

CFB Comox United Way Campaign



**YOU MAKE IT
HAPPEN**

Battle of Britain Sunday Sept 20

09:30 Church Service, Protestant Chapel

11:00 Parade, Heritage Air Park



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 34 NO 18

17 SEPTEMBER 1992

COST: PRICELESS

After 50 Years

Return to Dieppe

by Duke Warren

Details of the 1992 pilgrimage to Dieppe for the 50th anniversary of that famous raid of 19 August 1942 have been widely reported both in the press and on TV. The tragic loss of almost 1,000 young Canadian soldiers will never be forgotten, as well as the suffering of some 2,000 men taken as POWs, many of them seriously wounded. The following report will deal briefly with the pilgrimage, and a part of special interest to former RCAF members and present Air Force personnel.

A group of veterans who actually took part in the fighting at Dieppe were part of the Minister of Veterans Affairs' official party. Two were selected from each regiment or service arm, and two representatives from the RCAF as well as two men who served in the Canadian navy at Dieppe. In addition, although not at Dieppe at the battle, two former Canadian Army nurses also were included in the party.

We were flown to England in a Boeing 707, but fitted as a VIP flight and we were allowed to use the VIP terminal at Heathrow. Very much above the regular terminal, for the Royal Family and heads of state are the only people to use it normally.

An evening reception at Canada House on Trafalgar Square, a remembrance ceremony at Brookwood military cemetery which is the major Canadian military cemetery in the U.K. (2,406 Canadians) Another ceremony at Runnymede Commonwealth Air Forces Memorial, (3,072 Canadians). I had the honour of reading the Act of Remembrance there, and a fellow veteran also read the French version. Runnymede is of special interest for the names there are of men who have no known grave - bomber crews who were lost under circumstances where no body was found, often at sea. There were many names there I recognized and knew as fighter

pilots who, either wounded or flying a damaged aircraft, went down in the Channel while attempting to return to the U.K.

The following day saw a reception at Lewes Town Hall and a ceremony at Newhaven Fort. HRH The Duke of Edinburgh attended both functions and at the latter, the Battle of Britain Flight, Lancaster, Hurricane and Spitfire, did a fly-past. Overnight in Brighton, and early the next morning on the ferry for Dieppe.

During the crossing, a service was held on the stern deck of the ferry, a trumpeter and pipe major played, and a wreath was cast on the ocean in memory of those lost at sea during the engagement.

Arriving at Dieppe, we were welcomed by a band (we also had with us at all times the Royal Regiment of Canada military band) and a large crowd cheering as we disembarked. We were billeted in two hotels in Dieppe, with many comments from the men who were back to Dieppe for the first time in fifty years about the contrast in accommodation and welcome.

The next day was a free day till the evening. However, for the RCAF representatives, we travelled to Saint-Aubin-le-Cauf which is a small town about ten km from Dieppe. Here are the graves of two RCAF officers killed at Dieppe in a mid-air collision. Both members of 403 RCAF Sqn, their names were John Edwin Gardiner, age 23, of Ottawa, and Norman Monchier, age 19, of Dartmouth, N.S. When they crashed, they were near the town and were buried there in the churchyard. Later when the cemetery was established at Dieppe it was decided to move the bodies to Dieppe but the local residents would have none of it, and promised to keep and maintain the graves themselves. This was allowed and each year on 19 August a special service is held there.

This year, because of the 50th

anniversary, about 300 people attended, and we laid wreaths, as well as the local people. The mayor, clergymen, a representative of the French Air Force were also present. Don Morrison, ex RCAF, representing the National Council of Veterans Associations of Canada, (also a Dieppe pilot) and John Maffre and myself were the RCAF-Association representatives. After the ceremony all were invited to a reception at the local town hall, and the warmth and respect shown by the people of this small village was very touching.

That night at the main cemetery in Dieppe, a Vigil of Remembrance was held, organized by the French Veterans. It lasted roughly an hour before we were returned to our hotels.

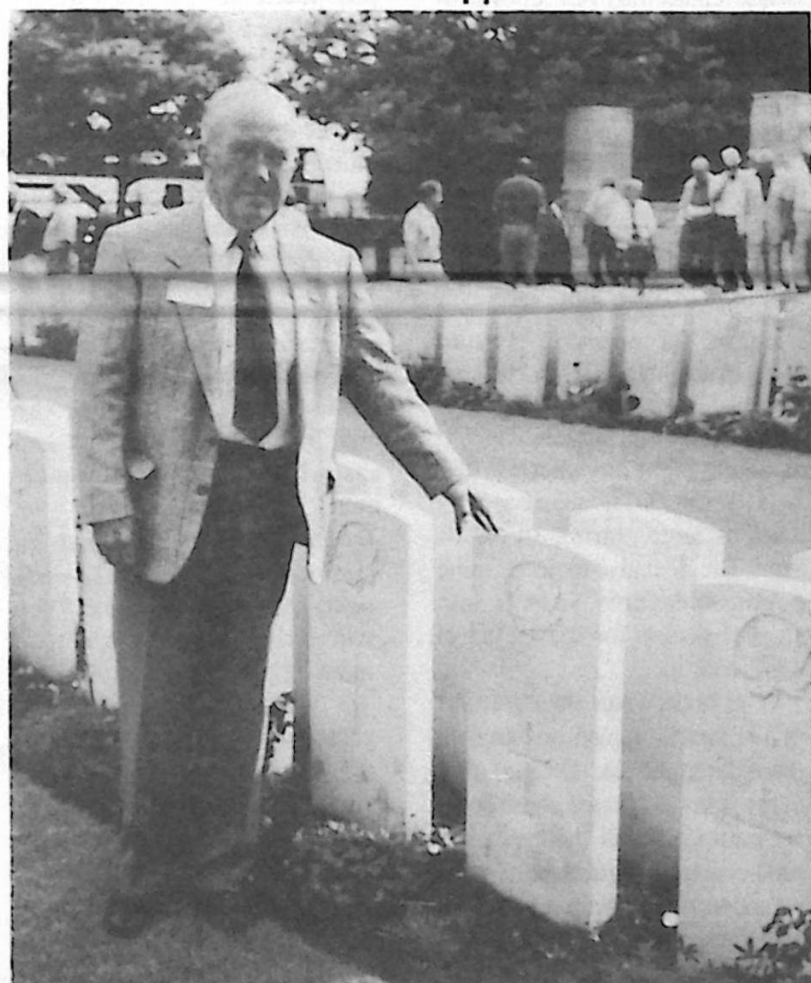
The major ceremony was held the next morning at the cemetery. Seven hundred and seven of the men killed at Dieppe are buried there. One of the graves I found and stood before was that of Leo Bohnert, of the Royal Hamilton Light Infantry. His brother Gordon, a member of the Korea Veterans Association, lives in Courtenay. All speakers mentioned the loss of so many young men, but also spoke of the fact their sacrifice saved the lives of a great many men who followed and landed on D-Day in Normandy.

A reception at Dieppe City Hall (a very, very long speech!) and an official luncheon hosted by the City of Dieppe. Excellent food, not only there but at all functions. What else would one expect in France? We had marched from Canada Square to City Hall through a great shouting crowd of flag-waving French citizens. Cheering and clapping was continuous and the majority of flags were Canadian with a few the tri-colour of France.

Ceremonies were held at certain locations where particular units had fought and many died.

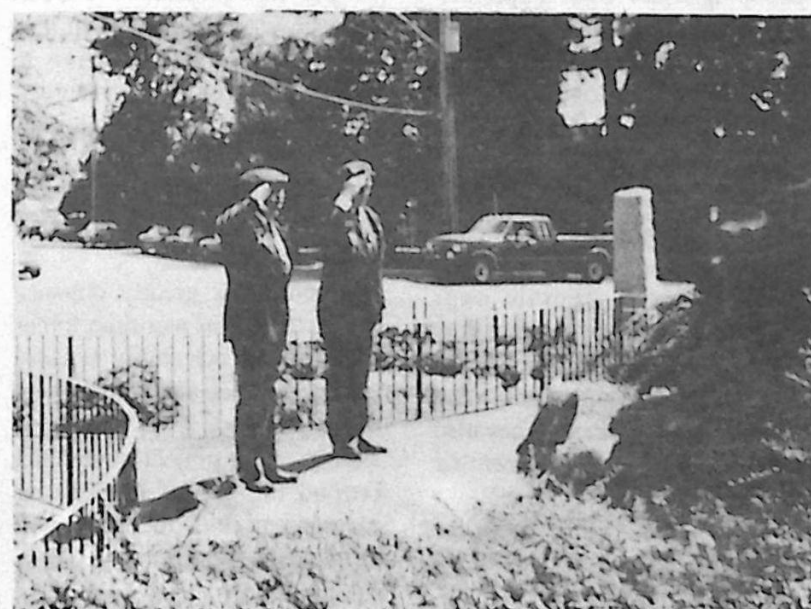
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Duke at Dieppe



Warren with hand on headstone of Leo Bohnert, 18 years old when killed at Dieppe. He had given a false age and joined up with his older brother. The brother survived Dieppe and the war. Gordon Bohnert lives in Courtenay and is a Korea Vet.

Comox Remembers, Too



Royal Canadian Legion Branch 160 Comox President A.R. Smith and First Vice President G.A. Terris place a wreath on the cenotaph on the 50th anniversary of the Dieppe Raid where more than 900 Canadian lives were lost.

National Affairs

Defence Policy 1992 - Part 4

Canadian Forces - Maritime

Minister of
National Defence



The Hon. Marcel Masse, M.P.

The Present

Canada's maritime forces operate from naval and air bases on both the Atlantic and Pacific coasts. The surface fleet consists primarily of destroyers and frigates. These, along with other maritime forces, are organized into task groups. The older frigates were designed for anti-submarine warfare, but are now being replaced by new ones with a more general purpose capability. The destroyers are being modernized to provide Canadian task groups with a broad range of capabilities. Operational support ships, capable of replenishing two ships simultaneously, supply needed fuel, ammunition and stores to ships of the task groups when operating for extended periods away from their bases. The importance of such self-supporting, combat-ready formations capable of deployment anywhere in the world at short notice was demonstrated during the Gulf War. The fleet also includes mine countermeasures vessels and smaller vessels for coastal patrol and training.

The underwater fleet consists of a submarine squadron based on the Atlantic Coast. Despite their many years of service, these boats are equipped with modern combat control equipment and weapons. Maritime Command also includes two diving establishments, one on each coast, supported by small diving vessels and an ocean-going ship, based in Halifax, which operates deep-diving submersibles.

Air Command's Maritime Air Group operates both shipborne helicopters and shore-based fixed-wing patrol aircraft under the operational control of the Commander of Maritime Command. Helicopters perform anti-submarine duties, as well as other missions ranging from reconnaissance to transport. The maritime patrol aircraft operate over Canadian ocean areas larger than the nation's entire land mass, alone or in co-operation with ships and submarines. They also deploy worldwide for training and operations.

Canadian maritime forces are supported by a network of bases and stations that provide training, administration, supply, maintenance and repair support. A comprehensive command, control and communications in-

frastructure links the whole. The Maritime Commander oversees all fleet operations from headquarters in Halifax, and commands Pacific forces through the Deputy Commander, located in Esquimalt, British Columbia.

The Future

The maritime forces of the future will be asked to respond to a new set of challenges. The focus for the Canadian navy, first and foremost, will be the Canadian areas of maritime responsibility off our East and West coasts. As the classic threat in Europe declines, the importance of protecting the sea lines of communication across the Atlantic will diminish.

Despite these trends, Canada will retain the capacity to contribute to NATO forces assigned the sea control mission in the North Atlantic. We will also maintain versatile, general-purpose maritime forces which can be deployed to other areas of the world in support of Canadian interests.

The maritime forces will be trained and equipped to conduct sea patrols for the protection of Canadian sovereignty, particularly with respect to fisheries, drug interdiction and our maritime economic zones. Greater use of our maritime areas of national jurisdiction will increase the demands placed upon the maritime forces for search and rescue and environmental monitoring.

The emerging international security environment and the new demands on our maritime forces will lead to changes in the deployment of our maritime resources. We will distribute available capability more evenly between the Atlantic and Pacific fleets. Increased Canadian presence in the Pacific will enhance sovereignty, enable the navy to carry out national roles more effectively and signal Canada's increasing interest in Pacific security.

The navy's new priorities and roles will require a broader military capability. Reservists will be expected to provide a significant proportion of the crews of the new maritime coastal defence vessels. They will also have opportunities to serve in other ships to augment Regular Force crews, and they will continue to be the mainstay of the Maritime Coastal Defence and the Naval Control of Shipping Organizations.

Submarines greatly enhance the flexibility of maritime forces and increase our ability to carry out surveillance and enforcement in our maritime areas of responsibility. In a project continuing beyond the end of the 15-year planning period, the navy will replace its three Oberon Class submarines with up to six modern conventional submarines, in order to provide an underwater capability in both the Atlantic and Pacific.

Destroyers, frigates, corvettes, coastal patrol vessels, submarines, and long-range patrol and coastal patrol aircraft will combine into a potent and capable force which will demonstrate Canada's seriousness in maintaining its jurisdiction in its waters.

In structuring the maritime forces, we will seek to:

- maintain the capability to conduct surveillance and control in waters under Canadian jurisdiction;
- achieve a more even balance of naval assets between the East and West coasts;
- maintain a balanced surface, sub-surface, and air capability;
- decrease emphasis on capabilities required for protection of the sea lines of communication;
- promote the Total Force by increasing involvement of Naval Reserves;
- increase our surveillance capability in the Arctic; and
- increase the capability to support the civil authorities.

The personnel targets for the maritime forces will be approximately 10,000 Regulars, 5,000 Primary Reservists and 3,500 Supplementary Reservists.

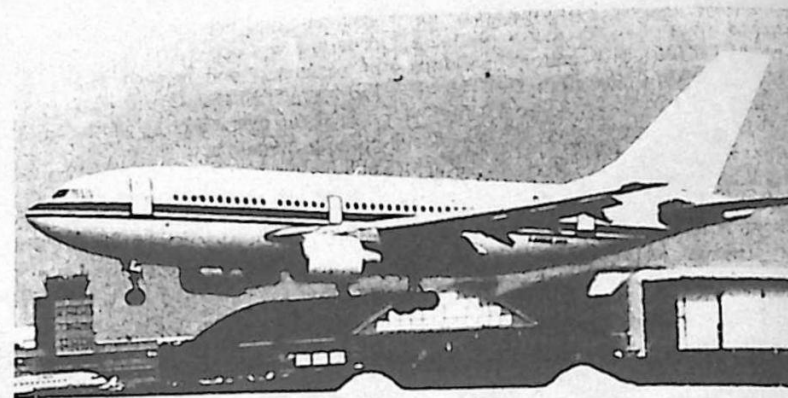
Maritime Command will operate 16 destroyers and frigates, two upgraded replenishment vessels (the third will be retired in the mid-1990s), three submarines, one diving support vessel, 12 coastal patrol vessels, and corvettes. It will thus be in a position to operate two task groups, one on each coast. Maritime Command will also continue to operate two bases, five stations and two other naval facilities.

The following air assets will provide maritime air support for both East and West coasts:

- long-range patrol aircraft;
- shipborne helicopters;
- Arctic and Maritime Surveillance aircraft; and
- coastal patrol aircraft.

The major portion of the capital budget devoted to maritime forces will, over the planning period, be spent on the following:

- Canadian patrol frigates;
- modernized Tribal Class destroyers;
- corvettes;
- coastal patrol vessels;
- a diving support vessel;
- submarines;
- Naval Reserve division;
- a fleet school in Quebec for the Naval Reserve; and
- replacement infrastructure.



Airbus A310s to Replace CF's Boeing 707s

OTTAWA -- The Minister of National Defence announced 25 August that the Canadian Armed Forces will acquire five Airbus A310s to replace its five aging Boeing 707s making up the country's strategic airlift fleet.

Three A310s will be purchased from Canadian Airlines International (CAIL) at a unit cost of \$51 million. These expenditures are part of the current departmental budget. DND will procure another two A310s in the 1993/94 fiscal year.

"The current fleet of 707s has been in service since the early 1970's and is reaching the end of its useful life," said the minister. "Faced with the high cost of keeping 707s operational and the need to meet current worldwide environmental standards, the Department considered various options over the last several months to replace this fleet.

Analysis shows that the Airbus A310 best meets the operational requirements of the Canadian Armed Forces."

Strategic airlift is essential if the Canadian Armed Forces are to be able to respond to the diverse tasks expected of them. With the A310s, the Air Force will be able to continue to support international relief and rescue operations, as well as the deployment anywhere in the world of Canada's expeditionary forces. The government's 1991 Defence Policy stated that this expeditionary capability would include a brigade group, CF-18 squadrons or a maritime task group.

The A310s will also support regular training deployments and emergency operations in Canada, peacekeeping and other multinational operations abroad, as well as continuing NATO commitments.

Traffic Advisory -- CFB Comox

There have been a number of changes in traffic regulations and traffic flow at CFB Comox during the past month. The following are changes you should be aware of:

- a. the speed limit has been lowered from 50 km/hr to 40 km/hr on all streets of CFB Comox except:
 - (1) the Hospital Zone is to remain at 30 km/hr; and
 - (2) the Air Strip Perimeter Routes will remain at 50 km/hr;
- b. the traffic flow (direction) along the fire lane behind the

Base Recreation Centre has been reversed as a one way with the entrance behind the swimming pool. Also entrance to the front parking lot is to be made on the East side of the Recreation Centre; and

- c. the Canex Entry and Exit are now one way. The Entry is now located near the Post Office, the Exit is located on the South side of the Canex Gas Bar.

