



Snow to Surf

.... page 8

National Secretaries Week

Thanks Jenny



TOTEM TIMES



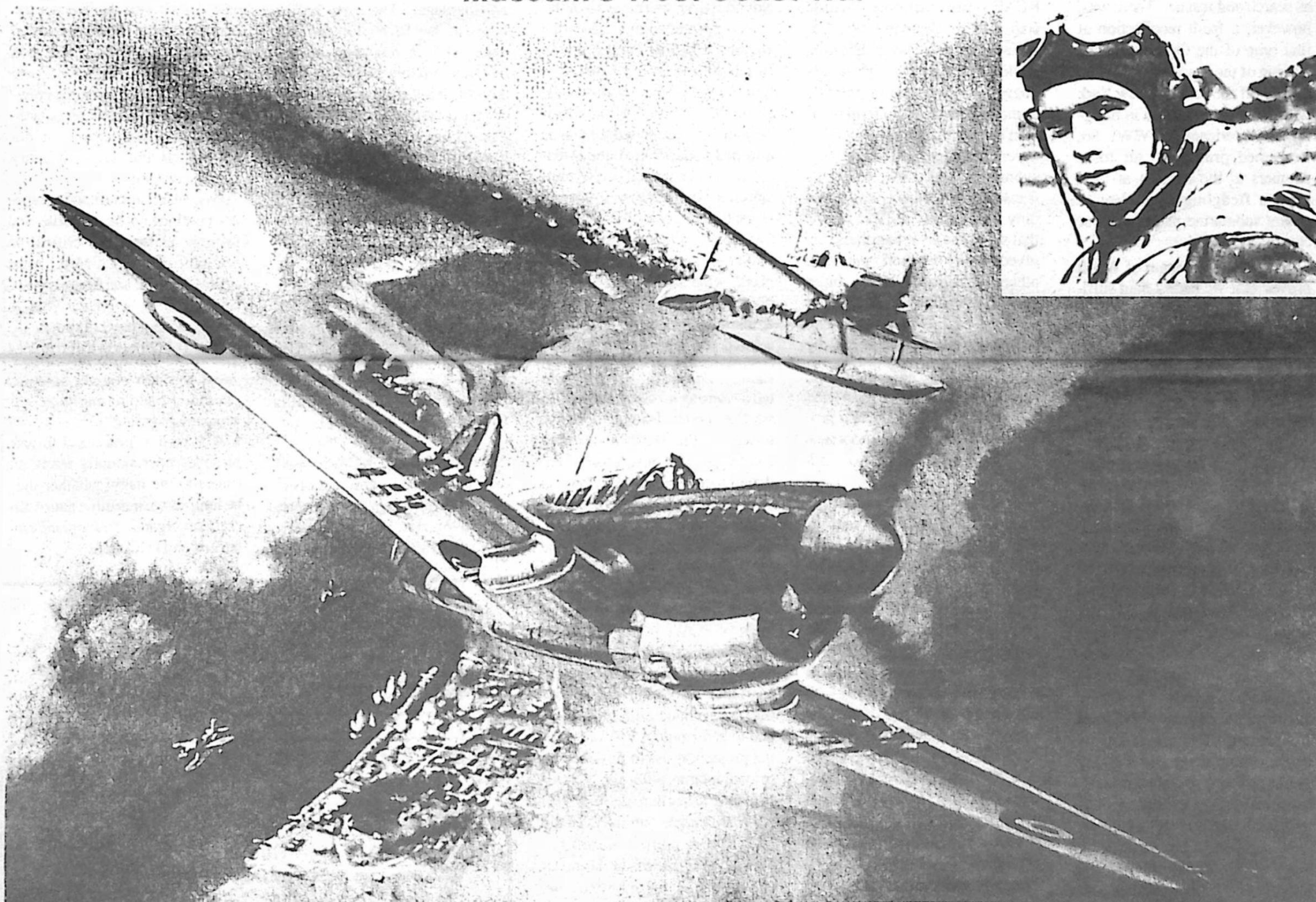
19 Wing CFB Comox B.C.

VOL 36 NO 8

THURSDAY 28 APRIL 1994

COST: PRICELESS

Museum's West Coast War



The "West Coast War" of 1941-45 was carried out by RCAF and U.S. squadrons, including the forerunner of 442 Sqn, 14(F) Sqn. Inspired by visits from veterans of that conflict, the Comox Air Force Museum now features an exhibition of artifacts and photographs of the period. The above illustration depicts a Sep 1942 battle between Curtiss P-40K pursuit aircraft of 111(F) "Thunderbird" Sqn (later 440 RCAF) and Nakijima A6N-2 "Rufe" fighters over Kiska. S/L K.A. Boomer (inset) scored, but was later killed in action in Europe. Commencing May 1, the Air Force Museum is open from Wed to Sun and holidays, 10 a.m. to 4 p.m.

Comox Hosts O'Brien Competition

by Capt D. Krayden
Wing PAO

CP-140 Auroras from both Canadian coasts will be at CFB Comox May 4 - 10 for the annual O'Brien competition. The seven-day exercise tests the anti-submarine warfare skills of the Aurora flight crews and technicians in both day and night sorties.

Along with 407 Sqn, 405 and 415 Squadrons from CFB Green-

wood, N.S. will compete for the Maritime Commander's trophy by successfully completing a number of underwater surveillance missions. The Canadian submarine Onondaga, which is deployed to the West Coast for six months, will be the object of the competitor's search.

Since 1952, 407 Sqn, as part of Maritime Air Group, has been in-

creasingly tasked with more non-traditional roles like pollution monitoring, surveillance of drug trafficking and driftnet fishing verification. The monitoring of foreign surface and subsurface vessels remains a key role for the squadron and thus provides an opportunity to contribute towards the maintenance of Canadian sovereignty in our Pacific area of responsibility.

407 Sqn Returns from Adriatic

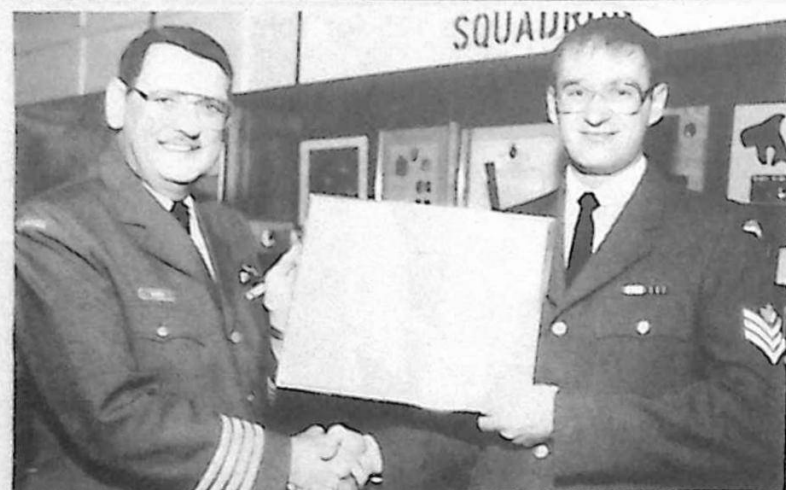
by Capt D. Krayden
Wing PAO

The last contingent from 407 Sqn to have served in the unit's first UN operation will arrive back at CFB Comox on April 30. The first group left the West Coast over three months ago for Sigonella, Italy to begin monitoring shipping in the Adriatic Sea. Using two CP-140 Auroras from

CFB Greenwood, N.S., the squadron conducted maritime surveillance in support of a NATO operation to enforce a UN embargo of Montenegrin ports. The object was to blockade all ships carrying material other than food or medical supplies.

The work of the Canadian flight crews and technicians has continued on page 6

Editorial



The following briefly describes the performance of Sgt Andy De Vries, who was recently awarded "Serviceperson of the Quarter" by the WComd. Sgt De Vries works in 19 AMS/DIAC Training:

Serviceperson of the Quarter

Sgt De Vries employs outstanding initiative, extraordinary motivation and flawless performance as DIAC's Chief Instructor, responsible for the conduct, administration and course development work on six training courses. His personal standards and dedication towards his job are at a rare high standard. Exercising his firm and direct control as Chairman of the AOSE CTP Board, he generated an excellent document similar in quality to the OSS and CTS he prepared for both FTAS courses for AIRCOM. A clever planner, Sgt De Vries' directives and suggestions have resulted in a remarkable increase in teamwork attitude, motivation of his staff and the overall production of the school. On his own initiative, he obtained the scanning equipment necessary and proceeded to transfer a total of five CTPs onto a computer based system, all within two months. The time savings realized was tremendous as it was estimated to take several years to convert this work using conventional methods.

Sgt De Vries clearly demonstrates his sincere concern for the welfare of others. He received a Memo of Appreciation from the WCWO for his efforts as OPI of the Junior Ranks Christmas Dinner, and worked closely with the organizer of the 19 AMS Christmas Cheer Campaign. Recently awarded the "CANADA 125" medal in recognition of his outstanding service to the community, he unselfishly continues as a Little League Baseball and Comox Soccer Coach. Trustworthy and reliable, his job performance was far above reproach, indicating solid professionalism and exemplary leadership under stress. He is without a doubt the most deserving candidate for this award.

Norm Blondel



"Thank You" Secretaries

While we appreciate their efforts and expertise year-round, National Secretaries Week gives us an opportunity to say a heartfelt "thanks" to the most vital cog in any organization. They protect us from our mistakes, organize our work and smooth the path for us. They remind us of things, anticipate our thoughts and smilingly accept changes of mind and direction from the boss that would aggravate a saint. Secretaries are a special kind of person. Thank you Jenny, thank you all.



Comox Spring Ritual

Forever Canada

by Duke Warren

There is a poem concerning the death of an English soldier far from home where the author says the grave "will be forever England." This phrase came to me when I spoke with Mayor Rob Webber recently. The mayor had just returned from his trip to Thailand, and while there had visited the Kanchanaburi Military Cemetery. The majority of men buried there worked as slave labour building the infamous Thailand to Burma railway. This railway passed over the River Kwai, and a film was made concerning the bridge which was built by the prisoners under brutal conditions. Some 18,000 POWs died because of malnutrition, cholera, other diseases, and the brutality of the Japanese.

Ron Webber found only two graves of Canadian servicemen, although there may well have been more. One, Gunner J.C. Goodman, was a Canadian serving in the Royal Artillery, who died 3 July 1943 at the age of 28. The other, Warrant Officer E.J.L. Bolingbroke served in the RCAF

and died 1 November 1944 at the age of 22. It is presumed that Goodman died while working on the railway, whereas it is known that Bolingbroke died while on air operations. I have been able to gather considerable information concerning the latter.

WO Bolingbroke's service number was R90953, which indicated he joined the RCAF most likely in 1941. His first two names were Ernest Joe but what the "L" stood for is unknown. He trained as a wireless operator air gunner. His home was in Toronto, and he enlisted in that area. Following his training in Canada, he graduated and was sent overseas as a Sgt. Additional training took place in England and it is not clear if he flew on operations in Europe before being sent to the Far East.

When the war in the Far East commenced, the RAF had few operational bomber squadrons located there and, after the debacle of Hong Kong, Singapore, etc. it was forced to form new squadrons in India. 353 Sqn was formed at Dum Dum, Calcutta on

1 June 1942, 354 at Drigh Road, Karachi on 10 May 1943, 355 at Salbani on 18 August 1943, and 356 on 13 January 1944. 357 Sqn, which WO Bolingbroke was posted to, was formed on 1 February 1944. It was equipped with Liberator III aircraft. B-24 was the American designation and 18,000 of them were built, more than any other aircraft by the USA.

357 Sqn were employed on long range supply drops to guerrilla forces in Malaya and Sumatra. It was on one of these flights, in aircraft number BZ 956, flying on operations, WO E.J.L. Bolingbroke lost his life. No details of the actual circumstances are available.

Mayor Webber reports the cemetery is beautifully kept, and the Thai people are grateful to those who liberated their country. The three main military cemeteries in the country are Kanchanaburi, Chungkai, and Thanbyuzayat.

There in Thailand is a small plot which will be "Forever Canada."

Comment

Letters

"Raise the Flag"

Ladies & Gentlemen:
What a wonderful people we Canadians are! What a great country we have. Aren't we fortunate! If you feel that way too, then show it on Saturday, 14 May - Canada's third "Raise the Flag Day."

"Raise the Flag" is non-political. It is a grassroots movement to motivate Canadians to raise and wave the one symbol that unites us - the Canadian flag.

Originally created by the mayors of Ottawa, Winnipeg, Hull and St. John's, this event is being sponsored coast to coast by the Kinsmen and Kinettes. Locally, the challenge has been taken on by the Comox Valley Kinsmen, the Canadian Daughters' League and the Courtenay School District.

The Raise the Flag Day ceremony and program will be held at

Lewis Park in Courtenay at 11:00 am on 14 May, rain or shine - be prepared. Please attend, as individual Canadian citizens or as a club. Seating will be limited so you may want to bring your own chair.

