

Fire in the Museum!

....page 4

Distinguished Visitors for 414

.... page 6



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 35 NO 7

8 APRIL 1993

COST: PRICELESS

Looking Back at the Dak



"Air Kamikaze or \$1.49 Special," - the DC-3s flown by 442 Sqn in the '60s and early '70s were known by many names, all of them affectionate.

Comox Comes Under the "Wing"

In this world of evolving patterns and ever changing identities the military stands in the forefront. Canadian Forces Base Comox is not immune to these interesting times and effective in the new fiscal year, we will be changing our own identity. On 1 Apr 93, CFB Comox became 19 Wing.

Under the former structure, CFB Comox maintained three operational squadrons from three separate Groups within Air Command. The Base itself was under the command of Maritime Air Group (MAG); however, 407 Squadron was the only MAG

squadron operating on the Base. 414 Squadron belonged to Fighter Group (FG) while 442 Squadron came under Air Transport Group (ATG). The ability to co-ordinate the operations of these units with such widely varying roles from one base is in itself a challenge, but this, combined with the operational taskings for the squadrons coming from three different groups, had given rise to the need for a change in the command and control organization of this Base and indeed all Bases within Air Command.

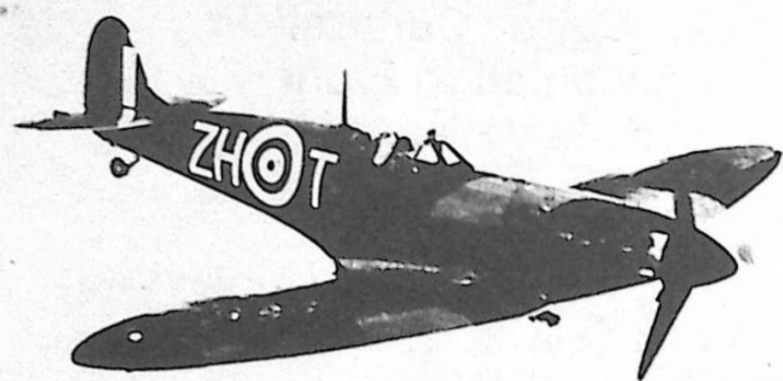
The following paragraphs will

briefly outline the reorganization which took place at CFB Comox. The Base will still be known as CFB Comox but it will also be the home of 19 Wing. The appointment titles currently used on the Base will be changed to reflect "Wing" rather than "Base." For example, the Base Commander will still retain the rank of Colonel but will become the Wing Commander and the Base Operations Officer will become the Wing Operations Officer. As well, the different sections within the Squadron structure will now be known as flights.

continued on page 5



On & Off the Base



HS443 Squadron – The War Years

February 1944 - March 1946

This article is the third of six leading up to our 50th Anniversary celebration in May. The last in the Totem Times saw the Squadron arriving in England and formally being renumbered to No. 443 in February 1944. Once all the reception/administrative activities were complete, 443 Squadron moved to Digby, an RCAF Station in Lincolnshire, where it joined 441 and 442 Squadrons.

The Squadron was made up of 23 pilots, an MO, three airmen and all the ground crew who had already been "posted" to No. 6443 Servicing Echelon. The new Commanding Officer was one of the most outstanding pilots in the RCAF who, in Malta (1942), had already destroyed 13 enemy aircraft and damaged many others: he was Squadron Leader (S/L) H.W. McLeod, DFC and Bar. The Squadron became part of No. 144(RCAF) Airfield under the command of Wing Commander (W/C) J.E. Walker, DFC and two Bars. To lead the Airfield on operations and outstanding RAF fighter "Ace", W/C "Johnny" Johnson, DSO and Bar, DFC and Bar, was named "Wing Commander Flying". The Airfield was a component of 83 Group in the 2nd Tactical Air Force which was to be the air support for the Army during the invasion of Western Europe. Operational training began in earnest (Feb - Apr 1944) as the Squadron moved about the English training areas practising their bombing, air combat and air-to-ground firing techniques. Training was not limited to flying: everyone practised their camp kit mobility techniques, slit-trench digging, and POW escape methods. By April they were ready.

Early missions involved flying sector reconnaissances, several over the English Channel, and providing top cover for bomber formations. On 19 April, S/L McLeod scored the Squadron's first kill. His combat report read: "...I was flying White 3 on the starboard side of Ramrod 753...my number two reported a Do.217 at three o'clock...W/C Johnson told me to attack. I cut in behind...firing a four second burst from 300 to 100 yards from dead astern...I broke under him to avoid the debris, as my windshield was covered with his oil. He pulled up sharply to starboard several hundred feet and then spun in, exploding in flames. My engine had cut, so I returned to base..."

Whether escorting Mitchells, Bostons, or Marauders to bombing sites, the Squadron's Spitfires

were always on the look-out for enemy movement on the ground, often using barges or motor lorries for target practice. In the early evening of 4 June, S/L McLeod led a formation of eleven aircraft on the Squadron's last pre-invasion operation. The task was to knock out an enemy radar post on the coast ten miles west of Fecamp, and as was to be expected, the ground defences put up an intense, although futile, barrage. Four direct bomb hits were seen. The next evening the Squadron flew a protective patrol over the convoys moving out into the Channel.

On the early morning of 6 June, S/L McLeod led 12 pilots to patrol the beachhead between Courseulles and Le Havre. The Battle of Normandy had begun. Air-to-air combat was the order of the day as the Squadron provided top cover support and armed reconnaissance flights that engaged ME 109s and Co.217s, and even a locomotive. By 16 June, 144 Wing was conducting operations from Normandy! Reorganization broke up 144 Wing in July and No. 443 joined 127 Wing with No. 403 (now Tac Hel in Gagetown, NB), No. 416 (now flying CF-18s in Cold Lake, Alta.), and No. 421 (also flying CF-18s but in Bagotville). During the time with 144 Wing, 443 Squadron had destroyed 13 enemy aircraft, two locomotives and 42 vehicles.

W/C J.E. Johnson became W/C Flying at 127 Wing and the Squadron's operations followed the same pattern as before with frequent armed reconnaissance patrols on moving targets, bridges, and railways. On 23 Aug while leading No. 443 and 421, W/C Johnson sighted 60 to 80 enemy aircraft approaching head-on in two groups. Johnson instructed No. 421 to engage the higher group while he led No. 443 into the lower formation of 30 or 40 fighters. The next few minutes saw the 20 Canadian Spitfires dogfight their opponents in one of the greatest air battles in weeks.

Twelve of the German aircraft were destroyed while our Wing lost only three. By the end of August the Battle of Normandy was over. Since D-Day No. 443 Squadron had:

- made 1,933 sorties on patrols, fighter sweeps, and armed reconnaissances;
- destroyed 19 enemy aircraft in combat and engaged eight more;
- taken credit for 152 "flamers" on the roads and damaged many more; and
- destroyed two locomotives.

The rapid retreat of the Germans eastward soon left the Squadron on the Normandy beach-head out of effective range of the battlefield so in September the Wing moved to LeCulot, Belgium. Armed reconnaissance patrols and dogfighting continued. Unfortunately, on 27 Sept S/L McLeod was killed in action. He was the top-scoring day fighter pilot of the RCAF with 21 enemy aircraft to his credit. Sept 29 did, however, prove to be an amazingly successful day for the Squadron. While returning from a low patrol 50 to 75 ME 109s and FW 190s came through the clouds to engage the returning Spitfires. In the dogfighting that followed, the twelve Canadian pilots fought brilliantly against tremendous odds and shortages of fuel. Seven of the enemy went down and three others were damaged without any loss in personnel to the Squadron!



In October the Squadron moved to Melsbroek, north-east of Brussels, where it supplied fighter support to Mitchells of 137 and 139 Bomber Wing. Patrols from the late fall to early spring were for the most part uneventful. No enemy aircraft were engaged and aircrew had to settle for strafing ground targets. During this period No. 443 became the "Hornet" Squadron with the wartime motto "Our Sting is Death."

In preparation for the spring offensive the Squadron moved closer to the Belgian border. From March to May there was very little air-to-air combat. Most patrols were armed reconnaissance air-to-ground attack sorties in support of the British Second Army. On 3 May while returning from operations, S/L DeCourcy shot down a single JU 88. It was the Hornet Squadron's 36th and last victory in air-to-air combat.

When VE Day ended the war in Europe, No. 443 Squadron had 29 pilots on strength. In June the Squadron was selected for the British Air Forces of Occupation in Germany and became part of No. 126 Wing. The following spring, 15 March 1946, No. 443 Squadron officially ended its tour with British Air Forces of Occupation and was disbanded.

Many veterans will be returning to Pat Bay this Victoria Day long Weekend to attend the 50th Anniversary celebrations. HS 443 will be hosting a 50th Anniversary Open House on both Saturday and Sunday afternoons (22-23 May). It is open to the

public and will show a number of vintage aircraft and a historical display: Squadron members are currently rebuilding a two-thirds scale Spitfire which will be the centrepiece for the display.

The Phantom Bumblebee

MP Presentations



BComd Col Rogers is presented a copy of the Security Branch Silver Anniversary Book by BSecurO Capt Weed.



BOpsO LCol Challenger is presented a copy of the Security Branch Silver Anniversary Book by BSecurO Capt Weed.

A CD for Ray



BOpsO LCol Challenger presents Cpl Raymond Albright with his CD. Cpl Albright is a Military Policeman.



Chapel Chatter

By Padre Bob

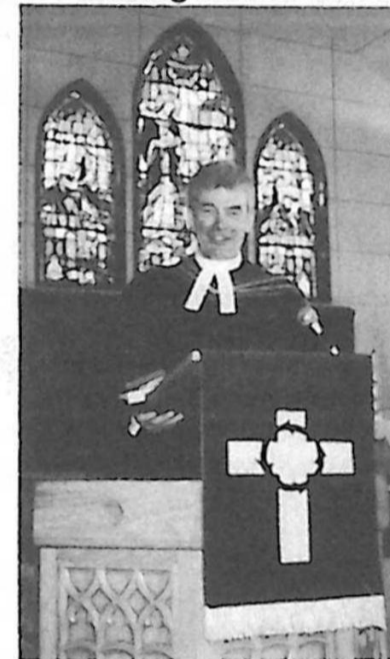
Traditions! Traditions! We all have our traditions for Holy Week and our celebration of Easter. One of those traditions may be changed after my talk with the boys and girls this past Sunday. The previous Sunday School Superintendent used to tease that we needed a real live donkey to lead our Palm Sunday procession. This past Sunday I thought that I might be able to tie the Summit parades in Vancouver in with the people walking to Jerusalem to celebrate Passover. As the parade of cars passed with each President we know which car held which President by the flag on the front fender. As the parade of people walked towards Jerusalem Jesus didn't have a flag but rather rode into the Holy City. It was when I asked if they remembered what Jesus rode into Jerusalem that one young tyke answered - A BICYCLE! Now a bicycle doesn't have near the potential of messing up the carpet - it might be a good change.

Whatever your traditions are for celebrating this season, come along and join us. We will be

holding a Good Friday Service at 1900 hrs (7:00 p.m.) in the Chapel and then meeting at 0700 hrs (7:00 a.m.) at Airforce Beach for our Easter Sunrise Service, followed by breakfast. We will gather back at the Chapel at 1100 hrs (11:00 a.m.) for our regular Easter Service including the Sacrament of the Lord's Table.

On Sunday 28 March, the con-

Visiting Reverend



Rev. James Peter Jones

gregation hosted the Reverend James Peter Jones who brought greetings from the Canadian Council of Churches Chaplaincy committee and the Presbyterian Church of Canada. Reverend Jones, a minister in Ottawa, having noted that the lawns on the Base had been cut, reminded us how lucky we are in the beautiful Comox Valley, and told us he still had about four feet of snow in his backyard. He had a quick visit but we were able to squeeze in a fair bit so that he could better understand the work here and know what I was talking about when I say I'm working on a Wing and a prayer - not just any old Wing - 19 Wing!

Please add our Easter events to your calendar:

9 April - 7:00 p.m. Good Friday Service in the Chapel (P)

11 April - 7:00 a.m. Easter Sunrise Service at Airforce Beach followed by breakfast

11 April - 11:00 a.m. Regular Easter Service in the Chapel See you in Chapel...

It's A Boy!

To Dawn & Joe Ullock

Born 7 April 1993

7 lbs. 8 oz.

(That's my girl!...Ed.)



Scouts Thank You

1st Lazo Scouts wish to thank the following businesses for their support in Trees for Canada:

- Cozy Mini Storage
- Win's Silks
- McConochie's Furniture



Great News!

We offer quality insurance coverage for:

- Home, Condominium, Apartment,
- DND Controlled Quarters & Valuables (such as jewellery, furs, cameras, etc.)

through the convenience of pay allotment!

Check out your Group Plan now!

- Highly competitive rates
- Absolutely NO interest or service charges
- Fast, fair claims service
- Policies can be transferred to your new base if you are posted
- Immediate service through local and toll-free phone numbers

Call today for a free quote.

BRITISH COLUMBIA Toll free 1-800-661-1279

CANEX

The Personal INSURANCE COMPANY OF CANADA

On & Off the Base

Soirée Culturelle de l'Association Francophone de la Vallée de Comox

par Alain Carrier

Le 27 février 1993 avait lieu au Coast Westerly, la soirée culturelle annuelle de l'AFVC. Pour l'occasion, un groupe de quatre musiciens dirigés par Claude Champagne ont animés une soirée dansante couronnée d'un buffet froid.

Claude Champagne, comme son nom le laisse sous-entendre, est originaire du Québec. Il vit maintenant à Vancouver et sa carrière musicale va bon train comme en témoigne son récent succès au Gala provincial de la chanson où il a remporté le premier prix dans la catégorie auteur-compositeur-interprète.

Accompagné de ses musiciens, il a fait vibrer le Coast Westerly de ses créations tantôt rock, tantôt pop mais toujours enlevantes. Claude était encouragé par une assistance énergique qui n'a cessé de danser que lorsque l'intensité lumineuse accrue de la salle et l'accord final leurs ont

rappelé qu'il était maintenant très tard, et probablement temps de récupérer un peu avant de prendre le chemin de la maison; et quoi de mieux pour récupérer qu'un délicieux buffet de sandwiches, fromage, fruits, légumes et desserts.

Il fut agréable de constater que la distance n'a pas constitué un obstacle pour la douzaine de membres de l'Association de Campbell River qui, a en juger par leur participation tout au long de la soirée, se sont bien amusés.

