

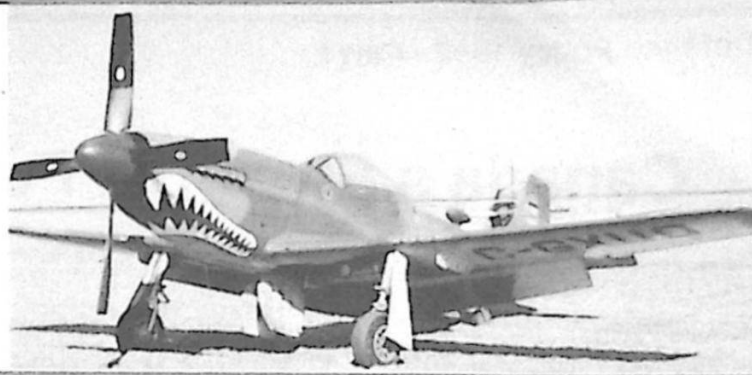
Changes of Command

CFB Comox
30 July 1992

407 Sqn
28 July 1992

Airshow

1992
2 August



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 34 NO 15 23 JULY 1992

AUGUST 10 1992

COST: PRICELESS

Moving On



Colonel Jack McGee transfers command of CFB Comox to Colonel Terry Rogers on July 30. During his three-year tour, Col McGee has made many friends at CFB Comox and in the Comox Valley. He is posted to DNDHQ Ottawa as Director, Personnel Careers, Other Ranks (DPCOR).

On & Off the Base

Defence Policy 1992 - Part 2

Canada's Strategic Policy - Part C

Asia-Pacific

The Asia-Pacific region has become increasingly important to Canadian well-being and security. Our interests in the region are primarily economic: our trade with Pacific Rim nations has exceeded our European trade for several years, and Japan is our second-largest trading partner. The region also provides a major source of new immigrants as well as foreign investment. Its growing significance to the world economy is highlighted not only by Japan, the world's second-largest economy, but by the high growth rates of new industrial powers like South Korea, Thailand, Hong Kong, Taiwan and Singapore. Canada plays an active role in the Asia Pacific Economic Co-operation Conference, where it has pushed for increased dialogue on trade and other issues.

The Asia-Pacific region, despite its great prosperity, may be prone to political and military instability in the years ahead. There is no fundamental strategic threat in Asia, but volatile situations abound. They derive from such indigenous sources as ethnic conflict, economic disparity, territorial disputes and domestic political instability. As the Asia-Pacific region is also an area where the armed forces of major military powers converge, it is characterized by continuing tension and significant defence expenditures. Multilateral arrangements for managing security issues remain relatively undeveloped.

Although Canada is not a major player in military affairs in the Asia-Pacific region, we do have an interest in the maintenance of peace and stability in that area, as our 1990 proposal of a North Pacific Co-operative Security Dialogue clearly demonstrated. Against the prospect of possible changes in Asia-Pacific security relations, and in light of the increasing need for fisheries patrols, environmental surveillance and drug interdiction, we will distribute our forces more evenly between the Atlantic and Pacific fleets to achieve a better balance of maritime capabilities between the East and West coasts. Additional naval and air resources will enable us to contribute more effectively to the protection of our interests in the North Pacific. Canada will also

follow closely and participate appropriately in evolving discussions on Asia-Pacific security issues.

Broader International Community

While superpower competition for regional influence now seems to be a thing of the past, the potential for instability and war persists throughout much of the world. In many countries, traditional sources of conflict, including historical enmities and border disputes, have been compounded by the proliferation of ever more sophisticated weapons. The Gulf War and its aftermath, as well as the disintegration of the Soviet Union, highlight the need to curb the spread of advanced military technologies to volatile regions. Dire economic conditions have compounded a new generation of security problems, including those posed by domestic instability, refugees and international drug traffic.

The Persian Gulf conflict provided a forceful illustration of how quickly and unexpectedly regional disputes can degenerate into crises and wars. Such situations could come to involve Canada and the Canadian Forces in a number of ways. At the most fundamental level, Canada has an interest in fostering collective security, so that unprovoked aggression can be firmly deterred through internationally agreed sanctions, and swiftly opposed by the international community, should deterrence fail. If collective security is to be effective, however, adequate means of enforcement must be available, and the willingness to use them, if political and economic pressures do not prevail, must be evident. In the future, the Government may choose to commit the Canadian Forces to more military operations in support of collective security. Canada therefore maintains a brigade group of about 6,000 soldiers and two CF-18 squadrons of 18 aircraft each, capable of assignment to multi-lateral contingency operations of the type carried out in the Gulf. Canada also retains the inherent capability to deploy selected maritime forces worldwide.

The Canadian Forces will likewise continue to be involved in multilateral peacekeeping operations. Our experience and competence in this field are second to none, and the interna-

National Defence



The Hon. Marcel Masse, M.P.

tional community will continue to call upon Canada to assist in the design and conduct of such missions.

Indeed, our involvement in UN and other peacekeeping and stabilization operations could well stretch the capabilities of the Canadian Forces, as calls upon our expertise increase in number and frequency. Over the past few years, multilateral organizations have begun to employ impartial outside military forces in innovative ways to deal with regional instability. Such forces have provided disaster relief, helped in postwar reconstruction, ensured the protection of refugees, supervised fair elections, assisted nations to manage the transition to independence, and even protected ethnic minorities.

Conclusion

The future will involve opportunities for enhanced co-operation on security issues, as well as a great deal of uncertainty and instability. As we move forward in this emerging environment, the Canadian Forces will remain an important instrument of Canadian foreign policy. The defence of Canada's sovereignty, our continued participation in collective security arrangements, and our aspiration to help resolve regional conflict, all call for the maintenance of flexible, capable armed forces. These forces will have to adapt to new domestic realities and new geostrategic conditions on the basis of the following priorities:

- defence, sovereignty and civil responsibilities in Canada
- collective defence arrangements through NATO, including our continental defence partnership with the United States;
- international peace and security through stability and peacekeeping operations, arms control verification and humanitarian assistance.

An Armed Forces Day Message

The Governor-General of Canada

From the Governor General of Canada, His Excellency Ramon J. Hnatyshyn:

It is once again a great honour to offer my warmest greetings to all members of the Canadian Forces on Armed Forces Day 1992.

Canada as a nation is blessed with military personnel who are unwavering in their dedication to safeguarding our cherished rights and freedoms and who are internationally esteemed. While the Canadian temperament does not lead us to speak boastfully about our country, I have no doubt that people from coast to coast share a deep sense of reverence for the Canadian Forces as well as pride in their accomplishments. Certainly a glimpse at the daily headlines reinforces the fact that we are fortunate to live in a country which is founded on peace and compromise and that throughout the world our military personnel are respected for their expertise and peacekeeping experience. Whether Canadian Forces are active in foreign countries, as they are in Yugoslavia and Cambodia, or are carrying out various duties on home soil, their longstanding commitment to fundamental Canadian principles continues to engender the confidence of those

under their protection.

This is truly an historic year for Canadians from all walks of life: we are not only commemorating the 125th anniversary of the birth of our great country, but 1992 also marks the 75th anniversary of the epic Canadian victory in the Battle of Vimy Ridge and the 50th anniversary of Canada's heroic sacrifice at Dieppe. The tradition of selfless valour and the time-honoured professionalism of our armed forces are among the most noble aspects of Canada which we are celebrating in this important year. As Governor General and Commander-in-Chief, I am proud to offer my gratitude and support to the Canadian Forces, and I send to all personnel my sincere best.

This year, as we celebrate the 125th anniversary of our coming together as a great nation, we also have an opportunity to look back on the long and proud history of our Canadian Forces. Whether at Vimy Ridge or in the Persian Gulf, our past successes can be attributed to the skill, discipline and professionalism of our military personnel. Wishes for great success and happiness as you strive to fulfill your vital roles in our society.

Le Gouverneur General du Canada

Du Gouverneur General du Canada, son excellence Ramon J. Hnatyshyn:

J'ai de nouveau le grand honneur d'adresser mes plus cordiales salutations à tous les membres des Forces Canadiennes à l'occasion de la journée des forces armées de 1992.

La nation Canadienne a le bonheur de pouvoir compter sur un personnel militaire profondément dévoué à la sauvegarde de nos précieux droits et libertés et dont la réputation dépasse largement nos frontières. Bien que les Canadiens soient d'un naturel modeste, je suis sûr que, d'un océan à l'autre, ils partagent une profonde admiration pour leurs forces armées et qu'ils sont fiers de leurs réalisations. Il suffit d'un coup d'œil aux manchettes pour comprendre que nous avons de la chance d'habiter dans un pays qui repose sur la paix et la tolérance et que, dans le monde entier, notre personnel est respecté pour son expertise et pour son expérience dans la maintien de la paix. Que les Forces Canadiennes soient actives dans les pays étrangers, comme elles le sont en Yougos-

lavie et au Cambodge, ou qu'elles accomplissent diverses fonctions en territoire Canadien, leur attachement durable aux valeurs Canadiennes fondamentales continue d'inspirer confiance à ceux et celles qui bénéficient de leur protection.

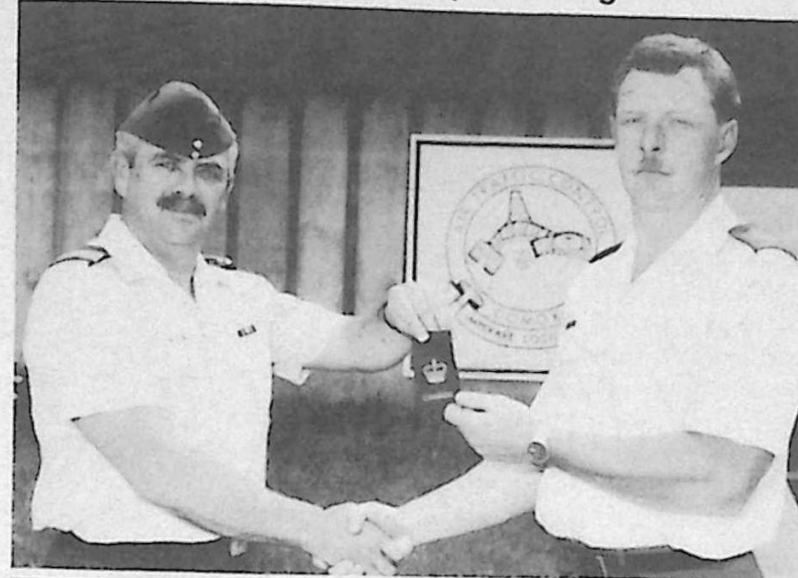
L'année 1992 est marquante pour les Canadiens de toutes les sphères de la société: nous célébrons non seulement le 125^e anniversaire de la naissance de notre beau pays, mais aussi le 75^e anniversaire de la victoire épique des troupes Canadiennes à Vimy et le cinquantième des héroïques sacrifices du Canada à Dieppe.

La tradition valeureuse et le professionnalisme éprouvé de nos forces armées comptent parmi les aspects les plus nobles du Canada que nous fêtons en cette année historique. En ma qualité de Gouverneur General et de commandant en chef, c'est avec fierté que je rends hommage aux membres des Forces Canadiennes. Veuillez recevoir mes vœux les plus sincères de succès et de bonheur dans l'accomplissement de votre mission vitale.

More Messages on page 5



BTelO Promotions Capt Sheppard presenting



The BTelO section would like to congratulate WO Morrow and MCpl Pierson on their recent promotions. WO Morrow will be taking over the position of Nav WO at IFRCC and MCpl Pierson is posted to Tracks II in Trenton. Good luck and best wishes for your future, gentlemen.

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Korean Korner

If you were There....

Bob Orrick CD

Canada is a founding member of the International Federation of Korean War Veterans Associations (IFKWVA), the umbrella organization that oversees the Korean War veterans associations from the 21 United Nations countries plus South Korea which participated in the War in Korea. It is headquartered in Seoul, ROK.

IFKWVA members Australia, Belgium, Luxembourg and the Philippines joined together in September, 1977 to form a working committee to come up with a draft constitution and bylaws. They did not succeed.

The overseeing body then voted in Canada, Belgium, ROK and the Philippines as a new committee to work on a draft constitution. The committee met in Seoul, South Korea in May, 1978. After seven days of hard work they had a draft suitable for presentation for ratification.

Prior to this meeting the name of the organization had contained the words "war allies." It was the Canadian member of the committee who was instrumental in having the words removed and the words War Veterans inserted in lieu. The feeling was that the removed words had too close a connection to war. The connotation was not what the veterans of the Korean War felt they wanted for their name.

The Korea Veterans Association of Canada, Inc. (KVA) got its start in CFB Borden, Ontario in July, 1973 when a 20th anniversary of the war's end attracted 130 serving and former armed forces personnel.

The following May a group of about 25 veterans attended a gathering designed to organize future Korean War veterans' reunions. The meeting place was the Formosa (now Molson) Brewery. Attendees formed a reunion committee for the purpose of holding annual reunions in different locations. From among the original crew a president, a secretary and a treasurer were elected. They, and 14 others, became charter members of the association. Each of the 25 veterans chipped in \$5 to help defray postage and paperwork expenses.

Following the brewery meeting one of the original members felt that something more than just reunions ought to be planned. He drafted an application form, designed a badge, and began the formation of what was to become known as the Korea Veterans Association of Canada, Inc.

That first year, 1974, 77 Korean War veterans joined. In 1975 the association swelled its ranks by an additional 73. In 1976 25 more veterans joined,

followed by 85 in 1977, and in 1978 246 Korean War veterans became KVA Canada members.

The word spread and in time more veterans joined. Today, KVA Canada has 63 units coast to coast with in excess of 6,000 members. There are many more Korean War veterans who are eligible to join but for reasons known only to themselves, have not. It is guesstimated that of the 27,000 Canadians who fought in Korea 1950-53 and of the 7,000 who served from July, 1953 to December, 1955, approximately 20-22,000 are alive today.

The association's first constitution and bylaws were drawn up in January, 1975. Twenty-five copies were distributed to the membership for perusal, suggestions of possible changes or modifications. In September, 1977 the constitution and bylaws were ratified by the membership at a general meeting. Few changes were made to the original draft.

Over the years it became apparent that units which hailed from a "region" ought to be grouped together. Thus, the regional concept was adopted. There are seven regions: Atlantic, Quebec, Ontario, Manitoba, Saskatchewan, Alberta/NWT and Pacific. There are 13 units in British Columbia. Courtenay Unit 39, Mid-Island Unit 61, Alberni Unit 40 and Victoria Unit 27 are on Vancouver Island. The Lower Mainland region of the province hosts Vancouver Unit 14, Richmond Unit 47 and North Vancouver Unit 49. The sunshine-filled Okanagan is home to two units: Okanagan (Vernon) Unit 37 and Kelowna Unit 50. Kamloops Unit 44 is headquartered in Merritt while Unit 36 East Kootenay calls Cranbrook home. The eastern end of the lower Fraser River Valley is represented by Unit 24 Fraser Valley and draws members from in and around CFB Chilliwack. The remaining unit holds the fort in Prince George and is known as North Central (BC) Unit 63.

Membership in KVA Canada is open to any former member of Canada's army, navy, air force or Red Cross who served in Korea between June, 1950 and July, 1953. As well, personnel who saw duty in the Korean Theatre from July, 1953 to December, 1955 are eligible for membership. Additionally, former members of the UN countries which saw service in Korea are eligible to join KVA Canada.

KVA Canada is unique among Canadian veterans associations in that it does not have associate members. It is a truism that ALL members of KVA Canada served in Korea. The only criterion to

become a member of KVA Canada is to have fought in the Korean War, or served in the theatre ensuring the shaky peace which followed the Panmunjom cease-fire signing 27 July, 1953.

KVA Canada has toiled long and hard to win recognition from the Canadian government and the media of this land. For far too long Ottawa turned a blind eye and a deaf ear to the earnest pleas from the veterans of the War in Korea for recognition. And, for about the same period, the majority of this country's media chose to ignore the Korean War and the 27,000 Canadians who fought there to defeat evil. Now, thankfully, the tide is turning. Recently Ottawa issued the Canadian Volunteer Service Medal for Korea; a token of the voluntarism of those Canadians who stepped forward and said, Ready, Aye Ready.

If and when the electronic media of Canada get around to doing a documentary on the Korean War and the role Canadians played in the 37 months of Hell, it is hoped that the researchers and writers are knowledgeable. The veterans of the War in Korea do not want to see their place in history made into the bloody mess that *The Valour and the Horror* is and the anguish it has brought to WWII veterans.

Minister of Veterans Affairs Gerald Merrithew, addressing the Dominion Convention of the Royal Canadian Legion in Quebec City a month ago, said, "The Valour and the Horror, a television series that upset and angered veterans coast to coast. My heart goes out to every veteran who felt anguish and hurt by a programme that some have described as full of exaggerations, omissions and creative descriptions of conditions during those turbulent times."

