

National Environment Week

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The Chief Retires

....centre pages



TOTEM TIMES

Canadian Forces Base Comox B.C.



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COST: PRICELESS

Terry's Tub

A retirement gift for CWO Doherty from the Editor and Staff of the Totem Times: Deck action on HMCS Bonaventure, where Able Seaman Doherty began his career.



Introduction by the Minister

Defence Policy 1992

The past few years have marked a turning point in global affairs. The world in which Canada must seek its security has undergone profound changes. As a result, many of the assumptions which underpinned our security policy for over forty years are no longer valid. On the one hand, seemingly durable regimes have collapsed; old, now unfamiliar countries have reappeared on our maps; democracy has spread to

areas where many despaired ever to see it bloom; and disputes long thought intractable are finding solutions. On the other hand, significant uncertainties accompany the rapid and far-reaching social, economic and political transformations of the international scene, and new sources of regional conflict and global instability surface with disconcerting regularity.

The whirlwind of contem-

porary events is having a major impact on Canada's security interests. Today, the number of certainties is far outweighed by the number of uncertainties. The new world is at once a safer and more volatile place. Faced with these challenges, the Government decided to elaborate a new framework for Canadian defence. Its broad outline and key features were announced on 17 September 1991, and this Statement's pur-

pose is to provide a fuller account of the policy, taking into account the impact of the 1992 federal budget. It sketches in some detail the realistic, prudent, and affordable plans that will enable the Department of National Defence and the Canadian Forces to carry out their responsibilities beyond the turn of the century. Future Annual Statements will likewise allow for additional course corrections. They will also provide

the Government with a flexible vehicle to acquaint Parliament and Canadians with adjustments to our defence policy in the years ahead.

The Hon. Marcel Masse
Minister of National Defence

Editor's Note: The full text of the Minister's statement of Defence Policy 1992 will be carried in future editions of the Totem Times.

On & Off the Base

Environment Week '92

Base Commander's Message on Environment Week



Col J.E. McGee

With the commencement of Environment Week '92, I welcome the opportunity to remind all the personnel of CFB Comox of our responsibilities to protect the fragile environment in which we live. The responsibility is both individual and collective to ensure that we make environmental awareness and stewardship a part of our daily lives. We do this not so much for ourselves, but for our children so that they may enjoy clean air, water, and land in the years to come.

The Canadian Forces has an enviable record of environmentally sound practices which started many years before there was much public awareness of the need for it. Since then, many bases like ours have adopted additional measures such as recycling of paper and the more widespread separation of fluids and solids by category. Building upon our historical successes, the Honourable Mary Collins, Associate Minister of National Defence, stated at the commencement of Environment Week 90

that the Canadian Forces would become "the most environmentally friendly armed force in the world by the year 2000." Since that initial commitment, National Defence Headquarters in concert with the operational commands and bases has been developing guidance, policy, and resource requirements to meet that goal. However, the true success of these new initiatives within the Department of National Defence will be a result of the personal commitment by each of us, both at work and at home.

As we have experienced, environmentally sound practices do not automatically deny military preparedness. In some cases we have to change how we operate and train. In other cases, it may seem difficult to balance the training requirements with interpretations of environmental policy which are extreme or otherwise appear to go beyond the intent of the legislation. In any case, it will require our continued prudence.

We deal with a great many diverse and in some cases hazardous substances as a matter of course to accomplish our tasks. We take the necessary personal protective measures to protect our own health and that of our co-workers, and the environment. We must ensure that materials/substances are received, handled, and disposed of in the prescribed manner. We cannot let our guard drop and forget our responsibility to protect the environment. We must ensure that all fluids slated to be disposed of in the special containers we provide are only disposed of in that way. The accumulation of even the smallest quantities has a

profound deleterious impact. According to Environment Canada research, it is estimated that the total spillage suffered during the Exxon Valdez grounding off Alaska is duplicated by every major city around the world daily. Thus, the training, briefings and reminders are not only well intentioned; they are vital guidance.

Environmental awareness is not something which can be discarded at the end of the workday along with your uniform or work clothes. We must practice it in the home through increased recycling, enviro-shopping, and good housekeeping. Our children are much more in tune with this modern attitude than we are, and should be encouraged to actively contribute to the family recycling effort. Old clothes are not without value to someone, as are old tools, appliances, and even containers. Household waste must be separated into organic, recyclable and inorganic groups to reduce the strain on already overburdened landfill sites.

As we enjoy Environment Week '92 in one of the loveliest areas in Canada, I would ask that each of you take the time to examine how you can improve your environmental stewardship. It may be as simple as not using your car to go to work for a week, and thereby reducing air pollution, or it may be time to clean out old family articles, originally destined for the garbage, and giving them to Goodwill or the Salvation Army. Whatever your contribution, it will make a difference. Our record at CFB Comox has been excellent. Let us strive to improve upon it.

REDUCE REUSE
RECYCLE RECOVER

A Message from the Base Environment Officer



Maj R. Kampman

It seemed appropriate to use this issue of the Totem Times to introduce myself as the Base Environmental Officer for CFB Comox. For those of you that don't know me, I'm Major Randy Kampman, the Base Construction Engineering Officer (BCEO). With the increasing emphasis on environmental awareness and protection, each Air Command base is in the process of acquiring a full-time Base Environmental Officer, but until he/she arrives, I'm standing in. This is not so unusual when you consider that in addition to the normal construction and maintenance activities the BCEO Section is responsible for year-round, we also handle all utilities and real property management.

We are all aware of the mounting pressure on all levels of government and private industry to be more environmentally conscious in the way we do business. Environmental awareness is an idea whose time has come and we must each of us consider what we can do to further the preservation of the very fragile ecosystem we live in.

ENVIRONMENT WEEK JUNE 1-7, 1992

The Environment Concerns You!



- one quarter full should be enough.

* Reduce water use in the toilet by about 20 per cent by placing two weighted 2-litre plastic bottles filled with water in your toilet tank. Or reduce water use by 50 per cent or more by installing low-flush toilets.

* Check regularly for toilet tank leaks into the toilet bowl by putting a small amount of food colouring into the tank and observing if it spread to the bowl without flushing. Repair leaks promptly. Also periodically examine whether the plunge ball and flapper valve in the tank are properly "seated," and replace parts when necessary.

* Likewise, regularly check for leaks at the base of your toilet, and have any promptly repaired.

* Flush your toilet only when really necessary.

* Never flush garbage of any kind down your toilet. Household cleaners, paint, sol-

vents, pesticides and other chemicals can be harmful to the environment. And cigarette butts, paper tissues, paper diapers, dental floss, plastic tampon holders, condoms and the like can create problems at sewage treatment plants.

* If your water heater and pipes are not already insulated, then do so to obtain hot water more quickly and reduce wastage.

Practice the 3 Rs

The basic 3 Rs are reduce, re-use, and recycle. Various other Rs are added by some organizations, but these three are commonly accepted as the most important. The average Canadian generates almost two kilograms of garbage every day - more than any other citizen in the world.

The best way to lessen that amount is to REDUCE our consumption of products. Next, we

Continued on page 19

Start in the Home

What better place to start and concentrate than in your own home? It's where we spend most of our time, it's where we have the most control over how things are done, it's where we want to feel safest, and it's where we display to the world who and what we really are.

In the kitchen, bath, and laundry room

The average Canadian family of four produces about 1,400 litres of wastewater each day, just from indoor water uses.

About 75 per cent of indoor water use in our homes occurs in our bathrooms, and toilets are the single greatest water users.

* Use a flow-reducer attachment in your sink faucets and shower heads to reduce water use and wastage.

* Always be sure to turn taps off tightly so they do not drip.

* Promptly repair leaks in and around taps and faucets. (One leak can waste several thousand

litres of water per year.)

* When hand-washing dishes, or cleaning fruit and vegetables, never run water continuously. Wash them in a partially filled sink, then rise them quickly under the tap.

* If you have an automatic dishwasher, use it only to wash full loads, and use the energy saver or shortest cycle possible.

* When boiling vegetables, save water by using just enough to cover them and use a tightly fitting lid.

* Keep a bottle of drinking water in the refrigerator, instead of running the tap until the water gets cool each time you want some.

* Put food scraps into the garbage or preferably a compost pile (except meat scraps), not into a sink garbage-disposal unit. Such units waste water, add unwanted solids and grease to septic tank systems, and sometimes overload sewage systems.

Furniture Warehouse will be closed Friday May 29/92

To Prepare for Their

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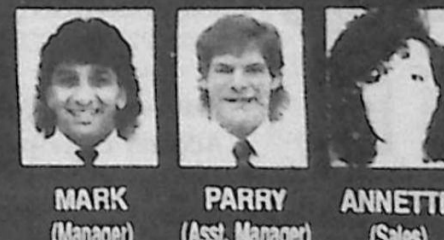
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Editorial



Norm Blondel

A Different Shade of Blue

The retirement of Base Chief Warrant Officer Terry Doherty marks the next to last event of an era at CFB Comox, during which "Naval Air" has been in charge. When Colonel Jack McGee relinquishes command in July, we will no longer hear echoes from the flight deck of HMCS Bonaventure around this base. Major Gibbons of VU33 introduced us to the Navy style; firm but friendly, with a great deal of consideration for individual welfare. When he became Base Commander, Colonel Gibbons continued as before, as has his successor Colonel J.E. McGee.

The result has been, in my estimation, a happy base. Considering the stresses placed on the military these days, with budget cuts from one end and added responsibilities at the other, morale among service personnel is of prime consideration. Our two "Navy" Colonels and the Base Chief have worked hard at maintaining morale at a high level here at CFB Comox.

Relations with the public have never been better. Our three "Seaweeds" have responded to a large number of invitations to speak at functions in the Comox Valley, and the presence of CFB Comox personnel on Remembrance Day, Freedom of Comox day, Battle of Britain ceremonies and other events, with the Colonel and the Chief at the head, have solidified our role as good neighbours.

Although I am "Blue" to the core, I'm going to miss these guys when they're gone. If the rest of the Navy is like our three "Seaweeds," it must be a fine service indeed.

With that in mind, and as a retirement tribute to CWO Terry Doherty, this edition of the Totem Times is coloured a different shade of blue.

Thank you, Liz

Elizabeth Basham - or "Liz" as we know her - was a member of the present editorial team almost from day one, in 1990.

With her writing talents and ability to find the right piece of "clippart" wherever the need arose, Liz quickly established a valuable place in our organization. Add to that a great fund of common sense and a finely honed sense of humour, Liz infected the newsroom with her good nature. We all gained a great deal from working with Liz, and will miss her around here.

She's off to Shilo with her husband, and we wish them both



"Liz" Basham

well. From the folks in the newsroom, thanks Liz.

Chief Doherty spent some time in hospital recently; we wonder if the Base Surgeon was tempted:



reprinted by kind permission,

Royal Canadian Air Force Association.

It's Payback Time for Tony Hennig

Life has been a series of miracles for Tony Hennig, and he feels it's about time he pays back a little.

The miracles began for Tony on the first day of the Second World War when as a 17-year-old dispatch rider he was blown off his bike by a bomb which killed everyone else on the road at the time.

"That was the first time I prayed and really meant it," he says now.

The young soldier had many more occasions to thank God. His trek across the Carpathian Mountains to Budapest and the pretty lady on the corner who asked him: "Are you hungry, little boy?" Tony remembers the ladies of her house, who treated him like a little brother until his posting to the French Foreign Legion in Damascus, and he still prays for girls who choose this life.

Attached to the British 8th Army, he survived the six months' siege of Tobruk by

Rommel's Afrika Korps. Then en-route to Britain for pilot training, the Empress of Canada was sunk by a Nazi U-boat. Of the few who were rescued after 54 hours in a rubber raft, Hennig, who had prayed and, through his faith, remained calm was in such great shape that he was put to work as a deck hand on the British destroyer. All the others having worked themselves into a state of panic were treated as survivors.

He flew with 318 RAF (Polish) Fighter Squadron, until made an instructor to train new pilots on Spitfires and Hurricanes.

"My prayers also protected several new pilots who found new ways to create a need for miracles. God was flying with me, every time up," says Hennig.

Eight years ago at an estate sale on Reid Island, although of unknown origin (possibly from a shipwreck or buoy) Tony felt compelled to buy the old bell, and it sat in his yard until a visiting priest mentioned the new church

he was building in a small Polish town.

"Do you have a bell for your church?" asked Hennig. "Oh no, Mr. Hennig, we are a poor parish; it would take a miracle for us to have a bell," said the priest.

Finally Hennig knew why he had bought the bell. "Father, you have yourself a miracle."

This fall, the bell, dedicated to the memory of his mother, will call the people of Nasutow to worship and Tony Hennig will be there. Thanking God for the miracles that brought him safely through the war, for his good life in Canada and especially for the devout mother who had taught him about God's love.

Then, to complete the miracle, Tony will journey just five miles down the road to his mother's birthplace. A grateful pilgrim.

Gord Bell is a Nanaimo freelance writer. Tony is a member of the B-17 (Sentimental Journey) committee.

Letters

A.L.S. Flower Day June 13

Peter Chance, Chairman of the 1992 Vancouver Island ALS Society Flower Day campaign, has announced the appointment of Roberta Pilon as the co-ordinator for the Courtenay-Comox-Cumberland area. ALS is Amyotrophic Lateral Sclerosis, also known as Lou Gehrig's Disease.

Ms. Pilon, known as "Birdie," is a well-known community worker and has been a volunteer

for ALS for a number of years. Last year this area raised the largest single amount of money during the campaign. She will work with Upper Island Vice-Chairman Mike Considine.

ALS Flower Day on Vancouver Island will be held on June 13 with volunteers at major shopping centres and businesses throughout the Island. The target this year will be \$50,000.

Special Deal for "Sentimental" Fly-ins

THE COAST BASTION INN is offering special rates for guests who fly in to see the B17G "Sentimental Journey" and the other vintage aircraft that are on display during the period June 29 to CANADA DAY July 1. These rates will be based on their weekend prices, extended to and including the night of July 1st.

For reservations you can call 604 756-6601 or FAX 753-4155.

"Sentimental Journey" arrives over Nanaimo at noon on June 29 and will make a couple of circuits of the city before touching down. The first hour of display time will be given over to the media. So any of you who are employed in broadcast or print journalism

should bring your press cards with you. You should all bring your cameras and camcorders, especially if you can catch a shot of her coming in. After you have enough pictures we suggest you visit the pub tent for a cool one.

Tuesday June 30 is YOUTH IN UNIFORM Day. Boys and girls wearing their uniforms will be offered a specially reduced price to tour the B17. Scouts, Guides, Brownies, Cubs and Cadets of the three services are invited for this preview showing. Although the younger set will be given special treatment on UNIFORM Day, everybody else will be welcome too.

More Trivia Pics

Dear Editor

I recently established that CF-AQG was indeed a Buhl CA-6J Airedan, with the construction number 56. It was purchased from the US company on 6 April 1931 by Brooks Aviation. On 21 June 1933 it crashed into Emma Lake, Saskatchewan, and was written off as unreparable. This information I obtained from the Canadian Aviation Historical Society civil aircraft register.

In an earlier edition of Totem Times you mentioned that you were involved with Valetta aircraft while serving with the RAF. One of the enclosed photos is of VW843 of the Central Flying School which I photographed at

the Ohakea Air Base in August 1953 while serving with the RNZAF. You are welcome to retain the photo should you so wish as I have the original negative.

Judging by the current photo in Trivia, I have to agree with your statement; you obviously do need more photos. I trust you will find the enclosed suitable for Trivia inclusion.

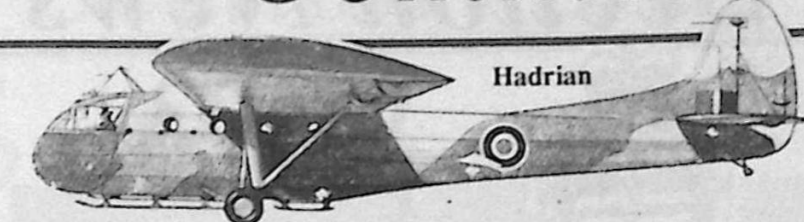
Sincerely
H.W. Holmes
Well: I'm glad the Buhl mystery has been cleared up. Thanks, Harry, and thanks for the pics. I worked on Valettas at Thorney Island, 1952 - 55....Ed.