Une fois de plus, l'exécutif de l'AFVC a fait un travail fantastique, et toujours pour le plus grand plaisir de ses membres. L'activité fut organisée méticuleusement, et les résultats furent retentissants, et ce malgré l'éternel isolement de l'île qui a rendu plus compliqué le choix d'un group adapté aux besoins.

Bravo Hélène et au restant de l'exécutif.

Electro Audio Video

Open for Business

Repairs and Service for
Televisions • VCRs • Stereos • Camcorders • Video Games
Appliance Checks • Very Competitive Rates • Friendly Service

339-3393

Next to Good's Groceries on Ryan Road.

Hours Mon - Fri 9:30 a.m. - 5:00 p.m.
Sat 10 a.m. - 4 p.m.

Harvey Thibodeau

Hitachi & Samsung Warranty Depot

WHAT'S DRIVING YOU TO SPEED?

It's in your hands
Your Local Police & ICBC

Smitty's Comox
FAMILY RESTAURANT
7:30-8, 7 days a week

EASTER DINNER
April 10 & 11 Sat. & Sun.
Oriental Sweet & Sour Prawns
with chow mein noodles
OR
Peppercorn New York Steak
includes soup or salad & our special Hard Rock Sundae.

Adult **\$10⁹⁵** Senior **\$8⁵⁰**
RESERVATIONS PLEASE

1747 Comox Ave.
(across from Comox Mall) **339-3911**

Editorial



Norm Blondel

A Coming Event

CFB Comox will celebrate the 50th Anniversary of Air Force presence in the Comox Valley during the week of May 1 to May 7, large and small events marking the occasion.

PMQs will start the ball rolling with a clean-up on May 1, with a simultaneous golf tournament at Glacier Greens. On May 3 there will be a luncheon and a Base birthday party, the cake-cutting to take place in 414 Sqn's half of 7 Hangar. Comox will again award the Freedom of the Town with a parade on May 5. John Rutherford has painted a magnificent portrait, and the Totem Times will publish a 40-page special edition. For this editor, one more project would properly mark the Anniversary: when the Base was built, a lot of trees were cut down. Why not plant more trees between the Base buildings? Some of them could be magnificent growths by the time our 100th anniversary comes around.

New RCAFA Members



National Vice President Peter De Smedt (centre) smiles as two new "recruits" fill out application forms to join the Association. They are LGen David Huddleston, Commander Air Command, and Command Chief Warrant Officer Guy Parent. The occasion in Winnipeg reflected the increasing affinity between Air Command and the Association and is hoped to spark interest in all members of today's Air Force to "come aboard." A co-operative venture between the Canadian Forces Director of Pay Services and the Association now enables military members to pay their dues by pay allotment. (Airforce Magazine photo by Vic Johnson.)

With the advent of the first issue of Airforce magazine which has been jointly produced by Aircom and the RCAFA it is appropos to encourage members of the Air Force community to become members. It is important to note that the focus of the RCAFA is evolving to include the Air Force of today in a much greater way than it has in the past. This will make it more pertinent to serving members and will also provide another voice for the Air Force with the general public.



A Fleet Finch, one of the three aircraft that were saved from the fire at the Canadian Warplane Heritage Museum on 15 February. Also saved were the Mynarski Memorial Lancaster and parts of a Bolingbroke which was in the process of being restored.

Fire!

At the Canadian Warplane Heritage Museum

It looked like a scene from World War II, the majestic Avro Lancaster with debris and a burning inferno around her. Other operators on the Base supplied tugs and the aircraft was pulled safely into Hangar #4. Monday 15 February just before 7:00 a.m. the monitored alarm system activated at the Hamilton airport Canadian Warplane Heritage Museum in #3 Hangar and fire fighters were dispatched.

Airport fire equipment and men responded immediately, followed by the volunteers from the Township's two fire stations. Within minutes, the building was a raging inferno. The fire fighters recognized the need for help and additional fire fighting equipment was called in.

The volunteer fire fighters set themselves to the task of containing and extinguishing the blaze. Lost were the administration offices, the maintenance area, along with group equipment and shop tools. Also lost were the engineering offices housing all technical logs, aircraft logs, all maintenance notes, all parachutes and pilot helmets, flight suits, etc.

From the extent of the damage listed above, we knew there was no hope for the Hawker Hurricane, Supermarine Spitfire, TBM Avenger, Auster and Stinson 105.

We did hope however that these brave men daring in and out of the dark smoky hangar, in

temperatures hovering around freezing, would help us save the Avro Lancaster and the restoration projects of Fleet Finch and Bristol Bolingbroke. Until better containment was achieved, these aircraft could not be removed.

The former control tower collapsed, as well as a portion of the roof. The wind, which was in our favour, was blowing north-east, taking with it the smoke and flame. We came to realize and hope that a cinder block wall, erected years ago as a divider in a paint shop, never intended to be a load bearing wall, would act as the fire barrier and roof support needed to save the Lancaster and others.

The fire started to creep across the roof, and the fire department took the chance and sent men inside. They fought the blaze from the inside, outside and above. The cinder block wall held and the remaining three closed hangar doors looked as though they might still open (nine door panels had been opened previously).

Around mid-day, the Lancaster, Finch and a nose of the Bolingbroke were brought out to cheers by the volunteers in attendance. The Lancaster crew had arrived earlier ready to remove the jacks that were under the aircraft.

General Manager John P. "Jack" Evans, on the scene from the beginning, declared the devastation through his eyes as "a

blow to Canadian heritage." The building, erected in the early nineteen-forties, had wood that had dried with age and intense heat, causing fire fighters to continually fight flare-ups throughout the day.

Dennis J. Bradley, founding President of Canadian Warplane Heritage, was returning from a vacation in Florida when this tragedy began. When he arrived at 6:00 p.m., he said "This is even worse than I dared imagine."

Both men vowed to immediately set out on a program of rebuilding and replacing whatever and whenever possible.

By the next morning, calls were coming in not just offering condolences but with offers of office trailers, ground equipment, tools, and the list goes on. The telephone number has remained the same, 416-679-4183 and Fax 416-679-4186. Funds have been set up at any branch of the Royal Bank of Canada. Donations may also be made directly to the Canadian Warplane Heritage Museum, P.O. Box 35, Mount Hope, Ontario, L0R 1W0.

It is said that "every cloud has a silver lining..." Only one fire fighter was injured and no lives were lost. The Lancaster, Finch and Bolingbroke were spared, as were the engines of the Hurricane and Spitfire, off premises for major overhauls, together with miscellaneous parts.

Continued on page 5

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

Certi Provehend!

Air Command Helps Warplane Heritage Museum



On 5 March LGen David Huddleston, Commander Air Command, presented to Mr. Brock Mason, a member of the Board of Directors and Treasurer of the Canadian Warplane Heritage Museum, a cheque for \$5000. The cheque represents the launch of a fundraising effort by Air Command in support of the restoration of the Museum's buildings and aircraft lost in a devastating fire on 15 Feb 1993.

More Fire

Continued from page 4

In the meantime, the fire is behind us and we move forward by continuing to accept tours, and intend to follow our season of special events and activities.

Our first major activity is to be on Saturday 15 May, "Rising From The Ashes," and flown as a tribute to all fire fighters who

daily risk their lives to save and protect us. They are all heroes.

The Canadian Warplane Heritage Museum is a designated charitable organization; therefore tax receipts will be sent to individual donors of amounts over \$20.

More 19 Wing

Continued from page 1

The only change for the administrative side of the Wing will be the change in their title and there will not be any significant difference in the way they conduct business. However, for the operations organization, there will be significant changes in the command and control with respect to the operational taskings of the individual squadrons. This will be most significantly felt in the Wing Operations Centre which is commanded by the Wing Operations Officer.

Currently, the Base operates under the command of MAG and through the Wing Commander, 407 Sqn is tasked through Wing Operations Centre. Similarly, 414 and 442 Sqn are now tasked through the Wing Operations Centre from their own individual Groups. Under the Wing concept, the latter two squadrons will be tasked by their Group Com-

mander through the 19 Wing Commander to the Wing Operations Centre. The Wing Operations Centre, which currently maintains its expertise primarily in maritime aviation, will be required to bring FG and ATG expertise on board in order to provide the necessary expertise to support all agencies.

Effectively, the Squadron Commanders will answer operationally to the Wing Operations Officer who in turn answers to the Wing Commander. This structure will facilitate tighter command and control for the Wing Commander within the Wing as a whole.

Change is always exciting. Soon we will be functioning within the Wing Concept as second nature and the best part is the fact that all of us will be getting a little closer to our heritage.

Comment

435 / 436 & Burma Squadrons Association Western Reunion 1993

Salam memsahibs and sahibs. We have great news. The Western Reunion for 1993 will be held at CFB Comox, the RCAF Station to us oldtimers. We will learn how things have changed. At the same time we will relive old memories of 50 years ago. Our members dwindle each year. We are the fortunate ones to survive for half a century and able to meet, greet, tell and retell.

This is our planned itinerary: Tuesday 15 June Check in at the Washington Inn. 1300 - Registration opens at the new RCAF Association quarters adjacent to the Base. Bring memorabilia, scrap books, etc.

1530 - Bus tour of CFB Comox for familiarisation. (Note: shirts, ties and jackets for gentlemen and skirts or dresses for ladies.)

1600 - Welcome by the Base Commander, Branch Heads and spouses in the Officers' Mess.

1730 - Mess Dinner followed by a dance/sing-along with music from the '40s.

Wednesday 16 June 0715 to 0815 - Special breakfast at the Washington Inn

0845 SHARP - board buses at the Base Gate to enter Base and be ready to tour facilities and Squadrons, including the Aurora Coastal Patrol, the CF-18 Fighters, and Buffalo Rescue program.

Lunch at the Officers' Mess, followed by conclusion of tour of Squadrons.

Visit the famous and fabulous Airforce Museum. You are on your own for dinner and visiting.

Thursday 17 June 0800 to 0900 - Special breakfast at the Washington Inn.

0930 - Meeting of 435 / 436 Squadrons back at the RCAF Association.

1100 - Light lunch after the meeting, and adieu.

soon. The \$225 per couple includes registration costs, two nights at the Washington Inn, the Mess Dinner and dance on Tuesday, breakfast and lunch on both Wednesday and Thursday, and a few extra prize draws, etc.

Make the Reunion part of your vacation. Comox is a stone's throw from the fabulous beaches at Parksville and Qualicum. It is close to Mount Washington ski area, to Campbell River for fishing, with Strathcona Park just beyond. It is not far from Cathedral Grove, Alberni, Sproat Lake and Long Beach in the Pacific Rim National Park. Why not head south to Victoria, Butchart Gardens, etc.

All meals except dinner on Wednesday are included in the package. We are paying our way for meals at CFB Comox, the breakfasts at the motel, and lunch at RCAFA, but we are getting special consideration. Drinks at the Officers' Mess will be about half of the downtown prices. Total cost of the package for two is \$225 by 10 May. Late registrations, add 10 per cent. We need to know numbers early so let your committee know you are coming as soon as you decide to take advantage of this great opportunity. If you are able to come from the East or the Maritimes you will be most welcome. Be an early bird, send your cheque and registration

Write to: Chuck Carter / Peter Boldt, Co-Chairmen
435 - 436 Squadron Western Reunion Committee
c/o 1940 Mayfair Drive
Victoria, B.C.
V8P 1P8

Name.....Nickname.....
Address.....Postal Code.....
Accompanied by.....Telephone.....

Double package \$225.00 Single package \$175.00
Cheques payable to 435/436 Squadron Western Reunion 1993
Registration after 10 May 1993, add 10%
We will register you at the Washington Inn

1st Annual

12 Wing Symposium (Formerly the HS Symposium)

This year's theme:

12 Wing: Building for the Future

The aim of this year's symposium is to introduce 12 Wing to the world; what it is and what it does.

To be held in the Hampton Gray Centre, CFB Shearwater, from 22-23 April 1993, this event will feature presentations by prominent military and defence industry personnel.

Come join in the social activities.

This is an event that should not be missed!

For more information contact Maj Mike Hargreaves, HS 423 Sqn, at (902) 466-1438 or 1430.

Shearwater: the place to be on 22-23 Apr. '93

Air Force Trivia



Last Week's Trivia Answer

A Yukon, on Runway 11-29 at Comox, this one instantly identified by Brian O'Cain.

TOTEM TIMES

EDITOR - BUSINESS MANAGER.....Norm Blondel
ASSISTANT EDITOR.....Bob Sealby
OFFICE-MANAGER/TYPESSETTER.....Bonnie Cochrane
WRITERS.....Jim Kirk, John Novak, Gerry Gerow, Bob Orrick
Carolyn Haight, Rose McClesch, Frank Steven
Duke Warren, Norm Whitley, Tet Walston
PRODUCTION STAFF.....Julie Blondel, Ron Fisher
COMPUTER CONSULTANT.....Gerry Peppard
CIRCULATION.....Julie Blondel - 338-0259

PHONE: 339-2541 (Office) 338-0259 (Res.) FAX 339-5209
Address correspondence to: Subscription rate \$20.00* per year.
The Editor, CFB Comox, \$40.00* per year outside Canada.
Lazo, BC, V0R 2K0 * Plus GST

The TOTEM TIMES is an unofficial publication of CFB Comox. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item.

Published every second Thursday, with the permission of the Base Commander, CFB Comox. Publications Mail Registration No. 4098.

OUR NEW FAX 339-5209

Section News

Distinguished Visitors

S/L C.H. Stover was CO of 414 Sqn from Nov 1943 to Jul 1944. He is credited with destroying 1 1/2 enemy aircraft and damaging another. He also destroyed eight locomotives, one tugboat and one transformer. Following are excerpts from his exploits:

In 1942, P/O "Smookey" Stover discovered that not all the flak observers could recognize friendly aircraft when a flak site near Southampton opened fire on him, fortunately their fire was well to the rear and below his Tomahawk. Upon landing, he was contacted by the G/C in charge of the flak batteries who wanted to know how accurate the fire had been!

During Operation Jubilee, a FW190 jumped P/O Stover while he was acting as a "weaver" for F/O Horncastle. In avoiding his pursuer, Stover lost over three feet of his aileron after striking a telegraph pole....

On 21 August 1943, F/L Stover and F/O Theriault set out on a mission to recce the Paris area. They made landfall at Dieppe and headed towards the Seine and Paris. On their way they attacked several barges, a tug and freight trains. In the Enghien/Moiselles region near Paris, they separated over an airfield to avoid the flak defence. As they separated, Stover climbed to chase and engage a Ju-88. He closed in to 300 yards and opened fire with three bursts, damaging the engine nacelles and fuselage.