"Only veterans, certainly not young documentary producers, fully understand the 'fog of war.' You were there to witness the rigors and the snafus, the common diet of battle. Surely it is wrong to judge the conduct of the war by only looking at the actions of human beings acting under desperate circumstances."

Or, as long-time CBC TV news reporter and WWII veteran Larry MacDonald said, "If you were there, you know. If you weren't there, then you'll never know."

In this scribe's opinion Canada would be better served if the CBC documentary division and the National Film Board were scrapped in favour of private enterprise...and at a hell of a saving of public funds, increasingly being squeezed from the suffering Canadian taxpayer.

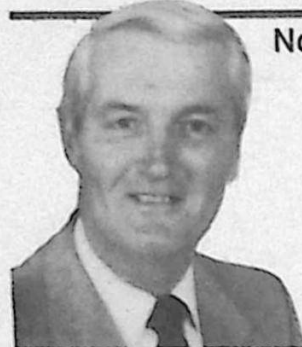
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Base Change of Command

CFB COMOX, BC -- Col Jack McGee will be relinquishing command of Canadian Forces Base Comox to Col Terry Rogers at a change of command parade on 30 July 1992, at 10 a.m. at CFB Comox. Col McGee is transferred to National Defence Headquarters in Ottawa to the position of Director General Careers Other Ranks after commanding CFB Comox for three years. Col Rogers will be arriving in the Comox Valley after having completed a staff tour in Ottawa.

Editorial



Norm Blondel

An Active Man

When Colonel Jack McGee took command of CFB Comox three years ago, he might not have realized what an epochal tour of duty that would be. The Soviets were outwardly strong, although their satellite empire was starting to crumble. It was unthinkable at the time that MIG-29s would be landing on runway 11 at Comox, or that a phalanx of Soviet military officers, from the Chief of Staff down, would dine in our Officers Mess. To be host on such an historic occasion to a high-ranking delegation of our former military opponents posed a pretty formidable challenge, but it was met with Col. McGee's familiar style and confidence. The Gulf War engaged many CFB Comox personnel, and that was a challenge of a different kind. The 50th anniversary of the Battle of Britain, presentation - at long last - of medals to veterans of the Korean War, the Gulf Awards, Remembrance ceremonies -- many events have occupied the Colonel. This has been one busy BComd. The small selection of photographs in our centre pages covers only a few of the activities of Col. McGee during his three-year tour, but in all of them one common factor emerges, and that is his concern for individuals - men and women, military or civilian. To receive an award from the BComd is sometimes a rare privilege and it is often delegated to other officers. Col. McGee has appeared in these pages in awards pictures more than any other Base Commander I can remember. And as I can personally attest, each occasion is anything but a brief routine. The Boss works as hard at these events as on any other assignment.

As publisher of the Totem Times, Col. McGee has taken an active interest in this newspaper, and has been influential in the improvements in focus and coverage which have helped the Totem Times to maintain its position among its fellow military newspapers. For that I am personally grateful. And in any reference to the McGees, how can one possibly not mention Donna McGee, a lovely lady in every respect.

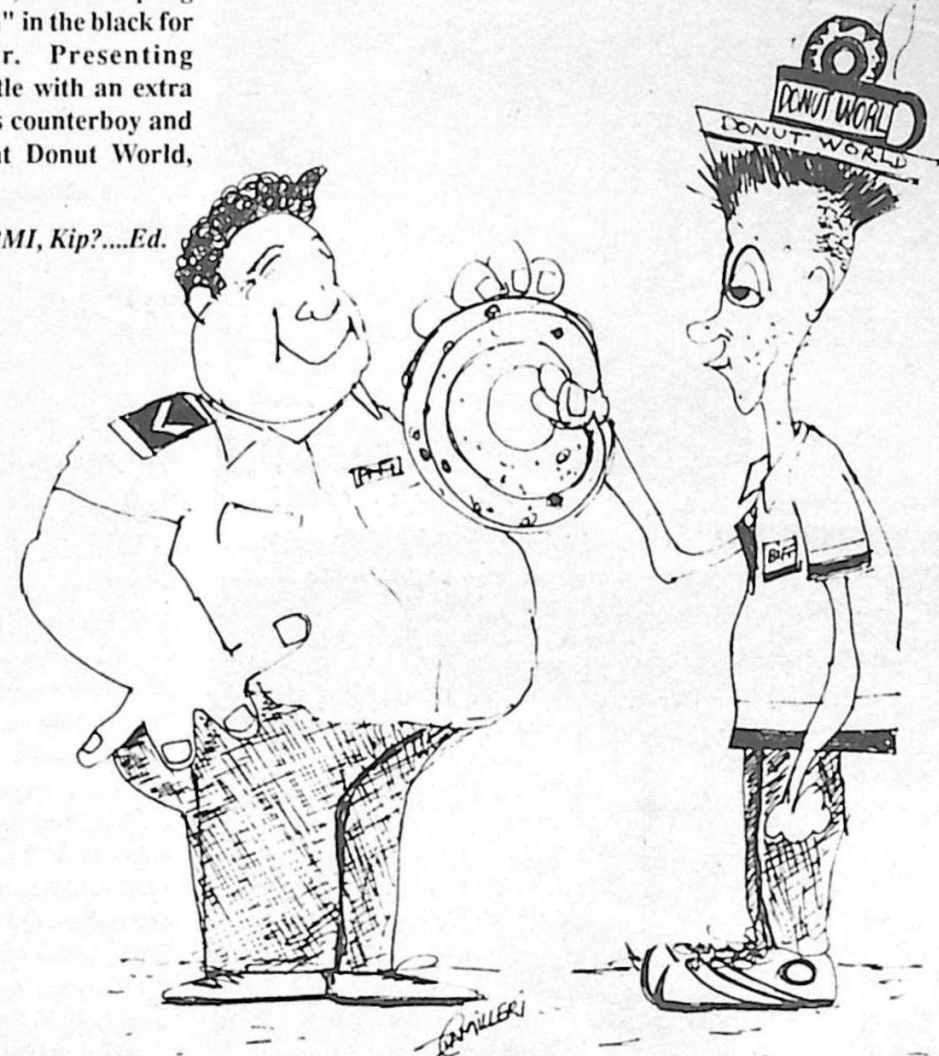
Good luck to both of you, and we hope you enjoy Ottawa.



Colonel Jack McGee

A special award goes to Private Kip Kafattle, for keeping "Donut World" in the black for another year. Presenting Private Kafattle with an extra large danish is counterboy and second chef at Donut World, Biff Dobson.

"How's your BMI, Kip?...Ed."



UN Peacekeeping

A list of operations dating from 1947

- | | | |
|--|---|---|
| United Nations Korea 1947 | United Nations India-Pakistan observation mission 1965-1966 | referendum in Western Sahara 1991 |
| United Nations truce supervision organization Egypt-Israel-Jordan-Lebanon-Syria 1948 | Observer team to Nigeria 1968-1970 | United Nations observer mission in El Salvador 1991 |
| United Nations military observer group in India and Pakistan 1949 | Second United Nations emergency force (Egypt) 1973-1979 | United Nations mission in Cambodia 1991 |
| International commission for supervision and control (Indochina) | International commission for control and supervision (Vietnam) 1973 | European community monitoring mission Yugoslavia 1991 |
| First United Nations emergency force (Egypt) 1956-1967 | United Nations disengagement observer force (Golan Heights) 1974 | United Nations interim force in Lebanon 1978 |
| United Nations observation group in Lebanon 1958 | Verification mission 1989 | Multinational force and observers in the Sinai 1986 |
| United Nations operation in the Congo 1960-1964 | United Nations observers group in Central America-Costa Rica-El Salvador-Guatemala-Honduras-Nicaragua 1989-1992 | United Nations good offices mission in Afghanistan and Pakistan 1988-1990 |
| United Nations temporary executive authority (New Guinea - West Irian) 1962-1963 | Operation in support of UN resolution 665 Persian Gulf and Kuwait 1990-1991 | United Nations Iran-Iraq military observer group 1988-1991 |
| United Nations Yemen observation mission 1963-1964 | United Nations observer group for the verification of the elections in Haiti 1990-1991 | United Nations transition assistant group in Namibia 1989-1990 |
| United Nations peacekeeping force in Cyprus 1964 | United Nations Iraq-Kuwait observer mission 1991 | United Nations Angola |
| Mission of the representation of the Secretary-General in the Dominican Republic 1965-1966 | United Nations mission for the | United Nations protection force Yugoslavia 1992 |

TOTEM TIMES

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

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Published every second Thursday, with the permission of the Base Commander, CFB Comox. Second Class mail registration 4098.

Comment

Armed Forces Day Messages

The Prime Minister

From the Prime Minister of Canada, the Right Honourable Brian Mulroney:

On behalf of the government of Canada, I would like to convey my warmest greetings and very best wishes to the men and women of the Canadian Armed Forces as we mark Armed Forces Day.

Today, in the difficult process of international conflict resolution, Canada continues to be an effective participant in both peacekeeping and peacemaking efforts. We may take great pride in knowing that our contribution to peacekeeping operations helps to ease tensions in troubled areas

throughout the world.

The Canadian Armed Forces truly represent our national character. They are made up of men and women from every background and every province and territory in this great country. They conduct their roles as truly Canadian representatives wherever they serve. We welcome the chance to honour those who so ably defend our country and pave the way for peace.

On this day, all Canadians pay tribute to the steadfast loyalty and commitment of the Canadian Armed Forces and we commend each of you on a job well done.

Chief of Defence Staff

From the Chief of the Defence Staff, General A.J.G.D. de Chastelaine:

As Chief of the Defence Staff, I wish to congratulate the men and women of the Canadian Forces on their excellent performance and service to the nation during the past year.

You are well aware that national and international events are presenting new challenges for us. The decline in East-West tensions combined with increased fiscal restraint within Canada have influenced Canada's defence policy. The Canadian Forces are reduced in size and our NATO commitments are changing. These reductions and other economies are providing the funds necessary to be able to maintain the flexible, general purpose armed forces essential in the rapidly changing and highly

unpredictable world in which we live.

In that regard, the changing world scene is placing greater emphasis on our role as peacekeepers. Canadians both in and out of uniform can be proud of the contributions of Canadian Forces personnel to international peacekeeping. Today, our uniformed men and women are continuing to help maintain the peace by participating in several United Nations missions throughout the world. Your dedication to these operations has again proven your professionalism and selflessness. I am confident that you will meet future challenges with the same strength.

On Armed Forces Day, I salute you and wish you the best for the upcoming year.

Reverend Vallee

From the Military Ordinary of Canada, the Most Reverend Andre Vallee:

Today, changes in the world situation happen so fast that we can hardly realize the importance and the impact of such changes. Our so-called enemies have become friends but at the same time they can hardly cope with their new situation. Some of them can't achieve the transition without warring or with sacrifices the majority can't support.

Once again, Canada is requested to play a pacifying role among nations on their difficult journey to democracy. Whether it be in Yugoslavia, Cyprus or Cambodia, the issue is always the same: hatred among people.

The members of our Canadian

Armed Forces are again called to play this peacekeeping role, often in the midst of difficult and dangerous conditions. We are proud of this role our country is called to play and we wish to offer congratulations to our military personnel who are dedicated to it. We wish to express to them our pride for their commitment to peacekeeping.

Allow me, however, to remind you that peace is only possible if evangelical values are respected. Jesus Himself said: I give you a new commandment, love one another...This commandment summarizes and contains all the others. Our world will only enjoy peace if and when it accept this law of love.

Ministers of National Defence

From the Minister of National Defence, the Honourable Marcel Masse, and the Associate Minister of National Defence, the Honourable Mary Collins:

It is a special pleasure to extend our greetings and thanks to members of the Canadian Armed Forces, both regular and reserve. You and your predecessors can be proud of the role you have played - and continue to play - in safeguarding our sovereignty and security, and enhancing our national unity.

The Canadian Forces are a working model of the unity in diversity at the heart of our country, and in this respect, you make an essential contribution to Canada's nationhood. Your

dedication to the cause of international peace and security, on the other hand, continues to inspire people throughout the world.

As the global security environment has changed, the Canadian Forces have responded. Our peacekeeping activities, in particular, have increased substantially in the past year. Today, Canadian men and women are serving the cause of peace in thirteen international peacekeeping missions.

Earlier this year, the United Nations Security Council concluded that the world now has the best chance since the Second World War of achieving international peace and security. You are helping to make this hope a

reality, and for that you should be proud.

Whether it be taking part in peacekeeping operations, delivering humanitarian relief, conducting search and rescue operations, or safeguarding our nation's sovereignty and security, members of the Canadian Forces are professionals dedicated to peace and the service of their country.

National Armed Forces Day is a special day each year when we salute you and pay tribute to your efforts. On behalf of the government of Canada, and all Canadians, we hope that your dedication will be recognized each and every day of this special anniversary year in Canada.

Reverend Likeness

From the Chairman of the Canadian Council of Churches Committee on Chaplain Service in the Forces, The Reverend Lawrence R. Likeness:

This has not been a particularly easy year for members of Canada's armed forces. You have been subject to the same uncertainties to which much of the general population of Canada is subject. Our world and its economy is changing so rapidly that it is difficult to keep up.

Then, on top of all this, we have our own problems in Canada, the focus of which at the present time is the constitutional crisis. While we decry many of the things that are happening in our world, such as recession, unemployment, down-sizing of our economy and of many corporations, there are also some things in which we can rejoice. We can rejoice that the "Doomsday clock" has been set back a significant amount of time because of the gigantic changes

that are occurring in our world. Although there are still many trouble spots that require attention, and the need for intervention, whether active or in peacekeeping efforts, our world is probably a safer place to be now than it has been for many years.

It is for this reason, I suppose, together with the state of Canada's economy, that our government has seen fit to make significant cut-backs in spending, much of which has fallen on the back of the Canadian Armed Forces. This, no doubt, takes its toll on morale and causes uncertainty for the men and women of our forces. It also creates gigantic headaches for the senior members of the Canadian Forces in their efforts to keep a viable force, with adequate equipment, in place.

The Canadian Council of Churches Committee on Chaplain Service in the Canadian Forces wants you to know that we are mindful of the present situation. This small committee repre-

sents the major Protestant church bodies in our nation, and so in this way, the Christian community of our nation is with you in and through this joint effort. We are proud that we have been able to keep a solid contingent of chaplains, well-trained and equipped, to serve with the men and women of the Canadian Forces through whatever crisis may occur. They are at the disposal of all members of the Forces and their dependants, to offer spiritual counsel, to minister word and sacrament, to share life with you as you know it and experience it.

We therefore encourage you to make use of the services that we, as the Church, provide through chaplains. A strong nation depends not only on its military might, but upon the precepts of God. We pray for you, your families, and your important work, that the Lord of the Church, and of our nation, would grant you His grace and peace through the merits of The Lord Jesus Christ.

Ken White Thanks

Dear Editor

The reason I am writing this letter is that I would like to say I was certainly honoured to receive the Air Transport Group Commander's Commendation from LCol Paul Drover, Commanding Officer of 442 Transport & Rescue Squadron on behalf of BGen Gordon Diamond, Commander, Air Transport Group, on June 10, 1992. I was so very deeply touched.

As well, it is an honour to work with the whole squadron, the Buffalo aircraft crews and Labrador

helicopter crews, the SAR techs and the squadron support staff. I would also like to say I have enjoyed serving BGen Diamond, head of SAR forces in Canada, the staff at Rescue Co-ordination Centre in Victoria and our good neighbours to the south, the United States Coast Guard, through the Rescue Co-ordination Centres.

Search and rescue in Canada is based on the humanitarian principle of rendering aid to those in distress. Providing SAR resources

to aid a mariner or aviator in distress often requires an extensive co-ordination effort among the many agencies involved in SAR, with the realization of how extensive the Victoria SRR is, that resources cannot be in all places at once.

When I do my job as a SAR volunteer I do not seek any awards for my work. My reward is when I know I have helped save a person's life.

With warmest regards,
Ken White

Airforce Trivia will return August 13



NEXT DEADLINE 10 AUGUST - NOON

Section News



Lt Robert Tarzwell

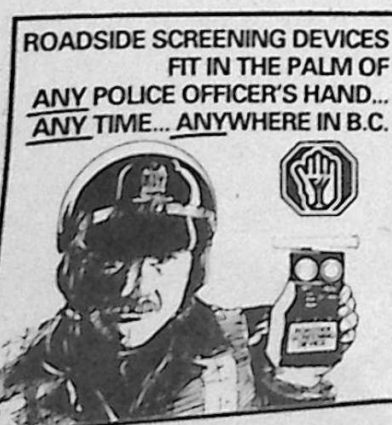
Anti-submarine patrols continued, concentrating over the English Channel, the Irish Sea and the St. George's Channel in January and February 1945. In March and April, the Demons set a new record, but unlike the sort of records they were used to setting, this was not for tons destroyed. In the two months they had flown 2,098 hours on 226 sorties. Since there are only 1,464 hours in the two months, this equates to just over 34 flying hours per 24-hour day, or four sorties per day. As well, the Navigation section led Coastal Command for operating efficiency, as it always had.