Second Clasp for Major Bottomley



Maj. Nora Bottomley didn't have to go very far to receive her 32 year CD clasp from the Base Commander - she's the EA for Col J.E. McGee (L).

Comment



By John Novak

When discussing the various characteristics and background of military aircraft, one of the overlooked vehicles of that medium is the glider. The first successful flight of a glider is attributed to one Otto Lilienthal of Germany in 1891. His craft was a bat-like monoplane with a fixed wing and tailplane. Constructed of peeled willow wands, it was covered with waxed cotton cloth. Flying it as a hang glider, Lilienthal maintained control by using movements of his body to shift its centre of gravity. During the following five years he refined and modified his design to include wing warping as a method of control. It is ironic that in 1896 after completing 2,000 flights, Lilienthal was killed. He had installed a carbon dioxide engine in one of the models and the engine failed in flight!

In the early 1930's gliders began to enter the aviation scene, with the formation of amateur gliding clubs, especially in the USA. The Waco company of Troy produced a small sporting model, the F.H.B. and sold over 300 of these to the public. Also in the '30s era, Germany devised military training methods that would circumvent the armament restrictions imposed by the Versailles Treaty of 1919. They extensively utilised glider training, resulting in trained personnel for the Luftwaffe which was formed in 1935.

During WWII the glider proved to be very adaptable in both the training and operational roles. Whether employed en masse in invasion tactics or in small numbers on special duties, they proved very effective in the transportation of combatants. The Allies and their enemies all made use of gliders, producing some notable results. These craft, with the use of full flap, were able

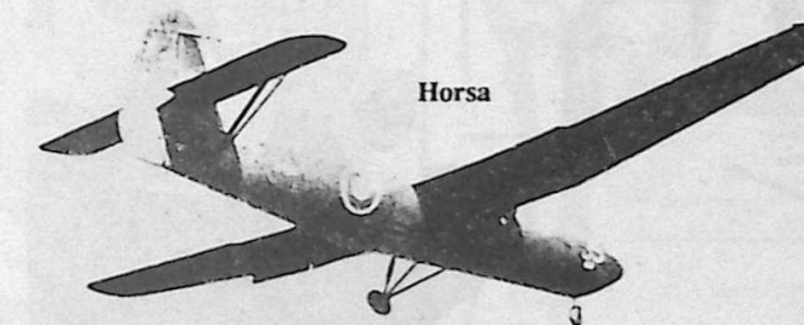
to maintain a very steep angle of approach, and reduced landing run to a minimum. Their silence when swooping down to their objective was a prime factor in their success on special operations, as it carried the element of surprise. This was borne out by the Germans. In May 1940, during the invasion of Belgium, the formidable fortress known as Fort Eben Emael near Liege lay in the path of the German army. The fort, manned by 1,500 troops, and its heavy armament of 120 mm and 75 mm guns, was well sited to pour devastation on an enemy coming from any direction. On May 10, the Germans sent a force of 42 Junker 52's, each one towing a glider, to the fortress area. While the main body of this force descended to the Belgian plain, in order to attack the bridges on the Albert Canal, 9 gliders landed directly onto the roof of Eben Emael. A total of only 80 men led by a sergeant leapt out to storm the fortress. They crammed explosives into gun slits, ventilators, and any other openings they could find. Special hollow charge demolition devices were used to destroy the armoured gun turrets, killing gun crews and filling the underground galleries with choking smoke. The use of flame throwers added to the destruction and the crippled fort's defenders surrendered the following day, May 11.

In July 1943, as the Allied armies were overrunning Sicily, the

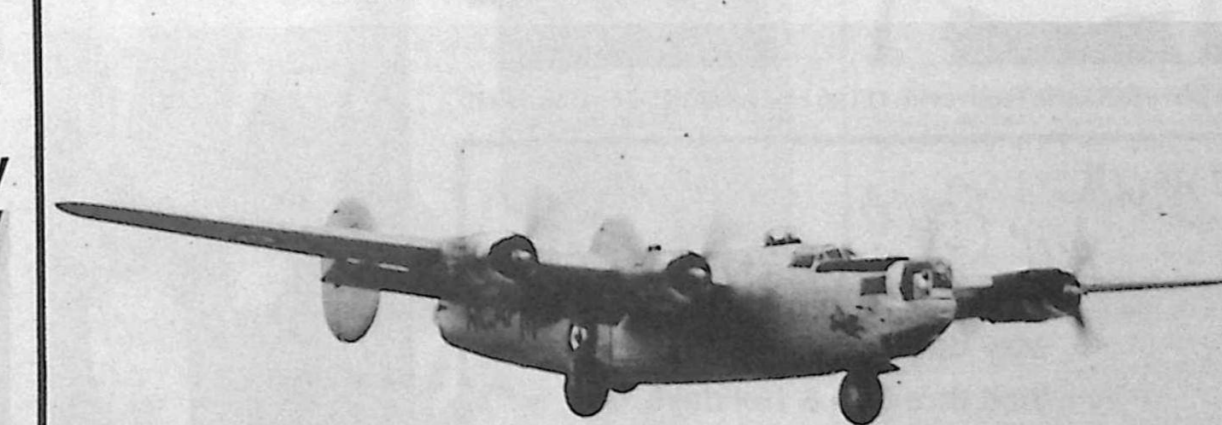
Italian dictator Benito Mussolini was overthrown by his former supporters. He was imprisoned in a ski lodge on a 6,500 ft mountain plateau in the Appennine Mountains. Adolf Hitler decided to rescue Mussolini from his captors, in order to restore him to power and continue the fight against the Allies. Led by SS Captain Otto Skorzeny, a company of 90 commandos in 12 gliders landed in a small meadow atop the plateau. Overpowering the guards at the lodge they released Mussolini, who was flown off the plateau in a Feisler Storch STOL aircraft, and he eventually reached Hitler's HQ.

Fleets of gliders were dispatched in several important phases of WWII. In May 1941, the Germans launched "Operation Mercury," a great airborne assault against the Greek island of Crete. The operation involved 13,000 parachute and glider troops. In July 1943, the Allies commenced their first attack on the continent of Europe with the invasion of Sicily. Part of the airborne forces contained 144 gliders which were towed from bases in North Africa. However this segment of the operation ran into disaster when high winds struck the air fleet. The gliders began to pitch and yaw on the ends of their towropes, and some 70 of them were released prematurely and fell into the sea. The

continued on page 9!



AIR FORCE TRIVIA



Trivia Answer

WACO "Hadrian" gliders awaiting assembly prior to the invasion of Normandy, in 1944. Courtesy John Novak.

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Section News

VU 33



Visiting A4M Fighters and RH-53 Roadhog Helicopters making unusual sound around CFB Comox belong to Marine Aviation Group 42, from Alameda, California.

VU 33 Promotions



Accelerated Corporal for AI Knight, from SAMEO Lt Haugen.



Cpl. Dave Sabourin receives his O/Cdt ring from VU33 CO, Maj Beth.

Comox Air Force Museum

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Wed thru Sun & Holidays

Featuring GULF war, VU33 & 409 Sqn Displays

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At the gate of CFB Comox

Korean Korner

Veterans International Memorial Day

May 28

by Bob Orrick CD.

Each year on the last Sunday in May, members of various veterans organizations gather at Mountain View Cemetery in Vancouver to honour this country's war dead. Also honoured are the dead of the United States, United Kingdom, Republic of Korea and France. The occasion is known as the Veterans International Memorial Day Service and is attended by military and civilian representatives.

On Sunday, 24 May the honour of leading the parade went to the Korea Veterans Association of Canada. Joining KVA Canada members were several US Marine Corps Korean War veterans who journeyed from Washington State to participate in the international memorial service.

The list of associations is long and impressive: The Army, Navy and Air Force Veterans in Canada, Vancouver Naval Veterans, The American Legion, The Royal Canadian Legion, The Disabled Veterans Association, The Vietnam Veterans in Canada, L'-Amical Des Anciens Combattants Francaise En C.B., Canadian Red Cross Corps, Royal Canadian Army Cadet Corps Number 2381 (Irish Fusiliers), and ladies auxiliaries of participating veterans associations.

The Veterans International Memorial Day Service started 28 May, 1950, and was known as the American Veterans Memorial

Day Commemorative Service. It was sponsored by Columbia Camp Number 11, Department of Washington and Alaska, the United Spanish War Veterans, American Legion and the U.S. War Veterans.

In addition to the U.S. associations, the Army, Navy and Air Force Veterans in Canada, The Canadian Legion, the Disabled Veterans Association and other Canadian veterans participated. Music was provided by the Salvation Army Temple Band.

By 1953 the name changed to the present Veterans International Memorial Day Service. It was to combine and succeed the *Last Post Memorial Service* and the *American Veterans Memorial Day Observance*. Moreover it was decided that the honour of leading the parade should rotate to a different organization each year. In 1992 that honour went to the Korea Veterans of Canada, Inc.

In 1983 a *Cross of Sacrifice* was erected in the field of honour. This was a combined effort of the new Chelsea Society with a grant from the Department of Veterans Affairs.

Since 1950 a great many people have served on the Veterans International Memorial Day committee and together with the veterans associations, the musicians and the chaplains have presented this annual tribute and

remembrance to our departed comrades.

This year's service took place under a bright, sunny sky with the temperature hovering around the 25 degree C. mark. For some veterans the heat proved too much, they had to retire from the parade and rest in the shade of the many trees that dot the large Vancouver cemetery.

Wreaths were laid on behalf of the Korean War veterans by Jim Balmforth, regional president of the Korea Veterans Association of Canada.

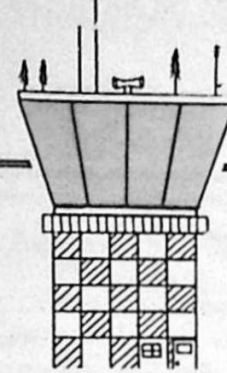
The Canadian government was represented by the associate minister of defence Mary Collins while the City of Vancouver was represented by Don Bellamy, who served in the R.C.N. during World War II. Representing the Republic of Korea was consul Kim who has and continues to work closely with the Korea Veterans Association of Canada. Unfortunately, consul general Lee was unable to attend the service.

Inasmuch as this space is devoted to the Korean War and Canada's participation in that affair four decades ago, it also wishes to pay tribute to those who fought and died to defend the *Principles of the Charter of the United Nations*. Promoting the Veterans International Memorial Day Service is one way to accomplish that.

The Geritol Gents



The 1992 Snow to Surf was attended once again by the infamous Sgt's and WO's mess team, the "GERITOL GENTS." Entered as team #135, they finished a respectable 125th this year, despite Keat's crutches! Team members included (L to R) CPO McLean, biker; MWO (Ret) Reed, x-country; MWO Fortin, canoe; CPO Doherty, canoe; Sgt Mofford, downhill; Sgt Gow, runner; Sgt Stevens, biker; Sgt Spragg, runner; Sgt Gariepy, not pictured, was stand-by. Well done, fellows! By the way Terry, you'd be safer to stick with us - get well soon!



As the Beacon Turns

Hello folks! It's time for the Butcher to cut through the meat again this week.

First, we had the weapon familiarization at the range two weeks ago. Judging from the results, if the tower B stands are protecting the section, pray the Lord! They are not very accurate. Here are the results: Annie 38 pts, Doug 42 pts, and Gilles 44 pts. I know why Gilles didn't shoot very accurately; the target kept ducking! The other shooters were in the 50s. The best of all was Sniper Hawk's 74 pts. Guess where you are going to work next exercise. You won't be alone, Doug and Annie will be with you to observe your skills.

Softball news. Very good start for this '92 edition of the mighty

ATC's. Three wins in a row. I hope they don't play like the Expos. By the way, Mary, if you want your bike to ride properly, fill the tank. Mr. Tack, would you please watch the ball when you're at bat; your team is tired of watching you strike out all the time.

OK, time to welcome some people. In the tower: Lt Finamore, Lt Dunn, 2Lt Wyers and 2Lt Gagnon. IFRCC: welcome back to Sgt Schrader, our northern explorer. You know what that means, Tom - next posting Goose Bay. Speaking of Goose Bay, there will be a mug out for our friends leaving this spring. The mug out is going to be on 5 June; stay tuned for the time, probably 1400 hrs. Also buying refreshments for everybody will be

newly promoted Lt Sinclair and Major-to-be Capt March. Folks, you should see Lt Sinclair bossing people around upstairs now that he is a Lt. By saying that, I'll probably have to wash his car for the rest of the year.

Tower time: our Birdman Ron had his home renovated. Ron was tired of living in an ugly, asbestos covered shack. He is going to have a house warming party soon. Please be generous. Burger sales are on the drop. What are you waiting for, folks? Next winter? These burgers are the best in town. If Gilles is not working, "Chef" Leduc is more than happy to cook for him. Remember folks, \$1.50 apiece. Really cheap! I know what they should do. Since the American

squadron is in town, why don't they go to the ramp and throw a monster feast! I'll suggest that next time I see them. Other than that, last week we had the speedy gliders and C305's. They gave a good workout for our controllers and B stands. Everybody was kind of sad to see them go away.

IFRCC improvement: have you noticed, the renovations are

going very well. I have seen the blueprints and it looks like the new siding colour will be lime green. The floor will be carpeted, just like our nice gymnasium. Last rumour, DJ Jan and Beat Maestro Dave Couvrette will be performing a folklore rap concert. The event will be conducted soon at the gravel pit. Be sure to reserve your seats.



The 1992 Armament Reunion will be held at Cold Lake, Alberta from the 2nd to the 5th of July. Cost excluding accommodation is \$40.00 per person. TAZ's who are interested in attending this Blow Out are to forward intention and fee to: Armament Reunion Box 1370, Medley, Alberta T0A 2M0

When you buy Canadian, there's a payback. In jobs and a stronger economy.

EVERY TIME YOU GO SHOPPING, YOU'VE GOT CHOICES TO MAKE AND DECISIONS TO REACH. CERTAINLY, YOU SHOULD COMPARE PRICE AND QUALITY. THEN, TAKE A MINUTE TO THINK ABOUT CANADA. BECAUSE WHEN YOU BUY A CANADIAN-MADE PRODUCT OR SERVICE, OR SHOP IN A CANADIAN STORE... THERE'S A PAYBACK. IN CANADIAN JOBS AND A STRONGER ECONOMY. CANADA. BUY INTO IT.



Competing successfully in the office-furniture market demands high quality and competitive pricing. Canadian companies provide both, which would explain why they export more than \$300 million worth of office furnishings annually.

Canada's recreational watercraft builders experienced some rough sailing during the recession. But with better times ahead and better products on the market, the future looks a lot brighter. That's good news for boating enthusiasts and the 3,000 Canadians who work in this \$300 million industry.

Small appliances aren't small when it comes to job creation. Some 5,000 workers in 65 companies produce nearly \$500 million worth of small electrical appliances in Canada. No small achievement!

It may look simply like footwear to you, but it's part of a \$1.5 billion industry that employs more than 12,000 people.

Figures from the Department of Industry, Science and Technology Canada.

Canada Buy into it

Canada

ACCESS IS A RIGHT

CREATING ACCESS FOR PEOPLE WITH DISABILITIES IS EVERYONE'S RESPONSIBILITY



National
Access Awareness
Week

June 1 - 7, 1992

All Canadians have the right to full access to everything their community has to offer.

National Access Awareness Week, June 1 to June 7, 1992, is a chance for individuals, voluntary organizations, small businesses, corporations, and governments to ask themselves: "What can we do to ensure access for all persons with disabilities?"

Ensuring equal access requires more than just removing physical barriers: it also means changing attitudes and support systems so that people with visible as well as invisible disabilities (such as learning, intellectual and psychiatric disabilities) can participate fully in all aspects of community life.

ST. PETER'S
Anglican/Episcopal Church

218 CHURCH ST., COMOX

HOLY EUCHARIST

8:00 a.m. and 10:00 a.m.

