn't sing for our Christmas tree," says Bernice.

"Wook," says Phyllis, "de twee dot wittee pussy tails."

They see my catkins!

"That tree's alive!" says the father. "It's like the birth of the baby Jesus. What a wonderful

sign of hope and love! Maybe things will be better next year. Anyway, we will never have a finer Christmas tree."

*"Oh! Christmas tree, Oh! Christmas tree,
How lovely are your branches..."*

I never dreamed Christmas could be such a warm and happy time...

CD Presentations

On 26 Nov the Wing Commander had the pleasure of presenting six Canadian Forces Decorations (CD1 and CD2) for 22 and 32 years respectively of distinguished military service. Collectively the six recipients have served over 150 years in various branches and locations with the RCAF, RCN and CF. The honoured members were: LCol E.W. Hardy, CO 442 Sqn, CD1; LCol A.S. Garwood, WPersSvcsO, CD1; WO D.G. Doucette, 414 Sqn, CD1; WO G.B. Kayes, WtNO, CD2; PO1 G.A. Dierk, WtNO, CD2, and Sgt J.R. Archambault, WCE, CD1.



Back row: WO D.G. Doucette, WO G.B. Kayes, Sgt J.R. Archambault, PO1 G.A. Dierk. Front row: LCol A.S. Garwood, Col T.B. Rogers (W Comd), LCol E.W. Hardy.

Comox Brownie Pack at Work



On 4 Dec, the 5th Komux Brownie Pack were one of the several groups and individuals selling crafts and goods at the Annual Christmas Fair at Airport School. Photo by Edith Cuerrier, Wing Photo.



THURSDAY 16 DECEMBER 1993



Duke Warren

An Aeronautical Autobiography by John O. Isaacs. Published by Air Research Publications, England. Price: approx. \$35.00.

This rather unusual title indicates the love affair the author had with aviation and flying. How he consummated that love makes a most interesting story.

The cover of the book shows what appears to be two pre-war Hawker Furies flying in formation. Only after careful examination by a reasonably knowledgeable person is it realized that these are not original Furies but rather exceedingly detailed 7/10 replicas. A good number of photographs in the book chronicle much of British aviation from the mid-30s to the '90s.

John O. Isaacs grew up near Southampton England, joining Supermarine Aviation as an apprentice aircraft engineer in 1937, just at the start of the RAF expansion program. His narrative tell-

ing of the production problems of the Spitfire during WWII filled in many gaps in the general story of the aircraft at that time.

During the war, in addition to his work at Supermarine, John Isaacs served as a member of the Royal Observer Corps reporting on the movement of both Allied and enemy aircraft. In 1946 he took up flying and realized his dream when he became a licensed pilot on 12 January, 1947.

Isaacs joined the Ultra Light Aircraft Association in 1947 and was involved in the design and construction of several light aircraft for commercial use. In 1958 he left Supermarine and, in a short time, became a lecturer at Southampton Technical College, remaining there until 1980.

John Isaacs designed, built, and flew two original aircraft which were scaled down versions of the Spitfire and Hawker Fury aircraft. It is two of these latter aircraft, built in New Zealand

Aeroplane Affair

by Duke Warren

with John's plans, that grace the front cover of the book.

The Spitfire project was started with design work in 1969 and the aircraft first flew in May '75. This portion of the story might well make an interesting book by itself. A tremendous success, the Spitfire aircraft appeared in various shows in England, and was flown by the RAF in a C130 to the USA to appear at Oshkosh, the "Mecca" of home builders. It was a high point in the life of John O. Isaacs.

This book was a delight to read. Not only for the information it contained, with many technical details of aircraft design and construction, but also for the author's style. His enthusiasm for all things aeronautical, his telling of "characters" he encountered, and his outlook on life as he recounts his adventures makes reading Aeroplane Affair a distinct pleasure.

TOTEM TIMES 11

Feature

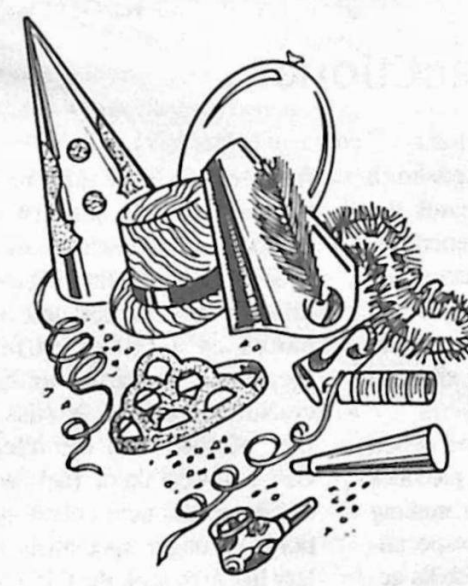
TOTEM TIMES 1994 PRINTING SCHEDULE VOLUME 36

1994 PRINTING SCHEDULE - VOLUME 36

Number	Deadline (Noon)	Publication Date
1	JANUARY 10	JANUARY 13
2	JANUARY 24	JANUARY 27
3	FEBRUARY 07	FEBRUARY 10
4	FEBRUARY 21	FEBRUARY 24
5	MARCH 07	MARCH 10
6	MARCH 21	MARCH 24
7	APRIL 11	APRIL 14
8	APRIL 25	APRIL 28
9	MAY 09	MAY 12
10	MAY 30	JUNE 02
11	JUNE 13	JUNE 16
12	JULY 04	JULY 07
13	JULY 25	JULY 28
14	AUGUST 15	AUGUST 18
15	AUGUST 29	SEPTEMBER 01
16	SEPTEMBER 12	SEPTEMBER 15
17	SEPTEMBER 26	SEPTEMBER 29
18	OCTOBER 17	OCTOBER 20
19	NOVEMBER 07	NOVEMBER 10
20	NOVEMBER 21	NOVEMBER 24
21	DECEMBER 05	DECEMBER 08
22	DECEMBER 19	DECEMBER 22



Merry Christmas Everyone!



TOTEM LOUNGE



CFB 19 WING COMOX JR. RANKS MESS
PRESENTS

1993 NEW YEARS EVE DANCE

COME DOWN AND RING IN THE NEW YEAR WITH:

🎵 DERRINGER 🎵

AND OUR OWN DJ

Doors open at 1930 hrs
Buffet served at 2000 hrs

ADVANCE TICKET SALES ONLY

(CASH OR ACQUITTANCE ROLL)

\$12.50 per member (\$25.00 per Couple)

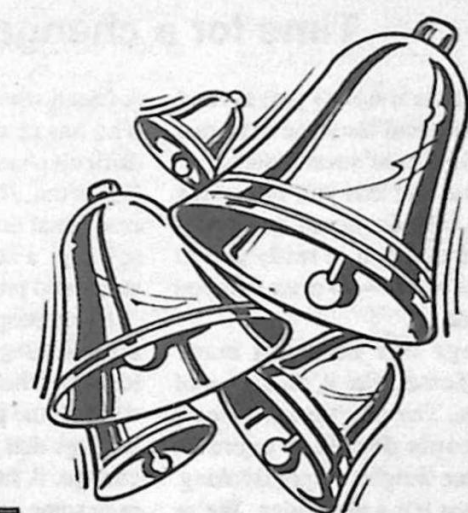
\$15.00 per guest (\$30.00 per Couple)

Levee included with New Year's Eve ticket

Hot Buffet includes
ROAST TURKEY, BAKED HAM and all the fixings!
ASSORTED SALADS & DESSERTS

New Year's Levee Tickets
\$5.00 per member
\$8.00 per guest

PMQ GATE WILL BE OPEN
COURTESY BUS AVAILABLE
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Health & Fitness



TAKING CARE OF YOURSELF

By Gail Dal-Santo, RN
Health Promotion Consultant
REGISTERED NURSES ASSOCIATION OF B.C.

