



Anyone
for
Squash?

.....page 9

Fright!

A new story on page 10



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 37 NO 3

THURSDAY 9 FEBRUARY 1995

COST: PRICELESS

Crew Rest



Photo by Sgt Dave Snoxhall, DGFA

Still cheerful at the end of another day of search and rescue, Labrador pilot Capt Michael Lalumiere of 442 Sqn heads for the hangar during Search Varley. More on page 8.

Our alternate airfield?

Courtenay Airpark to get Paved Runway

The City of Courtenay will receive \$100,000 through the Air Transport Assistance Program to pave a 600-metre long runway and a taxiway at the Courtenay Airpark.

The announcement was made today by Comox Valley MLA Margaret Lord on behalf of Employment and Investment Minister Glen Clark.

"With three commercial op-

erations and more than 70 private aircraft based at Courtenay Airpark, this newly-paved runway will have an immediate, positive impact," said Lord. "These improvements will make the airpark safer, stimulating activity and encouraging employment and economic growth in the area. It will also give the local tourism industry a boost since the increased air traffic will bring passengers re-

quiring accommodation and amenities."

The runway and taxiway at Courtenay Airpark will be finished by the end of March.

Courtenay Airpark caters to general aviation, air tourism and charter flight demands in the Comox Valley area. The nearby airport at Comox is generally restricted to use by the Canadian Armed Forces and larger com-

mercial carriers.

The City of Courtenay and the Courtenay Airpark Association have each contributed \$50,000 to the project.

"The air transportation environment is rapidly changing in British Columbia," said Clark. "The Courtenay Airpark project is part of the provincial government's commitment to invest in much needed air transportation

infrastructure, through its BC 21 job creation and economic development initiative, ensuring the province can attract investment and remain well-placed to seize economic opportunities."

ATAP has contributed funds totalling \$395,000 to construct a float plane ramp, realign a runway and pave a parking area for planes at Courtenay Airpark over

Continued on page 7

On & Off the Base

Love, a Marvellous Human Experience



Chaplains Chatter

by

Fr. Conrad Verreault
Wing Chaplain (RC)

The human personality responds marvellously to love. We know this from our own experience. When we are loved by others, especially by those who are dear to us, we tend to feel vibrant and enthusiastic about life. We want to become a better person, to do good for others, to help make this world a better home for the human family.

As you know, to belong, to be part of, to be cared for, to love, to be loved, to be worthwhile, are the inner yearnings and desires of every man and woman.

Often we hear about a prominent man or woman who has committed suicide. But when we read in the newspapers about their successes and their many accomplishments, we find it hard to believe that these persons' lives were so empty, that they saw no reason to continue to live.

Sometimes we say, "If I had everything they had, I would be on top of the world." Something was missing. So many men and women today seem to be crying and striving for fulfillment. Never have so many tried so hard to belong and never have so many felt so lost and unfulfilled.

If our faith, our religion tells us anything at all, it tells us that we do belong, we are part of something wonderful, we are cared for, loved and worthwhile. "Yes indeed, God loved the world so much that he gave his only Son, so that everyone who believes in

Him may not be lost - confused - alienated - alone, but may have eternal life."

We must respond to God's love. We must be more and more open to ourselves to its transforming influence. We must realize that coming closer to God perfects our human existence in every way. The closer I am united to God in love, the more I become my true self. I, more and more, become my unique self.

The more we respond to God's love and draw nearer to Him the more alive and fulfilled we become. The further removed one is from God's guidance, the more hideous and frustrated that person becomes.

Responding to God's love, therefore, means loving Him with all our being. This also includes loving our neighbours.

LOVING OUR NEIGHBOUR means many things. It means endeavouring to become more aware of the priceless dignity of each individual whether or not he or she may be from a different race or rank.

LOVING OUR NEIGHBOUR means being kind and patient, especially when it is hard to do so, especially at those times when our nerves are frayed and we are feeling irritable, and it is thus so easy to hurt others with the impatient and cutting word or the non-loving act.

LOVING OUR NEIGHBOUR means a willingness to bear with the limitations of others, especially those we meet in close encounter, such as family members and those with whom we work.

LOVING OUR NEIGHBOUR means taking the time and effort to give attention to those whom it is so easy to pass by like the poor, the ugly, the sick, the aged. Christ showed a special love and attention to the world's disinherited and so must we.

LOVING OUR NEIGHBOUR means making the effort to be really available to people showing our love and concern - displaying a sincere attitude

which says, "Yes, I am really interested in you and I have time for you." Such an attitude means so much to the other, especially when that person's heart is usually burdened with the harshness of human existence.

Le Coin du Padre Les Rongeurs

Savez-vous qu'il y a énormément de gens qui se rongent les ongles. Dans ce domaine, comme dans bien d'autres, on vit d'établir des statistiques: on a découvert qu'au moins le tiers des familles en Amérique du Nord compte un ou plusieurs rongeurs d'ongles. Une compagnie pharmaceutique a donc décidé de lancer sur le marché un produit spécialement destiné à cette clientèle, on dit que les résultats sont épatants si bien que le problème des rongeurs d'ongles serait en bonne voie de solution.

Sur quoi maintenant va-t-on orienter les recherches? Pourquoi pas sur les rongeurs de prochain? Je crois qu'une enquête menée dans ce domaine fournirait des chiffres qui nous affoleraient. J'ai nettement l'impression que chacun découvrirait chez lui une certaine tendance à ronger la réputation de son semblable. C'est un mal général: il faut parler des autres; de leurs défauts plutôt que de leurs qualités.

Nous voilà en face d'une maladie aussi sérieuse, à mon avis, que le cancer. Une réputation est si facile à détruire, mais comme elle est difficile à rebâtir! Combien y a-t-il de chercheurs qui se préoccupent de ce problème? Un problème qui a pourtant d'énormes implications si on songe que le premier commandement c'est l'amour du prochain.

Êtes-vous du côté des rongeurs ou si vous faites partie de cette équipe qui cherche par tous les moyens à améliorer le monde?

Ton Padre, C. Verreault

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Have An Orange

(from "3,500 Good Jokes for Speakers" by Gerald F. Lieberman)

If I was to give you an orange I'd simply say, "I give you this orange." But when the transaction is entrusted to a lawyer he puts down, "I hereby give and convey to you all and singular, my estate and interests, rights, title, claim and advantages of and in said orange, together with all its rind, skin, juice, pulp, and pits and all rights and advantages with full power to bite, cut and otherwise eat the same, or give the same away with and/or without the rind, skin, juice, pulp and/or pits, anything hereinbefore or hereinafter or in any other deed, or deeds, instruments of whatever nature or kind whatsoever to the contrary in anywise notwithstanding." ...Then a couple of smarter lawyers come along and take it away from you.

A Commendation for Bravery



MCpl Neal Kwasnicki of 19 AMS Avionics Labs is seen here receiving a Wing Commander's Commendation from Col Rogers. The award was presented in recognition of his bravery and humanitarianism evident in his rescue of two canoeists last fall near Goose Spit. Their canoe had been swamped in rough water on a cold blustery day when Neal came to their aid and pulled them safely to shore one at a time using his windsurfer.

ROYAL LEPAGE



Don Wyld, CD1

Posted to Kingston in 1995?

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Annual DFS Flight Safety Briefings 12 - 14 Feb

Col M. Bertram, Director of Flight Safety; LCol M. Kennedy, DFS 3; and Maj B. Baldwin, DFS 4; will visit 19 Wing Comox from 12 - 14 Feb. They will present the annual Flight Safety Review in the Officers' Mess at 0900 and 1300 hrs on Mon 13 Feb and at 0900 hrs at 14 Feb.

Although the briefings are taking place in the Officers' Mess, Commanding Officers and Branch Heads are to ensure that all of their personnel have the opportunity to attend one of the three briefings. In an effort to equalize attendance, squadron COs should attempt to have the bulk of their personnel attend the

following briefings:

- 407 Sqn - 0900 hrs Mon-day 13 Feb;
- 414 Sqn - 1300 hrs Mon-day 13 Feb; and
- 442 Sqn - 0900 hrs Tues-day 14 Feb.

It must be emphasized, however, that the priority is to have the individual attend one of the three briefings. Branch Heads should attempt to apportion their personnel, equally between the three briefings.

Maj L. Allard, MAG GFSO and Maj D. Roche, D/GFSO will also be in Comox to attend the briefings.

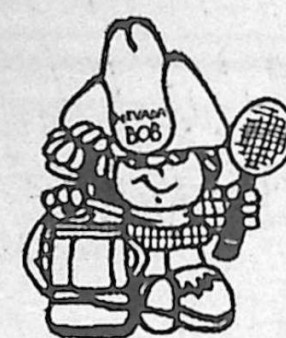
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SAVE: \$150.00

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Reg: \$799.99 SALE: \$649.99
SAVE: \$150.00

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Editorial



Colonel Terry Rogers

Wing Commander's
Corner

A Letter from the Wing Commander

There is no life like it - how often have we all heard that expression! During our reminiscence of past events we usually only remember the good things and that is a marvellous feature of the human brain. As we face a period of down sizing for the forces, I wonder what our recollection of the mid-nineties will be when we are all retired and discussing how things were way back then. Currently, several financial adjustments are being absorbed by various organizations at 19 Wing. The word adjustments is the higher headquarters euphemism for budget cuts and, like all other bases and wings across Canada, we will be doing many things differently in the near future because we have been given much less funding. The overriding consideration for 19 Wing is to ensure the safe and effective operation of our resident aircraft by scaling back across a wide front on activities which we can no longer afford. As we transition through this period of change, we will examine then prioritize all our activities; the important things at the top of these lists will be done but there will be many things at the bottom of every list which will not be done.

I'm sure PMQ residents have already noticed the current fiscal reductions as they have been asked to purchase their own major appliances this year. That small change will save about \$50,000 each year but other significant changes will be necessary to survive. We have managed to avoid major disruptions in our lives during fiscal year (FY) 94/95 when we absorbed a third of a million dollar reduction. However, the next three FY's will challenge a whole host of traditional services we provide to our own personnel as well as to the surrounding community and the consequences will not be as transparent as in previous years. The FY 95-96 and FY 96/97 adjustments are around one million dollars each year for approximately a 6.5 percent reduction in each successive year. The final FY 97/98 reduction approaches another half a million dollars for a total of more than 18.5 percent less funding to conduct our assigned responsibilities. With a federal budget announcement due in February with possibly more funding reductions for DND, our bottom line has yet to be determined. Without a doubt, we will be providing less because we will have less to offer.

As services scale back to meet essential military requirements only, we will need to ensure good communications which will allow money saving ideas to be articulated and fully analyzed. All personnel have been encouraged to forward their suggestions for change and participate in solving this thorny problem. I have trust in the talent and ability of 19 Wing personnel to tackle and solve these matters and still retain the essential spirit of our core military values. By fundamentally restructuring the way we do business, productivity improvements can provide some incredible cost reductions. However, the concept of user pay accompanied by a general reduction in the level of service in many areas are unavoidable. Your understanding and forbearance during this period of change will be necessary. Additional articles will be published in Totem Times by a variety of authors to inform you of the full extent of the proposed reductions and their associated impacts.



Take a Chance

News item: Occupants of PMQs may purchase PMQ 'fridges and stoves - at reasonable rates.

19 Wing Comox - Basketball Champs!



L-R (kneeling): Capt Ikasi, Cpl McIver, Capt Castelli, MCpl Sawler. L-R (standing) Capt Roth, Cpl Martin, MCpl Morrissey, Cpl Aikmens, Cpl Johnson.

Congratulations go out to the 19 Wing basketball team who went undefeated at the Pacific Region Basketball Championships in Chilliwack.

This qualifies our team to represent the Pacific Region at the CF Nationals which will be held at CFB Kingston 20 - 24 Feb 95.

Good Luck Totems!!!

TOTEM TIMES

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Comment

Thank you 442 Squadron

by LCol E.W. Hardy, CO 442 Sqn

Detailed planning, exhaustive searching and meticulous detective work are often not enough to find aircraft hidden deep in B.C.'s forests or coastal waters. Despite the many successful searches credited to 442 Sqn, our record is not perfect. An unsuccessful search is extremely difficult on the aircrews, ground crews and search headquarters staff.