Fr. John Paetkau - 339-2925

JESUS IS LORD



407 Squadron History

407 (RAF) CO

ABATS

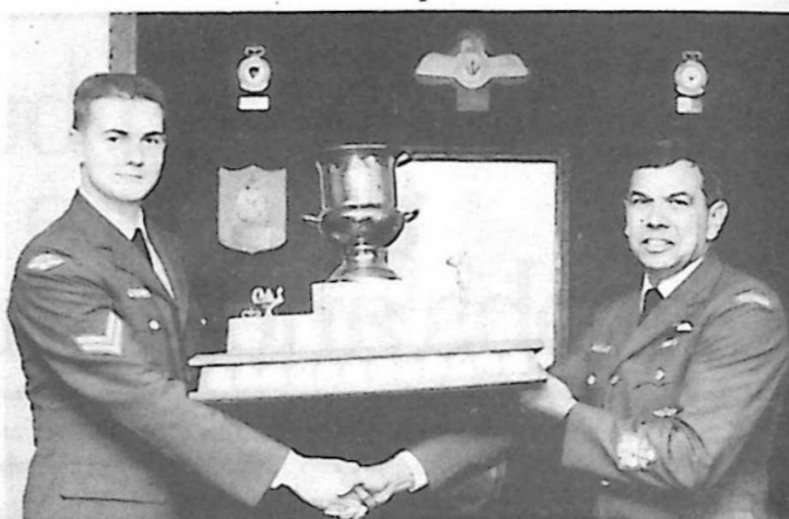


A CD for Fred



LCol King, A/B Comd presents WO E.C. Rideout of ABATS with his Canadian Forces Decoration.

ABATS Top Student



CWO J.P.D. Verfaillie presents Cpl B.G. Hollington with the Labatts trophy in recognition of his top student status on ABATS course 9201, which graduated 11 April 1992.



888 (KOMOX) WING

RCAFA

CALENDAR OF EVENTS

JUNE 1992

Sat 6 June.....PUB NIGHT
\$5.00 per person. Members & Guests. 7:30 p.m.

Thurs 18 June.....AFIS HERITAGE NIGHT
7:30 pm in the Wing

Sat 20 June.....SALMON BBQ
\$5.00 per person. Members and Guests. 7:30 p.m.

Sat 27 June.....GOLF TOURNAMENT/BBQ
\$16.00 per person. Members and Guests. Tickets at the Wing

CRIBBAGE NIGHTS.....1st & 3rd Monday each month 7:30 PM.

DND AND MILITARY PERSONNEL WELCOME
WING HOURS OF OPERATION ARE AS FOLLOWS:
Thurs 11 a.m. - 6 p.m. (except AFIS nights)
Fri and Sat 11 a.m. - 1 a.m. Sunday 1pm - 7 pm.



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SHOE AND LEATHER REPAIRS

Cancer can
be beaten.

Please give generously



AVM H.T. Bromet presenting a 407 (Demon) Sqn crest to W/C J.C. Archer (RAF), CO of the squadron, Britain, 26 Jul 43. W/C Archer was CO from 19 Nov 42 until 27 Sep 43.



Lt Robert Tarzwell

The summer of 1942 continued to surprise; 407 received its first plague of Gremlins in August. At summer's end, the squadron was reassigned from shipping strike to anti-submarine warfare as well as moving to a new base and gaining a new CO.

On 16 August, just as RR-T was taking off, the front guns began to fire, scaring the wits out of the crew. The aircraft landed with its hand fire and safe unit set to "fire," but the pilot's switch was on "safe." All mechanisms were examined and found to be in correct working order.

On 18 August, P/O L.H. Jenner landed at Bircham Newton with damage to the aircraft's tail, aileron, engine and a flat tire, but he had not been doing any operational flying. The damage was credited to particularly dangerous Nebbie Gremlin. Only a few days before, Jenner was complaining that although he had been on the squadron nearly six weeks, he had yet to do an operational flight. The CO announced prophetically that he should not worry as he would probably get all the excitement he could wish for soon enough.

407 CO for 43 days



Wing Commander Cyril F. King (L) taking over from Wing Commander A.C. Brown as CO of 407 (Demon) Squadron RCAFA, Britain, 1942. W/C King was CO from 21 Sep 42 until 3 Nov 42. He was killed in action.

A New Operational Role
for 407

The squadron's days of shipping strike ended on 16 September 1942 with an attack on a ship that left it burning so brightly that it could be seen sixty miles away. Between September 1941 and September 1942, 407 was credited for attacking nearly 500,000 tons of enemy shipping. Between October 1941 and February 1942, 407 sank 70 per cent of all shipping sunk by Coastal Command.

But requirements of war dictated the squadron should be employed otherwise, and on 27 September they moved to St. Eval in Cornwall and were reassigned from 16 Group to 19 Group. On 29 September, W/C Brown gave command to W/C King. W/C Brown was awarded the DSO for his service with 407 Squadron, and his citation noted:

"By his persistent tact and example, W/C Brown had been largely responsible for the morale and the efficiency of his squadron...his determination under all circumstances, his organizing ability and the determination to press home his attacks had set a magnificent example."

The squadron's role was also reassigned to anti-submarine warfare.

On 5 October, 407 was declared an operational ASW squadron, and the Demons joined the Battle of Biscay and began flying cover for convoys proceeding to North Africa on Operation "Torch." They flew 79 sorties in three weeks, each lasting six hours, but only one submarine was attacked.

On 24 October, F/L Arnett interrogated a sub transiting on the surface, and it responded with an improper recognition colour. In the ensuing attack, two 407 gunners were wounded by defensive flack from the sub, but the sub was so badly damaged that it required ten days to get back to port. Unfortunately, Arnett was able to claim no credit for the submarine; it was British.

On 3 November, the squadron suffered its first combat loss of a CO. Hopkins recorded the incident thus:

"This is just about the closest I've ever come to being killed. At 11:30 'V' took off with some new kind of anti-submarine bombs - I hadn't been up for a long time and was about to go, when someone said, 'If you want a bed in our new billet you better go and get one.' I went and when I came back at 12:00 noon, I heard my kite V had crashed in the bay off of Newquay. In it was W/C King, P/O Worthington, Sgt. Vallet - a fitter, and F/L Caullis and the armament officer. It is thought they went in too low and the concussion blew the tail plane off."

Just three days later, the squadron moved to Docking in Norfolk and were returned to 16 Group. The new CO, W/C J.C. Archer, arrived 19 November.

More Silent

remainder were scattered for many miles across the Sicilian landscape and only a dozen landed where planned. The greatest airborne attack in history occurred on June 6, (D-Day), when 1,200 transport planes and 700 gliders left England to take part in the Normandy invasion.

Glider types utilised by the Allies were the British-built Airspeed Horsa, and the US Waco Hadrian I. The Horsa, which was constructed entirely of wood, had a large fuselage and was capable of transporting some 7,000 lbs of cargo. Carrying jeeps, anti tank guns and troops, the Horsa's air-lifted more than 20 per cent of all the material sent to the Normandy theatre. The Hadrian I was a smaller craft, with a fabric-covered tubular steel fuselage and wooden wing and tail units. Its load limit was 1,500 lbs. Both of these types incorporated dual controls, a jettisonable undercar-

riage, and a skid to allow for landings on rough ground. They were piloted by personnel of the Army airborne forces.

It is interesting to note that in 1943 a Hadrian I made aviation history, when one named "Voo Doo," piloted by S/L R.G. Seys, DFC, and S/L Gobeil, made the first crossing of the Atlantic by a towed glider. "Voo Doo," with 1,500 lbs of supplies for Russia on board, covered the 3,500 miles from Canada to Britain in 28 hours flying time at an average speed of 125 mph. During mid-1944 the Waco company began powering its Hadrian with Franklin 130 hp and Ranger 175 hp engines. The reason for this modification was so that they could make their own delivery to bases in the USA. This method saved the trouble of dismantling and crating them for shipment. The engines were removed on arrival at destination and were

...continued from page 5

flown back to the Waco plant to be used again. In Britain the RAF during the early days of WWII also operated the 2-man Hotspur glider in training roles.

After the cessation of WWII gliding became an ever increasing popular sport, and clubs sprang up like mushrooms in many countries. The most unique usage of a glider that I ever witnessed was in Hamburg, Germany, in 1952. It carried a generator which supplied power to a series of neon lighted letters that were attached to the underside of the wings. At dusk the glider was towed off the airfield by a Feisler Storch aircraft and flew over the city for several hours. With its neon lights flashing on and off, it carried an advertising message for a chocolate manufacturing company!

I wonder what Otto would have made of it all?

Section News

A Commission for Bruce



Bruce MacEachern, recently promoted from Cpl to OCdt, is seen here being congratulated by CO 407 Sqn LCol Terry Chester. Bruce is off to CFB Chilliwack for Basic Officer training, followed by four years of engineering study at university, and an AERE Officer appointment after that. Congratulations, Bruce, we know you will do well.

HELP US HELP YOUR COMMUNITY

Your opinions will help government develop a new capital grants program for communities throughout British Columbia.

This year's provincial budget sets aside half of all lottery proceeds for urgent health care priorities. The remaining half goes to general government revenue.

That means there is no longer a separate lottery fund and the GO BC program has been cancelled.

Although the overall amount of money available has been reduced, we have created a new Community Grants Program to replace the old program. Grants from this program will be capital in nature. That is, they will go to eligible community organizations to acquire or improve assets such as buildings and equipment, not to cover operating costs or provide services. Other ministries provide operating assistance to qualifying organizations.

This is an opportunity to advise your government. Please take a few minutes to answer the following questions and mail to the address given below, by June 15, 1992.

QUESTIONS

1. To ensure that projects have significant local support, provincial capital grant programs traditionally pay only 1/3 of the total project costs. Do you think this is fair? If not, what portion of the costs do you think the provincial government (that is, all the taxpayers of the Province) should contribute?
2. GO BC had a maximum award of \$1 million. Given that funds are limited do you think British Columbia's communities would benefit more from a few large grants or many smaller grants spread throughout the province? What, in your view, should be the maximum grant?
3. What types of capital projects should the provincial government's Community Grants Program support?
4. What types of projects should NOT qualify for provincial assistance and why?

PLEASE SEND YOUR OPINIONS TO:

Community Grants Branch
Ministry of Government Services
1117 Wharf Street
Victoria, B.C.
V8W 2Z2 FAX 356-9358



Ministry of Government Services
Hon. Lois Boone, Minister



Canadian Diabetes Association

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Sunday, June 7, 1992

10:00 am - 4:00 pm

2 Km or 15 Km Routes

Start/Finish

Comox Recreation Centre

\$5.00 includes T-Shirt
with Pledge Form

\$10.00 includes T-Shirt
without Pledge Forms

PLEDGE FORMS

available

Comox Rec
Centre
Monday - Friday
8:30 am - 4:30 pm

Comox
Mall
May 16, 17, 23, 24
10:00 am - 6:00 pm

GRAND PRIZE

NORCO

Bush Pilot Mountain Bike

Awarded for most pledge money received.

GREAT PRIZES FOR:
BEST DECORATED BICYCLE, MOST SENIOR PARTICIPANT,
EARLY BIRD RETURNS (JUNE 14TH), JUST BEING THERE!

GLACIER GREENS BAR AND GRILL

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in the Valley

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

NEXT DEADLINE

08 JUNE - NOON

Section News



Supply Signals

Here we are again, the good old crystal ball team. We seemed to be a little foggy on some of our previous predictions for our people's wishes, so we would like to try again. Here we go:

Wendy...the ball is still a little foggy; can't tell whether the message says Bagotville or Goose Bay. The words kind of look like "LA BAIE DES OIES". Does that help any? (Actually, Wendy, we may have forgot you in the last issue, but we'll never forget you in real life.)

Debbie Dourado, whom we saw as making her millions in Calgary, will now attempt to accomplish the same feat in Shilo. Do they have houses in Shilo, Debbie? All we can see are tents. And now the NO List: NO new babies, NO known pregnancies, NO new postings.....YET. Rocky Boudreau has returned to us after successfully completing his TQ5 course in Borden and is back on the job in 1 Supply Group. We heard you were looking for some new victims for your practical jokes. Well, we are sure that they will let us know when you find them. Judy Ireland has

also just come back from Borden on her Fuel Handling course. Does this mean you can use the self serve gas pumps all by yourself now, Jude? And from Judy Brown, we are glad to hear that you have the heart of a 10-year-old. Does this mean that you'll always be young at heart?

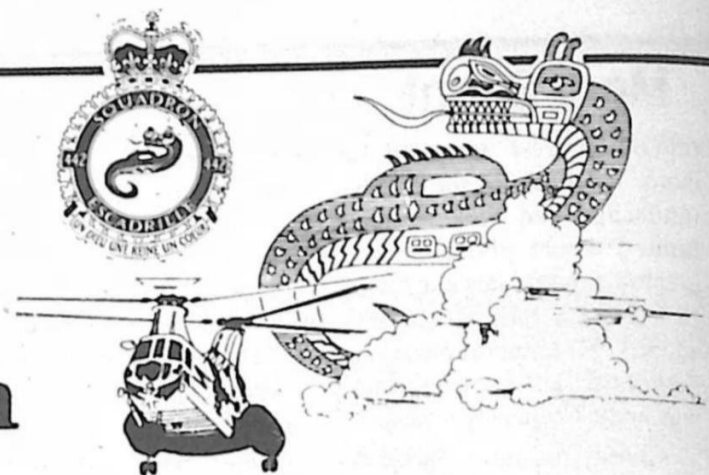
ATTENTION SPORTS FANS...the Base Supply Mixed Softball team has been doing very well. According to Monty, they have a .333 average. Way to go, Paul "I'm sorry Bill" Kavanagh, Dave "Sully" Sullivan, Judith "YAKS" Arseneault, Pauline "Just call me P.J." Giese, Joyce Mills, Rocky Boudreau, Jackie Strutz, Darcy Gallipeau, Paul "The KING" Procure, Monty Hurd, Pete Morneau, Marcelle Beliveau, Darryl Eckhardt, and Big Patrick Dallaire. Keep up the good work, guys and gals. (We are planning on having a nickname contest for those team members listed above that don't already have one. Please submit your entries to your local Totem Times rep.) Until next time, "BE CAREFUL OUT THERE."

A Hook for Holly



BSupO Major Pipe presented Pte Holly Parsons with her first hook on April 2. Congratulations from Base Supply, Holly.

442 Squadron



Cpl Young

By now you will all have heard the details of the accident involving one of the Labrador helicopters of 442 Squadron. Not surprisingly the accident has sent shock waves through the Squadron and the SAR community. It is not that our personnel are not exposed to tragedy because the nature of SAR is such that we are never far removed from human misfortunes. It's the realization that despite the virtuous nature of the job, we are not invincible that has had a profound impact.

The achievements of 442 Squadron can be to a large measure attributed to a group of devoted individuals willing to make a self sacrifice when necessary. On 30 April 1992 Cpl Phil Young, an aspiring young Search and Rescue Technician made the ultimate self sacrifice when he

A Tribute from CO 442

gave his life during an operational SAR mission.

All members of the Squadron have been affected in one way or another by the accident. We grieve for the loss of our departed member, we are concerned for those who were injured and we wonder about the emotional scars which may linger.

Among my indelible memories of this tragic event are the examples of the tremendous strength of the people in this community. I was amazed by the composure of the accident crew as they cared for the injured and prepared for rescue. Equally courageous were the actions of the rescue crew who dealt with challenging conditions to effect a rescue. The outstanding support from Base demonstrated the professionalism for which the military is renowned. I was over-

whelmed by the support, compassion, and understanding so freely offered by the many agencies who became involved. The RCMP, EHS hospital staffs, ground search teams and volunteers are just a few deserving of mention. And finally, I was struck by the spontaneous reaction of the members of the Squadron, the families and friends who rallied to ease the burden. To all who in any way made this difficult time a little easier I sincerely "Thank You."

Saddened by our loss but secure in the fact that we provide a vital service, 442 Squadron is committed to forge ahead in the finest traditions of Search and Rescue "THAT OTHERS MAY LIVE."

P.A. Drover
LCol
CO 442 Sqn

Second CD Clasp for CO 442



LCol Paul Drover received his 32 year marker recently from the BComd Col J.E. McGee.