Take care with turkey

A delicious turkey dinner is a great feast for family and friends during the Holiday Season. Unfortunately, nurses warn, it can also be a great feast for harmful bacteria like Salmonella which cause food poisoning. But, by following a few simple rules, you can protect your family and friends.

First, if your turkey is fresh, keep it in the fridge until just before cooking time. But remember you can keep fresh turkey safe in your fridge for only two or three days at the most.

If your turkey is frozen, leave it in its original wrapping and thaw in one of two ways. For quickest results, place it in the sink covered with cold water and change the water every half hour. Or, if you have at least 24 hours for thawing, put it on a pan in the fridge.

Don't thaw a bird at room temperature. The outside becomes warm while waiting for the inside to thaw and bacteria love to grow at those in-between temperatures. If you have a microwave large enough to handle a turkey, refer to your manual for defrosting directions.

Once the turkey is thawed, refrigerate it or cook it immediately. NEVER eat or re-freeze uncooked turkey.

Wash your hands and utensils with hot, soapy water before and

after they touch raw turkey. Whether you use a wood or plastic cutting board, scrub it clean with hot, soapy water and a small amount of chlorine bleach. Rinse before drying and make sure that you air-dry a wood cutting board completely before storing.

If you use a meat thermometer, place it well into the thigh or breast. It must reach at least 85 degrees C (185 F), before the turkey's cooked. If you don't have a thermometer, cook until the meat falls away from the bones with the slightest pull and joint juices are colorless, not pink.

Stuffing is safest if prepared separately. Place in a covered casserole dish to cook during the last hour of roasting the turkey. If you prefer to stuff the bird itself, be sure to do it just before it goes in the oven. Stuffing should reach a temperature of at least 75 degrees C (165 F).

When you take the turkey out of the oven, make sure all of the stuffing is removed. One way to ensure the job is done properly is to load the stuffing inside a cheesecloth bag BEFORE placing it inside the bird.

Make sure you eat your turkey or put it in the fridge within two hours after carving. Leftovers will be safe in the fridge for up to three days.

Time for a change?

New Year's Eve is just around the corner. And for some of us that means New Year's resolutions.

But the fact that you're turning over the calendar doesn't necessarily mean that you're ready to turn over a new leaf—or even that you need to do so.

Change can be about many things. Sometimes it's a matter of lifestyle. The new year is often a time people decide to exercise more, lose weight, or quit smoking. And often it's a good idea. We're all familiar with the benefits of regular activity, a balanced diet and smoke-free lungs.

But it's tough to really change long-time habits. Just compare the numbers of people who show up for a fitness class early in January with those at the end of the month.

Other change can be even more difficult. For example, facing the break-up of a long-term relationship or realizing you have an alcohol problem. Sometimes even just considering these problems produces feelings of anxiety, fear or sadness strong enough to prevent you moving out of the situation which is troubling you. It's important to realize, though, that discomfort is actually a sign of progress—you are becoming aware of what makes you unhappy.

When you're ready to change, having support can make it easier.

A friend who's a good listener and who has also been through some difficult changes can be a big help. But often, if the change is a very emotional one, professional counselling, a self-help group, or a structured program is needed too.

Some people feel uncomfortable about getting this kind of help. But it can be vital in working your way through the painful and confusing feelings that go along with serious change. A family services centre, or in some cases a women's centre, or a counselor at work or school may be a good place to look for help. For problems with addiction, including addiction to smoking, nurses recommend the Alcohol and Drug Referral Service as a good place to start. Regardless of where you live, if you phone them at 1-800-663-1441, they will give you a list of local resources. You can phone and ask for a free appointment with a counselor.

You can also ask for free help through Mental Health Services at your local health unit.

Making real change has little to do with the start of a new year. Sometimes it can be a great struggle. Let yourself enjoy New Year's Eve free from the pressure of great promises. Then, when it's your time, whenever that is, plan it with care and commitment. And be kind to yourself. You deserve it.

info health

Dr. Bob Young

Emergency!

Is this an emergency? Should the sirens be screaming and the paramedics sweating, or are you just feeling out of sorts? When you are the victim you want prompt care. Often the emergency department of the local hospital comes to mind first.

The role of emergency departments has become clouded. Before medicare most hospitals had outpatient departments - areas where the indigent and poor could go for medical care, often provided by medical students or other hospital staff. Patients who could not afford personal physicians received both acute and ongoing care, often from excellent doctors who were donating their time.

Outpatient facilities have disappeared, but for many patients emergency departments remain the primary source of medical care. Often this is an inappropriate use of medical resources. By definition, the term

"emergency" means a life-threatening, or at least serious, medical condition - one that demands immediate attention. Emergency departments are equipped and staffed to provide such care.

Unfortunately, emergency is often crowded by patients who shouldn't be there. Patients with minor illnesses, cuts and bruises, sprains and strains, or who just want attention at times when their own doctor's office is closed, show up in droves. They are often among the first to complain when they have to sit around for hours waiting for care from physicians and nurses busy with really sick patients.

An emergency, like beauty, is apparently in the eye of the beholder (or the sufferer). In spite of this, a moment's reflection would, in many instances, indicate that the problem could wait. Unfortunately, many doctors do not leave time in their office

schedule for "urgent" cases. Understandably, patients don't like this - they want to be seen "now," a week away is too late.

Enter the treatment centre, also known as the neighbourhood clinic, mall medical service, and so on. Here is the place, if your own doctor is not equipped to fit you in, to take your less severe medical problems. Extended hours, prompt service, and efficient care make them a better choice than emergency departments. Cost to the medical system will be less.

Leave the emergency departments free to look after the heart attacks, strokes, car crashes, stabblings, asthmatic attacks, pneumonia, head injuries, broken bones, severed arteries, appendicitis and allergic reactions - the true emergencies.

There are better places to treat the lesser ills.

The General Practitioner

given today's high-tech medicine. Many illnesses are better managed by a generalist, who is perhaps more aware of the interaction of personality, social factors, culture, and even fear in the management of a disease process.

