

VU33's
Final
Parade

....page 3



Wing
takes
wing

....centre pages



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 34 NO 14

9 JULY 1992

COST: PRICELESS

Award of Valour for 442 Crew

442 Squadron was recently honoured at the National Transportation Week ceremonies on June 4 in Montreal for a rescue mission carried out by the crew of Rescue 310 on 13 Nov 1991. Following is a narrative of the mission which was worthy of an award of valour from the National Transportation Agency of Canada. The crew consisted of the pilots Capt Weissenborn and Capt Mills, Flight Engineers MCpl Poirier and MCpl Burley, and Sar Techs MCpl Maasz, Cpl Peters and Cpl Warden. Congratulations to all involved and keep up the good work.

Rescue at Sproat Lake

by Gab Ringuette

On 13 Nov 91 a 442 Squadron Labrador helicopter crew was tasked to evacuate an injured hunter from Sproat Lake, near Port Alberni. Rescue Centre Victoria did not have all the details, but the man had several broken bones, possible neck injuries, and was severely hypothermic. An RCMP helicopter was in the vicinity already, but unable to get into the area due to localized weather. Rescue 310 took off immediately because of impending darkness, and planned to gather information enroute from the RCMP.

The normal rescue (external) hoist had to be isolated because it was leaking. The crew would have to rely on the backup (internal) hoist. The internal hoist runs through the underside of the aircraft, through a 3 ft x 2 ft opening. It is a more difficult hoist because: the Sar Techs and the stretcher must exit and enter the helicopter through this small opening; one Flight Engineer is only able to see a small area directly below him and must operate the hoist from the prone position, while the other must call clearances on all sides; and the cable speed is capable of only 100 fpm, as compared to 300 fpm on the primary external hoist.

As R310 neared the approximate location, radio communications were established with the RCMP helicopter. The

RCMP helicopter directed us to the site, and also passed on the radio frequency the ground search and rescue members were using. The injured hunter was located in a small ravine that started just above a broad saddle and ran up the side of densely treed mountain. The big factor here was that clouds were spilling over the mountain and down into the ravine. The clouds were pulled down further due to the cold subsiding air created by the icy stream running through the notch.

The crew of R310 assessed the situation; the terrain was extremely rugged, so it would be impossible for the injured hunter to be evacuated that day, unless hoisted out, and the hunter was already severely hypothermic, having spent two nights exposed to zero temperatures. The crew agreed that the best plan would be to hover up the side of the mountain following the notch, and using the trees for a hover reference. Due to the altitude and temperature, the helicopter was close to its normal power limit hovering at the base of the notch. The crew quickly lessened the weight on the helicopter to increase the power margin before ascending into descending air.

As R310 entered the base of the clouds, the visibility remained acceptable and we would have been committed anyway, clouds or not. We also kept a close watch



The crew of Rescue 310. Front L-R: Cpl Warden, MCpl Burley, Capt Weissenborn. Back L-R: MCpl Poirier, Capt Mills, MCpl Maasz. Missing: Cpl Peters.

on the temperature, which was about 3 degrees C.

The injured hunter ended up being farther up this ravine than initially expected, but the air was very smooth, and the people were finally spotted down below. The huge trees were now going to compete with the length of our hoist cable. Fortunately we were able to take advantage of a slight spacing in the trees a few feet above the site. With the helicopter tucked down below adjacent trees, with no more than a couple of feet clearance from the rotors on all sides, the hoisting began.

Valorous Crew

The efforts to get as low as possible were not wasted, as the Sar Techs touched down with only half a wrap of cable left on the drum; a 160 - 170 ft hoist. The stokes litter was also lowered.

The three high hoists had taken over 15 minutes. This coupled with the high rate of fuel consumption in the hover, had now made our fuel state very important. The Sar Techs would have only 15 minutes to prepare the patient. We decided to remain in the hover for this time, but backed the helicopter away from the area slightly to decrease the

cold downwash, and make the hover less fatiguing. Meanwhile, on the ground, the Sar Techs were knee deep in an icy stream, as they immobilized the hunter and secured him in the stokes litter. The RCMP helicopter was able to keep us updated on the weather below and behind us, and it remained clear.

At very close to 15 minutes, the Sar Techs were ready for a "pick up." In addition to the injured hunter, two of the ground searchers were hypothermic from the cold wet conditions, so they

continued on page 5

On & Off the Base

Defence Policy 1992 - Part 2

Canada's Strategic Policy - Part B

Canada's Contribution to NATO

German unification, the collapse of the Warsaw Pact, the disintegration of the Soviet Union, the emergence of a European security identity, and the achievement of concrete progress in arms control provide the elements for a new European security environment. With the end of the East-West confrontation in Europe, NATO is adapting its purpose, strategy and force structure to the new circumstances. Alliance political leaders acknowledged, following their July 1990 summit in London, that the strategy based on the concepts of Flexible Response and Forward Defence, which served NATO so effectively for a quarter century, had to be updated.

The new NATO strategy, unveiled at the Rome summit in November 1991, starts from the premise that the threat of a simultaneous full-scale attack on all of the Alliance's fronts has effectively vanished. It also recognizes, however, that all risks have not disappeared: the new regimes of Central and Eastern Europe confront major social, economic and political difficulties. Everywhere these are compounded by resurfacing ethnic tensions.

The new NATO strategic concept is based on significantly diminished forward presence and a minimal nuclear capability. It puts a premium on the maintenance of sufficient, flexible and highly mobile standing forces throughout the Alliance; available, well-trained, suitably equipped and sufficiently large military reserves; and the means to ensure a timely flow of supplies and reinforcements across the Atlantic in a crisis. It also requires enhanced Alliance political cohesion.

Canada's geographic and demographic realities have for many years dictated a collective approach to security within the framework of alliances with countries whose values and aspirations are compatible with ours. We also fully recognize the

contribution that the Atlantic Alliance has made to stability and dialogue in Europe. Canadians participated actively and constructively in the fundamental rethinking of the Atlantic Alliance's purposes, doctrines and deployments. We support whole-heartedly the new strategic concept they helped define. It is a concrete illustration of the fact that NATO is now placing less emphasis on its military dimension and giving new prominence to its political role and its value as a trans-Atlantic and, through the North Atlantic Co-operation Council, a pan-European and Eurasian bridge. Canada remains firmly committed to collective defence through membership in NATO and to making worthwhile contributions to the Alliance, both in Europe and in North America, consistent with our interests and capabilities.

The new strategic situation and budgetary pressures have led all Allies stationing forces in Central Europe to reduce their presence on the former Central Front. Within two years, Canada will cease to maintain its military bases in Europe and its current commitment to NATO of the land and air formations of the Canadian Forces Europe command. Nevertheless, in addition to the defence of our own territory, as well as our air and maritime approaches, we will:

- contribute a battalion group, with prepositioned equipment, to serve either with the NATO Composite Force or the Allied Command Europe Mobile Force (Land) in northern Norway;
- contribute naval and air forces to NATO operations in the Atlantic, and participate in the Standing Naval Force Atlantic;
- make available to NATO, in the event of a crisis or war in Europe, a brigade group and two squadrons of CF-18 aircraft based in Canada;
- participate in the NATO Airborne Early Warning system (with about 150 personnel);

can to support that process," said the external affairs minister. "UNTAC is one of the largest peacekeeping efforts ever and our Armed Forces have the expertise needed to help it succeed," stated the defence minister. The ministers also applauded the recent decision in the Japanese Diet to permit Japan's participation in UN peacekeeping efforts, and expressed the hope that Japan would also decide to contribute to UNTAC.

The Canadian contingent will include a group of engineers, a transportation logistics unit, a naval contingent and other headquarters and logistics personnel. Canada is also providing 60 vehicles, including trucks and ambulances.

UNTAC is made up of military and civilian personnel who, among other tasks, supervise the cease-fire, conduct elections, monitor human rights and repatriate refugees.

The Secretary of State for External Affairs and the Minister of National Defence recently announced that in response to a request from the UN Secretary-General, Canada has increased its contribution to the UN Transition Authority in Cambodia (UNTAC) from 109 to some 215 troops.

"The United Nations is helping Cambodia through a very delicate moment in its history, and Canada is doing everything it

**NEXT DEADLINE 20 JULY
NOON**

Korean Korner

by Bob Orrick CD.

Hollywood Distortions

Each June 25, the citizens of South Korea (Republic of Korea) pause in their busy lives and recall a June 25 of 42 years ago. On that day, a Sunday, Communist North Korea invaded the Republic of Korea and the Korean War was begun. It was to rage up and down the Korean Peninsula for thirty-seven months before a truce was negotiated. And the 38th Parallel, the division line between the two Koreas, became hardened as an artificial line separating one Korean landmass into two political ideologies diametrically opposed to each other.

Much has been written about the war in Korea and how, for a great number of Canadians, it truly is the Forgotten War. For another group of this country's citizens, the younger set and an embarrassingly large number of its elected representatives, the Korean War is unknown. Not forgotten, simply unknown.

Unfortunately Hollywood, with its finely honed ability to create myths and to distort history (rewriting it in some cases), has played too great a role in twisting the Korean War into something less than what it truly was: a gut-wrenching, fear-soaking, dirty war against a very determined, well-trained, modernly-equipped foe whose single determination was to destroy the United Nations force. In that they came perilously close to succeeding.

The Korean War was not as depicted in the long-running M.A.S.H. television sitcom. There was very little comedy in the close-up, hand-to-hand, bayonet-to-bayonet, man-on-man fight to the death when the Communist hordes managed to overrun a UN position. Nor was there much to laugh about in the rat-infested trenches which became 'home' to Canada's army. Few Canadians saw much humour in being covered in lice and fleas. Nor was there much to laugh about when the snakes took lodgings in blankets.

The kind, gentle people of the Land of the Morning Calm have not forgotten Canada's role in the Korean War. And how bravely Canadians fought to secure a peace in their homeland. Among the 21 countries which answered South Korea's plea for help in June, 1950, Canada, and Canadians, are well positioned in the eyes, hearts and minds of the citizens of the Republic of Korea. Two examples, each within the past thirteen months, attest to that.

This past June, Don (Sam) Urquhart, CD, national president of the Korea Veterans Association of Canada, Inc. was invited to attend

the annual June 25 ceremonies and parade in Seoul. He was one of nearly two hundred non-Korean veterans of the Korean War who attended this year's "re-visit."

Although there were many more British and American veterans in attendance, the honour of placing the wreath at the Tomb of the Unknown Soldier in Seoul was extended to Canada's Don Urquhart. Moreover, Urquhart was singled out by the South Koreans to give a response speech to the re-visit hosts.

One year ago, in June, 1991, this scribe was one of two Canadian veterans of the Korean War invited to join with Korean War veterans from each of the countries which served in Korea, 1950 - 53, in the 41st anniversary commemorative ceremonies in Seoul. Other than for personal expenses, the entire cost of the trip was picked up by the Koreans.

The honour of giving the "speech in response" and of representing all veterans of the Korean War, regardless of country, fell to yours truly.

It is worth noting that both speeches were required to be facilitated to Seoul for translation into Korean. Copies were made available to each of the non-English speaking South Koreans in attendance.

In the case of your servant's speech, several re-visit compatriots requested a copy. One copy found its way into a book (as the final word on the war, and that particular re-visit) being written by a Brooklyn Heights, NY based American veteran.

One irony is that he is an actor (TV and films), and saw nothing humorous in M.A.S.H.

Because, or in spite of, certain Canadian and American (quite possibly others, too) agencies have a penchant for re-writing history, or in this country, for so distorting Canada's role in the Great War and World War II that it becomes barely recognizable, the Korea Veterans Association of Canada, Inc. has asked its members to record their personal experiences in Korea. The experiences are being collected and, in time, will appear in a book. At least that way their recollections will be preserved for posterity. And regardless of what Hollywood and/or Ottawa does, the true story will remain, unblemished and undistorted, as a monument to Canada's 26,791 army, navy and air force personnel who fought in Korea, 1950 - 53.



On the Base

VU33: The Final Parade

At 0840 hrs on Friday 19 June, Anchor 91 tucked its wheels in the well and soared skyward. Anchor 91, a T-bird from VU33 Squadron, with Captain Harry Chapin, the Squadron's Deputy Commanding Officer at the controls, was off to Victoria on a fleet support exercise for the Navy. It was a beautiful day to go flying, the Strait of Georgia glistened on

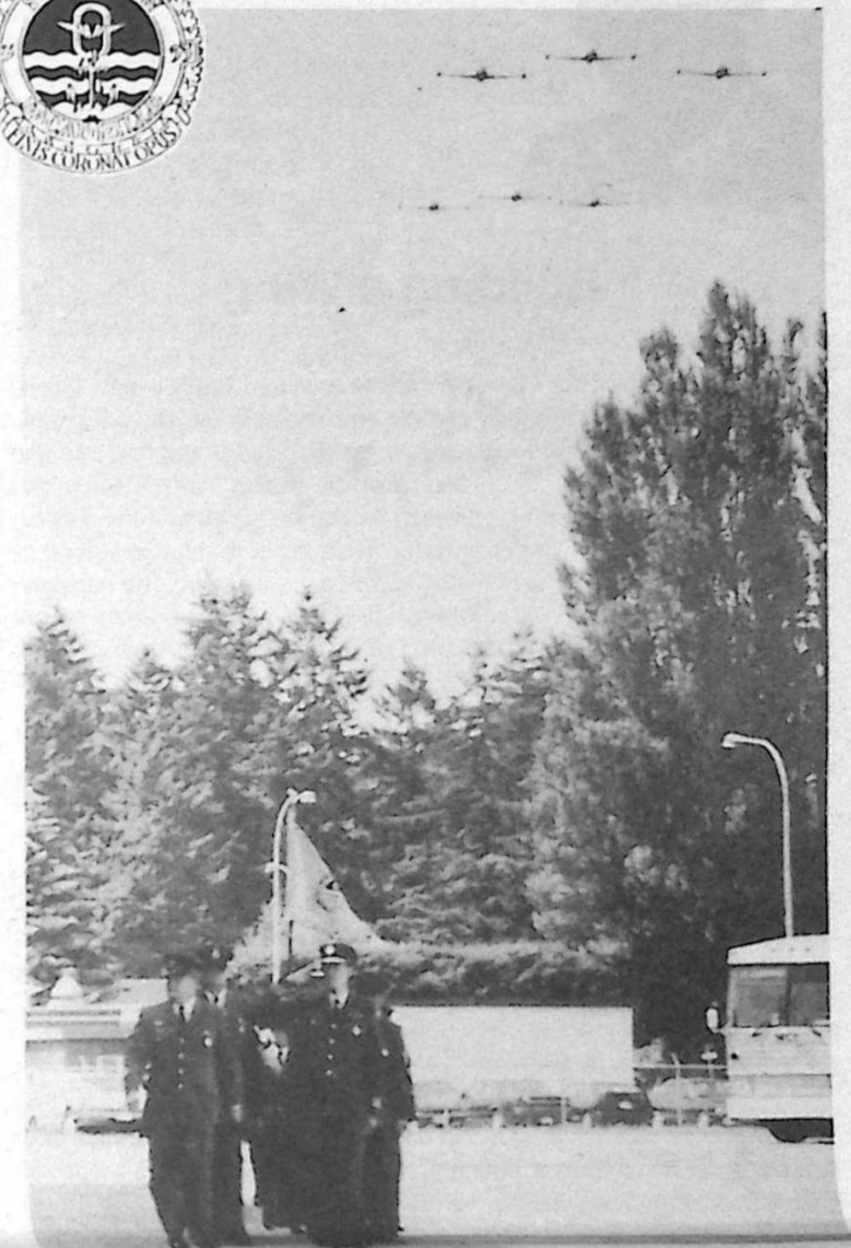
our left, with the Coastal Mountains as a magnificent backdrop. As we gained a little altitude we could look across Vancouver Island to see the cloud-filled valleys and inlets of the Pacific side.

After closely monitoring speed and distance, Anchor 91 reported in on time, on station for the Track Ex. We flew out over the Strait, with Mt Baker on our

left, an American Coast Guard cutter steaming below us and a freighter, resting from the Pacific swell, slowly edging to our left. Harry said that that was far enough and swung our little T-bird around for a change of scenery. As we flew back towards Victoria, I could pick out the Inner Harbour, Empress Hotel, continued on page 4



Retiring the Colours, after prayers of dedication by Padre Baker and Father Veillieux (R)



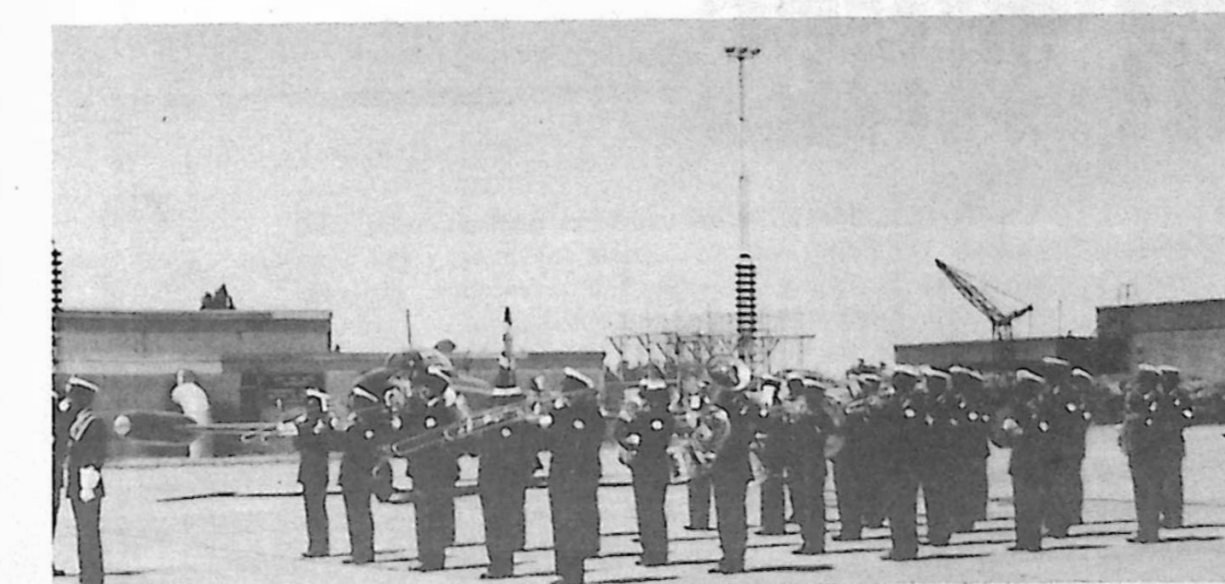
Marching and Flying past, VU33 parades for the last time. Flypast was carried out by T-33's of Base Flight, CFB Cold Lake.