The 1992 Armament Reunion will be held at Cold Lake, Alberta from the 2nd to 5th July. Cost excluding accommodation is \$40.00 per person. TAZ's who are interested in attending this Blow Out are to forward intention and fee to Armament Reunion Box 1370, Medley, Alberta, T0A 2M0

Junior Ranks Mess Upcoming Events

- | | |
|-------------|---|
| FRI 5 JUNE | KARAOKE with Ann Loveless
TGIF Darts - food will be available. |
| TUE 14 JUNE | JUNIOR RANKS GOLF TOURNAMENT
- more details to follow |
| FRI 19 JUNE | STEAK AND LOBSTER NIGHT
with "Maloomba Boogie Band"
- Tickets: \$10 members \$15 non-members
available at Mess office by cash or acquaintance roll |
| JUNE 1 - 30 | JUNIOR RANKS FISHING DERBY
- see ad in this newspaper for more details
or call the Mess Office at 8430 |



Bookshell Bestsellers

Pat Bolen
Proprietor

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Driftwood Mall,
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Debi Williams
Manager

get your Totem Times here

Week Ending 30 May

10 Top Paperbacks

- | | | |
|-----------------------|--|---------------------------|
| 1. Darkness | 4. H is for Homicide. | 7. Seeress of Kell. |
| 2. Kitchen God's Wife | 5. Spitfire. | 8. The City of Joy. |
| 3. As the Crow Flies. | 6. You'll Never Eat Lunch in This Town Again | 9. Prince of Tides. |
| | | 10. Immortal Certainties. |

.....Saul
.....Grafton
.....Small
.....Conroy
.....Phillips
.....Tannenbaum

NEXT DEADLINE 08 JUNE

Recollections

An Airforce Recollection by Fred Broadfoot, as told to Jim Kirk

Waiting for Bombs

Bail-Out Over Chemnitz

Part 2 - Capture and Liberation

A normal tour of duties, or 'ops,' was thirty bombing trips. Air raids over enemy territory were ever increasing in size and number around the clock. Hundreds of aircraft took part in a single raid. Fred continues: "When we were about halfway through our tour we were getting pretty apprehensive. The trips seemed to be getting tougher. We were penetrating deeper into Germany. When our 29th trip came up, I wrote to my wife, Edie: 'Just one more trip and I'll be on my way home on leave.' Although we didn't know it at the time, the end of the war was not far off. The big push was on! Before we had completed our normal tour, a request came through for us to extend our tour to 36 trips so that crews wouldn't have to be recalled for a second round of ops. A bit of a jolt! All leave plans on hold."

"March 5, 1945. Trip Number 34. Take off time, 1630 hrs. Target - CHEMNITZ. Routine all the way to the target. We had just dropped our bombs when the Rear Gunner yelled, 'Port Go!' It was too late! An ME (messerschmidt) 210 with upward firing guns had raked us. Two engines hit, heavy vibrations, losing fuel, but thank God no fire. The Mid-Upper Gunner was hit in the thigh and bleeding badly. The navigator was hit in both feet. I also was wounded in both feet and my right thigh. We put a tourniquet on the Gunner and, as he was unconscious, we hooked him up to a static line ready for bail out. Nav had already given the course for heading home and Skip was fighting to regain control but we were going down. Our intercom and radio were knocked out. Instructions were called out to prepare to jump when signalled by flashlight. I made my way back to the rear hatch. My signal came and out I went."

"To avoid being hit by another aircraft in the bomber stream, as well as to get out of the glare of the many searchlights, I had to free fall about 10 or 11 thousand feet. When I finally opened the chute, I sustained a hernia and both ears were perforated. I was hoping I wouldn't land in trees or in a lake. Fortunately I landed in about two feet of snow and never even fell down. Looking up, I could still see aircraft silhouetted in the sky above me."

"I took quite a beating from the civilians who found me and I was somewhat relieved when I was later turned over to the military. They took me to a nearby hospital where I was kept for about a week. I was able to determine from lettering on the bed sheets and blankets that I was in a small town called Grazlitz, close to the Czechoslovakian border."

"A non-combat soldier in his early fifties came to escort me to a prison camp. Before leaving, one of the hospital nuns gave me

a large sandwich to hide in my battle dress."

"The next few days were quite exciting. We would board a train and as soon as it was daylight we would be strafed by our own aircraft. This happened three times: twice by American Mustangs and once by American Thunderbolts. On one occasion we stopped in a small town where my guard had friends and relatives. While the adults were having tea or whatever, I became friendly with a young lad of about 8 or 9 years of age. We started a game of Chinese Checkers and the family were quite amused at watching the 'enemy' playing with their son."

"The guard had put his pistol away after the first day out from the hospital after I managed to convince him I wasn't going to try to escape. Between trains we would have to walk and eventually arrived at a camp called Wetzlar where the guard shook my hand and left."

"I was held in the Wetzlar camp for about a week during which time I mostly read. They had a small library from which I borrowed The Grapes of Wrath and Tobacco Road, neither of which did much for my morale! During American daylight raids I tried to get near the doorway of the bomb shelter where there was enough light to continue my reading. Also I could see some of the aircraft, 'Lightning' P38's, I think, bombing a precision instrument factory near by. We ate well. The Red Cross parcels were opened in the kitchen and prepared by the prisoners. We were even allotted ten cigarettes a day. They must have known that the war was all but over!"

"We had heard that the U.S. Army, led by General Patton, was heading our way and soon after we were told we would have to evacuate the camp, leaving the unfit behind. We became part of a forced march that lasted about a week. During that time we lived on thin potato soup once a day. Sometimes civilians in the small towns would pass us an apple. I wondered if perhaps they thought we were German soldiers, as by that time our battle dress looked very much like that of our guards."

We kept to the side roads as much as possible to avoid encounters but once while resting in a ditch the S.S. came by and were all for shooting us there and then. Fortunately a German officer in charge of us talked them out of it and we immediately resumed our march."

"We could hear the guns in the distance which were coming closer by the hour. I glanced back and saw the first tank coming over the crest of a hill. Patton's spearhead had finally caught up to us. And then WE WERE LIBERATED! Our guards were as happy as we were and handed

their weapons over to us. Thousands of German prisoners were being rounded up and being contained in a large field nearby."

"We stayed with the spearhead for the next three days, riding in the tanks. Fortunately, we met with little opposition. Then we were transferred to empty supply trucks returning to their depots. In a succession of such moves we eventually reached Paris."

"In Paris, we were first interrogated. Then we enjoyed luxurious hot baths, went through de-lousing procedure, and were issued new uniforms. We were then allowed a night out on the town! The following day we took a quick flight across the Channel to London."

"In London, I was interrogated at the Air Ministry quite extensively and placed on double rations. I was informed that my commission had come through while I was a prisoner and I was eligible to collect back pay. I was given ten days' leave, during which time I purchased my new officer's uniform."

"When I returned to duty, I was informed I would be joining a group of wounded personnel who were waiting for a hospital ship. After a lengthy delay and no hospital ship available, we were allowed to board the "Cythia." It turned out to be quite a different crossing for me, now that I was an officer."

"My wife met me in Toronto in July and we finally got around to having our honeymoon! (for which there wasn't time when they were married in 1943.)

In September '45, Fred received his discharge with the rank of Flying Officer in his home town of Winnipeg, and was granted a 10 per cent disability pension.

While in Winnipeg, he met up with two of his crew mates: their Navigator, Jack Gordon, and the Bomb Aimer, Vern McKinnon. Fred says he doesn't recall discussing their adventure during their short meeting, though they probably did, but does recall their feeling of being so glad to be back home.

A month later Fred and his wife moved to Vancouver. That same month, he met his former Skipper, Vinc Glover, who also returned to civilian life working in the Immigration Dept. and was eventually transferred to England.

Fred joined the Vancouver Post Office and was later transferred to the Kamloops office. He and his wife raised three children and now are enjoying life as senior citizens in Chase, B.C.

The crew members and their ranks at the time they went missing were:

Pilot - F/L Vinc Glover, DFC, Vancouver, B.C.
Co-Pilot - F/O D.H. Metrick, Port Credit, Ont.



L-R Hugh MacKenzie, Tail Gunner; Jack Gordon, Nav; Mike Kastner, Mid-Upper Gunner, waiting for bombload.

Bombaimer - F/O Vern McKinnon, Neepawa, Man.
Navigator - P/O Jack Gordon, Schreiber, Ont.

Wireless Air Gunner - WO2 D.F. Broadfoot, Winnipeg, Man.
Mid-Upper Gunner - F/Sgt. Michael Kastner, Hamilton, Ont.
Rear Gunner F/Sgt. Hugh MacKenzie, Sain John, N.B.
Engineer - F/Sgt. (RAF) Harry Slipper, DFM, London, Eng.

All members of the crew were captured.

Concerning F/O Metrick: he was assigned to that crew for one trip as Co-Pilot for a familiarization flight prior to his taking his own crew on ops. Crews developed various superstitions as their tours progressed. One of them concerned having an outsider along with them on ops. "Tough luck for him on his first

trip, although fortunately he survived." F/Sgt. Kastner died in Germany.

Newspaper Report



Reported missing after air operations just a month ago, WO DAVID FREDERICK BROADFOOT is now safe in England, according to word received by his wife, Mrs. D. F. Broadfoot. The Canadian Air Force pilot was reported missing on July 1945. He graduated from the Royal Air Force in 1942 as a wireless air gunner and was overseas in April, 1944.

Getting our Goat

By Gord Bell

As told to Gord Bell, 808 Wing RCAF Assn. B17 committee, by a bashful ex-sergeant mechanic crew chief, who wishes to remain anonymous.

It was late summer '44. We had moved to France and were on airfield B8 near the village of Bayeux, enjoying a day off duty by sitting outside the tent, sampling the calvados (a powerful, distilled apple cider).

This would not have caused any trouble had the farmer's goat not wandered by. It lapped up the first pie plate so fast, we poured another. After about three plates, that goat's eyes were glazed over and crossed, and it had legs like rubber. It probably would have gone to sleep right on the spot, but one of the lads whacked its pack-side and Billie took off in the general direction of the headquarters tent, zeroed in on the front door and galloped on through, dragging the tent with him. The squadron clerk was left sitting in the middle of a field

beside a filing cabinet - with the typewriter in his lap - the desk on its back and paper fluttering down all around him, while the tent-goat combination went on for about 30 yards before parting company. Then the drunken old goat staggered off into the sunset.

Fortunately the CO was flying that day so not only did he miss the party, he never did find out what caused the goat to rampage through his headquarters and destroy so many of the squadron's records. We thoughtful erks, being pure of heart, wanted to spare him the agonizing details. Besides, I had no desire to lose my hooks again. Hearing about the old Fort's visit to Nanaimo brings back memories of a time when we were young and, of course, innocent."

The completely restored B17 "SENTIMENTAL JOURNEY" arrives at Nanaimo airport at noon on June 29 and will be on display until Canada Day.

RECYCLE THIS
NEWSPAPER
TOTEM TIMES



Feature

Base Chief WO retires June 1992

Good Luck CWO Doherty!

Chief Warrant Officer T.P. Doherty, CD2, MMM

Chief Warrant Officer Terry Doherty was born in Peterborough, Ontario. He joined the Royal Canadian Navy in 1955 and graduated from HMCS Cornwallis in August 1955 and was posted to RCN Air Station Shearwater, Nova Scotia.

On completion of the Air Fitter course in April 1956, he served aboard the aircraft carrier HMCS Magnificent with VS 881 Squadron. He was promoted to Able Seaman in August 1956 and returned to Shearwater in December 1956. Terry was promoted to Leading Seaman in 1958 and served on the aircraft carrier HMCS Bonaventure from 1958 to 1962. From 1962 to 1968 Terry worked in the Squadron's first and second level maintenance organization and received further technical training at the Naval Air Training School and technically advanced to an Aviation Technician. He was promoted to Sergeant in 1968. Terry served aboard the HMCS Bonaventure until 1970. He served on the HMCS Ottawa, Nipigon and Skeena until 1974.

Terry was promoted to Warrant Officer in 1974 and served at Shearwater until 1977. In August he was promoted to Master Warrant Officer. He served on helicopter carrying destroyers and at CFB Shearwater until being posted to Air Command Headquarters, Winnipeg, Manitoba in 1982.

Terry received his promotion to Chief Warrant Officer in 1983 and was posted to CFB Comox as Base Chief Warrant Officer in 1988.

CWO Doherty is married to the former Yvonne Dandenault of Winnipeg. They have seven children and five grandchildren.

Upon retirement, Mr. and Mrs. Doherty will operate their "Three Gables" bed and breakfast facility in Black Creek, B.C.

Dedication



At the Korea Veterans Parade

Listener



Listening to the kids at Willow Point School
Singer



Singing carols with BComd for the day, JR Christmas dinner.

A better taste in ties

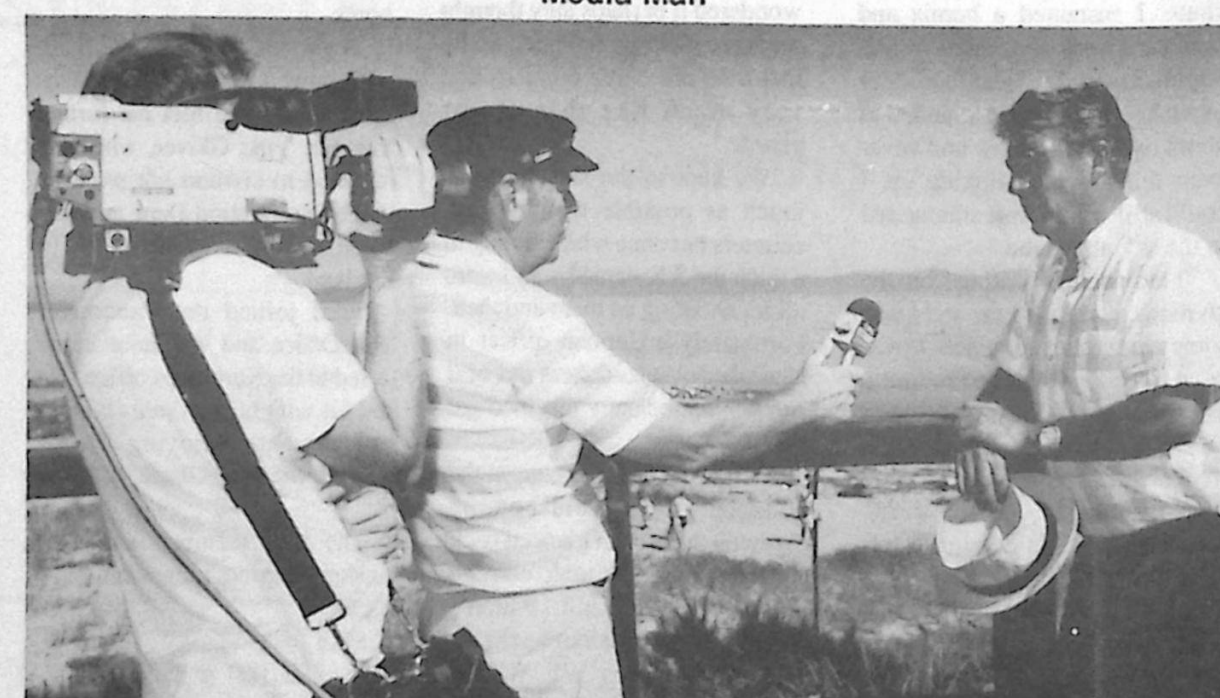


With former BComd, Col Ted Gibbons
Mixer



"Aw Haw! Wait 'til they taste this!" Mixing the Christmas punch at JR dinner.

Media Man



Talking to Cable TV.

"...SUFFERING FROM SHOCK! THE
STATION WARRANT OFFICER JUST
PASSED AND SMILED AT HER!"



We knew the Chief was benign, but not that benign.

Name Dropper (1)



With Associate Minister of National Defence, The Honourable Mary Collins, MP.