In April, a small detachment was sent to Langhorn, Norfolk to hunt midget submarines. The Biber and the Niger carried a crew of one, and the Seehund carried two. In two weeks, 407 attacked nine midget subs and received high praise from Group Headquarters, and F/L Olson was awarded the DFC, having made six of the nine attacks and having sunk two subs.

Although the war was winding down and came to a close on 7 May with V-E day, training accidents took the lives of thirteen men. One accident, tragically ironic for being after war's end, occurred on 31 May when Wellington NC512 was struck by lightning and was forced to ditch into the sea only three miles off Hartland Point. Lost were F/L's W.M. Bowlen and H.I. Malmes, F/O G.D. Bowes, P/O's R.K. McGarh, L.J. Eisler and J.E. Garigan.

Even after war's end, 407 carried out anti-submarine patrols and convoy escorts for one month to ensure that any remaining U-boats complied with the surrender order. The last mission flown by 407 Squadron was a convoy escort on 2 June 1945 in Wellington HF302, coded C1-J, piloted by F/L L.W. Manuel.

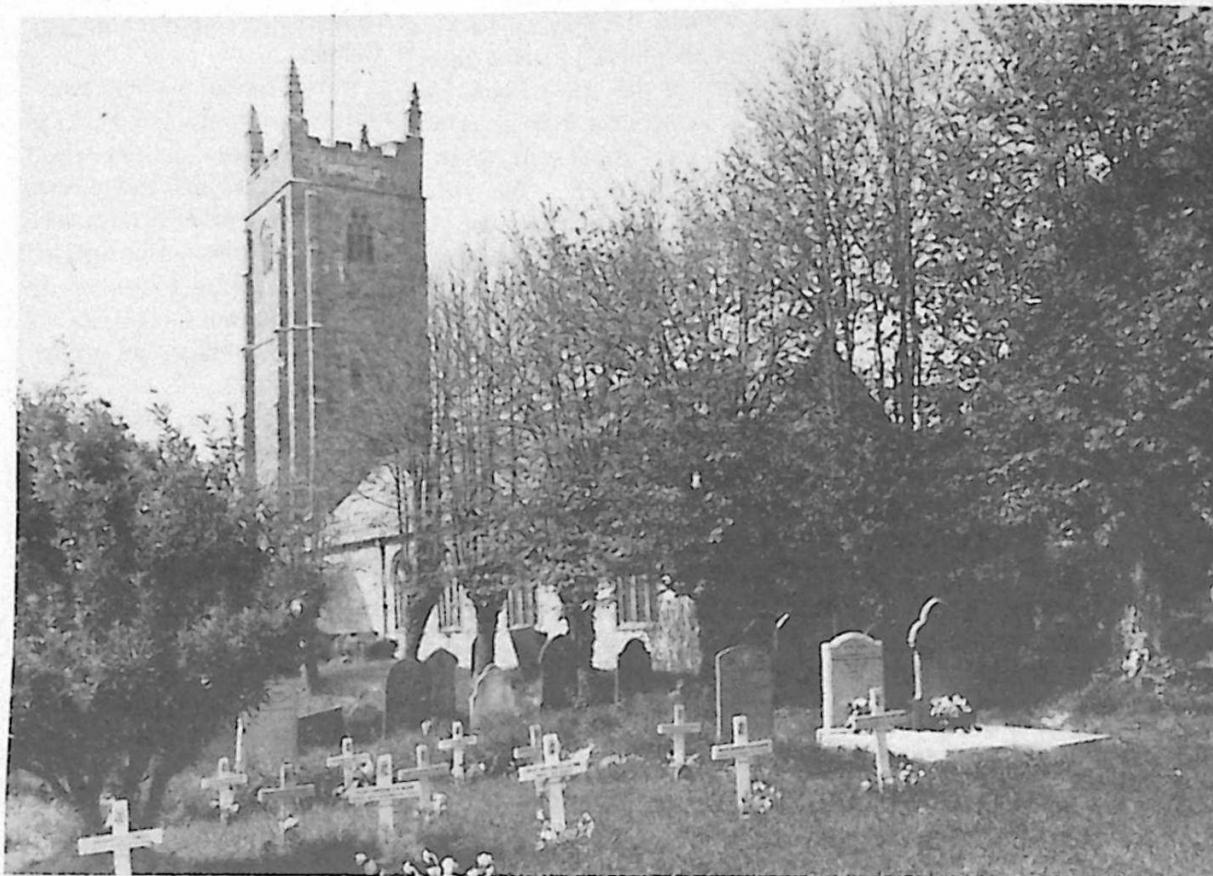
On 4 June 1945 the official disbandment order came, with a farewell message from the Air Officer Commanding-in-Chief of Coastal Command for 407's "splendid contribution...to the victory in the war at sea." It took time to complete the dismantling of the squadron, but by 17 July 1945, Demon Squadron ceased to exist.



407 Squadron History The End



The Fallen



"At the going down of the sun and in the morning, we will remember them." 72 men were lost in Wellington Operations and training accidents claimed another 30.

During its anti-submarine tour, 407 had eleven DFC's (F/L's W.A. Armstrong, C.D. Myers, W.H. Brown, K.S. Goodman and O. Olson, F/O's P.W. Heron, L.J. Bateman, C.M. Bolger and F.C. Landsall, P/O S.J. Cramp and S/L C.J.W. Taylor), one Bar (S/L Taylor) and ten Mentions in Despatches. Twelve Wellington crews, 72 officers and airmen, were lost on operations, and one member of another crew was killed in a crash-landing. Accidents in training flights had cost 30 men their lives.

Even after exploring 407 Squadron history for eleven columns, much is left unsaid. As mentioned when this series began in March, so much has to be left out. Even the vast majority of details which make up what we think of as significant events must be left out. In the case of 407 Squadron, these would be the thoughts in the minds of the crews as they pressed their attacks, exchanges over the intercom, those combinations of enemy damage, mechanical failure and human error which led to crashes, the looks on the faces of German sailors seeing a Hudson bomber unload its bombs right on their heads, and on and on.

Perhaps you are able to bring this partial knowledge to greater completion. If you can, the 407 Squadron history department would be delighted and grateful to hear from you. Your stories, photographs, news-clippings and memories are of great value to us.

407's Last Wartime CO



Wing Commander K.C. Wilson, CO 407, 1 Nov 1944 until 4 June 1945.

Farewell Dance

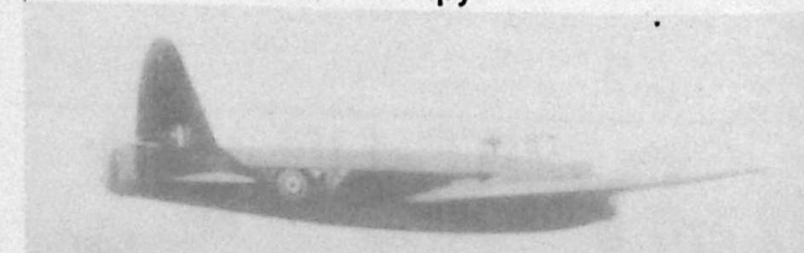


Sqn Farewell Dance, June 22, 1945, at the British Restaurant in Barnstaple.

4th Anniversary Dance



"Backroom Boys" dance, Ilfracombe, May, 1945. "Wimpy"



Wellington over Skitton (Scotland)

They are an important grounding for our ever-changing identity which needs the linking that history provides to enable us to see that we are the latest manifestation in an unbroken and continually evolving chain.

I thank you for your patience in waiting for these articles, your interest in and your support of 407 Squadron, and if there is any degree of enthusiasm felt, this column might some day re-emerge as a peace-time history of 407 Squadron.

Section News

Supply Signals



It's been a while:

Congratulations to the Supply Men's Ball Hockey team on their resounding victory over the boys from BEME during participation week. We understand a rematch is in the planning for the not too distant future and we promise to try and send out a bigger cheering section next time.

The Family, Fishing & Fun Day held on the 27th was a lot of fun. Ron Pierce won the prize for the Biggest Spring; Ralph Yokum and Serge Huseureau tied for largest Coho and Bill Bailey won for the highest total weight of salmon. The kids all enjoyed the beach and getting their faces painted (yes, this paint will wash off with water) a couple of times.

A big CONGRATULATIONS to CWO Terry Smith on his promotion. (Applause) A first for CFB Comox Base Supply. We have got what it takes! Also a big FELICITATIONS goes out to our very own MCpl...OOPS...SGT Sylvie Allard. You may both present us with our complimentary libations at the section Beach Day on 17 July. See you there.

Vickie and Carl Smith, and Darcy and Kathy Gallipeau might have to take a rain check on their libations, as they are presently otherwise occupied with their new baby girls. Congratulations to Carl and Vickie for your Teagan and to you, Darcy and Kathy, for your Deanne Nicole. We hope you'll be showing them off real soon.

Good luck to MCpl Cathy Preece on finding all the places on Base she has to clear which have changed locations since she first got here.

And now "IT'S HOWDY

DOODY TIME." A big welcome and howdie do to all the new folks in Supply. Good to have you with us. MWO Odo is now in. He has found his office and desk but is still looking for his furniture. Did you check the storage locker next to the last one you checked? WO Korfman has traded the Middle East sun for our world famous Comox Valley liquid sunshine. We heard you couldn't find your raincoat? Well, keep looking, you'll need it. Would someone please tell Cpl Francois Lavoie, who is currently working in Clothing Stores, that he's not in Chatham any more and that he can stop dodging the imaginary artillery fire...We wouldn't want to scare away our new tailor, Elaine Maude. Yes, Elaine, we really are nice people. Ptes Gary DeYoung and Tony Edwards are having a good time finding their way around General Stores. We hear that they can start going for coffee, as soon as they can find it.

Welcome Home to Sgt Pat Copeland. He's already lost his Middle East Glow and is starting to fit right in again. So is Paul Lavallee, who is really happy to be able to drive his new Mustang again. Welcome Home.

.....NEWS FLASH.....NEWS FLASH.....

We hear the scouts from Toronto are in-town because they heard about our girls' prowess on the ball field. Way to go, Judith, Judy, P.J. and Maria, and all the girls on the CFB Comox Ladies Softball team. Keep up the good work.

So until we meet again, this is the crystal ball team signing off. MAY THE FORCE BE WITH YOU.

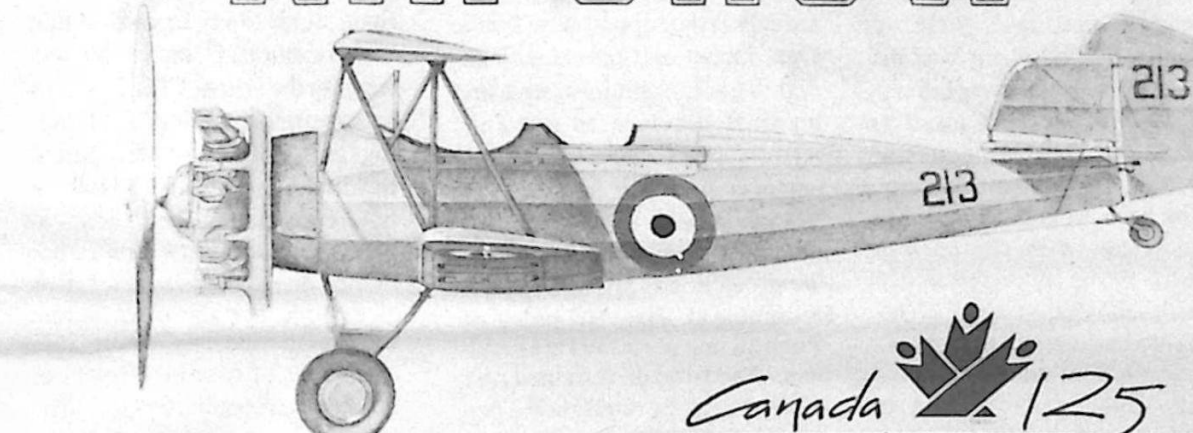
A Sgt for Sylvie



BSpO, Maj W.F. Pipe, presents MCpl Allard with her well deserved promotion to Sgt. Well done, Sylvie!

NEXT DEADLINE 10 AUGUST NOON

'92 AIR SHOW



CANADIAN FORCES BASE
COMOX, BRITISH COLUMBIA

Canada 125
AUGUST 2nd, '92

MSE Safety



Where you Look

You can't react to something you can't see

It sounds too simple, but it is imperative that you get as complete a view of the traffic as possible. And the place to start looking is in front of you.

A common error many drivers make is failure to look far enough down the road. Too many drivers concentrate on the 10 metres immediately in front of the car and leave it at that.

Look down the road
On the highway, look 15 to 30 seconds down the road. That's a lot. Practice this on an empty road: pick out a spot, then count the seconds it takes for you to reach it at normal highway speed.

In city traffic, a good guideline is to try to look three traffic lights ahead. It is much better to avoid trouble than try to get out of it.

There is also a physiological basis for looking well ahead. If

you are focussing down the road, your near-vision can pick up things that are happening between you and your point of focus. But if you are focussing on something close to you, you cannot as easily notice things that are farther away.

Of course, looking down the road is only part of it. Looking around is important, too. That means checking all three of your mirrors regularly. Span the area in front of you. Move your eyes about every three seconds: ahead, left-side mirror, ahead, rear-view mirror, ahead, right-side mirror, and so on.

A German study of a few years ago tells us all we need to know about looking ahead. It said that if every driver would have one second more advance notice of an emergency situation, about 80 per cent of all accidents could be avoided. That one second cannot

always be there for us. But if it is available, it would be a shame if we ignored it by simply not looking in the right place.

Question

Which of the following will best help you to maintain good steering control in your lane of traffic?

- Looking well ahead getting the full picture;
- Watching the road directly in front of your vehicle;
- Watching the right edge of the road;
- By trying to maintain the same distance between the lane markings and your vehicle.

Answer

- Looking well ahead getting the full picture.

Quip

A snooty person is one who enjoys something only until it becomes popular.

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

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Can't get your Fishwrapper?

Here's where to go:

- | | |
|-----------------------------|------------------------------|
| ON BASE: | COURTENAY: |
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| *Museum | *Tourist Info Centre |
| *AFIS | *Block Brothers |
| *Jr Ranks' Mess | *Westerly Hotel |
| *Senior NCOs Mess | *Courtenay Town Hall |
| *Rec Centre | *Hartmans Auto Supply |
| *Headquarters | *Coast Country Realty |
| *AMU | *Pacific Coach Lines |
| *442 Sqn | *North Island College |
| *Clothing Stores | *Courtenay Legion |
| *MSE | *BC Access Centre |
| *Base Accommodations | *7-11 - Ryan Rd |
| *Building 82 Supply | *7-11 - Courtenay Plaza |
| *CE | *Robin's Donuts |
| *Fire Hall | *Tim Horton's |
| *7 Hangar | COMOX: |
| *Officers' Mess | *St. Joseph's Hospital |
| *Language Training Centre | *Comox Mall News Rack |
| *Base Hospital | *Comox Legion |
| *EX Service Station | *Comox Town Hall |
| *MPs | *REMAX |
| *Glacier Greens Golf Course | *7-11 Comox |
| *PMQs | *Jolly Giant |
| *Canex Expressmart | *Port Augusta Hotel |
| *Lazo Post Office | *Comox Recreation Commission |

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.