The specialists shine when their extensive training provides cognitive advantages in making difficult diagnoses, and especially when their technical skills accomplish near-miracles through surgical and other interventions.

There is rivalry between the two groups. Some specialists are critical of GPs, forgetting that the doctor who has just provided a new mother with good advice about infant feeding may be faced next by the challenge of treating a heart attack or appendicitis. Problem solving through the whole spectrum of disease is the forte of the GP, and often referral to a specialist is the best solution.

But some specialist seem to feel that they are superior in all

fields of medicine just because they are expert in one. They are inclined to drift away from their chosen calling, attempting to treat diseases that are best left in the hands of a GP or different specialist. In earlier times the consultant would discuss this type of case with the referring GP; between them they would decide on the next course of action. Younger specialists seem less likely to seek the GP's counsel.

A team approach is necessary if the patient is to receive the best care. Egos must be subservient to appropriate treatment - if someone else is better able to help the patient, that is where the sick person should be sent.

The general practitioner, however, knows the patient best. He or she, many think, should be the person who coordinates the total care. Every team should have a captain.

Winter Hours (Sept. - May)

Sat, Sun & Hols:
10:00 a.m. - 4:00 p.m.
Closed Mon thru Fri.

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NEXT DEADLINE 10 JAN

NOON

On & Off the Base

Laughter is Good Medicine

When Hal Wright died suddenly at the age of 82, his children and eight adult grandchildren gathered quickly from around the United States to be with their mother and grandmother. The setting was in a quiet retirement community but, over the next three days, neighbours graciously tolerated the noise from the Wrights' backyard. What they heard was the sound of laughter. Although Hal was dearly loved and much missed, his grandchildren celebrated the rare opportunity to be together with stories from their childhoods, jokes and gentle teasing.

Laughter is Good Medicine

What the Wright grandchildren were doing, of course, was coping with the stress of the loss of a loved one. Laughter is great medicine in all kinds of stressful situations. Hospitals often arrange visits from performing groups or celebrities to lift the pall of illness, or they use VCRs to show

comedies and to help lighten the mood. Similarly, some employers host occasional parties to ease tensions in the workplace and reduce stress.

Employee Assistance Programme



Humour Relieves Tension

Some people naturally use humour in stressful situations. Others feel that every situation is so serious that any humour is inappropriate. Most of us, however, appreciate a good laugh when we're scared or worried. It

distracts us and relieves tension.

Coping With Stress

While there's no such thing as taking yourself too seriously, unrelenting stress can wear you down and make it harder to cope. Scientists theorize that laughter releases certain "feel-good" hormones which, in turn, make it easier for us to cope with stressful situations.

Remember Laughter

The next time you're ill, worried or overstressed, try to remember that you can intervene in the stress process. Get together with friends, take in a show or rent a comedy video. You might be surprised at how much better you feel after you've spent some time laughing.

The EAP is a joint
UNION/MANAGEMENT program

Your EAP Referral Agents:
Carol Anderson - 8356
Bev Chadderton - 8857
Evelyn Femia - 8336

'94 Autoplan Premium Rise less than Inflation

The cost of automobile insurance across BC next year will rise by less than the provincial rate of inflation. ICBC President Bill McCourt announced that the Corporation will need an additional 3.2 percent in premium income for increases in claims costs expected in 1994 and to meet the requirement to bolster its reserves.

This is one of the lowest increases in auto insurance rates in 10 years and follows increases of 19 percent for 1992 and 9.5 percent for 1993.

In addition to challenging the Corporation to limit 1994 rate increases to the rate of inflation, the provincial government also directed it to rebuild its reserves, virtually exhausted in the past two years when claims costs outstripped motorists' premiums. Modest reserve levels would allow ICBC to protect motorists from the immediate "rate shock" caused by a major catastrophe or a sharp upswing in claims costs.

The Corporation's focus in 1994 will continue to be on its safety, crime-prevention and cost control programs.

All Autoplan changes are effective 1 January, 1994. Province-wide, the premium changes will be as follows:

- The basic, mandatory coverage will rise an average 3.9 percent.

- Collision coverage will be 1.5 percent higher on average.

- Comprehensive premiums will rise by .8 percent on average across BC.

Premiums in each of ICBC's 14 ratings territories can vary, sometimes significantly, depending on local claims trends for certain coverages. However, most

vehicles will see increases ranging from \$3 to \$65 next year.

- Nearly half of claim-free drivers will see increases of under three percent.

- Premiums will actually fall for 17 percent of BC's claim-free drivers, mostly in the Okanagan and on Vancouver Island where the rate of losses is lower.

- Only two percent of private passenger vehicle owners will pay increases greater than six percent.

- ICBC will freeze rates for taxis, which have experienced significant insurance cost increases in recent years, and will assist the industry with programs to improve its overall safety record.

ICBC President Bill McCourt reminded motorists that the introduction of daily renewals, which shifted renewal dates away from the end of each month, resulted in people purchasing Autoplan policies for a number of months, minus a few days. Their premiums were "prorated" to account for the actual term purchased.

In 1994, these motorists will once again renew for full months, which could make the percentage change in their premiums from this year to next appear higher than the levels announced today.

The premium increases announced today are expected to produce an additional \$64 million in revenue. This amount will cover anticipated increases in claims, the seven percent provincial sales tax now applied to labour charges on vehicle repairs and an increase in ICBC's share of medical costs resulting from motor vehicle accidents.

In addition to the premium

changes, ICBC will also lower the cost of buying short term policies. The current surcharge of three percent will fall to 2.5 percent for policies running three to seven months, and to two percent for policies of eight to eleven months, effective 1 January, 1994.

The Corporation has also added a new weapon in its continuing war on fraudulent claims. ICBC will refuse to sell Collision and Comprehensive coverages to anyone found guilty of fraud in connection with an Autoplan claim for three years following the date of conviction.

ICBC President McCourt said, "Our challenge is to balance the demand for affordable auto insurance with the requirement that there be enough money to pay the over 800,000 claims reported to us each year. I believe we've made significant gains toward achieving that balance."

He credited the success of various claims and administrative cost control programs introduced over the past year for making it possible to bring in one of the lowest premium increases in 10 years.

"The claims initiatives started last year continue to produce savings for BC motorists by reducing fraud and exaggeration. By year-end, savings will be approximately \$70 million," McCourt said.

"We have high hopes that our new Road Sense programs are going to help us, and every BC motorist, drive down the cost of accidents and crimes. They represent our best opportunity to protect motorists from the kind of rate increases we've seen in past years," he said.

A La Mode

Stuff It!

by Diane Osterholm

Raisins

Mushrooms

Also, use crumbled cornbread or wholegrain bread. Here I've given a recipe using cornbread and Italian sausage.

Stuffing can be made up the day before and kept in the fridge until the bird is ready for the oven. Make sure any meats used are cooked before using them in a stuffing. Any that doesn't fit into the turkey can be baked in a loaf pan covered in foil for about one hour. Always remove the stuffing from the turkey before putting it away, to prevent bacteria growth.