The crew bailed out of the Junkers, which was on fire and disappeared into the clouds. During the engagement, Stover's guns ceased to operate, so when he spotted a second Ju-88, he had heard a noise, similar to scraping, in his headset. He looked back and saw an explosion and plume of smoke. Repeated calls to Theriault were unanswered, so Stover surmised the Lou Theriault had crashed, probably after hitting an obstacle at low level.

November 5, 1943, brought mixed results for the Squadron. A Ranger in the Beauvais area added to the barge, pylon and locomotive totals for F/L Stover and F/Os Bromley, Ken Brown and Burroughs. Stover and Brown destroyed a Ju-52 on the ground at Beauvais/Tille airfield. They then returned to base.

S/L Stover and F/L Rettie were injured in an engagement with seven FWs on a mission from B.2 (an airfield in France) on 23 June 1944. Stover managed to damage one of the enemy before having to bale out just over the allied lines. F/L Rettie was injured in the leg but managed to land at B.2. Both were evacuated to hospital in England.

Immediately after the war ended, the General Officer Commanding 2nd Army, LGEn Sir Miles Dempsey, wrote to the CO of 39 Wing (of which 414 Squadron was a part) on 10 June 1945 to restate the feelings and thanks of the majority of his for-

ces.

"Now that the war in North-Western Europe is over and the enemy has been utterly routed, there is an opportunity to take stock, and see why so great a victory was gained in so short a time.

We of Second Army realize very well how much we owe to the Royal Air Force and, in particular, to 83 Group. And none of their achievements in the air has been of greater help to us than the consistently splendid work of 39 Reconnaissance Wing, RCAF. In all weathers and in all conditions you have flown for us on your reconnaissance and photographic missions. The results you have achieved have enabled us to set about our business as fully-equipped with information of the enemy as we could ever hope to be. On behalf of Second Army I give you my thanks."

Perhaps the best compliment comes from the German records: "Enemy aerial reconnaissance detects our every movement, every concentration, every weapon; and immediately after detection smashes every one of these objectives."

On 19 May 1944, S/L C.H. Stover was awarded the Distinguished Flying Cross. The citation reads: "S/L Stover has been engaged on operations since August 1942. He has completed a large number of flights with outstanding courage and resolution, the first of his sorties being during the Dieppe operation. In August

414 Sqn



414 Visitors Receive T-33 Prints LCol Cleland Presenting



Squadron Leader Stover



Flight Lieutenant Rettie

1943 he led a mission to the Paris area when he destroyed a Junkers 88 and damaged enemy locomotives and a tug. During another operation in November 1943 he shared in the destruction of a

Junkers 52. Many of the sorties completed by this officer have involved deep penetration into enemy territory, while others have been on reconnaissance and photographic duties."

888 (Komox) Wing Royal Canadian Air Force Association

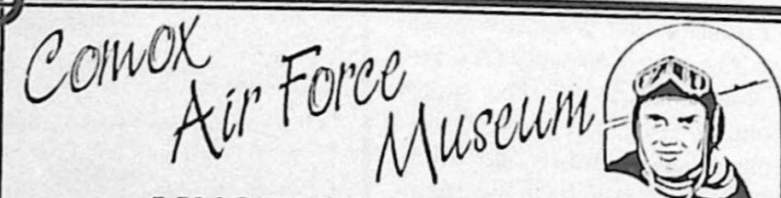
Regular Membership: Who is eligible?

- *** All serving military personnel at CFB Comox ***
- *** All civilian employees (DND) at CFB Comox ***
- *** All retired military and DND employees who served or worked on a Canadian Forces Air Base ***
- *** All allied military personnel serving or retired from the Air Elements of their country ***
- *** All persons in civil aviation ***
- *** All ex-Air Cadets who have served two or more years and are of the age of majority ***

Associate Membership: Who is eligible?

- *** All persons interested in aviation who support the Aims and Objectives of the RCAFA ***

For more information contact either:
Cec Donovan - 339-7292 or
Alan Scott - 339-4035



MUSEUM GIFT SHOP

AVIATION MEMORABILIA HATS, BOOKS, FLAGS, MODELS, POSTERS, SWEATERS, SHIRTS, PINS, PATCHES AND MUCH, MUCH MORE!

Phone
339-8635

1 Sep 92 - 1 May 93
Sat, Sun & Holidays
10 a.m. - 4 p.m.

Featuring "Golan
Treasury of Memories"
50 Years of CFB
Comox Display

Looking for Work?

Self Development Services

specializes in Career Development and
Job Search Skills

call 338-6722 for information about

* Job Finding workshops
(sponsored by CEC)

* Private consultations for
Force Reduction personnel

NEXT DEADLINE 19 APRIL - NOON

Section News

New Bars for Special Service Medal

The Government of Canada has added bars for Peacekeeping, NATO, and Alert to the Special Service Medal. Including the Pakistan Bar awarded in 1992, there are now four bars for this military honour.

The SSM was created in 1984 to recognize Canadian Forces members who performed a service "under exceptional circumstances, in a clearly defined locality for a specific duration, not necessarily in a theatre of active operations."

The medal is only awarded with a bar and bars can only be created to recognize service not otherwise recognized by a medal accepted by Canada - national honours policy forbids duplicate recognition for the exact same service. Previous recipients of the medal are simply given another bar, which is sewn above previous ones.

The first bar was created to recognize those who spent a minimum of 90 days with the United Nations' Mine Awareness and Clearance Training Program in Pakistan, which ran from March 1989 to July 1990. As it was a

special humanitarian mission, no UN medal was issued. The inscription reads: "Pakistan 1989-90."

The prime minister announced the intention to create the Peacekeeping Bar at the inauguration of the new national peacekeeping monument in Ottawa last 8 October. Formal approval for the creation of the Peacekeeping, Alert, and NATO bars followed in November.

The Peacekeeping Bar, inscribed "Peace - Paix," will be awarded to CF members with "an aggregate of 180 days honourable service in peacekeeping operations" since 1948. They must have been deployed outside Canada "with an operational peacekeeping, truce supervision, observer force or similar missions."

The Alert Bar calls for "an aggregate of 180 days of honourable service on the posted strength of CFS Alert" or with a force deployed to Alert since it began operations on 1 Sept 1958. The inscription reads: "Alert."

The NATO Bar, inscribed "NATO - OTAN," will be

By Lt (N) Dave Scanlon

awarded to those members with "an aggregate of 180 days honourable service" with NATO since 1 Jan 1951.

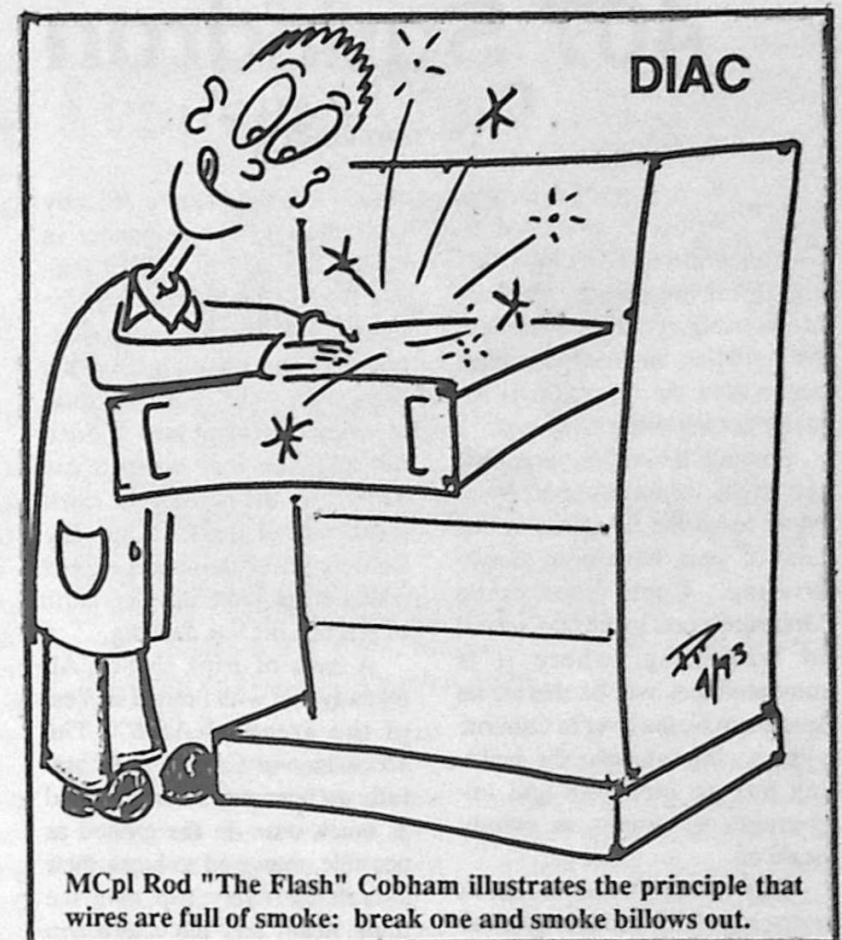
Since the prime minister's announcement in October, queries about the Peacekeeping Bar from former and serving members have started pouring in, says Maj Roger Courchesne, who oversees the honours and awards section in NDHQ's personnel administration directorate.

"We've been averaging up to 50 letters and about six phone calls a day," Courchesne says. But he advises that most serving members should sit tight. For those who became eligible through a posting or attach-posting after 1972, awarding the SSMs will, in most cases, be administered on their behalf by NDHQ.

Other serving members who meet the criteria in the revised version of CF Administrative Order 18-21 should follow the application procedure described in CFAO 18-4, Annex A.

Continued on page 23

Molten Meter Award



MCpl Rod "The Flash" Cobham illustrates the principle that wires are full of smoke: break one and smoke billows out.

Well here we are in the DIAC. So far the Spring has been fairly good and gives us reason to laugh at the rest of the country. As for news from the DIAC Maintenance section, here goes. We just helped stand up 19 AMS and no longer work for the BMSO. But it seems there is a guy that looks just like him who we do work for. Congratulations to 19 AMS.

Our illustrious leader Capt Ashcroft has been at the forefront of our section news. As you probably read in the last issue, he lost an item during the BTSSO's Mess Dinner. If he thinks he's getting a hard time from it, he should try to be a member of the section and have to live with the shame of your boss fouling up like that. For a while it almost came down to us having to wear paper bags.

Another interesting event occurred just last week. A certain Sgt Pierson had found out she is posted (doesn't know where yet) and took a couple of days leave to celebrate. By coincidence (on 1 April) it was also her birthday and being the concerned caring section we are, we showed up at her place at 0730 with a cake. How old is she? Well let me state that

a fire extinguisher was required to control the flame. She SAYS she appreciated our serenade.

Our very own WO Vokey is back from his SLC in Borden and is stuffed full of new and approved ways in which to improve us. Good luck to him.

We have a Display and Control course in house right now. Attending is one Cpl Con "Boing" Cox. It seems that during a weekend trip to Nanaimo he decided to try the sport of Bungee jumping. He did come back unscathed so I guess it can be assumed that everything went well.

Dave Mofford and Mark Middleton went on a fact finding (?) trip to Nanoose and Esquimalt. They were supposed to find out about some of the similarities between their facilities and ours. After reading the trip report we are all still in the dark as to exactly what went on.

Dave makes the news again along with Rod. Except this time they are each using an alias of "Sparky" and "Flash" respectively. It seems to have something to do with testing wires to see if they really do contain smoke. They place at 0730 with a cake. How old is she? Well let me state that

A Cheque from Comox Legion



Mr. Ken Armit, Chairperson of the Group committee for 1st Comox Boy Scouts, Cubs and Beavers Association, accepts a cheque for \$1000 as a donation from Comox Legion Branch 160 2nd Vice President Roy Covey. The presentation was made at the annual Parent and Son dinner on 12 March 93.

What's Driving You To SPEED?

Zero to sixty in under eight seconds!

A blast to drive! Built for speed. Messages like these glorifying speed are common in television, radio and print advertising.

Unsafe speed ranks third as a factor cited by police in crashes involving injury or death. A motor vehicle crash is speed-related if the investigating police officer lists unsafe speed as one of the contributing factors. The trend for these crashes has generally increased over the past ten years.

If you think about it, unsafe speed has to be an unspoken cause when police say a crash is due to driving without due care and attention. Careless drivers are not a menace when their car is parked. With their foot on the accelerator, however, they're driving an unguided missile. The faster it goes, the more damage it can do.

Who's Involved In Speed-Related Crashes?

Driving at an unsafe speed is most common with males 16 to 30 years old. Over 76% of all drivers involved in speed-related crashes which involve injury or death are male. Over 50% of all drivers involved in such motor vehicle crashes in B.C. in 1991 were 30 or younger.

When Do They Occur?

The weekend is the time most speed-related crashes that result in death or injury occur: 41% to be exact. The remaining 59% of these crashes are spread out over the week. These figures compare to 67% of non speed-related crashes which occur during the week and only 33% which occur on the weekend.

Speeding Costs.

In April 1992, speeding fines jumped to \$100, and fines for excessive speed-driving 40 km/h over the speed limit rose to \$150. Driver penalty point premiums increased substantially

Tickets	Fine (min)	Points	Driver Point Premium	Total Cost
1	\$100	3	0	\$100
2	\$200	6	\$245	\$445
3	\$300	9	\$500	\$800
4	\$400	12	\$845	\$1245
5	\$500	15	\$1280	\$1780
6	\$600	18	\$1805	\$2405

on January 1 of this year. Now, the premium for six penalty points jumps to \$245 from \$175, and nine penalty points is up to \$500 from \$325. Drivers will pay when they've racked

up four points instead of the 1992 threshold of five.