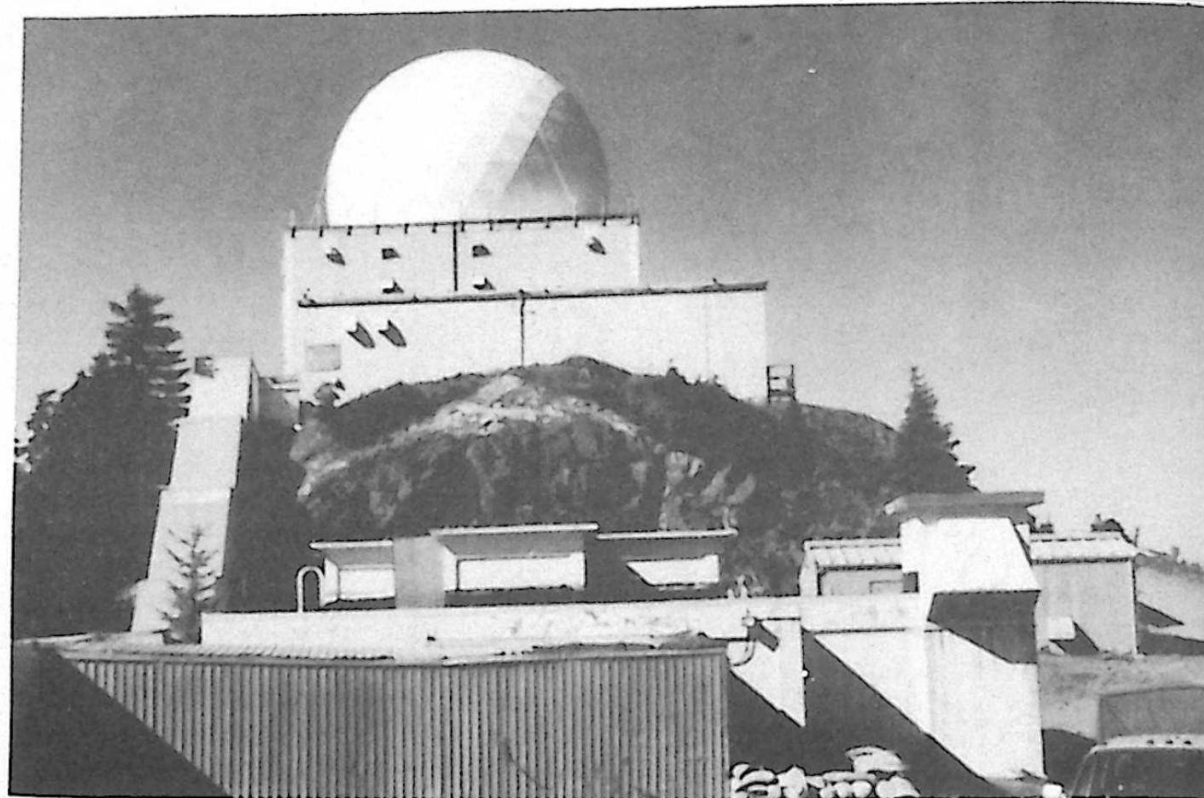
SUNDAY SCHOOL - In conjunction with 11 a.m. Service

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 339-4988

CFS Holberg: Still Alive



Search radar tower where Det members work, eat and sleep.

Canadian Forces Station Holberg you say!! Didn't that close a couple of years ago? Well...yes and no. CFS Holberg was disbanded in Aug 90 and replaced by Fighter Group/Canadian NORAD Region Headquarters Detachment Holberg. The conversion brought about a dramatic down-sizing, with the current manning being approximately one-fifth of what it was. The unit's role has not changed, however, and it continues to provide radar coverage and data to NORAD through 22 Radar Control Wing in North Bay, Ontario. Data provided by the unit's radar detection systems is used for a number of NORAD tasks including air sovereignty and counter-narcotics operations. The site also provides radar data to air traffic controllers in Vancouver's Area Control Centre. Site air defence technicians also provide assistance to Search and Rescue Operations via an HF radio link.

The unit is commanded by a Captain and manned by members of various military occupations: Air Defence technician (Operations), Radar, Radio, and Refrigeration and Mechanical technician (Maintenance), Supply technician and Administrative clerk (Support). Cleaning, roads and grounds, water, garbage and sewage disposal and food services are all provided by civilian personnel, under contract. CFB Comox is the support base for the Detachment and provides financial, logistics, administrative and medical services to the unit. Also, CFB Comox tradesmen perform periodic maintenance and inspections on various support systems at the Detachment. Fire protection is provided by the Detachment Fire Brigade, of which all unit personnel are members. The Brigade is trained on a regular basis by firefighting personnel from CFB Comox. The unit's military component is divided into two separate crews, each working week-long shifts. While on their week out, personnel reside in the Comox area.

Detachment Holberg is located some 360 kms from CFB Comox, at the northernmost tip of Vancouver Island. The last stretch of road leading into the Detachment is a 60 km gravel logging road. The road can best be described as rugged, with washouts, flat tires and mechanical breakdowns being all too frequent occurrences. Yielding the right of way to enormous, fast-moving logging trucks (commonly referred to as "elephants") is a challenge even to the most skillful and alert of drivers.

Accommodations at the Detachment are comfortable, al-

beit somewhat cramped. Duty personnel live and work in the main radar tower located within the Operations Complex, an area roughly the size of CFB Comox's headquarters building. All buildings and facilities formerly part of the domestic site at CFS Holberg have been demolished. Recreational opportunities are rather limited due to the remote location of the unit and the often severe weather conditions. Fog, rain and winds of over 80 kilometres per hour are commonplace. The abundance of black bears in the area also detracts all but the bravest from participation in outdoor activities.

Detachment Holberg's aging radar systems will be replaced by state-of-the-art, fully automated equipment by mid-1993. The radar upgrade is part of an ongoing program to modernize NORAD's Air Defence network systems. Following the upgrade, continuous military presence at the Detachment will no longer be necessary. The new system will be remotely monitored and maintenance will be performed on a periodic basis by technicians from CFB Comox. In the meantime, however, Detachment Holberg's systems and personnel, as a component of NORAD, continue to play an important role in the defence of North America.

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Section News

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BTnO Promotions

407 Squadron Change of Command

Taking Command: LCol P.J. Kendell, CD

LCol Kendell was born at Royal Air Force Station Binbrook, England. He joined the Royal Canadian Air Force in 1967 and attended Royal Roads Military College and the Royal Military College of Canada, graduating in 1971 with a Bachelor of Science degree.

Following air navigation training in Winnipeg, he flew operationally with 404 Maritime Patrol Squadron from 1972 to 1975 and then returned to instruct at the Air Navigation School. In 1978 he was posted to Royal Roads Military College where he served for two years as a Squadron Commander. He then attended the Canadian Forces Aerospace Systems Course, after which he joined the Maritime Proving and Evaluation Unit.

In 1983 he was promoted to the rank of Major and was posted to the United States Navy's Air Test and Evaluation Squadron One at Patuxent River, Maryland, where he served as a P3C Orion Project Officer and was the Maritime Patrol Section Head. Upon his return to Canada in 1986, he attended the Canadian Forces Command and Staff College Course and then served as a Flight Commander at 415 Maritime Patrol Squadron. From 1989 to 1991 he was the Commanding Officer of the Maritime Proving and Evaluation Unit.

LCol Kendell was promoted to his present rank in 1991 and was posted to the Directorate of Maritime Aircraft Engineering and Maintenance at National Defence Headquarters where he



LCol Peter Kendell, CD

was the Anti-Submarine Warfare Sensor Engineering Section Head.

LCol Kendell is married to the former Christine Burns of Gananoque, Ontario.

Moving On: LCol T. Chester, CD

LCol Chester enrolled in the RCAF in 1964 and graduated from the University of Saskatchewan under the ROT Plan in 1967. Upon completion of Electronic Systems Officer training in Winnipeg in 1968, he was posted to 415 Maritime Patrol Squadron in Summerside, PEI, flying as a crew member in the Argus aircraft. In 1971, LCol Chester was accepted for pilot training and received his pilot's wings in October 1972. He was posted to 404 Maritime Patrol Squadron in Greenwood, NS and in 1975, back to 415 Squadron where he served as a Maritime Command crew commander and standards pilot.

In 1978, LCol Chester was selected to go to 404 Maritime

Training Squadron to assist in the introduction of the CP-140 Aurora. In 1981 he was promoted to Major and became the senior flying instructor on the CP-140. LCol Chester attended Canadian Forces Command and Staff College in 1982 and a three-year tour at the Directorate of Maritime Aviation in NDHQ followed. He attended the Canadian Forces Language Training School in Ottawa from 1986 to 1987.

In 1987 he was promoted to LCol and spent two years as the Air Command Co-ordinator of Official Languages in Winnipeg. In 1989 he was transferred into the Senior Staff Officer Maritime and Flying Training position at Air Command. On 3 Aug 1990



LCol Terry Chester

he assumed command of 407 Maritime Patrol Squadron.

LCol Chester is married to Barbara Jean MacDonald of Port Borden, PEI. They have two children, Tara and Jeffery.

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 LCol T.E. Chester, CD, to LCol P.J. Kendell, CD. The Command, Col J.E. McGee, CD, will be the Presiding Officer



DRINKING DRIVING COUNTERATTACK
POLICE ROADCHECKS.



Major Mike Couture, BTnO, congratulates Sgt. Gary Swyers, Base Traffic, on his recent promotion as WO Levesque shows off his brand new hooks. Well done, Gary.



MCpl Steve Ross, Base Traffic, is congratulated on his recent promotion to that rank by Major Mike Couture, BTnO, as WO Levesque looks on. Congratulations Steve, from the Base Transport Section.

Comox Air Force Museum

May - Sept 10 am - 4 pm
Wed thru Sun & Holidays

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AND MUCH, MUCH MORE!

PHONE (604) 339-8635

At the gate of CFB Comox

Section News

Medevac by the Numbers

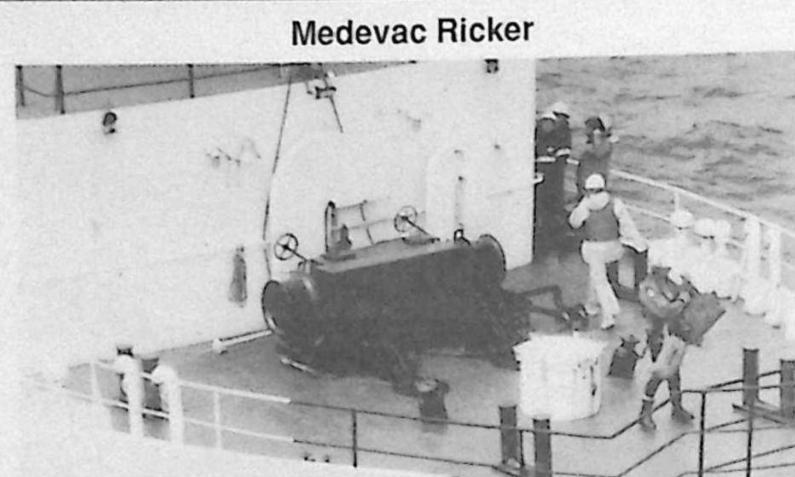
It's easy when you work with the pros!

The first call came at 1030, Friday 17 July from RCC Victoria. Capt Rich LaPointe, Air Controller, alerted 442 of a possible medevac of a 59-year-old man with bladder obstruction aboard the research vessel W.E. Ricker, a 150-foot converted stern trawler operated by Fisheries & Oceans. Only problem - he's 600 miles offshore. RCC diverts the vessel toward the nearest point of land, the Queen Charlotte Islands, and then confers with Base Flight Surgeon, Lt. Greg Raymond. The situation is serious, since the patient hasn't eaten or had a bowel movement in over a week. (Ouch!) Lt. Raymond decides it's a go, and briefs WO Beattie, SAR Tech team leader. The Labrador is prepositioned in Sandspit that evening to prepare for the rescue.

The Buffalo launches early Saturday to locate the ship and provide top cover for the "Lab." Once the R/V Ricker is within 200 nautical miles, the Lab launches from Sandspit. The "Buff" provides excellent vectoring, conducts the ship hoist briefings, and serves as communications relay between patient and doctor, and between the ship and the helo. The situation remains well co-ordinated, with Navigator Vic Lee monitoring fuel burn rates of both aircraft with how-goes-it charts and continuously updating weather info.

Once on scene, the hoisting is shake-n-bake, with the patient safely aboard the helo within minutes and the SAR Techs conducting the medical treatment. A stabilized patient is delivered to the Buffalo at Sandspit airport for further transport to a hospital in Victoria. The co-operation between the RCC controller, Base Flight Surgeon, Buff, Lab and vessel was textbook.

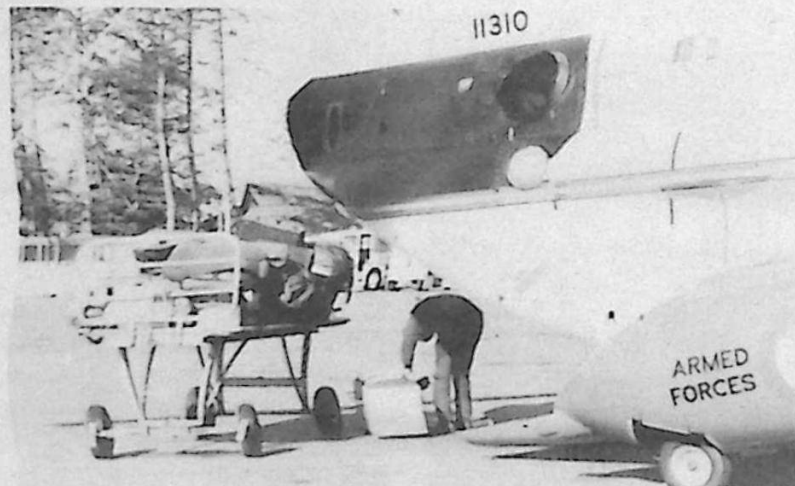
It's easy when you work with pros!



W.E. RICKER
SAR Tech WO Beattie preparing his equipment for pick-up off the Ricker.



SAR Techs assisting patient from helo to the Buffalo for flight to Victoria.



Helicopter crew taking gear off the chopper to lighten the load to be able to carry sufficient fuel to complete mission.



Lt (N) Rudy Holm in Immersion suit after medevac.

In Memoriam

Cpl Maurice "Moe" Leger

by MWO Gary Boyd

It was with great sadness that the members of 442 Sqn and his many friends learned of the drowning death of Cpl Maurice "Moe" Leger on 06 Jul 92.

Moe was born on 16 Feb 67 in Bertrand, NB. He joined the CF in March 87, and following his basic training as an Airframe Technician, he was posted to 442 Sqn Comox in April 88 where he was employed in the CH113 Helicopter Maintenance.

Following his in-house trade qualification training, he soon became a key figure in our Maintenance organization. Some of his military accomplishments were: top standing in Airframe basic, his selection as Sqn Service Person of the Quarter, and his accelerated promotion to Cpl. His excellence in the technical field was also frequently tested and highlighted this past winter with the repair recovery of a CH113 Helicopter from Butte Inlet that required a forward transmission change. This task was accomplished outdoors utilizing plenty of ingenuity and personal effort on his part and also allowed the recovery team to camp out for a few days.

Moe will also be remembered as being an avid athlete and sports person. When he wasn't playing baseball, he was playing hockey or some other sport. It was commonplace for him to be a member and strong contributor in all Sqn intersection athletic activities but he loved and excelled at football. As would be expected, he had little trouble becoming a member of the Base football team that competes in the men's league.



Cpl Maurice "Moe" Leger

downtown. He was always a tough player and was equally as difficult to strike out at the plate. Walk, hit, bunt, Moe could do it all, so he was leading the batting order. Always looking for the extra base, if Moe could not stretch a single into a double, he would steal second base to put himself in scoring position. One little mistake, he's on third. A pass ball, he's home free with a smile from ear to ear. Ironically, his last at bat during a league game, he attained a walk that put him on base and eventually culminated in the game-winning run.

The latest picture taken of Moe is indicative of his true personality. He maintained a very good outlook on life and was extremely well-liked, with a charisma and familiar smile that were present in all his activities. He will be greatly missed by those that were fortunate to have known him. Gone but not forgotten, we will remember him.

FOUND....FOUND....FOUND

What happened to ex-Sgt. Jerry Boucher? We found him!



Jerry Boucher

You know the guy to call at:

Homelife Harbour Realty



Jerry Boucher - 18 years a SAR Tech

Comox Mall

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Section News

Filberg Festival Happens July 31 - August 3

The Filberg Festival happens July 31 to August 3, from 11 a.m. to 8 p.m. Friday to Sunday and from 11 a.m. to 6 p.m. Monday, on the grounds of the Filberg Lodge in Comox. The nine acre grounds become transformed - the best in crafts, music, and food come together to make an exciting place to spend a day, two, or even three or four.

Now in its tenth year, the Festival continues to grow. More crafts, more foods, and more music. If you've never been before, this is the year to experience Filberg. Over 25,000 people from throughout the Pacific Northwest and further afield have discovered that this is a very special event.

The Festival is more than just a crafts fair, it is a pleasure. Ambled through the gardens. Sit beneath a shady tree. Stop for a snack and gaze across the bay or listen to music, all surrounded by friendly faces and beautiful crafts. Sounds like a lazy time but it is the underlying energy that makes it so special and keeps people coming back for more.

Excellence is paramount at Filberg, and it is this dedication to providing the finest crafts which has made this the foremost outdoor craft fair in B.C. Over 130 craftspeople present an incredible range of crafts. Pottery ranges from utilitarian to fanciful, from high glazed to raku or gold inlay, from thrown to sculpted. Glass is stained, fused, slumped, blown or etched. Jewelry ranges from finest gold and silver to enamels and fish leather. Woods are crafted into toys, furniture, boards and boxes. Filberg is the

place to expect the unusual, to find unique and special gifts for yourself or a friend.

Lots of food, too - from ethnic to decadently caloric. A great place to have supper while you listen to the eclectic range of entertainment on the main stage. With jazz, country, bluegrass and folk, storytelling and dance, the stage is active all day. The powerful African drum group, Marang, perform on Friday evening. Rick Colbourne and Hard Poetry's folk/rock will be on stage on Saturday, and Sunday features a unique group from Vancouver, Silk Road, playing traditional Chinese instruments with contemporary Western adaptations, and Art and Lee Elfelson and the Jazz Modus Band later in the day. Monday, the Festival will close with a performance by Anderson and Brown, a group regularly featured on the CBC with Canadian folk played on harp and guitar.