Cornbread & Sausage Stuffing

1/2 lb. sweet Italian sausage or pork sausage meat, crumbled
4 T. butter
1 large onion, chopped
2 stalks celery, chopped
3 cups roughly crumbled cornbread

3 cups dried cubed bread
1 egg
4 T. chopped parsley
3 tsp. sage
1 tsp. thyme
Salt and pepper to taste
Chicken broth (optional)

Sauté sausage meat until cooked, breaking up with a spoon. Remove the meat to a large bowl with a slotted spoon. Pour off all but 2 T. of fat from the pan. Add the butter, onion and celery and sauté until soft. Add to the sausage. Add the breads, the egg and the herbs. Mix well and season with salt and pepper. Stuff into turkey just before it goes into the oven. Add some broth only if it appears too dry.

Cranberry-Orange Sauce

1 can cranberry sauce or jelly
1 orange OR
3 T. orange marmalade
1 T. Port (optional)

Using a zesting tool or regular grater, scrape off zest of orange until you have 2 T. Halve orange and press juice into a small saucepan. Boil until reduced to half, then add zest and cranberry sauce. Warm through, add port and cool.

Alternately, warm marmalade and sauce together, add port and cool. Chill well before serving.

Greetings from the WAdMo



LCol Gerrit and Liz van Boeschoten would like to wish all in the Comox a very Merry Christmas and a fulfilling New Year.

Public Announcements

C.V. Amateur Radio Club

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

Take Off Pounds Sensibly

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.

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.

CFB SCUBA Club

The CFB Comox Scuba Club is open in the new building, next to the Base Pool, with new hours: Mon-Wed-Fri 08:00 - 12:00. Basic courses..... equipment rentals.

YOUTH BOWLING LEAGUE SATURDAYS AT 9:30 AM

Anyone interested in registering their children for the Saturday league can contact the coordinator, Harry Lavoie, at 338-8101. The kids have a lot of fun and get professional coaching at the same time.

We also book parties for sections, sports afternoons, organizations, birthdays, etc.

NOTE

Our bowling lanes are now a non-smoking establishment. If dislike of cigarette smoke has caused you to quit bowling, come on back and enjoy your favourite sport! Smokers are, of course, very welcome to step outside for a puff between frames.

CFB COMOX BOWLING LANES LEAGUE TIMES

Tues Ladies: 6:45 - 9:00 pm (Contact: Alice Marriot 339-2793)

Weds Ladies: 1:00 - 3:15 pm (Contact Pat Verchere 339-5829)

Weds Mixed: 6:30 - 9:00 pm (Contact Lanes staff)

Thurs Mens: 6:30 - 9:00 pm (Contact Lanes staff)

CASUAL BOWLING

Friday 6:00 - 9:00 p.m.
Sunday 1:00 - 4:00 p.m.

Attention Baden Senior High School Students

Anyone who attended Baden Senior High School in the years 1970-1976 is welcome to attend our 20 year reunion, to be held in Montreal in July '94. For further information contact: Ginette Muckle-Vezina, 745 Corbin, Beauport, QC. G1C 5W6. Phone or Fax: 418-667-6319.

WPerO Christmas Open House & Charity Mini-Putt

During this year's Christmas Open House, 17 Dec, the WPerO section will be doing something different.

What: A charity mini-putt course will be set up.

When: 17 Dec, starting at 11:30 hrs in the Rec Centre.

"Putt in" and give to a good cause so others may enjoy the festive season too!

90th Anniversary

722 (Saint John) Communications Squadron, formerly 5 Indep Sigs Squadron, will be holding its 90th Anniversary celebrations on the weekend of 10-12 Jun 94. All former members are cordially invited to attend. For planning purposes, those members who plan to attend this event are requested to contact Sgt Locke at the Squadron Orderly Room 506-636-4977 ASAP.

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 Jacques ou Sylvie Fortin 339-6377.

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.

Co-Ed Evening Aerobics are now offered at the Base Gym, 6:45-7:45 p.m. Mon, Wed, Thurs & Sun. Please contact Teri-Lee at 335-1504 or Diane at 339-0484 for more info.

Comox Valley Skating Club

Glacier Gardens open now. Cansate session: Fridays 3:30-4:15 pm. Children must be 5 years old as of Dec 31/93. Register at Cansate session or call Lori Novelli at 336-8175 for more information.

Western Line Dancing
For all ages. Call 339-6016 for more information.

339-6016

Wanted

Airport Elementary School Grade 6 class is looking for a free, or very cheap, comfy old couch or chair to use in their classroom reading centre. We can pick it up. Contact Dan at 339-3732.

Mini Franco-Fun

Groupe de rencontre parents-enfants en français. Les buts de ces rencontres sont:
• permettre aux enfants de jouer entre eux dans une atmosphère francophone,
• permettre aux parents de rencontrer d'autres parents parlant français.

Les parents doivent accompagner leur(s) enfant(s) et doivent parler français. Chaque parent contribue à sa façon aux préparatifs des rencontres et ces dernières sont organisées de la façon suivante: jeux libres (bricolage, peinture, casse-tête) goûter, jeux de groupe, histoire, chants... Les rencontres ont lieu tous les lundis de 9h00 à 11h00 au Centre Communautaire, situé près du Canex. Pour plus d'information, contactez Mme Suzie Beaumont au 339-1372.

A Chaque mois, nos tout petits ont beaucoup de plaisir. Ils apprennent à reconnaître différents choses, tout en cuisinant, peignant et en bricolant. Pour le mois de décembre, nous parlerons de Noël et de nos traditions. Veuillez prendre note que nous serons fermé du 20 décembre 1993 au 3 janvier 1994. Au plaisir de se revoir le 10 janvier. Joyeuses Fêtes à tous.

L'Ecole Française des Petits

Accepte maintenant les inscriptions pour le mois de Janvier/94. Programme français et immersion française (3 - 5 ans). Pour plus d'info contacter Gervaise Bety, 339-1024.

L'Ecole Française des Petits

Is now accepting registration for Programme Cadre and French Immersion programs (3 - 5 year olds), starting in January/94. For more info contact: Gervaise Bety, 339-1024.

POOL IS CLOSED UNTIL MARCH 94

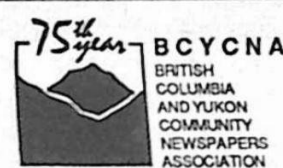
See you in the Spring, PERI Staff.

Reunion

137(T) FLT Langar U.K., 1952-57 for possible reunion. D.A. Smith, 2315 Esther Place, Victoria, B.C. V9B 2E5. G.P. Heinekey, 3684 McIvor Avenue, Victoria, B.C. V8P 4E8



NEXT DEADLINE 10 JAN.



Network Classifieds

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers. TO PLACE AN AD CALL THIS PAPER OR THE BCYCNA AT (604) 669-9222.