Name Dropper (2)



A plaque for CDS General De Chastelain.
Name Dropper (3)

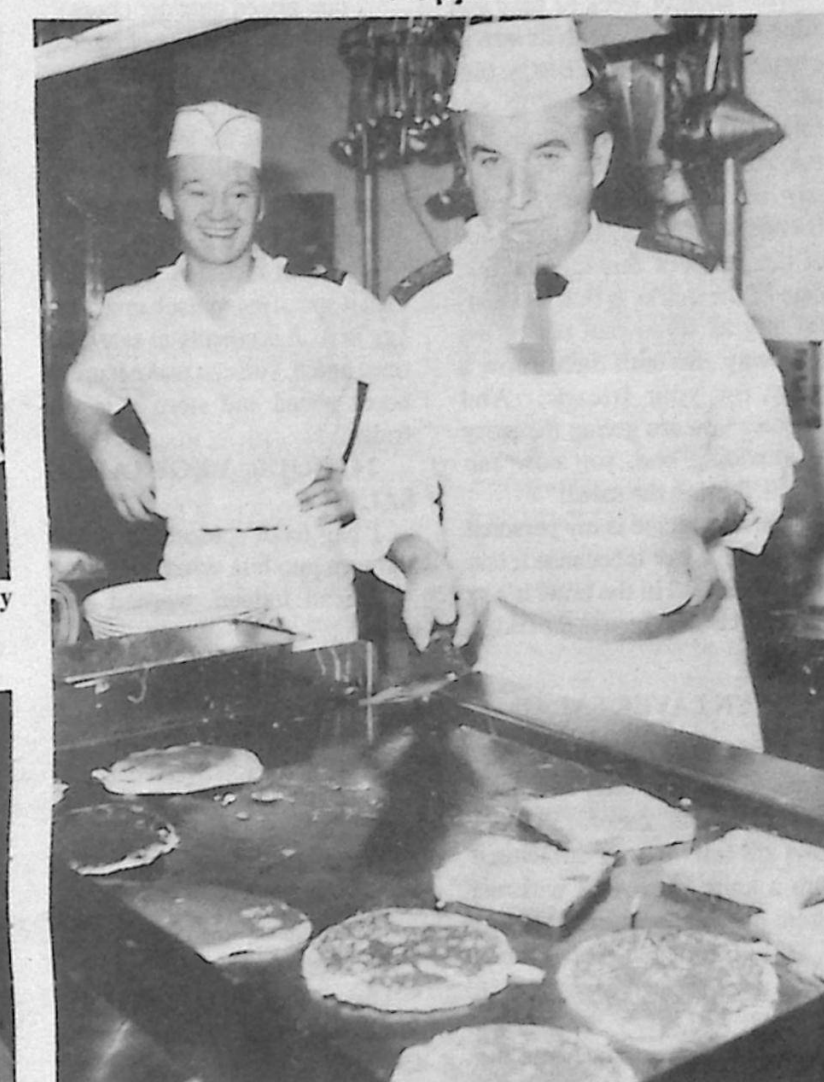


Greeting Soviet General Moiseyev.
Disciplinarian

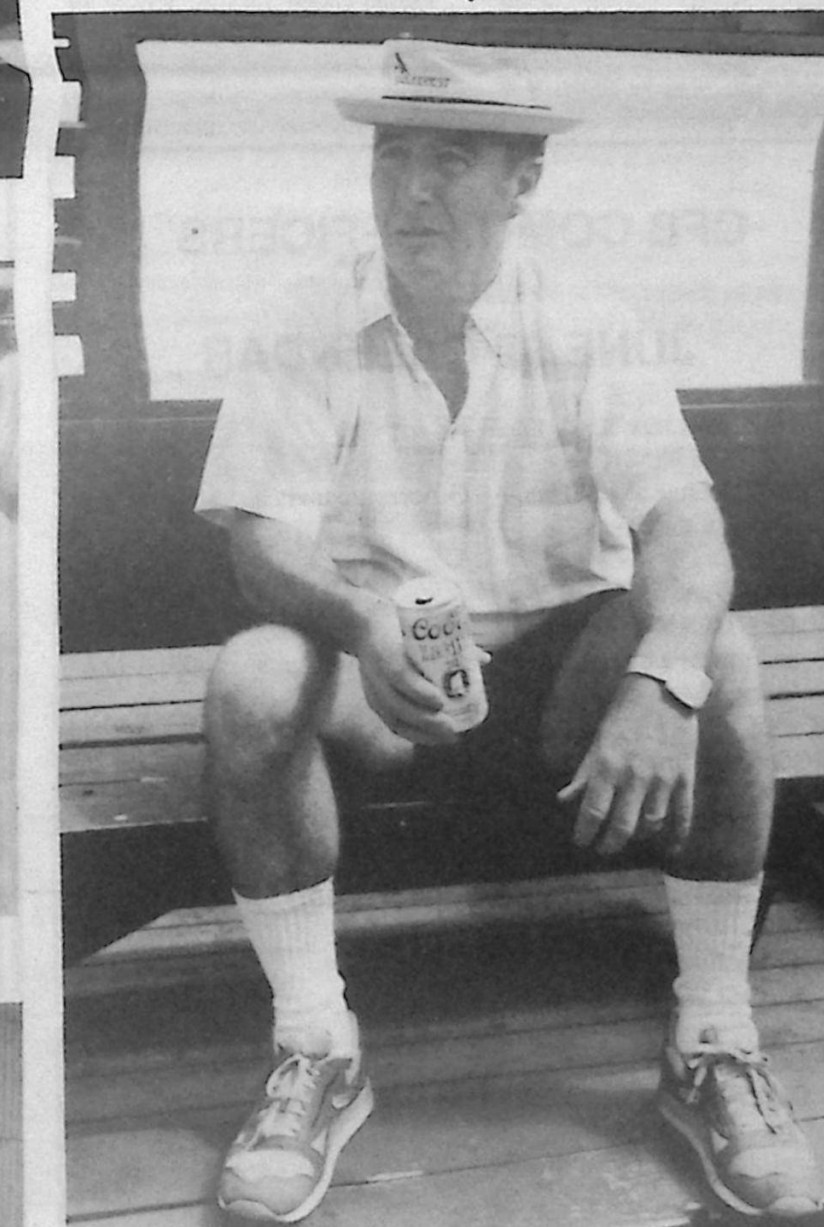


"Right/Left dress, you guys, Santa's coming." At Christmas parade, 1991.

Flapjaw



Practising a flapjack flip; this one stuck.
Contemplation



Thinking of the future, perhaps (see below).



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Leisure

Country Kitchen

My Favourite Salads

Just another week of May and June will be here. With its arrival comes the thought of BBQs, picnics and get-togethers to say farewell to departing members of our Armed Forces family. With any luck at all, the paths of good friends will cross again; that's one of the perks of this kind of life. One of the quirks is that last tearful hug as you pull out of the driveway. So until then, throw a party for your friends. And whether you are giving the party or attending one, you now can say, "I'll bring the salad!"

The first recipe is my personal favourite. I like it because it can be made ahead in the bowl it's to be served in, and kept in the fridge 24 hours.

SEVEN LAYER SALAD

2 kinds of lettuce (butter, leaf, romaine, iceberg, etc.) torn into small bites and tossed. Fill the bowl 2/3 full. (Never cut lettuce with a knife because it will rust where it touches the metal.)

1/2 cup chopped green onion
1/2 cup chopped celery
1 cup FROZEN green peas
(Important - this is what keeps the salad crisp.)

1/2 cup chopped green pepper
1 cup of HELLMAN'S MAYONNAISE into which you have added 1/4 cup sour cream and enough milk to make it a spreading consistency

1 cup grated cheddar cheese
8 slices of bacon, cooked crisp and crumbled

Place the ingredients in layers beginning with the lettuce and ending with the bacon. Cover air tight and store in refrigerator. Wonderful!!!

The next recipe is similar except it specifies spinach and it has egg in it. It is equally as tasty and once again, you can make it up 24 hours ahead and store it in the fridge.

24 HOUR VEGETABLE SALAD

1 bag fresh spinach, washed and torn into bite sized pieces
1 head lettuce, washed and torn

6 stalks celery, sliced
6 green onions, sliced
1 pkg FROZEN green peas
4 hard boiled eggs, sliced
1 lb bacon, cooked and crumbled

1 cup sour cream
1 cup mayonnaise
2 T. sugar

1/3 cup parmesan cheese
Layer ingredients in bowl and ice the top with the sour cream and mayonnaise mixed together. Sprinkle the sugar over the cream mixture and then sprinkle the parmesan cheese on top. Cover air tight and store in fridge. Enjoy.

The next recipe is also my personal favourite. Recipe serves four. I increase the quantities for

CURRIED RICE AND SHRIMP SALAD

1 box frozen peas (approx. 10 oz or 250 grams)
1 cup cooked MINUTE RICE
Shrimp (either 1 tin or 1 cup fresh cooked shrimp)

1/4 cup green onion, chopped
1-1/2 cups chopped celery
Combine and chill for at least 3 hours. Meanwhile prepare sauce.

1 tsp salt
1 T. soya sauce
1 T. vinegar
1 heaping tsp curry powder
1/2 cup oil
1/2 tsp Accent
1/2 tsp sugar

Forty-five minutes before serving, pour sauce over rice mixture, toss and refrigerate until serving. Wonderful if you like curry.

The next salad is also one that you make 24 hours in advance. I like these recipes because you can do the prep work the day before your guests are to arrive and you will be busy with other things. It's nice just to go to the fridge and whisk out these wonderful creations that I guarantee your guests will rave over.

24 HOUR MARINATED SALAD

1 bunch broccoli, washed and cut up into bite sized pieces
1 head cauliflower, bite sized

1 small head celery (8-10 stalks) sliced
2 green peppers, cut in strips
2 tins WHOLE mushrooms
1 large red or white onion, sliced in circles

Marinade: 1/2 cup each oil, vinegar and white sugar. Mix well and pour over vegetables. Store in air tight container and shake and turn container occasionally to coat. Enjoy.

ITALIAN TOSS

2 quarts mixed greens (butter, leaf, romaine, iceberg, spinach, etc.)
1/2 cup crumbled feta cheese
1/2 raw red onion, sliced and separated into rings
3 tomatoes cut in wedges
1 cup raw cauliflowerets
1/2 cup cooked and crumbled bacon

DRESSING:
1 cup salad oil
1/3 cup apple cider vinegar
1 tsp dry mustard
1 tsp salt
1/4 tsp pepper
1 clove garlic, smashed

Mix well and pour over salad just prior to serving. Wonderful for those who like feta cheese, and if you've never tried it, this is a great recipe for that first taste. This next recipe is one given to me after moving to the coast. You make the marinade up in advance and allow it to blend several days in the fridge prior to using.

BARBARA VERMETTE

PASTA SEAFOOD SALAD

3/4 cup light oil
1/4 cup wine vinegar
2 T. Dijon mustard
1/4 tsp each tarragon, oregano, basil, garlic powder
1/4 cup mayonnaise
Mix and store.
Approx. 500 grams rotilli pasta (fresh) or your favourite pasta, eg. spinach. Cook, drain and cool.

1/2 lb shrimp
1/2 lb crab
fresh mushrooms, sliced
green onion, chopped

Mix all ingredients together and toss with dressing. Enjoy.

This next recipe is one of my mother's. The dressing is cooked and poured HOT over the vegetables. This coleslaw will keep for up to six weeks in an air tight container in the fridge.

CABBAGE SALAD

3 T. white sugar
3 T. salad oil
1/4 cup vinegar
salt to taste

Mix together in saucepan and bring to a boil. Pour hot over the following ingredients:

3 cups cabbage, grated fine
1/4 cup green pepper, chopped fine
1/4 cup grated onion.

Until next time.

Recreation



Kelly Sweeney
music reviews and syndicated columnist

KELLY & ANNOUNCEMENT IN 90's

R. Kelly has packed a lot of living in his 23 years. He still carries a bullet in his shoulder (doctors felt that moving it would sever a nerve, so opted to leave it in place) from Chicago's mean streets. He put together a group - MGM - that won Natalie Cole's Big Break and most recently wrote three songs for David Peaston, re-mixed a Gladys Knight track and laid down a radical remix for Hi-Five. Add to that, R. Kelly & Public Announcements debut *Born Into The 90's* (Jive). Here's an album of rap, rock and pop music that is expected to draw some major numbers on the charts and pull down some serious sales. Combining smooth vocals and hip-hop rhythms Kelly and his posse kick off the musical proceedings with *She's Loving Me* and follow with the exciting *She's Got That Vibe* and the ultra-slick *I Know What You Need*, which should be considered for singles release. *Keep It Street* is one of those street-wise rhymes set against a solid beat and hip-hop rhythm while the title track *Born Into The 90's*, with its tell-it-like-it-is story line and the incredible hook of *Slow Dancing* highlight the set. The *Slow Dancing* track gives Kelly the opportunity to deliver a romantic ballad that could leap straight from the set to the charts. Album rounds out with *Dedicated*, *Honey Love*, *Hangin' Out* and a bonus track *Hey Love*, which features Mr. Lee. Lots of strength here.

POOH-MAN

MC Pooh's *Funky As I Wanna Be* (Jive) is stickered with the warning Parental Advisory: Explicit Lyrics for a very good reason. Matter of fact, I'm reasonably certain the editor would drop this column if I even mentioned some of the song titles. Set is rap with street rhymes. Title track grooves while *Mellow Man* are key tracks. Sex, Money & Murder, from the Juice soundtrack is red hot.

FAST FACTS

The Winstons, who toured as back-up band for the Impressions, had their only top-40 hit with *Colour Him Father*, in 1969. That's the Fast Facts on The Winstons.



R. Kelly



PITCH-IN
AND
RECYCLE



By Rose McCleshe

Hole-in-one!

The HOLE-IN-ONE is not easy to achieve, therefore it does not happen too often. However, one of the top lady golfers at GLACIER GREENS, Frankie McCaffery, did indeed score an Ace on hole number 13 on Sat. 16 May 92, while the other three members of the foursome looked on in joyous wonder. Frankie executed as fine a shot as you will ever see, to make the dream of every golfer come true for her. One of the ladies in the foursome was JESSIE TRTO, a former member at G.G. now living in Goose Bay, Labrador. She stated that it was worth travelling the six thousand miles to witness this magnificent golf shot. Congratulations were offered and the

celebration continued well into the evening. Witnesses to this happy occasion were Jessie, VI WILANDER, and ROSE MCCLESHE. For those wishing to renew their Hole-In-One insurance, now is the time to do so. For those wishing to apply for the Hole-In-One insurance for the first time, contact Scott Fraser at the Pro Shop.

GLACIER GREENS will host their 19th ANNUAL MEN'S OPEN GOLF TOURNAMENT, sponsored by McCONOCHIE'S FURNITURE AND APPLIANCES on 6 & 7 June 92. Course Superintendent, Mr. STEVE BAILEY, and staff are hard at work to ensure that the course will be in the best possible condition for the tournament. Tournament Director Mr. DON MIDDLETON has a full field of

128 golfers signed up for the 2-day event. MIKE BURROWS, who won the tournament in 1990 & 91, will be back to defend his title, along with a flight of twelve professionals who will be competing for separate cash prizes. Amateurs will compete for prizes totalling over \$7,000.

G.G. Pro SCOTT FRASER will organize a Horse Race for Friday evening, 5 June, and a Long Ball Drive Competition on Saturday evening, 6 June.

Your entry fee includes a Baron of Beef dinner on Saturday, 6 June, at 8:00 p.m. catered by APPY'S. Tee times to start at 7:00 a.m. on Saturday and Sunday. Watch for the draw and your tee times which will be published at a later date.

Fathers meet Sons at Glacier Greens

By J. Courtemanche, Junior Director

It was a time of unbearable stress but also a time for a few laughs as the junior members of Glacier Greens Golf Course hosted their fathers on Victoria Day. The format had father and son playing the same ball, each taking alternate whacks at it. The afternoon saw the blame for missed shots passed back and forth incessantly. Quite a few team members were noticed being real chummy at times while growling at each other afterward.

Since there were not enough fathers to fill the slate, Club Presi-

dent Bill Krier, Captain Bing Shearer, Tournament Director Don Middleton and Pro Scott Fraser volunteered for the role (some of them for the very last time). A lot of tense moments followed but everything turned out fine after Scott Fraser and Bing Shearer were rescued on several occasions by Patricia Brousseau, age 11, and Brian O'Neill, age 9, respectively. The Most Honest Score was turned in by Chris Brousseau and son Francois, a respectable 132 (suspected of being shaved somewhat) while Top Honours went to Jean Savard

and son Eric who fired a sparkling 74, earning first prize, a good looking sand wedge graciously donated by Nevada Bob's. Other prizes, some of which were subsidized by our Pro Shop, were awarded to all other junior members. For the adults, Bill Krier and Lloyd Billings walked away with food coupons from Bonanza Restaurant. A major thank you to our sponsors and a well done to our fathers on behalf of all of us juniors...and let's do it again next year, shall we?

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Participation

NEXT DEADLINE 08 JUNE

CFB COMOX OFFICERS' MESS JUNE 92 CALENDAR

Wednesdays June 3, 10, 17, 24 - OFFICERS' MESS COFFEE HOUR. Coffee will be served in the lounge at 1000 hrs. All Officers are invited to attend. Dress of the day.