The children certainly aren't forgotten either with Meeks the Clown, storytelling by Kaetz and Glover, free face-painting, and even a hands-on farm.

Crafts, music, food, fun and entertainment - put it all together and you have a very special day. But don't count on just one, you'll probably want to come back at least once. It's a place to meet old friends, to make new ones, or to renew acquaintances. A place to relax and enjoy. What better way to spend a long weekend.

Admission is just \$3.00 for adults, \$1.00 for children between 6 and 11, tots 5 and under are free.

COMOX, B.C.

The
Filberg
Festival

QUALITY ARTS, CRAFTS,
MUSIC, CHILDRENS'
ENTERTAINMENT & FOOD
IN THE PARK
BY THE OCEAN.

July 31, Aug. 1,2,3 1992



61 FILBERG ROAD, COMOX

A History of Comox Harbour

Part 2 - Augusta Bay

by Lloyd James Bailey

Due to the German fleet challenging the supremacy of the Royal Navy in European waters, foreign stations like Esquimalt and Comox saw their British ships sail away to protect the Mother Country. In 1905, Commander A.T. Hunt of HMS *Shearwater* requested the provincial government to close down Goose Spit. His ship and HMS *Egeria*, both sailing ships, were all that remained at Esquimalt in 1906.

When the British Navy first came to use Goose Spit for summer recreation and gunnery practice, the Comox Valley was as yet unsettled. No white man called it home with the possible exception of one or two naval deserters. The local Salish or Comoncs Indians had displaced the original aborigines and lived in four villages along the bay. They were generally receptive to whites. In 1871, they numbered 1,100.

It is known that a man named George Mitchell lived near the Indian Reserve, had built a house and staked out some land. But nothing official was pre-empted for him until 1865 and along completely different boundaries from his 1862 request. Mitchell avoided the company of incoming settlers.

Land settlement at Augusta Bay came in the summer of 1862. That June, John Baily had departed the sidewheeler *Shannon* from Southampton at St. Thomas, Virgin Islands. The Royal Mail Steam Packet *Shannon* was one of three iron sister ships built by Napier of Glasgow in 1859. Their passenger service from Southampton to the West Indies and Panama shortened the voyage to Victoria by three

months over the Cape Horn route. They discharged their passengers at Aspidwall, Panama, to cross the isthmus to the Pacific side where they took a Pacific Mail liner to San Francisco and British Columbia. After a train trip to San Francisco by way of Panama, Baily sailed on the steamship *Oregon* for Victoria, arriving on July 18, 1862. He and three English companions ostensibly sought news of Stikine River gold. Instead, they pursued Indian tales of fertile lands and on August 10, 1862, began clearing the first farms in the Comox Valley. Earlier pre-emption grants of June 3, 1862 to a dozen Nanaimo speculators lay vacant nearest the shoreline. Baily was followed on October 2, 1862 by sixty men who had purchased Hudson's Bay Company lands. HMS *Grappler* deposited these settlers and protected their initial exploring and staking out of land claims under the command of Lieutenant E. Hope Vernon.

Of these pioneers, John Baily gained the most prominence. His 310 acre farm along the Tsolum River bordered those of his friends Reginald Pidcock, Harry Blakesly and Reginald Carwithen. Other associates from S.S. *Shannon* soon arrived. In 1867, Baily was elected Chairman of the Comox Road Commission, the first local government in the Comox Valley. He showed aggressive leadership, on one occasion appointing a special constable to seize chattels of George Ford, a Bristol immigrant from the *Grappler*, commensurate with that farmer's refusal to undertake his statutory



Professor Bailey

road labour. In September 1867, he threatened the colonial government with resignation if more funds for hiring road workers were not forthcoming.

In April 1870, Baily purchased additional lands, sections 34, 50 and 51 in the Tsolum River area. He had spent \$1,000 in 1865 to build a large house and barn on his property. Baily returned to England after ten years to take up management of a large flour mill inherited from his father. He eventually became mayor of Glastonbury, Somerset, in 1880.

A series of renter-farmers, Parry, Creech, Shopland and others occupied Baily's lands on five year leases at \$150 per annum. By 1885, the farm was vacant, getting overgrown, and for sale at \$10,000. Baily wouldn't subdivide despite offers and seemed obsessed with the idea of someday returning. His lawyer son sold the land to Dr. C. Denton Holmes of Victoria prior to Baily's death on May 12, 1916.

BTSO Presentations



Congratulations to the recipients at the BTSO award presentation held on 6 July 92. Pictured are: Rear Row L-R - Sgt Ritchie, BTnO, promotion to Sgt; MCpl Streeter, BTnO, Safe Driver Award; Mr. Larden, BTnO, Safe Driver Award; MCpl Sell, BTnO, Master Driver Award; Cpl Koran, BTnO, CD; Cpl Dupont, BTnO, Safe Driver Award, Certificate of Achievement and CD; Mr. Churchill, BTnO, Master Driver Award.

Front Row L-R - Sgt Doole, BAMS, Physical Fitness Award; Sgt Knight Adams, BAMS, CD; LCpl King, BTSO; MWO Gustafson, BTnO, Promotion to MWO.



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Feature

In Earlier Days



Major J.E. McGee was SSO MAR (Aurora Project), Air Command HQ Winnipeg, 1976.

With or Without an engine....



Checking out the RCAC glider

For the Mig-29 Crew



Rutherford prints for the MIG-29 crew
"Our other car is a Volkswagen."

Whack!



At an ATC golf tournament

Thwack!



First serve on the new Tennis courts

Boot!



Kicking off a Soccer Series

Three Years with Col. McGee

COL. JOHN E. MCGEE, CD, ADC

Prior to his appointment as Base Commander, CFB Comox, B.C., Col McGee was the Director of Air Studies, Director of National Security Studies and Director of A Division at the Canadian Forces Command and Staff College in Toronto.

Col McGee took his pilot training with the RCAF after having joined the RCN in 1958 via the Officer Training Plan at HMCS Venture, Esquimalt, BC, where he became Chief Cadet Captain, won a literary award in his junior year and received the Naval Officer's Sword upon graduation. He then flew from the aircraft carrier HMCS Bonaventure where he also completed his upper deck watchkeeping qualifications. When on exchange duties with the United States Navy, Col McGee flew from the aircraft carriers USS Randolph and USS Wasp. Subsequently, he flew Argus long range maritime patrol aircraft and commanded 412 (Transport) VIP Squadron where he flew Her Majesty Queen Elizabeth II, Her Majesty Queen Elizabeth The Queen Mother, His Royal Highness the Prince Philip, Duke of Edinburgh, other members of the Royal Family, heads of state and government, and other civilian and military dignitaries. Col McGee has flown 7500 hours in over 45 types of aircraft.

Col McGee has had air staff assignments in Air Command and National Defence Headquarters. In 1986, Col McGee graduated from the United States Air Force Air War College where his research paper earned a United States Air Force Foundation Award and was the runner-up for the Italy-United States Douhet-Mitchell International Air Power Trophy. He holds Master of Public Administration (Pi Sigma Alpha) and Bachelor of Arts (summa cum laude) degrees from Auburn University at Montgomery, Alabama and Saint Mary's University, Halifax, NS, respectively. Until 1990, Col McGee was a doctoral candidate in Strategic Studies and International Relations at York University in the Department of Political Science. His recent articles have appeared in the United States Naval Institute Proceedings, the Conference of Defence Associations' Forum, Flight Command and Maritime Patrol Aviation.

Col McGee is a Rotarian and serves on the executive of the Comox Valley Branch of St John Ambulance. Col McGee is an Honorary Aide-de-Camp to His Excellency, the Governor General of Canada and was recently appointed Honorary President of the Vancouver Island Branch Aircrew Association.

Col McGee is married to the former Donna McNeill of Cadboro Bay in Victoria. They have two sons and one daughter.

Presenter (1)



At the Gulf Awards ceremony.

Presenter (2)



With lucky (and happy) bike winner, Bike Rodeo.

Meeting the Soviets



Col McGee met many dignitaries, perhaps none of more historic significance than the visiting Soviets.

Heritage Car Buff



A new BComd in a restored Model A Ford.
Runner

Hope you like it, Sir.

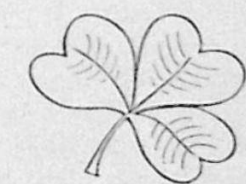


"Pte" McGee serves Christmas dinner

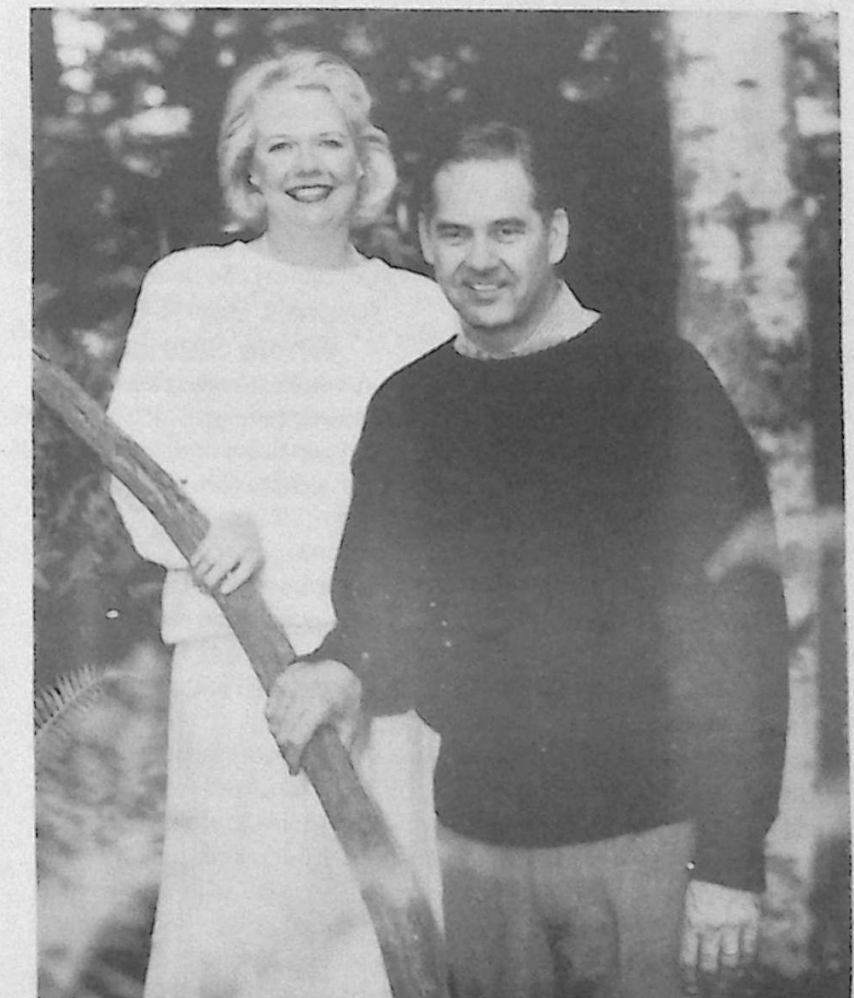
Dancer



Good footwork at the J.R. Christmas dance



Bon Voyage!



Donna and Jack McGee. Farewell from all of us at CFB Comox. We hope you enjoy Ottawa!



With (then) MCpl "Hoser" Shackleton after a Terry Fox run.

Singer



"Do it my way, sir: I'm BComd today!" At the J.R. Christmas party.

Leisure

Country Kitchen

More Fish ! ! ! !

I met and was talking to a recent Grad and asked what his plans for the future were. "Oh," he said, "I'm going fishing for the summer and then I'll buy a hot car and travel during the winter!" Great idea - sure hope it works out. I do know there is a big demand for fish out there and I'll give you some more recipes that I think are excellent.

Talking with another Grad's mother, she was telling me about her daughter bringing home her date's boutonniere and sticking it in the freezer instead of the fridge. An hour before they were to set off for the ceremonies, the mother is out running around town trying to find another one. It reminded me of my own grad night, all those many years ago, when I was all dressed and waiting for my date when I decide to give my hairdo one last shot of hairspray. I didn't bother to turn on the light in the bathroom and reached for a can (and, it wasn't ozone friendly in those days) on the shelf and commenced to spray. It was the smell that got my attention first. I quickly turned on the light and turned to look at myself in the mirror. Well, all I can say is that my hair matched the colour of my dress! In my haste I had grabbed the can of BON AMI and I had these great white mounds of foam all over my head! Luckily, I had already put so much spray on my hairdo (some of you will remember the styles in the sixties) that I was just able to wipe the foam off with a towel and nobody knew the difference, although a few people did wrinkle their noses when I came around them during the evening. Ah, Memories!

The editor tells me that he has had a positive response to the fish recipes, especially the salmon, so I'll give you a couple more ideas plus some recipes for other fish.

If you have an occasion for which you'd like a little fancier sandwich, try the following:

Salmon and Cream Cheese Sandwiches

salmon, drained and flaked
mayonnaise
celery, chopped
onion, minced
salt and pepper
cream cheese with herbs. You can either mix your own favourite herbs with a soft cream cheese or you can buy a pre-mixed dip at your grocer.

Bread
METHOD: Depending on the number of sandwiches you require, follow this procedure several hours before serving. Take five slices of bread and remove the crusts. Place your salmon mixture (not too moist) between the five slices and stack. Wrap in saran and chill for several hours. Remove from fridge, and slice through the five layers of bread (four layers of salmon), making your slice about 1/2 to 3/4 of an inch thick. Spread the cream cheese with herbs over each striped "slice" of salmon and

bread. Re-stack, alternating the direction of the striped slices, eg. vertical, horizontal, vertical, etc. Re-wrap and chill. Ice the entire sandwich with softened plain cream cheese and decorate if you so choose. Use as a centerpiece at a tea and slice as you serve. Very impressive!

For a less complicated but equally impressive idea, you can try making a

Sandwich Loaf

bread: buy an unsliced sandwich loaf from the bakery and have them cut it horizontally into four slices after removing the crust.

salmon sandwich filling
tuna sandwich filling
another filling: egg, cream cheese or even a coleslaw from which most of the moisture has been removed.

cream cheese or cheese whiz (richer in taste)

METHOD: Place each sandwich filling (you need three different types) on three of the horizontal slices and top with fourth slice. If you are making this for a large crowd, you can buy two loaves, one white and one brown, and alternate the colours. Re-stack the layers and chill, wrapped in saran or waxed paper.

After chilling at least a couple of hours, remove wrap and ice the loaf with cream cheese (you might have to add a little mayonnaise to get it to be spreadable) or with cheese whiz.

Garnish: make daisy type "flowers" out of sliced olives with celery or green onion stems and leaves on top and sides. Chill for a couple of hours. Use as a centerpiece and slice as you serve. Wonderful! These can be made ahead and frozen but be warned that they take a long time to defrost. An egg filling or the coleslaw doesn't freeze as well as the salmon, tuna or cheese. Also if you freeze it, don't add the garnish until it's thawed. The oohs and ahs will make it worth all the trouble you've gone to.

As my eldest son was reading the salmon column two issues back, he commented that I hadn't included his method of Bar-B-Qued Salmon. So, here's

Andre's Bar-B-Qued Whole Salmon

A whole salmon, cleaned and head removed
1/4 cup butter or margarine for up to a 7-lb fish (1/2 cup for larger)

onions
potatoes
salt, pepper and garlic powder
tin foil, enough for twice the length required to cover the fish, folded in half.

METHOD: Place cleaned fish on one end of the folded tin foil. Butter the inside of the cavity and place quartered onions and potatoes inside with salt, pepper and garlic. Place some halved onion rings around the outside of the fish as well and dribble butter over the skin. Place some more

potatoes around the fish if you wish. fold other side of doubled tin foil up and over the fish, lining up the edges. Fold the three open sides in toward fish two or three times, pressing hard. A 7 lb fish will take about twenty minutes on a hot BBQ to cook. Ten minutes each side. Time varies according to the size of the fish. After twenty minutes open the foil and check for doneness. Serve immediately. Andre's friends are impressed and I hope you will be, too.

Salmon Continental

1 T. butter
1 T. flour
1/4 tsp salt
1/8 tsp pepper
1 cup undiluted Carnation evaporated milk
2 egg yolks beaten
2 T. soft butter
3 T. lemon juice
18 - 24 cooked asparagus spears OR 2 cups cooked whole green beans
one pound of canned salmon, drained
1/2 cup grated sharp cheddar cheese

METHOD: Blend 1 T. butter and flour with the salt and pepper in a saucepan over low heat. Slowly add the Carnation milk. Cook until thickened, stirring constantly and remove from heat. Add some of the hot sauce into beaten egg yolks and then add eggs to remaining sauce. Stir in soft butter and lemon juice. Place hot asparagus (or beans) in individual buttered casseroles (or in one large shallow casserole). Add drained canned salmon to white sauce, stir and pour over asparagus. Top with cheese and broil six inches from heat for about five minutes or until sauce is bubbly. Serve immediately. If you don't like canned milk, regular milk can be used. Also, substitute another kind of fish. Crab is good and also Cod that has been boiled 10 minutes and deboned. Or, eliminate the asparagus (beans) and layer sauce, fish cheese, sauce, fish, cheese and bake at 350 degrees F. until the cheese bubbles. All are equally delicious for those of us that love fish.