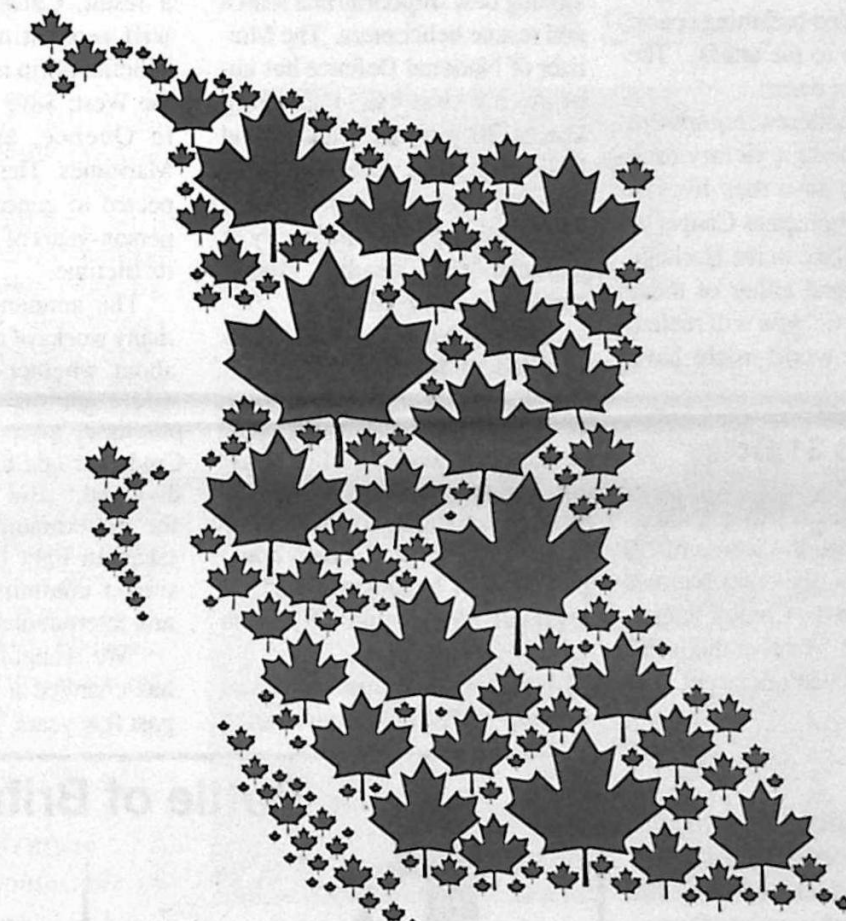
Enforcement regarding these traffic regulations commenced on 8 September 1992.

407 Tech Award



Cpl S. Wadams, Electrician on ASO 2 Crew, receives the 407 Squadron "Demon Tech of the Month Award" from the SAMO, Maj G.A. MacKenzie. This award is given for exemplary knowledge and effort in maintaining the CP-140 Aurora. Steven has worked on the Aurora for 5 years, and been presented this award twice. Well Done, Steve.

As a British Columbian. As a Canadian. Never has it meant so much.



There are times when you've probably said to yourself, "My vote doesn't count for much." But that's hardly the case with The Canadian Unity Agreement.

On October 26, with a simple yes or no, you'll have an opportunity to decide the future of our country. And since the full Agreement must be approved by every province, it won't be decided until your vote is counted.

The intent behind this carefully

balanced package is to ensure the unity and political stability of Canada.

But as B.C. Premier Mike Harcourt said, "Most important of all is what you believe. To help you make an informed decision, we'll be sending a summary of the Unity Agreement to every household in B.C. Please read it over, then vote in the October 26 referendum. As a British Columbian, as a Canadian, never has it meant so much."

For further details, including the final text, call the Referendum Information Office.

1-800-463-3141

In Victoria 953-3929

THE CANADIAN UNITY AGREEMENT



Province of British Columbia

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Editorial



Norm Blondel

Busy September

Three major events take place this month at CFB Comox, each of them of prime importance:

Battle of Britain 52nd Anniversary Parade, 20 Sept

Fifty-two years ago, a unique partnership between pilots, technicians and two superb fighter aircraft -- the Supermarine Spitfire and Hawker Hurricane -- was pitted against a previously unstoppable war machine. The Nazi blitzkrieg had rolled over Western Europe, gobbling up countries large and small, and stood poised on a coastline stretching from the Arctic to Iberia, ready to invade the main British Isles. Part of Britain -- the Channel Islands of Jersey, Guernsey (my birthplace) and Alderney had already been occupied.

The Channel Islands were as far as Hitler and his hordes got. They were stopped cold by the Royal Air Force, fighting with their backs to the wall over the counties of Southeast England during the summer months of 1940. In mid-September, the Luftwaffe suffered such heavy losses that their attacks on RAF airfields largely ceased. They resorted to night-bombing of cities instead, and the RAF achieved needed breathing space; time to restore airfields, train more aircrew and turn to the attack. The tide of war turned two years later in the North African desert.

The losses of the Royal Air Force, in aircrew, groundcrew, equipment and buildings were grievous, and although we celebrate a victory each September, we also mourn the men and women who gave their lives in the Battle of Britain. A service will be held in the Protestant Chapel at 0930 hrs on Sunday, 20 Sept, and a parade will take place in the Heritage Air Park at 1100 hrs the same day. If you can attend either of these ceremonies and make your personal tribute to the "Few," you will realize that, had it not been for their desperate battle, our world might have returned to the dark ages.

United Way Campaign 14 Sept to 31 Oct

CFB Comox is a significant contributor to the Comox Valley United Way, and has traditionally met or exceeded its goal. In the words of Lt Robert Pitcher, United Way co-ordinator, "Remember, the contributions you make have an enormous effect on those who live in the Comox Valley. Together, we can accomplish our goal." We can do it. Twelve thousand Comox Valley residents will benefit if we meet or exceed our target.

Terry Fox Run 18 Sept

In an age of few heroes, Terry Fox stands as a Canadian icon. His own pain and sacrifice in attempting to run from one Canadian coast to the other - halted halfway by recurrence of the disease which had taken his leg - has inspired thousands, young and old, to take up his cause. Beginning with registration at the Rec Centre from 1200 to 1300 hrs on Friday, 18 Sept, concluding with a BBQ at 1500 hrs at the WO & Sgts Mess, CFB Comox will take part in this national event. If you support the Terry Fox Run, either as a participant or with a pledge, you may contribute to the cure of one of humankind's deadliest diseases.

We Stand Corrected

Our picture of W/C (ret'd) Bob Hallowell, complete with goggles, in the August 27 Fishwrapper, was dated a decade late. Goggles went out in the 50's (not 60's), to be replaced by visors, we have been told. Sorry, Bob.



With its advanced anti-icing system and range of 550 nautical miles, the EH 101 is ideally suited for search and rescue missions in Canada's harsh northern climate.

The EH 101: A Chopper for the 21st Century

By Lt(N) Dave Scanlon

By the turn of the century, the Canadian Forces will be commissioning new shipborne and search and rescue helicopters. The Minister of National Defence has announced that the Canadian Forces' 30-year-old Sea King and Labrador helicopters will be replaced with 50 multi-role EH 101 helicopters, built by a partnership of Canadian, British and Italian companies.

The 13-year contract was awarded to two prime contractors. E.H. Industries, Ltd., a joint venture formed in 1980 between Westland Helicopters of Britain and Augusta Spa of Italy, will supply the basic helicopter, while the electronics and other components will be procured and integrated by Paramax Systems Ltd. of Canada.

Up to 400 companies across Canada will be providing a range

of goods and services to the prime contractors, the minister said. As a result, Canada's four regions will see estimated economic benefits of (in millions): \$718 to the West; \$899 to Ontario; \$947 to Quebec; and \$496 to the Maritimes. The project is also expected to generate some 45,000 person-years of employment over its lifetime.

The announcement followed many weeks of media speculation about whether the government would approve the \$4.4 billion purchase, given the end of the Cold War and calls for a "peace dividend." But the minister said the government's decision was taken in light of Canada's continued commitment to national and international security.

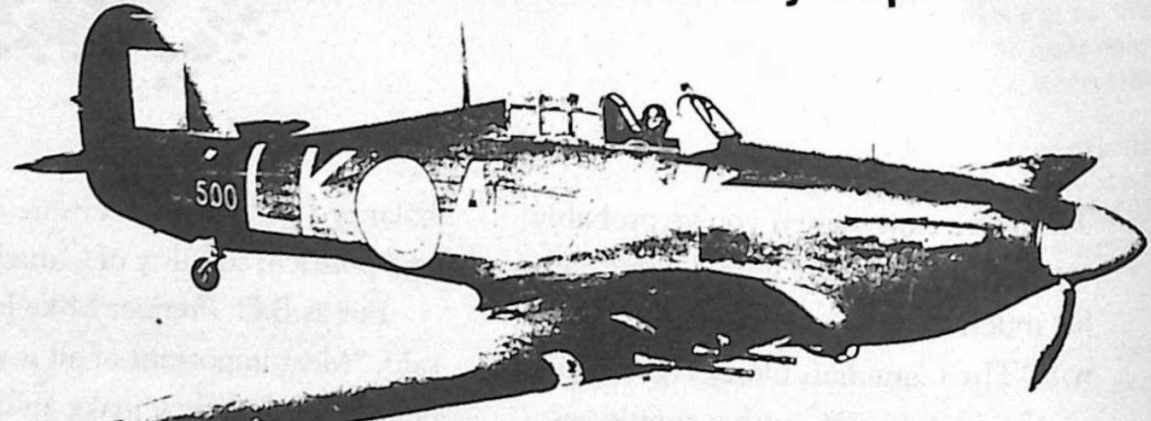
"We recognize that the world has changed a great deal in the past few years," he said. "Equal-

ly, we must recognize that in this new environment many challenges remain. Instability and conflict persist in many parts of the world, fuelled by problems such as ethnic tension, boundary disputes, population pressures, and the scarcity of resources."

The minister also stressed the need for a helicopter that would fulfill a host of domestic roles, such as pollution monitoring and countering illegal fishing, smuggling, and immigration. He placed particular emphasis on search and rescue operations: "Canada's search and rescue helicopters must be able to fly great distances over water, in the mountains, and in northern latitudes. They must be able to fly in all but severe icing conditions, and they must be able to evacuate survivors quickly and

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Battle of Britain Sunday Sept 20



Church Service 09:30 Prot. Chapel Parade 11:00 Air Park

TOTEM TIMES

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Comment



United Way Under Way

The 1992 CFB Comox United Way Campaign started 14 Sept and ends 31 Oct.

The Comox Valley United Way plays an important part in raising funds for non-profit community organizations in the Valley. This year the Comox Valley United Way will be distributing funds among 25 local agencies.

By relying heavily on volunteer canvassers and administrators, the United Way is able to allocate almost all monies raised directly to the agencies.

All funds raised on the Base will be distributed locally. In this way, all our donations will be going to help those less fortunate than ourselves who live in our community. This year over 12,000 Comox Valley residents will benefit from donations to the United Way.

All DND employees will be approached by a designated United Way canvasser. Everyone is encouraged to contribute, no matter the amount, either with a cash or cheque donation, or a monthly pay deduction. By giving a little you will be helping a large number of people who rely on these agencies. Even those on attached or TD posting can make a donation.

CFB Comox is a significant contributor to the Comox Valley United Way and has traditionally been successful in achieving its goal. Remember, the contributions you make have an enormous effect on those who live in the Comox Valley. Together, we can accomplish our goal.

Lt Robert K.R. Pitcher
United Way Co-ordinator
Local 8320

RCAF POWs deplore CBC "Horror"

Letter to the Editor

Earlier this year, the CBC aired a TV series titled *The Valour and the Horror*. One of the episodes, called *Death by Moonlight*, dealt with Bomber Command in World War II.

The series is now under examination by the CBC Ombudsman and the CRTC. It will also be the subject of further examination by a Sub-Committee of the Canadian Senate.

Three hundred former RCAF Prisoners of War, at a reunion in Vancouver in early August, passed a resolution supporting these initiatives.

To say that our members - and their families - were disturbed, would be a serious understatement. The program on Bomber Command distorts any rational version of why it was

necessary for our bombing crews to strike back at Germany in 1941, at a time when we were losing both the Battle of the Atlantic, and the land war from Norway to the Suez.

The Bomber Command program portrays bomber crews as murderers of innocent victims and goes so far as to say that the moral high ground belonged to the German fighters who were attempting to protect their country.

The CBC, NFB and Telefilm spent approximately \$4 million of Canadian taxpayers' money to create a program which contains inaccuracies and a bias against the one million Canadians who volunteered, and the nearly ten thousand bomber crews who lost their lives.

To combat these allegations,

we have prepared a submission which has been printed from funds donated out of the pockets of their comrades who returned.

We believe it important that as many Canadians as possible see this submission and we are able to make it available to the public. A cheque for \$5.00 to cover postage and handling would be appreciated.

Please send \$5.00 (cheque payable to the RCAF POW Association) to:

Don Elliott, Blue Haven Farm, R.R. #1, Cheltenham, Ontario, L0P 2C0 Telephone (416) 838-2018

Yours sincerely,
Donald R. Morrison, DFC, DFM
President, RCAF POW Association

War Amps Safety Walk

Letter to the Editor

Once again, we are saddened by the news about children being killed while playing on train tracks. Four fatal train accidents have occurred in Eastern Ontario in the past two weeks, two of these involving children. From January 1 to August 26, 86 accidents involving trains claimed 23 lives and caused 55 injuries in Ontario.

Unfortunately, children are drawn to trains, and accidents such as this happen all too often. There is no foolproof way to keep children away from the tracks, but there are measures that parents can take. One of these is conducting a Safety Walk.

Safety Walk is part of The War Amps Playsafe Program. It was initiated when we saw far too many children enrolling in our Child Amputee Program each year after losing limbs in acci-

dents that could have been avoided. Safety Walk involves taking their children, or groups of neighbourhood children, on a walk around their neighbourhood to point out dangerous areas that should be avoided, such as train tracks, busy intersections, hydro lines, and so on. A Safety Walk is very simple to do and could prevent a serious accident.

Anyone interested in conducting a Safety Walk can contact The War Amps at 2827 Riverside Drive, Ottawa, Ontario, K1V 0C7, to get a Safety Walk kit, which includes instructions and important safety tips.

Yours sincerely,
H.C. Chadderton, OC, DCL, O.Ont.
Chief Executive Officer
The War Amputations of Canada

More Dieppe

continued from page 1

The bridge at Pourville was dedicated in the name of LCol C.C. Merritt, VC, who was present. Again a luncheon, hosted by the Mayor of Pourville. (Such a pity - we had to leave before dessert was served.)

The last night at Dieppe, a farewell dinner for the official delegation was held. Very few and very short speeches were made, and veterans were asked to comment on the pilgrimage. When my turn came, I spoke from an Air Force point of view to my army friends. All during the time at Dieppe we had seen locations where specific actions had occurred involving certain units. This was important and I emphasized the great respect the Air Force had for land forces, but they should bear in mind we were not able to determine specific points where we engaged the enemy. Further, although the actual numbers of aircrew engaged at

Dieppe, (chiefly pilots of fighter aircraft) was relatively small in comparison to the army, we had many hundreds more engaged in the battle as groundcrew feverishly servicing aircraft and turning them around for another mission. Afterwards, several of my army friends conceded that was an aspect of the Air Force operation they had not considered.

Lastly, I would like to tell of a conversation I had with a member of the Calgary Tanks shortly after the battle in 1942. The man had been slightly wounded (a finger shot off), and did not know the fate of his brother, also at Dieppe. I said "It looked really rough on the ground," and his reply was "Yes, it was hell, but as I crouched by my useless tank I saw a Spit come down on fire, nobody got out, and I said to myself, thank God I'm down here and not up there."

A Scene from Dieppe



Dieppe Cemetery Cenotaph. Wreaths laid at morning service. Some were so large two men were needed to carry them.

Air Force Trivia

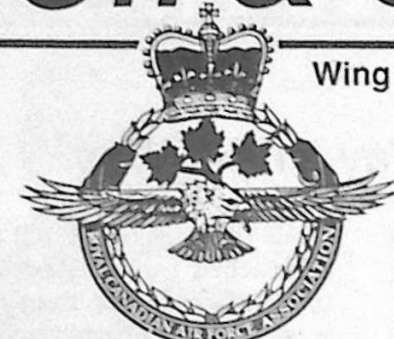


A Trivia change of pace....can anyone identify the tall hockey player, sixth from the right, and the rest of this fairly old picture?

Trivia Answer

Grumman Goose MV 993

On & Off the Base



Wing Tales

Germans in a Jeep

Can you imagine how embarrassing it would be to be known among your buddies as the guy who helped the Germans escape?

During the latter months of World War II, it was made known to an army regiment that an Allied bomb had left a large crater nearby. A jeep had inadvertently driven into it and an armoured truck was sent with an expert map reader to tow the jeep out. When it arrived at the crater, another jeep pulled up behind the armoured vehicle, and the map reader went - with penlight in hand - to ask if everyone was all right and if any help was required. After establishing that the jeep belong to the Allied forces and on hearing one or two indistinguishable "grunts," the map reader returned to the truck and climbed aboard. Before the door was closed, the driver put it in gear and sped back to camp.

During this hasty retreat, the driver informed his buddy that the men in the jeep were all German soldiers.

Needless to say, the story ran through the camp like wildfire, resulting in the label given to Robby Robson.