Fridays June 5, 12, 19, 26 - REGULAR TGIF. Food as indicated 1700-1800 hrs. Spouses and guests welcome after 1700 hrs. Please purchase meal ticket for non-Mess members.

Wednesday June 3 - OMLC FAREWELL DINNER

Saturday June 6 - BCOMD & OFFICERS FAREWELL BBQ

Saturday June 13 - BLIND WINE TASTING

Tuesday June 16 - GOLF TOURNAMENT

Upcoming Events for July

18 Jul - Summer Kickoff with performer Laurie Van Cleave
21 Jul - Golf Tournament 1200 hrs
18 Aug - Golf Tournament 1300 hrs

NEXT DEADLINE 08 JUNE 92

TOTEM LOUNGE



CFB COMOX JR. RANKS MESS

STEAK AND LOBSTER NIGHT

19 JUNE 1992
DINNER STARTS AT 18:30
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FEATURING

THE MALOOMBA BOOGIE BAND

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Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

What to do about Bed Wetting

Parents often ask nurses about bed wetting. When should my child be dry? How can I stop him or her from bed wetting? Why is he or she wet again? There's a lot of misunderstanding about this problem but nurses can help you sort out the fact from the fiction.

To start, you can anticipate that most toddlers will gain bladder control between one-and-a-half and two years of age. Daytime dryness occurs sooner than night-time control and girls tend to be dry sooner than boys.

By age four most children are dry at night. However, about five per cent of children continue to wet their beds by the time they start school and three per cent are still wetting by age 10. At age 16, one to two per cent continue to have some problems. Before the age of 10, boys have bed wetting problems twice as often as girls of the same age, but after 10 the numbers of boys and girls is about equal.

If your child continues to wet the bed past age five arrange for a thorough physical exam and urine test to rule out infection or physical causes. Bed wetting is, however, rarely caused by a medical problem. More often it is due to a delay in the maturation of the complex urine-voiding system and is considered a variation of normal development that will improve with time.

Bed wetting is more often a household problem than a medical abnormality and is best handled in that light. Children who wet their beds are not misbehaving nor are they doing it on purpose.

Nevertheless, parents are likely to be irritated by the problem and should learn to handle their frustration appropriately. Studies of parents of bed wetters have found that nearly two-thirds are very distressed by it, with one-third of them so irritated that they punish their children for the "offence." But punishment only makes life miserable for the child and doesn't solve the problem for the parent.

The reasons for bed wetting are not clear. One recent theory suggests that bed wetters may be slower to produce enough of the hormone vasopressin which helps suppress urinary flow at night. It is no longer believed that bed wetters sleep more deeply or dream more often than other children. Nor does bed wetting reflect any psychological disturbance.

There is, however, an increased incidence of bed wetting where there is a family history. Studies have shown that children have a 77 per cent chance of bed wetting if both parents were bed wetters themselves and a 40 per cent chance if only one parent wet the bed after age five. If neither parent wet the bed there was a 15 per cent chance.

If your child wets the bed after age five, nurses suggest:

- A thorough medical exam to rule out infection or any other medical cause.
- A matter-of-fact attitude that places no blame on the child.
- Use of night lights in the bathroom and absorbent pads, folded towels or blankets beneath the bottom sheet. Adding another layer is usually easier than making a change before morning.
- Have the child "lend a hand" in changing sheets, etc., if he gains a sense of helping to handle the problem.
- A morning shower or bath before going to school, as the smell of urine clings to the body.
- No caffeine from any source - such as soft drinks or chocolate in the evening - as it stimulates the bladder directly.
- A slow, steady training to go to the bathroom before bed.
- DO NOT scold the child, use diapers or training pants or intensive "dry bed training" of any sort.
- Use an alarm system if the child is older, wants to use it and will persist with it for 16 to 20 weeks.

Nurses can provide additional advice if your child has persistent daytime wetting after age four to five or if your child has been dry at night for six months to a year and suddenly starts to wet again. These problems often have different causes and require different management.

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info health

Dr. Bob Young



Listen to Grandma!

The news media love medical stories - and sometimes they do patients (present and future) a favour by dramatically pointing out shortcomings in our medical system. Equipment may be bought or hospital wards opened as a result.

But medical news clips, columns, and articles also have an insidious, unmeasurable effect on the utilization of our sorely stretched health care resources. This works in at least two ways, best illustrated by example.

Some reporting is alarmist. In my opinion the recent meningitis "epidemic" falls into this category. The number of cases and deaths was not much different than other years but the disease became a hot news item.

As a result a large number of visits to doctors' offices and emergency rooms was made by people worried that their or their offspring's headache or sniffle might be meningitis.

Routine medical stories and "Dear Doctor" columns frequent-

ly trigger visits to the family physician. Hardly a day goes by in my office without someone appearing with a clipping in hand describing a symptom "exactly like mine, Doc."

Or they have been exhorted by their favourite columnist to get their blood sugar, cholesterol, or serum rhabarb level checked. They may have had them done a month ago, but they want 'em again.

Occasionally the doctor gets a surprise, and something checks out positive. And we all favour preventive measures and routine screening when appropriate and cost effective. However, the cost to society of our providing peace of mind to the health-conscious anxious well is enormous.

Fortunately, citizens of this country have easy and cost-free access to medical attention whether their problem is frivolous or serious. On the other hand, excessive utilization of the system, generated at least in part

by doubts or concerns propagated by radio, TV, and the printed word, is squandering funds that could be more wisely used.

Educating the public in health matters is important; being aware of danger signs and knowing which symptoms may be significant has saved many a life. But reading about a disease doesn't mean you have got it, learning that a 35 year-old should have a cholesterol check doesn't mean that you, at age 80, need one too.

Maybe as a doctor I should not say this, but our grandmas knew the difference between a cold and something more serious, and they did not take their child to the doctor for a \$20 bandaid for a scratch. And their only media contact was the Farmers' Almanac!

So ask yourself: "Would I be seeing the doctor today, or requesting this test, if there were no Medicare and I was paying for it myself?" Let common sense prevail.

A Plug in the Drain

"There's a plug in the drain, Doc." When the patient says they are unable to pee, the doctor calls it urinary tract obstruction.

Our urine is formed in the kidneys, collected in the renal pelvis, a reservoir within the kidney, then passes down the ureters to the bladder. From there it flows through the urethra to the outside. Structures above the bladder form the upper urinary tract; the bladder and below, the lower.

The tubes may be blocked by something within, usually a stone, or by pressure from without, often a cancerous growth.

Male and female anatomy differs. Males have a prostate gland surrounding the urethra. It grows in bulk with age, narrowing and perhaps blocking the passage. Prostate cancer does the same thing. Sometimes the neck, or outlet, of the bladder contracts,

blocking free flow.

Women get pregnant and pressure from the enlarged uterus may flatten the ureters. Malignant disease of the pelvic organs may also do this.

Acute blockage (as by a stone) causes pain, usually very severe and colicky. Gradual obstruction is usually pain free unless the cause produces its own pain.

Retention of urine may be acute or chronic, partial or complete. The acute form is readily apparent because pain is present, forcing early intervention and relief.

Chronic obstruction, even if only partial, causes back-pressure that can damage structures above the block. The bladder, ureters, and kidney pelvis may distend. The kidneys can be damaged or destroyed; the bladder wall thickens and develops blind outpouches; the stagnant urine is

likely to become infected.

X-ray, ultrasound, and other methods identify both the location and the cause of the block. Treatment depends on what is found. Stones can be fished out, cut out, or shattered by ultrasonic pulses. Surgical removal of enlarged prostate glands (benign or malignant) is a very common operation, done usually through the cystoscope, an instrument for examining the bladder and urethra.

The ravages of chronic obstruction are medical, not surgical problems. Kidney failure and high blood pressure require urgent treatment.

When the river becomes a stream or the stream becomes a dribble it's time to look for a "people plumber" - under "Physicians" in the yellow pages.

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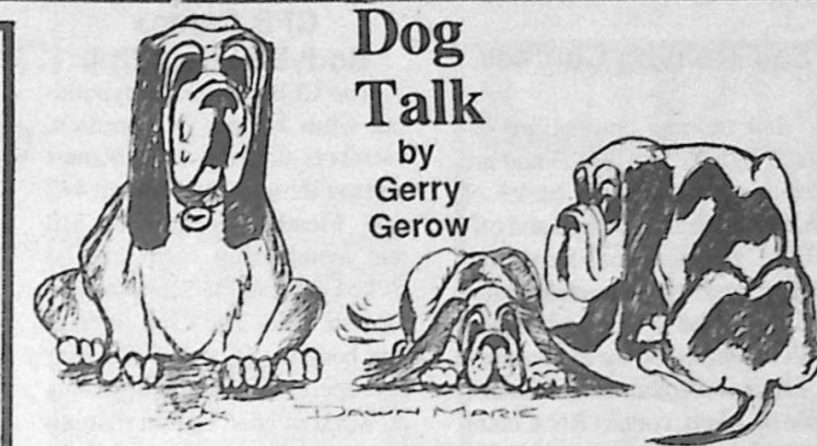
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On & Off the Base



Dog Talk by Gerry Gerow

Don't Buy a Puppy from a Pet Shop!

puppy for less money. They are not hard to find. Just ask around a bit.

And to the operator of the pet shop, don't say you didn't read this. I know somebody will bring it to your attention. Let's get together and discuss this. I'll buy the lunch. I know you haven't got the guts to contact me, but I am not hard to find.

There is proposed legislation which will put an end to the importation of these pathetic little creatures from the United States. This will, of course, lead to the establishment of a puppy farm industry in Canada. But at least if it is in Canada, we have some chance of controlling it.

Some people reading this may get the impression that I am brassed off with pet shops selling puppies. You bet your buns I am. So is every other doggy person in the country. It has to stop and it will stop. In the meantime, however, how many pathetic little puppies will be brought into Canada and sold at exorbitant prices to persons who don't really want them and will probably end up surrendering them to the SPCA.

An article by Dr. Janet Lalonde, D.V.M., in the latest "Dogs in Canada" magazine really struck home. The initial focus of her article is the seizure from a pet store in Eastern Ontario of 22 sick puppies, which were destined to be auctioned off to the highest bidder the next day. Her vivid description of what they found when she accompanied the OSPCA to the scene makes the reader sick to the stomach. If the author wasn't such a well known person, and a veterinarian, most readers would state positively that the conditions she described were not really as bad as they were portrayed to be.

Let me quote Dr. Lalonde: "Almost all pet stores in Canada that sell dogs purchase their dogs from brokerage houses in the Midwestern United States. Some of these brokers ship out anywhere from 500 to 750 puppies a week each to supply the North American pet store market. Approximately 500,000 puppies

are produced by the midwest yearly to supply the demand. Canada comprises nearly 10 per cent of the market." Think about it. 50,000 puppies bred without any consideration, as to genetic defects, or any of the other things legitimate breeders pay attention to, coming into Canada every year. Almost without exception registration of these puppies by the purchaser with the Canadian Kennel Club is impossible, and they sure as hell aren't registered by the importing pet shop. Almost without exception these puppies are sold for prices exceeding those charged by legitimate breeders, who supply pedigrees and papers with every puppy they sell, and follow up to make sure the puppy is doing well.

I cannot state it strongly enough. **DO NOT BUY A PUPPY FROM A PET SHOP.**

There are lots of breeders around who will sell you a better quality

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10% off



TOTEM LOUNGE

CFB COMOX JR. RANKS MESS

FISHING DERBY

JUNE 1ST TO JUNE 30TH
ENTRY FEE \$10.00
REGISTER AT THE JRM OFFICE
PRIOR TO 29 MAY 92

PRIZES FOR:
LARGEST SPRING
LARGEST COHO
LARGEST BOTTOM FISH
LARGEST TROUT
BEST ONE DAY WEIGHT
OF FOUR SALMON
HIDDEN WEIGHT

ALL REGISTERED PARTICIPANTS WILL
RECEIVE A 15% DISCOUNT ON FISHING
SUPPLIES PURCHASED AT CANEX

Public Announcements

Dependant Use of Base Gym Facilities

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

Arena Parking

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

Canadian Forces CISM Sailing Selection Regatta

Maritime Command together with CFSA Montreal will host a sailing selection regatta at CFB Montreal CFSA 15-18 Jun 92 using CF Albacore sailboats; white sails event. The competition will be organized and directed by CFSA Montreal. The CFSA National and the CISM Selection Regattas will be the same competition. The rules and regulations will be provided by CFSA Montreal.

For more info please contact Sgt Plante at the BPERO Section, local 8690.

Personal Exercise Program

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

LOST SPORTS EQUIPMENT

Personnel not returning NPF Sports Equipment without a legitimate reason will be liable for re-imbursement. A pre-determined value will be set based on the age and condition of the item. An administrative deduction will be ordered against individuals who fail to comply.

TOPS Meeting

TOPS #BC3454, Lazo, meets every Wed. night at the Base Rec Centre at 6:30 p.m. For more information call Elaine 339-3213

CFB COMOX YACHT CLUB OPEN HOUSE

The CFB Comox Yacht Club will be hosting an Open House on Sunday, May 31, between 1100 - 1500 hrs. It will be held in and around Building 5 at Quadra. Follow the signs once you are through the gates. If you are interested in learning how to sail, come find out about the courses we offer. We have a 27' Catalina available for charter as well as a fleet of dinghies. Refreshments, both solid and liquid, will be available.

Sail Training Courses

Sail training courses are offered by CFFSE/CFFSH and are designed to teach the basics of sailing through to coastal and offshore skipper qualifications. These courses are modeled after and meet the CYA standard and will be entered on the individual's UER on completion. For further info on levels, contact Rec Centre 8315 or C2 Hanna, CFFSE Esquimalt Boatshed, loc 4313.

CV Amateur Radio Club

The Comox Valley Amateur Radio Club holds monthly meetings the fourth Thursday of every month at the Kin Hut, Courtenay. All amateurs and prospective amateurs are welcome. For more info contact Dave Grimshire, Local 8523 or the club repeater VE7 OVR 147.91/31.

Pitcher & Player Wanted

Ladies Fastball Team looking for experienced PITCHER and PLAYERS. If new to the area, call 338-8781 or 338-9749.

CFB Comox Bodybuilding Club

The CFB Comox Bodybuilding Club is now in operation. Members desiring to join must register through Pte Schmidt 442 Sqn. Membership fees are \$10 and membership cards can be picked up from Pte Schmidt once fees are paid. The Club offers a few bonuses, ie, workout during non-operational hours, discounts on workout gear, tips on training programs, etc... so you are encouraged to join. For more info please contact Cpl Savard, loc 8315.

Recreation Ball Hockey

Military members interested in playing Rec Ball Hockey, floor time is available Wednesdays, between 1600-1730 hrs at the Rec Centre.

Personal equipment is advised due to limited equipment available. Eye protection is mandatory and wooden sticks are permitted. For more information, contact the Rec Centre, local 8315.

Aerobics

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

C.V. Amateur Radio Club

The Comox Valley Amateur Radio Club holds monthly meetings the fourth Thursday of every month at the AFIS Theatre, next to the CFB Comox Air Force Museum. All amateurs and prospective amateurs are welcome. For more info contact Dave Grimshire, Local 8523 or the club repeater VE7 RCV, 147.91/31

Squash

Squash court bookings at Courtenay Rec Association are no cost and can be booked in person or by phone, 338-5371. Interested personnel are required to register through the BPERO Section. For more information please contact the Base Gym, loc 8315.

CFB Comox Weight Training Club General Meeting

The CFB Comox Weight Training Club will be holding a general meeting on 2 Jun 92 in the Base Gym Conference Room at 1400 hrs. As the meeting will deal with several pressing matters, all members are encouraged to attend. For more info, contact Cpl Savard Loc 8315 or Cpl Laprade.

URGENT

Host Families needed for visiting Japanese youths aged 18 - 20 years, from August 1 to August 22. Homes may be in Comox, Courtenay, Cumberland or rural areas.

For more information please phone 338-7650 (home) or 338-5396 (leave message to call)

Base Soccer Team Practice

Base Soccer Team practices have commenced at the Base Soccer Field. Practices are scheduled for Mon and Wed at 1830 hours. All team positions are open and anyone wishing to play is welcome to attend. For further info contact Cpl K. Roy loc 8505 or Cpl D. Devries loc 8285.