METHOD: Blend 1 T. butter and flour with the salt and pepper in a saucepan over low heat. Slowly add the Carnation milk. Cook until thickened, stirring constantly and remove from heat. Add some of the hot sauce into beaten egg yolks and then add eggs to remaining sauce. Stir in soft butter and lemon juice. Place hot asparagus (or beans) in individual buttered casseroles (or in one large shallow casserole). Add drained canned salmon to white sauce, stir and pour over asparagus. Top with cheese and broil six inches from heat for about five minutes or until sauce is bubbly. Serve immediately. If you don't like canned milk, regular milk can be used. Also, substitute another kind of fish. Crab is good and also Cod that has been boiled 10 minutes and deboned. Or, eliminate the asparagus (beans) and layer sauce, fish cheese, sauce, fish, cheese and bake at 350 degrees F. until the cheese bubbles. All are equally delicious for those of us that love fish.

METHOD: Prepare marinade of rosemary, oil and lemon juice and shake well. Let stand at room temperature for an hour or more, then strain. Dip fish into marinade, or brush whole fish. Sprinkle with salt and pepper. Oil your wire basket and place fish inside. Broil over medium hot

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Fillet of Sole Sautéed in Butter

A microwave recipe.
2 lbs of sole fillets
dash of salt and pepper
1 tsp chopped fresh parsley
2 T. cornstarch
dash of pepper
1/4 cup lemon juice
1/4 cup chopped celery
dash of garlic powder
2/3 cup butter

METHOD: Sprinkle sole fillets with salt and pepper. Melt butter in a baking dish for 50 seconds on power level 90 or high. Add lemon juice, parsley, celery, cornstarch, black pepper and garlic. Stir well and place sole fillets in butter sauce and spoon some sauce over fish. Cook, covered with saran for

eight minutes on power level 90. Let stand two minutes and serve with hot rice and spoon sauce over both.

Baked Salmon or Char

Make a dressing the same as you would for turkey.

bread crumbs
onion
celery
seasoning
mushrooms (optional)
Sauce for basting:
1 lemon
3 T. butter

METHOD: Squeeze juice from lemon into saucepan and add butter. Cook over low heat stirring constantly. Baste the inside of the fish of your choice. Place the dressing inside the fish. Tie well in four places to keep dressing inside. Baste the top and sides of fish with lemon sauce.

Slice the lemon. Place the fish on doubled foil and arrange lemon slices on fish before wrapping it up. Bake in a large shallow roaster at 400 degrees F. for 10 minutes, then reduce heat to 350 degrees F. and cook one to three hours depending on the size of your fish. It should flake easily with a fork when it's done.

For those of you who are lucky enough to have a fish shaped broil basket or a closable wire broiler basket, you can cook your salmon over an open fire by following this recipe:

Broiled Salmon Epicurean

1/2 tsp rosemary leaves
1/2 cup salad oil
2 T. lemon juice
small whole salmon, or 2 lbs of fillets or steaks
salt and pepper

METHOD: Prepare marinade of rosemary, oil and lemon juice and shake well. Let stand at room temperature for an hour or more, then strain. Dip fish into marinade, or brush whole fish. Sprinkle with salt and pepper. Oil your wire basket and place fish inside. Broil over medium hot

coals 5 to 8 minutes or until slightly brown. Base cooked side with more oil and turn. Brush uncooked side with marinade and broil an additional 5 to 8 minutes. Fish will flake easily when done. The open fire gives the salmon a wonderful flavour you don't get when baking or on the BBQ, but you must have a basket.

Salmon Puff

1 can salmon, drained and flaked (tuna is good too)
1/2 cup grated cheese, your choice
2 cups bread cubes, fresh
3 eggs, separated, whites beaten until stiff
1 can cream of celery soup
1 T. onion, diced

METHOD: Heat cheese and soup until the cheese melts, remove from heat and stir until lukewarm. Beat in the egg yolks. (Remember to let cheese cool or your yolks will harden instead of blend into cheese.) Add salmon (tuna) and onion to cheese and then stir in bread cubes. Fold the stiffly beaten egg whites into the mixture and turn into a deep buttered baking dish. Set the dish in a pan of hot water and bake at 350 degrees F. for 40 minutes.

Salmon (or Tuna) Treat

2 cups parboiled potatoes, cooled and sliced
1 can salmon or tuna, drained and flaked
1 cup cooked peas (fresh or frozen are better than canned)
2 hard cooked eggs, sliced
1/2 cup thinly sliced onion
1 can mushroom soup OR 2 cups white sauce mixed with 1/2 tsp mustard

METHOD: Layer sliced potatoes, onions, peas, salmon (or tuna) and egg until all is used up. Pour soup and a can of water (OR white sauce) over all and bake at 350 degrees F. for about 20 minutes or until it bubbles. Don't cover. Quick, nutritious and delicious.

Next issue: my favourite shellfish recipes.

888 (KOMOX) WING

RCAFA

CALENDAR OF EVENTS JULY 1992

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
WING HOURS OF OPERATION ARE AS FOLLOWS:

Thursday 12 noon - 1 a.m.
Friday and Saturday 11 a.m. - 1 a.m.
Sunday 1 p.m. - 7 p.m.

THURSDAY 23 JULY 1992

BARBARA VERMETTE

THURSDAY 23 JULY 1992

TOTEM TIMES 15

Recreation

Glacier Greens Golf News

Pros for Juniors

Golf-A-Thon Raises

\$3,886.80

Mr. Scott Fraser, golf pro at Glacier Greens, organized and was host to three other Valley professionals when they played in a "Pros for Juniors Golf-A-Thon" at Glacier Greens on Thursday, 16 July 92.

Joining Scott in this event were:

Mike Burrows, Storey Creek Golf Club

Peter Oliphant, Comox Golf Club

Martin Lepke, Sunnyside Golf Club

Play began at 6:30 a.m. and continued until 9:50 in the evening.

It would be hard to beat the professional performance of these four golfers, as they made their way "around" the golf course hour after hour in the intense heat for a total of 108 holes. 68 birdies and three eagles were scored during the course of the day.

Mike Burrows finished up at thirteen under par and Scott Fraser ended up even par.

A total of \$3,886.80 was raised.

The money pledged will go towards the participating golf clubs to enhance their junior programs.

The participating clubs greatly appreciated Bill Newbold's generous donation of Spalding balls that were supplied for the players.

Our special thanks to Scott, Mike, Peter and Martin for contributing their day towards this worthy cause.

More GGGC News

By Rose McCleish

Once again the ever popular Mr & Mrs/His & Hers gold tournament has come and gone. The success of the tournament was made possible by organizers Mr. Chuck Perry, Mr. Bill Brundage, all the participating members, the sponsor Mr. Greg McNivits of G.L.M. Construction and the support of Scott Fraser on the prize table.

Mr & Mrs Field Low Gross (77) Shirley & Bing Shearer
Mr & Mrs Field Low Net (63) Marg & Russ Wreggitt

His & Hers Field Low Gross (83) Cheryl Armstrong & Arnie Mathus



Golf-a-thon participants L-R: Scott Fraser, Peter Oliphant, Martin Lepke, Mike Burrows

His 'n Hers



His & Hers 1st Low Net: (L-R) Golf Pro Scott Fraser, Sponsor Greg McNivits, John Ferguson, Rose McCleish.

Mr & Mrs



Mr & Mrs 1st Low Gross: (L-R) Pro Scott Fraser, Shirley Shearer, Bing Shearer, Sponsor Greg McNivits.

His & Hers Field Low Net (62.5) Rose McCleish & John Ferguson

More Low Net winners:
Greg McNivits/Heather Sykes - 63

Roy & Elsie Downey - 63
Willie & Heather Oliver - 63
Wally & Trudy Berger - 66
Crosby & Ruth Cole - 67.5

Rick & Gwen Salmon - 67.5
Bill O'Neil/Judy Brown - 67.5

There will be a general meeting on 23 July, 5:00 p.m. at the Base Social Centre. Development and expansion program to be discussed. All members are urged to attend. Golf at 6:00 p.m. The next Nite Lite Scramble will be held 15 August.

407 Change of Command

CFB COMOX, BC -- LCol Terry Chester will be relinquishing command of 407 Maritime Patrol Squadron to LCol Peter Kendall at a change of command parade on 28 July 1992, at 2 p.m. at Canadian Forces Base Comox. LCol Chester is transferred to National Defence Headquarters in Ottawa to the position of Director General Corporate Management Services after commanding 407 Maritime Patrol Squadron for two years. LCol Kendall will be arriving in the Comox Valley after having completed a staff tour as the Director Maritime Aircraft Engineering and Maintenance in Ottawa.



Larry Sweeney
music reviews and syndicated columnist

Adios from the Gatlins

Adios (Liberty) does not mean goodbye. For almost four decades The Gatlins have written, sung, harmonized, toured and recorded. Now, they are entering a new phase in their combined careers. Like so many others, they are opening a major entertainment complex in Branson, Missouri. They are not retiring from the music industry, they're just going to stay in one place for a few months of the year. The Gatlin complex, scheduled for completion next year, will contain two theatres that will seat 3,500 and 1,000 respectively, two restaurants and a 240-suite hotel.

As Larry, Steve & Rudy continue to wrap up their 1992 tour, they are promoting Adios, one of their finest recordings to date. And, they also make it clear that this does not signal the end of their recording careers. Life on the road can be tough and they have decided to take some time and "stop and smell the roses." Pretty Woman Have Mercy, an uptempo gem that harkens back to some of Orbison's classic tunes, kicks off the musical proceedings. From there they click with Just A Little To The Side Of The Storm and highlight the set with Billy Jack Willis, a guitar-drenched opus about a super-star that fell from grace and even now as a down-and-out wino still plays a mean guitar.

The reality of Already On Fire is what single hits are made of and this particular track should draw huge response. It's a compelling story set against a shuffling beat. However, the key ingredient in this album is the tenderly told story about the Half Moon Motel. This song should leap from the album and land safely on the singles charts. Good harmonies highlight Rock of Love and One Dream Per Customer. Set wraps up with Adios which allows the trio to tell about their future plans. Good, solid material.

REVERDINE

N Ignorance (Chrysalis) Boo Hewerdine, former frontman for The Bible, offers an uncluttered album of music that runs counter to most of the music being heard today. This album is Boo's vocals and acoustic guitar. It is a refreshing change to hear lyrics that have the strength to stand on their own merit, augmented only by guitar and voice.

Best bets here include Sweet, Little Bits of Zero and the title track Ignorance.

W.A.S.P.

The Crimson Idol (Capitol/EMI) is a rock-opera of epic proportions. It takes the story of a young man who has been rejected by his parents. He feels further grief-stricken due to the loss of his brother. Leaving home disillusioned, he comes across a crimson guitar, an instrument of his passion and, ultimately his fate.

This scenario is set against hard rock music. Three years in the making, songs include Invisible Boy, Arena of Pleasure, The Gypsy Meets The Boy and The Idol.

FAST FACTS
He was born Desmond Dacris, in Kingston, Jamaica and met stardom under the name Desmond Dekker & The Aces. Although he only ever hit top-40 once, with the Israelites, he has become one of the driving forces in reggae music. That the Fast Facts on Desmond Dekker.



The Gatlins

NEXT DEADLINE 10 AUG



Health & Fitness

To Your Health

Health information from the Registered Nurses Association of British Columbia

Some Good News About Preventing Meningitis

There is good news for parents concerned about the dangers of meningitis.

B.C. is one of the first provinces to provide a new vaccine that will protect infants two months of age and older against meningitis and other serious infections caused by the Hemophilus influenza type b (Hib) bacteria.

Meningitis can be caused by many organisms but the Hib bacteria is the most common cause of infection in children under five years of age. Therefore, immunization with the Hemophilus influenza type b or Hib vaccine is the best way to protect children against meningitis and other serious infections caused by the Hib bacteria.

Meningitis is a serious disease and nurses advise parents to protect their children. Bacterial meningitis is fatal in up to five per cent of treated cases, and twenty to thirty per cent of the children who survive suffer some permanent brain damage which can cause mental retardation, deafness, paralysis and other serious problems.

Other dangerous illnesses, including pneumonia, can also be related to Hib infection. Epiglottitis, an inflammation at the entrance of the voicebox in the throat, may result from Hib infection and can require emergency surgery to prevent suffocation.

A series of Hib vaccines has been developed since 1986, but the greatest advantage offered by the new vaccine is its effectiveness in protecting small infants. The previous vaccine could not be used until a child was at least 15 months of age. Since two-thirds of the Hib infections occur in those under 18 months, this left many young children dangerously vulnerable. Fortunately, this is no longer the case.

Since Hib infection is spread by coughing, sneezing and close face-to-face contact, it is especially important that children in settings such as day-care centers be immunized. Immunization can also be especially beneficial for children with certain medical conditions involving the spleen and of the immune system. Even if your child has had meningitis in the past, you should still check to see whether Hib vaccine is advisable.

To find out more about this vaccine, contact a nurse in your local health unit or ask your family doctor about having your child immunized. It is recommended that routine immunization begin at two months of age. The vaccine can be given at the same time as other immunizations and no serious adverse reactions have been reported. Your community health nurse or family doctor can explain the schedule recommended for your child based on their age and past record of immunizations.

This vaccine is safe and effective. Nurses urge you to immunize your child against all infections caused by the Hib bacteria.

First Annual Comox Valley 24-hour Relay

The Comox Valley Road Runners and the Strathcona Sunrise Rotary Club have joined together to organize and support the First Annual Comox Valley 24-Hour Relay. This fund-raising event will be held on 28-29 Aug 92 at the Rotary Bowl. It is open to runners and walkers of all abilities. Teams will consist of 10 to 20 members. The distance will be 5 km, and teams may organize however they see fit, providing someone is running at all times.

All proceeds derived from the relay will go toward the "Cat Scan Fund."

CFB Comox personnel wishing to participate are to contact the Rec Centre, Loc 8315. Individuals, sections, messes or squadrons are encouraged to attend as teams. Deadline for entries is 31 Jul 92. Entries received prior to and including 31 Jul will be \$80.00/team; entries received after 31 Jul will be \$100.00/team.

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.

info health

Dr. Bob Young



Is It Worth It?

"Is it worth it?" The question is being asked by economists and some doctors. They are both referring to the high costs of treating a person's final illness.

All health care spending is being examined with a critical eye so it is no surprise that the cost of dying is being scrutinized. Statistics demonstrate that, at any given time, ten per cent of available health funds are spent on people who will die within a month. And 25 per cent are used to treat people during their last year of life.

Put another way, the average person will generate 60 to 75 per cent of their personal health care costs during the last few months of their life. (Don't hold me to these numbers - they approximate the educated guesses of several sources.)

The wise money-watchers imply that, since treatment is like-

ly to be fruitless, it should be withheld. While this certainly may be true during the obviously terminal phase of a final illness, it disturbs me to think that some want the cut-off date moved forward.

While it may be true that spending dollars on terminally ill patients may not increase their life expectancy, it may do much to relieve discomfort and ease both the family's and the patient's concerns. Society owes its seniors at least that much.

Medicare funds come from taxes, in one form or another. In BC and Alberta, premium income is added to the pot. Whatever the source, we all pay our share over the course of a lifetime, expecting that care and attention will be provided in time of illness, be it our final one or otherwise.

We would not accept having our car insurance cancelled just

before a major crash, but the principle is similar.

And, since it ain't over until it's over, who is to determine when treatment eligibility ends?

It's not a decision I would care to make early on, although I have often done so in the case of the truly terminal patient, with consultant and family concurrence.

Two-tiered medicine usually means different standards (or availability) of care depending on ability to pay. This is not acceptable under the Canada Health Act. Nor should we accept a double standard based on whether you are young and salvageable or old and dying.

It smacks of battlefield triage, where the medical officer walks among the wounded and chooses who will be treated and who will be "let go." Necessary, perhaps, in those circumstances. Not in ours.

Drug Trials

others.

The collection of patients was then split into two, in a random fashion, but matched closely as to age, gender, race, type of heart attack, previous heart attacks, heart surgery, blood pressure, smokers - there was a long list. The goal was to have each group an image of the other.

Patients in one group received captopril, the others a fake drug (placebo). It was a double-blind study; neither patient nor doctor knew who was receiving which.

A large variety of data was collected over periods of two to five years, and each type was interpreted by one person, to exclude individual bias.

Even the doses of the drug or placebo were kept the same - as captopril dosage was increased, so was the placebo.