One of the things that keeps our crews motivated after others have given up is their desire to relieve the pain of the families. Although many searches result in the discovery of fatalities, by finding the missing plane, a huge burden is lifted off the victims' families, as the following letter attests.

The Varley crash was found only hours before snow blanketed the site. The long hours worked by the servicing crews and the extra vigilance of the aircrews paid off when a Labrador crew spotted the wreck. Had it not been sighted that day, the crash would likely have been undiscovered until spring.

My thanks go out to Mrs. Varley for allowing her letter to be published.

Varley letter

Dear Captain Lee:

I am the wife of Art Varley and the mother of Skip Varley. Since you and your organization were the ones responsible for the search and recovery of both Skip and Art, I felt it both appropriate and necessary to share with you the kind of men they were. We will never get over the enormous loss and grief of their passing, but we are finally beginning to get back to the task of living life day to day. Art and Skip were loved and integral members of our family. Art was a beloved husband for 46 years, a wonderful and loving father of six children and an exceptional grandfather to three loving grandchildren. Skip was a devoted son and a fiercely loyal brother and uncle.

They were both exceptional people, Art being a retired Navy pilot and patriot, who loved family and country enormously. Seeing Alaska through the windows of his own plane was a lifelong dream. He was a gregarious and friendly extrovert and "to know him was to love him." Skip was quiet and reserved and an exceptionally bright and accomplished man who excelled in all his endeavours, from Eagle Scout to Orthopaedic Surgeon. Although he had never married, his family was all important to him and we will miss his devotion. Both of these men strove for physical excellence, loving all sports including jogging, snow skiing, scuba diving, backpacking, hiking, gymnastics, etc.

We wish to express to you the gratitude we feel for the care and professionalism you displayed as you did your duty for our two loved ones. We never doubted for a moment that everything that could possibly be done was being done. Although the waiting was unbearable, we felt the fate of Art and Skip were in good and competent hands. Being a medical family, we understand and appreciate the difficulty and stress that comes from dealing with an unexpected and isolated accident that results in trauma and death. We felt helpless and frustrated by the distance between us and our loved ones. We thank you from the bottom of our hearts for the care you took of them from start to finish.

Your honesty and meticulous care of their considerable belongings also warmed our hearts, including the kind and thoughtful letter that arrived with their personal effects. You spared us any unnecessary concerns. You are true professionals and deserve all the accolades we can give you. Art and Skip Varley were wonderful people who will be missed for ever. Bless you all for the work you do and the special care you take in times of peoples' difficulties and tragedies. Even though we do not know all your names, each of you will remain always in our hearts and daily in our prayers. With deepest thanks, Ula M. Varley and family.

Aviaquiz

Answers on page 7

by John Novak

- Where did the world's first scheduled passenger airline originate? What did its fleet consist of?
- What was the "China Clipper"?
- When and where, was the world's first automatic landing of a commercial aircraft carried out?
- Early airliners did not have pressurized cabins. What relief were the passengers given for "stopped up" ears?
- What was unique about the Junkers F13?
- Who made the first flight over the Canadian Rockies? When?
- The helicopter was developed from an earlier type of "hover" aircraft. What was its generic name?
- The B-25 bomber was named after a US Army Air Corps general. Who was he?
- Which combat aircraft is claimed to hold the record for longevity of service in military aviation?
- What was the purpose for the construction of the F82 Twin Mustang?

Trivia Answer: Novak wins again!

Transavia Airtruk

Dear Editor,
Regarding the trivia of January 26th, it is from the land "down under," Australia. This strange looking craft of the mid-1960s is a Transavia PL-12 Airtruk and was classified as a utility/agricultural aircraft. Two interesting features of the Airtruk are, the unorthodox placement of rudders and elevators, and the absence of any supporting structure between

the booms. ZK-BPV was an experimental model, and I am not aware of any further production figures.

Yours sincerely,
John Novak
P.S. Nice try Norm! Gotcha!

Darn you Novak! Our research showed it was a Bennet, built in New Zealand, under licence to Transavia....Ed

Don't Legalize Heroin

Sir,

I believe that any legislation brought in to legalize the use of heroin is actually only an effort to sweep the problem of drug use under the carpet and, in effect, say that no heroin problem exists. But could there also be a hidden reason for our politicians wishing to legalize the sale of heroin? One reason that quickly comes to mind is that the sale of heroin

would reap fresh revenue into government coffers from the sales tax.

But what effect would legalizing the use of heroin have on our young people?

Legalizing heroin certainly would not reduce the crime rate as the addict would still require funds to support his habit. By the government getting into the drug business, it could have exactly the opposite effect on the population

than they state as their reason for wishing to legalize it. Because the addict could obtain heroin more cheaply, there could be many more overdoses instead of less.

Yours truly,
R.H. Mayes

Editor's comment: The British method of permitting doctors to provide maintenance doses might work, however. Any other comments?

Civilian Job-Search Workshop 29 Mar

The Wing Personnel Selection Officer (WPSO) will be sponsoring a two-hour civilian job search workshop, presented by the Victoria based consulting firm of Murray-Axsmith Ltd. for SCAN and FRP-SCAN clients, as follows:

Date: Wed 29 Mar
Time: 1300-1500 hrs
Location: WPSO Classroom
#16, Bldg 22
Dress: Dress of the day

To register: Contact WPSO office, local 8293, NLT 1200 hrs 22 Mar.

Topics will include:
How the Civilian Job Market Works:

- identifying the "hidden" civilian job market
- identifying your job targets
- effective networking
- Preparing for Civilian Job Interviews:
- preparing a civilian job resumé

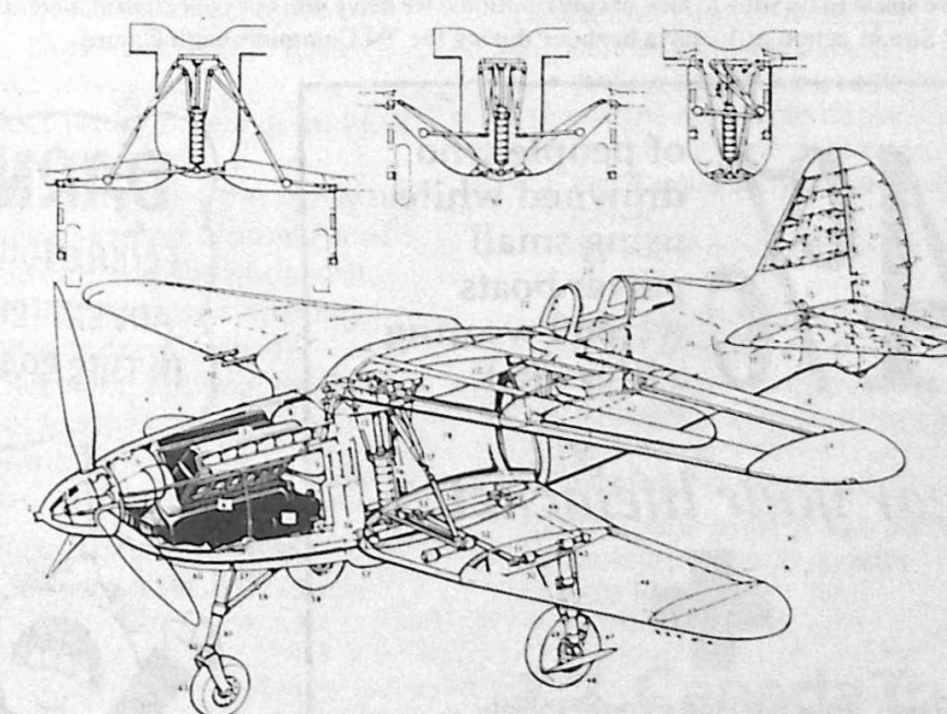
• overcoming anti-military biases

• translating military experience into civilian language
Setting Realistic Objectives:
• how long you need to allow for your job search, realistically

• computer literacy in civilian jobs and getting the right training
• setting realistic income goals.
Financial Planning.
Space will be limited to 20 clients for the workshop, so register early.

NEXT DEADLINE 17 FEBRUARY 1995 NOON

Air Trivia



Section News

A Thousand Feet above the Pacific....

407 Sqn



Demon Doin's

Well, here I am. A thousand feet above the Pacific flying with 405 Sqn, one of our sister squadrons from Greenwood, trying to figure out what to write. I'm not sure if this is the best time to be writing. Being the only Demon on the aircraft, I have felt the brunt of the good-natured ribbing (maybe "abuse" is more the word) typical of the relationship between the Comox and Greenwood squadrons. If it wasn't for me being of a mature and easy-going nature, and all the safeguards (i.e. Maj Attwood) that are put in the system to keep a young Lieutenant like myself from taking advantage of the situation, I might take it upon myself to publicly even the score.

Today 405 Sqn is doing an-

other flight in a series of flights to familiarize them with West Coast operations. We decided to let them see how a real squadron worked. So one day while 405 was flying, 407 had a Squadron Ski Day. Funny how that worked out. So basically between my turn in the seat and answering questions, I find myself writing this article and sometimes thinking about talking to Ralph.

Right now we are at hour seven of a 10-hour patrol. About the time you start praying that the airsickness pill the Base Surgeon gave you doesn't wear out, trying not to look sick (let alone be sick), in sea state 7 with 25 foot waves and 40 knot winds. You know you can't let the East Coast bird worshippers (405 Sqn's crest is some sort of feathery beast) see you are hurting, but you also realize that your lunch doesn't really care about any rivalry between East and West. It just knows that it was more comfortable before being ingested and it wants to return to that state.

Some people say that looking out the window helps. All that does is make me seasick as well. Unless they meant that you're supposed to look at the ships being tossed around (lots of things getting tossed today) and feel better that you're only going to be

thrown around for 10 hours, vice 10 days.

....Well that feeling of euphoria was short lived. Welcome to the world of Maritime Patrol.

Maybe if I talked about things outside of my present situation, it might help. Let's see....Crews 4 and 6 are in southern California training with our southern neighbours....well, that didn't make me feel a whole lot better.

407 is sponsoring a Theme Night at the Officers' Mess on 3 March. Myself and a couple of other young Lieutenants (we are trying to educate ourselves in the art of partying) are organizing it. We've already begun to pester people for pointers on how to party and, unfortunately, free beer is not an option (sorry Maj O'Brien). We're leaning towards a Western Night, but our idea of Western differs from that of the Mess' (the Mess has this reservation about farm animals - go figure).

Inter-section hockey playoffs are just around the corner so I hope everyone is getting geared up. The 407 Devils have dropped rather soundly from their first place standing in the "B" pool (we're just lulling everyone into a false sense of security), but we'll be ready when we have to be.

Until next time, Demons out...

442 at the Commonwealth Games



When we have space to fill (due to lack of contributions) we delve into our collection of aircraft pictures. This was 442 Sqn in action in Victoria harbour during the '94 Commonwealth Games.

94%

of people who drowned while using small power boats weren't wearing a lifejacket.

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DARN!

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740 Comm Sqn Det CD



740 Communication Sqn Detachment Commanding Officer Capt Skrypkar presenting Cpl Baxter with his Canadian Decoration medal.

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Section News

Aviaquiz Answers

from page 5

1. In Germany in 1911, where a company (Deutsche Luftschiffahrts-Aktiengesellschaft) operated several airships between the main cities of that country. The airships were designed and created by Count von Zeppelin, and they became known as Zeppelins. The airline carried a total of 36,000 passengers by the year 1914. At the outbreak of WWI the Zeppelins were converted into bombers.
2. It was one of three Martin M130 flying boats, which Pan American Airways operated on its trans-Pacific routes in 1935.
3. On 10 June 1965 at London's Heathrow Airport. The automatic landing was carried out by a Hawker Siddeley Trident airliner of British European Airways. Capt E.L. Poole was at the controls but did not touch them, and a successful "hands off" approach and landing was accomplished by the aircraft's Smith Autoland system.
4. Chewing gum. Chewing action caused the ears to "pop" and equalise pressure.
5. The Junkers F13 was the world's first all-metal airliner,

which first flew in Germany in 1919. It featured a strong corrugated outer skin, and its cantilever wing structure eliminated the need for external struts or bracing wires.