Robby was born in Regina Beach, Sask., and shortly thereafter moved with his family to Biggar, Sask. At twelve years of age, he and his family moved to Hythe, Alberta, about 400 miles northwest of Edmonton (halfway between Dawson Creek, B.C. and Grand Prairie, Alberta). Due to the then recent arrival of the railroad, Hythe became a boom-town in the farming community. The

town boasted a 2-room schoolhouse and as the population increased, two additional rooms in the basement became classrooms. Robby's education was completed there.

In 1940 Robby made the trip to Grand Prairie and joined the army. He was a member of the Manitoba Dragoons, Armoured Car Division. During his post-



Robby Robson

ings in Calgary, Hamilton and Kingston, he was trained as an electrician and became a member of the Royal Canadian Mechanical and Electrical Engineers. He was posted overseas for three and one-half years until his discharge in 1946.

Prior to going overseas, Robby had worked with the Overseas Ferry Unit. When members of this unit arrived in Europe during the war and were in his area, Robby often took them on tours of "safe areas." One such tour was to Luxembourg.

They were all enjoying themselves in Luxembourg when

Robby realized the pleasures of the evening had made the time fly by and he had to return to camp.

After instructing the men on where and how to get the train back, he made his exit. Before he got out the door, one of the young "ladies" gave him an I.O.U. for services not rendered. Robby says that he lost it....(?)

Following his discharge in '46, he married and settled in Calgary. He then worked as a civilian for the RCAF. In '48, he was asked to join the Air Force as an electrician. He did and spent one year in Zweibrücken, Germany, and three years in Marville, France.

In '59 Robby was transferred to Comox where he spent the next five years. Then, it was on to Ottawa in '64 until retirement in '67, at which time he returned to Comox.

Robby and his wife Beryl are still enjoying the Valley, and have travelled extensively over the years. Many winters have been spent in the southern States and they have taken several cruises.

Along with the many hours spent working on the construction of the new Wing, Robby enjoys working in his garden and spending time with his daughter, two sons and four grandchildren in Victoria.

Robby is also involved in AFIS and is a Past President of the Canadian Legion in Comox.

NATO Flight Training

Pilots Course 5417 (Claresholm) Reunion Held at Comox

Part of the NATO agreement of 24 August 1949 included training pilots from affiliated countries at RCAF Stations in Canada. The flight training school at Claresholm, Alberta, was the Station for many of these courses.

Course 5417 was among them and is unique in that it is the only known group in which the men have remained in contact and have periodic reunions. This year, the 38th Reunion took place in Comox on September 11, 12 and 13.

Doug McQueen hosted and set a full itinerary, beginning with a Friday "Meet and Greet" wine and cheese evening at 888 Wing. Saturday included a tour of CFB Comox, golf, fishing and/or tennis, a boat cruise followed by dinner. On Sunday, the tired but

happy group departed after brunch.

The camaraderie among these men is obvious. They happily travel from Edmonton, Medicine Hat and Toronto, Wichita, San Jose, San Diego and Colorado Springs just to be together for new adventures and old memories.

Some of the men from 5417 have lost contact with the group. Some have passed away. Others, from France, Tunisia and New Zealand, are no longer in touch.

The wives enjoy their time together and they, too, have become fast friends. (Pat McQueen was their hostess.) When the men include them, the ladies are treated to roses and wine and dining.

The 40th anniversary reunion is to be held in Trenton, Ontario, in 1994.

435 TRANSPORT SQUADRON 50TH ANNIVERSARY

Attention Chinthes!

Our proud Squadron will soon be celebrating its 50th anniversary. To commemorate this auspicious occasion, a grand reunion has been scheduled for the weekend of 6 - 8 May 1994 in Edmonton, Alberta. Former Squadron members wishing more information are asked to contact:

Major K.T. Oresiak
435 Transport Squadron
Canadian Forces Base Edmonton
P.O. Box 10500
Edmonton, Alberta
T5J 4J5
Tel: (403) 973-4172 Fax: (403) 973-4241

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B I C Y C L E S

Off to JLC



The staff of the Pre-JLC would like to wish the students all the best on their upcoming JLC in Penhold. Back Row (L-R) Cpl Mitchell, Cpl Prosser, Cpl Anglin, MCpl Pydenburg, MCpl Bull, Cpl Saunders, MCpl Cousson. Front Row (L-R) MCpl Wyatt, MCpl Johnson, CWO Sarty, MCpl Oliver, MCpl Ethier.

Battle of Britain Parade, Service, 20 Sept

On Sunday 20 Sep 92, CFB Comox will conduct an Ecumenical Remembrance Service and Parade to commemorate the 52nd anniversary of the Battle of Britain. The service and parade will be held at the CFB Comox Heritage Aircraft Park. In the event of inclement weather the ceremony will be held in the

Protestant Chapel.

Contingents from the RCAF Association, Comox Legion, Courtenay Legion, Cumberland Legion, Korea Veterans Association, Royal Canadian Air Cadets, three flights representing CFB Comox and a military band from CFB Chilliwack will be in attendance. The dress for military

members is DEU 1A (Medals).

OPI for the remembrance service will be Maj R.E. Baker, BChap (P), local 8273 and OPI for the parade is CWO P.J. Sarty, BWO, local 8298/8277.

The pedestrian gate will be opened for the duration of the ceremony, commencing at 1030 hrs.

Section News

Civilian Long Service Awards

The following civilian DND employees received their long service awards from Col J.E. McGee (BCMD) and Mr G.H. Knox (BCPO) on 8 April 1992.



Mr. D. Bowden - 35 years



Mr. C. Hayward - 35 years



Mr. F. Kennedy - 35 years



Mr. G. Orbell - 35 years



Mr. R. Parker - 35 years



Mr. R. Robert - 35 years



Mr. E. Kingston - 25 years

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Section News



740 Comm Sqn. Det.

The posting season turn-over and adjustment period has been accomplished yet again. We underwent several changes...Sgt Shaw retired to the Comox area; MCpl Garant was promoted to Sgt and posted to the 1st Canadian Division HQ and Signals Regiment in Kingston; Cpl Webster has gone east to Moose Jaw; and Cpl Caesar headed north to Massey.

Our replacements are Sgt Serge Picher from Nanaimo; MCpl Bob Linthorne from Gander; Cpl Veronica Benoit from Massey; Cpl Carolyn Houston from Greenwood; and Cpl Bobbie Riddell from Shilo.

Cpl Riddell participated in RV-92 at Wainwright and received two certificates of appreciation for outstanding service to RV-92 and 791 Communications Squadron.

Other news from behind the

Awards for 740 Sqn. Capt Young presenting



Certificates of Appreciation for Cpl R.L. Riddell for outstanding service during RV-92 at Wainwright, Alta.



Third hook for Sgt P. Garant



First hook for Pte E.S. Parsons.

locked door:

- Pte Eric Parsons was presented with his first hook by Capt Young effective 01 Aug 92.

- Cpl Cheryl Brougham and Cpl Chantal Harvey are off to JLC courses. Good luck ladies.

- Also going on course this September is Cpl Christien Beaudoin. He's headed to Kingston for his Level 5 course.

- Last but not least, we would like to welcome the newest member to the Det family, Christien and Donna's son Kyle. He was born on 09 August.

For those of you who are not familiar with us, 740 Communications Squadron Detachment is part of 740 Comm Sqn Esquimalt under 74 Communications Group Vancouver, one of six Comm Groups responsible to CFCC. We provide vital communications services to all units at CFB Comox.

From the Fire Chief's Office

Warning: BBQs & Buildings Don't Mix

Of late it has been noticed that there are several barbecues located outside to homes. The cement pads outside some PMQ's are installed for your garbage cans to rest on and not as a convenient area for your barbecue. When in use a barbecue should be at least 1.5 m from your home to keep the flame and radiated heat away from all you care about. As you can see, the pads are within that 1.5 m and therefore far too close to the house. When you

start a fire or when that grease flares up, you are not always aware that it will happen, and could you stop it if you were? The answer is no. Radiated heat can not only melt your siding but also catch the wall behind it on fire. When a fire flashes up, it can reach under your siding and catch on to the framing itself without you noticing it until it is too late. By then it will have a good hold and the fire department is the next phone call you must make. If you

are lucky, as some residents on this base have been, only the siding has melted. They probably don't see it as very lucky though, because it will cost them the price of repairs. But they still have their family and home.

So if you have not budgeted to have the siding or perhaps your whole house or PMQ repaired this summer, use some muscle with your common sense. Move that fire hazard away from the house!

Home Smoke Detector Tips

Smoke detectors are the most powerful fire safety technology in your home - if you have them! For less than the cost of dinner at an inexpensive restaurant, your smoke detectors reduce by about 40% your chances of dying if you have a fire.

• **Who has smoke detectors?** If you still don't have smoke detectors, you're part of a small, shrinking, high-risk minority. Out of every seven households, six now have at least one smoke detector. Two decades ago, less than 5% of households had detectors.

• **What are smoke detectors?** Fire creates many changes in the environment, and each change can be used as a way to detect fire. Most home smoke detectors use either an ionization or a photoelectric principle. An ionization detector uses a very small quantity of radioactive material to make the air in the detector chamber conduct electricity. Smoke from a fire will interfere with that electrical current and trigger the alarm. A photoelectric detector uses a tiny light source shining on a light-sensitive sensor. Smoke from a fire will interfere with the light and trigger the alarm.

There are many other kinds of fire detectors, which may be designed to detect high temperatures, rapid changes in temperature, certain gases produced in fires, and so on. But fire protection in a home should start with a system of smoke detectors. And you'll want to use only labeled units - detectors bearing the mark of an independent testing laboratory.

• **How long have smoke detectors been around?** Home fire detectors have been around for most of this century - since the 1920s in fact. However, it wasn't until 1970 that the familiar single-station, battery-powered smoke detector be-

came available.

• **Why smoke detectors?** In a hostile fire, smoke and deadly gases tend to spread farther and faster than heat. That's one reason why fire deaths due to smoke inhalation outnumber fire deaths due to burns by two to one - and the smoke inhalation share has been growing. Nearly two decades ago, tests on the speed of warning given by smoke detectors and heat detectors for many types of typical home fires showed smoke detectors consistently give first warning - often by enough of a margin to make a major difference in your chances of escaping alive. That's why your basic protection should consist of smoke detectors, with heat detectors reserved for optional extra protection in areas such as kitchens, attics, and garages, where smoke detectors are too susceptible to nuisance alarms.

• **How many smoke detectors do you need?** For minimum protection, smoke detectors are required outside each sleeping area and on each level of the home, including the basement if you have one. (If you sleep with your doors closed, consider installing a detector in each bedroom, too.)

The same tests that showed how effective smoke detectors are also showed that you need every-level protection to give enough warning no matter where fire begins. In new homes, standards require hard-wired detectors that are interconnected so that all the horns will sound whenever one detector discovers a fire. The reason is the same - to buy extra time for escape when even seconds could mean the difference between life and death.

Surveys have shown that the majority of households with detectors do not have all the detectors they need for minimum protection. A detector is not a

magic wand. It can't protect an unlimited space, it can't protect you if you put it in the wrong place, and it can't protect you if it's left in its box or not properly supplied with power.

• **Where and how do I install my smoke detectors?** Detectors that are hard-wired into the home electrical system should be installed by a qualified electrician. If your detector plugs into a wall socket, make sure it has a restraining device to keep its plug from being pulled out. Most detectors are battery-powered and can be installed with just a screwdriver and drill.

To Be Continued in Oct 8 issue



Fire Prevention Week October 4-10, 1992

Test Your Detector - It's Sound Advice!

Your smoke detectors are only as good as the batteries that power them. Make sure your smoke detectors have what it takes to warn you if there's a fire. Test them weekly by pushing the test button and replace the batteries with new ones at least once a year, or when they chirp, signalling low power.

Most fatal home fires occur at night when people are asleep. Smoke won't awaken you - in fact, it will probably put you into a deeper sleep - so you need the sound of a smoke detector to warn you of fire so you can escape.

Keep your smoke detectors working so you'll be protected.

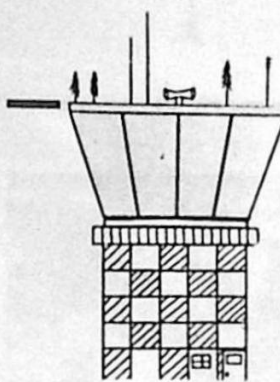


National Fire Protection Association
One Richardson Park #100 Box 9100
Quincy, MA 02269-0100

NEXT DEADLINE 05 OCT

Section News

As the Beacon Turns



Aloha boys and girls, and welcome back to another episode of A.T.B.T. It's hard to believe that summer has come and gone already. Summer's end was celebrated in style this year by our first ATC/Tech Luau held down at the pavilion. A good time was had by all (from what I can remember anyway)! The beef and pork à la spit was fantastic (and well monitored in the cooking mode, I might add!) while the hot tub proved to be a swirling success. (It takes forever for leather wallets to dry!) Our Hawaiian Hoedown went on to the wee hours of the morning, winding up with a grand ol' bonfire (on the beach). Everyone joined in the sing-a-long, blurring notes never before heard, I'm sure. Thanks to James Fernandez's bus service, we all made it home with guitars and voices intact. I'm already looking forward to next year.

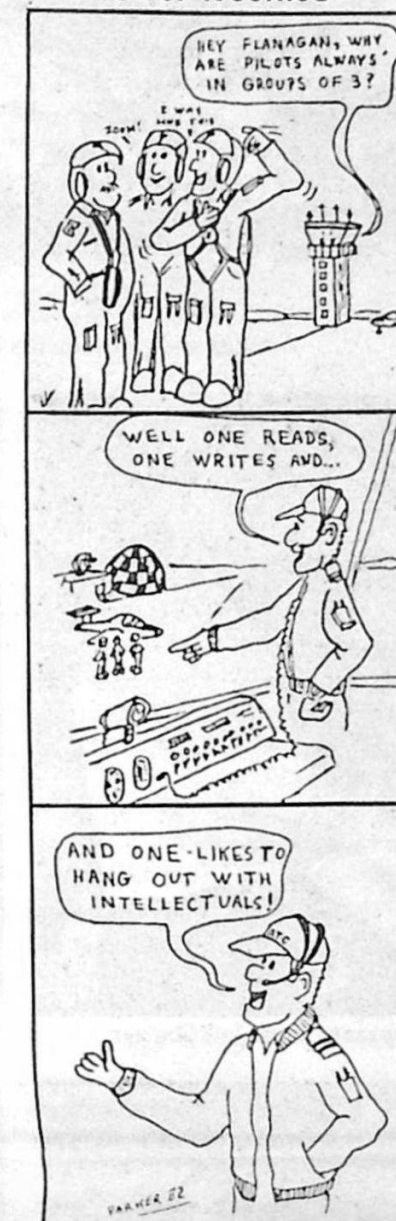
This time of the year also means new faces posted in from points east! So, on behalf of the entire section, I'd like to take this opportunity to extend a hearty howdee to the following fellow winged-crookers. First of all there's WO Phil Umperville who's in from Goose Bay. Phil is being kept busy straightening out his new Standards and Training job. Then you got our MCpl Kent Graugaard who's here from New Brunswick. Kent is hard at work upstairs checking out at Ground and Tower B. Good to see ya again, Kent. In keeping with our Nouveaux Caporaux Chef, salutations also go out to Pat Leonard who's in from Whiskey Golf! (That's Winnipeg, Lt Thurston, hee hee.) Pat's qualified in the PAR position and is away for a spell to bring back his family to their new home in Courtenay. From the occifer side of the house, Capt Kelly "Birdie" Olahan is here from Edmonchuk, giving our ATCWO some competition on the tee. Welcome to the Valley, guys! Continuing

with the training side of things, James "FTC" Fernandez has commenced his long awaited checkout on the PAR simulator. Keep up the good work, James. We'll have you serving at PAR One soon! (Don't forget your friend "Hogar".) Capt Commodore continues his checkout in his quest for soloship at both the terminal and arrival positions. (He's looking for cupboards, by the way; anyone have a spare set?) Lt Lapointe continues his training mode downstairs, looking forward to his initial checkout at CCP's 61 and 62. (Keep smilin' Rollic.) Meanwhile, back at the tower, kudos for Lt Kristien Gagnon are in order for being our most recent qualified steel treecor. (The gravel pit is on the north side of the IFRCC, Kristien!)

Enough shop talk; how about some off base happenings? Norm "Liniment" Leduc experienced a rather embarrassing "twist" of fate at home recently while attempting to manipulate a screwdriver. Put it this way - when coming in to work the next day, his lack of handyman skills was as plain as the "nose" on his face!!! (Look on the bright side, Norm; you could have been using a sledgehammer.) A well deserved "atta boy" goes to our Al "Marathon" Munday for his participation in a recent 24-hr relay race which raised nearly \$20,000 for the St Joseph's Hospital CT Scan fund. Way to go, Al! Speaking of money, I've heard through the beer-vine that our VFR CC owes our IFR CC a buck! You're probably thinking "so what," right? But now Paul only needs 26,684 more and that brand new 4x4 is his!!