338

\$225 for 25 words
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CANADA ENGINES LTD. Quality Guaranteed Rebuilds. 6 Cyl from \$995. - V8 from \$1,095. 6 yr. 120,000 Km limited warranty. 580-1050 or 1-800-665-3570, 12345-114 Ave. Surrey. BCAA Approved.

F-250, 4X4's, Cummins Diesel, Explorers, Rangers, Trucks. Up to \$1500 cash rebate. 'O' down O.A.C. Payments from \$189/month. Phone Grant collect 538-9778. Dealer #8367.

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PRE-INVENTORY SPECIALS: Solid Tongue and Groove Flooring, millrun Maple and Red Oak 1 1/2X5/8" or 2 1/2X5/8" only \$2.79/sq.ft. PREFINISHED FLOORING: Red Oak (Laminate) \$2.49/sq.ft., Maple (Laminate) \$3.95/sq.ft., Red Oak (Solid, Cabin Grade) 2 1/4X3/4" T&G \$3.59/sq.ft. Prices in effect while supplies last. Phone: (604)270-0314. Fax: (604)270-8995.

BUSINESS OPPORTUNITIES

DISTRIBUTORS WANTED for a full line of fresh frozen gourmet foods. This is a unique opportunity to be part of the fastest growing businesses in Canada. Information call Dave Ward (604)273-9493 Jobs.

FACING JOB LOSS, Future Insecure, is the Dream Fading? B.H.I. can be your answer for Financial Security. Phone: (604)858-7824 (24 Hrs) for recorded message.

BUSINESS PERSONALS

ADD A Little Spice! Lovely roommates - Karen, Linda, Cheryl - have exciting personal photos to share. Free info: Karen, Bob 67-GB, Kelowna, B.C. V1Y 7P4. Adults Please!

CONTEST

POETRY CONTEST \$12,000 in prizes. Possible publication. Send one original poem 20 lines or less to: National Library of Poetry, Box 704-ND, Owings Mills, MD 21117.

EDUCATION

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HELP WANTED

INVITATION TO TENDER. School District No.50 (Queen Charlotte) invites tenders for the transportation of students commencing with the 1994-1995 school year and continuing for a three (3) or five (5) year term. The contractor will need five (5) school buses travelling approximately 150,000 kilometers per year. Details can be obtained by contacting W. Roper, Chief Executive Officer, at P.O. Box 69, Queen Charlotte City, B.C. VOT ISO or by telephoning (604)559-8471 or faxing (604)559-8849.

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Designer/Draftsperson. Contract work, residential design. Experience with Autocad and hand drafting. Submit resume to: Interior News File #391, Box 2560, Smithers, B.C. V0J 2N0. 846-5111 business hours.

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LEGION LOG

BRANCH 17 COURTENAY 334-4322

EVENTS

Fri Dec 17.....	Alleycats
Thurs Dec 23.....	Pub Night
Thurs Dec 30.....	Pub Night
Fri Dec 31.....	New Year's Dance

Free corsage, door prize, cold buffet 9-11 pm
Free transportation after midnight
Dance to Silver Spring. Tickets \$20.00 each

Sat Jan 01.....New Year's Eve, 12 noon
Fri Jan 07.....Country Spirit
Fri Jan 14.....Sidewinder

REGULAR ACTIVITIES

BINGOS.....	Thursdays, Fridays & Sundays at 7:00 PM
MONDAY.....	FUN EUCHRE
TUESDAY.....	PUB DARTS
WEDNESDAY.....	FUN CRIB
THURSDAY.....	FUN DARTS
FRIDAY.....	TGIF & Draw at 5:30 - 7:30 PM
SATURDAY.....	FUN BRIDGE AT 11:00 AM

"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

NOTE: We will be closed XMAS EVE & XMAS DAY.

Jan 01.....	New Years Eve
Jan 07.....	Music by ALLEYCATS. In the Lower Lounge 2 - 6 PM
Jan 14.....	Music by ROCK CODS
Jan 21.....	Music by WESTWIND
Jan 28.....	Music by HIGHWAY 19
Jan 28.....	Music by WILD RIVER

Annual "Burns Dinner" Saturday 22. Please watch for further details.

REGULAR ACTIVITIES

SUNDAYS.....	Lounge Hours 12:00 Noon to 7:00 PM
MONDAYS.....	L.A. Drop-In Bingo, Upper Hall, 7:00 PM
Monday Night Men's Dart League, 7:30 PM, Navy Room	
TUESDAYS.....	Ladies Crib League, Lounge, 7:30 PM
Mixed Dart League, Upper Hall, 7:30 PM	
WEDNESDAYS.....	Navy League Drop-In Bingo Upper Hall, 7:00 PM
Comox Valley Men's Crib League, 8:00 PM, Lounge	
THURSDAYS.....	*1st Branch Exec. Mtg. Upper Hall, 8:00 PM
*1st L.A. Executive Meeting (as required)	
*2nd L.A. General Meeting, Upper Hall, 8:00 PM	
*3rd Branch 160 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

Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

NEW YEAR'S PARTY/DANCE
Friday, 31 December
9:00 p.m. - 2:00 a.m.

Branch Upper Hall.....Music by THE ALLEYCATS
Admission: \$25.00 per couple. Open to all Branch 160, L.A. members and their bona fide guests. Reserved seating. Make up your own party and book early. Tickets on sale at the office.

FREE TRANSPORTATION! WE WILL PICK YOU UP AND DRIVE YOU HOME!
Call the Bar at 339-2112 for arrangements.

Good Food Good Fun Party Favours

On the Base

LABRADOR MILITARY MUSEUM

A new military museum is in the works at 5 Wing Goose Bay.

There is a great need for any old photos, slides, books, magazines or any memorabilia pertaining to military life at the Goose. Especially wanted, are any items dating from the very beginning through to the late sixties.

For further information, contact:

The Curator
Labrador Military Museum
Sgt Tim Brodie
C/O 5 Wing Goose Bay
Goose Airport
Station "A"
Goose Bay, Newfoundland
AOP IS

OR CALL

902-896-7036
AUTOVON 568-7036
FAX 902-896-7371

WINTER FESTIVAL NOTICE

•Do you have drawing talent?
•Would you like to win a prize? \$50.00
•The CFB Comox Winter Festival Committee is holding a contest to select the best logo to go on this year's button.
•The theme this year is the sequel "No - Snow Festival."
•If you have an idea and feel a little creative then why not submit a design to your unit rep or to Capt Cameron in WCE.
•Deadline for all designs is 15 Jan 94.

386 RCAC News

On the weekend of 26/28 Nov 93 Lt Canavan, our Band Officer, went to CFB Nanaimo for a band clinic, with 18 Air Cadets from 386 RCACS Komox, 6 Air Cadets from 363 RCACS Campbell River, 3 Air Cadets from 893 RCACS Parksville, 6 Sea Cadets from 54 RCSCC Campbell River and 6 Sea Cadets from 189 RCSCC Port Augusta, Comox. Lt(N) Bev Flote of 189 RCSCC was A/Band O. A total of 39 cadets and two officers.