6. On 7 Aug 1919, Capt Ernest Hoy flew a Curtiss JN-4 (Jenny) from Vancouver to Calgary. The JN-4 was fitted with an extra fuel tank, and actual flying time was 12 hrs 34 mins.

7. The "autogiro," which was patented by Juan de La Cerva of Spain in 1920. Its forward speed was provided by its engine driven propeller, while its lift came from the self rotating rotor blades that were turned by the airflow.

8. Gen Billy Mitchell, who was an early advocate of air power. He was sharply critical of the US War Department, for its refusal to understand the potential of air power. To prove his theories, he conducted a series of much publicised trials, which proved that bombers could sink battleships. His forthright opinions on the subject of air power finally embarrassed the military establishment in Washington and he was court-martialled in 1926. At

his trial he predicted that Japan would one day attack US Pacific territory. He was found guilty of insubordination and resigned his commission. Ironically, in 1947, 11 years after his death, Mitchell was fully exonerated and given the rank of major-general, posthumously.

9. The Douglas A-26 Invader of 1942. It was later redesignated as the B-26 when it replaced the Martin B-26 Marauder. The Invader recon-bomber served in WWII, the Korean conflict, and in Vietnam. The Douglas Company produced this aircraft for a total of 21 nations.

10. It was anticipated that as WWII in the Pacific progressed, long range air operations would eventually be required against the Japanese home islands. These operations would necessitate long range fighter cover, and the North American Aircraft Company came up with a novel idea. They produced the F82 Twin Mustang, by joining two P-51H's together. This unique fighter had an endurance capability of some 12 hours, and carried two pilots to share the load of long flights.

More Airpark

Continued from page 1

the past 12 years.

ATAP provides financial assistance to operators of community air facilities to improve access to all areas of the province and ensure that local airports provide adequate service for commu-

ties. This year, ATAP, through the Transportation Financing Authority, has awarded grants totalling \$3.2 million to 12 communities for air facility improvements.



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UNE PERSPECTIVE PERSONNELLE

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Presentations by
LCol A.B. Hunter
CO 414 Sqn



Capt "Boots" Lebouthillier



Capt Rodger Burton



Capt Don Richards



Cpl Moe Gerritson



MCpl Liz Ring



Cpl Steve Popp



Section News

A Busy Month for the Snakes

442 Strikes Again!

442 Sqn



The past two weeks have been busy for the squadron. Although we responded to only seven calls for help, the fog that blanketed the airfield necessitated sending the Labrador and Buffalo standby crews to Port Hardy. No-notice deployments are one of the hazards of flying with 442; when the fog blows in, we fly away.

#1 - 16 Jan - SAR Alaskan Star. The Buffalo was tasked to provide assistance to an overturned vessel north of the Queen Charlotte Islands. When the Buff arrived on scene, the personnel had been recovered from the water by the FV Pacific Alliance. Although they were not deployed, the SAR Techs were prepared to conduct a night water

jump to render assistance to a badly injured crewman.

#2 - 17 Jan - The Buff was tasked to locate a missing kayaker between Goose Spit and Tree Island. The boater was later located.

#3 - 20 Jan - The Buffalo was tasked to assist a vessel taking on water near Bella Bella. No action taken.

#4 - 22 Jan - The standby Labrador was tasked to evacuate an injured hiker from Mount Washington. He had fallen 1,000 feet down a snow-covered cliff. The strange thing about this mission was the fact that the hiker had been on a tour of 442 the day before. He was evacuated to Campbell River with bilateral femur fractures (SAR Tech speak for two broken legs.)

#5 - 26 Jan - The Buff tasked to locate an Emergency Locator signal in the Port Alberni area. It was tracked to a float plane at the old airport.

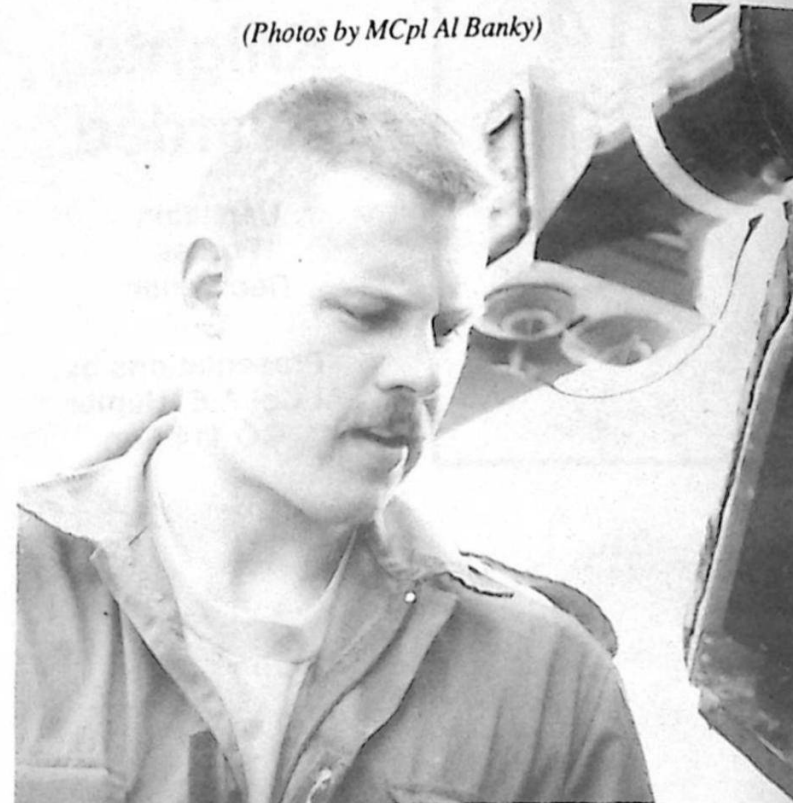
#6 & 7 - 29 Jan - The Lab was tasked to medevac a navy diver from St. Joseph's Hospital to Victoria. The diver, LS Don Morris was badly injured in a hockey game against 442's SAR Techs. While returning from Victoria the same crew was tasked to rescue an injured snowshoer from

Mount Washington. The hypothermic (SAR Tech speak for really cold) man, with an injured shoulder and wrist was taken to St. Joseph's hospital for treatment.



More Search Varley

(Photos by MCpl Al Banky)



Cpl Stan Daniecki hard at work on a Labrador during SAR Varley.



SAR Tech Cpl Wayne Chisholm searches from the Labrador during SAR Varley.

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- 4 - 12 oz. T-Bone Steaks
- 4 - 8 oz. Rib Eye Steaks
- 6 - 8 oz. Top Sirloin Steaks
- 4 lbs. Beef Chuck Steaks
- 3 lbs. Pork Back Ribs
- 4 lbs. Hamburger Patties
- 2 lbs. Beef-Kabob Cubes
- 1 lb. Boneless Skinless Chicken Breasts
- 2 lbs. Chicken Legs
- 2 lbs. Centre Cut Pork Chops

\$110.00

Gourmet Package

- 6 - 8 oz. Sirloin Steaks
- 4 - 8 oz. Beef Tenderloin
- 4 lbs. Prime Rib Roast
- 4 lbs. Ground Round
- 4 - 8 oz. Butterfly Pork Chops
- 4 lbs. Boneless Pork Leg Roast
- 2 lbs. Boneless Chicken Breasts
- 2 lbs. Lean Bacon
- 3 lbs. Ham Steak
- 2 lbs. Pork Back Ribs
- 3 lbs. Black Forest Ham
- 2 lbs. Cornish Game Hens
- 2 - 1 lb. Porterhouse Steak

\$165.00

Bachelor Package

- 2 lbs. Rib Eye Steaks
- 3 lbs. Ground Round
- 2 lbs. Back Bacon
- 3 lbs. Beef Back Ribs
- 2 lbs. Butterfly Pork Chops
- 2 lbs. New York Strip Steaks
- 2 lbs. Boneless Chicken Breasts
- 3 lbs. Boneless Pork Loin Roast
- 2 lbs. Cornish Game Hens
- 2 lbs. Cut-Up Fryers
- 3 lbs. Bacon
- 1 lb. Chateau Briand
- 3 lbs. Pork Back Ribs
- 1 lb. Veal Cutlets
- 2 lbs. Pork Cutlets

\$144.00

Family Package

- 10 lbs. Hamburger
- 6 lbs. Stewing Beef
- 10 lbs. Pork Chops
- 10 lbs. Chuck Steak
- 8 lbs. Round Roast
- 6 lbs. Beef Sausage
- 6 lbs. Pork Sausage
- 10 lbs. Bacon
- 10 lbs. Cut-Up Fryers
- 8 lbs. Pork Butt Roast
- 8 lbs. Cross Rib Roast
- 8 lbs. Sirloin Tip Steak
- 6 lbs. Roasting Chicken
- 8 lbs. Ham, bone-in
- 10 lbs. Hamburger Patties
- 4 lbs. Pork Steak
- 5 lbs. Soup Bones
- 4 lbs. Liver
- 5 lbs. Spare Ribs

\$359.00

Economy Package

- 5 lbs. Hamburger
- 5 lbs. Stewing Beef
- 8 lbs. Pork Chops
- 6 lbs. Chuck Steak
- 10 lbs. Pot Roast, bone-in
- 6 lbs. Ham, bone-in
- 6 lbs. Round Roast
- 5 lbs. Round Steak
- 3 lbs. Liver
- 5 lbs. Soup Bones
- 4 lbs. Sirloin Tip Steak
- 5 lbs. Beef Sausage
- 5 lbs. Pork Sausage
- 5 lbs. Bacon
- 4 lbs. Pork Steak
- 6 lbs. Pork Butt Roast
- 6 lbs. Cut-Up Fryers
- 5 lbs. Roasting Chicken

\$249.00

No Beef Package

- 6 lbs. Cut-Up Fryers
- 5 lbs. Roasting Chicken
- 4 lbs. Cornish Game Hens
- 10 lbs. Turkey
- 6 lbs. Pork Chops
- 6 lbs. Pork Butt Roast
- 4 lbs. Pork Steak
- 3 lbs. Veal Cutlets
- 5 lbs. Bacon
- 5 lbs. Pork Sausages
- 3 lbs. Beef Liver
- 5 lbs. Smoked Ham
- 5 - 1 lb. Medium Cheddar
- 5 lbs. Pork Side Ribs
- 5 lbs. Chicken Legs
- 5 lbs. Chicken Breasts
- 5 lbs. Chicken Wings
- 4 lbs. Pork Cubes
- 3 lbs. Pork Cutlets

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On & Off the Base

Squash Courts - Grand Opening

Col Rogers & 19 Wing JUST HAD TWINS!!

Yes, we are the proud owners of Two Bouncy Baby Squash Courts. The official ribbon cutting ceremonies were performed by the WComd, Col Rogers and the WPERO, Lt Howard on 16 Jan. Courts are available for use effective immediately. For squash info, lessons or court reservations, contact the Rec Centre at Loc 8782 or, after normal work hours and on weekends, Loc 8315.

Official Ribbon Cutting Ceremonies



WComd Col Rogers and WPERO Lt Howard with 19 Wing staff who were present to help open our new courts.

One of the Twins



Whack!



Col Rogers demonstrating some of his natural ability.

Glacier Greens



by Rose McClesch

Glacier Greens golfers, back on the links after a three week rest, saw 46 players registered for the 9-Hole Sunday Winter Golf Competition on 22 Jan.

Results

1st L.G. Doug McArthur, Jim Trask, Bill Ballance, Carmel Horochuck.

2nd L.G. Karl Cameron, Larry Blais, Ted Sutton, Kay Banks.

3rd L.G. Floyd Merrill, Steve Shaw, Reg Warne, Rose McClesch.