Parade Reviewing Officer, Base Commander Col J.E. McGee inspects VU33, Maj Beth attending.



Cutting the ceremonial cake, Brig Gen B.D. Bowen, Parade Presiding Officer and Commander Maritime Air Group, Base Commander Col J.E. McGee and VU33 CO Maj Ed Beth, wield a deadly sword. The cake featured original and later Squadron badges.



The Naden Band played fine Naval and Air Force music.



Later, Sgt Chris Brousseau accepted the Kevin Saunders Memorial trophy for his outstanding contribution to VU33 from VU's last Commanding Officer, Maj Ed Beth.

Editorial



Norm Blondel

Building a Wing

It was a blistering hot Thursday - uncommon for Comox where, legend has it, the rain falls constantly and the bronze tint in the skins of people who live here is due not to sultan, but to rust. But it was hot: we had begun our paper route (2600 copies of the Totem Times) at ten that morning, huffing and puffing through typical, ten-to-fifteen-kph-below-the-legal-speed-limit Courtenay traffic made up of dodderers at least as old as me, dropping off fifty Fishwrappers here, ten there, fifteen somewhere else, zigzagging our way toward the Base, where we would eat our bag lunches before tackling the array of sections and squadrons and the doorsteps of PMQs.

In 30-degree heat, it doesn't take long before the routine of climb-three-steps, fold-and-stick-paper-in-the-door-handle takes a toll on body moisture. After 100 PMQs, there isn't much left. The tongue swells and sticks to your palate. The legs cramp, then turn to rubber. Unlubricated, eyeballs become sore and red. The feet start to smoke. But, after 260-odd PMQ steps and doors, there is now an oasis. And it is the next stop on our paper route. You have no idea what a welcome sight the new 888 Wing can be to a pair of raging thirsts.

Thankfully, we stagger into the RCAF's new cool haven, deliver fifty Fishwrappers, then sit blissfully at one of the big round tables, each of us clutching a frosted mug of foaming, regenerative fluid (which we absorb like a pair of blotters) and have a relaxing chat with one or more of our friends, who are also enjoying the new amenities and the view out through the big patio windows. The men and women of 888 (Komox) Wing RCAF have built a beautiful new clubhouse and two community buildings on a scenic location next to the Heritage Airpark, and I am sure the result is going to be one of Canada's biggest, most active Wings in the Royal Canadian Air Force Association. See Gerry Gerow's article and the pictures on pages 12 and 13.

Like others, I suspect, the small Wing building next to Canex, an old Bank of Commerce, didn't impress me very much, so I turned to the Legion for my social life, and I'm still a loyal member of that fine organization. But I spent 38 years of my life as a "Blue," and am glad there's a place where I can walk in and feel instantly at home. I didn't help with the construction of the new building, but as a new member, I will help with building the Wing, and I urge all the other new members to do the same. Constructing a clubhouse is only a first step. The keen, loyal little group of people who founded the Wing and kept it going through the lean times when people like me didn't give it much support deserve to see their efforts rewarded by a flood of new and active members.

The Wing is open to military personnel and DND employees, and is open Thursdays through Sundays. Check it out.

888 (KOMOX) WING

Join Us!

RCAFA

Join Us!

TOTEM TIMES

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North Bay Mob takes over from VU33



"Don'cha worry youse guys: we a-gonna handle things our way!"

More VU33 Stand Down

- continued from page 3

and Laurel Point Inn. It was a great day to be alive and a gorgeous day to be flying!

Over the intercom Harry asked if I knew what a Track Ex was all about. My understanding was that we tracked out and back allowing the Air Traffic Controllers to calibrate the radar for height and range. Harry said I was close: it was not Air Traffic Controllers but rather naval gunners who were tracking us. Wait one! This is a peace-time force, what do you mean, they're pointing guns at us? Harry told me not to worry as they would not fire this time, but that I should go along when they were towing a target and the ships actually fired at the targets. VU33 Squadron were so effective in this tasking with HMCS Huron in January, 1991, that she qualified very quickly on the gunnery range prior to sailing for the Gulf War.

All too soon, it seemed,

Anchor 90 was on the radio. The Squadron's Commanding Officer, Major Ed Beth, reported in to take over duty for the second Track Ex, and we saw him descend from 1,000 feet above us. Just over a week later, Saturday 27 June, with the men and women of VU33 on parade, Captain Harry Chapin handed the Squadron over to its Commanding Officer, Major Ed Beth. Led by Squadron Warrant Officer MWO E.S. Cameron, the Squadron had marched out onto the parade to the strains of Anchors Aweigh, played by the Naden Band, showing its naval background. In the background, two three-plane formations of T-birds, flown by pilots from CFB Cold Lake Base Flight, lifted into the afternoon sky. The Squadron was halted in front of a specially painted VU33 T-bird and one in the newer gray livery. Following Inspection and March Past,

VU33's Colours were marched forward and accepted by Major E.J. Beth who presented them to Colonel J.E. McGee to be retired to the CFB Comox Air Force Museum. Just before the Colours were cased, the T-birds flew over in a "missing man" formation in honour of all those who having served with VU33 have passed away.

With one final salute, the cased Colours were marched off the parade to the strains of the RCAF March Past. It was realized that as the Colours were marched to the museum, they would pass for one last time the Tracker which had recently been mounted on a pedestal near the main gate, and which had served faithfully with VU33 until its own retirement in April 1990. And with the march off, we witnessed the end of naval aviation in Canada. Finis Coronat Opus.

Comment

More Rescue

continued from page 1

would be "doubled up" (brought up simultaneously with a Sar Tech) also. The helicopter was repositioned back in, tight to the trees, and Flight Engineers began to carefully bring everyone back on board. Hoisting up through dense tall trees is very difficult laying on your stomach. The slow hoist speed makes it hard to compensate with cable if the helicopter should rise or fall slightly, consequently the helicopter must also try to remain religiously in position. With the long length of cable, a spin usually develops and often a slight

sway, but the Sar Techs were able to shield their patients as they came up through the trees.

With everyone safely on board, we began the process of backing down off the mountain. Once clear, it was dash speed to Comox. Our fuel state would require us to land at the airport, so we radioed ahead for ambulances to meet us at 442 Squadron, for transfer and the short transit to the hospital. It had been a short mission, a bit over two hours, but two thirds of that had been spent in a hover almost brushing trees.

VU33: AirCom Message

With your disbandment, I would like to extend my sincere appreciation to all past and present members of VU33 for their dedicated service to our country over the past 37 years.

VU33 was formed as a naval air squadron on 1 Nov 54 at Patricia Airport, British Columbia, from the west coast detachment of VS880 Sqn. VU33 initially flew Avenger aircraft, followed by Piasecki helicopters, Expeditors, Trackers and T-33. The Squadron relocated to its present location at Comox 1 Aug 74.

Target towing, transport, search and rescue, anti-sub-

marine/anti-aircraft training, maritime reconnaissance and fleet support missions are some of the diverse roles which have been performed by VU33. On 9 Apr 83, the Squadron received its colours in recognition of more than 25 years of meritorious service to the Royal Canadian Navy and the Canadian Armed Forces.

Your record is one of excellence. Please pass on my personal gratitude to all members of VU33 for their outstanding service and loyalty. Finis Coronat Opus."

Per Ardua Ad Astra,
 LGen D. Huddleston
 Commander, Air Command

New Headgear?



Who - Commissionaire "Slim" Chapman

What - modelling an English bobby's helmet from the Greater Manchester Police Constabulary in Lancashire, England.

Where - at the main gate of CFB Comox

Why - possibility of new headgear for Base Commissionaires?

When questioned on the helmet for actual wear at Comox, "Slim's" comments were, "It is cool in the hot sun and the high top would run off the rain a lot better than the flat hats presently worn."

"The only handicap would be the need to renovate all door frames 12" higher to allow for ease of entry and exit of the Main Gate House. Or to hire only short Commissionaires, which would be a definite possibility in this tight money period."

Editor's comment: "Don't you also need a pointy head to wear those things?"

It's a Tomtit

Dear Editor

The subject aircraft of your latest "Trivia" 25 June is a Hawker Tomtit. The Hawker Aircraft Company became the successor of the Sopwith Aviation Company in 1920. In 1926 the Hawker Company designed and built a small quantity of Tomtit light trainers for the RAF. They were powered by the Armstrong Siddeley Mongoose 111C engine. In Canada #12 Squadron

RCAF was formed as a Communications Unit at Stn. Rockcliffe in 1940. This unit flew a variety of aircraft types, one of them being a Hawker Tomtit #139. Among the many duties allotted to #12 Sqn was that of maintaining a practice flight in order to keep senior staff officers current with their flying categories. Sincerely, John Novak

Joining the Reserves

Streamlining

Over the years, real and imaginary barriers have been created making it difficult to transfer between the various components of the Canadian Forces. In particular, moving between the Regular Force and the Reserve Force has been complicated, frustrating, and for many, not worth the effort.

Components of the CF have often resembled different families, each with its own rules and admittance procedures. To move from one component to another, the member had to sever ties with the first family before joining another.

As a result, members of the Reserves who applied to the Regular Force were often initially treated as a civilian applicant without prior military training or experience. Members who wanted to continue serving in the CF after leaving the Regular Force found joining the Reserves just too complicated. There was limited communication and information, and no easy way to make the transition.

The problem was identified several years ago and numerous efforts were made to find solutions. However, it has taken the current Force Reduction Program (FRP) to provide the required motivation to initiate real change. The most recent defence policy review calls for an increase in the size of the Reserve Force to complement the parallel decrease in the size of the Regular Force.

What better pool of personnel could be found to help augment the Reserve Force than these retiring Regular Force members? Many are leaving earlier than originally planned and therefore have several years to contribute to the Canadian Forces before compulsory retirement.

One of the biggest stumbling blocks in the past has been a lack of interaction between the Regulars and the Reserves. A

former Regular who wanted to join the Reserves after release would frequently find the "verification of former service" process to be long, slow, and frustrating.

Part of the problem has been a lack of precise administrative guidance in Canadian Forces Administrative Orders (CFAOs). The procedures to transfer a member from the Regular Force to the Reserves do, in fact, exist. However, they are found in a number of different CFAOs allowing the process to be subject to interpretation. To this end, CFAO 15-2 is being revised to include all the necessary information and guidance. Since full revision of a CFAO takes time, some interim procedures have been put in place.

Several new forms have been designed to assist the transfer from the Regular Force to the Reserves. These forms contain appropriate instructions and notes for completion. If you choose one option, follow the procedures for that course of action. If another choice is made, the forms provide the guidance needed to reach that goal.

These forms allow the member the option of taking his release from the CF or transferring to one of the Reserve components. The member may choose to transfer to the Primary Reserve (Naval, Militia, Air or Communications elements), the Supplementary Ready Reserve or the Supplementary Holding Reserve, The Cadet Instructors List, or the Canadian Rangers.

The real difference is that the member's release centre is now actively involved in helping to find a position in a Reserve unit if that choice has been made. Procedures have been established to ensure communication between the member's unit and the appropriate Reserve headquarters. The release centre has to indicate

in writing that all required contacts have, in fact, been made.

For example, a CFCC (Canadian Forces Communications Command) radio operator is planning to leave the Regular Force and settle in the Kingston area. Joining a Reserve unit sounds like a good way to supplement his pension and keep up his technical skills. His Regular Force unit will contact the Communication Reserve HQ to ask if any Communication Reserve unit in the Kingston area has a need for a trained Radio Operator at the appropriate rank. The member is then informed what opportunities are available.

If a "marriage" is made between need and interest, the Regular Force will then process a transfer to the Reserve Force. The new forms detail the procedures to be followed, the appropriate paperwork to be completed, and the kit to be retained by the member.

The Regular Force unit, the Reserve unit, the individual member concerned and their respective headquarters are all communicating with each other. The paperwork is done early in the process, and the continuity of

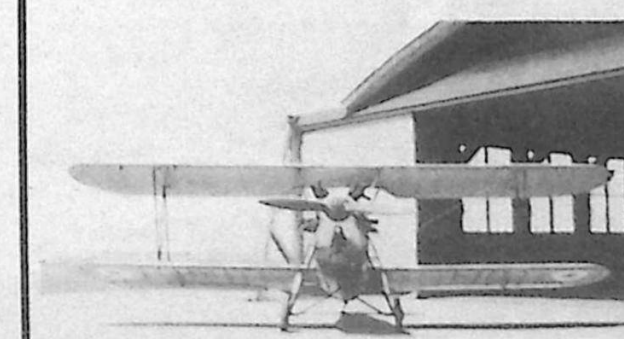
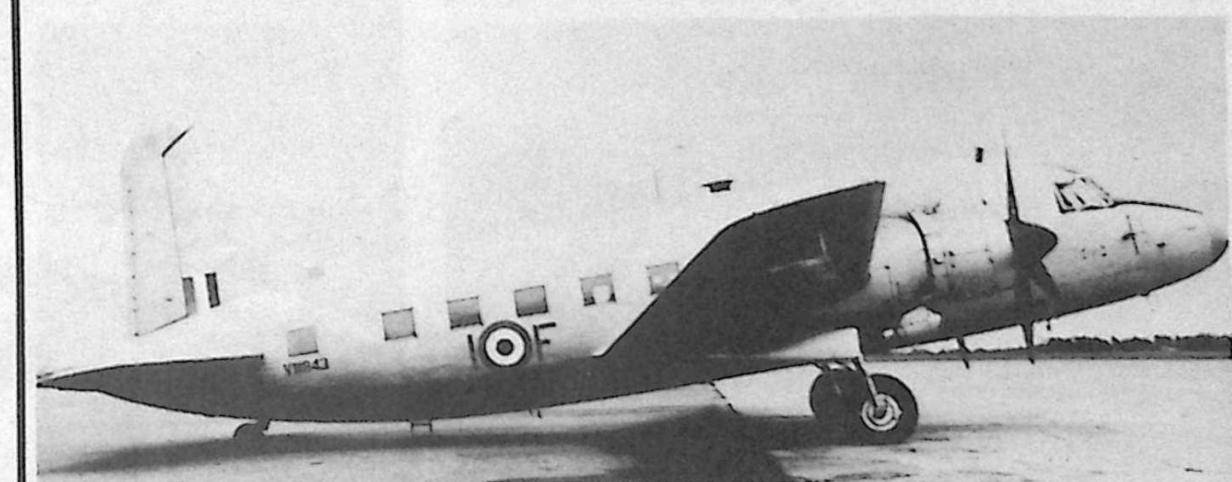
service is maintained. The member is released from the Regular Force pension or any other incentive program that applies. The member is released from the Regular Force but remains in the Canadian Forces family.

There is of course no guarantee that a position will be available in the chosen Reserve unit. A little shopping around or change in environment/trade may be required to make a successful match. The good news is that at least now there is a procedure to follow for those who may be interested in continuing to serve in the CF.

Simplifying transfer from the Regular Force to the Reserve

continued on page 9

AIR FORCE TRIVIA



Trivia Answer

Hawker Tomtit 140, 7(GP) Sqn RCAF, 1937. See John Novak's letter, left.

from the H.W. Holmes collection

Section News



Lt Robert Tarzwell

We continue this week to examine the crash of F/O Gordon Biddle and crew in their Wellington, flying off the Norwegian coast, and as promised, what made the crash remarkable.

After losing radio contact, the crew bumbled in, and in a few minutes the plane came crashing down on the coast at an isolated spot several miles south of Bergen. They found themselves near the edge of a 400-foot precipice and hurried out of the plane. None of the crew suffered injury, so they immediately set about destroying the Wimpy by burning it, along with their parachutes and all other gear which they could not make use of.

Realizing the Germans would soon be aware of the crash, if they were not already aware, the crew consulted with a few Norwegians who had gathered around the crash-site. These friendly folk advised the crew to take to the woods, cross a mountain and find a group of houses near the Bjorne Fjord. Ironically, the houses turned out to be an abandoned German POW camp. After a few days at the camp, they were contacted by the Norwegian underground who fed and sheltered them.

Hiding in the mountains by day and remote houses by night, the crew were passed from one cell of the underground to the next, until the night of 11 October when a motor launch took them to the Shetlands. Of course, no one in the Allied theatre had any idea this was going on, so the following telegram was sent to Mrs. Biddle on 27 September 1944:

REGRET TO ADVISE THAT YOUR HUSBAND FLYING OFFICER GORDON BIDDLE J ONE NINE SIX NOUGHT SIX IS REPORTED MISSING AFTER AIR OPERATIONS OVERSEAS SEPTEMBER TWENTY SIXTH STOP LET-

TER FOLLOWS RCAF CASUALTIES OFFICER

The letter which followed had nothing better to say, and while it did not say Biddle was dead, to be missing on 407 Squadron was as good as being dead, because no missing crew had ever returned. Of course, Mrs. Biddle had no way of knowing that, so she held out hope, and on 14 October received the following telegram:

PLEASED TO ADVISE THAT YOUR HUSBAND FLYING OFFICER GORDON ARTHUR BIDDLE ARRIVED SAFELY UNITED KINGDOM OCTOBER THIRTEENTH STOP LETTER FOLLOWS RCAF CASUALTIES OFFICER

The arrival of the crew back in Scotland had no small effect on the squadron. The following comes from F/L Maurice Neil, crew Observer:

"You should have seen the boys' faces when they got back to the unit. We were the first missing crew ever to return and the boys thought we had broken the jinx that had hung over the crews for many months. Their morale shot up to a new high. It had reached the point where any crew posted as missing was written off completely as far as the unit was concerned, would not happen again."

The curse was broken, and the anti-submarine business carried on as usual - lots of flying with little seen and still less attacked.

After exactly one year of command, W/C Ashman was replaced by W/C K.C. Wilson. W/C Wilson was promoted to this position from within the squadron, as he had been a Flight Commander from 5 April to 1 November. Along with the change of CO, as often happened, the squadron moved - back to Chivenor.

The move was completed 11 November and patrols resumed around the southwest approaches,

the Irish Sea and the English Channel. This move was against the U-boats which had abandoned Norway and in a last gasp were



F/O G.A. Biddle

flinging themselves against British coastal areas.

The year ended with several attacks, results unobserved, and 407's fourth and final kill of the war was 30 December 1944 when S/L C.J.W. Taylor, DFC, spotted a snorkel in the English Channel near Alderney. The Wimpy's depth charges straddled U-772, and the concussive force of the explosion rocked the bomber. Taylor's DFC was given a bar, and the DFC was awarded to Navigator F/L K.S. Goodman and Wireless Operator F/L C.D. Meyers. Goodman was on his second tour of ASW and had two previous U-boat attacks to his credit.