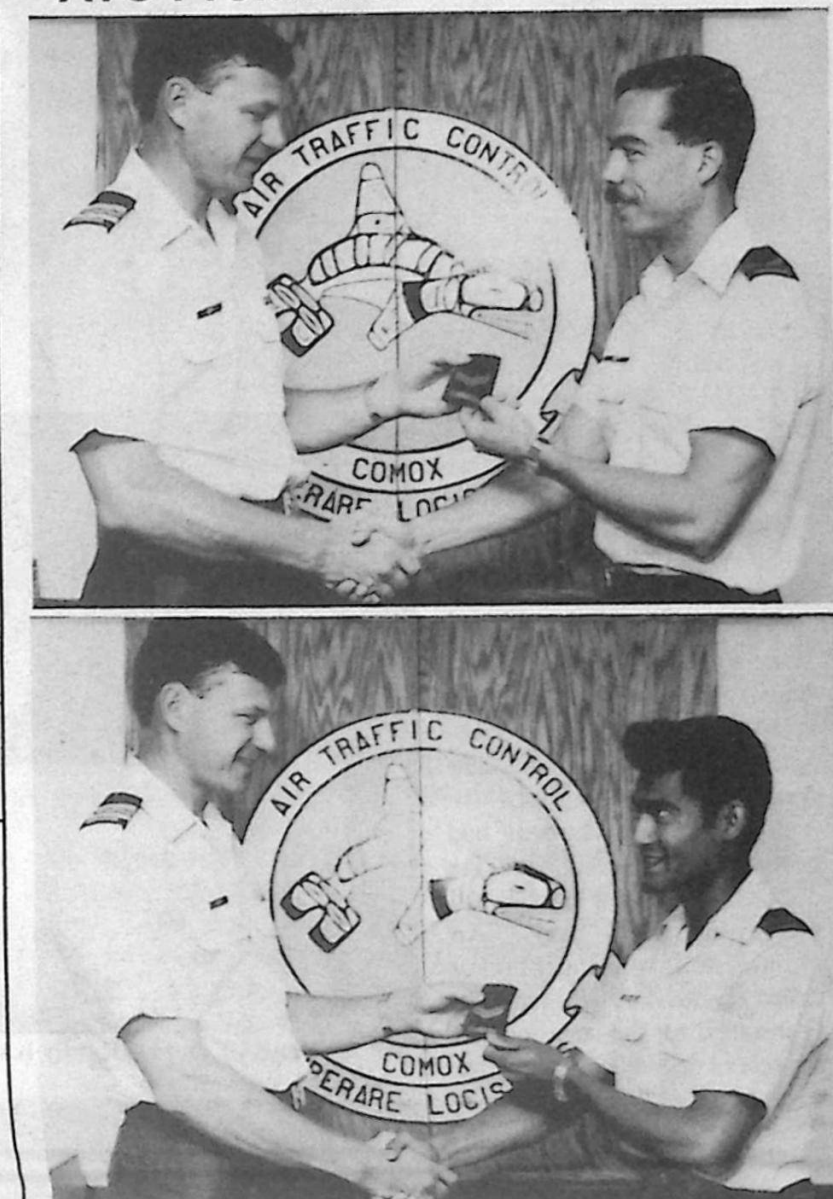
Well, Beacon browsers, that just about does it for this edition of A.T.B.T. but before I go, I'll leave you with another of my "ever wondered" wrap ups. Ever wondered what a chair would look like if your legs bent the other way? Hmmm.

Tower Weenies



Reprinted from CFB Moose Jaw "Plainsman"

ATC Promotions for Bill & Jim



Major Lothar Hupp, BATCO, presents newly promoted Cpls Bill and Jim Fernandez with their new hooks. Congratulations from Air Traffic Control.



MSE Safety

Here's Looking at You

Did you know that in accidents involving motor vehicles (cars, trucks, buses) and motorcycles, the motor vehicle driver is generally at fault. Bikes are often difficult to see. They often get lost in the maze of daytime running lights. They don't take up much space. Then again, maybe we're just not looking.

Some drivers keep their eyes open, see things, are reasonably alert, yet they're not really very good drivers because they don't see the things they should.

There's a way to change that kind of nonproductive seeing. There are some seeing habits that could prevent an accident if you blend them in with your other driving skills.

Don't stare down. Aim high in front of you where the action is. See where you're going to be, not where you are. Spot that hazardous situation as it starts to develop, not after you've been sucked into a past-the-point-of-no-return trap.

Keep your eyes moving. Make a wide sweep from side to side. Don't stop and stare at anything too long. Trouble may be developing in another area.

Glance at your mirrors every few seconds. It's as important to know what's going on behind you as it is what's happening in front.

The more you move your eyes, the more you scan, the more elements of the big picture you're going to pick up.

This constant, swinging eye movement not only helps your driving by putting you in control of the driving scene, it helps your eyes, too. When you stare a long time at one spot your eye muscles are more likely to get tired. Movement keeps the eye muscles in better shape - just like exercise keeps your body in better physical condition.

At night your eye range is limited. Some drivers limit that range even more. They watch that part of the road the headlights light up the most. Farther up ahead, where the light is dim, drivers who have raised their sight level can still pick out faint objects that may become hazards within seconds. The additional time gained by looking far ahead may enable them to avoid an accident.

This swinging, scanning, ever-moving, far-seeing method of

using your eyes sounds simple - and it is. It's a matter of habit.

So put a critical eye on your seeing habits. Don't like what you see? Well, somebody once said there's an easy way to break a bad habit - just drop it!

Get in the good habit of using your eyes to get the big picture. And remember, that big picture includes pedestrians, bicycles and motorcycles.

Question

A school bus has stopped, and is displaying alternate flashing lights.

A. Only the vehicle approaching from the rear must stop.

B. The vehicle approaching from the front must slow to 20 km.

C. Vehicles from both directions must slow to 20 km.

D. Vehicles from both directions must come to a full stop.

Answer

D. Vehicles from both directions must come to a full stop.

Driver's Statement of the Month

"A pedestrian hit me and went under my car."

Section News

Glacier Hockey School Success

Listening to Ed Kingston talk about the Glacier Hockey School is a little like hearing the story about the little train that could, again.

Kingston, literally the Comox Valley's version of Mr. Hockey, had a dream. Ostensibly, the idea was to keep the hockey school he founded in 1991 alive. The only problem was that he didn't have an arena.

And like the old west cavalries, CFB Comox rode to the rescue. With the backing of Lt(N) Bradley, BPERO, the Base agreed to put ice into Glacier Gardens for the hockey school. Since Glacier Gardens had never operated beyond April, the decision to approve the idea did not come until July. An aluminum insulating blanket called Aluma-Zorb was especially installed for the occasion and the school opened up 5 Aug, one day late.

The school, which ran two weeks under the direction of head instructor Mark Goble, was a smashing success. And ice conditions proved to be perfect. Kingston wasn't always so sure things would work out.

Ice was put in just five days before the school was to officially open on 4 Aug. Kingston was crossing his fingers the whole way through.

"We were well aware of what the ice conditions were like in the spring - which is kind of soft and watery," he said.

"You would have to look at things that are old and have character. They rarely let you down," said Kingston.

The whole story started when Kingston realized the figure skating club had first dibs on the Sports Centre ice surface. The only other option was Glacier Gardens, but Kingston could not ever remember seeing summer hockey in Comox.

"I didn't want to scrap the school," said Kingston. "If it died, it would die forever."

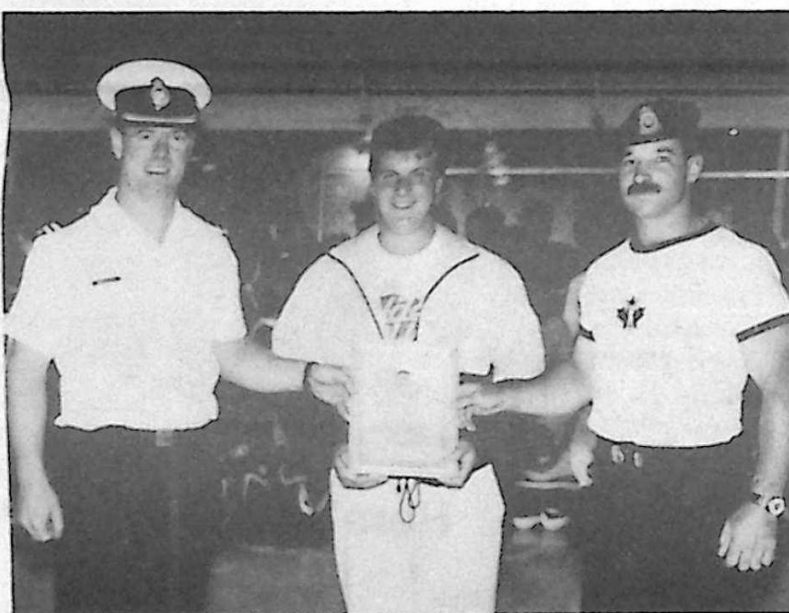
"I did it because I feel there's a real need for an activity such as a hockey school in the Valley," he said.



Staff and participants in the Hockey School.



For BCEO, Maj Randy Kampman, from Jeff Garner.



For Rob Geaudrault, (centre), from Lt(N) Fred Bradley, BPERO, (L), and LS Frank Marneau.

Once the school was off and running, everything quickly fell into place. With the help of instructors like Philadelphia Flyers' draft pick Jason Bowen and Princeton's Brent Flahr, Kingston was definitely in business.

Nancy and Jeff Garner were the other principles involved in setting up the business. Basically, enough capital was raised to cover starting costs for 1993. The school is expected to run at Glacier Gardens once again with the Base Commander's blessing.

"One of the weak areas of the school was the wide variation of ages," said Kingston. "Some of

the boys at the higher calibre did not play at a level that we would have liked to see them at. We hope to rectify that next year."

Kingston spent much of his life with the Armed Forces and was transferred to Comox in 1976. He left the service and now works at the Base as a contracts inspector.

In summary, it takes a team effort make an event like this one possible, and the co-operation of the Base should not go unnoticed as the backbone of the team.

Reprinted courtesy of Comox District Free Press.

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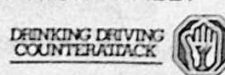
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WHY RISK IT ALL?



History

A History of Comox Harbour

Conclusion - Camp Comox

by Lloyd James Bailey

Seeing the Boys Off



Professor Bailey

On August 3, 1940, Camp Comox became a regular fleet establishment being commissioned as HMCS *Naden* (III). The previous twenty years had seen paltry improvements to the facilities on Goose Spit, much destroyed by fire in August of 1936. Rapid improvements were required to house and train an overflow of recruits from Esquimalt. By mid-March 1941, the exigencies of World War II saw completed new roads, new living quarters, electric power, a permanent water system, extended rifle range butts and a large concrete jetty. Lieutenant-Commander Leslie Harrison, with sixty officers and men as staff and instructors, had trained 400 ratings by November 1941.

A "Combined-Operations" camp opened in Courtenay in December 1942. The navy-army arrangement trained men for assault landings and Comox Harbour buzzed with practice exercises. By mid-1943, all landing craft training from William Head and Camp Courtenay was consolidated at HMCS *Naden* (III), recommissioned HMCS *Givenchy* on October 1, 1943. The war years transformed Goose Spit into a well-established naval base. Reduced to "Care and Maintenance" status in 1946, Camp Comox entered a new phase with the arrival of 700 boys

of the Royal Canadian Sea Cadet Corps from Winnipeg and western points in the summer of 1952. On July 2, 1956, the base was again formally reactivated as a fleet component of the Royal Canadian Navy, HMCS *Quadra*.

Three communities surround Comox Harbour. Courtenay, the service centre, became a city in 1916. The post-war village of Comox, a bedroom community, gained township status in 1967. Rural Royston District was originally subdivided as "Roy's Town" in 1912 for the large number of families bearing that surname. William Roy bought large beach acreage from Robert Dunsmuir in 1890. There was a post office, store, and school by 1917. Roy sold water to the Royal Navy.

Twenty thousand people border the bay, with the outlying Comox Valley supporting another 25,000 inhabitants. Statistics Canada indicates that the Comox Valley is the fastest growing area in British Columbia, with the population predicted to double by the year 2000.

As the main urban focus on the bay, Comox has attracted luxury condominium projects: Marina Bay Vista, Marina Place, and 1807 Beaufort Avenue, all waterfront addresses. Many Canadian Armed Forces retirees relocate to Comox and retirement homes are an industry in themselves.

Comox town built a new municipal hall in 1962, a new hospital wing in 1967 and a new recreation centre later that year. Its main shopping centre has been greatly expanded since its opening in 1966. A new high school was completed in 1978 amidst burgeoning hillside subdivisions. A second recreation complex and another secondary school will be built in 1992. Strip development in new business blocks has been carefully zoned by Comox council.

Comox Harbour's transporta-



Troopship loads up at the foot of Comox Wharf, during WWI.

tion facilities include the Courtenay Airpark, a 2,230-foot all-weather landing strip adjacent to a float plane mooring and beaching ramp on the waterfront. It was created in 1960 with volunteer labour filling in a former sewage lagoon. Forty minutes flying time to Vancouver Harbour, the airstrip is especially busy between April and September, with forty airplanes hangared there.

Commercial fishermen tie up at the government wharf in Comox. Dockage for the 220 vessels was doubled by March 1992. A new breakwater with a guardrailed boardwalk saw completion in June 1991. The Comox Municipal Marina can berth 240 boats. The adjacent Des Reid Marina moors 250 craft. Courtenay's Municipal Marina, dredged near the Courtenay River, can dock forty boats. Twenty tourist craft per day tie up at the government wharf in summer months.

There have been extensive improvements to the Comox docks including a major landfill and breakwater in 1977, with parking

lots and picnic grounds. Twenty-five years ago, the government wharf could accommodate only sixty boats while the Tyee Floats berthed another 100 pleasure craft. Comox town boasted only 2,700 residents in 1967.

Extending into Comox Harbour from Royston is a 1,000 foot private wharf at the intersection of Royston Road and Marine Drive. It is a limited replacement for William Roy's wharf since it is accessible only to Esso and Shell Oil companies' employees. A dual pipe petroleum connection links docked tankers with adjacent tank farms.

To the northwest of the oil wharf, lie several booming grounds, protected from shore by a curious breakwater of dumped rocks interlocking with sunken ships' hulls.

The "Royston Wrecks" neighbor old railroad pilings from a bygone logging era. The Comox Logging Company sank bits and pieces of eleven dismantled ships in the inter-war years to permanently pacify their offshore rights. Two minesweepers rest nameless but the CPR tugs *Nanoose* and *Qualicum* are there. Three sailing ships ended their days as hulks: the *Laurel Whalen*, the *Forest Friend*, and the *Melanope*. With the valuable assets removed by the Capital Iron Company of Victoria, four steamers of the Union, Canadian Pacific and Canadian National lines were sunk at Royston: the *Cardena*, the *Charmier*, the *Princess Victoria*, and the *Canora*. And in 1946, the Royal Canadian Navy scrapped four warships at the breakwater: HMCS *Prince Rupert*, *Dunver*, *Eastview* and *Gatineau*, the last a destroyer.

Recreation on Comox Bay began with Captain Courtenay and the Royal Navy. Today, the pristine environment has changed little. With only a token industrial presence, the waters of Comox Harbour spell refreshing yachting, boating, and beachside resort enjoyment. Seven

kilometers south of Courtenay locates the Kingfisher Beach Resort, with thirty deluxe rooms and a 400 foot vision of Comox Bay. It is the only resort on the harbour.

But the cruising grounds of Baynes Sound, the Strait of Georgia, Desolation Sound and Blackfish Sound are less than a day's sail from Comox. Desolation Sound is very unique with the Coast Range rising directly out of the sea to heights of 7,000 feet. Summer northwesterlies and the meeting of tides cause the Comox Desolation Sound region to exemplify ideal sailing.

Hornby and Denman Islands are within close view of Comox Harbour, about twenty kilometres to the southeast. Accessible by short ferry rides, these islands exhibit agricultural products, local crafts and beautiful woods and beaches. Tribune Bay on Hornby Island was reserved for Royal Navy gunnery like Comox and Heriot Bay on Quadra Island in the last century, a common naval heritage of the region. All were superseded by the isolation of Nanoose Bay near Nanaimo.

The Strathcona Sunrise Rotary Club provided a Comox Road gazebo in 1990 for viewing the birds of the Courtenay River estuary reserve. But much more of the harbour view is available.

The Comox glacier stands out. Forbidden Plateau of Indian legend is viewed. Very prominent is the 5,200-foot ski paradise of Mount Washington, with the largest annual snowfall of all ski areas in British Columbia.

Goose Spit and Comox Harbour continue a long tradition of marine recreation and military training. With the increased amenities of the surrounding Comox Valley, tourism will no doubt someday surpass the Canadian Armed Forces in the quality of the local economy.

888 (KOMOX) WING RCAFA CALENDAR OF EVENTS September 1992

Sat 19 Sept.....STEAK & GOLF
\$16.00 per person

Sun 20 Sept.....BATTLE OF BRITAIN DAY
0930 Church Parade 1040 Parade and Ceremonies
Reception at the Wing to follow

Sun 27 Sept.....CANDLELIGHT DINNER
1830 for 1900 hours \$7.50 per person

Mon 28 Sept.....MEN'S CHOIR
7:30 p.m. You don't have to be a pro, just enjoy singing

Lunch Will Be Available.....Thursday and Friday
1200 to 1330 hrs \$2.00 per person

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

DND AND MILITARY PERSONNEL WELCOME
WING HOURS OF OPERATION ARE AS FOLLOWS:
Thursday, Friday & Saturday 1200 - 0100 hrs
Sunday 1300 - 1900 hrs

CANADIAN FORCES		SISIPARM		FORCES CANADIENNES	
FULL-TIME SISIP REPRESENTATIVES					
REPRÉSENTANTS À PLEIN TEMPS DU RARM					
We have now completed the last phase of the implementation of full-time SISIP representatives from coast to coast. They are available to discuss your insurance needs on an individual basis or in a group setting at your convenience.					
La dernière phase consistant à l'implantation de représentants du RARM à plein temps d'un océan à l'autre est maintenant terminée. Ils sont disponibles pour discuter de vos besoins en assurance sur une base individuelle ou collective selon votre disponibilité.					
We take great pleasure in announcing the appointment of the following representatives:					
C'est donc avec grand plaisir que nous vous annonçons la nomination des représentants suivants:					
Percy Roseberry Roger Dahl Gilles Lemay Ted Treboubat	Ottawa Quebec NB, PEI Petawawa, Kingston, North Bay, Trenton	(613) 995-8741 (514) 359-7555 (506) 457-4172 (613) 687-1402	Yvon Boisvert Gary Lind Gilles Boivin Mick Phillips Roger Poulin	Bord., Tor., Lon Manitoba, Sask. Alberta British Columbia NS, NF, Lab	(705) 725-1924 (204) 697-0507 (403) 475-2566 (604) 658-0222 (902) 435-7700
You may contact your area representative at the number indicated or by calling us toll-free at 1-800-267-6681					
Vous pouvez rejoindre votre représentant au numéro indiqué ou en nous appelant sans frais au 1-800-267-6681					

On the Base

"High Flight" Poet

John Gillespie Magee

by Tet Walston

This remarkable young man, the "pilot poet," was only 19 when he was killed. Though his famous poem "High Flight" is read at our local Battle of Britain services, he was at that time in 1940 still training in Canada. A U.S. citizen, born in China of an English mother and an American father, educated in England at Rugby School, he had joined the RCAF in Canada.