The weeks between Raise the Flag Day and Canada Day are designated as a time to "Celebrate Canada." All your members are asked to get involved as a community and show their Canadian pride by creatively displaying Canadian flags and participating in the 127,000 Flags for Canada flag challenge between 15 May and 30 June.

For further information on Raise the Flag Day or Celebrate Canada, call Mark Peters at 338-6125, Bev Chadderton at 339-3357 or Jack Malmloff at 334-2336.

Raise the Flag Committee

Foul Ball Norm!

Dear Sir:

Your trivia of April 14 is either a float for the Empire Day parade in Cumberland, a Search and Rescue CF aircraft for the year 2000 (as a result of defence budget cuts), or a Royal Wasaga Beach Air Force autogyro. Foul ball, Norm!

Sincerely,
John Novak

Editor's comment: The only way we were going to beat John Novak in the Air Force Trivia game was to cheat. The picture was of a circa-1933 parade float at Camp Borden Ontario, loaned to us by the Air Force Museum in a cooperative effort to stump John. But we didn't, did we?

No Retreat Award



Cpl Laura Melvin, Samp Flt, (in civvies) being presented with the "No Retreat" award by LCol Drover. This award is in recognition of her efforts coordinating the Art Show, involving numerous local artists, for International Women's Day, celebrated 8 Mar 94.

CD Awarded



MCpl Ouellet receives her CD from LCol van Boeschoten.

SSM Presentations



More SSMs for WLog Sqn, 8 Apr. Rear L-R: Cpl Riendeau, LS Ross, Cpl St. Pierre, Cpl Nielsen, Cpl Dion. Front L-R: MWO Cotton, LCol King, MWO Cote, Cpl Brandt.

FRP Affects All Ranks

The 1994 Force Reduction Plan (FRP) is a sweeping measure designed to reduce the Regular Force personnel level by 8,100 over the next four years. For the first time, the FRP is being offered to officers as well as NCMs. Eagerly awaited since this February's budget, and the subject of endless speculation at bases from coast to coast, the FRP will offer a combination of special leave and a lump sum payment of pension monies and retirement leave.

Applications for the FRP must be made by 15 June 94 and cannot be withdrawn after that date.

NCMs employed in the following trades are potentially eligible to apply for the FRP:

161 AIR T CON
211 RAD OP
212 TEL OP
221 RAD TECH
231 RDR TECH
291 COMM RSCH
511 AE TECH
512 AF TECH
513 AVN TECH
521 IS TECH
524 CRS TECH
525 AVS TECH
551 IE TECH
572 AWS TECH
933 TFC TECH

The following officer occupations are affected:

32A PILOT: Cols with 30 years of service (YOS) or more; LCol with 27 YOS or more; Maj with 26 YOS or more and ALL Cpts, Lts and 2Lts. The obligatory service requirement for pilots awaiting training will be waived for approved candidates.

451 AERE: same as above.
43 EME: Cols with 33 YOS or more; LCol with 31 YOS or more; Maj with 20 YOS or more; All Cpts, Lts and 2Lts. Obligatory service requirement waived, as above.

44 MADE: Capt(N) with 32 YOS or more; Cdrs with 30 YOS or more; LCdrs with 20 YOS or more; ALL Lt(N), SLt and ASLt. Obligatory service requirement waived.

51 DENT: LCol with 27 YOS or more; ALL Maj and Cpts.

53 PE and E: ALL LCol, Majs, Cpts, Lts, and 2Lts. Obligatory service requirement waived.

58 SOCW: ALL LCol, Majs, Cpts, Lts and 2Lts. Obligatory service requirement waived.

63 ATC: Cols with 31 YOS or more; LCol with 29 YOS or more; Maj with 34 YOS or more; ALL Cpts, Lts and 2Lts.

64 AWC: Cols with 30 YOS or more; LCol with 29 YOS or more; Maj with 25 YOS or more;

ALL Cpts, Lts and 2Lts.

65 FIE: All officers.

67 LEG: ALL Cols, LCol, Majs and Cpts. Obligatory service requirement waived.

68 PADM: Majs with 30 YOS or more; ALL Cpts, Lts and 2Lts. Obligatory service requirement is waived.

69 LOG: Cols with 32 YOS or more; LCol with 32 YOS or more; Maj with 30 YOS or more; Cpts (69B) with 20 YOS; and ALL other Cpts, Lts and 2Lts.

Obligatory service requirement is waived.

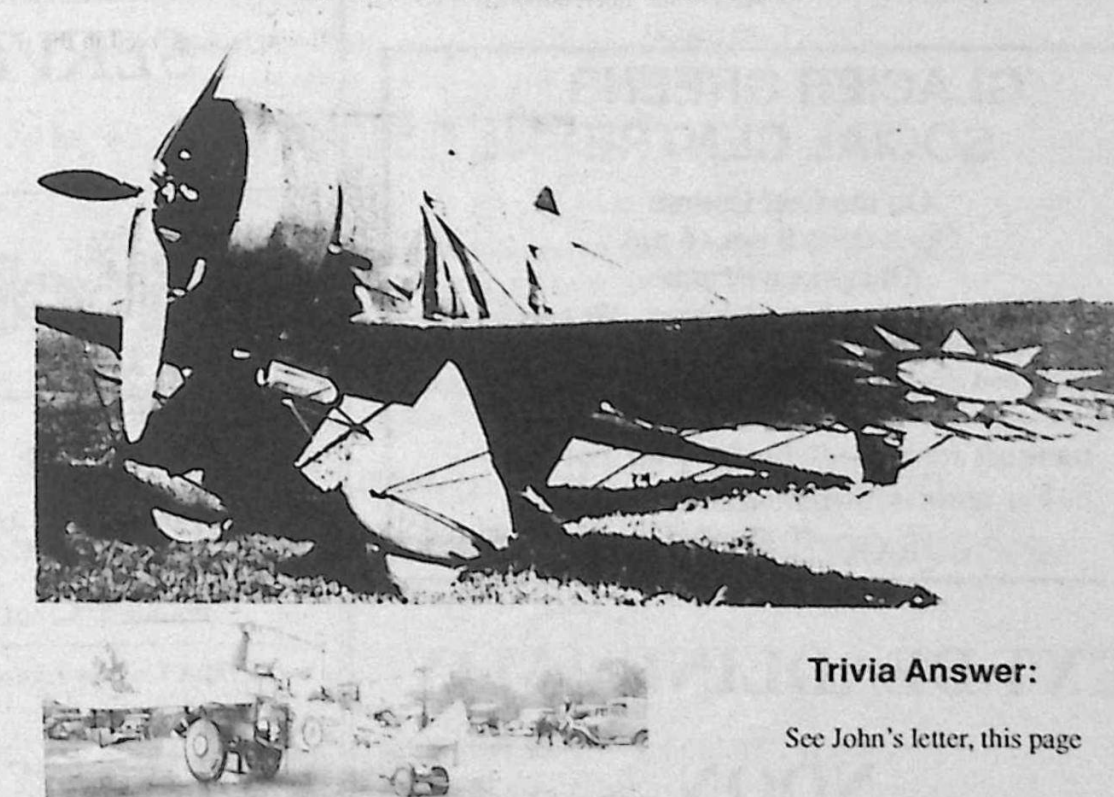
75 MUSC: ALL Cpts.

76 POST: Majs with 25 YOS or more; Cpts with 29 YOS or more.

The amount of special FRP leave an individual may receive is determined by length of time in the service. Those with up to three years of service are entitled to 180 calendar days; three to six years, 210 days; six to 10 years, 240 days; more than 10 years, 270 days; last year of service, 60 days.

For more information on the FRP or to ensure your eligibility and benefits to be derived thereby, check the next edition of the Wing Routine Orders.

Air Force Trivia



Trivia Answer:

See John's letter, this page

TOTEM TIMES

EDITOR - BUSINESS MANAGER.....Norm Blondel
EDITORIAL ADVISOR.....Capt. David Krayden
TYPESETTER/BOOKKEEPER.....Jenny Cooper
WRITERS.....Duke Warren, John Novak, Gerry Gerow,
Gordon Wagner, Diane Osterholm, Tet Walston,
Bert Linder, Jim Kirk,
CARTOONIST.....Gord Hatch
PRODUCTION STAFF.....Julie Blondel & Ron Fisher
COMPUTER CONSULTANT.....Gerry Peppard
CIRCULATION.....Julie Blondel - 338-0259

PHONE: 339-2541 (Office) 338-0259 (Res.) FAX 339-5209
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

The TOTEM TIMES is an unofficial publication of 19 Wing CFB Comox, B.C. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item.

Published every second Thursday, with permission of the Wing Commander, 19 Wing CFB Comox, B.C. Publications Mail Registration No.4098.

Office Hours: Fri before deadline; 0830 - 1600
Deadline Monday; 0830 - 1600
Tuesday; 0830 - 1600
Wednesday; 0830 - 1200

Section News

"No Retreat" award for Mark Middleton

19 AMS



The following briefly describes the performance of MCpl Mark Middleton, who recently received a "No Retreat" award. Presenting the certificate on behalf of the WComd is Maj Roos, CO 19 AMS. MCpl Middleton works in 19 AMS/Diac Training:

As 19 AMS was preparing for the "No Snowfest," MCpl Middleton quickly volunteered to act in the role of Mascot, under the banner of "Ron Roos' Rowdy Roosters." He was totally dedicated to his sqn and went to considerable effort to participate very actively in every event during the winter carnival. At the arena during the hour long Family Skate, MCpl Middleton spent most of his time entertaining and playing with the children on the ice, to the immense satisfaction of both the kids and their parents. His superb enthusiasm and outstanding commitment to the 19 AMS team generated the highest morale and best spirit possible within the group, and this was recognised when 19 AMS received the Best Team Spirit award. MCpl Middleton's impressive conduct during the "No Snowfest," in conjunction with his superior performance at work, has made him a deserving recipient of the "No Retreat" award.

DON'T YOU WISH YOU COULD MAKE MONEY WHILE SITTING ON YOUR SOFA?
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Local 8163

NEXT DEADLINE 9 MAY

NOON

Explaining ADAM

AMCRO

The subject this week is "Automated Data for Aircraft Maintenance," more commonly referred to as ADAM. I will explain the ADAM system and the improvements made since its introduction. The aim of ADAM, believe it or not, is to assist aircraft maintenance personnel at all levels. It also supposedly reduces paper work and assists with date retrieval. However, since its creation, we probably generated more paper work than in the previous 50 years! That's the price we must pay for progress. True, this system can be a pain sometimes but, like anything else, you must give it a chance to work.

All new inventions have flaws but, thanks to you, some of them are being corrected. Any persons wishing to request a change to the system must complete a Software Problem Report (SPR). Most of you are familiar with SPRs and are doing your homework. The squadron ADAM rep reviews the SPR for validity, and then sends it to the 19 AMS AMCRO section for transmission to Air Command, and then on to NDHQ. From there, NDHQ will change or create a program that will enhance the system. When completed and tested the users receive the software update.

Since I started working on the ADAM system, there were some changes. The most recent was an

upgrade from version 2.0 to 2.1. Some of the improvements included in version 2.1: editing feature on the CF358 and CF349 screen, electronic signature on the CF349s, the implementation of new ECIR tables, and electronic transmission of AMMIS data to Ottawa.

The upcoming installation of VMS 5.5, ORACLE 6.0 and ADAM 3.0 this summer, along with a new CPU and disk drive, will prove system performance and capability. Most of the existing problems documented by SPRs will be fixed in this version. Some of the improvements will include: a new queue system, new laser printers, more editing capabilities, query selection from any field, and the use of CF349b forms in ADAM.

Version 4.0, scheduled for '95, will include the use of laptops for deployment purposes. It will most likely have some problems, so keep submitting your SPRs and keep up the good work. The one thing to realize is that if you notice an error with the ADAM system and don't write an SPR, the error won't simply disappear; it takes time, effort, and a commitment for continual improvement to make it work. Cheers, The ADAM Family.

IE/IS Section News
 Back to the wonderful world of 19 AMS, IE/IS Labs: we have been playing musical chairs with

the other sections around base. Cpls Rod Funk, and Simon Hutchins shifted to 442 Sqn, originally to provide support to the resident IE contingent. They were found to be so valuable that they were both snapped up by that sqn and are now formally posted to 442. MCpl Al Turgeon, of recent IE Lab fame, has slid over (down?) to manage the Battery Shops. MCpl Ken Bedford, from AMSE, gleefully moved in to fill the vacuum. What did WE do to deserve this?

A proposed plan to relocate and expand the Battery Shops has been extensively researched by MCpl Ted Cornell, (he has decided to retire well before any attempt is made to implement it - just in case). Good luck Ted.