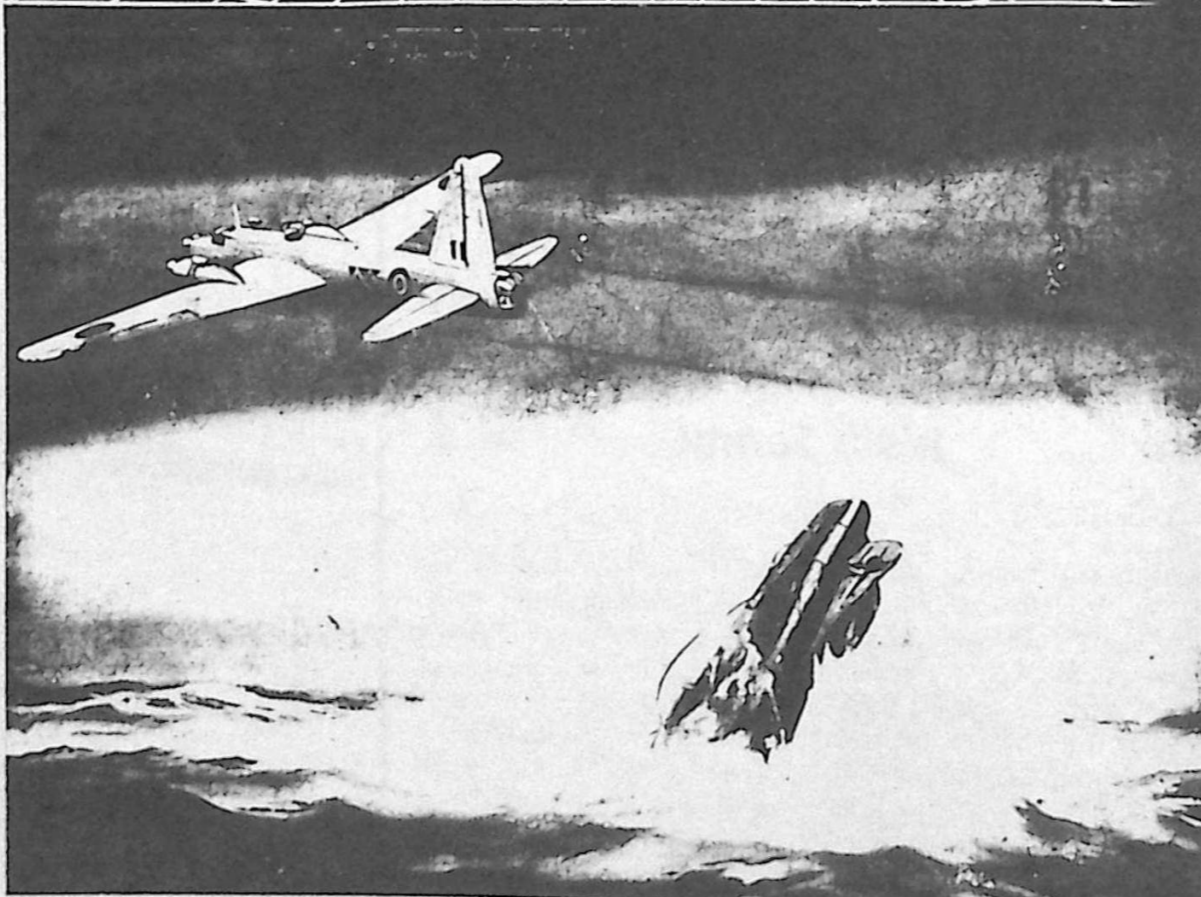
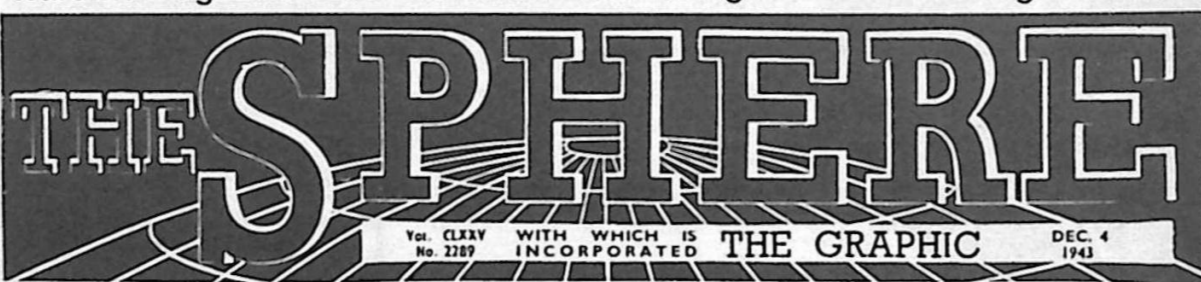


Wing Commander R.A. Ashman, CO 407 (Demon) Sqn, 4 Nov 43 to 1 Nov 44.

407 CO, 1943 - 44



War-time magazine cover featured a 407 Wellington crew attacking a U-boat.



A DRAMATIC INCIDENT DURING A BATTLE WITH A GERMAN U-BOAT IN THE BAY OF BISCAY. The Canadian crew of a Wellington bomber on patrol see the tail of the submarine rise high out of the water before the vessel plunged down into the depths of the ocean after having been depth-charged six times.



The Biddle crew in a more relaxed moment. L-R: Neil, Grandy, Graham, Biddle & Deeth.

Section News



Cook's Nook From Behind the Steam Lines

As we approach that time of year for beach parties, BBQ's and hot sunny days, we also reach a time when we must bid adieu to some staff who forgot to send the career manager a stuffed Christmas card. Leaving us this summer for the adventures of Esquimalt is Pte Thrussel, who is joining her husband Doug also in Esquimalt. We wish Doug good luck with his transfer to the PPCLI, and Coleen good luck with the Navy. Our only other posting this APS is seeing MCpl Bev Branch on her way to 2 Service Battalion in Petawawa this summer also. We wish them all the best on their new posting. For those of travelling down the Island Highway this summer, those funny 10 lines you see on the road

are not new Department of Highway markings, they are actually Bev's fingernail gouges as she reluctantly leaves the promised land. Now just a few notes on other happenings behind the lines.

All the staff would like to welcome our newest little cook, Audrey, who looks just like her mom Natalie. As soon as we get small enough whites we can put her to work. Our Bambi Killer, Gord (the great white hunter) Darrah is off to Eagle River for the summer on TD. Well, time is running short and I smell cookies in the back. So Bev and Coleen, best wishes and if you ever get back to the promised land, do drop by for a coffee!

The Happy Cooker

Mess Hall Medals



LCol Van Boeschoten, B ADM O, presents MCpl McNeill with her CD. MCpl McNeill works at the Combined Mess.



LCol Van Boeschoten, B Adm O, presents MCpl Harvey with his CD. MCpl Harvey is U/C Flight Feeding.

'92 AIR SHOW

Canada 125

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AUGUST 2nd, '92

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NEXT DEADLINE 20 JULY

**NOTICE OF VEHICLE PARKING
SELLING OF VEHICLES
POST OFFICE / AIR FORCE MUSEUM
PARKING LOTS**

All personnel are advised that the Post Office and Air Force Museum parking lots are not to be used for selling vehicles. These parking lots are to be used by Section Employees and by Visitors to the Air Force Museum and personnel checking their mail. Violators will be towed at owners' expense.

British Columbia Lung Association

Section News

Dr. Carol J. Ostry, M.D.
and
Dr. David A. Brailey, M.D.

are pleased to announce
the recent opening of their office
for the practice of

Family Medicine & Maternity

1842-B Comox Avenue, Comox

339-5335

Can't get your Fishwrapper?

Here's where to go:

- | | |
|--|--|
| <ul style="list-style-type: none"> ON BASE: *Totem Times Office *Museum *AFIS *Jr Ranks' Mess *Senior NCOs Mess *Rec Centre *Headquarters *AMU *442 Sqn *Clothing Stores *MSE *Base Accommodations *Building 82 Supply *CE *Fire Hall *7 Hangar *Officers' Mess *Language Training Centre *Base Hospital *EX Service Station *MPs *Glacier Greens Golf Course *PMQs *Canex Expressmart *Lazo Post Office | <ul style="list-style-type: none"> COURTENAY: *Driftwood Mall (Bookshell) *Tourist Info Centre *Block Brothers *Westerly Hotel *Courtenay Town Hall *Hartmans Auto Supply *Coast Country Realty *Pacific Coach Lines *North Island College *Courtenay Legion *BC Access Centre *7-11 - Ryan Rd *7-11 - Courtenay Plaza *Robin's Donuts *Tim Horton's |
|--|--|

La Fleur de Lys et Le Feu de Joie



La St-Jean Baptiste de l'Association Francophone de la Vallée de Comox

par Alain Carrier

En France, la St-Jean fut jadis plus populaire. Elle a graduellement disparu et il ne reste plus que la tradition des feux de la St-Jean dans certaines petites communes. Au Luxembourg, il est coutume de dresser dans les villages une grande croix couverte de paille que l'on enflamme à la grande joie de tous. Au Québec, une multitude de plateaux sont montés partout dans les parcs de la province sur lesquels défile la culture québécoise sous toutes ses formes face à un public euphorique. C'est une démonstration émouvante où tout une nation en vahit les nues pour se remémorer à quel point elle est fière de sa culture.

Dans la Vallée de Comox, la St-Jean Baptiste est fêtée avec la même intensité. L'Association Francophone de la Vallée de Comox présidée par Nathalie Verville s'est une fois de plus assurée de créer un forum où tous les Québécois et Québécoises puissent se retrouver et commémorer leur fête nationale. L'événement avait lieu le 20 juin au pavillon de la plage militaire.

Les festivités ont débuté avec un souper BBQ. Plus de 150 hamburgers et hot-dogs furent grillés. Les enfants étaient tous excités de se faire peindre la fig-

ure par les expertes du maquillage. Ce BBQ caudette fut couronné par le tirage de plusieurs prix de présence et un repos bien mérité des deux cuisiniers qui ont été d'une efficacité sans pareille.

C'est vers 2100 heures que l'extase habitant certaines des 150 personnes rassemblées sur la plage atteignit son paroxysme. Ainsi, c'est à ce moment que l'amas de bois judicieusement monté à une hauteur d'environ douze pieds fut enflammé.

Les yeux des enfants s'écarquillaient à la vue du spectacle. Ceux des adultes semblaient parfois sonner mais surtout remplis de détermination. La détermination de célébrer l'apogée de centaines d'années de survie et la détermination de souligner leur fierté.

Les fleurs de Lys étaient omniprésentes. Plusieurs arboraient les drapeaux plantés ici et là, d'autres étaient portés en guise de pantalon ou de mouchoir. Pendant que le feu de joie illuminait la plage et les coeurs des Québécois et Québécoises, des guitaristes entraînaient l'assistance dans des chants populaires qui ne laissaient personne indifférent.

En plus des militaires des bases de Comox et d'Esquimalt, d'autres francophones et francophiles de différentes sphères de notre société se sont joints aux festivités. Les célébrations se sont poursuivies jusqu'aux petites heures du matin et tous s'entendaient à dire que cette fête de la St-Jean Baptiste fut un retentissant succès. Tout y était: la température clémente, l'assistance, le feu, l'atmosphère et même la vente de chips et de liqueurs douces par l'association des francophones pour ceux avec une petite fringale ou tannés du houblon (est-ce possible?).

On est bien loin des premières manifestations de la St-Jean dans la gaulle païenne qui célébraient la fête du soleil à l'occasion du solstice d'été. Depuis, la St-Jean a subi une évolution très dynamique, revêtant un caractère religieux pendant longtemps. Dans les années 60 la St-Jean intensifia la communication entre les Québécois et Québécoises et tend à regrouper dans un même sentiment d'appartenance.

Il est maintenant bien clair, et René Lévesque l'a souligné en 1979, "ce 24 juin doit être la fête de tous les Québécois". L'événement de la plage a confirmé ce fait.

'92 Western Canada MP/RCMP Golf Tournament & Fishing Derby

The CFB Comox Military Police Section hosted the 9th Annual Western Canada MP/RCMP Golf Tournament and Fishing Derby on 29 and 30 May 1992. Military participation included CFB Comox, CFB Chilliwack, CFB Cold Lake, CFB Esquimalt, SIU Vancouver, SIU & PDSIU Victoria and McChord AFB. RCMP members attended from Courtenay, Campbell River, Parksville, Nanaimo, Port Hardy, Seward, Vancouver and Surrey. Retired Military Police showed up from Comox, Courtenay, Edmonton, Vancouver, Victoria, Port Hardy, Brentwood Bay, Parksville and Nanaimo.

Early Friday morning, 29 May, under sunny skies Col. Jack McGee, CFB Comox Base Commander, hit the first ball to officially start the Golf Tournament, which saw 153 golfers on the Glacier Greens Golf Course in two shotgun starts.

Presentations and a BBQ were held at the Golf Club and when the scores were totalled, the Canadian Military Police Association (CMPA) Net Team Trophy was awarded to CFB Comox. We congratulate the team of Capt Paul Weed (73), Sgt Doug Mann (73), MWO Barry Ryan (74) and MCpl Alain Turcotte (74). Individual awards were also presented in five other categories:

1. Sponsors Event: Low Gross Winner - Dave Jackson (81), from CoVal Air in Campbell River, BC; Low Net Winner - Rick Barrs (73), from Island Honda in Courtenay, BC.

2. Military Police: Low Gross Winner - Sgt Ken Bell (89) from CFB Cold Lake; Runner-up - LCol Doug Tomaso (90) from Whidbey Island Naval Stn, Washington State; Low Net Winner - SA Pat Lamb (68) from McChord AFB; Runner-up - LCol Tom Baxter (72) also from McChord AFB, Washington State.

3. RCMP: Low Gross Winner - Cst Greg McNeivits (73) of Courtenay; Runner-up - Insp Sal Salminen (75) of Campbell River; Low Net Winner - Cst Roger Holt (70) from Parksville; Runner-up - Cst Tim Davidson (70) from Parksville

4. Retired MPs: Low Gross Winner - Ted Sauve (76) from Comox; Runner-up - Lloyd Billings (77) from Lazo; Low Net Winner - Ray Cossette (71) from Comox; Runner-up - Dennis McKinney (73) from Courtenay.

5. Guests: Low Gross Winner - Roy Downey (69) from Comox; Runner-up - Wally Berger (71) from Courtenay; Low Net Winner - Greg Hart (69) from Comox; Runner-up - Len Wilkie (71) from Courtenay.

The Men's Longest Drive went to MWO Craig McLeod, SIU Vancouver, and the Ladies Longest Drive went to Cpl Jane Kearns from CFB Comox. Closest to the Pin Winners were #4 - Roy Downey, #7 - Darren Nylund, #13 - Ken Enns and #16 Danny Fremont. The Most Honest Golfer was won by Laurie O'Rourke with a max of 144. The Trip for Two donated by Air BC was won by Cpl Rob Bell of CFB

Cold Lake. The winner of Spot this year was WO Mike Baye of PDSIU Victoria.

Results of the Fishing Derby on 30 May 92.

Largest Salmon to Retired Col Sam Stevenson from Vancouver with an 8.7 kg Spring. Total Weight went to Steven Beckett of Campbell River with a total weight of 12.4 kg. Largest Non Salmon went to Joann Tipman of Victoria with a 1.8 kg Rockfish. We had a total of 72 out fishing this year under sunny skies and calm seas. Winner of the Fishing Trip to Lupin, NWT, was SSGT Don Douglas of Courtenay RCMP Det.

The CFB Comox Military Police Section would like to take this opportunity to thank those Military Police, RCMP, Retired Members, Guests and Sponsors who made this year's event a success. CFB Comox will again be hosting this event in late May 1993, so plan to attend and make it another successful Branch Event.

A special thanks goes out to the Comox, Courtenay, Royston, Campbell River, Victoria, Nanaimo, Parksville, Qualicum Beach, Vancouver, Edmonton AB, Toronto ON, Calgary AB, Niagara Falls ON, Peterborough ON, Markham ON, Mississauga ON, Oakville ON, Truro NS, and Dallas TX merchants and companies who contributed to our prize table.

A Certificate of Appreciation



BComd Col J.E. McGee presents an award for outstanding co-operation between CFB Comox and the Special Investigation Unit to Military Police O /c Capt Paul Weed.

A Promotion for Bruno



Another new MCpl. Cpl Bruno Bouliane is congratulated by Capt Price, AMCRO 407 Sqn, for his promotion to MCpl. MCpl Bouliane is an AE Tech with 407, and he and his family are making ready for a move to Cold Lake. Well done, Bruno.

More Streamlining continued from page 5

Force is the first step in a comprehensive program to streamline all transfers between the various components of the CF. A working group has been tasked and is actively working to resolve all aspects of the problem.

A great deal of work needs to be done. Administrative procedures must be completed and implemented. Changes must be made to the way records and information are stored and transferred. But, most importantly, we all need to feel that we belong to one family - the Canadian Forces.

There is life after the Regular Force!!!

We have a start - let's keep it rolling.

2Lt Lee Hicks is a reservist who works at Director General Personnel Policy at National Defence Headquarters in Ottawa. She was part of the Reserve Personnel Integration Planning Team which was tasked to look at how reserve policy affected reservists and how these policies could be improved.

New Wheels for Tee Pee Park



Lt (N) Bradley, BPERO, takes delivery of a new John Deere Model 770 maximum versatility utility tractor from Keith Andrews of Andrews Landscaping Service, Courtenay, BC.

Tee Pee Park operations recently purchased a new John Deere Model 770 maximum versatility utility tractor from the local John Deere dealer, Andrews Lawnmowing Service, Courtenay. The tractor came equipped with four-wheel drive capability, front-end hydraulic loader, a three-point hitch with power take-off, and a rear deck mowing attachment.

Funding for this purchase was achieved through an NDHQ level Personnel Support Program grant as part of the overall Tee Pee Park improvement project. Monies for such grants are generated from Canex sales/profit forces-wide, indicating the importance of supporting your local Canex establishment.

The tractor will be used for park maintenance and as a safety tow vehicle at Tee Pee Park boat launch facility. The versatility of this machine will greatly enhance the caretaker's ability to perform park duties and effectively respond to boaters who may experience difficulty during launch or recovery. In all, service personnel and other qualified users will now have a better maintained, updated and safer park facility to exercise their camping and boating pleasures.

CHAPEL CHIMES

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - Maj J.G.A. Veilleux
CHAPEL - Our Lady of the Sacred Heart (on Base)
OFFICE - Headquarters, Bldg 45, Rm 48, Local 8274

MASS SCHEDULE:

Saturday.....1900 hrs
Sunday.....1000 hrs
Daily Masses.....As announced in the Bulletin, usually at 0900 hrs, except during Lent and Advent at 1900 hrs.

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

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

CATHOLIC WOMEN'S LEAGUE - Second Thursday of the month in the Parish hall, preceded by Mass in the Chapel at 7:00 p.m. President: Mrs. Claudette LeBlanc, phone 339.3004.