Here was a young man who can rightly be acclaimed in three countries though his poetry belongs to the world.

By September 1941, he had been posted to 412 Fighter Sqn RCAF based at Wellbore, Lincolnshire. It was from here that he wrote "High Flight" in a letter to his mother. This letter can be seen (along with his log book) in the U.S. Air Force Museum, Dayton, Ohio. There is also a recording of his mother reading the poem.

During the morning of 11 Dec 1941 John was flying Spitfire Mk.V, No. AD 291, code VZ. This was a routine formation training flight, and he was flying as No. 2 in a section of four aircraft. They were descending through cloud and at 1400 ft when his plane collided with Oxford T 1054 from 17 SFTS Cranwell. The Oxford fell near Roxholm Hall, killing the pilot, LAC E.A. Griffin. By the time John managed to bale out of his violently tumbling aircraft, he

was too low for his parachute to open fully, and thus he fell to his death.

The other aircraft of his section returned to Wellbore, landing at 1140 hrs. John's friend, P/O Rod Smith took off on a search flight and soon located the crash site one-half mile north of Roxholm Hall. John's body, with parachute streamed, lay nearby. Later P/O Smith was a pallbearer at the funeral in Scopwick. (Rod Smith later retired from the RCAF as a Wing Commander, and lives in Vancouver.)

The crash report stated that the Spitfire was lying wrecked at an angle of 25-30 degrees. The com-

prehensive book "Spitfire, the History" however reports that AD 291 was destroyed by fire. Strange!

J.G. Magee would probably have become one of the poetry giants of my generation had he lived. A book telling his earlier biography and containing all his poems is in the AFIS library, and is well worth reading. I would insist on a copy being in every school library.

One poem, "Per Ardua," is really the one which should be read at Battle of Britain parades. John wrote it as a tribute to the aircrew killed in the Battle. Read it.

Long After the Battle



Meeting of German and Canadian fighter pilots at Harrison Hot Springs, July 1992. Extreme right, Tet Walston and Duke Warren.



BPERO, Lt(N) Fred Bradley, oversees the presentation of a cheque for \$180.00 by Lt Dave Tack, League President, to PMQ Mayor Capt Bob Sealby.

The monies were generated as a result of the inter-section fastball tournament hosted by Lt Tack.

Cheque for Teen Town

The CFB Comox Intersection Fastball League hosted a fundraising tournament 10 July 92. The proceeds of this year's tournament were for CFB Comox's Teen Town.

The league president, Lt Dave Tack, organized and scheduled the tournament. He would have liked to be in the finals with his BOPsO team, but he couldn't fit

that into his schedule. The tournament saw action from VU33/414 Sqn, 407 Sqn, B-Supply/BAMSO, 442 Sqn, BOPs, CE/Fire Hall, and the Silver Totems. The final was between CE/Fire Hall and the Silver Totems. The Silver Totems were the tournament's champions, but the real winners the members of CFB Comox's Teen Town.

CLEAR THE AIR

Reduce air pollution from residential wood smoke and auto emissions with tips from your Lung Association.

B.C. Lung Association Box 34009, Station D, Vancouver, B.C. V6J 4M2

(Advertising space donated by this publication)

On the Base

United Way



The 1992 CFB Comox United Way Campaign is now officially under way. This is our opportunity to help the Comox Valley community. Our campaign started 14 Sep and will run to 31 Oct, and the goal for the Base this year is \$30,000.

This year's Base Co-ordinator and Assistant Co-ordinator are Lt Bob Pitcher and Lt Lis Ritchie. The various unit/section reps will be canvassing all individuals in their section. The following are the respective representatives:

407 Sqn - Lt Mombouquette, local 8796
442 Sqn - Capt Roddick, local 8116
414 Sqn - Pte Ford, local 8579
BOR, BWO, Chaps, Accom, BCPO, BPSO - Cpl Stavenjard, local 8217
BPERO - WO Piper, local 8315

LTC/ABATS - WO Turcotte, local 8545

Dental - Cpl Kelly, local 8230
Hospital - Capt Graves, local 8767

BFoods - MCpl Aubut, local 8356
Messes/Canex - Sgt Perfit, local 8324

BCompt - Cpl Norlander, local 8838

BAMSO - Sgt Julien, local 8287
BSupO - MCpl Marsh, local 8269

BCOE - Cpl Smith, local 8313
BTNO - Cpl Dryden, local 8278

BTelO - Cpl Moyles, local 8565

BEME - Cpl MacLeod, local 8720
ATC, BSecurO, DIAC, BOPs, BNDO - WO Rogers, local 8247

Met - Cpl Porter, local 8226

740 Comm Det - Cpl Cowles, local 8296

AFIS - MCpl Anderson, local 8434

These are the people who will be approaching you for donations toward this very important charity. The Base goal is to have everyone make a contribution. You are encouraged to contribute with cash, a cheque or a pay assignment. It is important to remember that any contribution is vital to the success of this campaign.

If you are not sure who your section rep is, or if you think you might have been missed, please contact the Base Co-ordinator at local 8320 or the Assistant Co-ordinator at 8204.

Together we can accomplish our goal!

It's Time ... To Join The Giving

NEXT DEADLINE 05 OCT

B.C.'S SECRET WEAPON



AGAINST DRINKING DRIVERS

Provide police with car type/colour, licence, location and direction it was going.

DRINKING DRIVING COUNTERATTACK

JR. Ranks Mess BOSSSES NIGHT

25 SEPTEMBER 1992

Starting at 1530

BAND FOR THE NIGHT

MOST WANTED

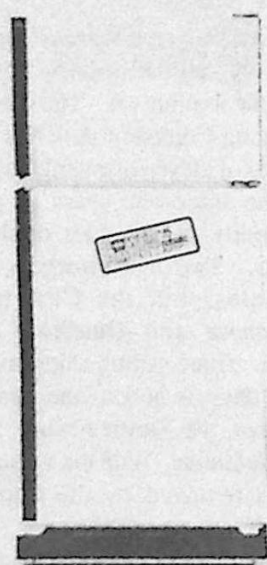
AND

JR RANKS MESS DJ

PLUS

FRESH SIX-FOOT SUBS

Smart.



\$35 rebate

(Offer valid from April 1 to December 31, 1992).

Smarter.



\$70 rebate

(Offer valid from July 1 to December 31, 1992).

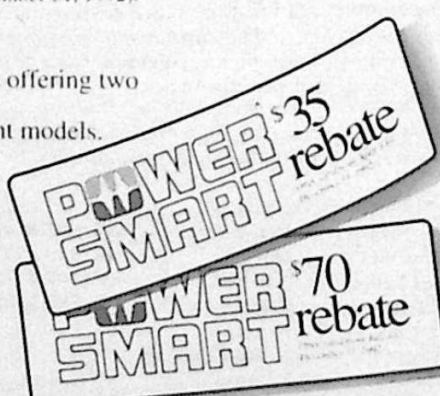
There are now over 100 Power Smart energy-efficient refrigerators to choose from. And to help you decide, Hydro is offering two significant cash rebates. * A \$35 cash rebate for energy-efficient models or a \$70 cash rebate for super energy-efficient models.

Some fridges have less appetite for energy.

When you're shopping for a new fridge, be sure to ask your salesperson to show you the qualifying Power Smart models. A complete list is also available from your salesperson or local Hydro office. To receive our special Power Smart rebate, fill in the rebate form and send it with proof of purchase. Your rebate will be on its way by return mail. And because your new fridge is Power Smart, you also get ongoing energy savings. So you save now...and you save later.

BC hydro

*Rebates apply to Canadian purchases only.



My Favourite Canning Recipes

Well, it's canning season in the bountiful Comox Valley. Two things always tell me this. One - the appearance of stacks of canning jars in all our local stores, and two - the profusion of apples and pears that litter my lawn every morning in this mini orchard I live in. Now, one family can eat only so many pies, cakes, etc. made with apples, and drink only so much apple juice, so I am always on the lookout for different recipes to can and give out as hostess gifts. So, following are just a few, perhaps unusual but delicious, recipes. But first a few tips for successful canning.

Canning Tips

For pickles and relishes, fruits and vegetables should be slightly underripe so the finished products will be crisp. Remember to wash everything well prior to beginning.

Table salt will sometimes cloud your liquid. Try using pure or pickling salt.

Use fresh spices for best flavour. To keep your liquid from darkening, use whole spices tied in muslin when preparing and remove before packing into jars.

Read your recipes carefully and purchase the correct type of vinegars and sugars; they all have their own flavour which could change a recipe if substituted.

If canning whole fruit or tomatoes, they should be uniform in size and fully ripe. If you are cutting fruit to can or freeze, keep it from darkening by dropping them into water into which you have put some lemon juice, or into water (2 quarts) to which you have added one tablespoon each of vinegar and salt.

Only acid type foods (fruits and tomatoes) should be processed by hot water bath. All non-acid foods (vegetables and meats) have to be processed in a pressure cooker.

Good luck and give some of these recipes a try. I've been giving them as gifts for years and am asked for the recipes often, especially the antipasto recipe which I gave you in the Seafood column two issues ago.

Grape Catsup

Wash and then crush five pounds of grapes in a saucepan. Simmer until soft and press through a sieve, discarding seeds and skin. Add:

- 3 pounds white sugar (6 cups)
- 1 pint mild white vinegar (2 cups)
- 1 T. ground cinnamon
- 1 T. ground allspice
- 1 T. ground cloves
- 1/2 tsp salt
- 1 T. pepper

Bring to boiling point and simmer until thick (about 30 minutes). Pour into sterile bottles. Makes 4 pints. To fancy up the bottle, I hand paint a clump of grapes complete with stem and vines on the outside. Makes a lovely, unusual gift. Serve with pork, chicken or fish. By the way, people always ask me where I get

my recipes from. Most are what I call **Tried and True**. I taste them somewhere and ask for the recipe. But when it comes to cookbooks, I have one absolutely invaluable favourite, and that is the **All New Fannie Farmer Boston Cooking School Cookbook**, published by Little, Brown and Company, Boston. I can honestly say this cookbook will answer any question ever posed to me.

Celery Relish

1 quart minced cucumbers, peeled and seeded (4 cups)

1 quart minced onions (approx. 5 big ones)

1 quart minced cauliflower (approx. 3 small)

1 quart minced celery (approx. 4 small bunches)

Mix all vegetables together; add 1/2 cup salt sprinkled over the top and let stand overnight. Drain well. Prepare the following sauce:

4 cups white vinegar
6 cups white sugar
1/2 cup flour
1 T. turmeric
4 T. dry mustard powder
1 T. celery seed
1 T. mustard seed
2 small red peppers, chopped
2 green peppers, chopped
Bring vinegar and sugar to the boil. Mix flour, turmeric and mustard powder to a smooth paste with a little cold water. Pour some of the boiling vinegar over the paste and stir until well blended and then add to the rest of the vinegar. Return to the heat and cook, stirring constantly until thickened. Add celery and mustard seeds, well drained vegetables and the red and green peppers. Boil hard for 10 minutes, stirring to keep from sticking. Pour into hot sterilized jars and seal.

Beet Relish

Wash beets and leave on tails and some stem to prevent bleeding. Cook until tender in slightly salted water. Drain and slip off skins. Chop or shred beets finely - you will need enough to make:

1 quart grated cooked beets (4 cups)

1 quart chopped cabbage
1 cup grated fresh horseradish, or use 1/2 cup prepared to your taste

1 tsp salt
2 cups white vinegar
2 cups white sugar
Combine the prepared vegetables with the horseradish and salt. Scald the vinegar and dissolve the sugar in it. Add vinegar mixture to vegetable mixture and heat on stove until vegetables are cooked. Pour into hot sterilized jars and seal. Store in cool, dry, dark place.

Following are two recipes for mincemeat. I like them both because they use up some of my apples. One calls for green tomatoes which people are usually using up at this time of year, and one calls for liquor and mixed peel and makes a nice gift

at the holiday season. Take your pick!

Green Tomato Mincemeat

6 cups chopped apples, cored and peeled
6 cups chopped green tomatoes

4 cups brown sugar
1-1/2 cups white vinegar
3 cups raisins
1 T. cinnamon
1 tsp ground cloves
3/4 tsp ground allspice
3/4 tsp mace
3/4 tsp pepper
2 T. salt

Bring to a boil in a large pot and simmer for 3 hours. Add 3/4 cup butter. Pour into hot sterilized jars. Also, this recipe freezes well.

Gourmet Mincemeat

6 cups chopped apples, cored and peeled

4 cups chopped raisins
3 T. lemon juice
3 T. orange juice
1/2 cup apricot brandy or orange brandy

1/2 cup chopped mixed peel
1 cup sugar
1/2 tsp ground cloves
1 tsp nutmeg
2 tsp cinnamon
1 cup chopped suet, or 1/2 cup melted shortening

Combine ingredients in a large kettle and bring slowly to a boil. Simmer for 10 minutes, stirring often. Pour into sterilized jars and seal. This recipe only yields about 4 pints, so I usually double or triple the proportions if I'm giving it as gifts.

The following is Ruth Hunter's recipe for chili sauce which has been passed down from generation to generation, again using apples. Hooray!

Mother's Chili Sauce

20 large ripe tomatoes, quartered
6 large onions, chopped
3 T. salt
2 tsp ginger
pinch of cayenne
1 cup brown sugar
6 apples cored, peeled and chopped

3 green peppers, chopped
3 tsp cinnamon
1/2 tsp cloves
1 cup white vinegar
Bring to a boil and cook 2 to 2-1/2 hours until thick. Bottle in sterilized jars. She serves this with meat, or adds it to spaghetti sauces or stews for more flavour. I like it with nachos and sour cream.

Zucchini Relish

10 cups coarsely grated zucchini, peel removed or retained
2 red peppers, chopped
2 green peppers, chopped
4 cups chopped onion (red onion is nice for color)

5 T. coarse salt sprinkled over top of vegetables
Mix and let stand for 24 hours. Rinse in cold water and drain well. Put into large pot and add the following:

2-1/4 cups white vinegar
1 T. cornstarch
1 tsp ground nutmeg
2 tsp celery seed
3 cups white sugar
1 tsp turmeric
1 tsp dry mustard
1/2 tsp lemon pepper
Boil for 20 minutes, then pour into sterilized jars and seal.

Pear and Apple Chutney

1 T. oil
1/2 cup chopped onion
a chopped garlic clove
1/4 cup wine vinegar
1/2 cup brown sugar
1 T. lemon juice
1 T. chopped gingerroot
1/4 tsp ground nutmeg
1/2 tsp dry mustard
1/3 cup raisins

1-1/3 cups each chopped pear and apple

Cook on stove top until it comes to a boil. Simmer for 2 hours and pour into sterile jars. Process 15 minutes in a hot water bath. Serve with meat, or I've been told it's good on ice cream. (Personally, I've never tried that. Garlic & ice cream? Are you pregnant, Hazel?)

Pears Amaretto

12 - 14 pears, soaked in water with 1/4 cup lemon juice

2 cups orange juice
2 cups pineapple juice
1-1/2 cups sugar
6" cinnamon stick, broken into four pieces
1/2 cup amaretto

BARBARA VERMETTE

Peel and halve pears. Place into water to which you have added 1/4 cup lemon juice to keep them from turning brown. In a large saucepan, combine other juices, sugar and cinnamon sticks. Bring to a boil and simmer 5 minutes. Remove from heat and add amaretto. Place a piece of cinnamon stick into each sterile jar. Pack hot fruit in snugly and fill with boiling juice to within 1/2 inch of top. Tap jars to remove air bubbles and add more juice if necessary. Apply lids and process in hot water bath for 20 minutes. Serve the pears to your guests and drink the juice in the kitchen. Tee hee! Just kidding, folks. Share the juice with your guests; it's absolutely delicious. I just threw that in to see if you were paying attention.

But seriously, one thing you must pay attention to is if your canning jars seal properly. After you remove them from the processing, you will hear pops and clicks from the lids. If it is sealed, the lid will be concave and unmovable. If it does move up and down when pressed, remove the lid, clean the rim and lid, and process again. If it still doesn't work, either your jar or your lid is faulty. To check the jars, run your finger tip around the rim. If you feel any chips, discard the jar. Happy canning, and next issue I'll give you an interesting pumpkin recipe compliments of Karne Holm, the previous Country Cook.

CFB COMOX OFFICERS' MESS
SEPT & OCT 92 CALENDAR

Wednesdays Sept 23, 30, Oct 7, 14, 21, 28 -
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 Sept 18, 25, Oct 2, 9, 16, 23, 30 -
TGIF. Food as indicated 1700-1800 hrs. Spouses and guests welcome after 1700 hrs. Please purchase meal ticket for non-Mess members.