Cpls Kim Fournier and Rick LeVigne enjoyed the balmy weather of Bagotville on their Labrador course. No comment! Cpl Mike Lonigro gave a few good swings at the squash regionals in Chilliwack; after returning and taking some humbling lessons from WO Pete McAllister, Mike vowed to return and beat the lot next year. Our resident sports-enthusiast, Cpl Annette Hurtubise, helped with the Commander's Cup again this year - fortunately, the call "Stop the Clock!" and "Start the Clock!" are now a distant memory - so something went right.

Have a safe and happy spring.

More Adriatic

Continued from page 1

been commended by top NATO leaders.

They were based at U.S. Naval Station Sigonella in Sicily, along with the other members of the multi-national force.

The operation began 15 Sep 93 with 407's sister squadrons based at CFB Greenwood and those same crews will complete the deployment and return to Canada by mid-May.

Junior Ranks Mess UPCOMING EVENTS

Fri 29 Apr.....Comedy Night
 Tickets available at the door, \$4.00 members, \$8.00 guests. Doors open at 1900 hrs. Show starts at 2000 hrs. Chinese food buffet served between acts.

Fri 6 May.....Bosses Night, starting at 1530
Sat 7 May.....Mother's Day Dinner and Dance
 Cost: \$5.00 for men, accompanied women are free. Dinner served at 1900 hrs, followed by dance. Advance tickets only available at Mess office. See ad in this paper for more info.

Upcoming events calendar for April to June are available at the JRM.

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Section News

Accelerated Promotion

New 442 Corporals



Cpl Steve Gray congratulated on his accelerated promotion by A/CO Maj Joel Clarkson.



Cpl Stan Daniecki. Accelerated Promotion.



Cpl Brent Holt. Accelerated Promotion.

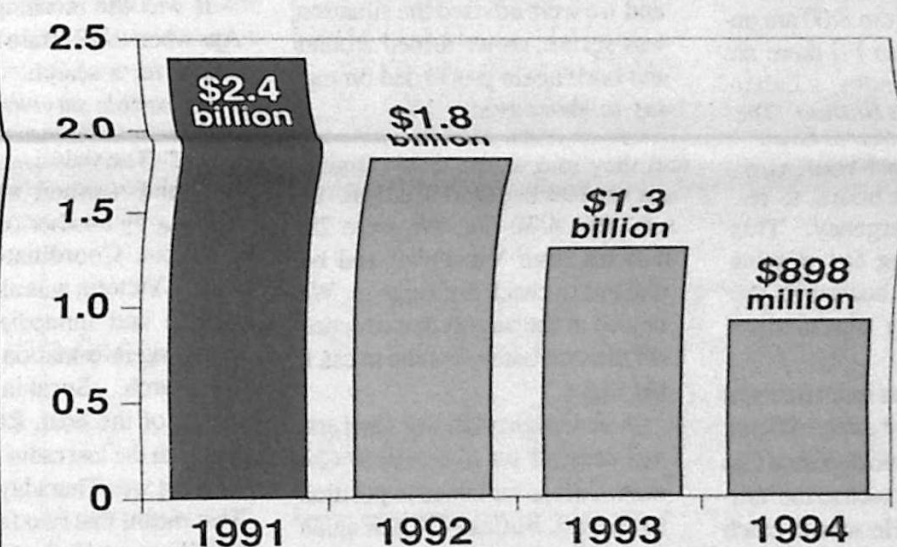


Cpl Mike Mar. Accelerated Promotion.

REPORT TO THE PROVINCE

Taxes frozen

BC's deficit cut by \$1.5 billion



SOURCE: Ministry of Finance and Corporate Relations

Here are the facts:

1. Cutting the deficit by \$1.5 billion has enabled the provincial government to introduce a three year tax freeze.
2. The tax freeze means no new taxes, no tax increases and a freeze on personal income, sales and consumer taxes for the next three years.
3. The five percent cut in the Cabinet salaries of the Premier and Ministers has been extended for another year, as well as the freeze on MLAs' salaries.
4. Tax cuts for ordinary people in this year's budget include: property purchase tax cut up to \$3,000 for first-time home buyers, homeowner grant extended to homes valued at up to \$450,000, no tax on automobile trade-ins, and no surtax on vehicles costing less than \$32,000.

For more information on how you benefit from BC's lower deficit, please call Enquiry BC and order your copy of the 1994 BC budget:

In Greater Vancouver: 660-2421 / In Greater Victoria: 387-6121
 All other areas: 1-800-663-7867
 Telecommunications for the hearing impaired (TTD):
 In Greater Vancouver: 775-0303 / All other areas: 1-800-661-8773

Deficit down. Waste cut. Jobs up.
Taxes are frozen for the next three years.



GOVERNMENT OF BRITISH COLUMBIA

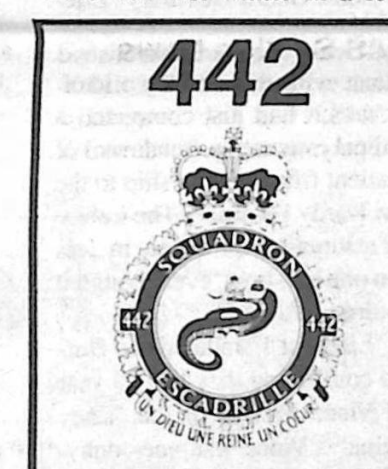
A Winter Wonderland

by Cpl Kristiansen 1st B Crew Snags

With all of the trades that are in our squadron working as closely as they do, it's a wonder that 500 series cross-training didn't occur 10 years ago. For our part, in 442 an extensive schedule for training has begun which we are quite proud of. By late fall the ISTs should have everyone trained on our new coffee machine, the IET classes on SNAG avoidance by shifting blame, will be complete, AFTs will be starting an advanced study on how to sleep in fuel cells, AETs will reveal to all MCpls and above the locations of their best hiding spots, CRSTs will be holding classes on how to extend a black box snag right through hangar clean-up and the SST will teach everyone to say "I don't get paid enough to do that."

On an only slightly more serious note, the winter has been kind to 442 Sqn. Aircraft serviceability has remained high thanks to many late nights and long hours by all of our ground crew personnel. Saving us from some of the winter blues, the Sar Tech section held its "Snow Owl" exercise and introduced various ground crew personnel to the finer art of winter survival. Also of note, MCpl Norm Boutin of Sar Tech fame entered the record books as 442 Sqn's first ever "Reserve Ride" with the new parachutes. For those who don't listen to the Sar Techs enough to know what that means, I will elaborate. MCpl Boutin, after a partial malfunction of his main canopy, cut away from his parachute and deployed his reserve. No injuries were sustained and Norm landed both thrilled with his short freefall and only slightly shaken. Rumour has it that he was spotted still carrying the rip cord around in his hand in the mens undergarment department of a local store.

In another squadron first, Cpl Charley Lamontagne has survived her first winter in a few



years without breaking any bones. When asked to comment, she wanted "Charley Watchers" everywhere not to worry as hiking and camping season is fast approaching. The PHRS system is being put to good use and our latest squadron directive to improve manpower productivity has emphasized the need for all functionals on Labrador search lights to be carried out during silent hours. It seems the Sar Techs were mistaking the bright lights for TV cameras and would stop working to comb their hair.

An honourable mention goes to MCpl Tony Kester, one of 442 Sqn's fearless Flight Engineers. In late January, Tony landed his first flight in squadron memory without any 349 entries. Our ex-Lab pilot, now re-trained Buff driver, LCol Hardy reports that the conversion is going well. His only difficulty is maintaining spatial orientation while hovering in a Buffalo. Maj Paul (Buff Filt Cmdr and the CO's personal trainer), will return shortly from sick leave (caused by stress). If you are reading this Maj, think happy thoughts.

In a totally unrelated topic, 442 continued on page 8

Section News

More Winter

Continued from page 7

Sqn welcomes its newest promotions, Cpl Steve Gray, Cpl Stan Daniecki, Cpl Brent Holt, and Cpl Mike Mar. Congratulations guys, it's the last raise you will see for a while.

Rumour Corner

CWO Livingstone is protesting just about every hockey game he played in this year in the hope that they will have to be re-played, thereby extending the season. In order to reduce aircraft unserviceabilities, Maj Abbott (442 SAMEO) has put forth a proposal to reduce the flying rank to Sgt and have all the Techs commissioned. Sony, Capital, and Motown are all bidding for the recording rights of the hit group "Totally Confused." One half of the six-member band are 442 members. You can come

hear them on May 6, at Bosses Night. Speaking of totally confused, the Navigator section is conducting intensive training on road sign recognition from various altitudes and airspeeds. Apparently it is all part of the I Follow Road qualification. MWO Boyd has a request in to the CE section for a bullpen to be installed in 1 Hangar. This would certainly reduce the amount of time CE spends repairing "minor" damage from the occasional wild pitch.

I guess I have made enough friends for now, so until the next time I am allowed to write, I will hope you never need our services but, just in case, we will be standing by "so that others may live."

All in a Day's Work

by Lt T.G. Livingston

The main role of 442 Sqn is search and rescue, as well as transportation. From 8:00 am until 4:00 pm Mon to Fri there are two aircraft on standby, a Labrador helicopter and a Buffalo. The two aircraft are required to be airborne within one half hour, two hours during silent hours, to respond to any emergency. This could be searching for missing aircraft, rescuing boaters in distress or carrying out medical evacuations.

On 8 Feb, all was quiet for most of the day until just after 3:00 pm. The standby Buffalo departed Comox to transport a tech to the Vancouver Airport. He was to catch a flight to Moose Jaw to help repair a Buffalo that was broken down.

Minutes after being airborne enroute to Vancouver, the Buffalo was tasked to proceed west of Bella Bella where a boat was on fire. The information available to us from the Rescue Coordination Centre was that there were three people on board and several boats were responding along with the standby Labrador. The flight to

Vancouver would have to wait while we responded to the burning vessel. Half an hour went by and we were advised the situation was secure, so we turned around and once again proceeded on our way to Vancouver.

A quick call to Sqn Operations, and they told us the tech's flight was not leaving until 5:15 pm. It was now 4:30 pm. We were 20 minutes from Vancouver and he still had to check his baggage. We landed at the airport and dropped off the tech barely in time to catch his flight.

A new flight plan was filed and we were all set to return to Comox. Just as we taxied in position to take off, Buffalo 457 was again tasked to respond to another boater in distress. We took off and searched the area just off the coast of Vancouver. The boat was located and a Coast Guard hovercraft aided the distressed boater. Now that this situation was under control we flew back to Comox without any further incident.

Although this was not a typical day on standby at 442 Sqn, it exemplifies the different situations that we respond to without a second guess or a second to waste.

After Ten Long Years.....



Finally, after 10 long years, Course 8400, the first course of the newly set up 442 Sqn Operational Training Flight assembled for their course photo after years of constant nagging by the students. Now, about that Grad Party. Standing L-R, instructors: Capt Mike Clark ret'd, now with the Canadian Coast Guard Helicopters in Prince Rupert; Maj Tom Mitchell ATGHQ Trenton; Maj Rudy Preus ARAF Comox. Kneeling (again) students: Capt Mike Vermette ret'd, now flying for Alberta Gov't living in Comox and Capt Mark Levesque now an instructor 442 Sqn OTE.

442 Saves Local Fisherman

by Capt Marco Adebar

It was the morning of Sat 16 Apr when the Buffalo aircraft was tasked for a search. The targets were possible survivors of the locally based fishing boat "Lady Divine." The vessel was reported sunk and washed ashore that morning by another fishing boat.

Rescue Coordination Centre (RCC) Victoria was alerted of the mishap and immediately began gathering information to aid with the search. Speaking with the owner of the boat, RCC discovered that the last radio report from the boat was Thursday afternoon. That meant that two fishers could have been adrift for 18 hours!

The Buffalo began a low level search pattern over the swamped boat. Shortly after, SAR Tech MCpl Norm Boutin spotted a man waving his T-shirt onshore approximately two miles from the abandoned boat. Since this was on the uninhabited island of West Cracroft, north of the Johnstone Strait, we were sure we had found one of the missing fishers. His location was marked by SAR Tech Cpl John Leclerc by tossing

a smoke in the water.

Pilots Capts Frank Ross and Marco Adebar continued to fly the search pattern while directing the Coast Guard Auxiliary "Lifeboat 1" to the location. Navigator Capt Denis McGuire established contact with the standby Labrador which had just completed a medical evacuation (medevac) of a patient from a cargo ship to the Port Hardy Hospital. The Labrador estimated on scene in less than one half hour, even though it required refuelling.

"Lifeboat 1" radioed the Buffalo confirming they had 29 year old Vince McGee of the "Lady Divine." Vince was very dehydrated as he had been stranded on the island for almost two days. He was extremely lucky that the weather since his boat overturned was sunny and warm as he was not properly dressed for bush survival.

Labrador pilots Capts John Bradbury and Pat Dayman established a hover from which flight engineer MCpl Conrad Wilson could effectively operate the

hoist. Vince was quickly retrieved allowing SAR Techs Sgt Bruce Koronko and MCpl Kevin Zawislake to medically assess and treat him while en route to the closest hospital in Port McNeil.