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

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

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

OFFICE - Headquarters, Bldg 45, Room 48, Telephone 8273.

SUNDAY WORSHIP - Each Sunday at 1100 hrs.

HOLY COMMUNION - First Sunday of the month.

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

NURSERY SCHOOL - Each Sunday at 1100 hrs.

CHOIR - Practices 1830 hrs, Thursday at Chapel.

CHAPEL GUILD - Meets once a month, first Thursday at the Chapel 7:30 p.m. President Bonnie Cochrane 339-0298.

CHANGE OF COMMAND CEREMONY

407 (MP) SQUADRON

28 JULY 1992, 1400 HRS

CFB COMOX



A Change of Command Ceremony will be held on 28 July 1992 to mark the hand-over of Squadron Command from WCol C.E. Chester, CD, to WCol P.S. Kendall, CD. The BComd, Col J.E. McGee, CD, will be the Presiding Officer.

BLACK'S CYCLE

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Comox, BC

604 339-7011

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B I C Y C L E S

Section News

MSE Safety



Bits & Pieces

Aussie Bicycle Helmet Law

The state of Victoria, Australia, made bicycle helmets mandatory last year and the new law is a dramatic success.

Surveys conducted in March and again in July in Melbourne, just after the law took effect, show helmet use among primary school students rose from 65 to 94%, and among secondary school students from 37 to 87%. Of 2,098 adult commuter cyclists surveyed, 89% were wearing helmets, compared with 44% in March. Eighty per cent of the adult riders were male, but observers found virtually no difference in helmet use between the sexes.

The new law makes helmet use compulsory for all cyclists riding in public places. Authorities can assess a \$15 penalty for failing to use a helmet; police may also notify parents if youngsters ride without helmets. The law was publicized in a print, TV and radio campaign, with the

slogan, "Bicycle helmets: Don't hit the road without one." -IHHS Status Report

The Latest Idea in Airbags

Drivers may one day wear underwear that releases an airbag in the event of a crash. Carl Clark, the man who invented the automobile airbag in 1962, says it's his latest experiment and "it works." The exploding cushion that would be incorporated into underwear could prevent older people from sustaining hip fractures in an accident, Clark told a lawyers convention in Toronto this summer. -Toronto STAR

Not a Traffic Hazard

It's official. Scantly clad hot dog vendor Gloria Gonzalez is not a traffic hazard.

West Palm Beach County, Fla., traffic officials reviewed accident records and videotaped the lunch hour traffic that passed by Gloria's stand. They concluded

that she provoked heckling, but didn't pose any safety problems.

Gonzalez drew public attention when an ex-county commissioner sought to ban vendors wearing bikinis.

"She is not a traffic hazard. Let's get on with more important things," said Carole Phillips, one of the county commissioners. -Family Safety & Health

Scarred for Life

Have you noticed the scar on the chin of movie star Harrison Ford?

According to *Family Safety & Health* magazine he received it while reaching for his safety belt. Trouble was, he was grabbing for it while he was driving. And the distraction caused him to smash into a telephone pole.

Moral: Buckle up before you start your vehicle.

QUIP

Definition of a genius: a person who aims at something no one else can see and hits it.

Welcome to Comox



MWO Roy and Mrs Eilene Chrapchynski

We have a new military family in Comox. MWO Roy Chrapchynski and his wife Eilene were photographed immediately prior to their departure from Greenwood 11 June 92 on the occasion of Roy's second clasp ceremony. Roy joined the RCAF in 1959 as a metal Tech, remustered to AESOP and his latest position was as the Maritime Aircrew Standards Team AESOP at the MAGHQ Detachment Greenwood. He is posted to DIAC. Eilene joined the RCAF in 1958, serving in the Regular Force until 1968. In 1981 she enrolled in the Primary Reserve. She received her Canadian Decoration in 1984.

A History of Comox Harbour

Part 1 - Goose Spit

The sandy beaches of Goose Spit Regional Park on eastern Vancouver Island have witnessed some extraordinary local history. Occupying the islet end of this reinforced tombolo is Canadian Forces Base Comox - Goose Spit Site or HMCS *Quadra*. Virtually all of the northeastern half of Comox Bay is shielded from the rough waters of Baynes Sound and Georgia Strait by this historic peninsula of sand and small trees.

Every two weeks during July and August, hundreds of Sea Cadets start a rigid program of drill, seamanship, leadership and training at HMCS *Quadra*. The schedule gets cadets up at 6:30 a.m. and to bed at 10 p.m. Up to 1,600 cadets attend training, a program begun in 1952.

Roughly a century before, the Royal Navy visited Goose Spit for exactly the same purpose - training of young seamen. Discovered and charted by Captain George Vancouver aboard HMS *Discovery* in 1792, the three-mile-long Comox Bay was named August Bay and remained so until the Provincial Government in 1893 arbitrarily divided the North Comox District into Courtenay and Comox, discarding Port Augusta and Augusta Bay.

Records are lacking from 1792 until the 1848 arrival at the spit of Captain George W.C. Courtenay aboard the frigate HMS *Constance*, a fifty-gun warship, from Esquimalt. Training and practice in gunnery onboard ship and on the spit occupied Courtenay's crew while he discovered the natural amenities of Comox Bay, including splendid fishing in the local estuary. Courtenay established good relations with the Comox Indians and they honoured his memory by referring to his river as Courtenay's River. The colonial government gazetted that name in 1860.

Although there were no real barracks or training areas ashore, Goose Spit functioned as an unofficial Royal Navy Camp from 1849. It was only in 1895 that more powerful weaponry required a more isolated rifle range camp than that at Coburg Spit near Esquimalt Harbour. At only 130 miles up the east coast of Vancouver Island from Victoria, Goose Spit offered a suitable alternative.

The Provincial Government responded to a request by Rear-Admiral Henry F. Stephenson, the Commander-in-Chief of the Pacific Squadron, and in 1896 reserved the spit for military pur-

poses. By 1898, the companies of such ships as HMS *Amphion* and HMS *Egeria* had extended a rifle range to 700 yards. The British Admiralty, upon petition of Rear-Admiral Henry St. L.B. Palliser of HMS *Imperieuse*, granted funds for the erection of a large mess building and jetty. Master builder James Carthew, who built the first St. Joseph's Hospital in Comox, constructed the early barracks. The development of golf links and a football field were welcome recreational enjoyment for the ships' companies. Scarcity of water on Goose Spit was the only drawback. A local firm, Carter and Sons, supplied the range via water-boat at a cost of seventy-five cents for every 210 gallons.

Other naval ships visiting Comox around the turn of the century were HMS *Satellite*, HMS *Phaeton*, HMS *Warspite*, HMS *Condor*, HMS *Sparrowhawk*, HMS *Pheasant*, HMS *Shearwater* and HMS *Algerine*. Employing sail and steam, these were graceful ships with clipper bows and gold paint figureheads. Three battle cruisers, the *Flora*, the *Grafton* and the *Bonaventure*, each with a crew of 1,000 men, came in the early 1900's as well as the first torpedo boats.

Section News

A CD for Ken



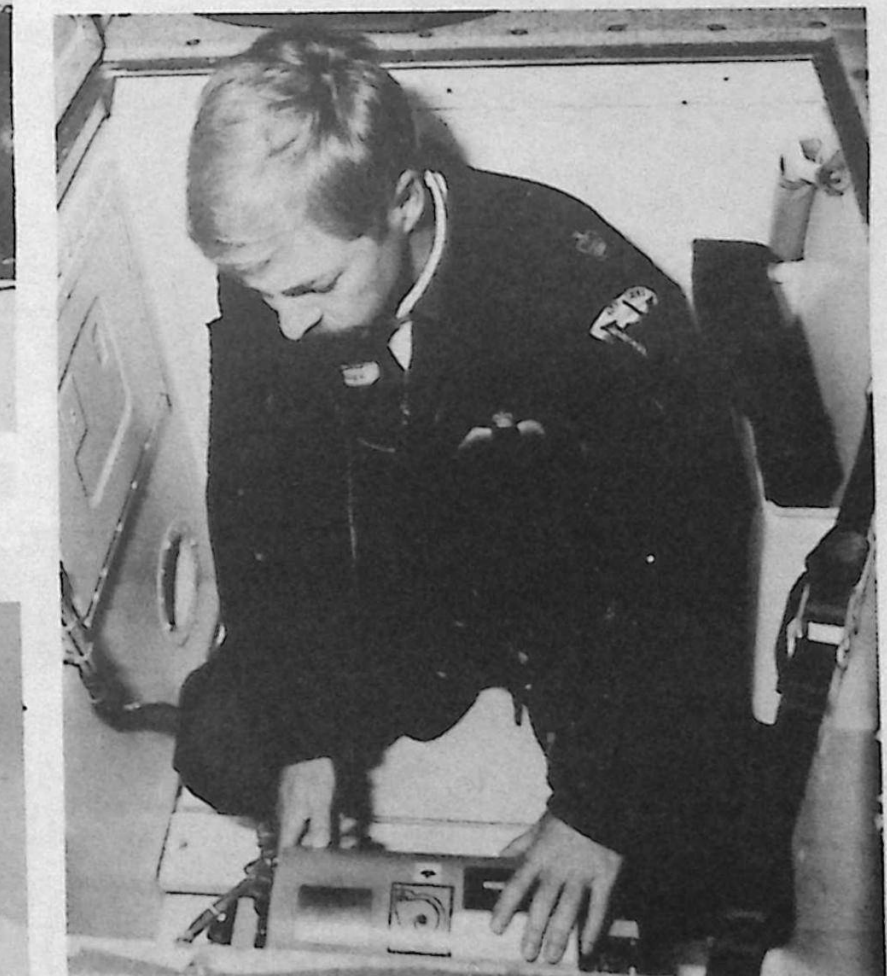
Met Tech MCpl Ken Richard's Lab Retriever, Bessy, recently received an outstanding award during obedience trials. LCol Challenger is shown presenting a similar award to her master. Congratulations, Ken.

Rec Centre Promotion



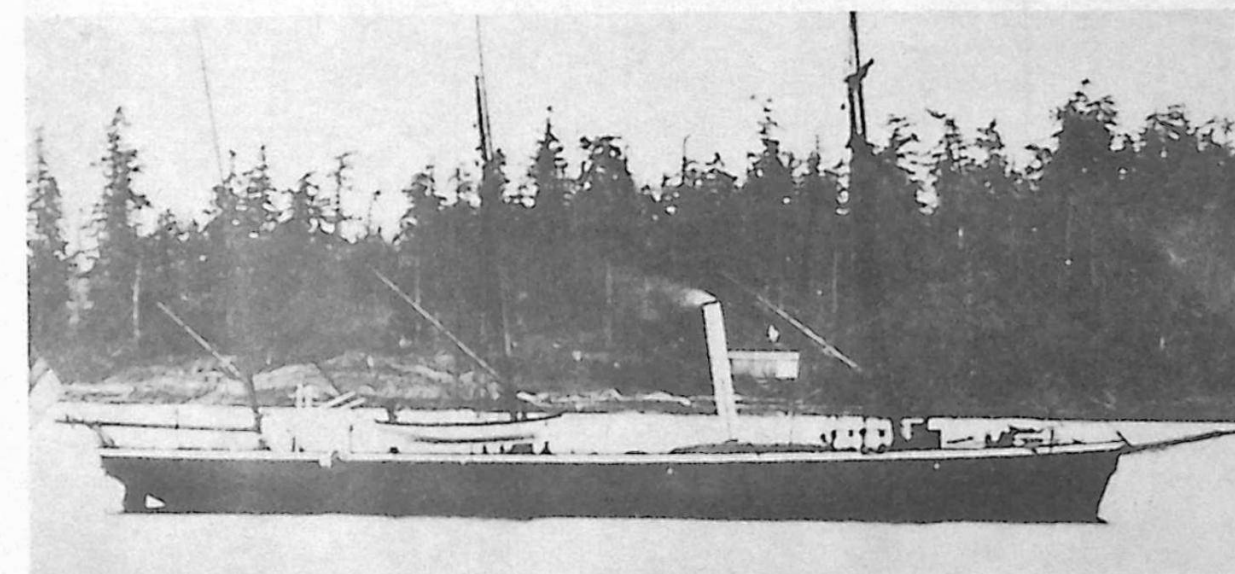
LCol Van Boeschoten, BAdmO, congratulates Sgt Dave Rothermund on his recent promotion, Lt (N) Bradley BPERO attending. Sgt Rothermund is posted to CFSPER Borden.

ABATS Instructor WO Ron Shaver



"And this, students, is the proper way to flush the toilet."

Royal Navy Visitor



HMS "Forward" in Port Augusta bay, in the 1860s.

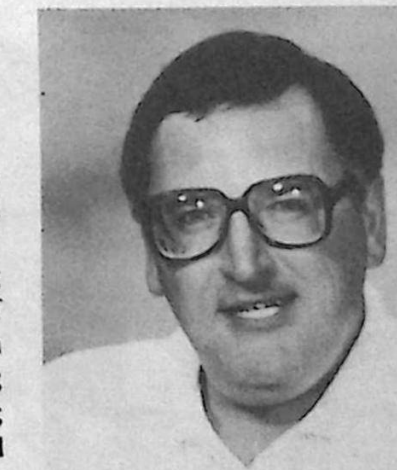
About the Author

Lloyd James Bailey

Lloyd James Bailey served as an instructor teaching Canadian History at Malaspina College and History Teaching Methods at the University of Victoria. He taught English and Social Studies to grades 7 - 12 and performed as teacher-librarian in middle and secondary schools in Comox, BC. His methods of teaching have been student-centred and

resource-based. He has written articles for several professional journals.

He holds the following degrees from the University of Victoria: Master of Education (Educational Administration); Master of Arts (Modern History); Diploma in Teaching; and Bachelor of Arts (Geography/History).



Professor Bailey

NEXT DEADLINE 20 JULY

ArtScene

Print Maker's Art

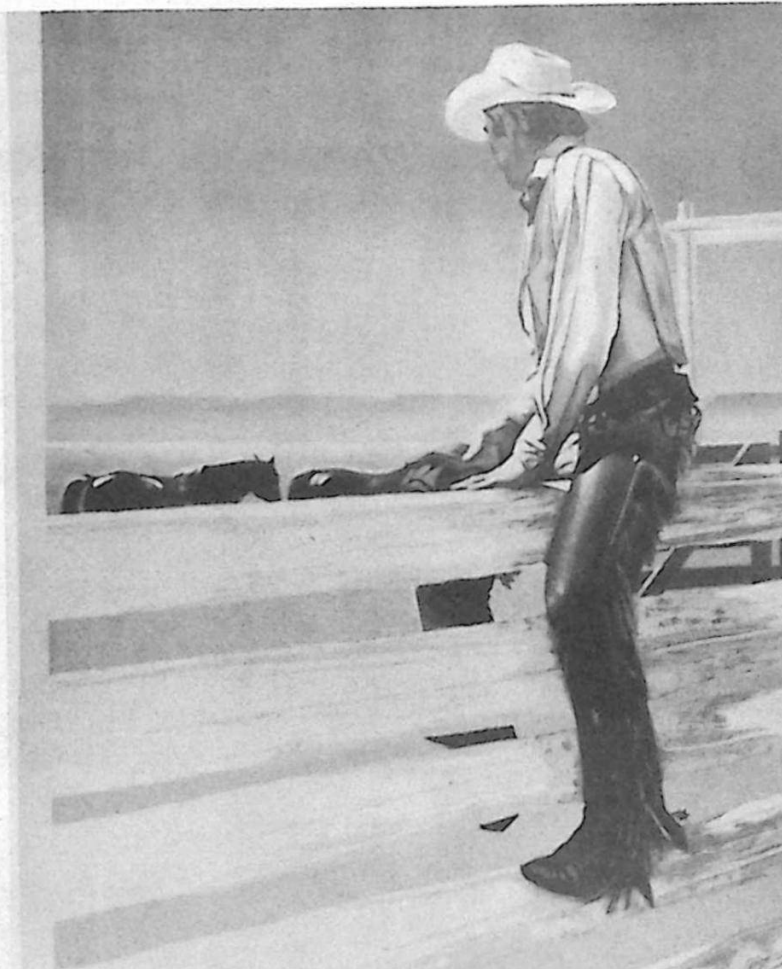
Something exciting is happening at Wilsden Galleries in Courtenay July 9 to 25. Wilsden is putting together a show titled "The Print Maker's Art" featuring demonstrations of the technique of stone lithography by Roy and Olga Tomlinson of 100 Mile House, BC.

The quality of Tomlinson's work is quite evident. Drawing directly on limestone, then doing the etching and printing themselves, they control the quality of the work all the way to the final numbering and signing of their limited editions. Each print is an original. After a cancellation print is pulled, the limestone is ground to eliminate the drawing and the stone is ready for the next image.

Other print making techniques include silkscreen (serigraphy) and intaglio. Prints made by these methods will be part of Wilsden's show. The artists who use these methods and who will be displaying their work are Rick Beaver, Robert Genn, Heather Thomas, Elizabeth Scott, John Hooley, Helen Stewart, Chris Malmkvist, Robin Wall and Rita Lochr.

Why an original print? One of

"High Country Corral"



Original Stone Lithograph by Olga Tomlinson

the purposes of this show is to clarify how the original, hand-pulled print differs from the copy or reproduction print. The fact that both are called "prints" can be confusing but the similarity ends there. In making a reproduction print, the object is to copy, as accurately as possible, an already finished artwork. In contrast, an original print becomes finished artwork through the printing techniques chosen by the artist. The idea is to create not to copy.

This exciting and informative show runs from July 9 to 25. The times of the demonstrations are as follows:

Thursday, July 9: 8 to 9 p.m.
Friday, July 10: 7:30 to 9 p.m.
Saturday, July 11: 10:30 to 11:30 a.m. and 2 to 3 p.m.

The gallery is located at 440 Anderton Ave., Courtenay (by the 5th Street bridge). Hours are Tuesday to Saturday, 10 a.m. to 5 p.m. Open evenings by appointment. Phone (604) 334-2286.

Comox Air Force Museum

May -Sept 10 am - 4 pm
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Featuring GULF war, VU33 & 409 Sqn Displays

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Feature

New Buildings for 888 Komox Wing RCAF and 386 RCAC Sqn

By Gerry Gerow

888 Wing of the Royal Canadian Air Force Association recently occupied their new wing quarters on Little River Road close to the retired aircraft display area of CFB Comox.

The new complex consists of three buildings. Two buildings were acquired from CFS Holberg, disassembled by a crew of volunteers and trucked to the site where they were reassembled, again by volunteer labour. The third and main building was built from the ground up mostly by volunteer labour from Wing members. The auxiliary buildings house the local Air Cadet Squadron and also provide meeting and storage space for other local groups. The main building serves as a the Wing lounge, and provides a panoramic view of the airfield.