Wednesday Oct 7, 28 -
OLC BRIDGE CLUB - Please note change of date for this month only.

Saturday Oct 10 -
OKTOBERFEST

Wednesday Oct 21 -
OMLC

Friday Oct 30 -
BLACK & WHITE PARTY

UPCOMING EVENTS FOR NOVEMBER

14 - Comedy Night
28 - Decorating Party

NEXT DEADLINE 05
OCTOBER - NOON



Barry Sweeney
music reviews and
syndicated columnist

Little Texas

Until a couple years ago, many music listeners said they didn't like country music. Now, of course, it is the hottest type of music. Thanks to people like George Strait, Garth Brooks, Randy Travis and more recently Billy Ray Cyrus country has once more gained credibility (it happened previously when the Urban Cowboy craze took root).

A lot of country artists are now finding doors previously closed, have magically opened. One of the groups that have recently had the international spotlight shine on them is **Little Texas**. Their debut album **First Time For Everything** (Warner Bros) is a well rounded 10-song outing that allows the six member group to offer a wide diversity of subject material and styles. Music ranges from the kickin' country **Down In The Valley** through their current top-20 shuffler **You and Forever and Me** to the bittersweet **Cry On**. Good production, solid vocals and excellent instrumentation throughout. Highlights include **Dance, I'd Rather Miss You** and **What Were You Thinkin'**.

Barenaked Ladies

They are neither bare naked, nor are they ladies. This all-male quintet have however, catapulted into national prominence on the strength of their eponymously-titled five song EP and the single **Be My Yoko Ono**. The **Barenaked Ladies'** debut album **Gordon (Sire)** has quickly become one of the hottest retail sellers.

The **Ladies'** sound is non-electric, good-time. The Toronto-based group (Steven Page, Ed Robertson, Jim and Andy Creegan and Tyler Stewart) cover a diversity of subjects that ranges from the already hit **Yoko Ono** through their late arrival in **Grade 9** to a song about Brian Wilson. Much of their music has a certain amount of irreverence and their tongue-in-cheek delivery immediately lets the listener know that they are having as good a time singing as the audience is listening.

Check out **New Kid (On The Block)**, **The Flag** and **If I Had \$1,000,000**. It's like having a whole band of 'Weird' Al Yankovics.



Recreation

Comox Valley Ski Club

Canadian Forces Base Comox
Lago, British Columbia
V0R 2K0



Greetings Skiers!

It's never too early to start planning for the annual assault upon the snowy slopes! And so, the Comox Valley Ski Club is beginning to gear up for another exciting season of Action! Visits to our local slopes, as well as road trips to "Silver Star" and beyond, are being planned. We will be holding our annual Meet and Greet on Wednesday, 14 October 1992.

Our Purpose - To Serve You! For those unfamiliar with the Base Ski Club Committee, we organize trips to:

Mt Washington
Forbidden Plateau
Silver Star (Vernon)
Crystal Mountain (Washington State)

The local ski shops offer discounts to club members and we also get group rates on our trips which result in savings for you. We arrange transportation for local trips. And finally (at the end of the season!) there is a **wind-up dinner/dance**, with many door prizes and lots of fun at an unbelievably cheap price.

Membership cost is: **Single - \$15.00, Family - \$25.00** (taxes included)

If you don't ski all winter, you will recoup your membership at the wind-up dinner/dance.

The Torch Was Passed.

The Ski Club Executive for the 92/93 season would like to extend a grateful Thank You to the 91/92 Club Executive which worked extremely hard for you and did a

great job keeping skiing active! Our appreciation goes to Past President Major Brown and his crew, Capt Auger, Sgt Knight-Adams, Lt Landry, Capt Vedova, Cpl Lavigne and Sgt Douglas. We, the new, hope to carry on with the same enthusiasm, dedication and success!

The Meet and Greet

Come on out to the Glacier Greens Social Centre (Base Golf Club) located off of Knight Road on Wednesday, 14 October 1992 at 1900 hrs (7:00 p.m.) for the Meet and Greet and membership drive. Everyone is welcome (with emphasis placed on military members and civilian employees) so if you have a friend, relative, neighbour or co-worker you think might be interested...bring them along. (The committee will ensure that acceptable membership proportions are met.) We have something to offer the "hot dogger," the "first timer" and even the two-or-three-times-a-season "down hill slider/lounge lizard" combination. Snow boards are also encouraged to join! And cross-country skiers can come out too - we can arrange something for you!

At the Meet and Greet the two local ski hills will be represented and bring us up-to-date on what's new on "their mountains." The local ski shops will have some of their latest stock on display. As well, we hope to have a fashion show of the latest Hot Ski Togs! There will be draws for various door prizes throughout the evening. Information will be presented on at least two Out of Town Trips, one to "Silver Star" (Vernon) the first or second week in December and one to "Crystal Mountain" (Washington State) in mid-February. Deposits will be accepted to reserve your spot on these trips...so if you're interested bring your cheque book. We will also be displaying/selling Comox Valley Ski Club apparel.

Club Executive 92/93 Season

If your section does not have a rep on the executive, pick one of the people listed below and give her/him a call if you would like more information.

Other Notable Numbers:

Mt Washington Snow Phone: 338-1515
Forbidden Plateau: 338-1919
Weather Info: 339-5044

Title	Name	Section	Phone
President	Maj Couture	B Tn O	8260/339-0408
V/President	Capt Merchant	BEMEO	8550/339-9154
Secretary	Mrs Gibbs	B Sup O	8981/339-3518
Treasurer	Lt Parsons	B Compt	8577/339-6699
Trip Co-ord	Lt Bournival	407 Sqn	8404/339-9150
Trip Co-ord	Lt McConkey	407 Sqn	8354/339-2632
Ski Day Co-ord	Lt Siscoe	414 Sqn	8386/
Membership Co-ord	Cpl Nielson	Fire Hall	8250/339-4115
Entertainment Co-ord	Lt McCarthy	BCEO	8458/338-8872

Continued from page 4

safely."

At a technical briefing for media held in Ottawa the day of the announcement, RAdm Larry Murray addressed criticisms of the \$4.4 billion price tag head-on. "Some have argued that the department could have selected some less expensive options. I would like to state that this is simply not the case," he said. "We did examine a series of different options, and none matched the EH 101 as a capable, timely and cost-effective replacement for our shipborne and search and rescue helicopters."

Simply extending the life of the current helicopter fleet would cost almost \$1 billion, said Murray, the associate assistant deputy minister for defence policy and communications. "In the end, we would still not be able to meet our operational requirements, and the aircraft would still need to be replaced in the not so distant future."

The admiral also explained why, in the military's view, a modern shipborne helicopter with

an anti-submarine capability is still needed by the Canadian Forces. "There are currently over 900 submarines in service with the navies of over 40 countries," he said. "The navies of a number of emerging regional powers operate over 100 of these vessels...the government of the day might at some point in the future commit our forces to an unstable region of the world, and we need to be equipped to deal with sub-surface threats."

More than 100 countries also possess anti-ship missiles and long-range torpedoes, representing a serious threat to surface ships, the admiral said. "Anti-ship missiles, for example, can be launched from platforms that are over 40 nautical miles away, well beyond the visual or radar range of our ships. The shipborne helicopter, because it extends the sensor range of the ships far beyond the horizon, is a critical part of their defensive capability."

The Sea Kings and Labradorers were bought in the early 1960s with an expected life span of 25 years. The search for a replacement for the Sea King began in

1978, culminating in 1986 with the New Shipborne Aircraft (NSA) project. The EH 101 was initially selected as the Sea King's replacement in 1987. NSA was followed in 1988 by the New Search and Rescue Helicopter (NSH) project to replace the Labrador.

The two projects were combined in December 1990 when it became apparent the EH 101 could serve as both a shipborne and a search and rescue helicopter. "We anticipate that, by opting for a common basic helicopter as opposed to operating two different fleets, we will save \$350 million over the life of the aircraft," Murray said.

By the mid-1990s the British and Italian navies expect to see their naval variant of the EH 101 in service. The EH 101, known as the "Merlin" to the Royal Navy, was chosen by the British in 1978 to replace the Sea King, which led to a joint programme with Italy. E.H. Industries is also developing rear-loading military utility and 30-passenger civil variants of the EH 101.

Continued on page 21

Health & Fitness

From Base Hospital

Cancer

by Lt(N) G.S. Raymond, MD

Cancer, the malignant growth of abnormal cells, is many diseases and can affect any organ of the body. We don't see a great deal of it here at Comox, but prevention starts at a young age. The exact cause of cancer is not known, but environment and heredity are believed to be important factors. Environmental factors play the major role, accounting for up to 80% of cancers in Canada.

Prevention. Most common cancers are related to the way we live and, for this reason, are potentially preventable. Tobacco use accounts for more cancers among Canadians than all other known carcinogens combined. Prudent life style modifications include:

- eliminating tobacco use!
- minimizing or avoiding alcohol consumption;
- protecting against sun exposure; and
- diet modification - avoid obesity, cut down on total fat intake, and eat more high-fibre foods.

Early Detection. Early detection of cancer, before onset of symptoms, offers the best chance for cure. The Canadian Cancer Society has issued guidelines for

early detection of colon cancer, cervical cancer, and breast cancer. Your doctor will recommend appropriate screening tests, such as rectal examination, a pap test, and mammography, based on your age and potential risk.

The Symptoms of Cancer. Symptoms vary depending on the organ affected. Severe warning signs spell "CAUTION".

C - change in bowel or bladder habits

A - a sore that does not heal
U - unusual bleeding or discharge
T - thickening or lump in breast or elsewhere

I - indigestion or difficulty swallowing

O - obvious change in a wart or mole

N - nagging cough or hoarseness
If you have one of these warning signals, see your doctor!

Medicine in History - A

Noise to Wake the Dead. Horn blowing and electric shock were among the "live tests" introduced in the last decade of the eighteenth century to prevent premature interment. The almost universal fear of being buried alive was fed by the usual hair-raising stories of "actual" cases, a few of them authentic, many of them spurious.



Une Education en Français en C.-B.

Cher parents,

La Commission Scolaire du District #71 de la Vallée de Comox offre à vos enfants une éducation complète en français au niveau primaire et partiellement au niveau secondaire. Ce programme s'adresse aux enfants ayant au moins un parent francophone ou ayant déjà reçu une éducation française comparable à celle du Programme Cadre.

Au District #71, le Programme Cadre est offert au niveau primaire (maternelle à 6e année) à l'école Airport Elementary, adresse: CFB Comox, P.O. Box 40, Lazo, C.-B., V0R 2K0. Tel # 1-604-339-3732. Pour les niveaux 7 à 11, le Programme est offert pour les matières suivantes: français, mathématiques et sciences humaines. L'étudiant(e) se joint aux classes anglophones pour les autres matières. Pour les 7e et 8e années, ces cours se donnent à l'école Robb Road Jr High, située au 1909 Avenue Robb, Comox, C.-B., V9N 4S4. Tel # 1-604-339-2232. Pour les 9e, 10e et 11e années, ces cours se donnent à l'école Highland Secondary, située au 750 Pritchard, Box 1270, Comox, C.-B., V9N 7Z8. Tel # 1-604-339-5525.

Nos classes sont sûrement plus petites et certaines sont à niveaux multiples, dépendamment du nombre d'élèves du Programme Cadre. La langue maternelle de

nos enseignants est le français et le curriculum renforce nos traditions et notre culture canadienne-française. Nos professeurs sont aussi conscients de leurs responsabilités envers la communauté francophone et, avec le comité de parents, organisent des activités parascolaires en français (ex: cabane à sucre). De plus, nous invitons les parents à se joindre au comité de parents afin de participer à l'amélioration du programme et pour offrir un support physique et moral aux professeurs et surtout aux élèves.

Si ce programme vous intéresse pour vos enfants, vous pouvez obtenir plus de renseignements en contactant les écoles mentionnées (en anglais seulement) ou encore les endroits suivants:

Association des Parents Francophones de Colombie-Britannique (l'A.P.F.C.B.) de Vancouver, 1555, ouest 7e Avenue, pièce 223, Vancouver, C.-B., V6J 1S1. Tel # 1-604-736-5056 (en français)

L'Association Francophone de la Vallée de Comox, Centre Communautaire, Bâtisse 199, Lazo, C.-B., V0R 2K0. Tel # 1-604-339-3990 (en français)

Mme Vreny Bryner, Commission Scolaire District #71, 607 Cumberland, Courtenay, C.-B., V9N 7G5. Tel # 1-604-338-5383

info health

Dr. Bob Young



Hard Hat & Boots

Like many another youngster I spent summer holidays in construction. My informal apprenticeship was with my grandfather, a Vancouver builder who never owned a power tool; the peak of my labour force career was as a union carpenter (actually a jack of all trades) at various sites around Whitehorse.

Things were pretty rough and tumble; my workmates and I paid little attention to safety - and our bosses even less. Taking chances seemed to be the order of the day. There were injuries.

Personal protective equipment needs to be trustworthy. The standards required in the design and manufacture of such things as hard hats and boots is covered in the Canadian Standards Association (CSA) Spring newsletter. CSA has six technical committees assessing and upgrading requirements for industrial headwear, footwear, eye and face protectors, hearing protectors, respirators, and fall protection equipment.

Industrial headwear is undergoing close scrutiny. These hats

have not yet incorporated design features proven effective in hockey, motocyclist, and cyclist helmets. Enhanced electrical insulation properties and better ventilation are under study.

Toe cap design for boots has been modified to permit a lower profile and less clumsy forefoot for men with small feet and for women workers. Tests that check soles for crack resistance at the flex point, and guidelines for slip resistance are in place.

Different jobs require different forms of eye and face protection. Exposure to flying objects or particles, splashes, molten metal, or various types of radiation is obviously dangerous. Certified standards are provided by CSA for safety glasses, goggles, welder's helmets and other items. Prescription lens impact standards are in the works.

I could have used today's hearing protectors. All I could do was stick two paint-soaked fingers in my ears as I stood, trembling, at the top of a shaky 30-foot ladder, painting gable ends on Permanent

Lam & Pam

used.

The BDZs replaced the barbiturates as sedatives and anxiety-fighting drugs many years ago. Seconal, Tuinal, Nembutal (all trade names) are now rarely prescribed, and are used by only a few old-timers as sleeping pills. They are controlled and require a special "triple" prescription.

The BDZs are indeed better, for a variety of reasons, but are still cause for concern. The chief of these (as was the case with the barbiturates) is the development of drug dependence. This may occur after only two to four weeks of use.

The generic names of most of these drugs end in -lam or -pam, with diazepam, lorazepam, and oxazepam perhaps being the most familiar. These three carry the trade names Valium, Ativan, and Serax, respectively. Alprazolam, sold as Xanax, is also widely

Withdrawal, following the

Married Quarters. The houses were at the end of the runway, and the RCAF fighters would clear the rooftops by a few feet. The handiest thing I had to hang on to was the spray-gun. Naturally, with my fingers in my ears, the nozzle was usually pointing at my head when I squeezed the trigger for support. The original boy with green hair!

Perhaps the greatest advances have been made in the field of respirators. The toxicity of many vapours and particles is now well recognized, and it has been challenging to find personal air filtering equipment that is both effective and comfortable. At times positive pressure self-contained breathing apparatus (which allows the worker to breathe air from a tank) is needed.

In high hazard situations it may be most efficient to combine eye, face, hearing and breathing protection in a single helmet.

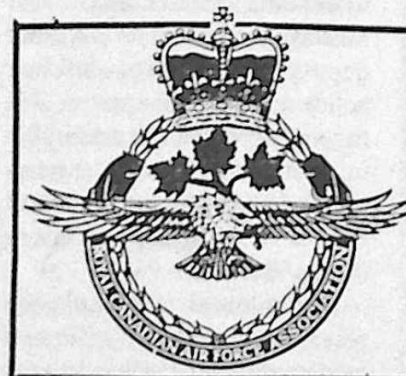
Industrial injury and death are still all too common. CSA approved protective devices will help reduce the numbers.

development of dependence, may be very difficult to accomplish and can be a dangerous process. Anxiety, tremors, insomnia and even seizures can occur if the drug is stopped too quickly.

On the positive side the benzodiazepines have been proven safe, effective for their purposes, and with few side-effects when used properly. They have many uses in medical practice aside from providing sleep and reducing anxiety. They are effective in preventing and controlling epileptic seizures and are used extensively in anaesthesia.

The Drug Usage Review, produced under the auspices of the Ministry of Health and the Faculty of Pharmaceutical Sciences at UBC, will help practicing physicians prescribe BDZs appropriately, effectively, and safely.

The Ladies Auxiliary of 888 (Komox) Wing of the RCAF are hosting a "Shop Til You Drop" trip to Bellingham on November 3, 4 and 5. The cost for the trip is \$110.00 per person (double) and includes bus transportation from Comox and hotel accommodation. Any interested ladies should contact Joyce at 339-5485.