On completion of the medevac, the Labrador returned to aid the Buffalo in the search for the other missing fisher. Hours passed with no sighting. Both aircraft were eventually forced to fly to Port Hardy to refuel. The flight engineers (FE) quickly refuelled and prepared their aircraft for further searching. As Buffalo FE WO Phil Cashman advised the crew that the aircraft was ready RCC, had bad news and informed us the search was called off. Unfortunately the body of 40 year old Ed Hals was just discovered by a whale watching vessel 15 miles from the sunken "Lady Divine." He had never made it to shore. He also was not prepared for the sudden overturning of the boat and was not wearing a life preserver or immersion suit. But unlike Vince, Ed was a non-swimmer.

Dynasty in the Making?

by MCpl Al Banky (a Not-a-Jock SAR Tech)

Each year, as the winter rains turn to spring sun, 442 Sqn teams bring home the silverware. The winning continued at last week's Snow to Surf relay race. The SAR Tech A and B teams (the Snow Snakes and One Eyed SAR Snakes) were the top two 19 Wing teams, with overall placing of 11th and 30th. As anticipated, the "A" team won the trophy as the top-placed military team.

Although these results may not surprise many of you, they were a total surprise to those of us who made up the "B" team. The SAR

Tech section always enters two teams in the race: one competitive and the second one just for the fun of it. The "B" team's best previous placing was somewhere in the eighties.

Its downfall has always been in the areas of cross-country skiing and road biking. How did the team pull off a finish amongst the jocks? Simon Ferland and Tony Isaacs. Simon's name is well-known in military biathlon circles and Tony, although a runner by vocation, is a skilled road biker. Simon and Tony's speed, combined with an all-out effort by the remaining six SAR Snakes, en-

Continued on page 10

Section News

Supply Signals

Capt Harold McKay is moving up in the supply world, way up, to the WSUP's office. He is acting WSUP until Jul when we will welcome our new Supply Officer, Maj O'Neill. Maj Bill Pipe has departed for browner, sandier pastures, on his year-long UN tour. Lt Mike Fields will be the acting MCO during this period as well as the new Mayor of Wallace Gardens Community Council. Good luck, Sir.

Surprise! Surprise! Some Supply postings are in already and we are losing a few personnel this year. Cpl Judy Kitchen is going to 7 CFSO Edmonton, Cpl Nanu Grondin is going to CFB Chilliwack, Cpl Paul Lavallee is returning to CFB Calgary, and Cpl Paul Procure is going to CFB Petawawa. Good luck to all in their future endeavours.

We have had some promotions since our last article and we send out our congratulations to MCpl Debbie Lavoie, MCpl Micheala Staples, Cpl Pete Morneau, and Cpl Chantal Roy.

A welcome home is extended to Cpl Dan Renwick who has just returned from the Middle East and is now employed in Gen Stores.

The world renowned event, the Snow to Surf, was held this past weekend. The weather was gorgeous and the annual outdoor event was enjoyed by many. Lt

Mike Fields, Cpl Kevin Lane and Cpl Al Greene were participants this year, although all were on different teams. Lt Fields completed the cycling portion of the race for "The Kiwi Team" which ended up 135th overall. Cpl Lane ran the first leg of the downhill run for his team "Breathless" and they placed 139th overall and 19th in the Masters division. Cpl Greene completed the mountain bike portion for his team "The Lightning Rods" and they came in 79th overall. For those of you who might think that this is not a great accomplishment, just drive the route and imagine yourselves skiing, running, biking or canoeing. Well done Lt Field, Cpl Greene and Cpl Lane.

Customer Service section has finished the remodelling and re-arranging of their office space and are back to full speed ahead, at least we think that's the proper terminology, isn't it PO2 Julia Campbell?

The personnel moves for MCpls have happened and we will now let you know who those new faces are. MCpl Judy Ireland is now enjoying the wonderful world of MPO, MCpl Don O'Reilly is now learning all there is to know about birds (not the badminton variety) as he has moved over to 1 Sup Gp, MCpl Dean Battersby is trying on Clothing for size (why doesn't he

Mike the Mayor

know his own size yet?), MCpl Doreen Morris is hanging her hat with the Transport world over at 3 Sup Gp, MCpl Raymonde Fortin is trying out Customer Services section, and MCpl Pierre Lavallee has moved over to Gen Stores to try some real supply work for a while. Good luck to all of you in your new positions.

The section overview this month is the SAO (Supply Administration) branch. This branch consists of the Supply Orderly Room, where all administrative functions of the Supply world are handled. They maintain PERS files, as well as process all 'typing requirements, leave passes, messages and memos. Always remember to ring the bell for service so as not to interrupt the steady flow of document processing. Across the hall we find the WSUP's secretary who looks after all queries and processing of various controlled documentation. Down the hall a little way we will find the stocktaking and Management Information System (MIS) cells where they are often buried under paperwork created by all the other supply sections. Stocktaking is always busy but still always ready to assist, and MIS looks after all our interests by gathering and assembling our stats so we can nail down any problem areas. The training cell is also found in this section and

any queries or requests will be readily addressed.

This is a little ditty about the people who work here

A right person fold as will soon be clear

We're the SAO branch of 19 Wing Supply you see

A three part section we are to be

We consist of MIS, SIG, and the Orderly Room too

Here to help with your problems and to service you.

Sgt Louise Poudrier is the head of our department

Owens her own house, refuses an apartment

Oversees Sig, MIS and Training, too

Though her most important job is the candy dish for you.

MCpl Serge Hussereau is our MIS man

A friendly new arrival in a switch with Dan

He's working out the cobwebs of computer history

Awaiting a message to his post-ing mystery.

Mrs. April Leveigne will lend you an ear

To help with your stocktaking "Oh No! They're here!"

A mother of one, a wife after light

All sticking to home keeping their vehicle in sight.

The next desk over in the SIG place

Is L/S Mike Kewell, no not just occupying space

When not at work he's out on the water

Searching for a 30lb. salmon to slaughter.

M/S Sandy Stavenjord is our newest supply clerk

Acquired from 407 to see how life really works

Always perky, smiling and bouncing off the walls

She's happy to be here cause others are so small.

Mrs. Sylvia Garrett, a secretary in the orderly room

Where at times utter chaos seems to loom

A very friendly person everyone will like

She's into wine and beer making and talking about her tykes.

Mrs. Marilyn Reid is our other OR clerk

All questions answered and things put on circ.

A weekend commuter on the island highways

But during the week it is in Comox she stays.

Our WSUP helper is Mrs. Sue Gibbs

A skier and dog lover, really no fibs

When not at her desk she'll be around

Unless she's on leave, then the slopes are her ground.

Mother's Day Dinner & Dance

at the Junior Ranks Mess'
Saturday May 7, 94

Dinner will start at: 1900 hrs (7:00 pm)

(semi service: buffet style)

Serving: Chicken Cordon Bleu
Potatoes, vegetables and gravy
Caesar salad
Salvadores
Coffee and tea
and Strawberry Shortcake

Hey! Men don't be shy, bring your sweetheart
out for dinner and dance with the music
of our own DJ

Price: \$5.00 (for men, accompanied women are free)

Advance tickets only, on sale at
the JR Office from 0730 to 1530 hrs.

(from Apr 21 to May 3 at noon, cash and acquittance roll)

and at the bar from 1530 hrs to closure

(tickets on sale at the bar, starting Apr 29, by acquittance roll only)



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Regular Membership: Who is eligible?

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- *** All civilian employees (DND) at CFB Comox ***
- *** All retired military and DND employees who served or worked on a Canadian Forces Air Base ***
- *** All allied military personnel serving or retired from the Air Elements of their country ***
- *** All persons in civil aviation ***
- *** All ex-Air Cadets who have served two or more years and are of the age of majority ***

Associate Membership: Who is eligible?

- *** All persons interested in aviation who support the Aims and Objectives of the RCAFA ***

For more information contact either:
Cec Donovan - 339-7292 or
Alan Scott - 339-4035

Feature



by Gordon Wagner

The further we got into Oregon the better the roads and the better the weather. We made Grant's Pass before noon. Highway crews were removing the last of the dirty snow off the Siskiyou Pass. California welcomed us with sunshine, clear blue skies and orchards in full bloom.

Once Anton had caught up on his sleep and I decided he wasn't going to hit me over the head and run off with the car, we had a great visit. He was twenty-nine and a world traveller. He'd spent six years in the Australian Navy and for the past four years had worked at various jobs until he had enough money to travel.

Three months ago he had flown into Los Angeles where he stayed with friends in Laguna Hills. Friends introduced him to skiing. He skied at Banff and Lake Louise and spent the last weekend at Whistler. He had hitchhiked it all. Now he was headed for Ogden, Utah, where some friends of friends would show him Sun Valley.

After Utah he would head for the Grand Canyon, down to Phoenix and back to California. In two weeks he was slated to fly back to Australia.

He amazed me with his knowledge of the sports world. He knew more about the National Hockey League, Wayne Gretzky and the Edmonton Oilers than I did. He said they showed Wide World of Sports on Australian TV. It kept him up to date.

I gave him my Rand McNally Road Atlas. "It looks like I should have headed inland from Portland," he said.

"You were sound asleep when we passed Portland. You're welcome to come with me to Phoenix and go to the Grand Canyon first and then up to Ogden. That would be the shortest, but you'd

lose a day. But, if we drive all night, we can be in Phoenix tomorrow morning."

"I think I'll head inland from Sacramento. That looks like the shorter route."

"We're coming into Redding. The car needs gas. We need some food and you need to know where you're going."

"I want to get a picture of you, and your address."

"I want to give you a copy of *From My Window*," I said, referring to a book I had recently published.

We took our time over sandwiches and coffee, exchanging addresses and studying maps, and I gave him a copy of my book. "You can drop me off at Sacramento and I'll start up Interstate-80. I should be in Salt Lake City by midnight."

You're optimistic, Anton. I did my share of hitchhiking during my five years in the Air Force. I spent some long, lonely hours waiting for rides. And I wore a uniform. Hitchhikers aren't popular these days.

Two hours later we swung off I-5 and headed east on I-80. Five miles along the freeway we came to a housing development with three service stations at the exit. I stopped at the pumps. Anton gathered up his gear.

"We should get a picture of us together. We'll get someone to take it," he suggested.

We found a willing photographer.

"Goodbye, Gordon, thanks for the ride. I'll write you from Australia."

"Goodbye Anton, I've enjoyed your company. Good luck on the rest of your journey."

He headed across the busy street where a line-up of cars waited to enter the freeway. I got the hose from the pump and began to fill the gas tank. I turned, expecting to see Anton trying to flag down a ride. But he was gone. He must have been picked up immediately. *I bet he'll be in Salt Lake City by midnight.*

I drove south on I-5 far enough to get an early start the next day.

Arizona Bound

Conclusion

I missed Los Angeles' morning rush hour and got to Phoenix by noon. As I removed the shutters and vacuumed the summer's dust from our unit in the Venture Out trailer park, I wondered if Anton would get to ski in Sun Valley.

At midnight, a week later the phone rang. "Is this Gordon Wagner at 426 Navajo?"

"Yes, it is."

"This is Floyd at the security gate. We have a hitchhiker here with a pack on his back. He says his name is Anton Milhalic and you are expecting him. I can't let him in at this hour of the night. If he is a friend of yours you'll have to come down and sign him in."

"I'll be right there, soon as I get some clothes on."

"He doesn't look like the type of person we want in Venture Out. Will he be spending the night with you?"

"There are no rules or regulations to say you can't have an over-night guest are there?"

"Well, no. You better come and have a look at your friend. You might change your mind."

I wonder what Floyd meant. Ordinarily I would have walked to the security gate but, as I pulled on some clothes, I decided to drive. I might have to find a motel for Anton, after all I had only known him for five or six hours. I had suggested we drive all night and he could hitch a ride to the Grand Canyon from Phoenix. I couldn't remember giving him my Phoenix address. I wonder how he found me.

The headlights of my car caught the slumped-over figure of a man sitting on the bench outside the guardhouse. I watched him struggle to his feet and turn towards me. "Gordon, am I ever glad to see you."

"My God, Anton whatever happened to you?" His right arm was in a makeshift sling, the sleeve of his green jacket dangled rag-like from his shoulder and his left eye was swollen shut.

"It's a long story, but two blokes beat the devil outa me. I thought for a while they were going to kill me."

Floyd stepped out of the guardhouse and said, "Gordon, I think you should take your friend to emergency and get him patched up. You know where the Sisters of Mercy hospital is, just a couple of miles down the road."

"No way mate. I can't afford a doctor."

"Never mind that now. Get in the car and we'll get you patched up."

On the way to the hospital and while we waited to see a doctor, Anton told me his story. After we had said goodbye at the filling station just off Interstate 8, he had two rides that got him into Salt Lake City just after midnight. He had contacted his skiing friends, spent three days skiing and then headed for the Grand Canyon. "I had two great days in the Grand Canyon and got to Flagstaff yesterday. I got a short ride out of Flagstaff when two blokes in a pickup stopped to give me a lift. They pulled a gun on me and beat the hell out of me. I must have passed out because they left me lying in the ditch."