All those cadets are part of 386 RCACS Band and are called "North Island Tri-Service Band." There were six other bands from the island participating. On completion of the clinic, the NITS Band was judged "Best Band" and they have been invited by Capt Trick, the Regional Cadet Music Advisor, to take part in the "BC Strathcona Band Competition" in May 94 at CFB Chilliwack.

Capt Melançon, CO 386 RCACS, offers his congratulations to all the cadets in the band for a "Good Show" and "Bravo/Zulu" to Lt Canavan and Lt(N) Flote.

19 Wing Comox Curling Playdowns

Team selection for the 94 Pacific Region Curling Championship 13-18 Feb will be: Where? Comox Valley Curling Club
When? 11 & 18 Jan
Times? 1000 - 1200 & 1300 - 1500

Teams are to register at the Rec. Centre NLT 0900 hrs, 10 Jan.

For further info contact MIL Sports at 8315.

Tri-City Boot Repair & Sales

Next to Subway
Cliffe Ave & 8th St., Courtenay
Tuesday to Saturday -- 9:00-5:50

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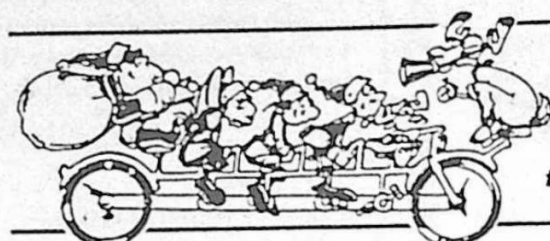
NEXT DEADLINE 10 JAN.



The Comox Community Centre Staff wishes you and your family a Merry Christmas and a Healthy New Year!

Look for our Winter
Brochure coming out in
the North Island News on
December 19, 1993.
December 20, 1993.
Start date is Jan. 17/94.

KRIS KRINGLE KAMP



Who is KRIS KRINGLE?
COME TO CHRISTMAS KAMP
AND FIND OUT.....We'll discover
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FEE:	\$8.00/half day, or \$15.00/full day, or \$60.00/4 full days	240	Mon.	Dec. 20	9 am - 12 noon
AGES:	Kindergarten - 12 years	241	Mon.	Dec. 20	12 noon - 3 pm
LOCATION:	CCC Teen Centre	242	Tues.	Dec. 21	9 am - 12 noon
		243	Tues.	Dec. 21	12 noon - 3 pm
		244	Wed.	Dec. 22	9 am - 12 noon
		245	Wed.	Dec. 22	12 noon - 3 pm
		246	Thurs.	Dec. 23	9 am - 12 noon
		247	Thurs.	Dec. 23	12 noon - 3 pm

Gift Certificates for the Comox Community Centre are a great idea for anyone; family, friends, or co-workers.

We are offering a special Christmas gift certificate entitled "the 12 Days of Christmas". This certificate will entitle the bearer to enjoy 12 health & fitness opportunities of their choice at the Comox Community Centre.

**A great gift for the kids
home for the holidays!**

On the 12th. day of christmas, my true
love gave to me.....

- 1 Chance at Archery
- 2 Aerobic classes
- 3 Squash court bookings
- 4 Step classes
- 5 Volleyball drop-ins
- 6 Weights-a-liftin
- 7 Racquet
- 8
- 9
- 10
- 11
- 12



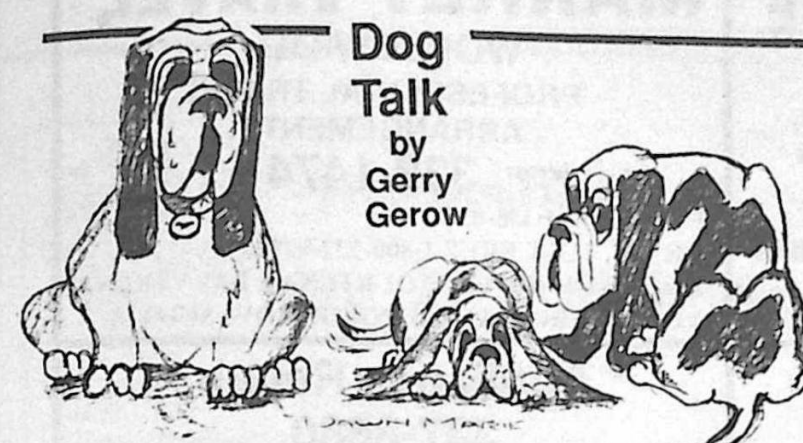
\$30.00 + GST for Adults
**\$18.00 + GST for Seniors and
Juniors (15-18 yrs)**

**THERE IS NO GREATER GIFT
THAN THE GIFT OF HEALTH**

Those utilizing a certificate must have a valid membership with the CCC.

Comox Community Centre
CHRISTMAS HOURS
CLOSED 12:00 noon December 24 - 28 Inclusive
and
CLOSED January 1 & 2, 1994

Give the Gift of Health and Fitness



**Dog
Talk**
by
Gerry
Gerow

Please - Not a Puppy!

Christmas! A time for giving and getting. But, please, not a puppy. Already the classified ads are starting. Here's a couple of examples out of a recent paper. You'll find similar ads in your own paper. "Deposits being taken on registered Dalmatian puppies for Christmas" or "Miniature Schnauzer cross Scottie dog pups, ready for Christmas, will deliver, \$225."

Regarding the first ad I have to ask, registered with whom? I doubt it's the Canadian Kennel Club. Also, no decent breeder who you would want to deal with, would advertise their puppies as Christmas presents. The second ad is even more misleading. They want you to believe that the owners of purebred dogs would allow them to cross with a purebred animal of another breed.

But the real point I am getting at is that if you wish to adopt a puppy into your family, it should be a carefully thought out process, with lots of research into breed, breeder, and the last consideration should be the time of year he/she arrives on the scene. No live animal should ever be used as a gift.

This is even more important if it is going outside your nuclear family. All too often we see the situation where Grandpa passes on, so we'll give Grandma a puppy for Christmas to keep her company. Maybe she'll love it, and maybe she won't! Anyway, she's stuck with it. Better to suggest it to her first and then act when, and if, it is really desired. The same applies when someone has lost a beloved pet. Maybe they don't want another one.

Trivia Answer

Eisenhower's Constellation

Dear Editor,
The AF trivia aircraft (2 Dec) is a Lockheed C-121A Constellation which became known as the "Connie." It was a four engined transport, distinguished by its slightly humped back and triple finned tail section. The Connie first appeared in January 1943 when it made its maiden flight. Early production models were delivered as C-69's to both USAF and the US Navy.