On & Off the Base



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Fri 18 Sept.....Music by Cross Country
Fri 25 Sept.....Music by Westwind
Fri 02 Oct.....Music by Wild River

REGULAR ACTIVITIES

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

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12 - 7 PM

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

EVENTS

Saturday 03 Oct.....Kenny Shaw Show & Dance
Upper Hall \$10.00 per person

SPORTS

Sunday 27 Sept.....Fun Crib \$500.00 First Prize
Registration 12 - 1 p.m. Open to Everyone

BRANCH 160 COMOX
339- 2022

ENTERTAINMENT

Fri 18 Sept.....Music by El Dorado
Fri 25 Sept.....Music by Skip & The Byters

REGULAR ACTIVITIES

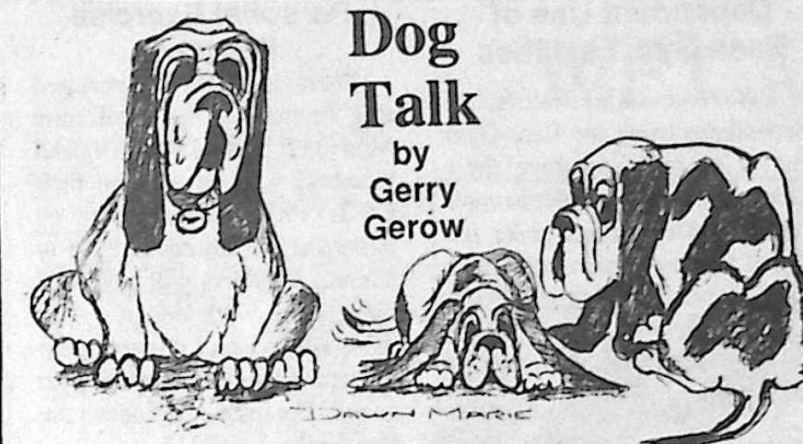
SUNDAYS.....Lounge 11 AM to 6 PM
MONDAYS.....Men's Dart League, 7:30 PM
L.A. Drop-In Bingo. Upper Hall. Doors open 6:30. 7:00 PM
TUESDAYS.....Ladies Crib League, 8:00 PM
Mixed Dart League, 7:00 PM
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall. 7:00 PM
C.V. Men's Crib (Home & Away) 8:00 PM in Lounge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

EVENTS

Sunday 20 Sept.....Music by Wylie & The Other Guy
In the Lower Lounge

Saturday 3 Oct.....L.A. Oktoberfest in the Upper Hall
Dinner 8 p.m. Dance 9 p.m.
Tickets at the bar or office. \$15.00 per couple
Open to all Branch 160 L.A. members and their bonafide guests.

Dog
Talk
by
Gerry
Gerow



The Motivational Method

manage to do it twice more, we'll have it ached. Obedience trialling can be a lot of fun, because, unlike the conformation shows, each dog competes individually against the standard and does not have to defeat other dogs to win.

Also there is no requirement to put on a jacket and tie, as there is in conformation.

This week will also see me and my dogs take to the field to do the thing they were born to do. It is extremely interesting to watch pointing dogs in the field. How a dog, running at a good clip, can detect the presence of a bird hiding in the cover from over ten feet away never ceases to amaze me. Today, the main reason I go bird hunting is to allow my dogs to work. If it wasn't for them I probably wouldn't bother.

A hard cover 175-page edition, which is well illustrated and will appeal mostly to serious minded obedience trainers who have finished the novice phase of their training program. The publication was July this year, so you may have to ask them to order it for you.

I've got a training book for you this week. Open and Utility Training, by Jack and Wendy Volhard. Howell Book House, New York, and Maxwell Macmillan Publishing, Toronto, Ontario. \$32.50. I was really impressed with this one. The book's subtitle is The Motivational Method, and the authors describe this method of training through each step of the open and utility degree of obedience training.

The writers have been training dogs themselves and teaching obedience training for over 25 years. This is the third Volhard training book to join my library, and I believe the best yet. This is

This past weekend saw my first obedience trial of the season. Other than one of the judges, I was the only male handler to enter the ring at this one. It looks like the female sex is taking over the dog world, too. I did manage to get Heidi, my 13-month-old pup through the first leg of her novice degree. Now, if she can only

THE ANNUAL WALLACE GARDENS FAMILY FAIR

19 SEPT. 92

11:00 AM-3:00PM

AT THE AIRPORT SCHOOL

FISHPOND FOOD GAMES DUNK TANK
RIDES FACE PAINTING RACES

MILITARY POLICE WILL BE ON HAND TO PROVIDE
INFORMATION ON:
-NEIGHBOURHOOD WATCH
-BLOCK PARENT
AND WILL BE AVAILABLE FOR THE IDENT-A-KID

VARIOUS CLUBS
AND ORGANIZATIONS WILL
BE IN ATTENDANCE FOR
REGISTRATION AND
INFORMATION.

NEXT DEADLINE 05
OCT 92

Public Announcements

CF Photo Contest

The CF National Photography Contest will be held in Ottawa 29-30 Oct 92. Entries may be submitted by:

- members of the Regular Force of the CF;
- members of the Reserve Force of the CF;
- members of other nations who are attached to or on exchange duty with the CF, but excluding those personnel of other nations who are under formal training;
- dependants of those members listed above;
- civilians employed by DND;
- members of the Sea Cadets, Army Cadets and Air Cadets.

Each entrant shall be assessed an entrance fee of \$0.50 for each photograph or slide entered in the competition.

For more info, contact the PERI staff at Local 8315.

Pacific Region Golf Championship

This Base will host subject tournament as per above dates. Approximately 60 competitors from CFB Chilliwack, CFB Esquimalt, CFB Det Vancouver, McChord AFB, NavFac Whidbey Is, Can-sup Elendorf AFB, Pacific Fleet, CFS Masset, CFS Aldergrove and CFB Comox will vie for the privilege of showing the Pacific Region banner at their parent unit. The OPI for the tournament committee will be Lt(N) F.O. Bradley, BPERO, Local 8315.

Catholic Women's League

The first regular monthly meeting of the Catholic Women's League will be held on Thursday, 17 Sept 92 in the Parish Hall. There will be a Mass at 7 p.m. in the Base Chapel, followed by a pot luck supper and meeting in the Hall. New members are most welcome to come and join in this fellowship. For more information please contact the president, Diane Plamondon at 339-0807 or Claudette Leblanc at 339-3004.

Curling

Curling starts 4 Oct 92 at the Comox Valley Curling Club. For information phone 334-4712 or 338-8324.

Base Library Hours

Mondays, Tuesdays & Thursdays 6-9 p.m.
Saturdays & Sundays 1-3 p.m.



Scouts Canada Registration

Registration Day for the 1st Lazo Scout Group will be held in conjunction with the Wallace Gardens Family Fun Day and Carnival on Saturday 19 Sept 92 from 1100 to 1500 hrs at Airport School grounds. If you are also interested in providing your services as a Leader or a member of the Group Committee, please don't hesitate to let us know. We need your support.

Dependant Use of Base Gym Facilities

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

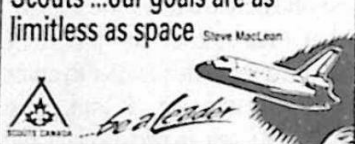
Aerobics

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

Scouts...our goals are as limitless as space



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.

Ladies Volleyball

There will be a meeting of the Ladies Base Volleyball Team on 18 Sept 92 at 1500 hrs in the Base Rec Centre Conference Room. All interested players are urged to attend.

Intersection Volleyball

There will be a meeting for Co-ed Intersection Volleyball on Wednesday 7 Oct 92 at 1300 hrs in the Rec Centre Conference Room. For further info contact Sgt Plante at Local 8542.

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.

Motion Commotion Aerobics

Welcome Military, Dependents & Friends
Mon, Wed, Fri 9:30 a.m.
Tues & Thurs 6:45 p.m.
1 hr. combo/low impact aerobics
Have Fun! Get Fit! Join Us!
For more info please call Wendy at 339-5620.

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.

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

Pool Closure

The Base Pool will be closed until further notice.

Sports Equipment Return

The following "out of season" equipment must be returned to Sports Stores prior to 30 Sept 92:
- Softball
- Soccer
- Ball Hockey
Failure to comply may result in administrative deduction.



Chapel Chatter

by Padre Bob

These certainly are exciting and busy days around the Chapel as our activities start for the Fall!

Last Friday the Chapel Guild-sponsored Parents and Tots had their first guest speaker for the season. Ms Gillian Normandin of the Comox Valley Family Life Association talked to the parents about self esteem and anger in young children. From what I heard it was a very well received talk with many new parents and tots joining the group over the summer. Mrs Gail Purcell is our hostess and has arranged an interesting programme for all. Parents and Tots meet Friday mornings beginning at 10 a.m. in the Community Centre.

This past Sunday was Back to Chapel Sunday and we saw more new faces as people came out to help us finish planning our Fall season. Sunday School began registering children last Sunday and will always welcome more but it would be nice to start with the curriculum. We have two new teachers and two continuing from last year. Before the service last Sunday I wasn't sure who was

more excited - the teachers or the students. Either way it suggests another fun year for Sunday School, so don't miss out. Last year, one little one used to cuddle up in my arms during Children's Times, and although that family was posted away, it looked like there were lots of new potential cuddlers who came up for Children's Time, then went out to Sunday School.

Lists for Chapel Guild, Nursery Supervisors, Host Families and Bible Study all attracted lots of names and will help us continue to plan the activities for the chapel year. A list of people seeking Confirmation was left blank but if anyone is seeking confirmation this year, just see me after chapel some Sunday. If you missed our sign-up day last Sunday, come on out this Sunday, but remember it is Battle of Britain Sunday, so service will be at 0930 hrs.

Our choir practices on Thursdays at 7 p.m. They really enjoy themselves, and are always pleased to welcome new members. If you like to sing come

along to the Chapel on Thursday evenings.

The Chapel Ladies Guild will hold their first meeting of the new season tonight, Thursday 17 September at 7:30 p.m. in the Chapel Annex. This will be a social evening with only a minimum of business to be conducted. All ladies are cordially invited to attend and learn more about us and what we do.

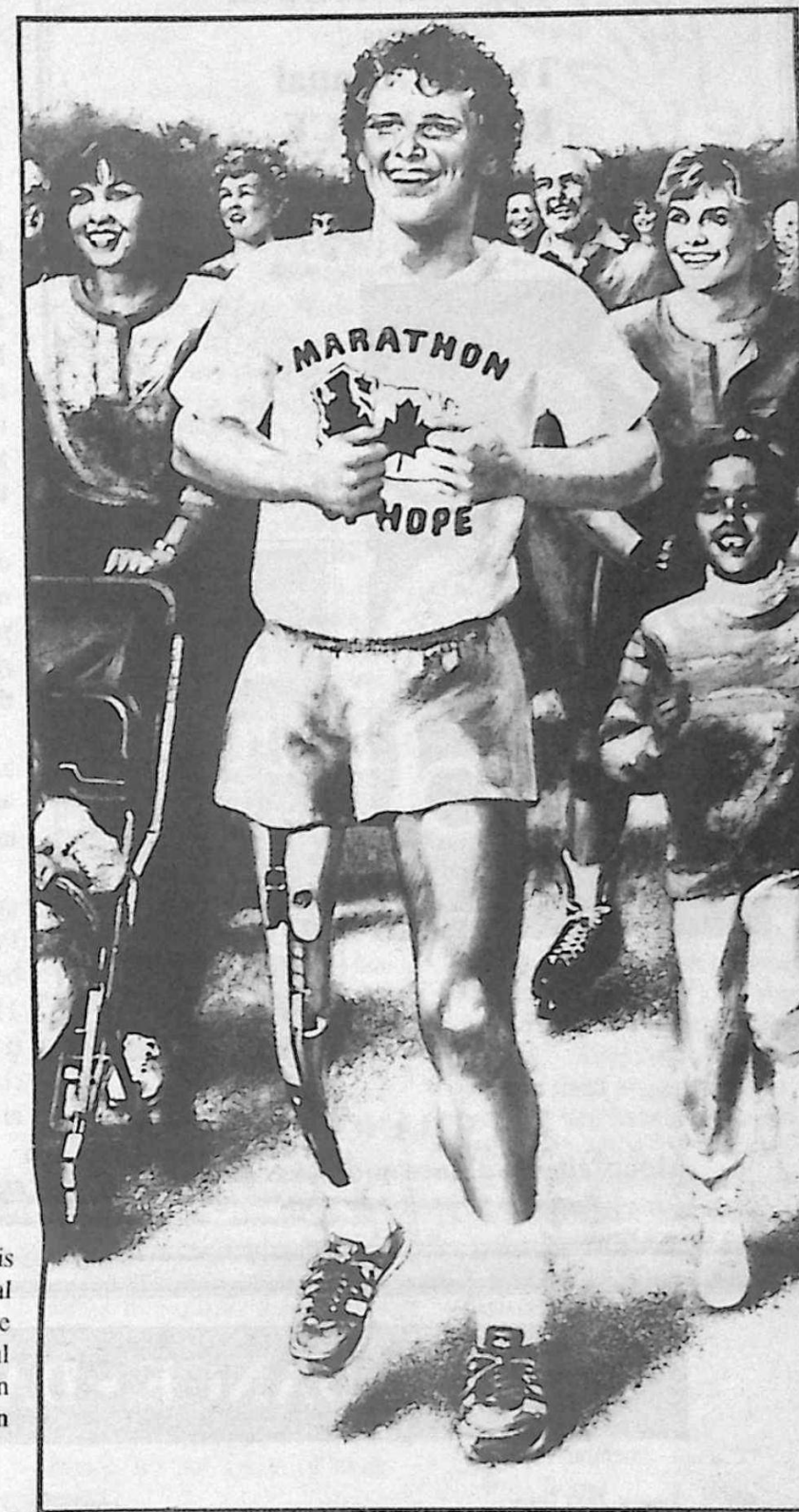
On the 27th, members and relatives of Comox Chapter 99 of the Order of the Eastern Star will join us. Being the last Sunday of the month, we also have a potluck lunch following the service, so don't plan on leaving too quickly following our service.

So, don't forget the times for this Sunday as we commemorate the 52nd Anniversary of the Battle of Britain and remember our heritage. Members and families of 888 Wing RCAF Association and 386 Squadron Royal Canadian Air Cadets will be with us to help out.

- Service 0930 hrs in the Protestant Chapel.
- Parade 1100 hrs in the CFB Comox Heritage Aircraft Park.

On the Base

WE CAN DO IT!



Glacier Green Golf News

McArthur 1992 G.G. Men's Club Champ

By Rose McCliesh

Despite the high winds that came up on the last day, the Glacier Green Men's Club Championship Golf Tournament was a huge success.

Day one and two showed favourable weather; however, day three brought winds gusting to 51 km/hr. These conditions did not hamper the Field Low Gross winner Mr. Doug McArthur. The spotlight was on Doug when he took the lead on the first day and held it to the finish on the last day, twelve strokes ahead of the pack.

Doug shot a 69 on the first day, picked up 2 strokes on the second day for a 71, and 1 more stroke on

the third day for a 72, giving him a total gross score of 212 for the 54-hole, 3-day event.

Another big winner was Dave Frost, who captured the Field Low Net. Frost shot a net 59 on day one of the tournament, net 66 on day two, and net 69 on the third and last day of the tournament for a total net score of 194.

Our sincere congratulations to Doug and Dave and to all the winners.

Another fine shot maker at G.G. is Roy Downey. Roy carded an eagle on hole #15 on the last day of the tournament.

Many thanks to Tye Moving and Storage for their continued

support and sponsorship of this tournament. As well, a special thank you to Photo Focus for the donation of two very beautiful framed pictures which were won by Gary Bullen and Don Douglas.

Upcoming Events

Saturday 12 Sept - Gen. Lett Tournament
Wednesday 16 Sept - G.G. Seniors Closing Tournament
Saturday 26 Sept - Men's Tuesday Night Closing
A general meeting will be held in October; more info at a later date. All members are urged to attend.

The Terry Fox Run

for Cancer Research
CFB Comox Rec Centre
Registration 12 p.m. - 1 p.m.

Junior Ranks Mess

Upcoming Events

Friday 18 Sep - TGIF Darts & Pizza
Friday 25 Sep - Bosses Night with Band "Most Wanted"
For more info see ad in this newspaper
Friday 02 Oct - Karaoke
Friday 16 Oct - Octoberfest with Band "Brave Waves"
Friday 30 Oct - Hallowe'en Dance with "Much Music"

Harvest Valley Foods Ltd.

FILL YOUR FREEZER

MENTION THIS AD FOR \$50 OFF

We accept post dated cheques

CHOOSE FROM TOP QUALITY BRAND NAMES
ALL 100% UNCONDITIONALLY GUARANTEED!
BEEF - PORK - VEGETABLES - POULTRY - STAPLES
SPECIALS - FREEZERS - CASE LOTS - BRAND NAMES

Absolutely no obligation when you phone our information line!

CALL TODAY 384-3592
Out of town customers call collect! Head Office - Victoria Locally Owned and Operated

NEXT DEADLINE 05 OCTOBER - NOON

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 (604) 669-9222.

\$195 for 25 words

\$3.70 each additional word

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BRITISH COLUMBIA
AND YUKON
COMMUNITY
NEWSPAPERS
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Engines rebuilt from \$995. 5 year 100,000 kms warranty. Bond Mechanical Servicing 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.

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

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

Rainbow Int. Carpet Dyeing and Cleaning Co. World leader in dyeing, cleaning, restorations. Need ethical individuals for exclusive territories. Investment required. 850-2115 (Abbotsford).

INTERIOR DECORATORS. Do you have a flair for colour & design? DECORATING DEN has franchises available in B.C. Training provided. L.Mainland 525-8722, V.Island 743-9915, Interior 861-5527.

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) 822-1810 anytime.

FIREWORKS IMPORTER seeks stores or jobbers to handle a new line of fireworks. I handle 300 items, many exclusive. I have the best prices and good terms. Mark 852-1152.