"Then what?" I asked.

"I don't know how long I lay in the ditch until a young fellow stopped and drove me to his home a couple of miles off the highway."

Gordon and Anton



NEXT DEADLINE 9 MAY

S to S Champs



SAR Tech MCpl Bill Burton and Cpl Dave Lazarowich (the "B Team") cross the finish line, the second place 19 Wing team, close behind the SAR Tech "A Team." (Photo by Al Banks.) See 442 S to S article.

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More Dynasty

Continued from page 8

abled the "B" team to finish well ahead of even its member's own expectations.

I have a question for the members of the team: where do we go from here? We can't embarrass the "A" team by moving ahead of them next year, can we? What are we left with? The status quo? We have come close to victory and, as witnessed by the hot-tub party, we like it. We could toss down the gauntlet and challenge 414 Sqn to a duel next year, but we've seen

how poorly they perform when faced with opposition from the Snakes. Maybe we'll just have to retire our team name gracefully and start anew next season; new name - no expectations.

The non-jock SAR Techs don't want to create any kind of dynasty, so we'll have to think carefully about our next move. We'll have lots of time to think while we help shine all of the squadron's trophies.

THURSDAY 28 APRIL 1994

THURSDAY 28 APRIL 1994

TOTEM TIMES 11

On & Off the Base

Intersection Hockey League Champions 93-94

442 Sqn Flyers -
"A" Division Playoff Champions



Log Team - "B" Division Playoff Champions



History Uncovered

As predicted, history was uncovered as markings indicating the location of the original double lightning rod (near the cockpit), and the original tail number and horizontal stabilizers were uncovered by 407 volunteers and the Argus restoration crew last weekend. These markings date the aircraft as far back as 1957. Thanks again to all those who dedicated their time last Saturday.

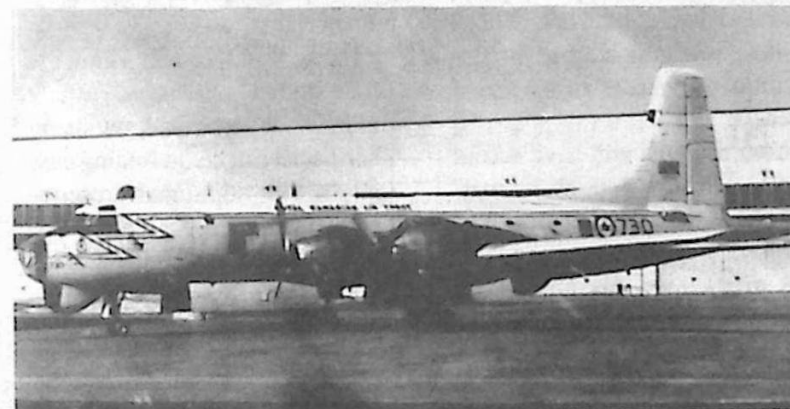
Argus Reunion Meet and Greet Steak BBQ: The Argus restoration crew is holding a Meet and Greet Steak BBQ at the Comox RCAFA 888 Wing on 1 June 94. This event starts at 1:00 p.m. and steaks start sizzling at 6:00 p.m. Open to the general public, this event celebrates the 20th anniversary of the "Record

Flight of 711" (31.1 hrs), and the efforts of the Argus restoration crew. All former Argus crewdows and groundcrew are encouraged to attend. Prints from John Rutherford's "Roll Out for the Record" will be on site for purchase, as a fundraiser for the Argus 712 restoration. As seating is limited, and tickets (\$10.00) will not be sold at the door, hurry to get yours from:

Fred Goldie 339-3085
Ed Goski 339-5401
Stan Froehler 339-7593
Karl Smith 339-7950
Murray Smith 339-0521
Graham Vokey 399-8211,
loc.8524

or write to us at: Comox Heritage Aircraft Society, P.O. Box 485, Lazo, B.C. V0R 2K0. Fax: 339-8128.

Double Strike



East Coast Argus No. 730 shows old double lightning strike, as recently revealed when paint-stripping Comox Argus No. 712.

FRP

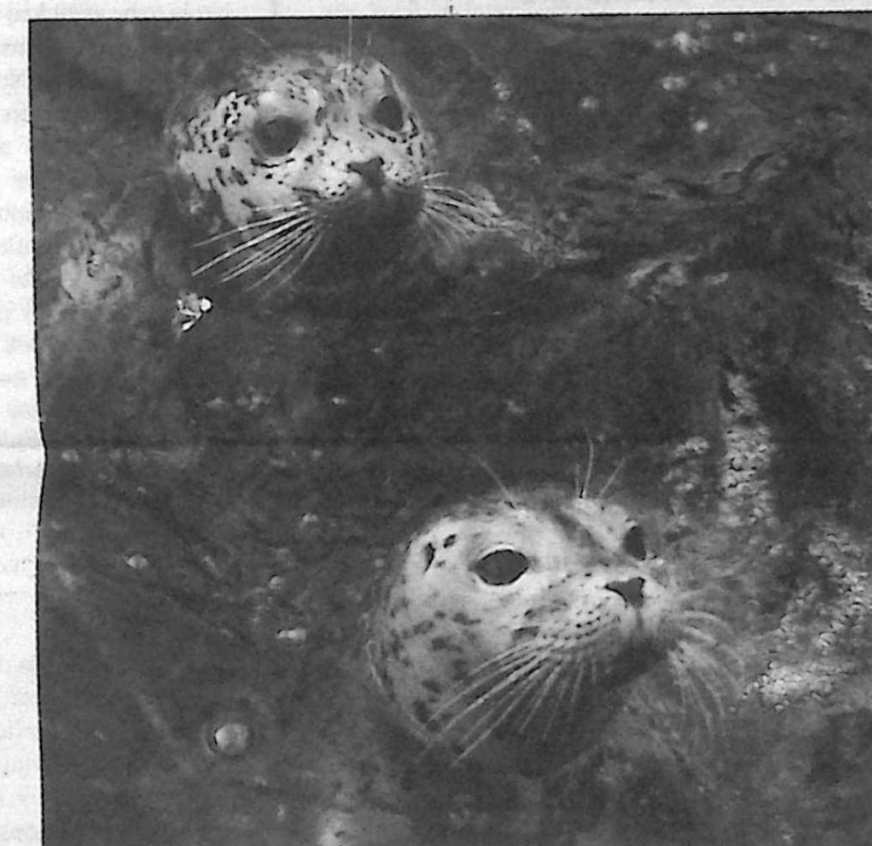
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LITTLE GUYS A MUCH
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We've been giving much needed rides to injured and abandoned Victoria harbour seal pups. The pups are spotted by volunteers and reported to the SPCA, who then give us a call and deliver the seals to our terminal. Then it's off to the Vancouver Aquarium.

After being treated and properly cared for, the pups make it back to the wild before too long. All of us at AirBC are happy to be helping them get some TLC. We bring the same attitude to our passengers, helping out whenever we can.

And no, the pups don't qualify for Aeroplan.

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GOLFERS!

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The Scott Fraser Golf Shop
at Glacier Greens G.C.
339-6515

Golf

Glacier Greens

by Rose McClesh

The ladies of GGC, held their annual Spring Fling golf tournament on Sat 23 April. 29 ladies participated in the event.

In addition to the many lovely prizes, the ladies were also competing for the Vi Wilander Memorial Trophy, which was won by the team of Lori Cameron, Louise Bustard, Yvette Ally, Barb Carter and Rose McClesh.

2nd Place: Pat Verchere, Kay Banks, Marg Wreggitt, Pat Belanger.

3rd Place: Irene Perry, Elsie Downey, Judy Felbaum, Heather Ferraby.

4th Place: Jill Iddiols, Ardyth Wood, Joan Curtis, Irene Marshall.

5th Place: Duane Miles, Corinne Innis, Rosalie Lloyd, Barb Morris.

6th Place: Cheryl Armstrong, Joyce Merrill, Dianne Bainbridge, Peggy Falconer.

7th Place: Verle Lafferty, Sue Powers, Betty Pearsall, Anne Patterson.

info health

Dr. Bob Young



Violence

Violence seems so out of place in a health-care setting. No job is without risk, but most would expect that dangers for doctors, nurses, hospital workers and lab technicians would be mainly like infections, getting cut by a wayward scalpel or needle, or similar occupational hazards.

Increasingly, however, threats and actual physical violence have become important considerations for health workers and their employers. Health care unions have said that their workers are as likely to be assaulted as are police - and most incidents involve attacks on women. Nor surprising - most health workers are women.

These workers are trusting souls, inclined by nature and training to be supportive, compassionate and gentle. Their reaction time may be slow when accosted by a nasty patient. Not anticipating an attack, as a police officer or prison guard might, leads to delay in the sometimes necessary flight or fight response.

Emergency departments probably see the most violence, often

on the part of patients who are there against their will, having been injured during an arrest, while committing a crime or when drunk. Staff may also be caught in the middle when a domestic dispute erupts in the department.

It may be a friend or relative of the patient who turns violent, angered by the sometimes necessary and misunderstood hectic medical procedures required in a life-saving situation.

Often sick patients are mentally disturbed and strike out in various ways. On psychiatric wards staff are better trained to protect themselves yet still get injured; on other wards inexperience and surprise on the part of nurses and others may make them more vulnerable.

Doctors are at risk at times in their own offices. Patients have been known to attack when they are disappointed in treatment results or distressed at a diagnosis.

Physicians think they are being the patient's friend; some patients

see a doctor as an enemy.

Another uniform is now seen in hospital corridors, that of the security staff. They are not there just to issue parking tickets. Larger hospitals now have mini police forces, unarmed strong men and women trained in subduing violent and dangerous patients. They are close by, especially on Friday and Saturday nights.

But there are lots of nooks and crannies around a hospital, many nursing homes, extended care facilities, doctors offices, even ambulances on the highway where health care workers are exposed to violence. It is impossible to provide security in all locations.

The Workers' Compensation Board in BC has found that, among selected groups serving the public (including bus and taxi drivers, guards and police, waiters and bartenders) almost 45% of claims resulting from acts of violence were from nurses, nurses aides, and orderlies. Delivering health care is now a very stressful job.

Pharmacare Benefits

A few thoughts about pharmacy this week, probably spawned by memories of Mr. W. "Mac" McGill, who established McGill & Orme - Prescription Chemists in Victoria in 1928. I confess to thinking he was an old man when I apprenticed in one of his stores many years ago - even though I was occasionally (and willingly) pressed into serving as an emergency escort for one of his daughters who was about my age. "Mac" died recently, at well over 100 years of age.

We hear that he seldom personally used any of the millions of pills dispensed by his chain of stores over the years.

Pharmacare benefits are being reduced in BC. Deductibles are higher, and seniors will have to pay 100% of dispensing fees. Most pharmacies sell tablets and other drugs at cost (no mark-up); overhead and profit comes from the dispensing fee. Pharmacare in BC, and similar plans in other provinces are faced with ever-increasing drug costs. Not only are

medications often very expensive, but more people are on drug therapy than ever before.

Not necessarily a bad thing as many pharmaceutical products are effective, even life-saving at times. But when several are required by one person on a daily basis the expense for the paying agency rapidly mounts up.

More ominous in the minds of some is the soon to be implemented Pharmnet technology, almost ready to roll in BC. It will link virtually all the computers in retail pharmacies across the province into a giant network. Those in hospitals and long-term care facilities are slated to be added later.

Your druggist will have access to all your prescriptions, no matter where they were filled. The purpose is to help prevent dangerous medication clashes, avoid "double dosing" with similar drugs, and identify patients who are obtaining prescriptions from multiple doctors, perhaps for purposes of trafficking.

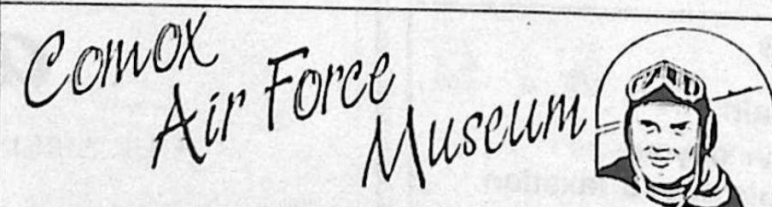
There are at least two worries. The first is loss of privacy and confidentiality. Anyone with access to a druggist's computer would be able to learn what drugs an individual is taking - and there is fear that a competent "hacker" might do the same thing.

Knowledge that an employee, political rival, or even a spouse is taking, for example, an antidepressant, medicine for epilepsy, a narcotic (for legitimate reason), or birth control pills could be put to nefarious use. There is certainly a potential for infringing on human rights.

The second worry is within the profession of pharmacy. While unlikely, an unethical or shady pharmacist might, on finding customers with additional prescriptions elsewhere, be tempted to induce them to switch them to his or her store.