In the postwar era the original fuselage design was stretched into the 92 seat Super Constellation L-1049. This model made its mark as a popular aircraft with the airline companies such as Trans World, KLM, Eastern Airlines and Air France. In Canada, Trans Canada Airlines purchased 14 Connies for domestic and overseas service. TCA operated these aircraft from early 1954 until late 1963 when most of them were traded in with the purchase of DC-8's from the Douglas Aircraft Company. Several others were sold to Nordair, who operated them until 1969, when they were sold off again to Canairielief. This mercy organization flew the Connies on food lift operations to Biafra during the Nigerian civil war of 1967-1970.

When Lockheed phased out their Connie production line a total of 850 had been built, which included military and civil transports, and airborne radar picket versions (RC121s).

Super Connie stats:
Wing span.....123 ft.
Length.....113 ft. 7 ins.
Weight.....137,500 lbs.
Power.....4 x 3,250 HP
Wright engines



"Columbine;" Gen. Eisenhower's Constellation

Max speed.....315 mph
Range.....4,000 miles
The Connie shown in trivia was one of four purchased by a private charter company during a sale of USAF surplus assets. This company proceeded to cannibalize two of them for spares, in support of the most airworthy ones. During this procedure the owner discovered that one of the two being dismantled had a historic military connection. Bearing on its nose section the faded logo of a flower and the name "Columbine," it had once been the personal aircraft of General Dwight D. Eisenhower when he was SHAPE Commander in postwar Europe. Rather than allow this particular Connie to end up as a corroding hulk, the owner decided to restore it, after which it was donated to the Pima Air Museum at Tucson Arizona.

Yours sincerely,
John Novak
P.S. May I take this opportunity to wish the staff of Totem Times and its many readers a very Merry Christmas and a Blessed and Happy New Year.

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On & Off the Base

Give A Stuffed Dog For Christmas

A good example of what can happen was in the paper recently. A couple with a motor home were stopped for gas at a remote station in Alaska, when a hungry eagle swooped down and flew away with their small pet dog. The wife was horrified. The service station attendant spotted the husband, out of sight of his wife, cheering on the eagle. This tragic event really took place last summer. Now do you think some well-meaning family member should give this lady another dog for Christmas? I don't think so.

Make sure any animals you give this Christmas are the stuffed variety.

Doggies enjoy Christmas too. So make sure that you have something under the tree for them. One of my dogs (now gone) used to open her own presents.

I would like to take this opportunity to wish all my readers a safe and happy holiday season. I'll be back next year as long as the editor will have me.

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Would like to wish you

**A MERRY
CHRISTMAS
&
HAPPY NEW YEAR**

**Comox Military
Family Resource Centre**
New Program Ideas for the Winter/Spring!!!
**We are planning our Winter/Spring Adult Programs
and would like your input.**

What programs would you like to see happening for adults at the Family Resource Centre? (i.e. craft evenings, chocolate making, cake decorating, how to make your own hanging basket, parenting school age children, stress survival, living with anger, weekend ski outings etc...)

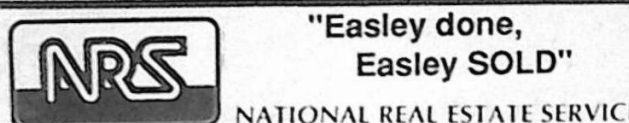
What times would be best for you? (Daytime/evening/weekends?)
Please return to: Program Coordinator, CMFRC, Box 310, Lazo, B.C. V0R 2K0.





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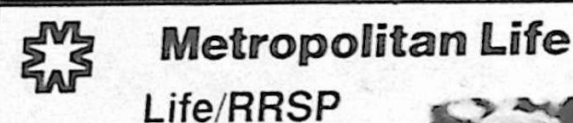
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- *** All persons in civil aviation ***
- *** All ex-Air Cadets who have served two or more years and are of the age of majority ***

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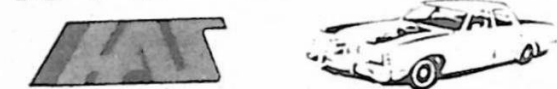
- * Darts
- * Pool
- * Section parties

339-4466

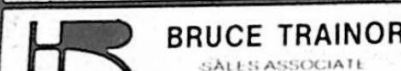
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7. The Hand of Chaos.....Weis
8. The Pelican Brief.....Grisham
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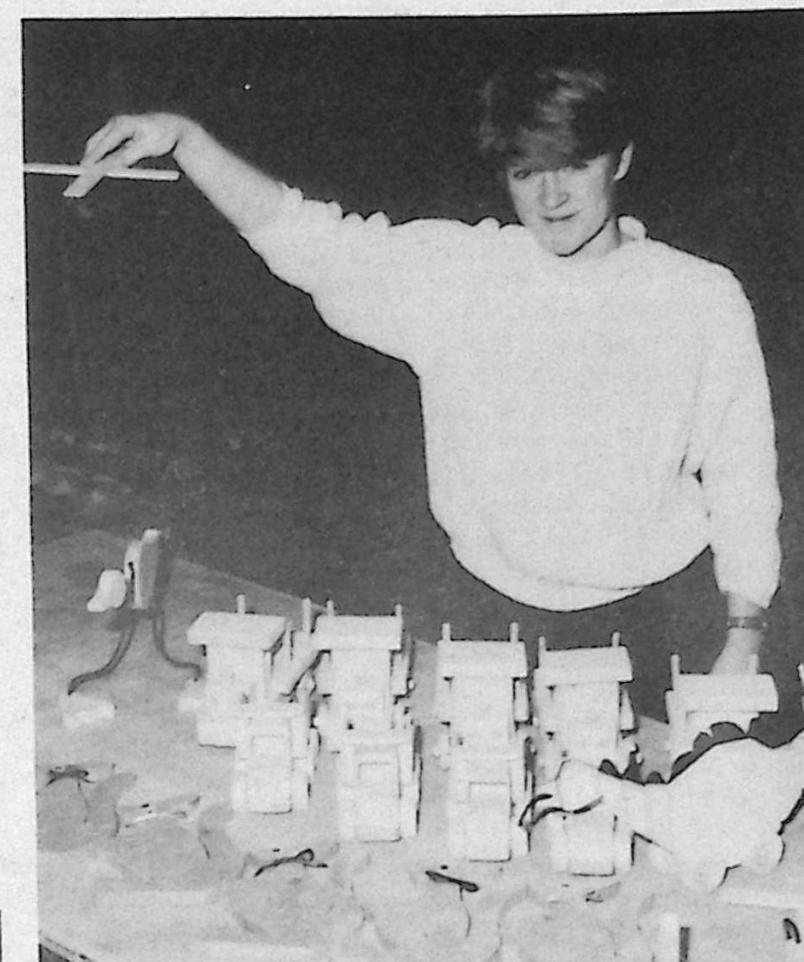
Debi