The findings were collected and tallied in a "neutral" location, the blind code was broken, and

the results analyzed using sophisticated statistical methods. These methods are used to answer the question "What is the probability that this result is due to chance alone?"

The full results of the captopril study are due to be published very soon. We can tell you, however, that patients on the drug did considerably better than those given the placebo.

Drug trials are expensive and elaborate. The methods used and the analyses of the findings are subjected to sometimes cruel scrutiny by watchful critics including government agencies. It is very difficult for a pharmaceutical company to successfully promote an ineffective drug today.

We have come a long way from the snake-oil, magic elixir, and healing salve days. Prescription drugs, at least, have to prove their worth.

The Federal Superannuates is for you ... if you:
Receive a pension from the federal government for service in:
*The Canadian Armed Forces
*The Royal Canadian Mounted Police
*The Federal Public Service

and you wish to stay informed about your pension rights, then you should join a 'pro-active' non-profit organization that is Canada wide and whose sole objective is the improvement and protection of YOUR indexed pensions and benefits. If you want to join up with 60,000 other Canadians in 68 branches across the country, write: FSNA, P.O. Box 3617, Courtenay, B.C., V9N 6Z8 or call 335-0691 or 339-2406.

NEXT DEADLINE 10 AUG

THAT'S HOW MANY CANADIANS ARE LAWN BOWLERS



Way to go, Canada!

On & Off the Base



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Fri 24 July.....Dance to El Dorado
Fri 31 July.....Dance to Westwind

REGULAR ACTIVITIES

BINGOS.....Thur., Fri., Sun. at 7:00 PM
MONDAY.....FUN EUCRE
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 15 Aug.....Musical Murder Mystery Night
8:00 p.m. Teams of Four

SPORTS

Sunday 09 August.....Fun Golf Tournament at Longlands
\$10.00 includes Entry, Prizes, BBQ

BRANCH 160 COMOX
339- 2022

ENTERTAINMENT

UPDATE NOT RECEIVED

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)

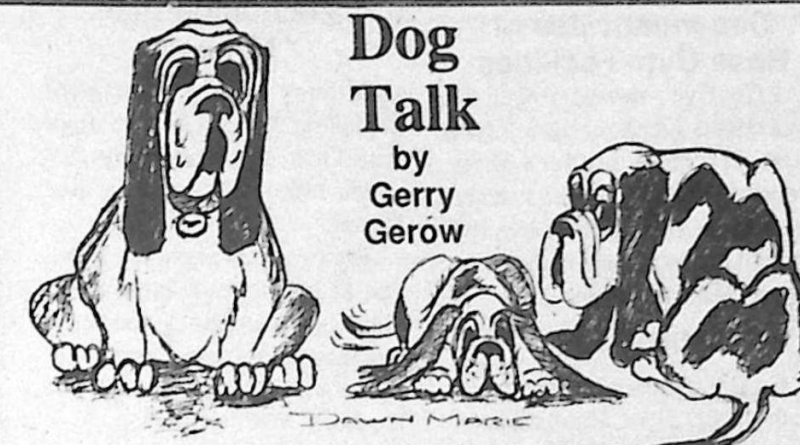
EVENTS

UPDATE NOT RECEIVED

SPORTS

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

Dog
Talk
by
Gerry
Gerow



Born
to
Hunt

but she hates to put something with feathers on it in her mouth. Try as I would, I have never been able to get her to do it. Her pup, on the other hand, was six months old on her first field trip and did a beautiful retrieve on the first pheasant she had ever seen, with no training whatsoever.

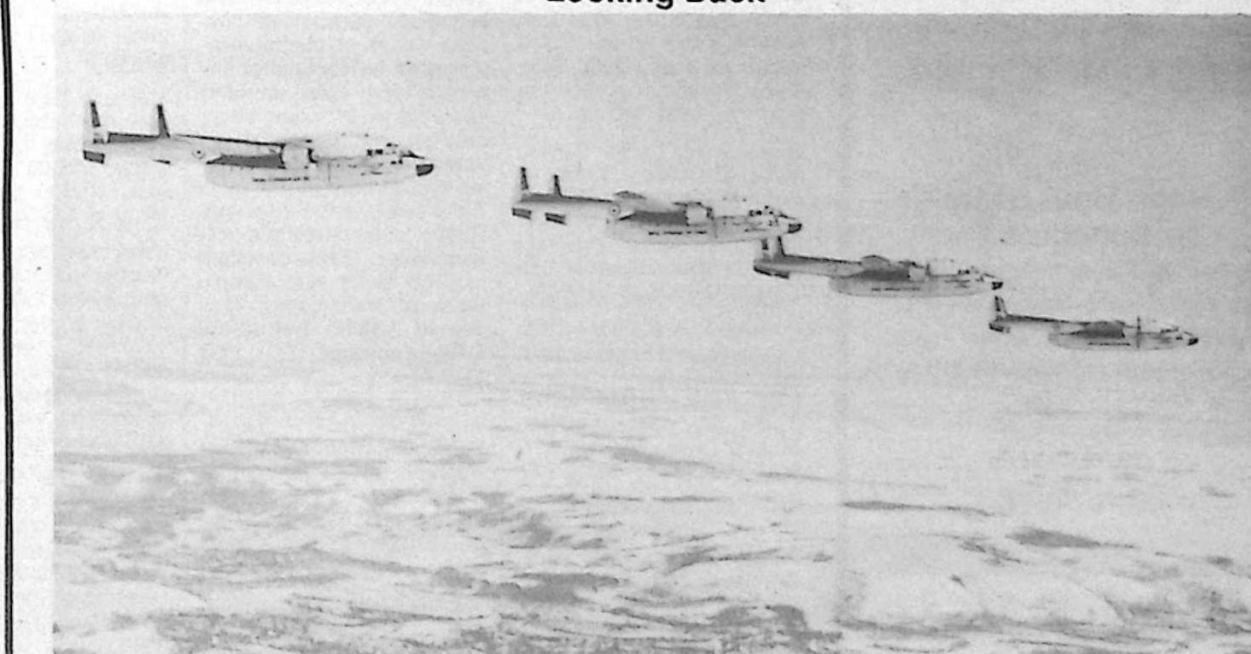
A word to the wise on retriever training. It may be neat to throw sticks in the water and have your dog retrieve them, but one of these days when you have an important water retrieve, your dog might just pick up the nearest stick and return to you with it instead of the bird you intended.

Most dogs love to swim and I like to send them in by tossing a stone into the water. Then the dog can be taught to go left, right, farther or come back, by throwing other stones into the water. It may be a little frustrating for the dog, but if you finish up by throwing a dummy, preferably feathered, into the water for him/her to bring out, then it can be very rewarding.

Don't worry about your dog being gun shy. Very few dogs are, and if they are, there is nothing you can do about it. Also, don't forget to condition your dog for the long days in the field this fall.

Just like an athlete, he/she needs to train a bit to get in shape.

Looking Back



C119 Boxcars out of Rivers, Manitoba. Photo courtesy of Moe Legeas, the "Breezeaway Barber," ex 409 Sqn.

Bookshell Bestsellers



Pat Bolen
Proprietor

10% off for mil pers - show ID

2751 Cliffe Ave.,
Driftwood Mall,
Courtenay, B.C. V9N 2L8
604-338-5943

Debi Williams
Manager

get your Totem Times here

Week Ending 25 July
10 Top Paperbacks

- | | | |
|------------------------|---------------------------------|------------------------------|
| 1. The Sum of All..... | 4. Phantom Leader..... | 8. The House of Thunder..... |
|Fears |Berent |Koontz |
| 2. My Beloved Son..... | 5. The Duchess..... | 9. A Time to Kill..... |
|Cookson |Deveraux |Grisham |
| 3. Needful Things..... | 6. The Seventh Commandment..... | 10. Sleeping Beauty..... |
|King |Sanders |Michael |

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 est une 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!

Base Golf Playdowns

The Base Golf Playdowns will be held 26-28 Aug 92 at the Glacier Greens Golf Course. This playdown will determine who represents CFB Comox at the Regional Playdown being held 23-26 Sep 92 at CFB Comox.

All interested personnel with handicaps of 20 or under are to contact the Rec Centre, Loc 8315, no later than 7 Aug 92.

Noon Hour Swim Schedule

Due to Summer Aquatic Program, the noon-hour lane swim time has been changed from 1130-1230 hrs to 1145-1300 hrs.

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, local 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 local 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.

NEXT DEADLINE 10 AUG 92

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 BCYCN AT (604) 669-9222.

\$195

for 25 words
\$3.70 each additional word

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COMMUNITY
NEWSPAPERS
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AUTOMOTIVE

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.

GOVERNMENT SEIZED/ SURPLUS vehicles, U.S. and Canadian low as \$100. BMW's, Cadillacs, Chevys, Fords, Mercedes, Porsches, trucks, vans. AMAZING free 24-hr recording reveals how (416) 631-4666

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.

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.

CANADA ENGINES LTD. Quality Rebuilt Engines: cars, light trucks. 6 cylinder from \$995, 8 cylinder from \$1095. 5 year, 100,000 Km. Ltd. warranty. 7 Days - 580-1050, 1-800-665-3570, 856-5828 evenings.

DRUG RAID SEIZURES! Fords, Chevys, Mercedes, Corvettes, Trucks, Vans. Starting from \$100! FREE Report! Write: Seizures, Dept. bc4, #150-1857 West 4th, Vancouver, B.C. V6J 1M4.

BOATS

CAMPION and CHRIS CRAFT the West's best deals! Delivery BC, Alberta, Allantes, Explorers, Victorias in stock. Inland Marine, Kelowna 1-800-663-4737, nites Clem (604) 765-5816.

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.

BUSINESS OPPORTUNITIES

WESTERN CANADIAN SCHOOL of Auctioneering, 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.

BUSINESS OPPORTUNITIES

ADVANCE OPPORTUNITY. Revolutionary 80-channel mini-dish satellite system will rapidly expand home entertainment and communications industry. Network Marketing. No inventory. No investment. Call (416) 622-1810 anytime.

TIRED OF YOUR JOB? Dream of money? Open your own profitable business at home. Free information write: FRONTIER ENTERPRISES 302-2290 Ontario, Victoria, B.C. V8V 1N1.

CAREER OPPORTUNITIES

An Editor is required for a thriving Tri-Weekly Newspaper for the B.C. interior. The successful candidate will possess excellent communication skills, be self-motivated and able to work in a team atmosphere. Previous Editor experience an asset. Salary commensurate with experience. Send complete resume along with sample work to: Kamloops This Week, 1365B Dalhousie Drive, Kamloops, B.C. V2C 5P6. Attention: Don Moores.

COMING EVENTS
Salt Spring Island Old Times Reunion (residents prior to December 31, 1949). Farmers Institute Grounds, Ganges, Sunday August 2, 1992 starting 10:30 a.m. Contact 537-2501.

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.

HOW TO PLAY POPULAR PIANO. New home study course. Fast, easy method. Guaranteed! FREE information. Write: Popular Music Studio (1A), 103-1054 Ellis, Kelowna, B.C. V1Y 1Z1 1-800-667-0050 Extension 770.

EMPLOYMENT OPPORTUNITIES

AFANTASTIC CHALLENGE is waiting for you on a farm overseas. Contact the International Agricultural Exchange Association, 1501-17 Ave. S.W., Calgary, AB T2T 0E2.

EMPLOYMENT SERVICES

CRUISE LINE EMPLOYMENT PACKAGE. Types of Jobs/How to get those Jobs/ North America Contact Directory/More! For details call: (604) 335-3539.

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.

FOR SALE MISC.

Several Loaders and D6 Cats, 1987 Ford Hightop Ambulance, three 1990 Totem Belly Dumps, Excavators, and Backhoes, 2100 gal. fuel truck, 40 ton Low Bed. Call 493-6791.

Stainless steel tanks. Vertical 304, Flatbottom, includes plumbing. Excellent for water, 25,000 gals, 30,000 gals, 50,000 gals. Phone Harry at 435-0925.

Used building material yard. Good selection, large timbers, and planks. 2x12's, 14x16's. Plumbing, electrical, kitchen cabinets, doors, glass, hotwater tanks, furnaces, new stock arriving daily! 321-3033/3922. After hours 465-8898 ABC Demolition.

SATELLITE SYSTEM 48 INCH DISH. No subscription fees. Completely legal. Installs in minutes. Stereo receiver. Remote control R.V. compatible. Introductory price \$699. Pacific Electronics 572-9390.

HELP WANTED
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.

Experienced Hoe Operator familiar with Coastal Logging Road Construction, capable directing five man crew. Experienced Barke 450 Operator needed also. Permanent positions requiring camp shifts near Port Hardy. 949-6642.

Community newspaper production coordinator and systems manager required. Must be familiar with Macs, Quark Express, and able to supervise composing staff. Send resumes by July 24 to Joyce Carlson, Publisher, Gulf Islands Driftwood, Box 250, 126 Upper Ganges Rd. Ganges, B.C. V0S 1E0.

HELP WANTED

DOUG MARSHALL MOTOR CITY, 11044-100 St., Grande Prairie, T8V 2N1 Chev Olds dealership requires licensed mechanical technician with hi-tech training in fuel and emissions. Contact G. Hunt (403) 532-9333.

Wholesale Road Salesperson required for an Okanagan Ford Dealership. Immediate opening. Four to five years experience required. Fax resume to (604) 492-8181 Attention: V. Atkins.

Residence House Parent(s): The Banff Mountain Academy requires House Parent(s) for its residence. The ten month program combines school with athletics. Duties: House Parents for 20 teenage ski racers, cooking and maintenance. Pay: commensurate with experience. Contact Banff Mountain Academy, Box 2009, Banff, Alta, T0L0C0 (403) 762-4101, fax (403) 762-8585.

Experienced pet groomer required (minimum one year) for progressive veterinary practice on Saanich Peninsula near Victoria, B.C. Accommodation available. Please call (604) 652-4312.

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.

MOBILE HOMES

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

PETS

FOR SALE - top quality male and female llamas at reasonable prices. Great pets, excellent wool and superb packers. Telephone (403) 922-5384.

PUBLICATIONS

Subscribe to the Yukon Reader - AND GET FREE GOLD! One nugget with one-year subscription \$24; Two nuggets with two year \$42. Refund offered, but you keep the gold. Send to: The Yukon Reader, Box 4306, Whitehorse, Yukon Y1A 3T3.

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

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.

16.39 Acre R.V. Park bordering Alaska Highway and Liard River. Complete facilities, residence included. Ideal family operation. Premises well maintained, unlimited potential. Owners retiring (403) 536-2276.

WHISTLER, B.C. Bed & Breakfast for sale. Turnkey operation with excellent clientele. 7 bedroom home on double corner view lot. Price \$575,000. Call owner (604) 938-8007.

Northwestern Saskatchewan 4,000 sq. ft. Restaurant, Lounge, Licensed Patio, Gas Bar on Major Highway in resort. Access to two lakes. (306) 386-2131. Box 1646, N. Battleford, Sask., S9A 3W2.

Kispox Valley approx. 113 acres with over 1 mile river frontage. Very private log home, 2 cabins, bath-house, shop, good road access and renowned fishing. Leo Lubbers 847-5999.

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

TALENT AGENCIES
REPRESENT CANADA IN 1992 as Miss South Western B.C. and travel, model. Ages 18 to 25. Deadline August 7, 1992. Gerti Todd 988-1536 leave name and address on answering service for brochure.

BLANKET CLASSIFIED ADS

An advertising "Best Buy"! Place your ad in over 100 newspapers for only \$195.00. For more information on Blanket Classified Ads contact this paper or call (604) 669-9222.

On the Base

A Promotion for Wendy



Cpl McLean is congratulated by LCol Challendar, BOPsO, on her promotion to MCpl. Well done, Wendy.

BAMSO Promotions Maj Brown presenting



CWO Symes



Sgt Cooper

GLACIER GREENS BAR AND GRILL

Having a Wedding, Anniversary or just a fun Party?
Come to the best location in the Valley
at the Glacier Greens Gold Club's Bar and Grill
We can accommodate up to 115 people in a private setting overlooking the Glacier
For further information call Marg or Diane at 339-8720

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

Hockey School Opens in August

The Glacier Hockey School opens its doors for operation in August of 1992 at Glacier Gardens Arena. Over the course of the past few years there has been a tremendous interest in the game of hockey.

Now the Comox Valley offers two one-week programs running from August 3-8 and August 10-15.

Registration is now open to all residents of Vancouver Island and surrounding areas. Players will have the opportunity to compete with and against others of similar skills and aspirations.

The goals of our 1992 hockey are to:

- provide quality hockey players the opportunity to experience quality instruction
- inform and educate players and their parents on the hockey opportunities available to them
- provide players with a fun and memorable experience.