Correction: Xmas Turkey Shoot Cornish game hens were donated by Doug Cull and John Armstrong. Many thanks to both. A special thanks to John Armstrong of Canada Safeway, Courtenay, for the continued support and kind donation which helped to make the Annual Xmas Turkey Shoot a huge success.

Reunion 22-24 Sep 95

A reunion for Observer Mates, Naval Aircrewmen, Radio Navigators, Air Observers and Airborne Electronic Sensor Operators will be held at Greenwood, Nova Scotia, 22-24 Sep 95. Contact Brain Goldie, PO Box 2145, Greenwood, N.S., B0P 1N0. Phone: (902) 765-6507 Fax: 765-8892

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888 (Komox) Wing Royal Canadian Air Force Association

Regular Membership: Who is eligible?

- *** All serving military personnel at CFB Comox ***
- *** 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

On & Off the Base



Fright!

by A.M. Porsild

Federal departments, and foreign government agencies. The aim is to reduce costs by having a logistics infrastructure in place offering communications, equipment leasing, and transportation services to groups performing research in Canada's arctic.

One of the PCSP's bases was located on Ice Island, a large piece of glacier ice which had broken off a glacier on the north coast of Ellesmere Island some few years previously. It drifts in the pack ice and it had by this time tracked some 300 miles southwest and was located at latitude 80, about 700 miles south of the geographic north pole, and about 60 miles off the west coast of Axel Heiberg Island. It was occupied in the spring when the days were lengthening by researchers and scientists; later in the short arctic summer, the surface became too slushy and wet for air operations and it was shut down.

Our machines were owned by CHC Helicopters of Edmonton, and we'd been supporting an ocean floor sampling project, recording depths and bottom composition of the underwater continental shelf south and south-west from the Ice Island base.

My engineer, Orest Anhel, rode shotgun with me, while the other Long Ranger was crewed by Dave Mulan and his engineer, John Sutherland. The work had been finally completed three days before but we were prevented from leaving the Ice Island because of light snow and overcast skies, inducing almost zero visibility over the sea ice. Finally the weather cleared and we set off on the 400 mile flight at nine in the morning. Our fuel cache was at an abandoned Panarctic exploration camp on King Christian Island, but between our two machines we could not find enough uncontaminated fuel to fill the tanks.

One advantage of flying for Polar Shelf was that virtually every abandoned camp, and almost every small, easy-to-find island had a fuel cache on it. Some of these caches were made several years ago, and often the fuel in these older caches was contaminated to some degree. We used expensive filters on our portable refuelling equipment to ensure that good fuel was pumped into our tanks. However, one peculiarity about turbo (jet) fuel, which our Bell machines used, is its susceptibility to fungus growth when stored in drums. This fungus can sometimes pass through our refuelling pump strainers but clog the engine fuel filters, and can cause the engine to flame out (quit) from fuel exhaustion in some instances.

We would have to refuel again at the University of Alberta's research station at Polar Bear Pass, on Bathurst Island to ensure that we could make Resolute with the proper legal reserve. This station

was some 15 miles west of the direct route we were following so there would be little loss of time.

As we took off from King Christian Island, I noticed that the sun had become partially obscured by a sheet of high cloud and that the visibility had deteriorated somewhat. There were few shadows on the frozen sea but it was still quite bright and we could pick out the various shades of green and turquoise indicating upturned ice floes. Pressure ridges and frozen-over leads also showed up well. As we neared the north coast of Bathurst Island, Dave called me on the radio and we decided to go directly to Polar Bear Pass by flying over the island, even though it was completely ice and snow covered, rather than follow the cliffs southward along the eastern shore.

We had not proceeded far inland when it became difficult to see; land and sky blended into one and it was like flying under water. I was becoming more and more apprehensive regarding the visibility and radioed Dave again.

He was several miles ahead of us and indicated that he was doing fine but had slowed to below 80 knots. I was also down to that speed to better navigate from bare spot to grass clump to rock outcrop, but it was becoming more and more difficult to see the next one.

I strained my eyes and concentrated mightily on anything - a shadow of a snow drift, a clump of sedge grass sticking out of the snow - hoping conditions would improve, while not realizing that we were gradually slowing down. When snow billowed up around us I was stunned: it indicated that I had allowed our forward speed to decrease to almost nil and the helicopter was virtually in a hover, without any visual reference at all. I was not trained on blind flying instruments, nor were there enough installed in this machine to make much of a difference. All the stories I had heard about white-outs, about pilots who had lost all reference and control, and with helicopters lying dismembered on the sea ice flashed through my consciousness. It was as if ice-cold water had entered my veins and I struggled to overcome my fright and to maintain control of my aircraft. Never had I known such apprehension in some 25 years of helicopter flying; my legs suddenly were rubber.

Gently, gently, I eased the stick forward and increased power, never taking my eyes off that beautiful black speck of rock ahead. I pointed the faithful Long Ranger at it, and soon saw another, then another; in a few minutes we were over the escarpment. The land was visible below us, falling away to the sea ice stretching starkly white to the undefined horizon from the rocky

face of the black cliffs below; the seaward cliff faces provided welcome contrast.

I was still shaking and turned to look at Orest. He was pale but

grinned back at me. We had almost bought the farm, and we had nothing to say to each other.

(Copyright A.M. Porsild, Jan 1995.)

SPORTS 95

CF REGIONAL/NATIONAL WINTER SPRING



HOCKEY

Comox 5-10 Feb
Calgary 13-17 Mar

OLD-TIMER HOCKEY

Comox 5-10 Feb
Cold Lake 28 Mar-3 Apr

VOLLEYBALL

(male & female)
Chilliwack 12-17 Feb
St. Jean 27 Feb-3 Mar

BASKETBALL

Kingston 20-24 Feb

CURLING

Chilliwack 25 Feb-3 Mar
No National

BROOMBALL

(male & female)
Comox 6-10 Mar
Valcartier 1-8 Apr

BADMINTON

Chilliwack 12-15 Mar
Trenton 24-28 Apr

SQUASH

Chilliwack 15-17 Mar
Trenton 24-26 Mar

BOWLING

Chilliwack 27-30 Mar
No National

NEXT DEADLINE

17 FEBRUARY - NOON

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1995 B.C. WINTER GAMES

COMOX VALLEY

February 23 - 26



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Biathlon

Bowling

Boxing

Curling - Boys

Curling - Girls

Figure Skating

Gymnastics

Hockey - Female

Hockey - Male

Judo

Karate

Luge

Netball

Powerlifting

Ringette

Skiing - Alpine

Skiing - Cross Country

Skiing - Disabled

Skiing - Freestyle

Speed Skating

Squash

Swimming - Masters

Swimming - Youth

Table Tennis

Weightlifting

Wheelchair Basketball

Highland Secondary School

Mt. Washington

Glacier Lanes

Cumberland Recreation Institute

Comox Valley Curling Centre

Comox Valley Curling Centre

Comox Valley Sports Centre

Comox Recreation Centre

CFB Comox Glacier Gardens

Comox Valley Sports Centre

Cumberland Junior Secondary

Courtenay Junior Secondary

Forbidden Plateau

Vanier Secondary School

Robb Road Junior Secondary School

Campbell River Strathcona Gardens

Mt. Washington

Mt. Washington

Mt. Washington

Mt. Washington

Campbell River Strathcona Gardens

CRA - Lewis Centre

Comox Valley Sports Centre

Comox Valley Sports Centre

Tsolum School

Lake Trail Junior Secondary School

Vanier Secondary School

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334-1995

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Purchase your souvenir clothing from the Winter Games office on Mansfield Drive, or from Driftwood and Comox Malls on weekends.

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In the Comox Valley....We're Into The Games



Volunteer Now!

334-1995

Health Fitness & Leisure

19 Wing Gymnasium/Pool

Commencing Jan 95, all personnel utilizing gym/pool must, after normal working hours, produce for the Gym Attendant one of the following: Mil ID; Dependant Pass; or Weight Club Membership Card.

Sign-in Book

Above mentioned authorized users are permitted to SIGN IN:
1) One guest only - and they are responsible for their guest's actions while in Rec Facility.
2) All sports equipment must be signed out/in, on equipment register with the Gym Attendant.

Squash Courts

The courts are still on target to be opened mid-Jan 95. The following rules/stipulations will be in effect upon opening:

- 1) Mon - Fri 0730-1530 hrs reservations will be for Military and DND employees only.
- 2) Reservations will be accepted max 24 hrs in advance (8782 Sports Stores - during normal working hours and after normal hours 8315) with a 10 min grace period to honour reservations.

3) **Weekend Routine:** to guarantee weekend time slots in advance, reservations must be made by 1500 hrs - Fridays thru Sports Stores.

4) All time slots will be a maximum of 45 min in duration. Both players' names and locals will be taken to alleviate double bookings. Any unreserved time slots will be filled on a first come first served basis.

5) All squash court users **MUST** wear safety approved eye protectors (not provided - personal item) and clean non-marking court shoes.

6) For all would-be squash players the following personnel have volunteered (time permitting) to instruct/teach or lend their expertise in promoting and educating newcomers to the wonderful world of squash:

Maj Donaldson - WCompt - 8205.
CWO Johnson - 414 Sqn - 8615.
Sgt Chatwin - PERI Staff - 8783.
PO2 Priestly - Claims - NCO I/C - 8353.

Doctor Bob



"Snore and you Sleep Alone!"

"Snore and you sleep alone." This is the spouse's usual solution when they find themselves married to a habitual snorer. Certainly it is rare for other "cures" to work very well. They range from taping a golf or tennis ball in the middle of the culprit's back to digging a (preferably sharp) elbow in the ribs of the noisy bedmate.

Snorers fall into two categories - those with, and those without apnea. Apnea exists if breathing stops for periods of 10 seconds or more. While sleep apnea is a common and sometimes dangerous condition, most snorers do not have it.

Run of the (saw)mill snoring is due to laxity of the soft palate, the back part of the roof of our mouth. Other anatomical variations of the upper airway may also contribute to the nocturnal rattles. Noses stuffed with mucus or blocked by polyps may also be implicated in some patients.

What is probably the first rea-

sonably reliable cure for snoring has been recently developed. It uses the ubiquitous laser to remold and modify the shape of the soft palate and the uvula. (The uvula is the "dangly thing" at the back of your mouth). There is nothing special about the laser except that it is much easier to control and the cuts it makes do not bleed.

The procedure, described recently in *MI*, the clinical journal of the British Columbia Medical Association, by Drs. Jeremy Woodham and Andy Blokmanis, has a name that is, in itself, a mouthful...a laser-assisted uvulopalatoplasty is what you order if you want one. The operation takes about 30 minutes and is an office procedure. No anaesthesia is required. There is, however, some discomfort during the scar-forming process. This starts about three days after surgery and lasts for about five days. It is the contraction of the scars that reshapes the palate and, with luck, elimi-

nates the snoring.

There are apparently two schools of thought regarding the number of treatments required. The *MI* authors suggest four to six, spaced at least six weeks apart. Other ear, nose and throat doctors tell me that one is sufficient, although perhaps more uncomfortable.

While long-term results are as yet unknown, the early success rate is stated to be a cure in 75 percent of patients, and improvement in the rest. This is certainly good news because snoring, while tending to generate titters when mentioned as a medical complaint, really can be a significant social problem both at home and when travelling.

It is likely that an ear-nose-throat specialist near you will be offering laser treatment for snoring soon, if not already. I do not know the policy of the various medical plans regarding payment for this surgery.

Stress and Caregiving

"I could never be a nurse." "I don't know how you doctors can stand messing about with all that blood." I am sure we have all heard these and similar statements, and it is true that some people are not comfortable around those who are ill. They have difficulty acting as caregivers. We all have our strong and weak points, things we enjoy and things we dislike. Sometimes circumstances force us into doing things that we would really prefer not to.

The trend toward providing more home care for ill and recovering patients has occasionally been disrupted by the collapse of the home support person. This is usually the spouse, frequently an older person. In many instances they are untrained in matters medical, and may have reached the point in their lives where learning is no longer easy. While feeling duty-bound to care for their loved one, they may be terrified by the responsibility of pro-

viding medicine at the right times, changing dressings, helping with toileting, and other nursing tasks.