Housing Chairman Bill Shields estimates that about 10,000 man hours of volunteer labour has gone into the project. The main building was erected using about 85% volunteer labour. According to Shields, financing was a combination of a "Go B.C." grant, Wing funds, and a mortgage on the premises. The "Go B.C." grant was instrumental in providing the two auxiliary buildings which are used primarily by the local Air Cadet Squadron and other community groups. A number of members made personal donations to the project ranging from a few dollars to \$1,000, according to their personal resources.

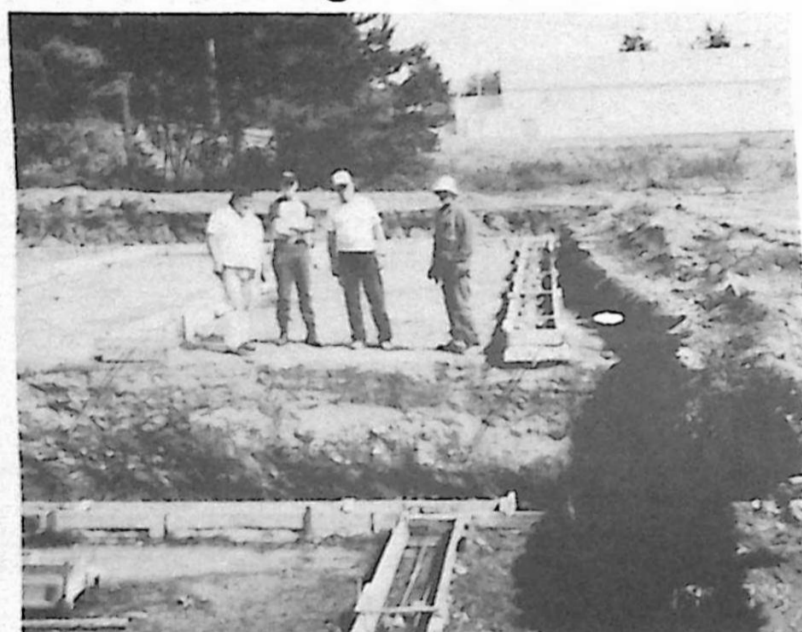
Wing Chairman Stu Living points out that the Wing is far more than a bunch of old has-beens sitting around. According to Living, around 25 to 30 thousand dollars is donated annually to Valley charities and the Air Cadet Squadron. This has the effect of making the Wing into a very viable local service club. He also points out that the Wing lounge is open Thursday through Sunday, and DND personnel, both civilian and service, are welcome at any time. It is hoped to expand the opening hours as business increases and makes it feasible to do so.

Membership Chairman Al Scott is quick and proud to announce that membership has now passed the 300 mark, making 888 Wing the largest in B.C., and one of the largest in Canada. One only has to visit the cheery and bright Wing lounge to realize why membership has become more popular. Scott says that membership is split almost fifty-fifty between former officers and enlisted men, and the executive breaks down in a similar fashion.

Bar manager John Haughton is proud of his new bar and his staff of volunteer bartenders. Haughton says that prices are similar to those charged by outlets on the Base. He also indicated that there are no dress regulations during normal day to day operation of the Wing.

The 888 Wing lounge is a re-incarnation of a pre-unification RCAF Mess. Drop in on a Friday afternoon and see for yourself.

Waiting for Cement



Background: forms for auxiliary building. Foreground: part of forms for Wing building.

Going Up!



Assembling one of the auxiliary buildings for the Air Cadet Squadron.

Building their Wings

The Roof Goes On



All-volunteer crew applies sheathing and roofing to the Wing building, airfield side

Wing Executive, 1992



L-R: Bill Shields (President), Betty Inrig, Dick Ulm, Moe Morrison, Bob Goldie (hidden), Stu Living (Past President), Cec Donovan, Ken Nobbs, Milt "Bing" Bingham, Doug McKean, Bruce Inrig.

Holberg Operations (1)



Holberg Wrecking Crew
Holberg Operations (2)



The dismantling gang at Holberg

What a View!



John Woods enjoys the patio.

What'll you have?



John Haughton tends a well-stocked bar.

Relaxing (1)



The lounge area offers a cozy corner

Relaxing (2)



...or a room with a view.

Guinness Record for Gerry

888 (Komox) Wing, RCAF, presents an atmosphere for many and varied surprises, reunions and presentations along with regularly scheduled events. One surprise event occurred recently.

On Thursday, 11 June, 1992, WO Paul Beatty of Search and Rescue 442 Squadron, CFB Comox, presented to Gerry McNutt a certificate from the Guinness Book of World Records. It stated, in part, "Master Corporal Gerry McNutt of 413 Search and Rescue Squadron completed the first parachute jump at the North Pole on 27 April 1974." Obviously, it has taken many years for verification of this fact throughout the world, but it will appear in the 1993 edition of the Guinness Book.

Gerry joined the RCAF in 1952 and was posted to 121 Squadron Search and Rescue in Vancouver. In 1960, this Squadron was disbanded and he was transferred to Comox with 442 Squadron until 1970. Gerry was then transferred to 413 Squadron in Summerside, PEI, where he remained until 1976. Next, he went to Gander, Newfoundland, to assist in the formation of a Search and Rescue Squadron there. He remained in Gander until his retirement in 1979.

During his posting in Summerside, Gerry and his crew members were assigned a mission to fly a Labrador Search and Rescue helicopter to the North Pole. They were to establish the length of time it would take and log the obstacles along the way - and they were many.

The mission commenced from Summerside because it was the closest station to the Pole. Due to the limited fuel capacity of the Labrador and the lack of fueling stations along the way, it was necessary for a Hercules aircraft to fly on ahead and drop fuel on the ice. The helicopter would have to land, pump in the fuel and take off again on the next leg of the journey. Finally, they reached Alert in the North West Territories. From here, they were able to fly to the North Pole and fortunately, it was a bright sunny day with little wind. Here Gerry commenced his drop to the Pole by parachute, followed by his buddies. Because there was not enough fuel for the return trip to Alert, it was again necessary for the Hercules to make a fuel drop so the Labrador could return to Alert, and by the same method, back to Summerside.

While others had attempted this feat, they had been approximately 40 miles short of the Pole. Gerry and his mates successfully completed their mission in approximately 26 hours of flying time each way. This was exclusive of the landings for refuelling along the way.

As a part of this mission, the crew flew Dr. McInnes and his team of marine biologists to the Pole on a scientific expedition. They were left there for four days and the Labrador returned to take them back to Alert. However, some difficulties occurred in locating the Dr. McInnes team. Due to the earth's rotation, the ice cap on which they had made their camp had drifted into Russian ter-

Pole Jumper



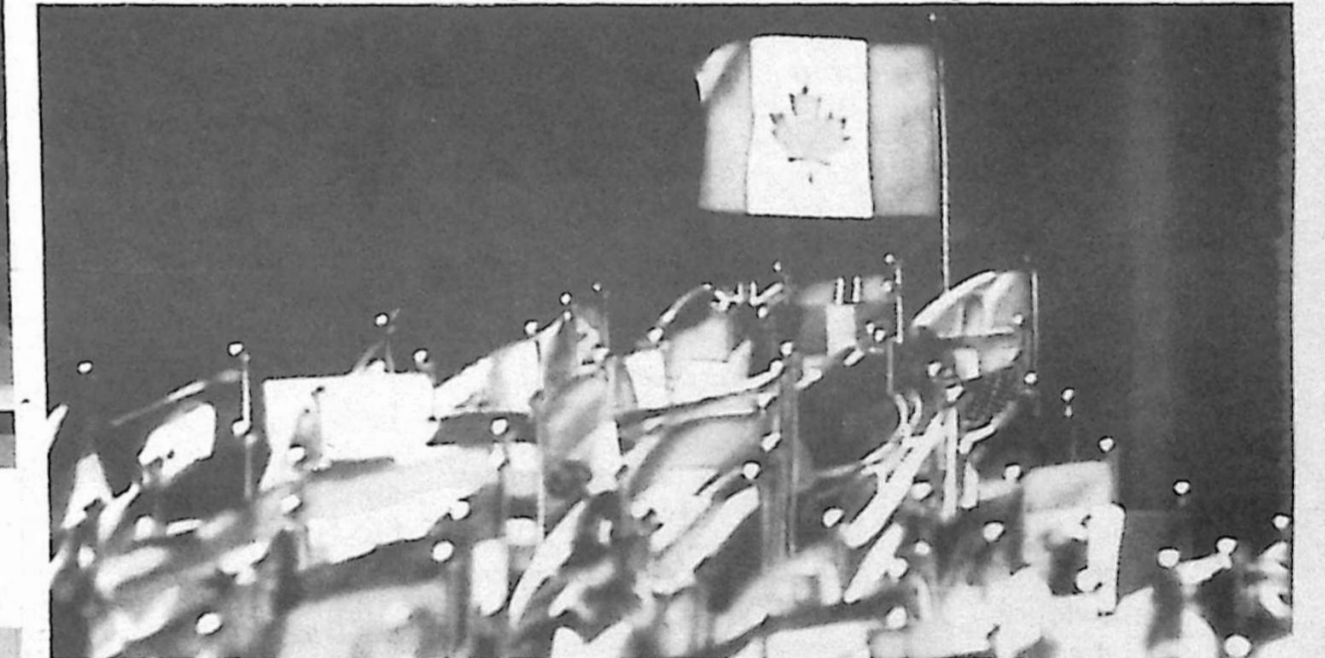
Gerry McNutt

ritory. This fact, combined with the necessary fuel drop and refuelling process, provided for an extremely harrowing experience.

The missions of Gerry and his crew mates were extensive and varied with greater and lesser degrees of danger and difficulty. One of his jumping partners, Mike Johnson, instigated the search and ultimate success in the Guinness Book of World Records. His other two partners at the Pole were Jim Scobey and Bernie Fitzgerald.

Following his retirement from the Canadian Forces while stationed in Gander, Newfoundland, Gerry returned to Comox. He joined Lafarge Concrete, a Division of Lafarge Canada Inc. and is still in their employ.

Gerry was instrumental in moving the two steelbox buildings from Holberg to the 888 Wing site on Little River Road.



On our 125th Birthday, we're on top of the world.

The Human Development Report (1992) ranks Canada No. 1 in the world for quality of life.

Published by the United Nations Development Programme, the report is based on the life expectancy, education levels and purchasing power in 160 countries.

Canada
125 years to celebrate

Leisure

Country Kitchen

Fish Fish Fish

Part 2 - My Favourite Tuna Recipes

BARBARA VERMETTE

I don't think I know anything more versatile than a can of Tuna. If you keep a couple of cans on hand in your cupboard, you'll never be caught short when that unexpected company drops in. There are numerous grades of canned tuna, with the most expensive being the white or "light" coloured chunks, then the less expensive to buy flaked light or dark tuna. Both are equally nutritious and of course, the water-packed is healthier for you than the oil-packed, but you can just rinse off the oil.

I can never pick up a can of tuna without thinking of my friend Jane. She and her husband and children came to Canada from the deep south, on exchange to 442 Squadron here at CFB Comox. While here, she wanted to absorb the Canadian culture and take advantage of doing things unavailable to her during other postings. One thing to take advantage of was the abundance of fresh fish available at the wharf. Knowing she and her family liked tuna, but never having seen an actual fish, she ordered TWO with the intention of doing some canning. The sight of this woman staggering down

the dock with two large frozen tunas was one to behold. "Oh well," thought Jane, "all the more cans of tuna stacked up on my pantry shelf!" She disappeared into her house and was not seen for three days. A month or so later, it was time for Jane to make her trek across the border to the PX to stock up on cheaper canned goods. Upon her arrival home, her husband was helping her to unload the van and he queried her as to why on earth she had bought tuna with the great stock of home canned they already had. She denied having done so, saying it was canned chicken she had purchased by the caseload. Upon closer inspection, she discovered he was correct. She had purchased CHICKEN OF THE SEA canned tuna. Six years later, she assures me it's all used up, probably in recipes like some of the following:

Quick Tuna Sandwiches

Mixing a can of tuna with celery, onion and mayonnaise, and sticking it between bread of your choice is the quickest lunch. Pickle relish can be added, or for a hot variation, grate some cheese and stir it into the mixture, put it on halved buns and pop it under the broiler for a few minutes until the cheese melts.

Tuna Pizza Burgers

Another variation is: 1/3 cup mayonnaise, 1/4 tsp oregano, 1 tsp grated onion, 1/4 cup water, 1/2 tsp salt, 1 - 7 oz can tuna, drained and flaked, 1/4 cup tomato paste, 2 T. chopped green pepper

1 cup grated mozzarella cheese, hamburger buns, Mix first eight ingredients together and put on halved buns. Top with cheese and heat in oven (350 degrees F.) or under the broiler until cheese melts.

There are many versions of the Tuna Casserole. Here are just a few:

Tuna Fish Rice

3 T. butter, 1/4 cup chopped onion, 1/4 cup chopped celery, 1 - 7 oz. can tuna, drained and flaked, 2 cups cooked rice, 1/4 cup chopped parsley, salt and paprika to taste. Melt butter in a large saucepan while rice is cooking. Add the celery and onions and cook slowly until tender. Stir in the rice, tuna, parsley, salt and paprika. Heat and serve immediately.

Basic Tuna Noodle Casserole

1/4 lb medium noodles, 1 quart boiling water, 1/2 tsp salt, 1/2 lb fresh mushrooms, 2 T. oil, 1 - 7 oz can tuna, drained and flaked, 2 cups thin white sauce (recipe to follow), 1/2 cup grated cheese. Cook noodles in boiling water until tender, about 15 minutes. Drain. Wash and slice mushrooms. Heat oil in frying pan and add mushrooms, cooking until golden brown. Combine noodles, mushrooms, tuna and white sauce and pour into a greased casserole dish. Sprinkle with cheese and bake 20 minutes at 350 degrees F.

White Sauce
1 T. butter, 1 T. flour, 1/2 tsp salt, pepper to taste, 1 cup milk. Melt butter, add flour and seasonings, and stir to make a paste. Add milk a little at a time, cook and stir constantly until smooth and thickened. (Note: To make a thicker sauce, increase the butter and flour one to three tablespoons equally.) You can eliminate the noodles and call this recipe Creamed Tuna on Toast. Or, again eliminating the noodles, add a tablespoon of sherry and some onion juice, top it with a pastry crust, bake it at 425 degrees F. for 25 minutes, and call it Tuna Fish Pie.

Tuna Noodle Casserole Bake

8 oz. medium egg noodles, 4 cups water, 1 tsp salt, 2 cans mushroom soup, 1 cup water, 1/2 tsp worcestershire sauce, 1-1/2 cups grated cheddar cheese, 3 hard cooked eggs, sliced, 2/3 cup stuffed olives, sliced, 2 - 7 oz cans tuna, drained and

flaked. Garnish: radish roses, parsley and green pepper rings. Cook noodles in boiling water and salt for ten minutes. Heat mushroom soup with one cup water and add worcestershire sauce. Remove from heat and stir in grated cheese until it melts. Slice eggs and olives, and reserve a few for garnish. Mix eggs, olives, tuna, noodles and soup together. Pour into a greased casserole dish and bake at 350 degrees F for 25 minutes. Garnish with egg and olive slices, radish roses, parsley and green pepper rings. Return to oven for 5 minutes and serve.

Tuna Oriental (A stove top recipe)
1 - 13 oz can pineapple chunks with juice, 2 - 2 oz envelopes sweet and sour mix, 1 medium green pepper, cut in chunks, 1/4 small onion, cut in chunks, 2 stalks celery, sliced, 1 can bamboo shoots, 1 can sliced water chestnuts, 2 - 7 oz cans tuna, drained (Chunks look most attractive.)

cooked rice, Drain pineapple, reserving juice. Add enough water to make 2 cups liquid. In a saucepan, heat juice with sauce mix until thickened. Add green pepper, onion, and celery, and cook five minutes, stirring constantly. Add tuna, pineapple chunks, bamboo shoots and water chestnuts, and cook until thoroughly heated. Serve over rice.

Tuna Cashew Casserole

2 cans cream of mushroom or chicken soup, 3 - 7 oz cans solid white tuna, drained and flaked, 2 cups celery, 1/4 cup chopped onion, 2 cups water, 1 can sliced mushrooms, with juice, 1-1/2 cans chow mein noodles, 1/4 cup chopped green pepper, 1 - 10 oz package salted cashews. Combine ingredients and sprinkle remaining 1/2 can chow mein noodles on top. Bake at 350 degrees F. for 30 minutes.

Gourmet Creamed Tuna

1/4 cup butter, 1/3 cup chopped onion, 3 T. flour, 3/4 tsp salt, 1/8 tsp pepper, 3/4 cup white wine, 1/2 cup chicken stock, 1 cup light cream, 3 hard cooked eggs, chopped, 3 T. chopped olives, 1/2 tsp dill weed, 2 - 7 oz cans tuna, slices of toast or hot cooked rice. Heat butter in saucepan, add onion and cook until tender. Stir in flour, salt and pepper to make a paste and remove from heat.

Add wine, chicken stock and cream all at once and stir. Return to moderate heat and cook, stirring constantly until thickened and reaches the boiling point. Stir in eggs, olives, dill and tuna. Heat through and serve over toast or with hot cooked rice.

Tuna and Olive Quiche

Crust:
2 - 3 oz pkgs cream cheese, 1/4 cup soft butter, 2 T. heavy cream, 1-1/4 cups flour, 1/4 tsp salt. Beat cream cheese and butter until smooth, then add cream and continue to beat for two minutes. Gradually add flour and salt to form dough. Form into a ball, wrap in waxed paper and chill one hour in fridge. Roll out dough between two layers of waxed paper and press into quiche pan. Cover with aluminum foil and press down, filling foil with rice or dried beans, and bake seven minutes at 400 degrees F. Remove beans and foil, prick crust with fork and bake five minutes more.

Filling:
1 - 7 oz can tuna, drained and flaked, 1 tsp grated onion, 1/2 tsp worcestershire sauce, 1 tsp lemon juice, 1/4 tsp salt, pepper to taste, 2 T. tomato paste, 1/2 cup sliced olives. Flake tuna and add remaining ingredients except olives. Spread over bottom of pastry crust and

sprinkle with sliced olives. Top with following custard: 3 eggs, beat and add 1 cup heavy cream, 1/4 cup dry white wine, pinch of salt, pepper and nutmeg. Bake quiche in 375 degree F oven for 40 minutes, and let stand 10 minutes before serving.