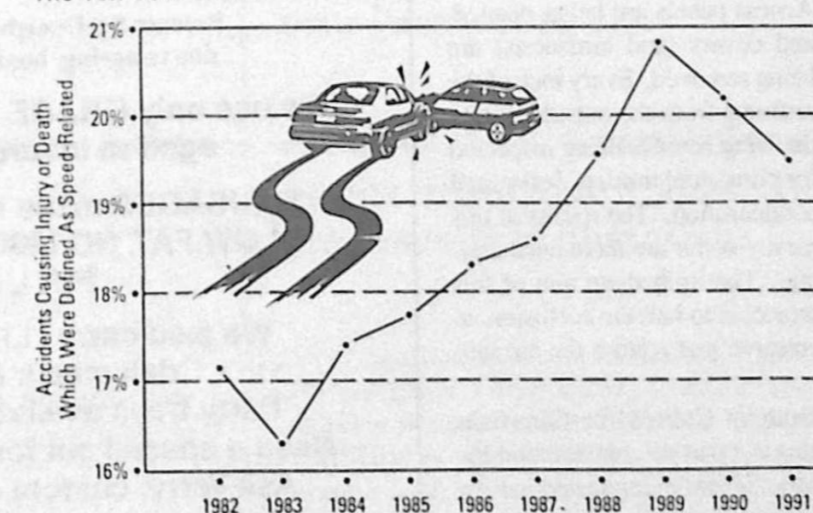
In addition to the financial cost, unsafe speed plays a major role in whether a crash results in injury or death. The severity of a crash is directly linked to a vehicle's speed, and excessive speed is often involved in fatal crashes.

Why Speed?

There are many reasons drivers speed. It's not really speeding, it's just keeping up with the traffic flow. Time is money...I drive for a living. It's a rush... As long as you're in control, it's okay. These are easy answers, but they don't justify the high costs. While the reasons for speeding vary, the results all look the same: wrecked vehicles, injury and death. Last year alone in B.C., there were nearly 431,000 speeding convictions, with about 4% of those for excessive speed. For the fifth year, ICBC, police and community traffic safety groups will join forces to ask the question: What's driving you to speed?

Compiled by ICBC from information supplied by the Motor Vehicle Branch, Government of British Columbia.

Speed-Related Accidents Causing Injury or Death - The Ten-Year Trend



YOUR LOCAL POLICE

Section News

407 Squadron

Demon Doin's

Ahh, the first spring at the new Wing. Winter has released its tenuous grip on the Comox Valley. Birds are singing, trees are blossoming, posting messages are trickling in, mugouts have begun, and the Squadron is actually getting some away trips.

Posting messages, arguably the most important pieces of paper to hit the Squadron at this time of year, have been slowly arriving. Capts Landry and Malinski are off to the Nav school in Winterpeg, where it is rumoured they will be sharing an apartment by the river in Osborne village. Interestingly, the building has no elevators and encourages tenants to simply beam up.

Capt Ross Potts has been trying to sell his condominium to everyone he talks to. For a limited time he is throwing in some slightly dented rims for a Volkswagen Jetta, a large container of Metamucil, and a sixteen-gallon container of Price Club deodorant he just can't seem to finish. What a deal!

The first mugouts of the season took place last week, when the Squadron bid a heartfelt thanks and farewell to MWO Peavey and Maj Godwin. It seems that MWO Peavey will be enjoying his spare time and the Maj is off to Deutschland where his skill at mimicry may find a less receptive audience. We wish them both well.

Crew 6, the crew that only flies north, travelled to the frigid

climes of Yellowknife recently with their new commander in chief, Capt D.T. of Bohica Warrior fame. While parked on the ramp in Yellowknife, a particularly ornery Dak driver, upset at the Aurora in "his" parking spot, momentarily forgot how to drive his airplane and scraped his wingtip on the nose of the sleek greyhound of death. Capt Ray DeMoor seized the opportunity to spend a few more days up north to practice his line dancing.

A rash of trips to SOCAL recently met with limited success in the arena of ASW. The Moosemen of Crew 7, in a carefully orchestrated effort to spend as much time on the ground as possible, managed to break their aircraft for every trip save the flight down and the return trip home. Crew 2 encountered a somewhat different problem in that their playmate was forced to return to port, owing to an unserviceable pizza oven. While in San Diego they visited the Improv, where Capt Mike Bell has been seen taking notes.

When in San Diego, why not take along Maj "Wrong Way" Reed to act as a tour guide? He won an award recently for his creative interpretation of a San Diego city map. He used a map he's had in his helmet bag since his "A" word days, but neglected to check the date (1971).

Crew checks are well underway. The crew check flights have been so intense that the standards team was actually forced to take

a week off in Greenwood to recharge their batteries. No hints have been dropped as to the possible outcome of crew checks, but we understand that Crew 5 is ahead by a nose. Ha! The crew selected to represent the Squadron at the O'Brien Competition will receive one week in sunny Greenwood with catering provided by the box lunch specialists at ZX flight feeding. The runners-up will receive two weeks in Greenwood.

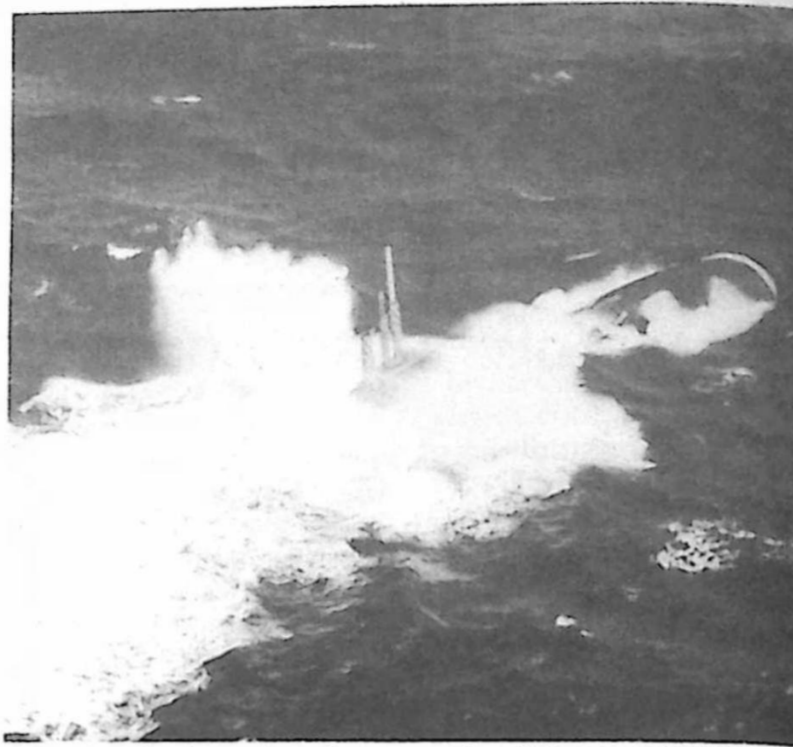
The Annual 407 Squadron All Ranks Mess Dinner was held recently at the Jr. Ranks Mess. It provided an opportunity for Squadron members to share good food and good company. The evening had many highlights, including the appearance of Lt (USN) Pat Sutton in his ice cream man outfit and the announcement of the Demon of the Year Award. Congratulations to PO Pistun.

Several members attending the dinner were equipped with the portable mess kit dampening system, a novel device available at any K-Mart, which when strategically employed by professionals leaves an embarrassing but temporary watery stain on one's clothing. Thanks to those who worked so hard to organize an enjoyable evening and to Maj Perron who kept a tight grip on those who wanted to test the aerodynamic properties of broccoli.

As a closing note, Cpl P.J. Meas has returned from her tour of duty in Egypt. Welcome back P.J.



Gotcha!



A Los Angeles class submarine on exercise off the coast of California. Photo by 407 Sqn Crew 5 Vikings.

Marcot '93

Aircraft and personnel from 19 Wing will participate in a Maritime Co-ordinated Operational Training (MARCOT) exercise during the period of 13 - 23 April 1993. The exercise will take place in Esquimalt harbour and approaches and the area of the West Coast of Vancouver Island. Exercise participants will include ships, submarines and aircraft from Canada, the United States and Australia.

This type of exercise allows Canadian military forces to prepare for such activities as

sovereignty patrols, coastal and environmental surveillance, peacekeeping, fisheries patrols and drug interdiction. In addition, MARCOT will prepare Canadian military forces for joint operations with our allies, whether it be on training exercises, peacekeeping missions or operations such as the Persian Gulf War.

19 Wing will act as host to two P-3s of the Royal Australian Air Force (RAAF) and P-3s from the US Navy.

OFFICERS' MESS APRIL 1993 CALENDAR

Good Friday, 09 Apr.....BAR CLOSED
Saturday, 10 Apr.....Children's Easter Egg Hunt
Wednesday, 14 Apr.....Ladies Bridge
Wednesday, 21 Apr.....OMLC Gardening Night
Friday, 23 Apr.....Mixed TGIF
Steak Night, \$5.75 per person
Tuesday, 27 Apr.....Mess Golf Tournament
Glacier Greens Golf Course Tee Off 1300 hrs
GGGC Members \$7.00 Non Members \$17.00
Wednesday, 28 Apr.....Ladies Bridge

Terry's Meat Market

Freezer Beef

Sides - 2.09 lb. Cut, Wrapped & Hinds - 2.59 lb. Frozen to Your Fronts - 2.19 lb. Specifications

Freezer Beef weight will be reduced due to ageing, boning & trimming

We use only GRADE "A" ALBERTA BEEF, aged to insure tenderness!

SAUSAGES made fresh on premises LOW FAT, NO MSG, NO NITRATES FULL DELI

We also carry "Lifestyles" low fat deli meats & cheeses

Party trays available upon request Need a special cut for a favourite recipe? Ask Terry, custom cuts my specialty

Come in and check my quality

1495 Ryan Road, Comox Ph. 339-3800

in our 25 March edition) were sent to Summerside and put up for sale. In approximately 25 years, only two Argus (#727 and #737) did not return from their ASW missions safely.

The 33 CP-107 Argus aircraft were very unique in both temperament and serviceability. Each acquired their own form of personality. It is fitting that one of the survivors is here, with enough dedicated volunteers and experience to restore her in honour of all who worked on her, and flew in her.

The work on #712 has begun. Access panels are being opened, and covers (and birdsnests) are being removed. Every inch of the airframe from the outside skin to the wing roots is being inspected for corrosion, mildew, leaks, and condensation. The results of this survey so far are most encouraging. The immediate aim of this project is to halt the corrosion, to preserve and restore the aircraft.

Built in Canada for Canadians, this is a part of your aviation history. If you're interested in helping out, please contact Karl Smith at 339-7950. If you're reading this from places far away, spread the news.

Argus Mystery Explained

Unlike CF-105 Avro Arrow #202, the fate and location of each aircraft in the Argus fleet can be explained with a few facts and a bit of math. But the cover on this book remains open while the restoration of Argus #712 continues.

There were two flight deck simulators and a mission simulator (called the OFTT) for training Argus crews. One of the flight deck simulators (designed for Summerside) ended up advertising apples near Wolfville, NS. The familiar lightning rod painted on the side of the cockpit distracted many drivers travelling down that highway over the years. The other two simulators were used extensively at CFB Greenwood before they were shipped to a museum at CFB Shearwater. The flight deck sat on one of the earliest versions of a motion system created. The OFTT (bearing the number 709) was constructed from an actual aircraft fuselage, much to the chagrin of the simulator techs tasked with maintaining the analog circuitry.

Four Argus can be found as airpark monuments. Besides #712 here, you can find #717 at Greenwood, #739 at Summerside, and #742 at Rockcliffe, Ontario.

Argus #730 was reduced to spares at IMP Halifax probably at the same time (1975) that #715 and #733 were reduced to spares at Saskatoon. The latter two were sold in several pieces to a farmer on the east side of Swift Current who used them for storage. Imagine being distracted by those lightning rods again while travelling down the Trans-Canada in the middle of the Prairies. Were they Yukons or Argus? A form of Bristol Britannia either way. One would know.

These two ended up in a scrap dealer on the west end of town several years later. The CFB Winnipeg's newspaper (the Voxair) printed a photo on the cover of their 12 Jan 83 edition. Argus #715 was loaded on a flatbed for shipment to the Western Canada Aviation Museum at Gimli, Manitoba, with the intention of reassembly. The other aircraft ended up in several smaller pieces at another scrap dealer on the north end of town, en route to melt-down. The cockpit of #733 was the last defiant piece to go.

Argus #732 survives in a different fashion, at the battle damage repair facility at Mountview, Ontario, near Trenton. Twenty-three aircraft (as shown

Section News

MSE Safety



Is Your Following Distance Safe?

Lateral positioning of your vehicle

There are several actions you can take that will help you to select the best position of your car within a stream of traffic.

Basic to your selection of a position in a stream of traffic is to place your car so that you have the greatest possibility of seeing and being seen. While the importance of this concept to your selection of lanes may be obvious, it is just as critical when selecting a position relative to cars ahead and behind. Since your greatest chance of having a collision is in front of you, it is critical that you maintain a large enough gap between your car and vehicles ahead in your lane. This gap is called following distance.

While a following distance of one car length for every 15 kmh is sometimes recommended, many drivers have difficulty making such judgements. Since distance can be converted to time at any given speed, a more simple procedure is to keep some number of seconds between your car and the vehicle ahead. For those of you who have attended a military Defensive Drivers Course or a related Canada Safety Council Drivers Course, you've probably heard of the two-second following distance rule, but have you heard of the four-second rule or of a 12-second visual lead time rule? I'll start this article by recapping

on the two-second rule.

Two-second following distance

In normal traffic under good weather conditions, a time gap of two seconds works well for following other cars. If your car is properly positioned in a lane, a gap of two seconds allows you to see around the car ahead, to change lanes quickly if necessary, or to brake to a stop if the car ahead brakes suddenly. The two-second rule will hold true, however, only if you can respond to whatever caused the lead driver to slow down. When you are following a vehicle that blocks your vision, such as a van or a large truck, you have to increase your following distance to at least three seconds.

At this point you may be asking how you can determine a time gap of two or three seconds. Actually, it is easy, and you can practice the next time you ride in a car. As the rear of the car ahead in your lane passes a fixed object, such as a tree, a sign, or even the shadow cast by an overpass, start to count "one thousand one, one thousand two." If the front of your car reaches the fixed object before you complete a count of one thousand two, you are following too closely. Whenever road-way or weather conditions are not ideal, such as on a rough road or in a light drizzle, you need to increase your following distance to

at least three seconds. If there is ice or packed snow on the road, a gap of five or six seconds is better.

The four-second rule

The two-second following rule works well if you have to stop because the driver ahead of you brakes suddenly. It does not apply, however, if the roadway ahead is suddenly blocked by a collision or a vehicle stopped across the lane. Under these conditions, the time needed depends on your speed. It should be noted that it is possible to brake to a stop in approximately two seconds from a speed of 50 kmh. However, you would need nearly four seconds by the time you reach 100 kmh. Therefore, if at high-way speeds your path was suddenly blocked, normal following distances would not give you time enough to stop. You would have to have an escape route to stay out of a collision.