BUSINESS OPPORTUNITIES

Unique B.C. home-based computer and communication companies are invited to participate in one of the largest computer and communication shows in British Columbia. Under the Home-Based Business Program, the Ministry of Economic Development, Small Business and Trade has reserved space at the Southex Exhibitions Pac Rim Computer and Communication Show, for the Second Window On Business Show. Held at the Vancouver Trade and Convention Centre, January 12 to 14, 1993, it will provide a marketing opportunity for 60 of B.C.'s unique home-based businesses. Products and services will include graphic designers, publishers of software and shareware, inventors and small manufacturers of computer and business accessories, and specialized business management and consulting services. Fees range from \$200 to \$350 for trade space that is normally \$1,500. For more information, or an application, contact Barb Mowat at 520-5720, or toll-free voice message 1-978-6155 or fax 854-3087.

Great Opportunity for imaginative Chef. 24-seat Deli-Cafe in booming Comox Valley. Selling due to illness. \$10,000. R. Vesely, Box 65, Cumberland, B.C. V0R 1S0. 336-8888, 336-2547.

SALES, SALES, SALES. Earn 60K+ per annum. Must have a proven sales record. Advancement available for the correct individual. Call Mr. From at 765-4401.

BUSINESS PERSONALS

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

BLANKET CLASSIFIED ADS

An advertising "Best Buy"!

EDUCATION

Out of work? Train to be an Apartment/Condominium Manager. Government licensed, correspondence course will qualify you for employment. For details: (604) 681-5456 or 1-800-665-8339.

START A NEW CAREER! Learn Income Tax Preparation or Basic Bookkeeping. Tax deductible certificate courses. For free brochures, no obligation: U&R Tax Services, 205-1345 Pembina Hwy., Winnipeg, MB R3T 2B6, 1-800-665-5144. Also enquire about exclusive franchise territories.

WESTERN CANADIAN SCHOOL of Auctioneering, next course Sept. 21-Oct. 3/92. For a free brochure call (403) 250-1281 or write to: #5, 2003 McKnight Blvd. N.E., Calgary, AB T2E 6L2.

CHEF TRAINING PROGRAM. In just 17 weeks make your future financially secure. Join Canada's #1 industry. Cooking is a recession-proof career. Short, intense training. Financial assistance. Gov't funding. Student loans. Continuous enrolment. Accommodation arranged. DUBRILLE FRENCH CULINARY SCHOOL, 1522 W. 8th Ave., Vancouver, B.C. V6B 3J5 or Toll-free 1-800-667-7288.

WORK AND TRAVEL OVERSEAS. Placements available on farms in 11 countries. Contact the International Agricultural Exchange Association, 1501 - 17 Ave. S.W., Calgary, AB T2T 0E2.

EMPLOYMENT OPPORTUNITIES

OPTICIANS. Growing company requires two full-time experienced Opticians. One in Kelowna and one in Surrey. Submit resume and references to: 2280 C. Leckie Road, Kelowna, B.C. V1X 6G6.

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 (604) 753-9424.

FOR SALE MISC.

RENT TO OWN. 100% FINANCING AVAILABLE. All types surplus construction equipment. New tilt deck equipment trailers in stock. Call Inland Equipment Sales, Penticton, 493-6791.

Greatest gift for the Sport in your life! HOWIE MORENZ, the Stratford Streak, died tragically 1937 at zenith of his NHL career. Fine sapia silk-screen art print on heavy stock, 20x22 plus margin suitable to frame, \$21.95 incl. shipping & tax. Send cheque or M.O. to Ryccard Productions Inc., P.O. Box 243, Ganges, B.C. V0S 1E0.

HEALTH

CALL NOW! Free Mail Order Catalogue from Vitamin Discount Stores. Please call 1-800-663-0747 or in Vancouver 321-7000 for all your Vitamin needs.

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.

COMMISSIONED SALES REP for number-one-selling alternative greeting card company. Resumes: C. Laidrum Recycled Paper Products Canada, 479 Wellington St. W., Toronto M5V 1E7, Fax: (416) 977-9875.

Well established Kitchen and Bath Show Room in beautiful OK Valley requires an experienced ceramic tile salesperson. Design experience an asset. Reply to: Box 38, c/o The Morning Star, 4407-25 Ave., Vernon, B.C. V1T 1P5.

NEWS EDITOR Required for weekly community newspaper. Experience in Desktop Publishing an asset. Position available Oct. 1/92. Please forward resumes to: Tereza McDermid, Publisher, Merritt Herald, P.O. Box 9, Merritt, B.C. V0K 2B0.

HELP WANTED

Experienced Reporter/Photographer wanted for award winning community newspaper in Golden. The position involves writing and photography for general news, feature stories & sports. Car and camera essential. Apply to: Golden Star, Holly Bentley, Box 149, Golden, B.C. V0A 1H0.

LIVESTOCK

Bay Arabian Stallion, 8 years, 14'3", good temperament, \$3,500. Grey Arabian Mare, 2 years, 14'2", race prospect, very friendly, \$2,500. Beth Hynes 747-2334 Quesnel.

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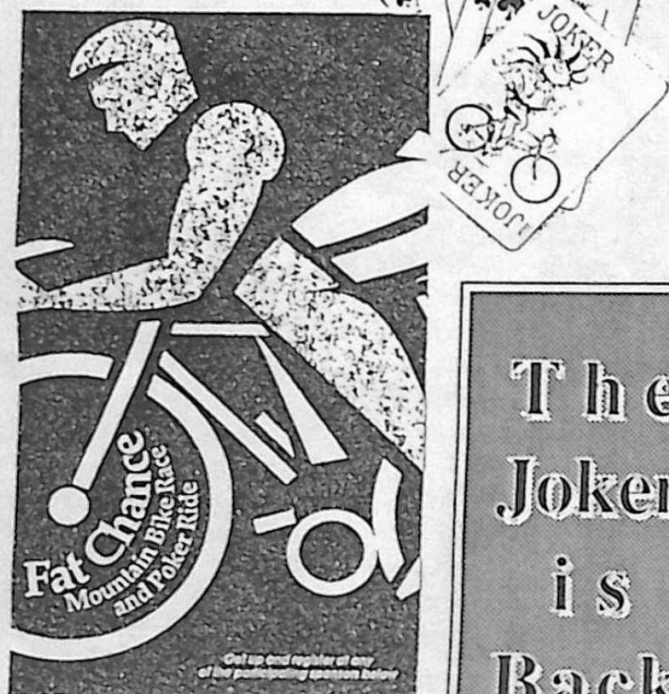
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Sunday September 20th

Don't Forget This Sunday

Hey Mountain Bike enthusiasts...it's time for you to get on that bike and join us for the Fourth Annual Fat Chance Mountain Bike Race and Poker Ride! Sunday, September 20th is the date to mark on your calendar. Remember, the Poker Ride is for all levels and it's not a race. What counts in this event is who has the best poker hand at the end of the route. It's fun for the whole family.

The Mountain Bike Race on the other hand, is for the more advanced and more competitive riders. Only the fastest riders have a chance at winning the prize money.

All entrants will receive a Fat Chance sweat shirt and will leave with some great memories.

Volunteers are desperately needed to marshal the Poker and Race routes. You will be helping between the hours of 11:00 a.m. and 4:00 p.m. If interested in Volunteering, please contact Lori at the Comox Rec. at 339-2255 as soon as possible.

Cyclists can register at any of the local Rec. Centres or Bike Stores. Best of luck, and we'll see you on the route!!

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O - Option
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TOTEM TIMES 21

On & Off the Base

Employee Assistance Programme

Job-Loss Trauma

E.A.P.

Although this article is directed to women in the work force, the many stresses experienced with job loss or job change can apply to men who are in similar circumstances.

This item may not be of interest to those who feel secure in present employment, but we all know of someone who may be going through job jeopardy. So keep in mind these stages which may be of help to spouse, son, daughter, mother, father, neighbour, friend.

with some backsliding along the way:

1. **Numbness** "This can't be happening to me," you may think for the first week or so. If you have spent years with your employer, it may be a while before you can imagine yourself working somewhere else.

2. **Panic** Many people picture their home up for sale and their children being fed by a food bank. They agonize over what to tell family and friends. The stress can trigger such symptoms as headaches and stomach upsets.

3. **Anger** After all your hard work, unemployment seems a cruel reward. As you try to vent your anger, you may find yourself snapping at your children or store clerks.

4. **Depression** A long job search tends to foster lethargy. "Why bother sending out more resumes?" you may ask yourself. "Nobody's going to respond."

5. **Acceptance** Gradually coming to terms with what has happened, realistic job-seekers brace themselves for mood swings. They know they'll feel low when they're turned down and recharged when they land a second interview for an opening that sounds just right. Their philosophy is, "This is my life. It's time to get on with it."

To help you cope with the stress throughout these stages, Rothstein suggests:

- **Acknowledge your feelings.** "Feeling depressed is normal when you're out of work," she says. "It's not a sign of weakness."

- **Find a sympathetic ear.** Friends and family members can offer job leads and cheer you on.

So can an outplacement counselor, if your employer has provided one, or a support group for the unemployed; ask your community information centre if there's a support group near you.

- **Confide in your spouse** but don't lean too hard on him. "He may be feeling anxious too," says Rothstein, "and your fears will escalate his."

- **Structure your day.** If you're not ready to phone employers first thing in the morning, how about weeding the garden or going to the library? Be sure to schedule a brisk walk or bike ride: a workout will give you energy for a few hours of job-hunting (a reasonable daily goal for most people) and, according to recent studies, it can minimize feelings of depression.

- **Be positive.** Don't blame yourself for losing your job. You had no control over the state of the economy. Keep your eyes on what you stand to gain, not what you lost. You have a chance to rediscover hobbies, do volunteer work, affirm friendships and consider new career possibilities.

Reprinted from July '92
Chatelaine Magazine.

Call one of us

Carol Anderson 8319
Russ Burns 8625
Bev Chadderton 8857

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

continued from page 15

More EH 101

Canada's 35 shipborne models will cost about 25 per cent more than the 15 search and rescue models, but both aircraft will use the same airframe mounted with three engines. The third engine adds a margin of safety, particularly during hovering - single engine failures while hovering in the twin-engined Sea Kings and Labradors have resulted in the deaths of seven Canadian Forces

aircrew. As the EH 101 is bigger and heavier than the Sea King, the project's budget includes the \$60 million required to adapt the two supply ships, four destroyers, and 12 new frigates that will make up the navy's surface fleet at the end of the decade. Twelve of the shipborne models will fly out of Comox, B.C.; the other 23 will fly out of Shearwater, N.S., where

they will also back-up the search and rescue fleet.

Five of the NSHs will be situated at Comox, B.C., four at Greenwood, N.B., three at Gander, Nfld., and three at Trenton, Ont. According to E.H. Industries, from these bases the NSH will be able to reach 80 per cent of Canadian territory within 12 hours and extremely remote areas within 24 hours.

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| 2. The Novel.....Michener | 5. Night Over Water.....Follett | 8. Don't Say a Word.....Klavan |
| 3. For All Their Lives....Michaels | 6. Piranha!.....Robbins | 9. A Palace Affair.....Parker |
| | | 10. Night of Masks.....Salvador |

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On & Off the Base

Korean Korner

Korean Unity: Two Approaches

Bob Orrick CD

In the two previous instalments reference was made to several World War II conferences at which representatives of the United States, Great Britain, China and the Soviet Union "mapped out" future plans for the Korean peninsula. The people these "plans" most directly affected, the Korean people, were not participants, nor were their views solicited. The future of their country (peninsula) was decided by non-Koreans meeting in the early-to-mid 1940s.

We also learned how the Soviets duped the Americans, and others, and how communism became entrenched in North Korea. In this issue we look at the period immediately following the end of the Korean War, and how the two Koreas have approached possible unification of the Korean peninsula.

Our thanks to *A Handbook on Korea*, sixth edition, published by Seoul International Publishing House, copyright 1987.

There are several significant differences in the unification formulas set forth by South and North Korea. First is a difference in the organization and policy of a unified state. The South Korean unification formula seeks to establish, by peaceful democratic

means, a completely unified democratic republic pursuing the ideals of nationalism, democracy, liberty and individual well-being. In contrast, the North Korean formula seeks an incomplete unification under which two regional governments are to exist under the cloak of a confederation.

Moreover, North Korea's ultimate goal is not even confederation but actually the communization of the entire peninsula. As preconditions to discussing confederation, the North has insisted that the South replace its anti-communist government with one sympathetic to communism, and that the American forces in Korea be withdrawn. Their obvious intent is to create conditions conducive to a communist takeover.

Second are differences in the method of unification. The South Korean unification formula provides a set of democratic procedures leading to unification: 1) the drafting of a constitution of a unified country by the Korean Unification Council, 2) the making of the constitution into law through national referendum, and 3) the holding of general elections under the constitution to form a unified legislature and

government. However, the North Korean formula forecloses any democratic procedures, excludes specific persons of the Republic of Korea from taking part in confederal organizations, and attempts to force unilateral conditions upon the South.

Third is the difference in approach to unification. The unification formula of the Republic calls for the normalization of inter-Korean relations through the conclusion of a provisional Agreement on Basic Relations between South and North Korea as a measure conducive to unification. Based on this agreement, steps would then be taken to restore national solidarity, remove factors detrimental to unification, and prevent the recurrence of war, thereby fostering national harmony and an atmosphere favourable to the peaceful and democratic achievement of unification. In contrast, Pyongyang expressly states that there can be no co-operation until after a confederation is formed, or in other words, until the communization of the whole of Korea has become a certainty. This is so unreasonable and unrealistic that there is no chance of success.

Fourth is the difference between the Korean Unification Council and the various meetings and pan-national congresses called for by North Korea. The KUC would be formed of par-

ticipants from each side who would represent the views of the residents of their respective areas. Each side would select its representatives under its own political

Squeezed between City and Civilization

Squeezed between city and civilization,
We are a shattered people
That seek happiness bit by bit.

I ask my heart to put out its fire.
I spend many a night, hollow and vigilant.
Waiting does not tire me;
A promise is too precious to miss.
When the fallen leaves glow
In the bright autumn sun
We tell our old tales
On a street corner.
In the boiling hot summer
We endure good-humouredly
The long painful days.

Let us build a dyke
Against the rising flood
Of city and civilization.
Let us meet by the water,
Where the twinkling stars nestle,
And seek happiness bit by bit,
By warming our hearts
Before the flood overflows us.

O a shattered people!
With eyes clear as the distant
autumn lake!

order and would not interfere in the selection of the other side's representatives. The responsibility of the KUC would be to draft a constitution of a unified country. North Korea, on the other hand, has either set limits as to who could participate in any meeting, or has preselected the South Korean delegates. The Communists insist that the authorities of the incumbent government of the Republic of Korea could not take part in any meeting; nor could a number of other specified persons. Pyongyang has further said that "to facilitate" any meeting, the Republic of Korea should change its judicial, political and social conditions.

The ultimate goal of the Republic of Korea is the unification of the Korean nation. However, neither the ROK government nor the people are prepared to achieve it through recourse to violence. The fundamental policy of the Republic of Korea is to attain the goal through peaceful means, and pending its realization, to preserve the peace between the two divided parts of the country. And to prevent a recurrence of the tragic fratricidal war of 1950-53. The Republic of Korea is prepared to accept, as a *modus vivendi*, peaceful coexistence with North Korea.

To conclude this three-part series, we turn to the magic of Cho Byung-hwa (b. 1920), a leading Korean scientist-poet.

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The Family of Allan Stephenson wishes to thank everyone: the Commissionaires, Military and Military Police of CFB Comox, and friends who were at Allan's memorial service, for their kind words of support, cards, flowers and donations. Thank you all once again. Charlotte Stephenson



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Family Support Centre

The Family Support Centre is pleased to welcome Jennifer Bird to our staff as the Community Youth Worker. Jennifer comes to us with a wide variety of experience ranging from coaching young Olympic swimmers to setting up community work experience programs and co-ordinating trips and activities with teens. We look forward to an exciting year of opportunities for CFB Comox teens. All CFB Comox Teens (teens who have a parent in the military or employed by the Base) and parents are invited to contact Jennifer at the FSC 339-8654 after school on Mondays, Wednesdays or Fridays.

Video Night continues on Thursdays at the Family Support Centre for Teen Club members. The Teen Club is open to all teens of military parents. New members are welcome. For information on becoming a Teen Club member please call Teen Club sponsor Francis Archambault at 339-5716 or talk to any Teen Club member.

Discussion Group meets from 10:00 - 11:45 on Tuesday mornings at the Family Support Centre with childcare available at the Community Centre. Babies are of course always welcome to come with their parents. The fall schedule will include monthly speakers, craft sessions and seasonal activities. Come and help us make applesauce Tuesday, 22 Sept.

Drop In Parents and kids and newcomers of all ages are invited to drop by the Centre for a cup of

coffee and a chat. The FSC keeps a library of information on all sorts of topics from parenting to menopause, as well as a referral service to local services and Base information.

Babysitting Course will be held at the FSC again in October. To register please phone Colleen at 339-8654.

Volunteer Opportunities

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

Volunteers are needed in the following positions:

Child Care - playroom and playground assistants

Front Office - reception to answer phones, take messages and provide community information, make referrals to community services, etc.

Public Relations - to help with community get togethers, make posters and help out with Centre events

Teen Activities - parents and others who enjoy being with teens are needed to accompany our young people on outings and to provide back up for Thursday video nights and Friday dances. If you would like to work with an active group of teens who set their own agenda and initiate their own programs please call the FSC Youth Worker, Jennifer Bird at 339-8654.



Seven of twelve "Geritol Gents" pose for a picture while others rest and run for 24 hours in aid of the CT Scan project.

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1993 "Early Bird" Campaign

Commences 1 September 1992 Terminates 30 November 1992
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Membership Fees

Ordinary and Associate Members	- \$30.00
As above - 65 years of age and over	- \$20.00
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New members always welcome. If you wish to become a Legion member, please come and join us.

NEXT DEADLINE 05 OCTOBER