Beginners Program

This program is designed to

introduce players to the game of hockey. Skating skills are stressed with fundamental development of other skills. The program consists of six one-hour ice sessions. Instructors will teach the proper use and fitting of hockey protective gear and equipment

Regular Program

This program is designed for the experienced hockey player. It includes ten structured ice sessions (2.5 hours per day), specifically designed skill assessment drills and one exhibition game at weeks end; three classroom sessions dealing with future alternatives, nutrition and pre/post season strategies, systems and fundamentals; three video sessions dealing with current hockey strategies, systems and fundamentals; and six dryland training sessions with a qualified instructor.

Goaltender Program

This program includes the Regular Program with an addi-

tional five one-hour Goaltender special training sessions. The Goaltending sessions are concentrated in the development of skills in a number of areas. The players will be taught all the basic skills which will allow them to develop their own personal styles, yet giving them an excellent background to perfect their individual talents.

Adult Program

Glacier Hockey School introduces an adult program. The Adult Program consists of five 1.50-hour instructional sessions and one 1.5-hour game session. This program is designed to allow adult players and new coaches the opportunity to refine their skills prior to the upcoming hockey season. This sessions will be held in the evenings of the first week only unless numbers allow for a second session.

For more information call 339-7302.

Teddy Bear Repair HEALTH CLINIC
40 STORES TO SERVE YOU
REPORT CARD

	Excellent	Good	Needs TLC
Fur Quality			
Stuffing & Stitching			
Eyes, Nose & Ears			
Flexibility			
Huggability			

Name: _____
Telephone: _____
Date: _____
Doctor's Signature: _____

Summer Sidewalk Sale!!! Driftwood Mall
It's a Teddy Bear Affair with "Bargain Bears" Everywhere
....Don't Miss It....Sale Starts Wednesday, July 29, 1992

Teddy Bears Need a Check Up Too!!
Kids, Bring Your Teddy Bear to the Teddy Bear Repair Health Clinic and the Bear-L-Of Fun
....It's a Fun Filled Friday, July 31, 1992
11:00 a.m. - 3:00 p.m.

NEXT DEADLINE 10 AUG

COMOX RECREATION COMMISSION

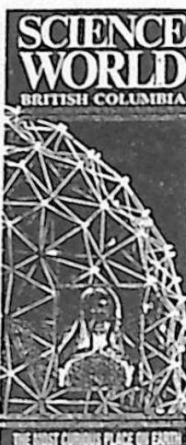
1855 NOEL AVENUE, COMOX, B.C. V9N 4X4 (339-2255)

8 yrs. +
8 yrs. & under must be
accompanied by an adult 1 on 1

\$45.00/under 12 yrs.
\$50.00/12 yrs. +

SCIENCE WORLD

Welcome aboard the Comox Recreation Fun Bus for another exciting daytrip of Summer '92. Comox Recreation and You will be headed for the Big City of Vancouver and Science World Omnimax Theatre. Your registration fee includes transportation, ferry fees, and admission into Science World Omnimax. You are responsible for your meals and snacks, there is a cafeteria in Science World.



Schedule: Tuesday July 28, 1992
Depart Comox Rec. Centre 6:45 am
Nanaimo Ferry Sailing 9:00 am
Arrive Science World 11:15 am
Omnimax Theatre Shows 12:00/1:00/2:00
Depart Science World 3:15 pm
Horseshoe Bay Ferry Home 5:00 pm
Arrive Comox Rec Centre 9:00 pm

Hands on Farm

Sunday August 9th
Horse and Buggies
are at the Hands On Farm
1:00 - 4:00 pm

The Comox Valley Cart & Carriage Club
present this afternoon delight

Sketching & Watercolor Painting Workshop *



Brian Banks
12 yrs. +
Saturday
August 15
Helliwell Park
10:00 am - 4:30 pm
\$30.00 + supplies

For further information and supply details,
call Brian at 339-0090

Parkville Mini-Golf

And Coombs Butterfly World

Welcome aboard the Comox Recreation Fun Bus for another exciting daytrip of Summer '92. Today we will head for Parkville for a game of Mini-Golf and to Coombs to browse through Butterfly World. Your registration fee includes transportation, 2 rounds of mini-golf and entry into Butterfly World. You are responsible for your meals. Please dress for any possible weather conditions.

Schedule: Tuesday August 11, 1992

Depart Comox Recreation Centre 9:00 am
Arrive at Parkville Mini-Golf 10:15 am
Mini-Golf Lunch 10:30 - 2:00 pm
Depart Parkville Mini-Golf 2:00 pm
Arrive at Coombs Butterfly World 3:45 pm
Arrive Comox Recreation Centre 5:30 pm

\$38.00/Sliders
\$28.00/Shoppers
Shopping is for Adults Only



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

VICTORIA WATERSLIDES OR MAYFAIR MALL

Welcome aboard the Comox Recreation Fun Bus for another exciting day trip of Summer '92! Our day will be as wet, wild and wonderful as you can imagine. You should dress according to weather conditions, but bring a bathing suit, towel, sunscreen, and a sun hat. You will also need a bag lunch as well as money for supper at McDonalds on the way home.

SCHEDULE: TUESDAY AUGUST 4, 1992
Depart Comox Recreation Centre 8:00 am
Arrive Victoria Waterslides 11:30 am
Shoppers depart Waterslides 12:00 Noon
Shoppers arrive Mayfair Mall 12:30 pm
Shoppers depart Mayfair Mall 12:30 pm
Arrive/Depart Waterslides 3:30 pm/4:00 pm
Supper Nanaimo McDonalds 5:30 pm
Arrive 8:00 pm



Register at the Comox Rec Centre

1855 Noel Avenue, Comox or call 339-2255 for information

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Mon. - Fri.
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6-9 yrs.
Tues., Wed., Thurs
Aug. 11 - 13
10:00 am - 12:00 noon
\$21.00
Anderton Park

SCAMP INTERMEDIATE*

10-12 yrs.
Tues., Wed., Thurs.
July 28 - 30
Aug. 25 - 27
10:00 am - 12:00 noon
\$21.00
Anderton Park



These lovely young ladies participated in the Spring Modelling program offered at Comox Rec. by Victoria Von Kane.

THURSDAY 23 JULY 1992

TOTEM TIMES 21

On & Off the Base

Employee Assistance Programme

Test your Style

Intoxication Quotient

QUESTIONS:

1. If someone has had too much to drink, they can sober up by:

- a) drinking black coffee
- b) taking a cold shower
- c) going for a brisk walk
- d) all of the above
- e) none of the above

2. Beer and wine have the following in common:

- a) they have a lower alcohol content than liquor
- b) they can get you just as drunk as liquor

3. The best remedy for a hangover is:

- a) tomato juice
- b) coffee
- c) vitamins
- d) time
- e) water

4. It is not safe to drive if you've had:

- a) anything to drink
- b) more than 2 drinks in an evening
- c) more than 3 drinks in an evening
- d) more than 4 drinks in an evening
- e) more than 5 drinks in an evening

5. When you drink, the concentration of alcohol in your blood depends on:

- a) your weight
- b) how fast you're drinking
- c) what you're drinking
- d) how fast the alcohol is being absorbed
- e) all of the above

6. To metabolize (or burn off) 5 drinks, it takes the liver

about:

- a) 5 hours
- b) 4 hours
- c) 3 hours
- d) 2 hours
- e) 1 hour

7. Alcohol:

- a) helps you sleep better
- b) helps keep you warm if you're out in the cold
- c) is a sexual stimulant
- d) all of the above
- e) none of the above

ANSWERS:

1. (e) Nothing you do will make any difference - except stopping drinking and waiting for your liver to burn off what you've already had.

2. (d) Although beer and wine have less alcohol in them (about 5% for beer, 10-13% for wine and 40% for distilled spirits), they can get you just as drunk because servings of beer and wine are larger than those of spirits. (1 drink = 12 oz. (341 mL) of beer = 5 oz. (140 mL) of wine = 1-1/2 oz. (43 mL) of spirits). As far as calories go, they both contain fewer calories per ounce, but per serving contain more (1 beer = 150 calories; 5 oz. glass of wine = 125 calories; and 1-1/2 oz. of liquor = 100 calories). Remember though, that liquor is often combined with a mixer that will give you as much as 75 more calories.

3. (d) There is no remedy for a hangover, other than letting your body take the time it needs to recuperate from the night before.

4. (a) It is a common misconception that a person has to be staggering drunk for his/her driv-



ing to be impaired. Impairment depends on so many factors, the only really safe decision is not to drive if you've had anything at all to drink.

5. (e) And how intoxicated you get may depend on many other factors such as whether you are tired or tense or depressed or on some drug when you drink.

6. (a) And there is no way to speed up that process.

7. (e) Alcohol disrupts your dream sleep and can actually make insomnia and fatigue worse. Drinking lowers body temperature. Although drinking alcohol may stimulate an interest in sexual activity, it actually dulls sensation and can impair a man's performance.

Call one of us

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

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

CFB Comox Weight Lifting Club

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.

CFB COMOX OFFICERS' MESS

JULY 92 CALENDAR

Wednesdays July 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 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.

Tuesday Aug 18 -
GOLF TOURNAMENT

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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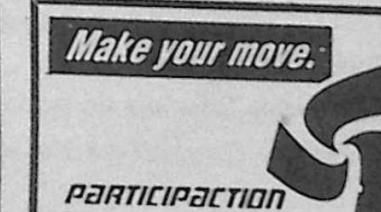
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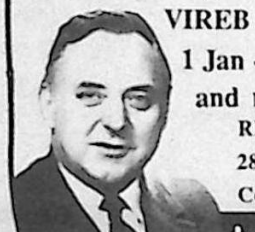
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On the Base

More BAMSO Promotions

Maj Brown presenting



Sgt Stewart



MCpl Arsenault



MCpl Davies

Obsessed by Weight?

Weight Control...it has been talked about a lot...We seem to be forever looking for a miracle diet or long lasting solution. Is it worthwhile to keep searching?

What is the key to achieve and/or maintain a healthy weight over a long period of time? According to Dr. Kelly Brownwell, a psychiatry professor specializing in weight control at Pennsylvania University, Motivation plays a key role.

Mary's Case (BMI - 35)

Pros:
- looking better
- easier to find clothes she likes
- better control of blood pressure and serum cholesterol

Cons:
- getting more organized for food shopping
- finding time for regular exercise

Peter's Case (BMI - 29)

Pros:
- stopping wife nagging about big stomach

Cons:
- will have to avoid daily visits to fast food restaurant
- should stop regular beer drinking after work
- should find time for regular exercise

Mary's Case: Motivation high, so chances of success.

Peter's Case: Motivation low, postpone losing weight until more motivated.

Motivation is an indispensable tool in weight control. For a motivated person to achieve better eating habits the following behaviour techniques are very useful:

- * Do not skip meals. You will not save calories as you will tend to overeat later.
- * Before a meal drink a glass of water or other low calorie beverage to reduce hunger pains.
- * Eat slowly, take at least 20 - 30 minutes to eat as it takes that long for your body to register fullness.

* Eat only in one room of your home.

* Weigh yourself only once per week.

* Think about why you are eating. Is it a fill-in for an emotion?

* Visualize yourself as thinner using positive self-talk to help you.

At NDHQ, the Directorate of Food Services (D Food S) Recognizes the importance of healthy weights. Low calorie main choices are available in dining halls to enable you to achieve a healthy weight and good health.

Submarine Old Comrades Association

The Submarine Old Comrades Association (S.O.C.A.) Canadian Pacific Branch is hosting a submarine reunion in Victoria, BC, in May 1993. Anyone who served in submarines, irrespective of nationality, is welcome to attend. For further information contact Phil Redman at 334-2974, or write to 14 - 2787 Wentworth Rd., Courtenay, BC, V9N 6B7

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.

Bulletin Board

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

BOAT FOR SALE 16' Misty River Pro deluxe tournament model. Console, bail tank with aerator, bilge pump, running lights. 40 hp Yamaha with power tilt, electric start, oil injection. Boat fully carpeted. All on EZ Loader trailer. Unit is like new. \$8,900 OBO. Wayne, 335-2988 or Loc. 8116.

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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.

Kids & Tobacco
It's a crime.

Happy 1st Birthday!

July 30, 1992,



To Jessica: Love Always
from Mom & Dad

Look who's 40!



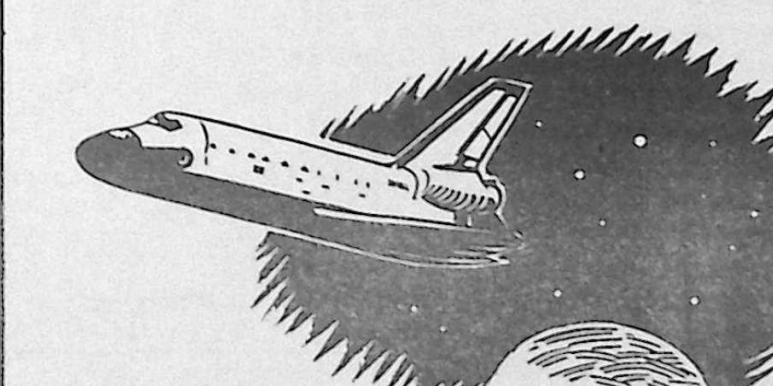
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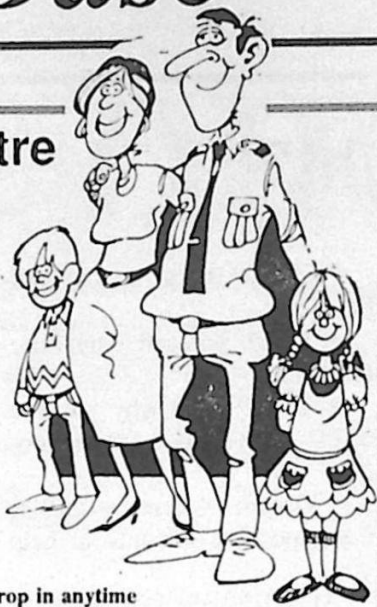
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Are Bread & Pasta

Fattening?

Contrary to popular belief, starchy foods like breads, cereals, potatoes, rice and pasta are not fattening. By themselves they are low in calories.

Where do we get calories from? Protein, fats, carbohydrates and alcohol all provide us with different amounts of calories.

Protein and carbohydrates = 4 cal/g

Fats = 9 cal/g

Alcohol = 7 cal/g

Vitamins, minerals and water are all essential but they do not contain any calories.

Starchy foods consist mainly of carbohydrates, a small percentage of proteins, but not fat. Since they do not contain fat, they are low in calories. If you consider french fried potatoes and fettucini Alfredo, they contain a lot of extra calories from deep frying and rich sauces.

Choose the "Best Choice" starchy foods:

Instead of french fries, choose boiled potato with parsley.

Instead of baked potato and sour cream, choose baked potato and low fat yogurt.

Instead of a slice of whole grain bread and butter/margarine, choose a slice of whole grain bread and honey or jam.

Instead of fried rice, choose rice seasoned with broth and spices.

Instead of fettucini Alfredo, choose fettucini with clam and tomato sauce.

Instead of traditional lasagna, choose lasagna with low fat cottage and mozzarella cheese.

Do not give up the pleasure of eating starchy foods if you are conscious about your weight. Be aware that the serving size is important as well as how you serve them.

Last VU33 Promotion



The CO of VU33, Maj Ed Beth, is shown congratulating Sgt Brian Shackleton on his promotion to that rank effective 1 July 92, VU33 officially ceased operations 2400 hrs, 4 July 92.

Local Boy Makes BC's Top 20 in Terry Fox Run Donations

CFB Comox legend Sgt Brian Shackleton made the Top 20 list by collecting \$1,200.00 for the Terry Fox Marathon of Hope in Sept 91. Shack's donations put him in the 19th spot in B.C. The top money raiser was from Vancouver (of course, more people to choose from), Moira Fitzpatrick, who raised \$8,640.00 for the run. Brutus the Dog from OYAMA raised \$1,557.76 for the cause. So when you see the Shack coming around with pledge sheets in hand, give generously; it is for a good cause. Remember - the Terry Fox Run - 18 Sept 92.

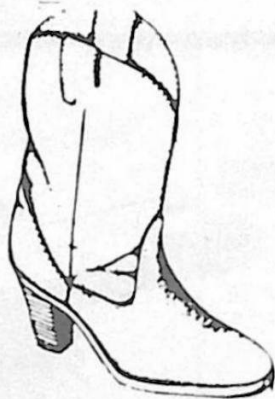
Way to go Shack!

Filberg Festival

Calendar of Events

Filberg Festival, 61 Filberg Road, Comox - July 31 & August 1 - 3, from 11 a.m. to 8 p.m. Friday to Sunday, 11 a.m. to 6 p.m. Monday. Enjoy the best in BC arts and crafts plus free music, great food, free children's entertainment, petting farm and more. It all happens on the beautiful nine acre Filberg Park overlooking Comox Bay. Admission \$3.00 for adults, \$1.00 for children between 6 and 11, tots 5 and under free.

For more information, contact Festival Co-ordinator Pat Reeve at 370-2788 or 339-2715



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And for Those Posted Out:

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



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