Williams

Manager

Wood Hobby Shop says Thanks

The CFB Comox Wood
Hobby Shop thanks those mem-
bers who were able to donate
their time to the charity
Christmas toy making work-
shop on Sun 13 Nov. The
wooden toys pictured right will
be donated to the "Comox Val-
ley Friendly Visitors" for dis-
tribution to less privileged
children of the Comox Valley
this Christmas. Thanks also to
Windsor Plywood for generous
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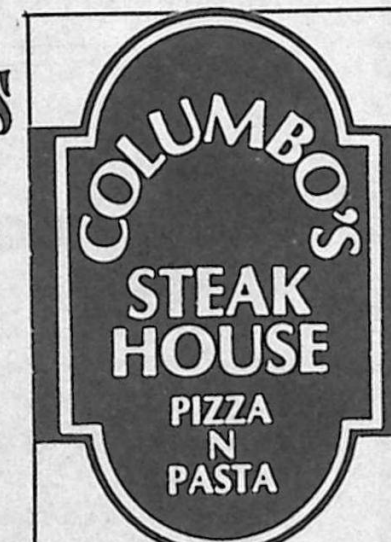
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On the Base

Drinking, Driving Counter-attack Poster Colouring Contest

CFB Comox held a DND dependant poster colouring contest from 18 Nov to 8 Dec. The contest was held in support of the Drinking Driving Counter Attack Program. Though we didn't receive as many entries as anticipated, we did receive entries from 15 months to 14 years old which showed a lot of imagination and talent.

I would like to thank the following for their assistance: Gail (duplicating), Norm Blondel (advertising), Katie Wylie (typing and diploma design), art (wing graphic artist) (diploma design), Family Support Centre (pick-up/drop off point), MWO Ken Bisson (W Foods) coffee and treats for the judge panel, and all of the CFB Comox drug education coordinators (UDECS) who helped by advertising in their sections and distributing the posters.

Prizes donated by WAdminO LCol van Boeschoten (\$200.00), W ATC (\$25.00) and 414 Sqn (\$20.00). A special thank you

goes out to Sgt Diane Robertson (W Compt) who coordinated Drug Education Week and donated two T-shirts and the \$53.58 profit on behalf of all the Comox DECS.

I would also like to thank the judge panel of CWO Jack Andrews, CWO Clint Halfkenny, CWO Paul Jenkins, CWO Jim Livingstone and CPO Jim O'Hanley who did a superb job of rating the posters.

This year all contestants received a diploma personally signed by the Wing Commander, Col T.B. Rogers. The following is a list of the top prize winners for their age category.

Under 3 years: Joshua Pyn-ten (\$15.00), Amy Morrissey (\$10.00), Taylor Creran (\$5.00), Jared Shackleton (\$5.00).

3 years: Alison McCluskey (\$15.00), Ashley Wyatt (\$10.00), Laura Morrissey (\$5.00), Kyle Gerritsen (\$5.00).

4 Years: Angelica Lauzon (\$15.00), Jessica Irvine (\$10.00),

Megan Creran (\$5.00) Vincent Turgin (\$5.00).

5 Years: Kyle Jennermann (\$15.00), Nathan Dumond (\$10.00).

6 Years: Brittany Vandermark (\$15.00), Colin Esplen (\$10.00), Veronique Turpin (\$5.00) Jamy Lapointe (\$5.00)

7 Years: Doug Priestley (\$15.00), Nicky Messaoud (\$10.00), Valerie Trainor (\$5.00).

9 Years: Stephen Esplen (\$15.00), Amber Vandermark (\$10.00), Tye Harlock (\$5.00), Trevor Campbell (\$5.00).

10 Years: Jamis Trainor (\$15.00), Melissa Strevett (\$10.00), Allison Cameron (\$5.00), Stephan Picker (\$5.00).

11 - 14 Years: Chris Tack (\$15.00 + T-shirt), Cory Jennermann (\$10.00 + T-shirt), Brigitte Messaoud (\$5.00).

Note: Winner of the draw for \$3.57 was Amber Robertson. If the above winners have not yet been contacted, please call Sgt Brian Shackleton at local 8839 (0730-1530).

BC Tel Warns Customers

by Andrea Derkitt
BC Tel Communications Manager

Recently, BC Tel customers have been approached by door-to-door salespeople who imply they are BC Tel representatives. These salespeople ask residents to produce their BC Tel bills and to hand over a blank cheque. In some cases, they are asked to sign a document the salespeople claim is proof a sales call has been made.

BC Tel warns customers that:

- BC Tel does not sell its products and services door-to-door;
- All BC Tel employees carry an identification card; anyone

claiming to be a BC Tel employee should be asked to produce it;

- Some documents produced by door-to-door salespeople may be service contracts;
- BC Tel does not redeem competitors' coupons.

BC Tel cautions customers that their bills contain a Personal Identification Number (PIN). This PIN number allows access to confidential information about their account, information such as the account balance, last payment, and savings plans and calling features to which they may subscribe. Customers should be aware that anyone with these confidential PIN numbers could

tamper with account information.

Michael Wood of the provincial Consumer Services Bureau advises that customers should never give out confidential information. "Bank account numbers, credit card numbers or PIN numbers should be carefully guarded. Also, people should not sign anything without fully understanding what it is they are signing."

Customer Services requests that anyone with complaints about a company's business practices should write a formal letter of complaint to: Consumer Services, Attention: Chief Inves-

tigator, #340 - 5021 Kingsway, Burnaby, B.C. V5H 4A5

Solutions to Violence

Finding solutions to violence in society can begin with Learning Circles, a project of the Open Learning Agency (OLA). From January 12 to April 27, 1994, the OLA's Knowledge Network will air "Violence," a series of 16 films that includes *After the Montreal Massacre*, *Survivors* and *Still Killing Us Softly*. Each will be followed by an on-air Learning Circle: a candid discussion by 13 British Columbians of their thoughts, feelings and ideas on long-term solutions to violence in their communities.

At the same time, Learning Circles made of 5 - 16 viewers will meet in communities throughout the province. Participants will view the "Violence" series programs, read print information available through the OLA and discuss what they can do about violence in their own community. In this way, Learning Circles will have the potential to act as catalysts for change, says

OLA's program manager for special projects, Alexandra MacGregor.

"Violence is an issue that deeply concerns many people and groups in our society," says MacGregor, who is in charge of Learning Circles at the OLA. "Learning Circles are an excellent way to bring Canadians from all cultural backgrounds and all walks of life together to talk about the root causes of violence and come up with practical, concrete ways to address them."

Ron Anderson, a member of the first OLA pilot Learning Circle, Living and Dying, says "(The Learning Circle) was a catalyst to draw out personal experiences that were very emotional and deep. As time went on, people opened up. It was a healing experience."

For more information about Learning Circles and how to get involved, phone 431-3401 or 1-800-663-1663.



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Season's Greetings

To All My Clients and Friends

In the spirit of all the wonderful feelings and sentiments this season brings, I extend a sincere Thank You for the confidence you have placed in me, and it is hoped that the fine relationship we have established during past years will continue for years to come.

Best Wishes to you and your family during this Holiday Season and throughout the coming New Year.

Very sincerely,

Tom & Jean Procter

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