Tuna Quiche

1 pie shell, 1/2 lb bacon, 1 small onion, sliced, 1/4 lb swiss cheese, grated, 1 - 7 oz can solid white tuna, 3 eggs, slightly beaten, 1-1/4 cups light cream, 1/2 tsp salt, 1/4 tsp MSG, dash Tabasco and nutmeg. Fry bacon until crisp, drain and crumble. Cook onion in bacon drippings. Place cheese in pie crust and top with bacon, onion and tuna. Mix eggs with cream, salt, MSG and Tabasco. Pour over tuna. Sprinkle with nutmeg. Bake at 425 degrees F for 15 minutes, then reduce temp to 325 degrees F and cook 30 minutes longer.

These are just a few of many great tuna recipes. By the way, cats love tuna. So, if you have extra tuna you don't know what to do with, I can supply the kitten. I've got five beautiful, chubby kittens that will be ready to go to a good home in about three weeks' time. Give me a call at 339-6439 if you're interested in having one free. Until next time!

888 (KOMOX) WING
RCAFA
CALENDAR OF EVENTS
JULY 1992

Sat 11 July.....STEAK NIGHT \$7.50 per person
Sat 18 July.....STEAK NIGHT \$7.50 per person
Sat 25 July.....STEAK NIGHT \$7.50 per person
Sat 1 August.....STEAK NIGHT \$7.50 per person

CRIBBAGE NIGHTS.....1st & 3rd Monday each month 7:30 PM. COMMENCING 6 JULY.....Lunch Will Be Served 11:30 a.m. to 1 p.m.

DND AND MILITARY PERSONNEL WELCOME
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Thursday 12 noon - 1 a.m.
Friday and Saturday 11 a.m. - 1 a.m.
Sunday 1 p.m. - 7 p.m.

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...non-belted occupants have been killed in crashes at speeds as low as 19 km/h.

NEXT DEADLINE 20 JULY

Recreation



Achy Breaking Explosion

It's not a country song, it's a universal song and it's a world-wide hit. The song is Achy Breaky Heart, and already rocketed to the #1 position on country listings, top-10 pop and has blown into charts everywhere. The artist Billy Ray Cyrus has just released his *Some Gave All* (Mercury) disc and, like the single, it's the hottest thing on the charts.

Already touted as the "next Garth Brooks," Cyrus is going to reap platinum-plus from this one. It's totally loaded with hit singles potential. Kicking off with a medium-paced *Could've Been Me* Cyrus clicks with the Heart track and wisely moves to slow down the pace for the ballad *She's Not Cryin' Anymore*. He covers all the bases as he shuffles through *Wher'm I Gonna Live?* adds an uptempo revival on Nancy Sinatra's *These Boots Are Made For Walking* and serves up a bluesy *I'm So Miserable*. Title track is a heart-tugging winner.

Grab this one quick because it won't stay on the shelves for very long. Remember that name Billy Ray Cyrus.

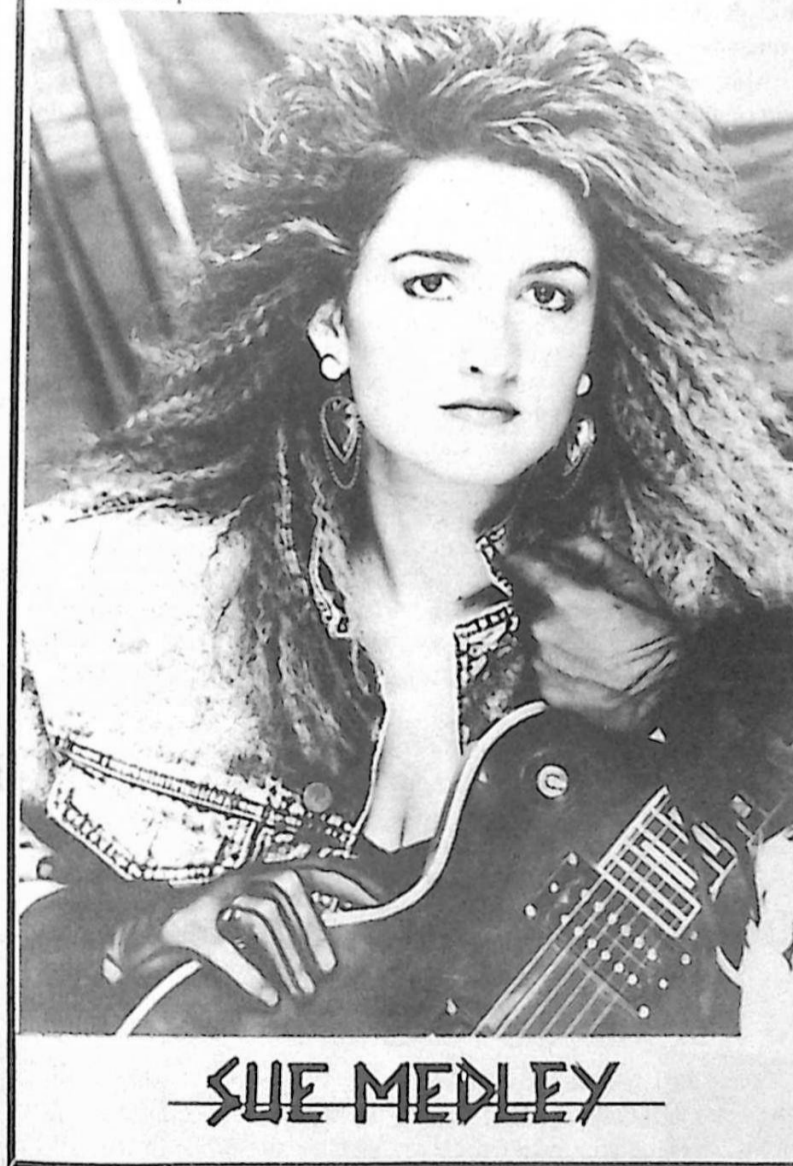
Sue Medley

Courtenay, BC, native Sue Medley is rippin' it up with her *Inside Out* (Mercury). Her first single *When The Stars Fall* is quickly turning into a power track on most listings. Written in Vancouver over a year ago, the song is Sue's observation about "...what a crazy business we're in and how the support of friends makes a difference."

Sue says "I've called this album *Inside Out* because it's all about reaching inside yourself and putting into words the things you find there." Title track will draw heavy radio response but so will *Under A Southern Sky* and the highlight tracks *Forget You* and *I Can't Imagine*. Ms Medley is currently on a cross-country promotional tour so watch for her on local listings.

Fast Facts

A native of Sledge, Mississippi, Charley Pride has had almost three dozen #1 country hits. However, he has only hit the pop charts once and that was when his *Kiss An Angel Good Morning* sold a million copies.



SUE MEDLEY

PITCH-IN AND RECYCLE
NEXT DEADLINE 20 JULY

L.G. Honours again for Sharon Miles

by Vi Wilander

Defending champion Sharon Miles of Glacier Greens Golf Club again captured the Field Low Gross award with an 80 score in the 20th Annual Glacier Greens Ladies' Three Flight Open Tournament held June 21, 1992. The Filed Low Net winner ws Chora Eilertsen (nee Baingan) of Seven Hills with a score of 57. Trophies were sponsored by Village Food Markets and Design Floor Coverings respectively.

A field of 72 entries included eight other Clubs from courses on the Island, namely Comox (Cx), March Meadows (MM), Pacific Playgrounds (PP), Port Alberni (PA), Myrtle Point (Powell River), Sequoia Springs (SS), Story Creek (SC), and Sunnysdale (SD). No blame for the weatherman this year as the weather was ideal.

Some excellent scores were checked in. Longest drives were: A Flight - Teri Sleigh (SD); B Flight - Lori Cameron (GG); C Flight - Vi Wilander. Closest drive to the pin on #7 was Marg Wreggitt (GG), and Sharon Miles (GG) on #13. The team prize, which was donated by Village Food Markets, was awarded to Phyllis Williams, Irene Perry, Diane Kennedy and Rita Dalby for copping the lowest net total.

Other winners were as follows: "A" Flight: Low Gross - Francis Shaw (Cx) 84; Carol Strachan (SS) 85; Carolyn Walker (SD) 88; Eileen Milson (PR) 88; Judy Berkeley (SD) 88; Lori Ross (GG) 89. Low Net - Dianne Kennedy (SC) 64; Millie Hudson (GG) 65; Irene Perry (GG) 67; Maggie Miller (SD) 67; Irene Murphy (SD) 68; Lois Murray (GG) 69. "B" Flight: Low Gross - Gayle Fennell (PR) 92; Rita Dalby (SD) 93; Lori Cameron (GG) 95; Karen Salminen (SC) 95; Maureen Holt (SC) 98; Edith Hoult (Cx) 99. Low Net - Lois McNichol (Cx) 66; Peggy Hobenshield (SC) 68; Jill McLaren (PP) 69; Rose McCliesh (GG) 69; Irene Marshall (GG) 71; Pat Schmidt (GG) 72. "C" Flight: Low Gross - Peggy Clark (GG) 98; Vi Wilander (GG) 101; Marg Wreggitt (GG) 106; Lee Lindsay (Cx) 107; Gillian Iddiols (GG) 107; Kay Morrisrist (PA) 108. Low Net - Dolly Pearson (GG) 66; Ester Dods (MM) 71; Joan Curtis (GG) 72; Elsie Downey (GG) 73; Mary Hunter (MM) 75; Rose Jacobsen (GG) 75.

prize. Thanks to her Huckleberry friend, Rose McCliesh, and cohort who paced out the distance. Before presentation of the prizes, the Captain, Gillian Iddiols, extended a hearty welcome and thanks to all participants who helped make this another enjoyable tournament. The prize for the Raffle was won by Peggy Hobenshield, a beautiful hand-made afghan donated by Dolly Pearson. There were numerous draws for the floral bouquets provided by Gussie Prichard for the non-winning golfers. The end of a perfect day concluded with a delectable full course dinner catered by the Old House. Look forward to meeting you all again next year. Happy Golfing!

And to the men for donating their time and support by spotting, marshalling and scoring, the Ladies Committee extend their sincere gratitude. Their 'moral' support went a long way also. Thanks a 'hole' lot.

An added feature of the day for "C" Flight players was - a white line was marked down the middle of the airway on #2 hole and the one who had the longest drive closest to the white line was the "champ." Being her last hole, hot and tired, and as she always says "my last gasp," Vi Wilander smacked a drive 180 yards, 8 inches from the white line. Wow! She was happy to accept her

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Upcoming Events

Sunday 19 July - Mr & Mrs/His & Hers Tournament
Wednesday 22 July - Zone 6 Seniors Tournament
Thursday 23 July - 5:00 p.m., Base Social Centre, General Meeting. All members are urged to attend. Course Development and expansion program to be discussed.

Golf Winners



Chora Eilertsen receives her trophy and prize, presented by Mr. Bob Day of Village Food Markets and Ladies Club Director Gill Iddiols.

CFB Comox Windsurfing Club



When the wind is blowing too strong for you to Golf or Fish, why not try Windsurfing? Our club has everything needed for the beginner to advanced sailor, including wet suits. The club is open to all military members and dependents. If you are interested in joining or require any information please contact MCpl Arnaud at Loc 8417 or 338-7229.

CFB Comox Weight Lifting Club



Mr. Bob Day, Assistant Manager of Village Food Markets, presented the trophy to Sharon Miles. Ladies Club Director Gill Iddiols displaying the prize.

The CFB Comox Weightlifting Club is now in full operation with a growing membership. Potential members desiring to join must register through Cpl Schmidt, 442 Sqn, loc 8461. Membership fees are \$10 per year and membership cards can be picked up from Cpl Schmidt once fees are paid. The Club offers a few bonuses, ie. workout during non-operational hours, discounts on workout gear and supplements, tips on training programs, etc. You are encouraged to join. For more info please contact either Cpl Schmidt or Cpl Laprade, loc 8534/8417.

Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

Saving Yourself From the Sun

For thousands of years, human beings have been protected from much of the sun's harmful ultraviolet radiation (UV) by a layer of ozone which surrounds the earth. However, recent studies have indicated that chemical pollution is threatening this protective layer. Scientists are still debating how much of the ozone has already been destroyed, but there is no dispute about our need to take extra precautions against the sun this summer.

The effects of UV are similar, though less intense, than x-rays. Although we cannot feel the immediate effects of either form of radiation, they are both capable of triggering biological activity in our bodies which could have harmful effects on our health. UV, for example, can cause skin cancer. For this reason, it has always been wise for people to limit their exposure to the sun. Now, it is even more advisable. Nurses urge you to shorten the time you spend in direct sunlight - especially between 10 a.m. and 3 p.m. - and to protect your skin with sunscreens, sunglasses and light clothing when you are exposed.

There are other factors which should influence how much time you spend in the sun:

Your exposure to UV will increase at higher altitudes because of atmospheric differences. UV exposure will also be higher if you're at the beach or out on the water where up to 85 per cent of the available light is reflected back at you. And don't be fooled by the weather. Up to 80 per cent of UV can still reach us through the atmosphere on days with light fog, haze or light clouds.

You should also consider your skin type. If you are fair-skinned with light-coloured eyes and have blonde or red hair, you are at greater risk of developing skin problems. Cover up more frequently, take advantage of shady spots and use extra-strength sunscreens.

No matter what your skin type, though, nurses advise you to choose a sunscreen that is effective and appropriate for your skin type and activities. Physical sunscreens, such as zinc oxide, provide an opaque barrier which prevents sunlight from penetrating to the skin when thickly applied. Apply them to sensitive areas such as the lips, nose and ears. Less sensitive areas of the body can be protected by chemical sunscreens which filter out UV rather than physically blocking it like zinc oxide. Chemical sunscreens are rated by SPF, or sun protection factor. It's a comparison of how much longer a sunscreen can protect you from harmful exposure to UV compared to unprotected exposure. For example, if you normally start to burn in ten minutes, a sunscreen with an SPF of 15 will allow you to remain exposed to sunlight for 150 minutes before burning.

To be effective, apply sunscreen generously at least 30 to 45 minutes before going out in the sun. This allows time for it to penetrate the skin. If you are going to swim or sweat a lot, use a water-resistant screen (good for up to 40 minutes) or a waterproof screen (good for up to 80 minutes).

Don't try to protect a baby with sunscreen. No sunscreen is good enough, no matter what the rating. Children under one year of age should simply be kept out of direct sunlight as much as possible. When toddlers and young children are out, they should be protected with light clothes, a hat and a sunscreen with an SPF of 15 or greater.

info health

Dr. Bob Young



"Splat"

There are few sounds that provoke more parental concern than the "splat" of a child falling from a playground slide or swing. It happens frequently, with about 20,000 Canadian kids, most of them aged five to ten, showing up in emergency departments each year.

While we are sure your kids are well-behaved on the slides and swings, just as mine were, the rule of the jungle sometimes prevails. Pushing and shoving on ladders, jockeying for position on the slides, and derring-do on the monkey bars is inevitable when rambunctious children are involved.

About all we can do is ensure that the equipment is as safe as possible, and that the landing area is soft. Swings, statistically the most dangerous playground toy, should have cloth or leather sling seats rather than metal or plastic ones. Many a child has been

struck on the head while innocently walking behind a flailing swing. And small fingers can get caught in swing chains unless they are covered with plastic hose or tubing.

Slides should be narrow (so the edges can be reached), and not too steep or slippery.

Injuries are often significant. A Winnipeg study showed that, of 50 monkey-bar injuries seen in a 90-day period, 21 were fractures and 13 others involved heads and necks.

Choosing the base for the equipment is very important. Materials vary in their ability to absorb impact; unfortunately concrete, a common choice, is the worst. Asphalt and packed earth are little better. These are all commonly used surfaces due to low cost and easy maintenance.

Shredded rubber is somewhat better but keeping the depth at the suggested 6 cm minimum is dif-

ficult, and hot weather may generate toxic fumes from this material. Wood chips, at a depth of 30 cm (one foot), are effective in cushioning falls. There may be slivers produced, and fires are apparently a common problem.

Twenty cm of pea gravel absorb more energy than the wood chips. Unfortunately dogs and cats consider pea gravel to be litter box heaven so it is difficult to keep clean.

Good old fashioned sand, 25 cm deep, is generally recommended as being the safest landing ground for those who fall from playground equipment. Does your child's school and playground know this? And what is the ground like under your backyard slide?

Both the idea for this column and much of the above information stems from a timely article in the April 14, 1992 issue of *The Medical Post*.

Illicit Drugs

Has your urine been tested for drugs yet? Increasingly workers and job applicants are being asked to provide a specimen for analysis. In a move that some have labeled an invasion of personal privacy, employers are looking for evidence of marijuana, cocaine, morphine derivatives, amphetamine (speed), and alcohol use. (Alcohol is checked using breath or blood rather than urine.)

Testing for illicit drugs is a strange little corner of medicine; a mixture of law, pharmacology, laboratory chemistry, ethics, public safety, human rights, and employee relationships.

In the USA ten per cent of male and almost six per cent of female workers over 18 years of age use drugs at least occasionally (once a month or more). Between the ages of 18 and 25, about 24 per cent of men use illicit drugs. This

drops to about 15 per cent in the next decade, with the rates for women being about half as high. After age 35 about two per cent of each sex remain users.

The "quick and dirty" screening tests catch a lot of suspicious samples. About a third are false positives, showing drugs when there are none. Sophisticated second testing is very accurate.

The cost is about \$100 per sample, a significant amount if you have a large number of employees. Perhaps not too much if an addict pilots an expensive plane with 400 potential lawsuits on board, or is safety manager of an oil refinery.

Sometimes a positive test can be due to the presence of a legitimate prescribed drug - cocaine in a headache tablet, alcohol in a cough mixture, for example. Occasionally an innocent drug will ring alarms because of

its chemistry. These anomalies can usually be sorted out.

Contentious also is random or sporadic testing. Workers don't like this much, even when they accept pre-employment or post-accident testing. Remember, testing requires that the urine be passed in the presence of a witness to ensure its source.

Ethical questions and human rights are still being worked out. Should the employer fire (or not hire) the user, force him or her to seek treatment, report test results to the police, or what? Is the goal of testing to identify the questionable worker, increase job safety, guard the employer's interests, protect the public, or reduce the use of recreational drugs?

Probably all of the above. But it is still a strange little corner of medicine.

Auto Hobby Club Breaks Last Year's Record

At this time last year the Auto Hobby Club had around 250 members but thanks to the efforts of the club supervisors and executives, the club membership stands in excess of 375 members. There are many changes in the Auto Hobby Club, one of which is the use of the other side of the building; another is the addition of a tool crib and the 24 hr car wash.

The Auto Club can take care of all your automobile needs; if you like to work on your own car the facilities are outstanding. If you're the type that likes to drop your car off, we have people who are willing to help you. If you have an old beater or a brand new car the Auto Hobby Club has something for you.