Certainly, when the system is working right, training in all these things is provided. It is often standardized and inflexible; time is not available to provide extra instruction when it is needed. Sometimes follow-up is lacking and the caregiver struggles along without the benefit of occasional supervision, encouragement, and advice. When this occurs, and the caregiver is not too sure of their own abilities, and the same nursing tasks have to be carried out day after day, it is not surprising that caregiver burnout may occur. It occurs sooner when the provider of care does not like the job in the first place.

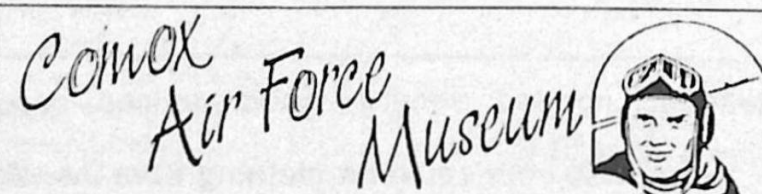
It is not unusual to find that the caregiver also becomes a patient, usually with symptoms of anxiety and stress. Fatigue is also a factor, especially if the ill person requires care during the night on a regular basis. The caregiver may

become chronically tired, with lowered resistance to both physical and emotional illness. While they may be aware that they are close to the edge, they are embarrassed to admit it for fear that friends will think they are being derelict in their duty.

The signs of pending caregiver collapse are usually obvious if the physician or home care nurse is astute enough to recognize them. There may be a hint of desperation in the conversation, a tone of anxiety in the voice. Behaviour patterns may change, with competency being replaced by indecisiveness or fluster. A demeanor of self-confidence changes to one of uncertainty.

Respite is called for and, in most areas, short term beds are available in a care facility. A week or two in such a place gives the patient a change and, more important, the caregiver a chance for a rest or a holiday.

NEXT DEADLINE 17 FEBRUARY



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Note: If prepared in advance, add 10 to 15 minutes to baking time.

Penne Baked with Sausage, Tomatoes and Squash

- 1 cup soft bread crumbs
- 1/3 cup olive oil
- 1 Tbs Italian dried herb blend
- 225 g penne pasta
- 1/2 lb Italian sausage, hot or mild
- 1 cooking onion
- 2 cloves garlic, minced
- 1 cup cubed (1/2 inch) zucchini
- 1 cup cubed (1/2 inch) butternut squash
- 28 oz can tomatoes, chopped
- 1/2 tsp black pepper
- 1/4 tsp salt
- 1 cup shredded mozzarella cheese

Combine bread crumbs, one-third of oil and half of herbs. Set aside. Meanwhile, cook pasta according to package directions; drain. Remove sausage skins.

In large skillet combine remaining oil, sausages and onion. Cook over medium heat for 5 minutes, breaking up sausage as much as possible. Add garlic, zucchini, squash and remaining herbs. Cook, stirring occasionally, for 5 minutes. Add tomatoes, pepper and salt. In 2L casserole combine skillet mixture with pasta and mozzarella cheese. Top with crumb mixture. Bake in 350°F oven for 45 minutes, or until bubbling.

Makes 4-6 servings
Preparation time: 20 minutes
Cooking time: 45 minutes

When selecting the cheese, consider this: medium cheddar melts more smoothly, but old cheddar has more flavour. For the best of both, compromise with half cheddar and half mozzarella.

Note: If assembling ahead, reduce amount of pasta to 3 cups and increase baking time to 1 hour. Bake uncovered.

Cheesy Pasta Bake with spicy Tomato Sauce

- 4 cups fusilli pasta
- Tomato Sauce:**
- 1/3 cup olive oil, divided
- 1 onion, minced
- 2 cloves garlic, minced
- 5-1/2 oz can tomato paste
- 1/2 tsp hot pepper flakes
- 14 oz can tomatoes, crushed
- Cheese Sauce:**
- 2 Tbs minced shallot
- 1 Tbs all-purpose flour
- 1 Tbs Dijon mustard
- 1/4 tsp salt & pepper
- pinch nutmeg
- 2-1/2 cups homogenized milk
- 2 cups shredded cheddar cheese
- 1 egg beaten

Topping:
2 cups cubed crusty bread
1 Tbs chopped fresh parsley

Tomato Sauce:

In small saucepan, combine one-third of oil with onion and garlic. Cook over medium-low heat for 5 minutes, stirring occasionally. Stir in tomato paste and hot pepper flakes. Add crushed tomatoes and simmer, stirring occasionally, while preparing cheese sauce.

Cheese Sauce:

In medium saucepan, combine half of remaining oil with minced shallot. Cook over low heat for 5 minutes. Add flour and mustard; cook and stir for 2 minutes. Add milk gradually and whisk over medium-high heat until bubbling and thickened. Remove from heat. Whisk in salt, pepper, nut-

meg and cheese. Whisk about a cup of cheese sauce mixture into beaten egg, then whisk egg mixture into remaining cheese sauce.

Assembly: Stir drained pasta into cheese sauce. Spoon a thin layer of tomato sauce into a 2L casserole. Top with all of the pasta mixture; cover with remaining tomato sauce. Toss bread cubes with remaining oil; scatter over sauce layer. Sprinkle with parsley. Bake at 350° for 45 minutes, or until bubbling.

Makes 4-6 servings
Preparation time: 20 minutes
Cooking time: 45 minutes

(For more recipe ideas on cooking with olive oil, contact: International Olive Oil Council Information Office, Canada (416) 598-5239.)



Layers of zesty tomato sauce and a crunchy crouton topping update this comforting cheesy classic.



Can't get your Fishwrapper? Here's where to go:

ON BASE:
*Totem Times Office
*Air Force Museum
*AFIS
*Jr Ranks Mess
*Senior NCOs Mess
*Rec Centre
*Headquarters
*AMU
*442 Sqn
*Clothing Stores
*MSE
*Base Accommodations
*Building 82 Supply
*CE
*Fire Hall
*7 Hangar
*Officers Mess
*Building 22
*Base Hospital
*MPs
*Glacier Greens Golf Course
*PMQs
*Canex Expressmart
*Lazo Post Office

COURTENAY-COMOX
*Driftwood Mall (Bookshelf)
*Tourist Info Centre
*Westerly Hotel
*Courtenay Town Hall
*Coast Country Realty
*Holland & Associates Realty
*Pacific Coach Lines
*North Island College
*Courtenay Legion
*BC Access Centre
*Robin's Donuts
*Tim Horton's
*Kal Tire
*Courtenay Pharmasave
*Comox Valley Record
*Tyee Park
*St. Joseph's Hospital
*Comox Mall News Rack
*Comox Legion
*Comox Town Hall
*Re/Max Ocean Pacific Realty
*Jolly Giant
*Port Augusta Motel
*Comox Community Centre

WPSO News

Annual Education Seminar

The WPSO is conducting a 2-day seminar 13 - 14 Feb which will provide information on a wide array of educational opportunities, evaluation of military experience for academic credit, and civilian certification for military experience and training. Military personnel and spouses are invited to attend.

13 Feb

0730-0800 Registration

0800-0845 Ahuntsic College (academic credit for military training for Moes 031, 041, 052, 065, 091, 151, 211, 212, 221, 222, 223, 224, 231, 283, 284, 285, 286, 291, 331, 332, 431, 432, 433, 435, 490, 511, 512, 513, 521, 522, 523, 524, 541, 551, 571, 572, 624, 631, 711, 713, 714, 715, 716, 717, 722, 724, 811, 831, 841, 861, 871, 911 & 933.

0900-1000 University of Manitoba (university credits for military training).

1015-1045 North Island Regional Correspondence School

1100-1130 Open Learning Agency (distance education at the high school, college and university levels)

1230-1530 North Island College Campbell River and Comox Valley campuses (academic, vocational, college, university, apprenticeship programs)

14 Feb

0800-0830 Registration

0830-0915 Applied Science Technologists and Technicians of B.C. (gaining certification as a technician or technologist in B.C. and transfer to ASTTBC certification throughout Canada)

0915-1015 Ministry of Skills, Training and Labour (civilian certification for military training with respect to apprenticeship programs, i.e. Interprovincial Red Seal Program)

1100-1130 Excel Career College (computer training)

1230-1330 Military Civilian Training Accreditation Program (gaining civilian certification for military training)

1345-1415 Reimbursement for second career training and academic upgrading

1430-1500 Distance Education opportunities (correspondence)
Place: Jr. Ranks Mess Dress: Dress of the day

Resume Writing Workshop

The WPSO office will be presenting two one-day Resume Writing Workshops for military personnel and dependants.

Dates: Thurs 23 Feb or Mon 27 Feb
Time: 0800 - 1500 hrs
Location: WPSO Classroom #16, Bldg 22
Dress: Dress of the day
Cost: No charge

To register, contact WPSO office at local 8293 no later than 1200 hrs, 22 Feb. Seating limited to 20 for each workshop.

How To Start A Business Seminar

The WPSO will host a 2-day seminar by Federal Business Development Bank on "How To Start A Business." At the end of the seminar participants will be able to assess whether or not entrepreneurship is an option for them and the issues they must address to be successful in small business. Topics include: Personal Business Management, Finding Business Opportunities, Legal Structure and Taxation Issues to Address, Business Plan Overview, Marketing Concept and Promotion, Sources of Assistance, Sources of Finance and Loan Requirements, Record Keeping and Business, Financial Planning.

Dates: 02 - 03 Mar
Time: 0800 - 1530 hrs
Place: WPSO Classroom #16, Bldg 22
Dress: Dress of the day
Cost: \$250.00
Registration Deadline: 24 Feb

Costs are reimbursable for military members serving on an IE or IPS under SCAN. FRP '95 members attendance is covered under the Outplacement Agency benefit. Spouses of personnel attending may participate at no additional cost. For more information call WPSO office at local 8293.

GED PREPARATORY COURSE

The GED Preparatory Course scheduled for Jan has been postponed until Mar 95. GED equivalency equates to Sec 5 and is the minimal acceptable level for CFR. Costs are reimbursable in accordance with CFAO 9-2. Info for Mar 95 course is as follows:

Dates: Thursdays 02 Mar - 06 Apr
Exam: 29 Apr 95
Time: 1900 - 2100 hrs
Cost: \$75 Tuition, \$40 Exam, \$5.50 Study Material
Registration: Deadline 27 Feb 95

Note: Military personnel, spouses, and civilian employees may participate. For further info call Loc 8293.

NEXT DEADLINE 17 FEB.

Are you retired or about to retire from

- the Federal Public Service
- the Canadian Forces, or
- the RCMP

If so, it is to your advantage to join the

FSNA

(Federal Superannuates National Association)
FSNA is the established and recognized voice for all superannuates of the federal government. In joining the Association, you will assist yourself and your fellow members in protecting, maintaining, and enhancing your superannuate pensions, medical plans, survivor benefits, or other matters which may affect your retirement rights and benefits. As a member, you are also entitled to significant consumer benefits. Recreational, social, and educational activities are also important advantages of membership. Please note: Association memberships for future superannuates are available at any time prior to retirement.
For info: Velda Hoggan 338-7587 Mrs. Les Hasiuk 287-3984

On the Base

Facts about Drugs

Employee Assistance Programme



HEROIN

• What Is It?

Names: Heroin, dust, "H," horse, junk, smack, shit, scag, Mexican mud, China white, black tar.

Type: Semisynthetic narcotic pain killer, opiate.

Forms: Fine, white crystalline powder, water soluble and bitter tasting.

Combinations: With amphetamines, "bambas" with cocaine, "dynamite," "speedball," "whizbang" with marijuana, "atom bomb," "A-bomb."

Usage: Injected (water solution) into bloodstream, "mainlining." Under skin, "skin popping," or into muscle. Sniffing (powder), "snorting." Smoking (vapour), "chasing the dragon." Swallowing (powder wrapped in tissue or bread).

Legal Status: Illegal in U.S. for all use. Legal in some coun-

tries for extreme cancer or other pain, and for regulated maintenance of addicted users.