BREATHING IS A FACT OF LIFE
Support Your Lung Association

Child Car Seat Safety Check

Planned for May 30

Each year in Canada, car crashes kill more than 70 children under the age of five and injure another 400. Tragically, the correct use of approved child safety seats could prevent most of those deaths and injuries.

Although it's been mandatory in British Columbia since 1985 for parents to buckle their children into safety seats before taking them for a ride, studies indicate that more than half of these seats are used incorrectly.

That's why ICBC is co-spon-

soring a free child safety seat check from 9:30 a.m. to 3:30 p.m. May 30 at the Comox Centre Mall. Trained volunteers will check the safety seat in your car to see whether it's been properly installed. They will also show you how to use the seats correctly so that your child receives the greatest degree of protection.

For example, the seat's harness system must fit snugly over the child. If more than two fingers can fit between the har-

ness system and the youngster, then it's too loose and the child could be seriously injured in case of a crash.

The safety check is sponsored by ICBC, the Upper Island Health Unit, the Comox Centre Mall, the Kiwanis Club of Forbidden Plateau, the Comox Valley Traffic Safety Committee and the RCMP. For further information, please contact Geoff Koganow in the ICBC Traffic Safety Programs Department at 390-2512 (collect) or Rob Potts at 334-2858.

Common Mistakes in Child Restraint Use

1. **NEGLECTING TO FASTEN THE TOP TETHER STRAP.** This allows the Child Restraint (CR) to pivot forward or sideways in a sudden stop. The child's head may collide with the interior of the car.
2. **FAILING TO USE LOCKING CLIP.** Some vehicles have lap/shoulder belts on inertia reels in front and/or rear passenger locations. A locking clip has been designed to keep lap belt tension constant on car seat and to prevent lap belt from loosening in the normal motion of the vehicle. (Remember to remove clip when another passenger uses seat belt.)
3. **FAILING TO ADJUST HARNESS TO FIT SPRING AND SUMMER CLOTHING AFTER WINTER.** Often this change of clothing on a child will result in the harness being quite loose.
4. **BUNDLING INFANTS IN BLANKETS BEFORE PLACING IN CR.** This makes correct positioning of shoulder and crotch straps impossible.
5. **INCORRECTLY PLACING AN INFANT IN CR FACING FRONTWARDS.** Baby must ride backwards until he or she can sit up well (without assistance) and weighs approximately 20 lb/9 kg. If the driver must supervise the baby, place the CR in the front seat, facing rearward.
6. **RECLINING AN INFANT CR WITH ADJUSTABLE TILT FEATURE TOO FAR DOWN.** This could permit the child to be forced out head first by frontal impact. Check manufacturer's instructions for the safe degree of tilt.
7. **FAILING TO SECURE THE CR WITH AUTO BELT.** If lap belt does not fit around CR or through its frame, try another seating position in the car. If this does not work, use a different model which should be fitted in the car before purchase.
8. **NEGLECTING TO USE THE HARNESS.** This could allow the child to be thrown out of the CR. (Some shield-type

CRs do not use harnesses; some use both shield and harness.)

9. **FAILING TO USE HARNESS ON CR WITH A U-SHAPED PADDED ARMREST.** Unless the manufacturer specifies that the armrest/shield is a safety feature, the armrest is a cosmetic feature and will not protect the child in any way. It is a very hazardous object for an unharnessed child to be thrown against. Some CRs have shields which are safety features: check instructions to see if a harness is also required.
10. **LEAVING HARNESS OR ANCHOR STRAPS LOOSELY FASTENED.** This allows the child to experience a very severe jolt during a collision, because webbing is not stretched to absorb the impact. The child could also be thrown out.
11. **LETTING CHILDREN RIDE LOOSE IF THEY COMPLAIN OR CLIMB OUT OF CR.** This commonly happens when children are between 9 and 24 months, when they are becom-

FREE CAR SEAT CHECK

DO IT UP RIGHT— for your family!



FREE SAFETY SEAT CHECK COMOX

Date: May 30, 1992
Time: 9:30 am - 3:30 pm
Location: COMOX CENTRE MALL

SPONSORED BY:

Comox Centre Mall, Courtenay Detachment, RCMP, Insurance Corporation of British Columbia, Kiwanis Club of Forbidden Plateau, The Comox Valley Traffic Safety Committee, and Upper Island Health Unit

ing mobile and resist being confined. Being firm on this issue is a matter of life and death for your child.

12. **RECLINING A FORWARD-FACING CR.** Child restraints are safer used in upright position, if adjustable. Children learn to sleep in an upright CR very easily.

13. **FAILING TO DOUBLE STRAPS BACK THROUGH BUCKLES WHERE NECESSARY.** Buckles of harness and tether strap are often incomplete-

ly threaded, so they could pull out under stress.
14. **MAKING "HOMEMADE" MODIFICATIONS TO RESTRAINT.** NEVER cut extra holes in the shell. Do not tie harness or tether - use approved buckles only; thread seat belt through recommended position only.

Always read the instructions. If you don't have any, call your local public health unit, ICBC Traffic Safety Programs, or BCAA. One of these agencies may be able to assist you.

Continued from page 2

many communities, and some programs also accept other materials, such as plastics and corrugated cardboard.

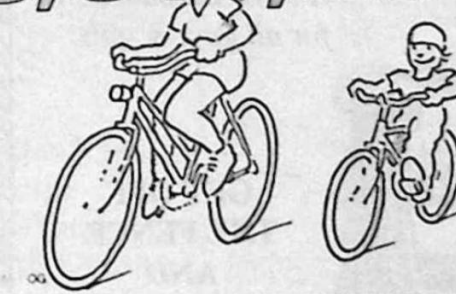
* If you belong to a club or

organization, work towards getting it involved in recycling in some way.

* Buy products made of recycled materials.

8,510,259

THAT'S HOW MANY CANADIANS ARE CYCLISTS



Way to go Canada! PARTICIPATION

Food Bank Boxes

Canex and 442 Sqn have Food Bank boxes for you to fill. Remember, non-perishable food only. These boxes will be at these locations until July 1.

And for Those Posted Out:

The Food Bank, located at 1126F Piercy Ave. in Courtenay, accepts perishable food, so when you empty your fridge and freezer before you leave, don't throw anything away. Remember the local Food Bank. They are open from 9:30 to 4:30 weekdays only.

More Environment

should RE-USE products as much as possible, before discarding them. And when we RECYCLE items, we are conserving our forestry and metal resources and reducing the pollution caused by manufacturing and by ordinary garbage disposal methods. For example, one family's yearly supply of newspapers can be recycled into almost enough insulation for one house.

Reduce

* Don't buy more than you really need. It costs you more and just end up as garbage we can do without.

* Avoid disposable or over-packaged products. They may be more convenient, but they cost more and produce unnecessary garbage.

* Think twice before throwing away items that no longer work properly or are worn. Will repairing or refinishing them make more environmental sense than replacing them?

* Buy products that are well made and durable; that way you'll

reduce waste while saving yourself time, money and aggravation.

* Completely use up the products you have before you buy more - don't throw unused portions away.

Re-use

* Be practical and be creative in finding further uses for things instead of just discarding them.

* Empty glass jars and plastic containers can be used to store bulk food, workshop articles and odds and ends.

* Plastic shopping bags can be taken back to supermarkets for re-use, used as garbage bags instead of buying special bags, or used to store articles you wish to protect from dust and moisture.

* Cardboard boxes and paper bags can be used to store things, or saved for packing things for your next move.

* Cans can be used to sort and store small household and workshop items, as indoor plant pots, and to protect garden plants from insects.

* Wrapping paper, string, rub-

1991/92 PAC REGION SPRING/SUMMER SPORTS CALENDAR

SPORT	REG HOST	DATES	NAT HOST	DATES
Fastball (F)	Aldergrove	12-14 Jul	St. Jean	28 Aug-02 Sep
Fastball (M)	Aldergrove	14-17 Jul	St. Jean	28 Aug-02 Sep
Soccer	Esquimalt	16-21 Aug	Edmonton	27 Sep-04 Oct
Golf	Comox	TBA Sep		
Running	Esquimalt	17-18 Oct		

CANCELLED
CANCELLED

BLANKET CLASSIFIEDS

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

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

AUCTIONS

OKOTOKS COLLECTOR CAR Auction, May 22 and 23, 200 special cars. Examples: 28 Model A, 23 Bucket T, 26 Franklin, 30 Olds, 40 Ford, 55 Nomad, 62 TBird, 62 Sprite, 830 Turbo, 67 Corvette, 56 TBird, indoors Triplex. Phone 1(403)938-4159 9 a.m. - 4 p.m. please.

AUTOMOTIVE

Engines rebuilt for cars & trucks. 6 Cyl. from \$995, 8 Cyl. from \$1095. 5 Year or 100,000 Km limited warranty. Bond Mechanical 872-0641 8-7 p.m. 7 days. Toll-free Mon-Fri 1-800-663-2521.

CANADA ENGINES LTD. Quality Rebuilt Engines: cars, light trucks. 6 Cylinder from \$995. 8 Cylinder from \$1095. 5 year, 100,000 Km Ltd. warranty. 7 Days. (604) 580-1050, 1-800-665-3570.

1987 SUBARU 4WD Wagon 55 speed White low mileage, immaculate/roadworthy, driven, excellent condition, reliable transportation. For \$7500 it's yours! Call 683-1291 days, 985-5020 evenings. Walter.

BUILDING SUPPLIES

DOORS! WINDOWS! Interior and exterior wood, metal and French doors, wood windows, skylights. MORE! Call collect to WALKER DOOR and WINDOW in Vancouver at (604)266-1101.

TRAVEL

COMING TO VANCOUVER? We have rates from \$46.95 daily. Weekly and monthly rates available. BLUE BOY MOTORHOTEL. Call 1-800-663-6715. Full hotel facilities, casino, bowling.

BUSINESS OPPORTUNITIES

You too can start your own vinyl sundeck business. Full or part time, you decide. \$3500 gets you all you need to enter this highly lucrative industry, plus you get the support of Canada's largest group of licensed dealers. 1(604)860-1200.

Coming soon to a T.V. near you: "80 CHANNELS". Opportunity: Independent distributors and/or customers. Product: Mini-satellite dish and receiver; digital quality picture and sound; movies, sports, news. Phone/Fax 1(604)274-2669.

LOOKING FOR BUSINESS OPPORTUNITY WITH UNLIMITED GROWTH POTENTIAL? We have the Company, Products, Market and Generous Compensation Plan. Send S.A.S.E. Box 5982, Station "B", Victoria, B.C. V8R 1H0.

PROFITABLE HOME BUSINESS! Be financially independent. Free details: EAU, #407-430 Westview Street, Coquitlam, B.C. V3K 3W4.

BUSINESS PERSONALS
ADD A LITTLE SPICE! B.C. College Roommates - Cindy, Wendy and Lisa - have exciting Personal Photos of themselves for sale. For discreet info write to: Spice, Box 670-GB, Kelowna, B.C. V1Y 7P4. Adults only please.

CRAFT SUPPLIES

Craft Supplies for all your crafting needs. Send \$4 for our 100 page 1992 Crafts Catalogue. Unicorn Crafts, Unit 20, 337 188 Essendene Ave., Dept. AB, Abbotsford, B.C. V2S 2G9.

COMING EVENTS

TRAIN TO MANAGE an Apartment/Condominium building. Many jobs available. Government licensed home study certification course. Call for details: (604)681-5456 or 1-800-665-8339.

FOR SALE MISC.

Backhoes 2 & 4 W.D., 950, 960, loaders, 18" x 36" jaw crusher, dump trucks and pups, 455 case loader, water truck, excavators, and more equipment not listed. Call Vic 493-6791.

EXCLUSIVE SHEEPSKIN PRODUCTS. Car seat covers, Rugs, Slippers, Baby's Lambskin etc. Mail Order anywhere. 30 Day money-back guarantee, free catalogue. Call: Shear Comfort Toll-free 1-800-663-7750.

HANDLE STRESS. GAIN CONTROL OVER THE REACTIVE MIND! It starts with this book Dianetics: The Modern Science of Mental Health by L.Ron Hubbard. \$7.50. To order call 1(604)681-0318. Visa/MC accepted. Hubbard Dianetics Foundation, 401 West Hastings Street, Vancouver V6B 1L5.

HELP WANTED

We need you to sell toys & gifts for C & M Gifts. NO INVESTMENT, NO DELIVERIES, no collection. Call 1(519)258-7905 or Fax 1(519)258-0707 for free info.

CRUISE LINE EMPLOYMENT PACKAGE. Types of Jobs/How to get those Jobs/ North America Contact Directory/More! For details call: 1(604)535-3539.

HELP WANTED

GET PAID for reading books! Up to \$100 per title. Books sent free. Write today. FREE REPORT. Gateway Public, Dept. bcl, #150-1857 West 4th, Vancouver, B.C. V6J 1M4.

Curling Club Manager Wanted. Ice making capabilities preferred. Over all administration, maintenance, supervision of lounge, concession and ice making. Deadline May 30/92. Curling Club, Box 4282, Williams Lake, B.C. V2G 2V3.

LIVESTOCK

LLAMA SALE (Legacy Classic Llama Sale V) 56 Llamas being sold by auction June 6, 1992, 2 p.m. Western Exposition Fairgrounds, Red Deer, AB. Call 1(403)346-3148 for details.

MISCELLANEOUS

GUN BARGAINS: Save up to 40% on some items! The GunRunner is a monthly newspaper devoted exclusively to the sale, purchase and trade of modern and antique firearms and accessories. \$23 per year or \$2 sample copy. The GunRunner Newspaper, Box 5658, Lethbridge, AB T1J 3Z4.

Air to Air After Coolers are rebuildable. Tony's Radiator rebuilds Kenworth, White Western Star and Peterbilt \$485, 6 month warranty 1(604)392-7774.

REAL ESTATE

PROPERTIES TO BE SOLD for unpaid taxes. Crown Land availability. For information on both write: Properties, Dept. CN, Box 5380, St. F, Ottawa, K2C 3J1

BLANKET CLASSIFIED ADVERTISING

Blanket classifieds appear in all BCYCNA member newspapers and reach over 3 million readers every week.

The cost per insertion is \$195.00 for the first 25 words and \$3.70 for each additional word.

COMOX RECREATION COMMISSION

1855 NOEL AVENUE, COMOX, B.C. V9N 4X4 (339-2255)

SUMMER PROGRAM REGISTRATION STARTS WEDNESDAY, JUNE 10, 1992



George Shaw - Anderton Park Athletic Coordinator takes time to relax with the ladies after their morning of tennis lessons.

ANDERTON PARKHOUSE

339-5244

George Shaw - Anderton Park Athletic Coordinator opens the doors of the Parkhouse each weekday morning at 9:00 a.m. The coffee is brewing and the cookies are warm, so be sure to take time to check it out.

Whether you're at the Park for a game of tennis or you're out for some fresh air with the toddlers, we'd like you to stop by.

George has a variety of activities and ideas planned for the Park this summer that he'd love to share with you and your family. Make a visit to your Anderton Parkhouse one day soon.

ONE-NIGHT AFFAIRS

Wednesday
7:00 - 9:00 p.m.

\$6.00 (includes G.S.T.)
Comox Rec Centre

Figure Fashion & Color Coding

June 3

Whether you're a pear or apple find out what looks good on you.

Tofu Made Easy

June 24

If beef doesn't meat your needs ... tofu is for you!

Salmon Fishing Tips & Techniques

June 17

Something smells fishy!

COUNTRY & WESTERN



LINE DANCING

A basic introduction for all guys & gals.