Due to lack of use of the bays on Tuesdays, the shop will be closed from 15 June 1992 until 15 September 1992. In the fall the club will re-open on Tuesdays. If you are interested in joining the Auto Hobby Club, please drop by during normal operating hours, 1800 - 2200 hrs MON and WED or 0900 - 1600 hrs SAT. Or contact one of the supervisors on shift at 407 Sqn Servicing.

On & Off the Base



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Fri 26 June.....Music by Westwind
Fri 03 July.....Music by Rawhide & Lace
Fri 10 July.....Music by Westwind

REGULAR ACTIVITIES

BINGOS.....Thur., Fri., Sun. at 7:00 PM
MONDAY.....FUN EUCHRE
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 11 July.....Sherlock Holmes Musical Murder Mystery
8:00 - 10:00 Teams of Four \$2.00 per player
Come Out & Try This Fun Game

SPORTS

Sunday 09 August.....Fun Golf
Details T.B.A.

BRANCH 160 COMOX
339- 2022

ENTERTAINMENT

Fri 10 July.....Music by Wylie & The Other Guy
Fri 17 July.....Music by Cross Country
Fri 24 July.....T.B.A.
Fri 31 July.....T.B.A.

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)

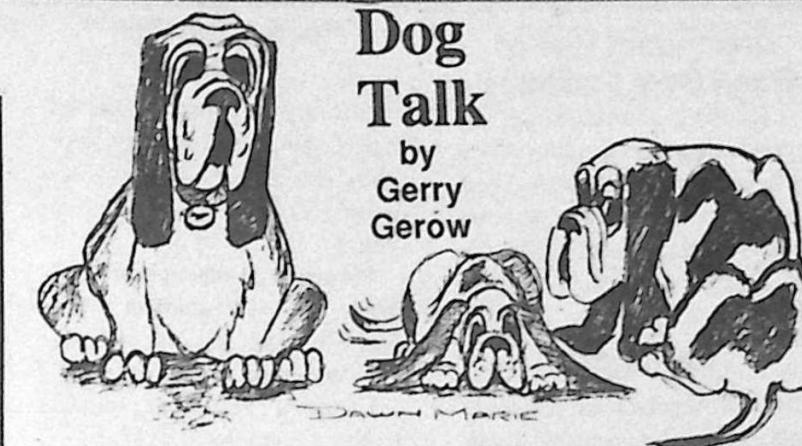
EVENTS

Sunday 5 July 2 p.m. in the lounge.....Music by Rawhide & Lace

SPORTS

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

Thanks to Labatts from the Royal Canadian Legion for their donation to the Fishing Derby, held June 13, 1992.



Dog Talk
by
Gerry Gerow

Saint Bernard

Another breed book this week. *The Complete St. Bernard*, by Muggleton and Wensley, Howell Book House and Maxwell Macmillan, New York, and Maxwell Macmillan, Canada, Don Mills, Ont. \$32.50.

An excellent, no nonsense breed book by three very knowledgeable people. Pat Muggleton has been involved with St. Bernards for forty years, and Micahael and Ann Wensley have many years also, in the breeding and showing of these intriguing dogs.

The book starts out with a history of the breed. These dogs were originally the rescue dogs of the Great Saint Bernard Pass in the Swiss Alps. Today, of course, with the coming of the helicopter they have become redundant. The rescue teams now prefer the lighter German Shepherd dog. The Hospice is no longer used to shelter travellers and is now kept as a tourist attraction, with a few

St. Bernard dogs for the visitors.

The St. Bernard is not just a big dog, they are huge. Anyone entertaining thoughts of acquiring one of these majestic creatures had better know what they are doing. The authors ensure that you will be prepared for what is coming if you obtain one of them.

Everything wanted in a good breed book is here. This is a well-illustrated, 160-page hard cover edition. It is hot off the press, so if you can't find it on the shelves, ask them to order it for you.

One of the most problematic diseases which can affect your dog is "Hip Dysplasia." This is an abnormality in the dog's hip joints which will cause him/her to be unable to walk or run properly when they get a little older. All responsible breeders are conscious of the threat of hip dysplasia, and guard against it in their breeding.

Hip Dysplasia is detected by X-ray after the dog is two years or more old. The Orthopedic Foundation for Animals in the United States (O.F.A.) examines the X-rays sent to them, rates the animal and issues a certificate to the owner. Three different radiologists read the films and arrive at a rating for the animal. Only those with a rating of good are considered fit for breeding.

When you purchase a puppy from a breeder, you should ensure that you are shown proof that both the parents are O.F.A. certified. In most cases with a responsible breeder you won't have to ask.

However, occasionally you will run into a back yard breeder who just doesn't care enough to go to the trouble and expense of having his/her dog certified. Beware of statements like, "It isn't a problem with this breed." It is a problem with all breeds. The larger dogs admittedly have a bigger problem with the disease when it develops, but the small ones do also.

Bookshell Bestsellers



Pat Bolen
Proprietor

2751 Cliffe Ave.,
Driftwood Mall,
Courtenay, B.C. V9A 2L8
604-338-5943

Debi Williams
Manager

get your Totem Times here

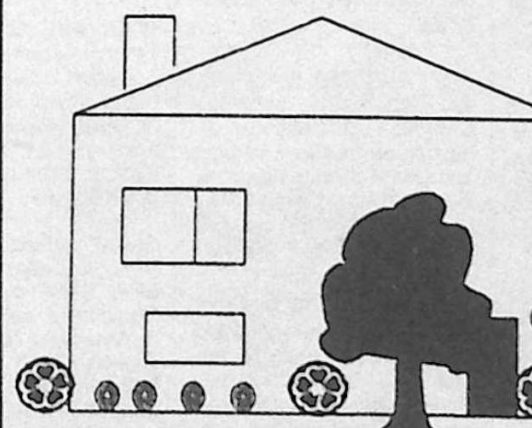
10% off for mil pers - show ID

Week Ending 11 July

10 Top Paperbacks

- | | | |
|------------------------------|------------------------------------|------------------------------------|
| 1. Needful Things.....King | 4. The House of Thunder.....Koontz | 7. Sleeping Beauty.....Michael |
| 2. The Deceiver.....Forsyth | 5. Touches the Stars.....McKee | 8. The Grass Crown.....Ross |
| 3. Phantom Leader.....Berent | 6. Darkness.....Saul | 9. Flowers in the Rain.....Pilcher |
| | | 10. Allen 3.....Foster |

BEAUTIFUL PMQ CONTEST



IF YOU BRIGHTEN UP YOUR PMQ BY PLANTING FLOWERS, HANGING UP FLOWER BASKETS, KEEP YOUR LAWN MOWN, ETC.

YOU COULD WIN A PRIZE!!

JUDGES WILL PERIODICALLY BE GOING THROUGH THE AREA BETWEEN NOW AND THE END OF AUGUST AND WILL BE TAKING NOTE OF LAWNS, FLOWER GARDENS, YARD NEATNESS, ETC.

PRIZES -
1st \$100.00 2nd \$75.00 3rd \$50.00

nine Ward prizes of \$25.00

NEXT DEADLINE 20 JULY - NOON

Canadian Intelligence Corps 50th Anniversary CF Intelligence Branch 10th Anniversary

29 October - 1 November 1992 at CFB Borden. All serving and former members of the CF Intelligence Branch, and all former members of the Canadian Intelligence Corps (C Int C) are invited to join in a combined celebration, including curling tournament and mess dinner. Contacts are WO Leclair, Intelligence Branch Association Secretary, NDHQ/CIS/DG INT, 101 Colonel By Drive, Ottawa, Ontario, K1A 0K2, (613) 945-5051; or Capt (Ret) Bernie Lemieux, C Int C Association, 111 - 665 Bathgate Drive, Ottawa, Ontario, K1K 3Y4, (613) 745-5062.

St John Ambulance Volunteers

The Comox Valley Branch of St. John Ambulance (a voluntary agency), needs individuals to assist in the operations of its central office. The work would involve no more than two hours a week. If you are interested and prepared to help with the provision of a most worthwhile service to your community, please contact Leslie Wood at 338-1737 or 338-2323.

Public Announcements

L'Association Francophone de la Vallée de Comox

AFVC - L'Association Francophone de la Vallée de Comox est une association à but non lucratif ouverte à tout(e) francophone ou francophile de la région. Le Conseil d'administration se réunit régulièrement au cours de l'année afin de réaliser divers projets sociaux, culturels et récréatifs. Nouveaux membres sont les bienvenus. Pour partager vos idées ou pour vous renseigner, téléphonez à Diane au 339-3990 ou venez nous rencontrer à notre bureau du Centre communautaire au coin de Lazo et Ryan rd. (à côté du Canex) entre 13h et 16h le mardi, mercredi et jeudi. Au plaisir de vous connaître!

L'Association Francophone de la Vallée de Comox is a non-profit organization open to all Comox Valley Francophones and Francophiles. The Administrative Council meets regularly through the year to prepare many social, cultural and leisure events. New members are welcome. To become involved, or for more information, call Diane at 339-3990, or stop by our office in the Community Centre on the corner of Lazo and Ryan Roads (beside Canex). Hours: Tuesday, Wednesday and Thursday from 1 p.m. to 4 p.m. We're looking forward to your visit!

CFB Comox Invitational Ball Hockey Tournament

The CFB Comox Lady Totems Fastball Club will be hosting an invitational Ball Hockey Tournament 19-21 Jul 92. All teams are welcome.

Cost is \$200.00 per team with 12-team maximum entry. Entry fee includes four game guarantee. Money prizes to top three teams. Intent to enter and \$50.00 deposit required by 10 Jul 92. Deposit can be made out to Lady Totems Fastball Club. OPI for tournament is Cpl Gregg Carr 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.

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.

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.

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.

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

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, loc 8315.

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.

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.

Vancouver Island Swim Challenge

There is a swim challenge at the Base gym for those who wish to participate. The swim around the island is done in the Base pool, and then distances are transferred onto the map. For registration and/or information, call write 8315.

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

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.

On the Base

New Pad for Tracker

On a blistering hot day in June, CE and VU33 techs relocated the Tracker from the Heritage Air Park to a site next to the main guardroom, just in time to salute the retiring colours of VU33 on their way to the Comox Air Force Museum.

O.K. JR!



Sgt J.R. Walsh supervises VU33's last tow job.

Last Touchdown



Easing onto the pads, the Tracker makes its final non-carrier approach.

Happy Gang



Pleased with a job well done, the CE/VU crew strikes a final pose. L-R: Cpl Trevor Jones, Cpl Al Knight, Pte Paul Walter, Sgt J.R. Walsh, Lt Phil Siscoe, Cpl Troy Jaggard, MCpl Cat Lemieux, Cpl Chris MacNeil. Background: Lt Chris McCarthy. Missing: Cpl Al (Mule Driver) Burdon and Pte Marthe Carrier.

Bum's Rush



Quick as a flash - this tot forgot important business in a search for the last can of pop in the cooler. Taken at a 442 Sqn family picnic in 1985.

BC BESTSELLER LIST

June 30, 1992

| | Fiction | Non-Fiction |
|----|--------------------------------|------------------|
| 1 | Generation X | Douglas Coupland |
| 2 | Gerald's Game | Stephen King |
| 3 | Jewels | Danielle Steel |
| 4 | Jazz | Toni Morrison |
| 5 | Sahara | Clive Cussler |
| 6 | Star Wars 2: Dark Force Rising | Timothy Zahn |
| 7 | Itsuka | Joy Kogawa |
| 8 | City of Gold | Len Deighton |
| 9 | Griffin And Sabine | Nick Rantock |
| 10 | "T" is for Innocent | Sue Grafton |

REAL ESTATE

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

MUSICIANS WANTED. Musicians needed to form house band. Music will be country and old rock. Vocal talent an asset. Guarantee six months work. Fine benefit package, competitive wages. Resumes must be received by July 20/92. Musicians Wanted, Site 21 Comp 8 R.R.2, Whitehorse, Yukon. Y1A 5N2.

LIVESTOCK

ALPACAS: Rare, calm, intelligent, beautiful. Mind boggling returns for farmers/investors! Best yet to come! Small investment. Free video tape - Alpaca breeding. (403)955-2012, leave message.

THE ALPACAS ARE HERE! For sale: quality bred females paired with unrelated males. View in Summerland, B.C. Richard and Maggie Krieger, Saltspring Island Llamas & Alpacas. (604)537-9446.

Triple E Custom Saddlery, R.R. #2, Chase, B.C. V0E 1M0. Custom built stock, show and barrel racer saddles, bridles, breast straps, saddle bags, repairs. Contact Brent Eamor: (604)679-3917, (604)679-3776.

MACHINERY

1984 Western Star 130 Bako self-loader. Continuous rotation grapple with 1992 Peerless Pole Trailer. 3 - stage reach. Complete 55,000. Burns Lake 1-694-3698.

MOBILE HOMES

BUY FACTORY DIRECT. Save thousands on dealer mark-up. We will custom build mobile homes to suit your needs. Doubles, singles, modulars. Phone for details. Noble Homes, Edmonton: (403)447-3414, (403)447-2333.

PERSONAL

DO YOU WINTER OUTSIDE OF CANADA and want to save on your health insurance? Write Canadian Snowbird Association, Don Slinger, Box 6, Port Severn, Ontario L0K 1S0.

WANTED

WANTED DEAD OR ALIVE. 24" Cedar shake blocks. We'll pay top \$\$\$. Please call 462-7335 or 854-0096.

PITCH-IN AND RECYCLE

Have a change of heart Reduce if overweight.

Major ICB and injury claims. Joel A. Wener trial lawyer for 24 years. Call collect: (604)736-5500. Contingency fees available. Injured in B.C. only.

SPORTS EQUIPMENT

TRAMPOLINES. Buy direct. Huge 13x13 only \$995. 16' round superjump only \$895. Delivery and set-up included. 14' rounds from \$399. Parts/repairs/rentals/pay plans. 222-1263 or toll-free 1-800-663-2261 Mon thru Sat. S.R.A. Win a Trampoline.

BC AND YUKON HEART FOUNDATION

You've Gotta Have Heart

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

| AUTOMOTIVE | BUSINESS PERSONALS | EDUCATION | HELP WANTED | PET SUPPLIES |
|--|--|---|---|---|
| Engines rebuilt from \$995. 5 year 100,000 kms warranty. Bond Mechanical serving B.C. for 27 years. Phone 7 days, 8 a.m.-8 p.m. (604)872-0641. Toll-free Mon-Fri 1-800-663-2521. | 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. | Register now for the next class in STONE MASONRY AND SMALL BUSINESS. Stone mural project - "The Majestic Elk". (604)357-9515 or write Kootenay Stone Masonry Training Institution, Box 486, Salmo B.C. V0G 1Z0. | We need you to sell toys & gifts for C & M Gifts. NO INVESTMENT, NO DELIVERIES, no collection. Call (519)258-7905 or Fax (519)258-0707 for free info. | ABSYNTHIA FLEA & TICK POWDER. The herbal solution to the flea and tick problems of your cats and dogs. 100% natural, 100% safe for your pet and the environment. Excellent for keeping away heartworm. Satisfaction guaranteed or your money back. Send cheque or money order for \$6.92 per 125g package to: BCD Distributor's #705-1222 Pendrell St., Vancouver, V6E 1L6. |
| Government seized/surplus vehicles. U.S./Canadian low as \$100. BMWs, Cadillacs, Chevys, Fords, Mercedes, Porsche trucks, vans. Amazing 24-hr recorded message reveals details (416)482-3000 copyright V011. | AMAZING GOVERNMENT GRANTS (free money) monthly benefits and low interest (easier credit) loans revealed. Canadian residents only. Business or personal details explained (416)482-3000 copyright M211. | FINANCE Government Grants & Loans. Billions of dollars are made available to new and existing B.C. businesses. The Brad Book can show you how to get your share. Call now 1-800-663-0653. | Figure skating coach needed A.S.A.P. for Ashcroft B.C. Contact 453-9391 or write Box 764, Ashcroft B.C. V0K 1A0. | PROPERTY TO BE SOLD for unpaid taxes. Crown Land availability. For information on both write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa, K2C 3J1 |
| PUBLIC AUTO-TRUCK AUCTION every Tuesday 6:30 p.m. and Saturday 12:00 noon. Over 600 cars & trucks every week. Sell your car or come as a buyer. First time customer, this ad worth \$50 in free services. 12742 King George Highway, Surrey, B.C. Info: (604)580-0011. | CAREER TRAINING FREE CAREER GUIDE to home-study correspondence Diploma courses. Accounting, Airconditioning, Book-keeping, Business, Cosmetology, Electronics, Legal/Medical Secretary, Psychology, Travel, Grantor, (5A)-263 Adelaide West, Toronto. 1-800-950-1972. | TANKS! TANKS! TANKS! Polytanks for rain/water, summer storage, chemicals. Guaranteed lowest prices. Warranty. Premier Plastics Ltd., #107-917 Cliveden, Delta, B.C. V3M 6E8. Call Collect 1(604)540-9090. | MUSICIANS WANTED. Musicians needed to form house band. Music will be country and old rock. Vocal talent an asset. Guarantee six months work. Fine benefit package, competitive wages. Resumes must be received by July 20/92. Musicians Wanted, Site 21 Comp 8 R.R.2, Whitehorse, Yukon. Y1A 5N2. | MIDWAY, B.C.'S CORNER STORE/GAS BAR Offers Take-out Ice Cream/Bakery/Groceries, Two Bedroom Suite, \$175,000 plus inventory. Sharon Marshall, Border County Realty (604)442-2124. |
| Cummings Turbo Diesel 4x4's, Explorers, Vans, 4-Runners, Dakotas. Starting from \$149 month. 0 down O.A.C. We deliver anywhere in B.C. Phone Grant or Don Collect 1(604)585-3141. | CRAFT SUPPLIES Craft supplies for all your crafting needs. Send \$4 for our 100 page 1992 Crafts Catalogue. Unicorn crafts, #20-337188 Essendene Ave., Department C, Abbotsford, B.C. V2S 2G9. | Dump, water and service trucks \$6,950 and up. Dozers: D-6-D-8's, four with 6 way blades \$16,000 and up. Loaders: Cat and John Deere (920) \$24,500 (966C) \$38,500. Low beds, High boys, Reefers and belly dumps \$6,950 and up. Excavators, Hitachi and Komatsu, \$43,000 and up. Call Vic or Ed 493-8791. | ALPACAS: Rare, calm, intelligent, beautiful. Mind boggling returns for farmers/investors! Best yet to come! Small investment. Free video tape - Alpaca breeding. (403)955-2012, leave message. | PRIVATE SALE: 2-bedroom corner house on 53x131 square foot land. Immaculate condition. Scenic unobstructed TAHSIS INLET view. Excellent fishing, kayaking. Owner moving. Phone (604)934-7730. |
| BOATS SEARAY Powered by Mercruiser or Mercury outboard. Low prices, delivery B.C., Alberta. 16 thru 40 ft available, great selection used, Madsen Marine, Kelowna, B.C. 1-800-663-4737. | EDUCATION OUT OF WORK? Trained Apartment/Condominium Managers needed. Government licensed, correspondence certification course has assisted thousands to find employment. Free brochure: (604)681-5456 or 1-800-665-8339. | Buy memorials direct from manufacturer at wholesale prices. Write for free brochure: "Young's Memorials and Stoneworks", 4348 Main Street, Winnipeg R3C 4A3. Phone (204)338-3938, Fax (204)338-1049. | THOMPSON RIVER ESTATES. Valley View lots, 3/4 & 1 acre lots, 5 & 10 acre lots. 1 only 5 acre lot on the Thompson River 30 min. west of Kamloops on the TCH#1. Call collect 1(604)373-2282. | Postal Outlet, Store, central Vernon, busy centre, \$99,000. Business complex 6 Commercial, 6 Apartments, 11% return, \$398,000. Skyway retirement centre \$80,000 up. Vernon Realty - 542-5010, 4877 Haynes Rd. V1T 8L6. |
| 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. | NOTRE DAME COLLEGE. An independent residential Catholic High School is accepting registrations for boys and girls of all denominations. Grades 9 - 12. Contact Registrar: Box 100, Wilcox, SK, S0G 5E0. (306)732-2080. | Seven motorized tanning tables. Excellent condition, three years old. Locksmith Equipment supplies below replacement cost. \$20,000. Classic 1955 Thunderbird \$23,000 OBO. Phone 342-9548, 342-0008. | MIDWAY, B.C.'S CORNER STORE/GAS BAR Offers Take-out Ice Cream/Bakery/Groceries, Two Bedroom Suite, \$175,000 plus inventory. Sharon Marshall, Border County Realty (604)442-2124. | FISH FROM YOUR OWN WHARF. 2.8 acre Dream Island. Rustic westcoast cabin plus rental cabin. Well, wharf, ramp & float. Protected water, easily accessed from Telling. \$295,000. Peninsula & Bay Lands Ltd., Box 580, Ucluelet, B.C. V0R3A0. Ron Burley 726-4447. |
| 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. | CHEF TRAINING PROGRAM. In just 17 weeks make your future financially secure. Join Canada's #1 industry. Cooking is a recession-proof career. Short, intense training. Financial assistance. Gov't funding. Student loans. Continuous enrolment. Accommodation arranged. DUBRULLE FRENCH CULINARY SCHOOL, 1522 W. 8th Ave., Vancouver, B.C. 738-3155 or Toll-free 1-800-667-7288. | HAD YOUR COLOURS DONE? Can't find the original Colours cosmetics? Send for FREE mailorder brochure. Colours, 809A-370 Dunlop St. W., Barrie, Ont. L4N 5R7. Telephone (705)721-1414. | WESTERN STAR 130 Bako self-loader. Continuous rotation grapple with 1992 Peerless Pole Trailer. 3 - stage reach. Complete 55,000. Burns Lake 1-694-3698. | Major ICB and injury claims. Joel A. Wener trial lawyer for 24 years. Call collect: (604)736-5500. Contingency fees available. Injured in B.C. only. |
| BLANKET CLASSIFIED ADS An advertising "Best Buy"! Contact this paper or phone (604)669-9222 for more information. | Western Canadian School of Autoneering, next course July 27-Aug. 8/92. For a free brochure, call (403)250-1281 or write to #5, 2003 McKnight Blvd., N.E., Calgary, T2E 6L2. | CALL NOW! Free Mail Order Catalogue from Vitamin Discount Stores. Please call 1-800-663-0747 or in Vancouver 321-7000 for all your Vitamin Needs. | SPORTS EQUIPMENT TRAMPOLINES. Buy direct. Huge 13x13 only \$995. 16' round superjump only \$895. Delivery and set-up included. 14' rounds from \$399. Parts/repairs/rentals/pay plans. 222-1263 or toll-free 1-800-663-2261 Mon thru Sat. S.R.A. Win a Trampoline. | SPORTS EQUIPMENT TRAMPOLINES. Buy direct. Huge 13x13 only \$995. 16' round superjump only \$895. Delivery and set-up included. 14' rounds from \$399. Parts/repairs/rentals/pay plans. 222-1263 or toll-free 1-800-663-2261 Mon thru Sat. S.R.A. Win a Trampoline. |