• What It Feels Like

An immediate, powerful orgasmic rush, followed by peacefulness, lack of pain, euphoria, leading to drowsiness (a "nod"), inactivity, inability to concentrate, small pupils, droopy eyelids, limited vision, slowed breathing, nausea and vomiting, lack of appetite, constipation, reduced sex drive, increased urination, itching or burning on skin, low body temperature, sweating.

• What It Does

To Your Mind: Metabolizes into morphine and depresses central nervous system, suppressing pain sensation and relieving anxiety.

To Your Body: Affects both gastrointestinal and respiratory systems, causing constipation and slow breathing.

Special Characteristics: Repeated use develops tolerance to nausea and vomiting. Then, tolerance to desired effects also develops, requiring increased dosage.

• How It Can Hurt You

Drowsiness may progress to coma. Irregular breathing and heartbeat, respiratory and cardiac arrest. Slowed breathing may lead to oxygen starvation and brain damage. Needle infection may cause collapsed veins, tetanus, hepatitis, endocarditis or Acquired Immune Deficiency Syndrome (AIDS).

Death results from overdose which brings on lung and heart complications. Overdose can result from purchase of impure and/or unpredictable street drugs.

Dependence develops even when "chipping," using heroin infrequently and in low doses. The tolerance which develops causes progression to higher doses. Fear of withdrawal creates dependence in itself. Withdrawal and abstinence reduce tolerance for only a brief period.

Psychological dependence can be prolonged after withdrawal with depression, anxiety, inability to sleep, lack of appetite, restlessness and craving for the drug.

• When To Get Help

- Do you think about how and when you're going to use heroin again?

- Is your work or school performance affected by your drug use?

- Are you having problems with family and friends?

- Do you spend more on heroin than you can afford?

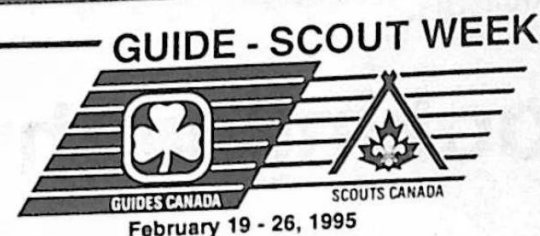
- Do you use drugs in addition to heroin?

One "yes" and your common sense is all it takes to know it's time to get smart about heroin and the rest of your life.

Fact: Of all similar drugs, you are most likely to become addicted to heroin.

EAP Referral Agents

Patrick Landroche... Loc. 8374
Evelyn Femia..... Loc. 8336
Carol Anderson..... Loc. 8319



A proclamation has been issued to declare the week of Feb 19 to 26 as Guide-Scout Week in the province of B.C. The Guides and Scouts of the Comox Valley will parade through Courtenay on Feb 19 to commemorate the event.

The short parade will start at 1:30 pm at the Courtenay Legion and proceed up Fifth Street to St. George's United on Fitzgerald, where the members of Guiding and Scouting will attend a celebration marking the shared birthdays of Lord and Lady Baden Powell (born Feb 22, 1857 and 1889 respectively).

Thinking Day honours their memory as Founder and World Chief Guide and has become the focus of an entire week of celebrations for all Guides and Scouts around the world. Special activities include service projects and programs with an international emphasis.

There are approximately 71,000 Guides and Scouts in B.C., sharing a bond with 553,000 others in Canada and over 22 million throughout the world.

Officers' Mess Ladies Club

Wed Feb 15

"Western Hoe Down"

Buffet dinner followed by Line Dancing

Pull out your cowboy boots and join us for a great evening! There will be a prize for the best "Western Outfit." \$6.00 for members, \$9.50 for guests. Tickets must be purchased in advance.

More info?...Call Lynn Brennan 339-7503

RCSCC

John Travers Cornwell VC

The Royal Canadian Sea Cadet Corps John Travers Cornwell VC will be celebrating its 75th Anniversary with a Reunion on 2-4 June 95 in Winnipeg, Manitoba. All former members of the Ship's Company who wish to celebrate can contact the Cornwell Reunion Committee at 51 Navy Way, Winnipeg, Manitoba, R3C 4J7

Stand Your Station

Comox Legion Br.160 L.A.

BINGO

Every Monday
Single 4-up
Two \$100.00 jackpots
Doors open 6:30 pm
Everyone welcome

WOs & Sgts Ladies

It has been some time since I have reported on the doings of the WO & Sgts Mess Ladies Club, and we have been very busy.

In December we held a mixed potluck dinner, that was well attended by all and a very enjoyable night. Special thanks goes out to the "Sisters of Soul" and their director, "Mike the Magnificent."

January started off with a Line Dancing lesson, enjoyed by all those who attended. Special thanks to Darlene Nakagawa for her excellent lesson and guidance. In the coming month of

February, look for a dessert party on the 13th. Members are asked to bring a small dessert and the recipe to share with others. Please wear pink or red on this night.

For the new arrivals to 19 Wing, or for those of you who may have missed our ads, the Ladies Social Club is open to all spouses or better halves of serving and retired members of the WO & Sgts Mess. This includes, of course, single members (F) of the Mess. Remember, we are a social club so come out and enjoy.

NEXT DEADLINE 17 FEB

NOON

On & Off the Base



Legion Log

BRANCH 17 COURTENAY
334-4322

REGULAR ACTIVITIES

BINGO.....every Thur, Fri & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm
HEARTLAND.....3 Feb
"VALENTINE DANCE" with NORM'S COMBO.....10 Feb
TONY POLLON.....17 Feb
WILD RIVER.....25 Feb
FUN EUCHE.....every Monday, 7:00 pm
PUB DARTS.....some Tuesday nights, 7:00 pm
FUN CRIB.....every Wednesday, 8:00 pm
CASH CRIB.....Sunday 26 February, 1:00 pm
FUN DARTS.....every Thursday, 7:00 pm
"BARGAIN DAY".....every Wednesday, ALL DAY
"BBQ LUNCH SPECIALS".....every Weds & Fri, 11:30-1:30 pm

General Meeting: 28 Feb at 7:30 pm

MEMBERS & BONA FIDE GUESTS WELCOME

Building is Handicapped Friendly

BASE PERSONNEL WELCOME AT BR. 17

Office: 334-4322

Service Officer: 334-3613

BRANCH 160 COMOX
339-2022

ENTERTAINMENT

Feb 10.....VALENTINE'S DANCE, WESTWIND
Feb 12.....Sunday Afternoon 2-6 pm
music by KUSTOM KARAOKE
Feb 17.....WILD RIVER
Feb 24.....HIGHWAY 19
Mar 03.....BEACHCOMBERS
Mar 10.....WILD RIVER
Mar 17.....ALLEYCATS (St. Patrick's Day)
Mar 24.....SHABOOM
Mar 31.....C.C. TRAILRIDERS

Fred Eggiman Memorial Euchre Tournament
Sat Feb 18 in Lower Lounge. Registration 7 pm. \$5.00 per player. Members and bonafide guests.

REGULAR EVENTS

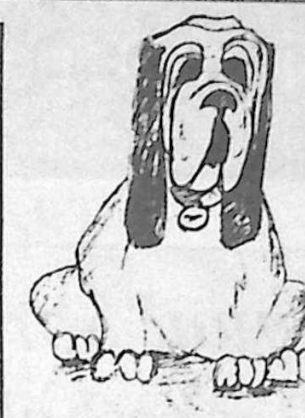
SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 PM
MONDAYS.....L.A. Drop-In Bingo, Upper Hall, 7:00 PM.
Monday Night Men's Dart League, 7:30 PM.
TUESDAYS.....Ladies Crib League, Lounge, 7:30 PM
Mixed Dart League, Upper Hall, 7:30 PM.
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall, 7:00 PM
Comox Valley Men's Crib League, 8: PM. Start-up 5 Oct.
THURSDAYS.....*1st Br.160 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, 3:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 3:00 to 6:00 PM

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

Glacier Greens

1995/96 Fee Schedule

Membership fees for the new season are due effective 1 March. Rates are as follows:
Regular Members, single (M/F).....\$465.75
Ordinary Members, single (M/F).....\$487.15
Associate Members, single (M/F).....\$620.90
For further information please contact the Pro Shop at 339-6515.



Dog Talk
by
Gerry Gerow



My doggy book this week is a little different: *How to Get Your Pet into Show Business* by Captain J. Haggerty, Howell Book House, New York. US\$12.00.

This is a book written for those who dream of getting their doggy into the world of show business. Remember "Brew" of Kokanee fame, Lassie, or Rin Tin Tin? Big bucks for sure, if you can make it. Here, Haggerty tells you how to do it. A one-time army K-9 corps instructor, he has taken his knowledge on to training animals for TV and movies. He himself is no stranger to show business. He is the original "Mr. Clean" of the commercial world, and has appeared in movies with such notables as Bert Reynolds.

The book comes complete with an appendix listing more than a hundred addresses, which would be useful if you were aspiring to break in with your pet. This is a 240 page paperback edition, which may not be on the shelves yet, but you can ask them to order

it for you.

Some time ago, Aussie Maxwell gave me a copy of C. Bode Maxwell's book *The Truth About Sporting Dogs*. Catherine Maxwell just happens to be his mother. This is a truly awesome work. I find myself frequently flipping through its pages seeking information, or just for enjoyment. I can say without hesitation that if I could keep just one book out of my library, which contains over 100 dog-related books, this would be the one.

In her book Mrs. Maxwell (the Grandame of the sporting dogs) speaks of the "Longhaired German Sporting Utility Breeds." These are dogs well known in Europe, but seldom if ever seen in North America. "German Longhaired Pointers" are recognised by the Canadian Kennel Club, and do exist here, but are extremely rare. If one was comparing, the closest you could get would be an Irish Setter in appearance, but a much superior gun

dog, in most cases. (Sorry about that, Chico, but it's true).

Show Biz & Sporting Dogs

dog, in most cases. (Sorry about that, Chico, but it's true).

"Grosser Schwarzwisser Muensterlaenders" (large black and white Muensterlaenders) also resemble setters, except in colour. To my knowledge they are completely unknown in North America. However the black and white is a very competent gun dog.

"Kleiner (little) Muensterlaenders" are very well known in Germany but, like the black and white, virtually unknown here. They are extremely competent, liver and white in colour, and very popular dogs of choice with many German hunters. They most resemble Springer Spaniels and Brittanys. They very well may be related to the latter.

The fourth dog in the group is the "Wachtelhund" (Quail Dog). Not unlike the Cocker Spaniel in appearance, they are seldom used in the field in Germany today. Again, not unlike the Cocker, they are kept mostly as house pets.

I have frequently observed the first three in the field in Germany and, in most cases, would be entirely happy to use one for hunting in Canada.

So, if you want a sporting dog that is a little different, you now know where you can go.

NEXT DEADLINE 17 FEB. - NOON

CHAPEL CHIMES

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - L.Cdr Conrad Verreault

OFFICE - Bldg 22, north-west corner

TELEPHONE - 339-8274 or Local 8274

SECRETARY - Mrs. Anita Spurrell

MASS SCHEDULE:

Saturday.....1700 hrs
Sunday.....1000 hrs
Daily Masses.....Tues, Wed, Thur.....1900 hrs

RECONCILIATION:

Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten seasons.

BAPTISMS & MARRIAGES:

By appointment - please notify the Chaplain well in advance.

CATHOLIC WOMEN'S LEAGUE:

Meets the second Tuesday of the month in the Parish Hall, after the 7:00 p.m. Mass in the Chapel. President: Bonnie Gillis, 339-3496.

RELIGIOUS EDUCATION CLASSES:

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

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

CHAPLAINS - Maj Charles Massey

Capt Fraser Harvey

OFFICE - Bldg 22, north-west corner

TELEPHONE 339-8273 or 339-8275, Locals 8273 or 8275

SECRETARY - Mrs. Anita Spurrell

SUNDAY SERVICES:

0900 hrs Holy Eucharist on the 2nd, 3rd, 4th and 5th Sunday of the month.

1100 hrs Divine Worship on 2nd, 3rd, 4th and 5th Sunday of the month, Holy Eucharist on the 1st Sunday of each month.