Pharmnet needs more thought and iron-clad safeguards.

I don't think Mr. McGill would approve of computerized pharmacy!



Summer Hours (May - Sep)

Wed - Sun & Hols:
10:00 a.m. - 4:00 p.m.
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On & Off the Base

A La Mode

Fruits, Flans & Flambés

by Diane Osterholm

From now until fall, fruits will be fresh and plentiful. Cheaper too. Eating plenty of fruit is a good way to improve your diet. Full of vitamins and free of fat, they are the original fast food snack. Reach for fruit instead of a donut or chips and you will give yourself a real energy boost.

Strawberries are starting to make their appearance in the stores and, apart from shortcakes and jams, there are a number of ways to enjoy them. The fruit sauce is a good way to use up extra berries or peaches and doesn't use as much sugar as jam. When making jams and jellies, the sugar is used to set and preserve the fruit. This recipe only has enough sugar to help the fruit and is not suitable for canning like a true jam.

Another way to use berries or other fruits is in a flan. For convenience, I buy the ready made flan bottoms available in most stores. The pudding can be replaced with plain or flavoured yogurt if you like a fresher, tarter taste. This makes a lovely finish to a meal and an impressive take-along dessert when visiting friends for dinner. It can be mixed up and assembled in less than 15 minutes. Once glazed, it will keep for a few days and still look good.

Strawberries should be handled gently and only rinsed quickly just before using. Lay on paper towel and pat dry with a second towel. Raspberries must also be treated gently or you will end up with squashed berries. They usually do not need to be washed, but if you want to, rinse them in a colander then turn out onto a paper towel lined cookie sheet or tray. Shake the tray so they roll around and you can pick out any bad ones easily.

Other fruits are nice on a flan too. Bananas, once glazed, will not change colour as there is no contact with air. Alternating rows

of bananas and berries gives a nice colour contrast and the flavours compliment each other.

Kiwis and fresh pineapple contain an enzyme which prevents gelatin from setting, but canned pineapple is processed and does not do this. Kiwis can be used on a flan for colour without much problem if laid on a paper towel for a minute and glazed a little extra. They will not last long though; after 24 hours they will break down and get quite mushy.

Peaches, oranges, grapes, mangoes, cantaloupes, apricots, blueberries or any other fruit you like, fresh or canned, can be used on a flan.

Different glazes can be made by using another jam or using fruit juices instead of water to dissolve the gelatin. It can also be left clear.

The Banana Flambé is a favourite of mine and can be made throughout the year. Impress your family or friends by quickly bringing the flaming pan to the table. Be sure you have a hot mat ready to place the pan on. The alcohol will burn away in the flame, or you can omit the liqueur if you don't want it.

Fruit Flan

- 1 large sponge shell
- 1 small package Instant Vanilla Pudding
- 1-3/4 cups milk
- 1 T. Grand Marnier, brandy or cognac (optional)
- 1 envelope gelatin
- 2 T. strawberry jam
- 1 pint strawberries, halved, or any mixed fruit

Mix pudding and milk together, add liqueur, if using, and spread over top of sponge shell. Dissolve gelatin according to package directions, add jam and strain mixture. Arrange berries on pudding, pointing in, starting in the centre. Brush with glaze and chill 15 minutes. Glaze a second time for a shinier appearance, gently warming gelatin if it has started to set.

*If you don't have gelatin, warm up 4 T. of jam plus 2 T. of water and strain. It will not set like gelatin, but will make the flan shiny.

Fruit Sauce (Coulis)

Near the end of the season, or whenever you have some extra fruit, make up some of this sauce. Add just enough sugar to taste for a better fruit flavour. This will result in a sauce, rather than a jam. Serve over ice cream, pancakes, waffles or squares of cake. It will keep a week in the fridge, up to a year in the freezer.

Clean and pare fruit, cook with some sugar, mashing with a potato masher until chunky-smooth. Add a little water if necessary and cook 20 mins. Chill or freeze. (For a smoother sauce, push

through a sieve while still hot.)

Banana Flambé

- Per person:
- 1 banana, peeled and split
- 1 T. butter
- 1 T. maple syrup or brown sugar
- 1 T. Grand Marnier, rum, brandy or cognac
- 1 scoop vanilla ice cream
- Heat butter in a non-stick fry

pan over medium-high heat. Fry banana on both sides until heated through and starting to colour. Add syrup or sugar and turn banana to coat. Add liqueur and flambé by holding a flame to edge of pan. Remove banana to plate with ice cream and pour sauce over top. You could garnish this with chopped almonds or walnuts if you like.

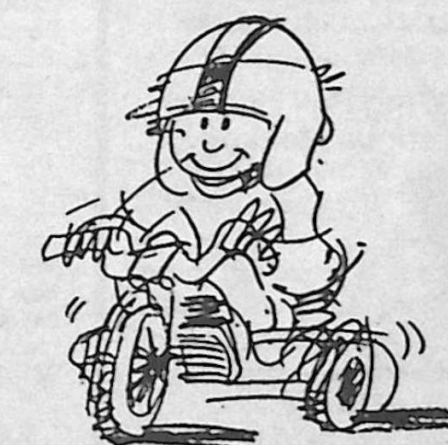
NEXT
DEADLINE
9 MAY 1994



MAKES SENSE

KIDS SENSE IS COMING TO DRIFTWOOD MALL

Driftwood Mall will
sponsor the all-Canadian
Kids Sense public safety
awareness program
April 27 - May 1, 1994



Displays and information being provided by
the following local organizations:

CounterAttack
Courtenay R.C.M.P.
Courtenay Fire Hall
Red Cross Society
Comox Valley Bicycle
Safety Committee
Ident A Kid
Poison Control Centre
Child Find
Crime Stoppers
St. John Ambulance
Canadian Marine
Rescue Auxiliary
Pacific Childcare
Support Programme



Kids Sense encourages children ages 4 to 16 and their parents to familiarize themselves with everyday safety so their responses in any given situation are sensible and automatic.



Community partners make summer work

1994
Community
Partnerships
for Student
Summer
Employment
Program

The Province of British Columbia and community organizations are working to help create summer jobs for students. This program promotes new job opportunities which offer students skills for future employment. The program starts April 25. Employers will be reimbursed a portion of student wages.

Contact Enquiry BC, toll free, for the organization hosting this program in your area.

BC 21
Vancouver: 660-2421 Victoria: 387-6121
Elsewhere in B.C. 1-800-663-7867
Telephone Device for the Deaf:
Vancouver: 775-0303 or 1-800-661-8773

Building BC
for the
21st Century
Province of British Columbia

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.

Dépendant 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.

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

19 Wing Pacific Divers Scuba Club

Hours of Operation: 1830 - 2000 hrs, Monday and Thursday nights. Basic Open Water Course: April 21, 23, 24, 28, 30 & May 1. Cost \$175.00.

19 Wing Ball Hockey League Meeting

When: 02 May, 1430 hrs. Where: Rec Centre conference room.

This year's league will be run at the Wing Arena two nights a week. The League Committee has already had two meetings and are well on schedule.

League forecasted to start 16 May. League Committee members have already voted and are awaiting registered teams. Teams can be of Military and DND employees and can be mixed from all sections.

Teams are to register NLT 6 May with League President, Cpl Malouin 8508, or Cpl Carr 8315. Competition is going to be stiff, so get your buddies together and register your team. Hope to see you at the meeting.

Association Francophone

Assemblée Générale Annuelle, le samedi le 30 avril 1994, 18h30, à l'Hotel Washington Inn, salle Garden.

L'A.G.A. sera suivie d'une soirée culturelle à 20h30 avec Robert Des Cotes et ses musiciens (Vol-Au-Vent). Venez danser, chanter et vous amuser au bon rythme d'une soirée Québécoise. Un buffet froid sera servi dans la soirée.

Achetez vos billets avant le 27 avril. Membres: 8.00\$, Non-membres, 12.00\$ Prix à la porte, 2.00\$ de plus.

Pour infos: Angèle 339-3990 ou Linda: 338-2976.

Animal Control Officer

The Animal Control Officer for the Wallace Gardens MQ area is Cpl Rob Hogenbom. He can be reached at 339-5324 or at PMQ 112E.

Mini Franco-Fun

Le mini franco-fun termine sa saison le lundi 26 avril 1994. Je vous remercie à tous de votre collaboration et vous souhaite de passer de belles vacances estivales.

A bientôt, Suzie Beaumont

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.

Avis

Groupe de soutien pour familles francophones centre sur l'étude de la parole de Dieu. Rencontre tous les mercredis de 1900 - 2030. Pour information contacter Jacques ou Sylvie Fortin 339-6377.

Summer Employment Opportunity

19 Wing Comox Yacht Club requires a White Sail 3 qualified instructor to run sailing courses from 1 May - 1 Sep. For more information contact Don Irvine at loc.8106.

Western Line Dancing

For all ages. Call 339-6016 for more information.

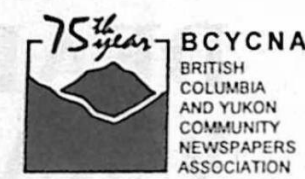
339-6016

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.

IT'S A MATTER OF LIFE AND DEATH
DON'T SMOKE
British Columbia Lung Association

NEXT DEADLINE 9 MAY



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.

356
\$225 for 25 words
\$4.00 each additional word

AUTO

ENGINES REBUILT FROM \$795. ENGINE remanufacture from \$995. 6 months to pay. 6 Year 120,000 warranty. Bond Mechanical building engines for 28 years. 872-0641, 8-8, 7 days.

TRUCKS! TRUCKS! Trucks! Choose from \$4,000.00 light duty truck inventory. We beat the competition. Call Collect Ed Klassen G.M. Fleet/Lease Dept. Brad/Rob/Peter 594-2271 045370.

OKOTOKS COLLECTOR Car Auction, May 27 & 28. Good spaces still available. Call for free brochure. Phone/fax (403)938-4139. Box 430, Okotoks, AB, T0L 1T0.

BUSINESS OPPORTUNITIES

VEHICLE LEASE: Drive a new vehicle and write off the cost. No down payment. Call Andy at 328-9211 DLR #8367.

DALE CARNEGIE, Toastmasters, Grads, Tony Robbins & Brian Tracey enthusiasts. Turn your passion for personal development into Full/Part time income 290-9224 or Toll-free 1-800-661-4055.

AREADISTRIBUTORS & Dealer Contractors for revolutionary coating system. Product has more applications than any other product. Sundecks & patios, painting, roofing, pools, etc. etc. Strong rubber-like elastomeric won't crack, fade, peel, or chip. (Best price) 25 year written guarantee. Makes all others obsolete. Low investment, terms available. Call (604)278-7363.

BUSINESS PERSONALS

LOOKING FOR Sizzle? Exciting girl-next-door XXX photos! For discreet, free, no-hassle info write: Karen, Box 670-GB Kelowna, B.C. V1Y 7P2. Adults only please!

ORIENTAL INTRODUCTIONS International. British Columbia's largest and best introduction service, all members in your local area, special offer. For friendship or marriage call today! (604)877-4749.

BUSINESS PERSONALS

SPICE UP Your Love Life! Order adult-only novelties from your home. Lotions, oils, games, books, plus more! For your Free Catalogue call 1-800-979-3998.

BUILDING SUPPLIES

VINYL WINDOWS/Patio Doors for new construction/renovations, standard or made to measure. Shipped anywhere in B.C. (No Minimum!) (Seconds/returns available at 1/2 price). Call Mon-Fri: 7:30a.m.-5:30p.m. Fax: 795-4574. Direct call 1-795-4575 Cascade Windows Mfg. Inc.

COMING EVENTS

MARATHON, ONTARIO "Built on Paper, Laced with Gold". 50th Anniversary Celebrations. July 29 to August 1, 1994. Great homecoming festivities! Write: 50th Committee, Box 29, Marathon, Ontario P0T 2E0.

EDUCATION

BE A SUCCESSFUL Writer...and write for money and pleasure while learning how. You get individual tuition from professional writers on all aspects of writing - romances, short stories, radio and TV scripts, articles and children's stories. Write, call or fax today for our Free Book, "How To Be A Successful Writer". Toll-free 1-800-267-1829. Fax: (613)749-9551. The Writing School, 38 McArthur Ave. Suite 2109, Ottawa, ON K1L 6R2.

A NEW Career? Lots of jobs available. Trained Apartment, Condominium Managers needed - all areas. We can train you now! Free Job Placement Assistance 681-5456/1-800-665-8339.

COUNSELLOR TRAINING Institute of Vancouver offers correspondence courses for the certificate of Counselling Studies to begin on the 15th of the month. For a brochure Phone Toll-free 1-800-665-7044.

A CAREER in B.C.'s fastest growing industry? Dubrulle French Culinary School offers full time 17 week cooking/pastry programs. Government funding and placement assistance. Enroll now for May classes. Call 738-3155 or 1-800-667-7288 (B.C.).

FOR SALE MISC.