In view of this, when you select a position in a stream of traffic, you must be able to answer two major questions. First, on the basis of roadway and traffic conditions, where do you want your car to be four seconds from now? This is identified as your immediate path of travel. Second, where would you place your car four seconds ahead if your immediate path of travel were suddenly blocked? This path is identified as your alternate path of travel.

A Pay Raise for Chris



Congratulations Pte Chris Matter from all of us at Transport. Presented by Maj M.R. Couture, BTNO.

This four-second gap is again determined by counting. You simply pick a point ahead and count "one thousand one, one thousand two, one thousand three, one thousand four." Remember, four seconds is the approximate time it will take to stop at speeds above 80 kmh. So if you are travelling over 90 kmh and your path is suddenly blocked within three seconds ahead, you must be prepared to steer into an alternate path.

Twelve second visual lead time

If you have not heard about tracking, tracking is simply looking ahead. But just how far ahead should you be looking? "Further Ahead" along your intended path. Further ahead should be a time lead of at least 12 seconds in city driving and maybe 20 to 30 seconds for highway driving. A visual lead and search area is necessary so that you will have the information and time necessary to choose a realistic, immediate planned path of travel. It allows you to make speed or lane adjustments well in advance of possible problems. At the same time, it allows you to identify alternate paths if an emergency should arise.

A lead time of 12 seconds may seem long, especially when driving in the city. Keep in mind, however, that at 50 kmh you are travelling 14 meters per second. At this speed, your vision would take in a distance of 160 meters, or approximately one block, ahead of your car. While this distance is enough in the city, it would not be adequate on a highway at 80 to 100 kmh. If you convert 100 kmh to over 25 meters, you will see why a 12-second visual lead provides a bare minimum.

As with the two-second following and four-second stopping times, you can work on developing a feeling for the visual lead and search by riding with other drivers. The system works the same way. Pick a reference point (a sign, a post or an overpass) ahead and count "one thousand one, one thousand two...one thousand 12."

Two bad habits often affect drivers' visual leads

Staring at a fixed point
Staring straight ahead will not

give you a safe and effective visual lead. A narrow field of vision directed straight ahead will not provide you with all the information needed to plan a path of travel. It is particularly important that you learn to scan the area ahead, by moving your eyes back and forth between your car and your check points ahead. Look from one side of the roadway to the other. You should also periodically check to the rear. As you scan ahead, search for clues that will assist you in selecting the safest and most efficient path of travel.

Distractions
Many things, including scenery, roadside signs, or even other passengers, may distract your attention as you drive. Unless you concentrate on searching well in advance, you will have a tendency to slip into a visual lead of as little as three or four seconds. A visual lead this short means you are driving from crisis to crisis. The results of such visual habits are readily observable as drivers make abrupt lane changes or adjustment within a lane.

Now you can apply the concepts of the two-second following distance, four-second rule, and 12-second visual lead to lateral movements in traffic. It is important to remember that you are attempting to establish the safest and most efficient path of travel: the path requiring the fewest changes of speed and lateral position. A 12-second visual lead should alert you to the possible need to make adjustments in advance, and as a result, should reduce unnecessary or abrupt adjustments.

Driver's Quote of the Day

An invisible car came out of nowhere, struck my vehicle and vanished.

Driver's Question of the Day

The factor which contributes most to automobile accidents is:
A. defects in the highway
B. half-hearted law enforcement
C. attitude of the driver
D. mechanical imperfections in the automobile

Answer

C. attitude of the driver

CANADIAN FORCES



FORCES CANADIENNES

BEING RELEASED?

YES - You can continue or apply for life insurance.

Apply for Coverage After Release as part of your clearance process.

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

EN LIBÉRATION?

OUI - Vous pouvez continuer, ou faire application pour l'assurance-vie.

Adhérez à la Couverture après libération lors du processus de la libération.

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

Section News



Stroke of Luck

The herring roe fishery was suspended last week due to storms scattering the fish and low egg (roe) percentages. This led 442 Sqn to pack up and prepare to move out, but the SAR business doesn't follow any timetables. Lab 312 was set to depart Prince Rupert airport once the inbound Buffalo picked up the remaining crew, but Canadian Airlines 737 Flight #556 would change all that.

The bad news is a 68-year-old man suffered a stroke as the plane was landing; the good news is the standby helicopter happened to be sitting on the ramp at that time. The crash crew and Sar Techs

quickly stabilized and transported the patient to the Lab, while a few phone calls to the Rescue Co-ordination Center (RCC) and hospital arranged the Medevac. It took longer to run the checklist than fly the 3 miles off the island to the waiting ambulance at the hospital pad. Barely 30 minutes after experiencing the stroke, the Prince Rupert native was being wheeled into the emergency room.

Well done to Maj "Scoop" Clarkston, Capt "Blades" Ringette, MCpl "Sarhog" Wilson, Sgt "Sar Magnet" Koronko, and MCpl "Sarpup" Robillard.

Rescue Sequence



Patient had a stroke on Boeing 737 (background) and was transferred to Labrador Helicopter.



Sar Tech monitored patient during mercy flight.



Ambulance waited for Labrador at Prince Rupert Hospital.

442 CDs



442 Sqn members who recently received CDs from 442 Sqn CO LCol Drover. L-R: LCol Drover, Cpl June Curtis, MCpl Phil Ring, MCpl Bill George, MCpl Mike Miller, MCpl Andy Schusztz, MCpl George Rabin.

Provincial Enforcement Campaign Focuses on Unsafe Speed

Most British Columbians believe that drinking drivers are the major traffic safety menace on the roads today, but unsafe speed causes more crashes in which people are killed or injured every year than alcohol.

Last year alone, unsafe speed was a major contributing factor in more than 10,500 crashes in which 217 people were killed and another 7800 were injured. By comparison, drinking driving was cited as a contributing factor in crashes in which 180 people were killed and 5300 were injured.

While the totals for both factors are horrendous, it's obvious that unsafe speed is a significant traffic safety problem. That's why, from April 7 to 14, police throughout the province will be focusing on drivers who bear down too heavily on the gas pedal.

During the week-long blitz, which is keyed to Easter and the first long weekend of the year, police will increase enforcement of speed limits, conducting additional speed checks at high-accident locations and being less tolerant of motorists who go over the posted limit.

ICBC and community traffic safety groups are supporting police efforts through an awareness campaign which points out that wrecked vehicles, personal injuries and deaths are all-too-frequent consequences of speeding and asks motorists, "What's driving you to speed?"

During last year, nearly 431,000 speeding convictions were recorded. More than 17,000 of those were for excessive speed, which is defined as exceeding the posted limit by 40 kilometres per hour or more.

CVI Comox Valley Insurance Service Ltd.

INSURANCE BROKERS - CONSULTANTS

Autoplan

SERVING THE VALLEY FOR OVER 24 YEARS



COMOX 339-4847

Next to the Lorne Hotel

COURTENAY 338-1401

Opposite the Court House

SERVING THE VALLEY FOR OVER 24 YEARS

"INSURANCE IS OUR ONLY BUSINESS"

CVF COMOX VALLEY FINANCIAL Services Ltd.

Our team of Insurance Brokers, Investment Advisors and Financial Planners have over 60 plus years of combined experience.

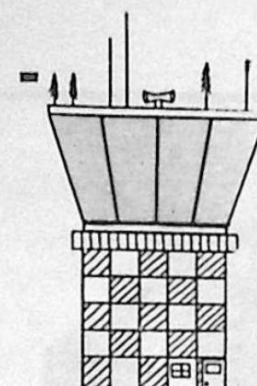
We offer a relaxed and consultative style to providing advice. Feel free to call us for an appointment.

RELOCATING?

We Offer:
GICs - RRSPs
Investment Funds
RRIFs & Annuities
Life Insurance
Retirement Income Planning

480C 6th Street
Courtenay, B.C.
338-8713

1782A Comox Ave
Comox, B.C.
339-4847

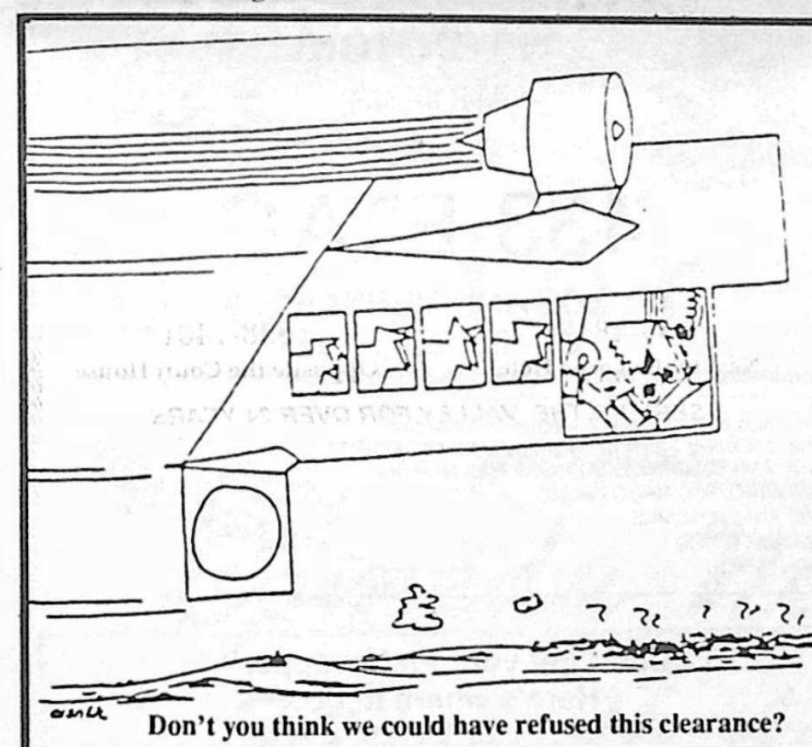


As the Beacon Turns

Hello again, Beacon fans, and welcome back to another episode of A.T.B.T. You can always tell when it's Spring around these parts. The birds are singing, the trees are blossoming, and...Hockey Pools! This year will be no exception with our annual NHL pool taking shape once again, and Darlene Clarke is the odds-on favourite (again), since she's been "in the running" for the past 3 years!!! (Hey, Darlene, remember where you got that ticket from, eh? Hee, hee) And speaking of hockey, another Intersection Hockey season has come and gone with those Base Ops Orcas losing to the Rebels in the B finals. Those "Rink-Sharks" will get a chance to redeem themselves though, by winning the Base Commander's Cup to be held 4 - 7 April 93. Anywho, leaving the land o' Rub A-535, let's check out what's been happening down at the Double Q Ranch! Speaking of "checking out," Bill "Servo-Rama" Best qualified a while back in the PAR slot and will be "buying" (along with others) at a soon TBA Beer Call. Congrats Bill! Lt Crumback and Capt Dunn are continuing their train-

ing trek downstairs while Bob "Call 5" Trainor made the move this past week for some VFR work upstairs. Have a good one, Bob, and don't forget where ya came from, eh! Another change in ye ol' Steel Tree-Fort that the rest of the Base will notice will be in the form of an 8x8 foot sign commemorating our 50th Anniversary of ATC! It's still in its early stages of construction but hopefully the finished product will be done in time for our 14th Annual "Whap-Shucks" Tournament at the end of the month. The Totem Times will also be celebrating the Base's 50th year of existence in their next edition and to help celebrate this momentous occasion, the Beacon plans to submit a special article as well!

I'll be looking for any "old" pictures or tales, guys and gals, so don't be shy!! Well folks, that does it for another version of As The Beacon Turns but before I go, I'll leave y'all with another of my "head scratchers!" If you had a really, really, really slow-motion camera, ever wondered what a light bulb would look like a billionth of a second after you turned it on!!? Hmmm.



Don't you think we could have refused this clearance?

GLACIER GREENS BAR AND GRILL

Having a Wedding, Anniversary or just a fun Party?

Come to the best location in the Valley

at the Glacier Greens Gold Club's Bar and Grill

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

WHAT'S DRIVING YOU TO SPEED?

It's in your hands
Your Local Police & ICBC

Section News

Fuel Cell - A New Training Aid

By Capt Mike Short

Tight Fit

Crawling through an opening often little larger than a foot across into total darkness with only a few inches of clearance may represent the conditions similar to mining. Well, guess again; among the modern technology of a hangar floor at CFB Comox's 407 Squadron this type of activity takes place on a frequent basis as technicians inspect and service wing fuel tanks on the CP-140 Aurora aircraft.

All the technicians that are required to perform work on a fuel cell are well trained in carrying out the actual mechanics of their trade. The problem arises when they are placed in this confined space without any previous experience and literally learn on the job.

Although all the fuel is drained from the cell and safety precautions are taken, it's still a hostile environment, especially to a technician who has to fold him/herself into a pretzel to get into the work area. One can only imagine the difficulty one would have in extracting a technician who may be in difficulty (perhaps totally incapacitated) from this potential prison. It's a situation which is about to change.

Two years ago Sgt. Karl Smith, an Integral Systems technician with 407 Sqn, recognized the need for a training aid. He took his suggestion to Capt Harlin Price, the Air Maintenance Control and Records Officer.

"The training for the individuals to get in and effect repairs was lacking," said Capt Price. "In fact there was none, and that's because we didn't have the means of doing that training. Additionally we have no idea of the difficulties we might encounter should we attempt to remove a disabled or incapacitated technician from the fuel cell," he added.