COMOX RECREATION COMMISSION

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Victoria von Kane

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Designed to develop IMAGINATION, CURIOSITY, COMMUNICATION and SPONTANEOUS actions through puppetry, pantomime, story telling, clowning, songs, games and movement. Program content geared to age group.

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| IMPROVISATION | DRAMATIC GAMES |
| PANTOMINE | STORY TELLING |
| CLOWNING | PUPPETRY |
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REGISTER NOW!

603 DRAMA WORKS
7 - 13 yrs.
Mon. - Fri.
July 27 - 31
9:00 am - 12:00 noon
\$60.00

* These programs have been developed by Linda Lawrence, a leisure development graduate and professionally trained model working in the field of recreation since 1974.



TENNIS

TYKE BEGINNERS*
6 - 9 yrs.
Tues., Wed., Thurs.
402 August 4 - 6
10:00 am - 12:00 noon
\$21.00
Anderton Park

SCAMP BEGINNER*
10 - 12 yrs.
Tues., Wed., Thurs.
405 July 21 - 23
406 Aug. 18 - 20
10:00 am - 12:00 noon
\$21.00
Anderton Park

CLINICS*
16 yrs. +
Tues. or/and Thurs.
7:00 - 8:30 pm
\$8.00 each clinic or
\$55.00/month
Anderton Park

FOREHAND 432 Aug. 4
BACKHAND 433 Aug. 6
SERVE 412 July 14
434 Aug. 11
Volley
413 July 16
435 Aug. 13

SERVE & VOLLEY 414 July 21
436 Aug. 18
SINGLES STRATEGY 415 July 23
437 Aug. 20
DOUBLES STRATEGY 416 July 28
438 Aug. 25
LOBS & SMASH 417 July 30
439 Aug. 27

DAY TRIPS

M.V. UCHUCK III CRUISE

Welcome aboard the Comox Recreation Fun Bus for other exciting daytrip of Summer 92. We will have the opportunity to view spectacular scenery on the way to Friendly Cove aboard the M.V. Uchuck III. Please dress for any possible weather conditions. Please bring a bag lunch or there is a coffee shop on board, sunscreen, hat and sufficient money for supper.

Schedule: Wed., JULY 15
Depart Comox Rec Centre 8:00 a.m.
Cruise departs Gold River 11:00 a.m.
Cruise return to Gold River 5:00 p.m.
Dinner in Golf River 5:30 p.m.
After dinner departure 7:00 p.m.
Arrive Comox Rec Centre 10:00 p.m.

Ages: 8 yrs. +
8 yrs. & under must be accompanied by an adult (1 on 1)

Cost: \$64.00/person inc. GST

Victoria's SEALAND or EATONS CENTRE

Welcome aboard the Comox Recreation Fun Bus for another exciting daytrip of Summer 92. Sealand is a wet wonderland for visiting our majestic marine life. Please dress for any possible weather conditions. Please bring a bag lunch and sufficient money to buy supper at McDonalds on the way home.

Schedule: TUE. JULY 21
Depart Comox Rec Centre 8:00 a.m.
Lunch - Goldstream Park 11:00 a.m.
Arrive Eaton's Centre 12:30 p.m.
Arrive Sealand 1:00 p.m.
Depart Sealand 3:00 p.m.
Shoppers depart Eatons Ctr 3:30 p.m.
Supper McDonalds Nanaimo 5:30 p.m.
Arrive Comox Rec Centre 8:00 p.m.

Ages: 8 yrs. +
8 yrs. & under must be accompanied by an adult (1 on 1)

Cost: \$33.00 Adult
\$30.00 5 - 11 yrs.
\$31.00 12 - 17 yrs.
\$29.00 under 6

* Shopping is for Adults only

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\$65.00/session,
\$55.00 each additional family member
Comox Bay

502 July 21 - 24 *
503 July 28 - 31 *
504 August 4 - 7 *
505 August 11 - 14 *
506 August 18 - 21 *
507 August 25 - 28 *

PFD's are supplies, but please bring your own if you have one

1011 JAZZ DANCE CAMP

6 - 9 yrs.
Mon - Thurs
July 13 - 16
4:30 - 5:30 pm
\$20.00
Comox Rec Centre



Pre-School

102 FARM CAMP *
3-5 yrs.
Mon., Wed., Fri.
July 13, 15, 17
10:30 - 11:45 am
\$20.00
Hands On Farm

103 CRAFT CAMP *
3-5 yrs.
Mon., Wed., Fri.
July 20, 22, 24
10:30 - 11:45
\$20.00
Comox Rec Centre



On & Off the Base

Employee Assistance Programme

Keeping Up With The Boys

5 Reasons Why Women Shouldn't Drink Like Men

Nowadays, lots of young women can keep up with their male counterparts when it comes to driving cars, paying bills or pumping iron. It's fine for women to drink if they want to, but it's important to remember those basic biological differences when it comes to the amount you drink. And to remember that there are lots of ways that women don't want or need to be like men.

1. **Women weigh less than men.** There are exceptions of course, but more than likely the guy you're with weighs more than you do. And that means that if you drink the same amount he does, you'll probably get more intoxicated.

2. **Women's bodies contain less water and more fat than men's bodies.** Which means that men "dilute" the alcohol they drink more than women do, so they can drink more than you without necessarily getting more intoxicated.

3. **Women may have premenstrual sensitivity.** Studies show that women tend to be affected more by alcohol just before their periods. You might want to cut back on your consumption at that time of the month.

4. **Women may be affected by the pill.** If you're on the pill, it may take longer for your liver to metabolize or burn off the alcohol you drink - in other words, you may feel the effects longer.

5. **Women get pregnant.** It's usually easier for both men and women to get involved when alcohol has lowered their inhibitions. But because birth control is often the woman's responsibility,

you may not be able to afford a temporary lapse of judgment of memory. Regardless of who uses (or doesn't use) what birth control, the burden of an unwanted pregnancy could rest more heavily on your shoulders.

In the case of women who want to get pregnant, it is worth considering the possible effects of alcohol on the unborn child (even before you know you're pregnant). Unfortunately, there are no conclusive guidelines on the subject, but it makes sense to play it safe. After all, drinking very little (or not at all) never hurt anybody.

Q. *I tend to do a lot of partying on the weekends, which I enjoy at the time but regret the next morning when the hangover strikes. My boyfriend swears by Bloody Marys as a remedy but I can't stomach them at the best of times. What do you recommend?*

A. The truth may be hard to swallow but the fact is that the only cure for a hangover is time. Drinking more alcohol will only delay that hour of reckoning and at the same time will cause even more stomach irritation than you've already got. I personally go by an age-old recommendation: "An ounce of prevention is worth a pound of cure."

Q. *My girlfriend and I are 21 and we've recently started going out to bars on our own. We think it's a good way to meet guys and dance and have a good time, but my mother thinks it's outrageous. How can I explain to her that it's okay nowadays for two girls to go to a bar?*



A. The fact is that it's much more socially acceptable for women to go out in the evening without a male "escort" than ever before. In your mother's day it was probably taboo, and she hasn't forgotten that. But, regardless of what people think of what you do, you are now old enough to be responsible for your own actions and that includes recognizing that there may be a downside to bar hopping. For example, if you are drinking quite a lot because of it (more than about seven drinks per week or four drinks in an evening), you may be risking your health, or if you drive, even your life. If you meet the "wrong" guys, you may be in deep trouble. Or if you make too much of a habit of it, you may be neglecting other friends or other activities. It's up to you to balance your freedom and responsibility.

Call one of us

Carol Anderson 8539
Russ Burns 8625
Bev Chadderton 8857
Gordon Sherritt 8363

In DND, the EAP is a joint Union/Management Programme.

Military Advisor

The Minister of National Defence is pleased to announce that the Secretary-General of the United Nations has appointed Brig-Gen Maurice Baril as his Military Advisor. "This UN appointment is indicative of the international community's high regard for Canada as a peacekeeping nation," said the minister. "Brig-Gen Baril, with almost 30 years of service in the Canadian Forces including three peacekeeping operations, exemplifies the professional stature attributed to Canadian military personnel."

As Military Advisor to the Secretary-General of the United Nations, Brig-Gen Baril will be responsible for advising both the Secretary-General, Dr. Boutros Boutros-Ghali, and the UN Secretariat on the military aspects of current UN peacekeeping operation and plans for future missions.

Brig-Gen Baril will take up his new assignment in July.

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CFB COMOX OFFICERS' MESS

JULY 92 CALENDAR

Wednesdays July 15, 22, 29 & Aug 5, 12, 19, 26 - 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 July 10, 17, 24, 31 & Aug 7, 14, 21, 28 - REGULAR TGIF. Food as indicated 1700-1800 hrs. Spouses and guests welcome after 1700 hrs. Please purchase meal ticket for non-Mess members.

Friday July 17 - SUMMER KICK-OFF

Tuesday July 21 & Aug 18 - GOLF TOURNAMENTS

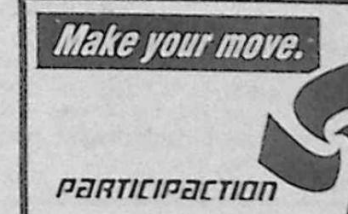
Sunday Aug 2 - AIR SHOW

Saturday Aug 15 - DESSERT AUCTION

"COOK YOUR OWN" BBQ Individuals wishing a "Cook Your Own" BBQ can now obtain frozen steaks from the bar. Cost \$4.00. Condiments provided. Potato & Bun also available.

UPCOMING EVENTS FOR SEPTEMBER

12 Sep - Meet & Greet



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On the Base

Congratulations on your 50th, Eric & Eldine!



Lt Pitcher, BFoodsO; Capt Bush, BAccnO; Eric and Eldine Loftkrantz; LCol Van Boeschoten, BAdmO.



Eric & Eldine

50th Wedding Anniversary

CFB Comox was recently the setting for a fiftieth wedding anniversary. Such occasions are rare in themselves, but when both are employees of CFB Comox, this surely makes it unique. On 6 June 1992, Mr and Mrs Loftkrantz celebrated their fiftieth wedding anniversary. Eric and Eldine wed on 6 June

1942. Eric is employed at Base Accommodations, and Eldine is employed at Base Foods. On 3 June, the staff gathered at the Combined Mess for some CD presentations and a surprise presentation. Eric and Eldine were given best wishes by LCol Van Coeschoten on behalf of all Base staff and Mrs Carrol Chel-

low dedicated a poem to them. All the staff joined in a champagne toast to Eric and Eldine. Coffee and an anniversary cake were served to all.

From all the staff at Base Foods and Base Accommodations, we wish the Loftkrantz's all the best in years to come.

Fifty years! Are made of wonderful things.
So poets write and people do sing.
In all these years as it survived
Your marriage did last
While you raised five.
Not always easy, Good Humour prevailed
With years of "service" life, it never failed.
Many moments that have been treasured
Just truly and simply cannot be measured.
Material goods are not what it's about
But the everlasting bond you had throughout.
So many of us would wish the same for ourselves
But into our hearts we all must delve
To learn your secret for long and lasting love
And we're certain some help came from above.
We hope you will continue love and good health
That will give you so much more than any amount of wealth.
We ask for a blessing on this very unique pair
For many more years that they may share
To prove that marriage really is great
With love, friendship and respect for your lifetime mate.
.....your friend Carol

ATG Commendation for Ken.



Mr. Ken White was recently presented with a "Commander ATG Commendation" award in recognition of his outstanding dedication to Search and Rescue on the West Coast. Mr. Ken White has for many years provided a SAR monitoring and relay service from his home base in Powell River. Making the presentation on behalf of Commander ATG is LCol P.A. Drover, CO 442 Sqn.

Bulletin Board

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

FOR SALE BY OWNER
597 Rocky Heights Road, Comox. Large 3 bedroom home, 2 bathrooms, dining room, fireplace/woodstove, Hydro Plus, wet bar. Garage with deck on top, greenhouse, sprinkling system, fruit trees. Price \$129,000. Phone 338-5107.



FOR SALE BY OWNER
1592 McLaughlin Drive, Courtenay, BC. Split level, 3 bedrooms, 2 bathrooms, living room, dining room, rec room, kitchen and 2 fireplaces. Glacier/mountain view, large back yard, fruit trees, large sun deck, car port, separate parking for recreation vehicle. Asking price \$123,500. Phone 338-5107.

FOR SALE 1980 CHEV pickup Heavy Half, 350 engine, Pioneer stereo, comes with running boards and extra mud tires. \$1200. Phone loc 8365 or 339-0762. Ask for Neil

FOR SALE Two bedroom mobile in Falcon Park. Very well maintained. 52 x 10. Children/cats allowed. Fridge, stove, blinds. Priced to see at \$14,500. Phone 339-7280.

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FOR SALE 1990 TOYOTA CELICA GTS. Red, total sports package, CD, etc. Transferrable warranty. Phone 748-9169.

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)

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Your personal Births, birthdays, engagements, anniversaries, weddings and death announcements, including photographs. These will be published free of charge to all DND personnel and civilian employees, retired DND personnel and RCMP.

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Family Support Centre Update

The Family Support Centre will remain open for regular office hours during the summer months. We would like to send a special welcome to new families posted to Comox.

TEEN CLUB NEWS

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

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.

- July 21 Betty Gravelle of the Cancer Society will present information on Breast Self-Examination.

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 and lots of other toys for preschoolers to explore.

EMERGENCY CHILD-CARE could be available at the Centre if parents need such a service. Give us a call and let us know your views.

A list of regular childcare providers is available from the FSC.

Volunteer Opportunities

The FSC has a number of interesting and challenging volunteer opportunities for people who are interested in helping their community and using their skills along with a group of other caring individuals. Training and support will be provided as well as our heartfelt appreciation.

Volunteers are needed in the following positions:

Welcoming Committee - to greet new families to CFB Comox

Child Care - playroom and playground assistants.

Front Office - reception to

answer phones, take messages and provide community information.

Public Relations - to help with community get together, make posters and advertise Centre events.

Assist Families - Families sometimes experience crisis situations or severe loneliness when a military member is away or injured, or when emergency accommodation is required. Volunteers with special listening skills and a knowledge of family dynamics are needed to provide back-up support. Training, su-

pervision and support will be provided.

Teen Activities - people who enjoy being with teens are needed to accompany our young people on short camping trips and other outings. Additional people to provide back up for current volunteers are also needed for Thursday video nights and Friday dances. If you would like to work with an active group of teens who set their own agenda and initiate their own programs please call the FSC and we will arrange a meeting with the Teen Club Steering Committee.

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