STEEL BUILDINGS From Western Buildings. Quonset and Straightwall Designs "Pre-Engineered" for Fast Construction. B.C. Company (Guaranteed Lowest Prices). New Year Specials! Offices Through-out B.C. 1-800-565-9800.

RADIO SCANNER Users. 1994 B.C. frequency list available at local book or electronic stores. Details, contact J&M Communications (604)984-7076. Fax: (604)984-0354.

FUTURE STEEL Buildings - Quonsets 25'X36' \$5,962, 30'X40' \$6,593, 35'X50' \$8,478, Straightwall Quonsets 25'X35' \$6,730, 30'X44' \$7,593, Endwalls, Sliding Doors, Freight to Vancouver & G.S.T. included. 1-800-668-5111.

STURN POP Cans Into Planes! Easy step by step construction plans \$39, or Info. \$3. by money order: Popcan Planes, Box 182, Cobble Hill, B.C. V0R 1L0.

GARDENING

ONE STOP Greenhouse Shop. B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby B.C. V5E 2R1. Free Brochure. Aluminum/Polycarbonate S.D.P. Doubled-walled Greenhouses, Solariums & complete line of Greenhouse Accessories. Telephone (604)433-4220, Fax: 433-1285.

HELP WANTED

DISTRICT OF Port Hardy is seeking applications for the position of Public Works Foreman. Resumes will be accepted until the close of business on June 30, 1994. Please address to: Public Works Foreman Committee, District of Port Hardy, Box 68, Port Hardy, B.C. V0N 2P0. More info phone: (604)949-6665.

TAKE THIS Job and Love It! Lantana is a leading fashion network marketing company, looking for people like you to become Fashion Consultants. We can offer you the best in New Opportunities with unlimited earning potential. We have a generous reward and compensation plan and hostess plan. Call now, while your area is still open 1-800-661-9796.

HELP WANTED

AUTOMOTIVE REPAIR Shop in Vernon requires licenced mechanic. Must be very experienced in all phases of domestic light truck and car repairs, propane and MV inspection tickets an asset 545-7733.

OPTICIAN OKANAGAN. Full-time experienced optician in Vernon Medical, Dental. Written references required. Phone: 861-7731 A.S.A.P.

MATURE, RESPONSIBLE person required to assist with R.V. Park Maintenance in summer & caretaker in winter. Accommodation provided. Reply to: Box 398, Boston Bar, B.C. V0K 1C0.

EXPERIENCED OPTICIAN for one person optical store, Cranbrook Medical Dental. Send resume: Optical, 2280 Leckie Rd., Kelowna, B.C. V1X 6G6 (604)861-7731 A.S.A.P.

KITCHEN CABINETS

CABINETS 1/2 PRICE. In stock, countertops/vanities also. Kitchen Craft Factory outlet. Cash and Carry Cabinet Warehouses

4273 Lougheed, Burnaby 298-9277
19700 Langley Bypass, Langley 534-7273
800 Cloverdale Ave., Victoria 475-1159
561-11th Ave., Campbell River, B.C. 287-8787.

MOBILE HOMES

BUY FACTORY Direct. Save thousands of dollars. Ridgewood Homes, B.C.'s #1 selection of manufactured homes, 14'X70' starting at \$38,900. Free info: 962-9114.

CUSTOM DESIGNED Mobile and Modular Homes. Buy factory direct and save thousands on your new manufactured home. Remanufactured units also available. Noble Homes 1(403)447-3414.

NOTICES

FLOATING BOAT Show: Port Sidney Marina April 21-24th 10a.m.-8p.m.; Sunday 10a.m.-6p.m. New & Selected Power & Sail, \$4. Admission, Free shuttle from Swartz Bay.

PERSONAL

HANDLE STRESS Gain control over the reactive mind. Read the book "Dianetics" by L. Ron Hubbard \$7.50. Hubbard Dianetics Foundation, 401 West Hastings, Vancouver V6B 1L5. 681-0318.

BEDWETTING CAN Be Stopped. For free booklet send name, address, telephone and age to: Enuresis Help, 1315 Pembina Hwy., Winnipeg, MB R3T 5S3.

IMPOTENCE EASILY corrected. Overcome all impotence problems caused by aging, medications, surgery, diabetes etc. Get the facts from: Performance Medical, Box 418, Valemount, B.C. V0E 2Z0, 1-800-663-0121.

REAL ESTATE

BY OWNER: New executive 5200 sq ft. Ranch Style House. Attached garage, other buildings, 4.92 acres on Skeena River, Beautiful View, Excellent Fishing, new furniture, drapes, Would make excellent lodge. Many extras. Price! \$495,000. Phone: 635-9475.

SERVICES

WE TAKE THE Fear Out Of ICBC. Major ICBC injury claims. Joel A. Wener, trial lawyer for 25 years. Call free 1-800-665-1138. Contingency fees. Simon, Wener & Adler.

SPORTS EQUIPMENT

TRAMPOLINES FACTORY Direct. 13 foot square Splash Bounce, 16 foot round Super Bounce. 1-800-663-2261 Parts, Repairs, All Makes.

TRAVEL

WHISTLER-BOOK Now-Spring Skiing 200' from Quicksilver Quadchair. Underground parking, jacuzzi, pool. Seattle Seahawks stay with Sea To Sky Condo/Hotel Rentals 1-800-667-5529, Fax: (604)938-9611.

NETWORK CLASSIFIED ADS

Place your ad in over 100 newspapers for only \$225. For details call this paper or the BCYCNA at 669-9222.



LEGION LOG

BRANCH 17 COURTENAY
334-4322

*** EXTRA EVENTS ***

Fri May 6.....Meat draw Bingo upstairs
Sun May 8.....Mothers Day, 1st BBQ of season
Sun May 22.....Crib Tournament, 12 noon registration
Tues May 10.....L.A. meeting
Tues May 17.....Branch executive meeting
Thurs May 19.....Spring Fun Darts
Tues May 24.....Branch General Meeting
Please note new time: Dances start at 8 o'clock
Fri May 13.....Ed Wood & Norm
Fri May 20.....Sidewinder
Fri May 27.....Westwind
Sat May 28.....Charity Auction

REGULAR ACTIVITIES

BINGOS.....Sun at 7:00 PM, Upstairs
MONDAY.....FUN EUCHRE
WEDNESDAY.....FUN CRIB
EVERY 2nd THURSDAY.....FUN DARTS
SATURDAY.....FUN BRIDGE AT 11:00 AM
"MORE PLAYERS WELCOME"
Phone 334-4322 (days) for more information

OPEN SUNDAYS.....12 - 7 PM

Dress Code in effect 8 PM Fri & Sat
Building is Handicapped Friendly
BASE PERSONNEL WELCOME AT BR. 17

BRANCH 160 COMOX
339-2022

ENTERTAINMENT

Apr 29.....Music by ALLEYCATS
Sun afternoon, 24 Apr. in the Lounge, music by WYLIE & THE OTHER GUY
May 06.....Music by HIGHWAY 19
May 13.....Music by WESTWIND
May 20.....Music by WILD RIVER
May 27.....Music by ELDORADO
MOTHER'S DAY, Sun May 08.....Wine and cheese. Ladies corsages. Music by custom Karaoke. 2 - 6 p.m.

Branch 160 presents 1st Annual Comox Legion Slo-Pitch Ball Team Dance

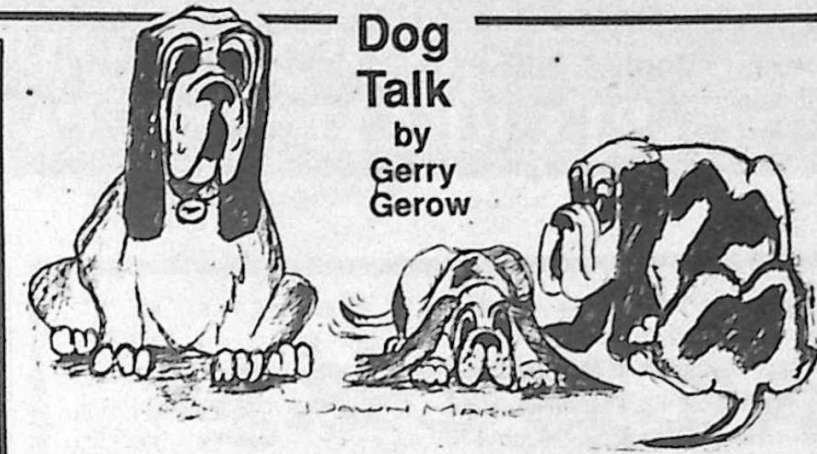
Sat. 30 April.....Branch Upper Hall 7:30 PM
Tickets \$6.00 each at the bar. Spot dances - buffet - music - fun. Open to Legion members and their bonafide guests.

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.

NEXT DEADLINE 9 MAY NOON

On & Off the Base



Dog Talk by Gerry Gerow

Jack Russell Terriers

this recognition. Their's is, at least to them, a real working terrier breed, unspoiled by show rings and such.

If you should decide that Jack Russells are for you, be very, very careful in choosing. First off, is it

terrier breeders.

Incidentally, this type of hobby was quite common with clergy in 19th century Britain.

Jack Russells are scrappy little guys, usually standing about 12 inches high and maybe 18 inches long. They are generally ready to take on any dog that challenges them, whether it be a similar sized dog or something like a German Shepherd dog.

These game little animals will quite willingly go to ground, meaning to enter the burrow of a rat, rabbit, or whatever. Fox burrows are a favourite of terrier fanciers and, once in the burrow, you can actually hear these little fellows barking as they seek their quarry underground.

Jack Russells are not fully recognized by either the Canadian or the American Kennel Club, and their fanciers do not seem to be particularly interested in gaining

really a Jack Russell terrier, or simply a crossbreed of one of the other terriers?

While on the subject of terriers, let me touch on a slightly different topic. A practice has arisen of crossing miniature poodles with terriers. The offspring are really super little pets in most cases. Usually they are called terri-poods. Rumours abound that they will soon become a separate breed. This is poppy-cock. If you try breeding two of these animals together, you will get puppies that will resemble either terriers or poodles, rather than their parents. This is Mother Nature's way.

Stabilizing a new breed is a long, drawn out process that no one is going to undertake in today's world. So, love your little poo dog, because he/she deserves it, but don't try to reproduce them.

Canada 125 Awards



The W Admin O LCol van Boeschoten, recently presented the following personnel with the 125th Anniversary Medal: Back L-R: MWO Petitpas, MCpl Descaire, Sgt Perfit, Lt(N) McNally, Sgt Leblanc. Front L-R: Mr. Donald Grenon, LCol van Boeschoten, Mr. James Muldowney.



Canada 125 medals WLog Sqn, 8 Apr. Rear L-R: MWO Odo, LS Gallipeau, Cpl Osterholm, MWO Bisson, Capt Kirtz, Cpl Nielsen, MCpl Vienneau, MCpl Coolen, Cpl Giese. Front L-R: Mr. Stevens, Cpl Jorden, LCol King, Maj Pipe, Mrs. Gibbs.



TOWN of COMOX RECREATION DEPARTMENT



WEDNESDAY ARCHERY DAY at the COMOX COMMUNITY CENTRE

414 ADULT ARCHERY LESSONS

\$35.00 + GST/ 10 sessions
16 years +
Wednesdays
6:30 - 7:30 pm
April 13 - June 15
CCC Gym A

For those new to the bow and arrow - Come learn to...

SHOOT

209 ARCHERY LESSONS

\$30.00/10 sessions
8 - 12 years
Wednesdays
4:30 - 5:30 pm
April 13 - June 15
CCC Gym A

Instructor: Doug Hutchison
Is there a wee Robin Hood in your family ready and steady with his bow and arrow? Then give him or her the challenge and thrill of a real bow and arrow with our Saturday morning archery program.

301 ARCHERY LESSONS

\$30.00/10 sessions
13 years +
Wednesdays
5:30 - 6:30 pm
April 13 - June 15
CCC Gym A

Archery is an ancient form of weaponry used for combat and hunting. Test your skill with the bow and arrow.

415 ARCHERY ACTION

\$35.00 + GST/10 sessions
Or Drop In \$3.75 + GST
16 years +
Wednesdays
8:15 - 10:00 pm
April 13 - June 15

All interested shooters are welcome. Come to improve your aim where it's warm and dry. All participants should be prepared to assist with equipment setup and take down.

PRO DAYS



School District #71 Pro Development Days

MAY 5

230 MAY 5 - DAY CAMP
\$15.00/day
Kindergarten - 12 years
THURSDAY
9:00 am - 3:00 pm
CCC Teen Centre

We are going to enjoy crafts, a movie and outdoor/indoor games, weather permitting. NO GYM time available today!

231 MAY 5 - Bike Safety Course
\$15.00/day
Simon's Cycles
6 - 10 years
with helmet and bike
THURSDAY
9:00 am - 12:00 noon
CCC Old Office

MAY 6

232 MAY 6 - DAY CAMP
\$15.00/day
Kindergarten - 12 years
FRIDAY
9:00 am - 3:00 pm
CCC Teen Centre and Gym

We are going to enjoy crafts a movie, sports in the gym and outdoor/indoor games, weather permitting.