GET OFF THE FENCE AND KICK UP YOUR HEELS

WEDNESDAYS
7:30 - 9:30 p.m.
\$5.00/person Drop In
Comox Rec Centre

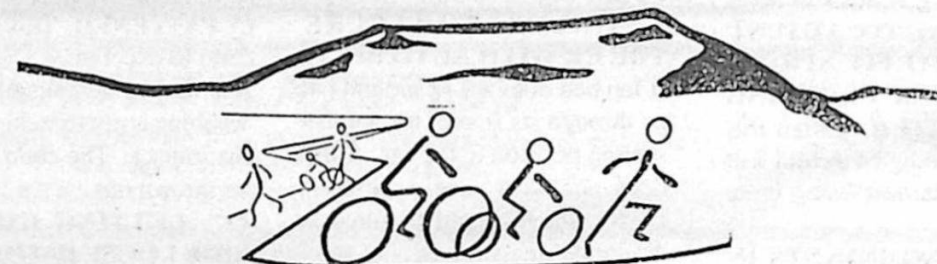


Canadian Diabetes Association

presents

BIKE-A-THON PLUS

• CYCLE • JOG • WALK • CYCLE • JOG • WALK • CYCLE • JOG • WALK •



Sunday, June 7, 1992

10:00 am - 4:00 pm

2 Km or 15 Km Routes

Start/Finish

Comox Recreation Centre

\$5.00 includes T-Shirt
with Pledge Form

\$10.00 includes T-Shirt
without Pledge Forms

PLEDGE FORMS

available

Comox Rec
Centre

Monday - Friday
8:30 am - 4:30 pm

Comox
Mall

May 16, 17, 23, 24
10:00 am - 6:00 pm

GRAND PRIZE NORCO

Bush Pilot Mountain Bike

Awarded for most pledge money received.

GREAT PRIZES FOR:
BEST DECORATED BICYCLE, MOST SENIOR PARTICIPANT,
EARLY BIRD RETURNS (JUNE 14TH.), JUST BEING THERE!

BIKE-A-THON ... You and the Canadian Diabetes Association working for a better life for people with Diabetes.



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Fri 29 May.....Music by Nashville
Fri 05 June.....Music by Westwind
Fri 12 June.....Music by Nashville

REGULAR ACTIVITIES

BINGOS.....Thur., Fri., Sun. at 7:00 PM
MONDAY.....FUN EUCHE
TUESDAY.....PUB DARTS
WEDNESDAY.....LEAGUE CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 6:30 PM
SATURDAY.....FUN BRIDGE AT 12:30 PM

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information
NOW OPEN SUNDAYS.....12 - 7 PM

Dress Code in effect 8 PM Fri & Sat
(No T-SHIRTS)

EVENTS

Saturday 30 May.....Annual Auction 1:00 p.m.
Proceeds to Cancer Society
All Items Gratefully Accepted
Call Office 334-4322

SPORTS

Sunday 31 May.....FUN CRIB TOURNAMENT
Registration 12 - 1:00 PM
Open to All Crib Players

Friday, Saturday, Sunday.....Fishing Derby
June 19, 20, 21 \$500.00 Largest Salmon
Entry Fee \$10.00
Includes Steak BBQ on 21st.

BRANCH 160 COMOX
339- 2022

ENTERTAINMENT

Fri 05 June.....Music by Highway 19
Fri 12 June.....Music by Cross-Country
Fri 19 June.....Music by Rawhide & Lace

REGULAR ACTIVITIES

SUNDAYS.....Lounge 11 AM to 6 PM
MONDAYS.....Men's Dart League - Recessed to Sept. 14
L.A. Drop-In Bingo. Upper Hall. Doors open 6:30. 7:00 PM
TUESDAYS.....Ladies Crib League - Begins Sep. 17 8:00 PM
Mixed Dart League - Recessed to Sept. 15
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall. 7:00 PM
C.V. Men's Crib (Home & Away) 8:00 PM in Lounge.
THURSDAYS.....*1st Branch Exec. Mtg. 8 PM Upper Hall
L.A. Exec. Mtg. (as required)
*2nd L.A. Gen. Mtg. Upper Hall. 8 PM
*3rd Branch General Mtg. Upper Hall. 8 PM
FRIDAYS.....Dance, Lounge. (Unless advised)

EVENTS

Saturday 13 June.....Fishing Derby - details at the Branch
Sunday 14 June, afternoon.....Music by Eldorado

SPORTS

CRIB first Sunday of the month.....1:00 PM Upper Hall.
Registration \$5.
EUCHE fourth Sunday of the month.....1:00 PM Lounge.
Registration \$5.

On & Off the Base

Employee Assistance Programme

Some Call it "Momism"

A celebration of the 1950s-style mom who polished floors, kissed scraped knees and had a pot roast on the table by 6 p.m. is surfacing across Canada, spurred by shifting social attitudes, advertising campaigns and some government policies.

The result is an intense guilt that has wrapped many working mothers in anxiety, say pollsters, trend-spotters and counsellors.

"I worry that my kids will say to me when they're grown up: 'How come you weren't at home?'" says Shelley Brook, a Toronto psychiatrist who works three days a week while a nanny cares for her seven-month-old twins, Max and Tamar.

Brook says her two sisters-in-law stay at home with their children and one of them recently said to her: "Gee, it will be interesting to see how our children turn out. They will have been raised so differently."

Such comments, Brook says, make her feel "awful."

The problem for Canada's approximately two million working mothers is this: they're employed outside the home in greater numbers than ever, because they need the money or want the satisfaction of a career, or both. At the same time, they're being subtly told their place is at home, taking care of the kids.

The numbers show women are not deserting the workforce in droves. Most can't afford to.

But the glorification of motherhood and domestic chores - dubbed "momism" by some - has crept into popular culture.

The February issue of *Chatelaine* magazine contains an article on stay-at-home mothers, with the headline *Our Families Come First*. Another headline in the article proclaims: The careerist mother's glamorous image is tarnished.

In the recently released movie *Beethoven*, when mother reluctantly leaves her children with a babysitter and goes to work, her daughter almost drowns. By the end of the film, the woman is happily back in her kitchen.

A home ad published in a community newspaper this month showed a father on his way to work while the mother stayed home. Under the line, *Welcome home to the values of yesterday*, is a picture of a dad kissing his apron-clad wife goodbye.

Graham Denton, president of the Toronto market research firm Product Initiatives, says there's likely to be more of this type of portrayal of women in ads.

He says research suggests the image appeals to many Canadians, in part because of a return to traditional values and what he calls "a renaissance of personal responsibilities."

Rather than material goods, Canadians crave stability, he says, and to many that means mom.

Some experts say government policies are reinforcing the back-to-the-home attitude. They point to cuts in transfer payments to support health and education, the death of a proposed federal day-care program, and new, more restrictive criteria for people



seeking to enter the country, among others.

Rosemary Cozens, an employment assistance counsellor in Toronto says she is counselling more mothers of young children tortured by trying to do their best at both a job and parenting. She sees few men with similar concerns, she says.

Murray Philp, vice-president of Toronto-based Creative Research Group Ltd., which surveys attitudes in Canada, says some women in the workforce are having second thoughts about working, since their unpaid work at home still awaits them.

"The husband may show attitudinal changes, but there's no sign of behavioral changes," Philp says. "Who gets stuck with two jobs?"

QUICK FACTS ON WORKING WOMEN

Some facts and figures on working women in Canada:

* 5.6 million Canadian women in paid workforce (compared with 6.7 million men) as of March 1992.

* Seventy per cent of families in 1990 with children under 16 had working mothers, Statistics Canada says. Sixty-three per cent of families with children under school age had a working mom.

* It's more common since 1984 for mothers with a child under three to work than to stay home.

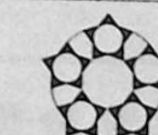
* If women stopped working, the number of low-income families would rise by about 62 per cent, says Vanier Institute of the Family in Ottawa.

* About 30 per cent of working parents said they don't spend enough time with their kids, says Allison Scolieri, vice-president of Toronto-based Goldfarb Consultants.

CALL ONE OF US:

Carol Anderson 8319
Russ Burns 8625
Bey Chadderton 8857
Gordon Sherritt 8363

National Access
Awareness Week



Creating access
for people with
disabilities is
everyone's
responsibility.

June 1 - 7 1992

BASE SOCIAL CENTRE

Bar & Grill

We're Open Longer!
extended as daylight increases

Monday, Wednesday, Friday
SPECIALS

We are: Close to the Base
Excellent Food
Perfect Party Place
Located at the Golf Course

INFO 8720

441 Reunion

441 Tactical Fighter Sqn is pleased to announce their 50th Anniversary reunion on the weekend of 24-26 June, 1992 at CFB Cold Lake. All former members and spouses are invited to attend. Contact Sqn Chief WO at:

441 TFS, Medley, Alta, TOA, 2MO
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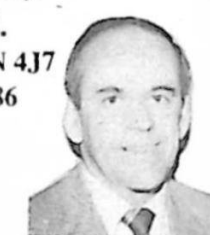
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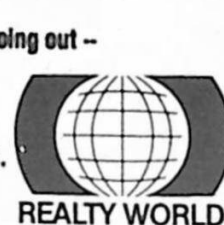
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On the Base

30 April 92 Grand Opening CFB Comox Gas Bar



Shown in the above picture at the ribbon cutting ceremony are from left to right, Shell Design & Drafting, George H. Epp; Senior Field Engineer, Tony J.A. Elliott; Shell Head Office, Bob Halladay; Shell Regional Rep, Nancy O'Connor; Base Commander Col. J.E. McGee; Canex National Petroleum Manager, Vic Baker; B.C. Regional Manager, Dale Sjerven; Base Chief Warrant Officer CWO Doherty; Canex Services Manager MWO D. Pettipas; Canex Co-ordinator PO2 D. Morris.

Base Commander Col. J.E. McGee and the Canex National Petroleum Manager, Mr. Vic Baker, together performed the ribbon cutting ceremony on 30 April 92 to officially open the Canex Gas Bar at CFB Comox. This has been an on going project and thanks to the support of CFB Comox, Air Command HQ, Canex HQ and Shell, we now have an excellent facility to better service our Canex Customers.



The New Gas Bar

A CD & Clasp for Michel



Sgt. J.J.M. Allie, BAMS0, receives his CD clasp from the Base Commander, Col. J.E. McGee.

NEXT DEADLINE
08 JUNE 92

Bulletin Board

All insertions will be \$4.50 per column/inch. Payment in advance at the office.

FOR SALE by owner four bedroom 1915 sq ft house in Comox, on quiet street, close to schools and Base. Full basement, family room with wood stove, large sundeck over carport, fenced landscaped yard and double width driveway. Possession 1 June 92. Contact Normand Leduc - Home: 339-0596 or Work: local 8216.

Babysitter Wanted
Shift-working couple require babysitter for a 5-year old well-behaved boy starting July 1. Will consider a responsible teenager for summer months and evenings. Would prefer a mother with other children. Sitter should live in the Glacier View School area. Please call 1-403-973-5009 collect or write to I. Dumont, Box 312, Lancaster Park, Alta. T0A 2H0 before June 15.

For Sale or Rent

Newly renovated 2-bedroom bungalow, 800 sq.ft. New furnace, new Thermopane windows, new stucco siding. Bathroom refinished. Very clean. Centrally located. Garage, carport, mature trees, garden, hedges, and fenced. Asking \$89,900. By appointment only. Phone 339-2393.

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For Sale

1980 CHEV pickup Heavy Half, 350 Engine, Pioneer Stereo, comes with running boards and extra mud tires. \$2000 o.b.o. LOC 8365 or 339-0762 Ask for Neil

FOR SALE. '89 Grumman Boat & Trailer (bought new '91). 16-1/2' center console, 75 hp Mariner motor, 2 Scotty downriggers, Lowrance fishfinder, rod holders and compass. Asking \$10,000. Contact Terry at 334-0751.

VACATION RENTAL. Vancouver Island waterfront cabin. Sleeps 6, private, 20 minutes from Comox in Union Bay. \$500.00 per week. Phone (604) 334-3918.

SHARED ACCOMMODATION

Person to share a new furnished house in Puntledge Park. \$300.00 per month. 338-7930.

HELP WANTED

Day Camp Leaders for Summer Employment. 20 hours per week starting 29 June 92. Duties are to organize and maintain a variety of Day Camp activities for children 5 to 12 years of age.

Applicants must be 16 years of age and enjoy working with children. Experience is desirable.

Please contact Mrs. Rose (loc 8571) Monday to Friday between 0800 and 1230 hrs before 19 June 92.

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Pollenex Humidifiers: Caution

The Canadian Standards Association and Dee Van Enterprise Co. Ltd. are warning owners of POLLENEX STEAM HUMIDIFIERS, marked on the back model WH150CR, date coded from 06 to 08, 1989, to STOP USING THEM IMMEDIATELY BECAUSE THEY POSE A POTENTIAL FIRE HAZARD!

Investigation of several failed humidifiers has revealed that the one-shot thermal protector did

not operate, causing the units to overheat. The overheating causes the plastic enclosure material to catch on fire.

Owners of humidifiers with the above model number should contact: Jeff Gentry, Associated Mills, 165 North Canal Street, Chicago, Illinois 60606, (312) 454-6500 or Conrad Tucker, Media Relations Co-ordinator, Canadian Standards Association, 178 Rexdale Boulevard, Rexdale (Toronto) Ontario, M9W 1R3, (416) 747-2456.

Humidificateurs: Attention

L'Association Canadienne De Normalisation et Les Entreprises Dee Van avertissent à tous les propriétaires DE POLLENEX STEAM HUMIDIFIER modele WH150CR date du 06 au 08, 1989, D'ARRETER DE LES UTILISER A CAUSE DES POSSIBILITES DE DANGER POUR LE FEU.

Plusieurs unités ont été examinées et révélaient que le protecteur de thermique de chaleur n'a pas fonctionné causant

l'humidificateur de surchauffer. Le surchauffage a causé le plastique de brûler.

Les propriétaires de ces humidificateurs sont priés de contacter: Conrad Tucker, Media Relations Co-ordinator, Canadian Standards Association, 178 Rexdale Boulevard, Rexdale (Toronto) Ontario, M9W 1R3, (416) 747-2456 or Jeff Gentry, Associated Mills, 165 North Canal Street, Chicago, Illinois 60606, (312) 454-5400.



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or Colleen, 339-8654.



Family Support Centre Update

TEEN CLUB NEWS

- **Friday Night Dances** at the Community Centre

- **Teen Swimming** from 4:00 - 6:00 p.m. on Sundays at the Base pool for Teen Club members and guests.

- **Video Night** continues on Thursdays at the Family Support Centre

- CFB Comox Teen Club members were invited to participate in the **Comox Valley Youth Council Meeting** at Robb Rd. School gym on the evening of May 26. Delegates from the Teen Club Steering Committee planned to attend.

- Some Teen Club members are about to find out all about scuba diving at an introductory session with Base **Scuba Club** representative MCpl Robin Keyes.

The Teen Club is open to all teens of military parents. New members are welcome. For information on becoming a Teen Club member please call Teen Club sponsor Francis Archambault at 339-5716 or talk to any Teen Club member.

DISCUSSION GROUP

- Discussion Group meets from 10:00 - 11:30 on Tuesday mornings at the Family Support Centre with childcare provided at the Community Centre. Babies are of course always welcome to come with their parents.

- A workshop on Communications in Groups with presenter Pam Willis has been tentatively arranged for June 2, 1992. Please contact the FSC for confirmation.

- June 9 bring your issues and concerns about Base Accommodations as we prepare for a lively question and answer session with Base Accommodation Officer Capt Bush (a brave man indeed) on June 16.

- June 30 will end the first month of summer with a picnic or some such fun activity. New members are always welcome; just arrive on any Tuesday morning.

DROP IN

Parents and kids are invited to drop by the Centre. Bring a lunch and share our picnic tables with a friend. There are some new toys in the playroom and an airplane in need of a small pilot in the yard, as well as a sandbox and a climbing structure for preschoolers.

Emergency Childcare could be available at the Centre if parents need such a service. Give us a call and let us know your views.

Would better Bus Service make life easier for you? Join

your neighbours in the effort to get hourly bus service to the base. For more information call the Family Support Centre at 339-8654.

Anyone interested in a career as a **Long Term Care Aide** should contact North Island College for an interview regarding prerequisite education and experience, and Employment and Immigration Canada for information on course sponsorship. The course, which is fully sponsored by Employment and Immigration Canada, will be offered Aug 31 to Feb 12, 1992. Seats in the course are expected to fill up quickly so if you have been thinking of working with the elderly, we suggest you call soon to take advantage of this training opportunity.



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
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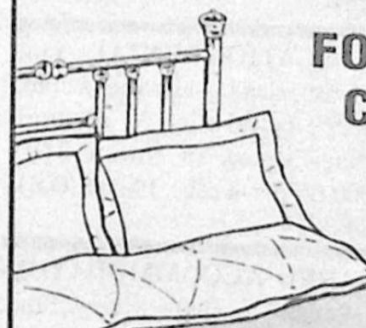
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