SUNDAY SCHOOL: 1045 hrs each Sunday in the Chapel Annex.

NURSERY: During each Service for children under 3 yrs.

CHOIR: Meets each Thursday at 1900 hrs in the Chapel.

CHAPEL GUILD: Meets the third Thursday of the month in the Chapel Annex. President Sandy Lloyd, 339-2173.

BAPTISM AND MARRIAGES:

By appointment only - 90 days notice is required.

Gym Closures

The 19 Wing Gymnasium will be closed commencing 9 Feb (for approx. 3 weeks) to permit rug removal and refinishing of floor.

NOTE: During floor refinishing period the squash courts may be unavailable for a 1-week period. Dates will be announced.

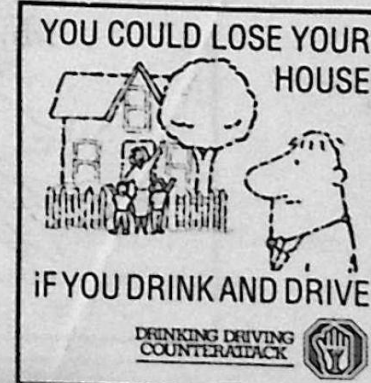
For further info contact WPERO section, loc 8781.

Calling All French Speaking Painting & Visual Artists

Please contact the French Community Centre for participation in an Art Exhibit which will be held during the French Awareness Week, 13 - 17 March. For more information phone MICHEL at 334-8884.

Appel Aux Peintres et Artistes Visuels Francophones

S.V.P. contactez le Centre Communautaire Francophone pour participer à une Exposition d'Art se tenant durant la Semaine de la Francophonie du 13 au 17 Mars. Pour information appelez MICHEL au 334-8884.



Support Your Lung Association



Answer: Yes; you must apply.

Réponse: Oui; vous devez faire application.

Question: Can I continue/begin life insurance Coverage After Release?

Question: Puis-je continuer/débuter l'assurance vie Couverture Après Libération?

Talk to your SISIP representative, Mr. Mick Phillips at 1-604-658-0222, see your SISIP advisor, or call us toll-free at 1-800-267-6681.

Renseignez-vous auprès de votre représentant du RARM, M. Mick Phillips au 1-604-658-0222, consultez votre conseiller du RARM, ou appelez sans frais le 1-800-267-6681.



Town of Comox Recreation Department

1855 Noel Avenue, Comox (across from the Comox Firehall)



339-2255

1st Annual Spring "3" on "3" Basketball Tournaments



450 MEN

Saturday, February 18th

451 WOMEN

Sunday, February 19th

Time: 8:00 am ~ 5:00 pm

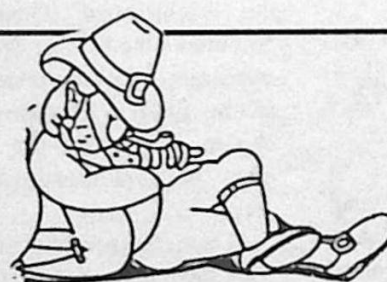
Location: CCC Gym

Ages: 16 years +

Fee: \$36.00 + GST per team of 3

Now is the time to join in for some shoulder to shoulder fun and excitement in our First Annual "3" on "3" Spring Basketball Tournament. Maximum registration in each category is 8 teams. Categories are: Men's 3's and Women's 3's (sorry - no Mixed Teams).

Registration deadline is Monday, February 13th at 4:00 pm. Don't miss out!!



906 RELAXATION MASSAGE TECHNIQUES

with B. Borbridge RMT &
P. Carr RMT
Wednesday 7:30 - 9:30 pm
February 15
CCC Room B

Learn the basics of giving a seated back massage through clothing, as well as techniques for the foot, neck, face and head. As techniques are practised in pairs we suggest you encourage a friend to register with you. Wear loose comfortable clothing and bring 2 pillows and a sheet.

"Learn the Message in Massage"

ALL
ONE NIGHT
AFFAIRS
\$8.80 + GST
for ALL AGES

*MEMBERSHIPS
NOT REQUIRED



907 LEARN INFANT MASSAGE

with B. Borbridge RMT. &
P. Carr RMT.
Wednesday 7:30 - 9:30 pm
February 22
CCC Room B

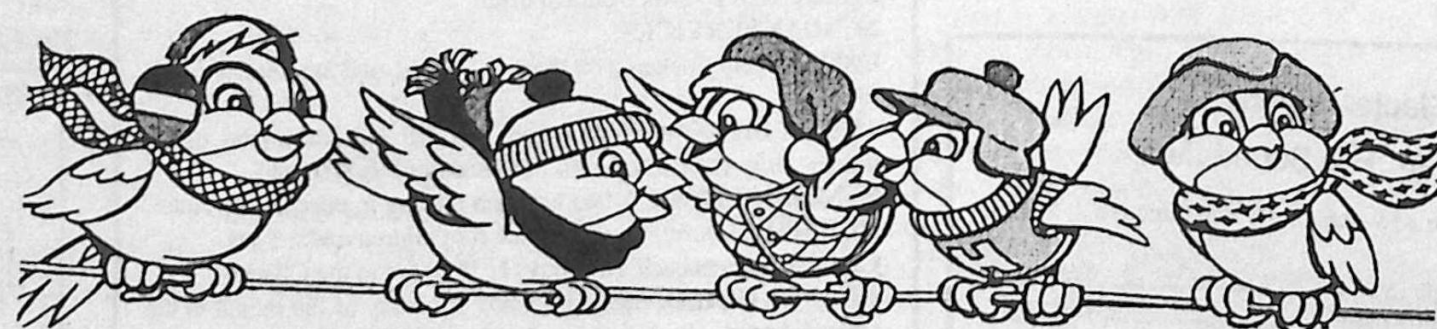
Baby massage is not only a wonderful tool for calming a fussy, restless baby, but it is also a great way for parent and child to bond. Please wear loose comfortable clothing, and bring a towel, sheet, blanket and most importantly your baby (under 1 year of age please).

School District #71 Professional Development Day

233 Pro D Day

Date: Friday, February 17th
Time: 9:00 am ~ 3:00 pm
Location: CCC Sneakers & Gym
Ages: Kindergarten ~ 12 years
Fee: \$16.80 per child

Spend an exciting day with the Comox Recreation Department. Your Pro D Day will consist of games, activities, sports, crafts and tons of fun. Bring a lunch and weather appropriate clothing.



COMOX MILITARY FAMILY RESOURCE CENTRE

MYTH BUSTING PART I

Due to the fact that 'Family Resource Centres' are fairly new to the military community some people are still unclear about who we are, what we do and where we fit into the larger picture. With this in mind it is not surprising that staff and boardmembers frequently encounters myths and misconceptions, about the CMFRC.

Over the next few weeks we will be running a series of articles which will address some of these 'myths' that keep arising. Our goal is to respond to them as clearly and honestly as possible.

We would like to thank the staff at the Esquimalt MFRC for sharing their article 'Dispelling Myths about the MFRC' with us

and for giving us permission to use what was relevant for our series of articles.

community members, not only women and children.

MYTH #1: THE CMFRC IS ONLY FOR WOMEN AND CHILDREN

FACT:

The overall goal of the CMFRC is to provide the military family community, including members, with the resources and opportunities to enrich their quality of life through understanding, support and encouragement in a confidential, friendly environment. This goal is achieved through the provision of a number of programs and services that address the needs of ALL

Courses and workshops such as Stress Survival, Self-Esteem, Living with Anger, Life Skills Program, Basic Computers and Drawing Workshop, to name a few, are made available to any member of the military community. Other areas of interest might be our Information Sessions and Craft Evenings. Opportunities are also available for members of the military community to share knowledge and expertise through volunteering at the Centre. Single members, especially those away from family, are also welcome to attend any of our programs and activities. The military family community includes everyone connected to the military.

French Conversation Group

This new group is for anyone whose first language is not french and who wants to keep up on their day to day conversation skills in a relaxed and friendly atmosphere.

Groups are being held every Thursday 10-11:30 at the Parish Hall. Beginners to advanced welcome. Call the CMFRC at 339-8290 for more information.

Employment Opportunity

The Comox Military Family Resource Centre welcomes applications for a part-time Youth Worker. Basic qualifications are: B.A. in Child and Youth Care, Education, Recreation or a related field or equivalent experience and a minimum of two years working directly with teens. Experience/knowledge of the military environment is an asset. This is a six month term position with the possibility of an extension. Salary \$13-\$15/hr Please send resume by February 12 noon to: Executive Director CMFRC, BOX 310 Lazo B.C., V0R 2K0. For more information call 339-8290.

Upcoming Workshops

Life Skills Program

Life Skills refers to those every day skills which benefit all aspects of life. Things like communication, decision making, recognizing the values which motivate us and problem solving skills. Life skills are those things behind the choices we make to ensure we are making the best choices possible for ourselves and our lifestyle.

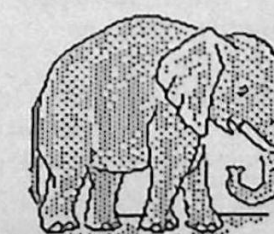
Date: Feb. 13th, 14th, 15th & 16th
Time: 8 am - 4 pm (Feb. 16th, 8am- 12pm)
Location: Building #22 on Base
Cost: No Fee
Registration: Spouses call the CMFRC at 339-8290

Drawing with Eileen Boyd

This is a drawing class designed for all levels of drawing skills. The only prerequisite is an interest in learning how to draw or improve current skills.
Date: Mar. 2nd, 9th, 16th & 23rd
Time: 6:00 - 9:00 pm
Location: Parish Hall
Cost: \$10 plus supplies
Registration: Call the CMFRC at 339-8290

Adult Workshop Registration Policy

1. Registrations can be taken over the phone, however fees must be paid 3 working days before the workshop/course/event. Participants who have already paid will be given first priority.
2. CMFRC may cancel the workshop if minimum participation is not reached. All participants will be notified of the cancellation.
3. Refund policy - a refund will be given for:
- workshop cancelled by the CMFRC; or
- if the participant cancels 3 working days prior to the starting date.



Child Care Programs



• Precious Little People Preschool

Licensed preschool for ages 32 months - 5 years
Mon. and Wed., 9 - 11:30 am
Fees: \$60.00 per 2 - day session
Registration: Call 339-8290

• Precious Little People Childminding

A licensed playgroup for children 18 mth - 5 yrs
Tues. & Thurs. 9 am - 12 pm
Location: Wallace Gardens Community Centre
Monthly registration or drop in available
Fee: \$7.00 per morning

• Toy Lending Library

We welcome all parents and children to visit our TLL on Wednesdays between 1:30 and 4:00 pm. The library offers a variety of educational and quality toys, puzzles, games and large equipment. Items can be borrowed for two weeks. Membership is only \$ 10 per family for one year. This is a great opportunity to try out a particular toy before an expensive purchase.

New Arrivals:

- **Monster Mash** - A fun filled "matching" game for the whole family. Ages 5+
- **Count Dino's Number Marathon** - Develop and practice math skills by moving a herd of dinosaurs. Ages 4+
- **Pentominoes** - Solve tricky two and three dimensional puzzles. Ages 6+
- **Ping Pong Game** - Two little piglets blow a fluffy ball across the net. Ages 6+



Youth Activities



• Feb. 17th, Skiing Mt. Washington

Call the CMFRC at 339-8290 for more information.

• Feb. 19th, Video, Pizza & Pop (12 - 14 years)

Cost \$1.00, 6-9 pm at the CMFRC.

• Feb. 24th, Casino Night (12 - 14 years)

Cost is \$2/military family member & \$3/guest. 7 - 11pm at the Wallace Gardens Community Centre

• Feb. 26th Video, Pizza & Pop (15 - 18 years)

Cost \$1.00, 6-9 pm at the CMFRC.

• Gym Nights

Wednesday nights are for recreation in the Wing Gymnasium from 7 - 9 pm. There are free unorganized activities, as well as a Floor Hockey Championship planned for March. There will be prizes and all kinds of fun contact the CMFRC for more info 339-8290.