233C MAY 6 - Vancouver's Science World Excursion
\$49.00/under 11 years (under 8 if accompanied by adult)
\$52.00/11 years +
FRIDAY
6:45 am - 8:00 pm
Science World and Omnimax Theatre

ONE NIGHT AFFAIRS

905 HOW TO DO HANGING BASKETS EXTRAORDINAIRE

Wednesday May 4
7:30 - 9:30 pm
Anne Bowen
CCC Room B

Make your garden even more beautiful this summer when you know a basket full of tricks to making luscious, everblooming baskets of wonder.

All courses:
\$8.00
+ GST

906 BIKE MAINTENANCE KNOW HOW

Wednesday May 11
Simon's Cycles
7:30 - 9:30 pm
CCC Room B

Learn basic bicycle maintenance for on and off the road. We can teach old dogs new tricks and young kids a quick fix.

907 LEARN RELAXATION MASSAGE TECHNIQUES

Wednesday May 18
7:30 - 9:30 pm
Bonnie Barbridge, RMT, & Paul Carr, RMT
CCC Lounge

This program is back by popular demand! Don't miss out; sign up today as registration is limited. Bonnie and Paul will lead you through the basics of a seated back massage through clothing, as well as foot, hand, neck and head massage. Wear loose comfy clothing and bring two pillows and a sheet. Working in pairs is required.

CD Presentations



CD presentations WLog Sqn, 8 Apr. Rear: Cpl St. Pierre, Cpl Allaby. Front: LCpl King, MCpl Horwill.

Employment Opportunity

The Comox Military Family Resource Centre is looking for a part-time (approximately 1 day a week) bookkeeper/administrative clerk. Applicants for this position must be familiar with IBM compatible computers, have a comprehensive knowledge of the software Simply Accounting for Windows and have experience in bookkeeping. Hourly wage: \$12 - \$13. Deadline is 9 May, 1994.

Please send your application to:
Executive Director, Attn. Bookkeeper/Administrative Clerk Position, Comox Military Family Resource Centre, Box 310, Lazo, B.C., V0R 2K0.

CHAPEL CHIMES

OUR LADY OF THE SACRED HEART CHAPEL (RC)

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

Saturday.....1700 hrs
Sunday.....1000 hrs
Daily Masses.....Tuesday, Wednesday & Thursday evenings at 1900 hrs

Changes will be announced in the bulletin
RECONCILIATION - Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten Seasons.

BAPTISMS & MARRIAGES - By appointment - notice well in advance please.

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in the Parish hall, preceded by Mass in the Chapel at 7:30 p.m. President: Bonnie Gillis, phone 339-3496.

CATECHISM CLASSES - September to May in the Chapel and Parish Hall every Sunday morning at 0900 hrs.
Coordinator: Mary Rogers, 339-6181.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj Charles Massey (UCC) 339-8273
Capt Fraser Harvey (ACC) 339-8275

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

OFFICE - Headquarters, Bldg 45, Room 48
Telephone 339-8273/339-8275
Secretary - Mrs. Anita Spurrell

SUNDAY SERVICES -

0900 hrs - Holy Eucharist (2, 3, 4 & 5 Sundays of month)
0930 hrs - Adult Bible Study
1100 hrs - Divine Worship (2, 3, 4 & 5 Sundays of month)
Holy Communion (1st Sunday of month)

(any changes will be announced as early as possible)

SUNDAY SCHOOL - In conjunction with 11 a.m. Service.

NURSERY - during 11 a.m. Service for children under 3 yrs.

CHOIR - 1900 hrs, Thursdays at the Chapel.

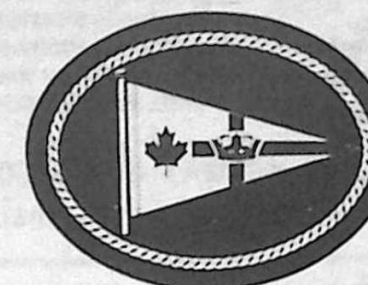
CHAPEL GUILD - Meets the third Thursday of the month.

President Gail Rodger 338-2162.

BAPTISM AND MARRIAGES BY APPOINTMENT,

90 DAYS NOTICE IS REQUIRED.

19 Wing Yacht Club CFSA



Dirty Bottom Cruise

Upcoming Events

Family Day: 1 May 1000 - 1600 hrs.
Spring Cruise: 21 - 23 May
Marine VHF Course: 1830 hrs. 16 & 19 May
Harbour Day: 5 June
General Meeting: 24 May 1900 hrs. at HMCS Quadra in the Sea Survival School

Work Parties are Wed nights 1830 hrs. A list of projects is on the notice board.

A read file has been posted and all pertinent info will be added to that file. Members should review it at every opportunity.

The "Dirty Bottom Cruise" which kicked off the club's cruising season was, from all accounts, very successful with a record 11 boats participating. A special thanks to John and Janet Ellis for putting it all together. The following is John's version of the event, which may differ from some others.

The Dirty Bottom Cruise, that took place on the weekend of 23-24 Apr, went off in fine fashion. Despite the weatherman's dire predictions, we had sunshine most of the time. The eager beavers John and Janet Ellis on Lallage and Ed Goski and Ed O'Donnell on Jannamac, sailed to Henry Bay for Friday evening. Enroute, Janet and I spotted a 16 ft. aluminum skiff with motor adrift off the Seal Islets. We

dropped sails and took it in tow, informing the Coast Guard. A "passing sailor," Dave Mofford, on Land Rover informed us of a person waving a hanky madly on one of the islets. We delivered the skiff to a cold and grateful stranded mariner who, after many thanks, departed for Comox.

We then motored to Henry Bay and dropped the hook. We were joined by Ed Goskie and Ed O'Donnell who kept us in stitches most of the evening.

The following morning as Janet and I motored towards the bell buoy, the grand fleet appeared out of Comox. Bill and Ellie on Lil Bit, Dave on Fair Rover, Ralph, Dick and Al on Windalay, Steve on Lecona. We all headed outside looking for wind. Light winds kept us drifting towards Lambert Channel where it died. The fleet motored to Ford Cove on Hornby Island for supplies. Then we motored on to Deep Bay to join the rest: Grant, Dave and Don on Ay-orama, Dick and Audrey on Santa Clara, Ed and Ed on Jannamac, and Bill and Pat on Wolf Song.

All elected for the shorter route down Bayne's Sound. Later we were joined by Roy on No Contest and Vern on Jenny Lou II, minus its stick.

That evening we rafted and had a great time. Janet and Eddie managed to get their bottoms wet in an

unseamanlike manner. It was Roy's fault; not enough air! The weather cooperated and it didn't rain until we had all retired for the evening. The next morning the race was on for Comox. A following wind pushed the fleet homeward, Roy and Vern headed for Lasquiti and prawns. It was neck and neck all the way with Mother Nature supplying 25 knots for the sprint to the end. The fresh breeze made for some fancy manoeuvring at dockside - ask Ralph.

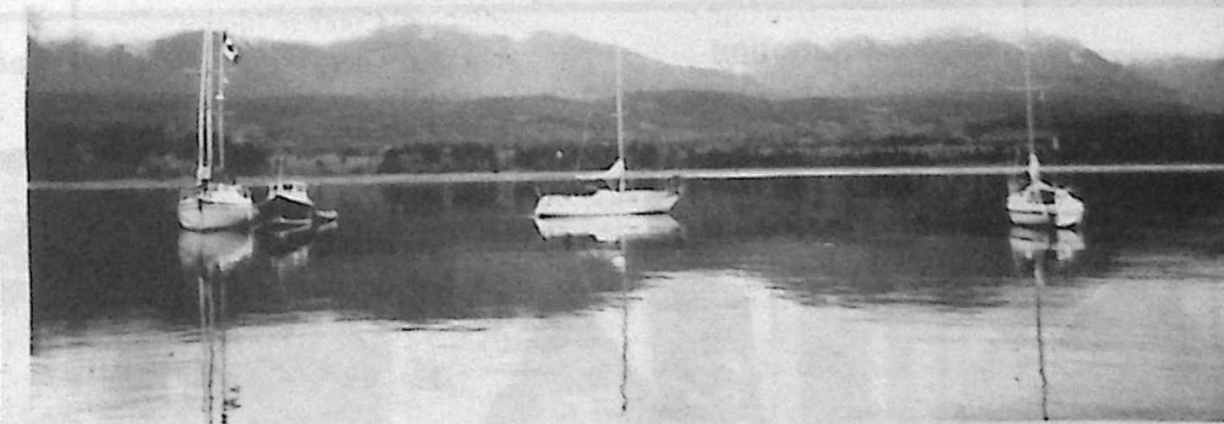
After a debrief at our club house, we all headed home for showers and a much needed rest. It was a great start to the season with a club record - 11 boats participating.

The next cruise is on the long weekend in May as we will head for Lasquiti's Scotty Bay, then on to Sturt Bay on Texada Island. Hope to see you all.

The Open House is your opportunity to find out all about the club and its programs. There will be free hot dogs, hamburgers and pop. A course sign-up list will be available at the clubhouse, adjacent to the jetty at Quadra. No need to be a landlubber. See you at the club 1 May, 1000 - 1600 hrs.

Volunteers needed to plan our future cruises. With the FRP announcement there is a possibility that the fall cruise may go to Baja, California!

Cruise Scenes



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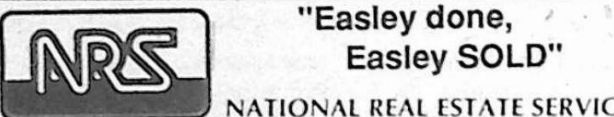


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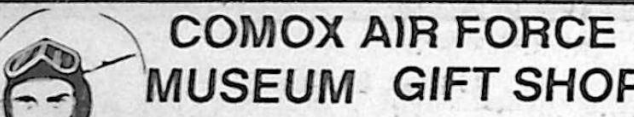
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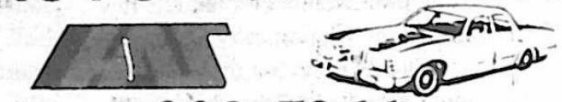


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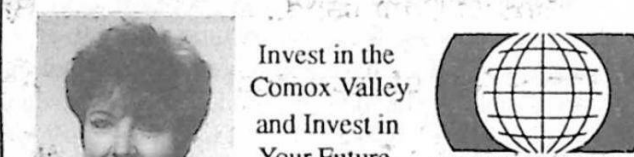
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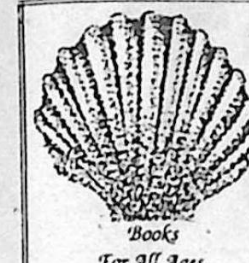
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On & Off the Base

HIGHWAY 19 PROGRESS

A joint project by the Ministry
of Transportation and Highways,
B.C. Telephone Company and
B.C. Hydro is progressing well
along Island Highway #19 be-
tween Royston and Union Bay.

"Clearing is complete except for
a few danger trees," said spokes-
man Simon Stubbs. "A new row of
poles along the west side should be
complete by mid-June." The two
utility agencies have agreed to re-
locate separate lines to a common
set of poles along the inland side
of the highway. The request by
highway officials to unify the
wires was done for both safety
and for aesthetic reasons. Current
poles are located close to the road
shoulder and line both sides of the
picturesque route.

Following the utility work,
Stubbs will oversee construction
of new left-turn slots at Spindrift
and Garley/Briardale Roads. In
addition, wider paved shoulders
and bus bays will provide safer
passage for cyclists and pedestri-
ans.

Stubbs said that if anybody
wants alder firewood, there is still
some available. Interested per-
sons should call the Ministry of
Forests for cutting permits and
directions to the site.

WORKSHOP

LIVING WITH ANGER

This workshop will look at identifying feelings, in
particular anger; healthy versus unhealthy ways
of expressing anger, with an emphasis on
communication skills.

DATES: 5 sessions
May 10th, 11th, 12th, 17th & 18th

TIME: 6:30-8:30 pm

PLACE: The Comox Military Family Resource
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REGISTRATION: Call the FRC @ 339-8290

There is no fee for this workshop

CMFRC programs are open to military members and their families

T-Ball Registration

THE WALLACE GARDENS COMMUNITY COUNCIL IS NOW OR-
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Canex Building
Saturday, 30 April 94 from 1 pm to 4 pm

Cost - PMQ Association Members
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ing trophy), Capt Doug Roddick, Cpl Simon Hutchins and Cpl Chris Ruske. Missing: Team Captain
Cpl Jeff Warden. Background right: Courtenay Mayor Ron Webber.

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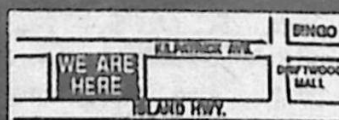
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