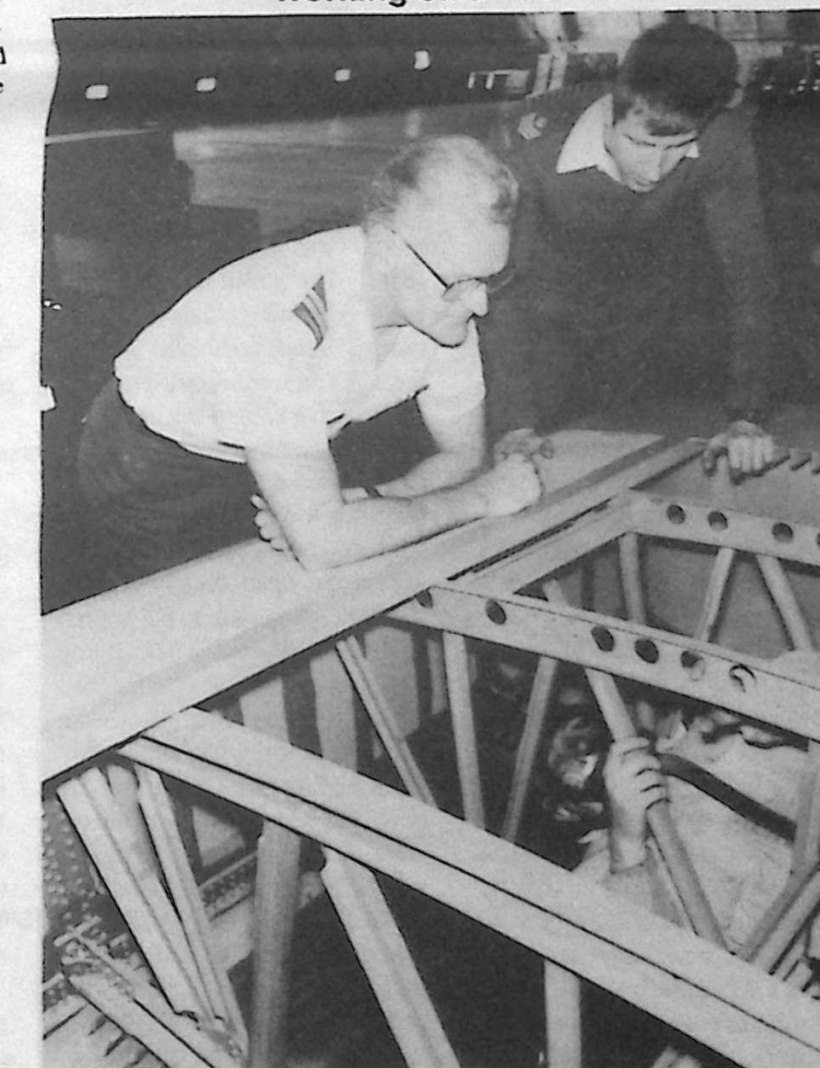
The genesis of the trainer began when Sgt Smith discovered a C-130 Hercules wing which was used for aircraft battle damage repair, a training program no longer carried out by the Base. Once all the requests were put through the proper channels, various members of 407 technical crews and other Base personnel cut the fuel cell out of the wing and moved it to its new home at 407 Servicing. After many other laborious modifications with considerable assistance from BAMSO workshop and BEME, Capt Price says the training aid is ready for business.

"We cut a large portion of the skin off the upper wing so that when we are using it to train people in evacuating procedures, or instructing them in carrying out fuel cell repairs, we are able to take a group of technicians and have them stand and watch how



That's a tight fit! Technician Monty Hulan squeezes through a small opening in the fuel cell wing trainer.

Working on a Fuel Cell



Capt Harlin Price and Sgt Karl Smith monitor the progress of Technician Monty Hulan as he demonstrates work within the tight confines of a fuel cell wing.

the procedures are carried out." Capt Price adds this training device will become critical in developing essential evacuating procedures.

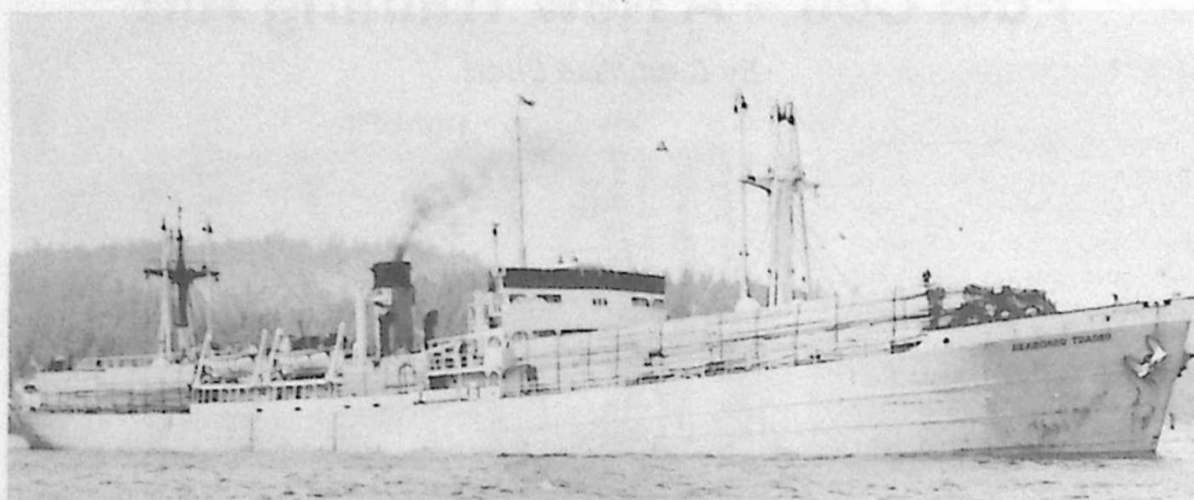
"To my knowledge there has yet to be a documented incident in the Canadian Forces involving entrapped people in a fuel cell,

but having said that, it's a distinct possibility."

Principally through great effort and ingenuity on the part of 407 technicians and the various support trades on the Base, this training aid will provide invaluable support in protecting our greatest resource: people.

NEXT DEADLINE 19 APR

Feature



Seaboard Trader in her post-war colours and new name.



By Norm Whitley

The two giant Sunderland flying boats lay at gentle anchor in Swansea Bay, their immediate convoy overflights at an end. It had been a difficult mission supplying air cover to dozens and dozens of slow merchantmen heading into the Arctic seas, then covering them on the way back, playing mother hen. But in the long run it had been worth it; the Sunderland crews had seen two Nazi planes go in, one to a Hurricane and one to a Corvette anti-aircraft fire. And they had dropped several patterns of bombs over subs, too, but with no definitive results as yet. The two flying boats pulled restlessly at their sea anchors as their crews rested ashore. The merchant vessels entered the bay one by one, and dropped anchor in neat rows as the so'west wind increased in velocity. The masters were awaiting further orders and were about to enjoy a modicum of rest, a momentary respite from the bombings, torpedoing and unceasing buffeting of the elements. Once again, Mother Nature was not to be ignored. Swansea, open to southwest gales was repeatedly lashed by storms of hurricane intensity, the worst in years. The Seven Oaks Park was one of the last ships to enter the bay and drop her hook. The huge cast iron anchor had no effect whatsoever in stabilizing the ship, so a second bow anchor was dropped. Then the stern anchor. No effect. The hurricane force winds, freakish in nature, caught the ten-thousand tonner and blew her sideways, as a child would blow a leaf floating in a barrel. The Sunderlands were looming closer now, held securely at anchor because there was little or no force on their cables, both planes being nearly airborne in the furious wind.

The Seven Oaks, moving broadside-on and dragging three

The Murmansk Run

Conclusion - Sinking the Sunderland

huge anchors, presented a formidable steel wall to the large aircraft, now dwarfed by the rusty black hull. A sickening, grinding, muted metallic crash, more of a crunch, demolished the prow and the control cabin of the aircraft, like the crushing of an egg shell, forcing the forward section downward into the salty depths. The four streamlined inline engines suffered a similar fate, being rammed deep into their own wing sockets. The screaming of metal against metal was drowned in the howls of the gale as the rest of the floatplane was systematically crushed and demolished.

Engine room orders were immediately obeyed on the Seven Oaks Park but the oppressive winds were all powerful. The master was temporarily powerless. The great ship moved without human guidance, and the second Sunderland was next to meet its ignominious end. A rogue wave caught the starboard wing and thrust it through the hatchcovers of number two hold, snapping the wing at its roots and sending one engine tumbling across the open deck while the second engine sank to the bottom of the bay. The rusty hull, acting like a giant rasp, scraped and scoured away the aluminum fuselage exposing the massive interior and its miles of wiring. By now, tail section and stabilizers were pulverized and the second wing snapped at half length. Like the submarine, the flying boat rolled in the water and quickly sank. Not a spot of oil marked the surface waters.

The master was quickly in control now. Full ahead engines soon brought adequate response and the three mud hooks were brought to the surface. But again, fate and her devilments were not to be easily placated. The port hook, last of the three to break surface, reluctantly dragged a pipeline from the bottom of the bay, a six-inch line pumping crude oil from one side of the bay to the other. As the steel line reached the gunnel it broke in two, and as an inflated balloon when unleashed will thrash crazily out of control, the pumping end

spewed thick crude oil, black and sticky, over the entire length of the 500-foot ship. As if devilishly alive, it seemed to concentrate on the wheelhouse and the ship's lookouts, obliterating all navigational aids. The writhing black snake eventually sank from sight. Horrendous weather drove the Seven Oaks Park onto the nearest convenient sandbar that clutched her in an iron grip for the remainder of the hurricane. It was a reluctant master of a sheepish crew that grudgingly surrendered the ship's log for scrutiny by the Admiralty.

Well, son, we've finished here for the time being and God willing we may be heading home. It's certainly an interesting couple of weeks. Although we delivered our cargo, the weather and all made it a bit difficult. All in all, I don't think we contributed much to the war effort today. One thing's for sure: we certainly aren't going to get any medals for it.

All my love, son,
Dad.

Wrong, dad. In 1945 you were awarded the North Atlantic Star to go with all your other decorations. In 1992 the Embassy of the Russian Federation struck a medal and proclaimed all Canadian seamen that participated in the infamous "Murmansk Run," whether survivors or past participants, eligible for the awarding of the newly minted medal, Forty Years of Victory.

And further, dad, an old clipping I ran across:
"LONDON (UPI) -- Reliable sources today report that German ground troops on the Russian front have been stalled in their northern attack. Russian tanks are said to have overrun most strongpoints and are moving from the defensive to the offensive. Russian materiel is said to be of the finest yet displayed."

Although you've been at rest for 30-odd years and will never see your new medal, be assured I shall frame it and proudly display it in my study.

Your son.

From the Desk of Hamish

We use spare parts, replacement parts, and rebuilt parts nowadays in our cars and other vehicles.

In numerous cases medical science is doing the same of people: artificial arms, legs, teeth, etc. Heart, kidney and other organ transplants or aids.

Perhaps science may come up with transferring brain impulses onto a floppy disk to be kept on file in the event that somewhere down the road someone may require a brain transplant????

For Anglers Only

Down in our creek there swims an incredibly large fish. Furthermore, it's grown quite steadily with each recounting of "the one that got away."

A Thought While on Pay Parade

The only thing worse than waiting in line to receive your money is waiting in line to pay it out!!!

When their outgo gets greater than their income people discover their upkeep is often their downfall.

In the "old days" a fool and his money were soon parted. Nowadays it happens to



By Jim Kirk

everyone.
A long time ago the "good old days" were often called "these trying times."

Card games can be extremely expensive - similar to another game in which you get to hold hands.

When we came home from work we sometimes used to ask, "Hi honey, what's cooking?" Now we might enquire, "What's thawing?"

Keeping peace in a large family takes patience, love, understanding, and at least two television sets.

Nothing makes an alarm clock more effective than when it's sitting just out of reach.

When a Texas school class was told that the next day they would learn how to draw, six students showed up with pistols!

Those people who don't slow down when they see a police car are probably parked.

Definition of failure: following the line of least persistence.

ATTENTION!
ANCIENS
TI - PICS
433 ETAC
50E ANNIVERSAIRE
24 - 26 SEPT 1993
"AIDEZ-NOUS À REJOINDRE NOS ANCIENS"

Pour plus d'informations & inscription contactez:
Maj. J. Cloutier - AVN 621-9473 ou (418) 693-2473
FAX: AVN 621-9965 ou (418) 693-2955 ou écrivez:
433 ETAC, BFC BAGOTVILLE
50E ANNIVERSAIRE
ALOUETTE, QC
G0V 1A0

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

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

COURTENAY-COMOX:
*Driftwood Mall (Bookshelf)
*Tourist Info Centre
*Block Brothers
*Westerly Hotel
*Courtenay Town Hall
*Coast Country Realty
*Holland & Associates Realty
*Pacific Coach Lines
*North Island College
*Courtenay Legion
*BC Access Centre
*7-11 - Ryan Rd
*Robin's Donuts
*Tim Horton's
*Kal Tire
*Courtenay Pharamassave
*St. Joseph's Hospital
*Comox Mall News Rack
*Comox Legion
*Comox Town Hall
*REMAX Ocean Pacific Realty
*7-11 Comox
*Jolly Giant
*Port Augusta Hotel
*Comox Recreation Commission

Emergency Preparedness Week April 18 - 24

The Government of the Province of British Columbia has proclaimed April 18 - 24, 1993 as Emergency Preparedness Week.

Emergency Preparedness Week was launched in 1990 and is intended to raise the level of public awareness of emergency preparedness activities, and extend recognition to volunteers who contribute to their communities' state of preparedness. Last year the Comox Valley was one of 80 communities across B.C. that participated in the event. Activities scheduled by Comox Valley Disaster Services during Emergency Preparedness Week 1993 will include:

CATV Cable 10 (Dates and times to be determined) - Comox Valley Disaster Services and Emergency Service Co-ordinators will discuss Comox Valley Disaster Planning and Operations. A Red Cross representative will discuss home Emergency/Disaster Preparedness.

Driftwood Mall from

Thursday 22 April to Saturday 24 April - Comox Valley Emergency Social Services, a team of volunteers who endeavour to prepare to meet the needs both of response workers and disaster survivors in time of crises will provide information. The theme "Sharing the Responsibility" is aimed at encouraging more people to become involved in preparedness both within their own homes as well as in their communities. The success lies with the understanding that there is something each of us can do on a personal, social, or professional level to bring about heightened awareness and a responsible attitude towards emergency/disaster planning.

Driftwood Mall Friday 23 April (afternoon and evening) - Learn the facts about earthquake survival - what to do before, during and after an earthquake. Vancouver Island author Susan Mayse will be offering practical information from her new book, "Earthquake: Surviving the Big One."

WHAT'S DRIVING YOU TO SPEED?
It's in your hands
Your Local Police & ICBC

Junior Ranks Mess

presents
Comedy Night
Friday, 16 April
Starts at 19:15



featuring
Janice Ungaro
Glen Lamont
Brent Butt

Admission: \$5 Members, \$7 Non-Members
(Free food and DJ included)

On & Off the Base

Power Smart "Cops" Power Wasters

VANCOUVER -- B.C. Hydro's Power Smart Campaign is boosting the sale of energy-efficient products throughout B.C. and Yukon with "Inspector Socket" who wants to be an energy detective around your home.