NRS NATIONAL REAL ESTATE SERVICE Master Diamond Club Member  KEN STEWART bus. (604) 334-3111 dir. line 684-2931 res. (604) 338-0868 fax 338-8315 NRS BLOCK BROS. REALTY LTD. 1742 Cliffe Avenue Courtenay, B.C. V9N 2K8	FRANCIS AUTOMOTIVE COMPLETE AUTOMOTIVE SERVICES OWNER-OPERATED COMPUTERIZED & MODERN EQUIPMENT IMPORT & DOMESTIC. 4 WHEEL DRIVE WHEEL ALIGNMENT SERVICES  330 ISLAND HIGHWAY NORTH, COURTENAY B.C. V9N 3P2 Ph.(604) 338-9660	MARKET TRAVEL WORLDWIDE PROFESSIONAL TRAVEL ARRANGEMENTS 338-1474 (Area Code 604) FAX No. (604) 338-8377 OR B.C. TOLL FREE 1-800-232-9294 549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2 (ACROSS FROM THE BANK OF NOVA SCOTIA)
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Public Announcements

Pool Closure
 The 19 Wing Pool will be closed during the winter months due to inclement weather. Estimated re-open date: March 95.

Personal Exercise Programme

There is a PERI supervised PEP Program at the Rec Centre Mon to Fri from 0730 - 0830. All members who have failed their CF EXPRES Test and are on Remedial PT are encouraged to attend. Members will have half the gym to work out in. Also those who wish to improve their physical fitness are welcome to attend. For more info contact the Rec Centre, Loc 8315.

Dependant Use of Base Gym Facilities

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

Western Line Dancing
 For all ages. Call 338-1266 for more information.

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.

19 Wing Pacific Divers Scuba Club

Hours of Operation:
 1830 - 2000 hrs. Monday and Thursday nights.

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 mercredi de 1900 - 2030. Pour information contacter Jacques ou Sylvie Fortin 339-6377.

BASE LIBRARY Base Librarian Colleen Gagnon

Located in Building 10, next to Accommodations. Hours of operation:
 Mon - Thur.....6-9 pm
 Tues, Thur, Fri.....11:15 am - 12:15 pm
 Sat & Sun.....1-4 pm
 We have bestsellers, pocket book exchange, children's books, Base newspapers and magazines.

Theresa's Grill Relocated

Theresa's Grill is now located upstairs in the Junior Ranks, Loc 8995.

Hours of Operation
 Mon & Tues - CLOSED
 Wed, Thur & Sun - 1900-2300
 Fri & Sat - 1900-2400

Take-out service available to everyone!! Come in and check out our menu!

Volkswalk
 The Comox Glacier Wanderers are having a 10K guided Volkswalk on Sunday, 12 February. Registration will be at The Griffin Pub, 9:30 for 10:00 am start. Everyone welcome. Info: 339-4145.

LIBRARY HOURS

Monday 6:00 - 9:00 pm
 Tuesday 11:15 am - 12:15 pm & 6:00 - 9:00 pm
 Wednesday 6:00 - 9:00 pm
 Thursday 11:15 am - 12:15 pm & 6:00 - 9:00 pm
 Friday 11:15 am - 12:15 pm
 Saturday 1:00 - 4:00 pm
 Sunday 1:00 - 4:00 pm
 (We are located in Building 10, next to Base Accommodations).



ARENA ANNOUNCEMENTS NHL/Noon-hour Hockey League (Shinny)

WHAT: Noon hour Shinny
WHEN: Tues, Thurs & Fri 1130-1300 hrs.
WHO: Military members and DND employees.
 Add some noon hockey to your fitness program. All players welcome, especially goaltenders. Full protective equipment mandatory.

Public Skating

WHEN: Sat 1300 - 1430 hrs.
 Sun 1200 - 1315 hrs.
WHO: Open to general public
COST: \$1.00 adults, 50 cents children.

Skate Sharpening

Mon-Wed: 1700 - 2000 hrs.
 Thurs: 1700 - 2100 hrs.
 Sat-Sun: 1100 - 1400 hrs.
 1700 - 2000 hrs.

On & Off the Base



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Week Ending 11 February
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2. McNally's Caper.....Saunders
3. Chaos Mode.....Anthony
4. Praying for Sleep.....Deaver
5. Op-Centre.....Clancy
6. Obstacle Course.....Freedman
7. The Hope.....Wouk
8. Spandau Phoenix.....Iles
9. Talking Horse.....Shoemaker
10. To Love and Cherish.....Gaffney

Casual Bowling
 Friday 6:00 - 9:00 pm
 Sunday 1:00 - 4:00 pm

Youth Bowling League Saturdays at 9:30 am

Anyone interested in registering their children for the Saturday league can contact the coordinator, Byron Tordoff, at 339-7852. The kids have a lot of fun and get professional coaching at the same time.

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

Alley telephone local is 8351 or call Rec Centre staff for more info.



Luncheon & Dinner
 Pickup Available
 Italian & Greek Dishes
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 Open 7 Days a Week
 1-450 Ryan Rd. Courtenay
338-1488

NOTICE: CHANGE OF DATES

ALL EX-AIR CADETS FROM 386 RCACS "BE AWARE"

386 Royal Canadian Air Cadet Squadron (Komox) invite all 386 Ex-Air Cadets to help celebrate their **50th ANNIVERSARY 10-11 June 95**
 Registration/Greet & Meet will take place at 888 Wing RCAF, 1298 Military Row (Little River Rd.) Comox, B.C.
 Saturday 10 June 95 at 18:30 hrs.
 The Anniversary Parade will take place at the CFB Comox Arena
 Sunday 11 June 95 at 11:00 hrs.
 Ending with a B-B-Q at 888 Wing at 13:00 hrs.
 Cost: \$15.00/person
 For confirmation contact: Capt Melançon, 604-339-7768
 Mail cheques to: 386 Squadron 50th Anniversary,
 c/o A. Melançon, 419 Anderton Road, Comox, B.C. V9M 1Y8

CF INVITATIONAL/PRAIRIE REGION SWIMMING CHAMPIONSHIPS

- 18 Wing Edmonton will host subject championships on 25 - 26 Apr 95.
 - Intent to enter NLT 15 Feb 95.
 - Teams may consist of up to 10 members.
 - Best time results forwarded for possible entry for 95 CISM Team.
- For more information contact Mil Sports Cell, loc 8783

Seascape Apartments 2187 Comox Avenue

Under new management. Clean quiet, well-maintained. 4-storey building with elevator. Security entrance. Adjacent to hospital. On bus route. Close to shopping. Rent includes hot water and basic cable. Please call 339-0050.

Newcomers Club

The Newcomers Club will be holding its next meeting on Mon 13 Feb at 7:30 pm at the Comox Community Centre. Dress in red and bring a funny Valentine (bought or homemade) for an exchange. For further info, please call Pat at 335-2427 or Trish at 339-1934.

Bulletin Board

All insertions will be \$5.00 incl. GST per column/inch. Payment in advance at the office.

Meadowlark Estates Ltd. wishes to announce the grand opening of **Aspen Court at 698 Aspen in Comox For Rent or Lease**

Brand new spacious one, two and three bedroom condominium homes for rent, available 1 August. All units come equipped with fridge, stove, dishwasher and garburator. Bright kitchens with breakfast nooks, large patios, and in-suite storage. Located in new subdivision at the corner of Aspen and Guthrie, in Comox. Would suit long term mature tenants. Contact Lyle at 339-1347 or 339-3773.

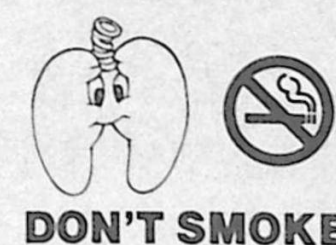
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Your personal Births, Birthdays, Engagements, Anniversaries, Weddings and death announcements, including photographs.

These will be published free of charge to all DND personnel and civilian employees, retired DND personnel and RCMP.



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 For more information call Diane at

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On & Off the Base



Comox Valley Ski Club



Canadian Forces Base Comox
Lago, British Columbia
V0R 2K0

Big White Kelowna, B.C. Trip Dates: 13-17 April (Thursday- Monday)

We've Been Invited

The Comox Valley Ski Club has been invited to join other BC and Alberta ski clubs in this annual Easter Weekend ski trip - the '95 Winter Olympic Games - with a western theme "Spring Round-Up."

Weekend activities will include great spring skiing, challenging ski races, absurd snow

games, humorous bar games, nightly dancing, hilarious good times and competing for the "Olympic Games" Challenge Cup.

Max number of participants is 300; Comox allocation is 15 persons, however it is already known that additional spots will be available to our club members.

Accommodation

On-mountain accommodation will be arranged for all participants (new condo units w/kitchen, living room, dining room and sleeping quarters suitable for couples and singles - 6 & 8 people per 3 or 4 bedroom unit).

Transportation

Car pools will be organized by participants, on a cost-sharing ba-

sis (gas, ferry and highway toll). Final details TBA.

Method of Payment & Registration

Cash or cheque accepted. Cheques are to be made payable to: "The Comox Valley Ski Club." Please retain your receipt.

Approx cost is \$250 which includes 4 nights accommodation, 3 day lift ticket, banquet and race fee. All travel costs will be extra. Optional - 2 hr race training clinic for \$15.

Registration forms can be obtained from the trip co-ordinator: Susan Gibbs, work phone 339-8211, Loc 8980.

INTERNATIONAL WOMEN'S DAY CONFERENCE

MARCH 8 at the Base Gym



- Speakers
- Displays
- Workshops

Guest Speaker:
Iona Campagnola

Open to military members, civilian employees, spouses & dependants, and by invitation.

For more info
and to volunteer,
call Lt Crumback, local 8373

Share Your Special Moments

Women's Day Conference

We all have special things in our lives that mean so much to us. They come in a variety of forms. It may be a thought, something you have seen, or an event which was very moving.

Right now, your mind is starting to wander as you read this, triggering a moment from the past which brings a warm glow, a sense of happiness and that good all-over feeling.

This year, the Women's Day Committee invites you to share a special moment with others. During the '95 Conference (Mar 8 at the Base Gym) we will be setting up a display where your special memories are the exhibit.

Look back through your special treasures; it could be anything - a book, a button, a picture or even that first corsage from a high school dance.

To display your treasure during the conference, put it in a box along with a short write-up on what it means and why it is so special to you and bring it to the Military Family Resource Centre between Mar 1 and 7.

We hope that by sharing this very special moment in your life with others it will have the same touching and loving effect on us as it has had on you, and bring a smile to our faces as we are reminded of our own very special moments in life.

For more information, contact Eileen at 339-1891.

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NEXT DEADLINE 17 FEB.

**Driftwood
Mall**
HEART OF THE VALLEY

February 95

We're
into
the
Games

Sunday, Feb. 26
Winter Games
Closing Ceremony
1 p.m.
Mall Parking Lot

Swan Festival Contest

at

DRIFTWOOD MALL

**KIDS! Pick up your entries for the SWAN TRIVIA
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Entries available at: Wonderworks, International Deli, Poster City,
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service.

February Calendar of Events

Now Available

ARNIE (Fiddler)
Tues. Feb. 7 - Sat. Feb. 11
COAST ALUMINUM
Mon. Feb. 13 - Sun. Feb. 18
COOMBS CANDY
Mon. Feb. 13 - Sun. Feb. 19
**WILDFLOWER
COUNTRY (Duet)**
Tues. Feb. 14 - Sat. Feb. 18
HEARTWOOD STUDIO
Mon. Feb. 20 - Sun. Feb. 26
K.B. CERAMICS
Sun. Feb. 26 - Sun. Mar. 5

**Heart & Stroke Foundation
"Life Choices!"**
The Heart Health Fair
- Sat. Feb. 11
Identakid
Sat. Feb. 18 (sponsored by
888 Wing RCAFA)
**Glacier View Kennel Club
Dog Show - Sat. Feb. 18**
**Comox Valley
Miniature Club**
Fri. Feb. 24 & Sat. Feb. 25