The spring retail promotion called "The Case of the Lost Power" features a private detective character and offers five \$1,000 prizes of energy-efficient products, or one of 25 free home inspections.

It's being backed with a leaflet campaign that gives participants 10 simple steps to save energy and money.

Janis Southam, retail marketing manager, says "This campaign has the potential to turn everyone into a bit of a detective when it comes to spotting energy waste around the home. All you have to do is go round to leading hardware stores and pick up a brochure featuring Inspector Socket."

"You can then walk around your home with Inspector Socket's step-by-step guide, spotting the places where energy is being wasted. The solutions are simple and involve products readily available in hardware stores."

"For example, an energy-efficient showerhead can reduce hot water consumption by as much as 50 per cent without changing the quality of your shower. A new



washer in a leaky hot water tap can prevent the energy thief from stealing 15,000 litres of water a year!"

Southam explained that to win, a simple skill testing question, printed on the back of the brochure, would have to be answered and mailed to B.C. Hydro.

"Even if you don't win, just

participating in the competition makes everyone a real winner, because saving energy benefits each and every one of us in the end."

The Power Smart energy efficiency program is shared by members of Power Smart Inc. throughout Canada and in other areas of the world, including the U.S.A., Mexico, the Caribbean and Europe.

On the Base

Base Fire Chief



Cooking Oil Fires

Recently CFB Comox received an Air Command message stating the following:

"There have been three cooking oil fires since the beginning of the new year attributed to cooking oil left unattended. In all cases unapproved cooking appliances were being used, and the public and private loss as a result of these fires is in excess of \$80,000."

The Fire Prevention Bureau would like to take this opportunity to pass on a few facts:

1st: Deep Fat Fryer - these appliances are a major cause of fires. Only fryers approved by the Canadian Standards Association (CSA) may be used in MQ's.

2nd: Fire Insurance - the Department of National Defense assumes no responsibility for any losses or damage to the personal effects, automobiles or equipment of occupants. The occupant is liable for losses or damage to MQ's from causes other than fair wear and tear, accidental fire, lightning, flood, acts of God, insurrection or war. As occupants of married quarters, you should make your own arrangements for:

a. fire insurance for the contents of your home and damage to the home itself;

b. insurance coverage for loss, theft or damage of personal property, liability insurance.

The moral of the story is if a fire is started by an unapproved

Aaarg!!
I think
there's a fire
outside my
door!

If you have even the slightest suspicion there's a fire on the other side of the door, don't go for it but remember this smart advice from the Old Lady. First, touch the door handle to see if it's hot. If it is, do not open the door as there could be a fire raging on the other side.

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



Fireman: Fire Prevention Canada and your Fire Department.

deep fat fryer or just a pan of oil which is not approved, you the occupant could be held liable to restore the MQ to its original condition. In that alone, we cannot over emphasize the importance of fire insurance. It's strongly recommended that you insure your home and its contents so you and your family are protected.

The Great Drug Round-up Base Hospital May 01-31

By Lt(N) J. Krempien, Pharmacist

medication and expects the same relief, benefits, or action you would get from a "fresh" drug.

Even more dangerous are those outdated or "dead" drugs that degrade into substances that are potentially fatal if ingested. For example, the antibiotic Tetracycline will, over time, break down into a material that can cause a serious liver disease.

Questions about whether a medication is still safe can usually be answered by your pharmacist.

So remember, bring in all old, unused, and outdated medications to the Base Pharmacy for disposal during the month of May.



Happy 40 Colin

It is with deep regret that we mourn the passing of our comrade's youth. He has reached the age when it's time to park his pumper and rest his turret. If you should meet Colin on the street muttering "We're all trained professionals," and "My name is Colin and I like to do drawings," please guide him to the Fire Hall. Green Crew is well trained in his care and feeding and would appreciate the return of their little "Bou-Boule."



ATTENTION!

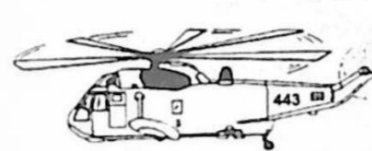
ALL FORMER
HORNETS

443 SQUADRON

50TH ANNIVERSARY

21 - 24 MAY 1993

For further information & registration contact:
Maj. K. Whitehead - Avn 255-2000 Loc 6683
or (604) 363-6683 or write:
50TH ANNIVERSARY
HS 443 ESQUIMAULT
FMO VICTORIA, BC
V0S 1B0



**RECYCLE THIS
NEWSPAPER**
TOTEM TIMES



CFB Comox Family Resource Centre

Hours of Operation:
7:30 - 4:30, Mon to Fri

Address:
119 Little River Road

Mailing Address:
Family Support Centre, CFB Comox
Lazo, BC V0R 2K0

**All Services are
Confidential**

Services available:
Volunteer information services
Practical problem solving
Financial counselling referrals
Babysitter list - adults and
trained teenagers
Cleaner list
Welcome package

Ongoing programs:
Teen program
Tuesday morning discussion
group with childcare provided
Confidential short-term
Counselling services
Parenting information
Emergency shelter

Drop in anytime or call
339-8654 or 339-8655



Family Resource Centre programs are open to all military families and Base employees. **ON GOING EVENTS**

Tuesday Discussion Group - Every Tuesday 10:00 - 11:45 a.m. at FRC. Speakers, crafts and good company. Child care provided. Everyone Welcome.

A Morning Together - Every Wednesday 9:30 - 11:30 a.m. at the Community Centre next to the Canex. Parents and their children are invited to a morning with games, crafts, songs and social interaction for children under 5.

Deployment Support - Drop-in times are 10:00 - 11:00 a.m., Wednesday, 21 April at the FRC. Call Jo or Mara at 339-8654 for more information. Everyone welcome.

Menopause Information Group - Next meeting Monday 26 April, 3:45 p.m. at the FRC. Everyone welcome. For more information call Mara at 339-8654.

APRIL SPECIAL EVENTS
Canadian Forces SISIP Workshop - Monday evening 19 April, 7:00 - 8:30 p.m. at the Family Resource Centre at the corner of Little River and Ryan Roads. Registration is required by 13 April. Call the FRC at 339-8654 to register. No fee for this workshop. The Service Income Insurance Plan representative for British Columbia, Mr. Michael (Mick) Phillips, will discuss important aspects of life and disability insurance for the military family. Topics covered will include possible benefits from government plans; how to determine your actual insurance

needs; and how SISIP can be used to fill the gap between the two. Spouses are strongly encouraged to attend.

Book Exchange - The Tuesday group is having a book exchange on Tuesday 13 April from 10:00 to 11:45 a.m. at the FRC. It will be a one-for-one exchange. Drop in and bring your old books!

Childcare in Your Home - Do you enjoy working with children? Would you like to get more information about childcare as a profession, about income and benefits? A free information session will be held at the FRC on Wednesday 21 April at 7:00 p.m. Registration is required by 19 April. Call 339-8654 for registration.

WE ARE SEEKING:
Parents of Teens interested in joining a newly formed Parent Advisory Board, please contact the FRC for information.
Child Care Needed - Many military families are in need of quality child care. If you would like to offer your services give us a call at 339-8654 so we can put you on our "Caregivers List." This list is available to all parents on request. Rates charged are up to the caregiver.

Moving or Spring Cleaning? For our child care program we are in need of large area rugs, indoor and outdoor toys and equipment, it, shelves, tables, chairs, storage containers, paint, easel chalkboard, tricycle, swings, puzzles, games, tapes and books. Donations of these articles would be appreciated. They can be dropped off at the FRC or call for

pick up at 339-8654.

Non-Canadian Spouses - Moving to a new country with a different culture, far away from family and friends, can be a difficult transition. If you would like to be involved in starting a group for non-Canadian spouses call Mara at the FRC 339-8654. We would like to know how this group could best meet your needs.

Active Leisure Group - We are currently looking for people interested in some active leisure such as tennis, walking, cycling, etc. Now that the weather is getting warmer (and dryer) it is time to think about getting out! We are currently looking at Tuesday morning as a possible time so that parents with children may participate in the current childminding at the Community Centre. Anyone interested and/or with ideas for an activity call the FRC at 339-8654.

To ensure minimum participation registration is required for all workshops.

TEEN ACTIVITIES

Wednesdays 6:30 - 8:00 p.m. Sports Night in Base Gym

Thursdays 6:00 - 8:30 p.m. Video Night at Family Resource Centre

Fridays 7:00 - 11:00 p.m. Dance at Community Centre next to Canex.

For more information on Teen events contact Jennifer at 339-8655.

All Services / Workshops / Groups are confidential.



By Carolyn Haight

Tired of the traditional Easter meal? Celebrate this year with a Ukrainian feast!

Ukrainians are best known for delicately painted eggs and hand-worked tablecloths. But these are just two examples of their fine craftsmanship. Once you try Ukrainian cuisine you'll find it is of no less quality (nor lacking in quantity!).

Easter is a special day for Ukrainians. A huge feast is prepared (after forty days of Lent, what better way to celebrate?), and favourite foods such as holubtsi, perogies, and Easter baba are served. Then to complete the day, surrounding friends and relatives are invited over.

One would need the space of a book if all the foods of a Ukrainian Easter buffet were to be included. The recipes that follow are a small sampling of this excellent cuisine, not to mention some personal favourites.

Happy Easter, and be sure to have an abundance of food, hospitality, and conversation to make your Ukrainian feast authentic.

Fresh Garden Salad

2 cucumbers
1/2 cup white vinegar
1/2 cup water
1 tsp. salt
12 cherry tomatoes, sliced into circles

1 small green pepper, sliced thin
1 small sweet onion, peeled and sliced

1 T. chopped parsley to garnish
Peel cucumbers and slice crosswise. Combine vinegar, water and salt. Pour over cucumbers and marinate at room temperature for 2 hours. Drain.

reserving one tablespoon of marinade. Add remaining vegetables and reserved marinade to cucumbers. Toss lightly, then chill. To serve, arrange on salad plates and garnish with parsley. Makes 4 servings.

Note: Red peppers may also be added if desired.

Smothered Green Peas

2 10-oz. pkgs. frozen peas
1 tsp. salt
2 cups boiling water
1/2 cup sour cream
1 tsp. dillweed
2 T. melted butter or bacon drippings

2 T. flour
1/4 tsp. pepper
1 T. chopped parsley

Add peas and salt to boiling water. Cover, remove from heat, and let stand 10 minutes, then drain. Combine sour cream, dill, butter, flour, pepper and parsley. Mix well, add to peas, and cover. Cook over medium-low heat 10 to 15 minutes or until tender, stirring occasionally. May be garnished with croutons. Makes 4 to 6 servings.

Bread Holubtsi

Beet leaves, washed and patted dry

Bread dough
Take bread dough the size of a large walnut and place it in the middle of the beet leaf. Roll up and place in a greased cake pan. You can put in two layers. Let rise about an hour. Bake at 400° F. for 30 - 40 minutes.

Cream Sauce

1 cup green onion tops (about three large green onions) chopped
1 qt. whipping cream
Combine onions and cream in saucepan. Simmer until onions are soft. Pour over baked

holubtsi.

Perogies

Dough #1

4 cups flour
1 1/2 cups warm water
1 tsp. salt
1/2 cup butter or margarine, melted

Mix flour and salt in large bowl. Add warm water and mix together until a slightly sticky dough is formed. Roll out very thin on a floured surface and cut into 3-inch rounds. Place filling a little to one side of round and seal edges by folding dough over, moistening with water, and pressing closed with fingers. Drop into boiling water and cook until perogies float (3 - 4 minutes). Lift out with perforated spoon.

Dough #2

2 cups all purpose flour
2 eggs
1/2 tsp. salt
1/3 cup water

Mound flour on bread board and make a well in center. Drop in eggs, salt and water. Working from center to outside, mix flour into liquid in center with one hand and keep flour mounded with the other. Knead until dough is firm and well mixed. Cover and let rest for 10 minutes. Roll out very thin and proceed as in Dough #1.

Note: Make sure dough isn't too dry or a seal will not form. Also, if freezing, place perogies on a cookie sheet, making sure they do not touch, and partially freeze before putting into freezer bags or they will stick together.

Perogie Fillings

Potato Filling (2 cups)

1/2 cup chopped onion
2 T. margarine
1/2 tsp. salt
1/4 tsp. pepper

1/4 cup sour cream
1/2 tsp. garlic salt
Sauté onion in margarine until soft. Stir in salt, pepper and garlic salt. Combine sour cream with potatoes, then mix together with onion mixture.

Note: 1/2 cup cheddar cheese may be added to mashed potatoes while they're still hot, if desired.

Sausage Filling (2 cups)
10 ounces Ukrainian sausage, skinned and chopped
1/2 cup grated cheese or chopped mushrooms
1/4 cup fine dry bread crumbs
1 egg

Combine all ingredients thoroughly.

Roast Loin of Pork

2 T. flour
1 1/2 tsp. salt
1 tsp. dry mustard or caraway seed

1/2 tsp. sugar
1/4 tsp. pepper
1/4 tsp. sage
1 pork loin roast (4 - 5 lbs.)

Topping
1 1/2 cups applesauce
1/2 cup brown sugar
1/4 tsp. cinnamon
1/4 tsp. mace
1/4 tsp. salt

Mix flour, salt, mustard, sugar, pepper and sage. Rub over surface of meat. Set meat fat side up in roasting pan. Roast for 1 1/2 hours at 325° F. For topping, mix applesauce with brown sugar, cinnamon, mace, and salt. Spread on top of meat. Roast about 45 minutes longer, or until done. 8 - 10 servings.

Easter Baba

(1 Large Loaf)

1 cup milk
3 1/2 cups all purpose flour

2 pkgs. active dry yeast
1/4 cup lukewarm water
2/3 cup sugar
2 tsp. salt
15 egg yolks
1 tsp. vanilla
1/4 tsp. almond extract
1/2 cup melted butter

3/4 cup mixed chopped candied citron and orange and lemon peel
1/2 cup chopped almonds
1/3 cup raisins
blanched almond halves
fine dry bread crumbs

Scald milk and pour into a large bowl. Slowly add 3/4 cup flour to hot milk and beat thoroughly. Cool. Dissolve yeast in lukewarm water 5 minutes. Add to cooled milk mixture and beat well. Cover and let rise until doubled (about an hour and a half). Add salt to egg yolks. Beat until thick and lemon-coloured (5 minutes).

Add remaining sugar and extracts, and continue beating. Combine egg mixture with milk mixture, beating thoroughly.

Add remaining flour and mix well. Knead 10 minutes in bowl. Add butter and continue kneading 10 more minutes or until dough leaves fingers. Add candied peel, almonds and raisins; knead to mix well. Let rise until double in bulk. Punch down and let rise again. Generously grease a 12-inch fluted tube pan. Press almond halves around sides and bottom of pan. Coat with bread crumbs. Punch down dough and put into prepared pan. Let rise until dough fills the pan (about 1 hour). Bake at 350° F. for 50 minutes or until hollow sounding when tapped on top.

ARAF Promotion



The ARAF Ft Comd, Maj R.V. Preus, presenting Cpl Maureen Hillis with her hooks. Cpl Hillis is an Admin Clerk at R&D. Way to go, Maureen!

WO & Sgt's Mess April 1993 Calendar

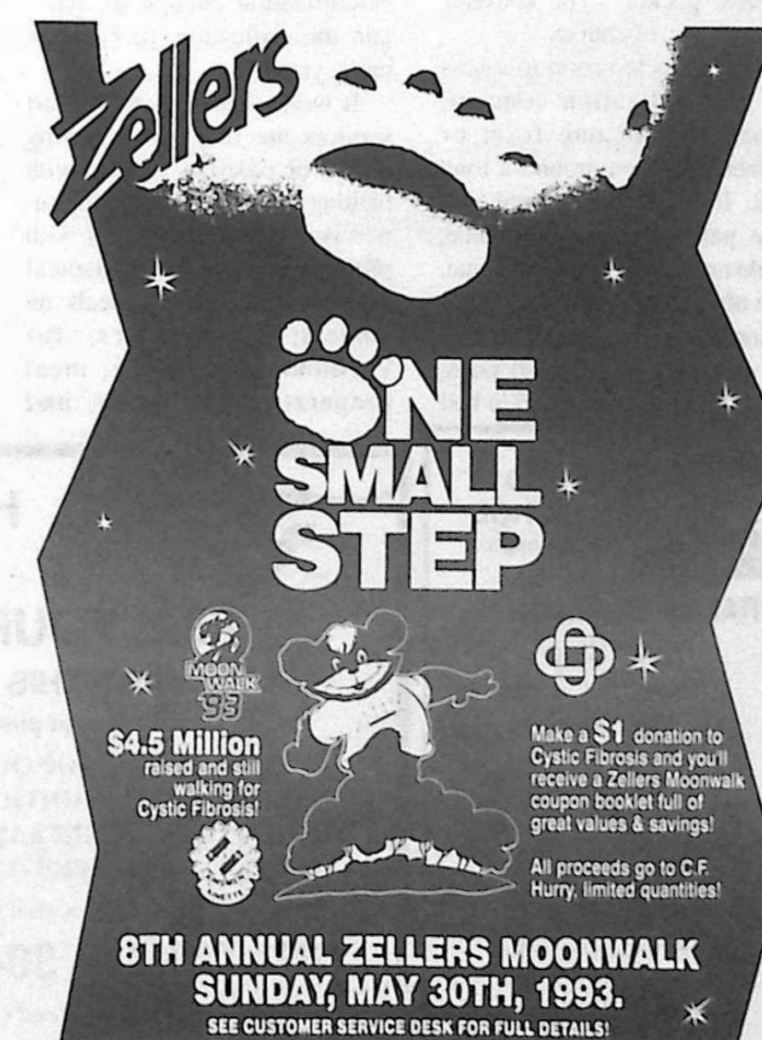
Monday 12 Apr.....Wives Club Meeting, 1900 hrs
Friday 16 Apr.....TGIF, Submarine Sandwiches
Saturday 17 Apr.....Jazz Night, Desperation Jazz Band
Food - Whole Roasted Pig
Tuesday 20 Apr.....Golf Day
Friday 23 Apr.....TGIF, Chicken & Chips
Monday 26 Apr.....Cut off date for Associate Luncheon tickets
Thursday 29 Apr.....Associates Luncheon
Friday 30 Apr.....Sportsman's Bingo, flyer to follow

Zellers Moonwalk

Zellers Store is joining in the fight against Cystic Fibrosis. It is sponsoring its 8th Annual "Moonwalk" on Sunday 30 May starting at 10:00 a.m. The walk is 10 km over a scenic route starting and ending at the Comox Marina Park. The Cystic Fibrosis Chapter and Zellers are encouraging anyone and everyone to pick up pledge sheets at Zellers Service Desk and join in the fun. There will be several pit stops along the way for rest and refreshments. Prizes will be awarded.

Cystic Fibrosis is a life-threatening genetic disease for which there is no cure. It claims the lives of more children than any other disease. Medical/Scientific research has provided advances in treatment and care has improved quality of life and life expectancy of C.F. victims.

Comox resident, 5-year-old Amy Macpherson and her family will be making the walk and hope to see lots of people come out and help by getting pledges and walking.



\$4.5 Million raised and still walking for Cystic Fibrosis!

Make a \$1 donation to Cystic Fibrosis and you'll receive a Zellers Moonwalk coupon booklet full of great values & savings!

All proceeds go to C.F. Hurry, limited quantities!

8TH ANNUAL ZELLERS MOONWALK SUNDAY, MAY 30TH, 1993.
SEE CUSTOMER SERVICE DESK FOR FULL DETAILS!

Health & Fitness

Nurse launches health promotion column

Also appears as nationwide radio host



Gail Dal-Santo, RN

Gail Dal-Santo, RN, a Vancouver Community Health Nurse, has added a new dimension to her practice—she's now a health writer and radio personality.

Dal-Santo is the author of "Taking Care of Yourself", a new health promotion column which will make its debut in the week beginning March 22nd. The column will be distributed to newspapers throughout British Columbia.

Dal-Santo also hosts a radio feature, "Taking Care of Yourself", which airs weekly on Broadcast News, a syndicated radio network with more than 400 stations across Canada.

The newspaper and radio features are produced by the Registered Nurses Association of

B.C., which has more than 35,000 members.

"There are a lot of very major changes going on in health care today," Dal-Santo said, when interviewed about her column.

"At the core of most of these changes is the philosophy that people should be taking more responsibility for their own health—both their own individual health and the health of their families and communities.

"I welcome this change in emphasis in health care. And I hope that through my columns, people will be able to find more ways in which they can empower themselves."

Dal-Santo is well qualified to write about health promotion. She graduated with a Masters of Science in Health Care and Epidemiology from the University of British Columbia and she has a wealth of practice experience.

She has been employed with the Vancouver Health Department since 1969. In this capacity, she has specialized in community health nursing and in counselling patients dealing with stress management, smoking cessation, and alcohol and drug abuse. Dal-Santo has also worked in private practice as a counselor. As well, she practiced as an acute care hospital nurse at Montreal Children's Hospital, and Royal Jubilee Hospital in Victoria.

The importance of hope

What is hope? And what keeps it alive?

Some people lose all hope when they are diagnosed with cancer. Others do not. What makes the difference? And does it matter?

While doctors and nurses can't measure hope, they know it makes a difference when their patients are dealing with cancer. Hope can improve people's quality of life, their ability to cope with disease, their response to treatment and even the outcome of their disease.

If you have cancer or another life-threatening illness, here are a few ideas that you might find helpful. They came directly from patients of mine who've lived with cancer and from people in cancer support groups.

The most important thing I've learned is that hope is an attitude developed within yourself. No-one else can take hope away or give it to you. While others can help to nurture your hope and keep it alive, it is finally your own responsibility.

You don't need to deny the reality of your situation to be hopeful. Instead, having hope means staying in touch with an inner part of yourself that helps you to cope with your situation no matter how tough it might be.

As one of my patients said to me: "You can't stop living just

because you have cancer! My friends seem to think I should accept the verdict. But I don't know what that really is. I don't want to take the standard way or act as expected because I have cancer. Each day is a new experience for me and I'm going to make the best of it."

Support groups can be enormously helpful in nurturing hope. In 1980 six patients with terminal cancer joined together to explore forces that would make their life worth living. They found what they needed and in the process began the HOPE Cancer Health Centre in Vancouver. You can reach the Hope centre at 732-3412. Or ask a community health nurse or hospital social worker about support groups in your community.

DON'T base your hopes or fears on statistical information concerning your illness. Statistics are about other people. Your chance of survival depends on many factors, both known and unknown. You may beat the odds!

Nurture hope on your own by developing a healthy routine. Relax, clear your mind of negative thoughts, eat well, get fresh air, exercise and enough sleep.

Stay close to those you love and tell each other what matters the most.

info health

Dr. Bob Young



Food Allergies

"I don't see anything on this menu that I can eat. I'm loaded with food allergies. I have to pick my food very carefully," or, "Doctor, do you think I feel this way because of a food allergy?"

Many patients, and a good number of doctors are confused about food allergies. About one person in four (some surveys show) claims to be allergic to one or more foods. The true number of adults is really one or two in 100, in children perhaps as high as six or seven per 100. Some patients have difficulty believing this.

One reason for the confusion is inaccurate use of the word allergy. It is often, incorrectly, equated with food intolerance. Food intolerance is the result of a number of defects in digestion and other body functions, none of which are due to allergic or other hypersensitivity reactions. In-

tolerance, rather than allergy, accounts for the majority of symptoms caused by foods.

Having said this, it must be stressed that true food allergies are an important cause of illness in some people. The most common culprits are nuts, wheat, soybean products, eggs, cow's milk, and shellfish, and most reactions are due to exposure to one of these items.

The skin, lungs, and digestive tract are commonly affected. Itching, rashes, wheezing, nausea, vomiting and bloating are frequent symptoms. There may be more general symptoms such as fatigue, headache and irregular pulse.

Most dramatic, and by far the most dangerous, is anaphylactic shock, a total body response to the food. Tissues swell, breathing is difficult, blood-pressure plummets, shock occurs and the heart

may stop. A truly frightening medical emergency that can develop within minutes. It can be reversed if help is at hand.

The onus is on the patient to inquire about food content when eating in restaurants or at friends. This, and reading labels (which are not always that helpful) is about the only available protection—admittedly not much.

Most people quickly learn which foods to avoid, and probably do not care whether their illness is due to allergy or intolerance. An occasional patient is convinced that most of their ills are due to food "allergy." Their stories are usually inconsistent. They have a different "allergy" every week; the food that is blamed in May is enjoyed with gay abandon in June.

The patient who claims 30 or 40 food allergies probably really has none—but they sure can be fussy about what they eat!

Home Care

Commendable, I am sure, are recent attempts to decentralize health care. Two levels are readily identifiable. The first is the move, in several provinces, to provide more health care at home, less in hospitals and other institutions. The second is the transfer of health care spending decisions to local regions from the central health ministry.

The goal is to save money, or at least to have it come from a different pocket. The taxpayer will still pay, of course.

While it is too soon to assess the regionalization concept, home care, in one form or another, has been around a long time. It has a lot of appeal, and most patients, given a choice, would rather be cared for at home.

It often works. If the invalid is reasonably competent mentally, has control of bodily functions, does not have to be turned in bed

every two hours, is able to eat, has simple medication and physical treatment requirements, and is not constantly demanding attention.

It can work. If the care-giver is comfortable in a nursing role, doesn't have to work outside the home, is strong and in good health, is prepared to give up most social contacts and outside activities, has family willing and able to help, and has patience and determination enough to maintain the dedication, perhaps for many years.

It works better when support services are in place. Visiting nurses or orderlies to help with bathing, skin care, medication supervision, communication with physicians, and other medical aspects of the case. Meals on wheels; homemakers, for vacuuming, cleaning, meal preparation, shopping, and

respite for the care-giver, and just for socializing, also help.

For many, home care is difficult. The patient feels guilty, the spouse feels trapped. The outside help, at first provided to expedite discharge from hospital or institution, often diminishes or disappears quickly after the initial flurry. Funding dries up and assistance with it. The disease progresses and requires more care. The care-giver ages, gets tired, or also gets sick. Friends, and even close family, drift away.

And somewhere the planners, the organizers, the supervisors, and especially the politicians are congratulating themselves (and reminding the public) about what a good job they are doing, and how much money has been saved.

Home care is a noble idea, and should be encouraged. But let's not fool ourselves into thinking it is simple. Or cheap.



DAVID H. NICHOL
Manager

BRAIDWOOD FINANCIAL

One Stop
Financial Centre
PHONE: 338-2715
FAX: 338-2716

204 ISLAND HWY, NORTH
COURTENAY, BC
V9N 3P1

OPEN FOR RRSPs
Saturday 27-9-5
Sunday 28-9-4
Hours of Operation
Monday to Friday 9-5
Saturday 9-4

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 Locally Owned and Operated
Out of town customers call collect! Head Office - Victoria

Sports & Recreation



Glacier Greens

By Rose McCliesh

Some very good scores were posted and coming out on the top for the much coveted Low Net trophy was Doug Cull, winning on a count back with a 64 net.

2nd L.N. - John Holley, 64 Net

3rd L.N. - Bill Krier, 65 Net
1st L.G. - Wally Berger, shooting a 75.

K.P.'s - Nick Mykitiuk and Bing Shearer.

Upcoming Events

Glacier Greens Srs. Opening (18 Holes) - 15 Apr 93
Friday Night Mixed Startup - 16 Apr 93

CFB Comox Men's Ball Hockey Meeting

A meeting will be held 13 Apr 93 at 1100 hrs. in the Rec Centre Conference Room for all personnel wishing to try out for CFB Comox Men's Ball Hockey Team. Regionals are 9-14 May at CFB Det Nanaimo. Come out and help defend our title. For more info contact Mil Sports Section, local 8543 or 8783.

Intersection Fastball Meeting Amendment

Due to the parade on 1 Apr, this meeting will be held on 13 Apr 93 at the Base Rec Centre. All team reps are encouraged to attend. Volunteers are required for League President, Vice-President & Statistician.



Softball Umpires

Comox Valley Softball Umpires Need You

Pre-season meeting - 19 April, 7:30 p.m., Arbutus Hotel Meeting Room. All interested please attend. Level 1/2 Pre-season Clinic - 25 April. For details contact Gord Kruger, Umpire-in-Chief, 339-4389.

24-Hour Sportathon Kicks Off at Wing Gym

On Friday 30 April through Saturday 1 May, approximately 40 dedicated Comox Valley "athletically minded" citizens from all walks of life will partake in a 24-Hour Sportathon to raise funds for the B.C. Children's Hospital (Miracle Telethon) and for our local CRA. This will be the second consecutive year in which this special and very worthwhile event takes place. This year, 19 Wing is a big supporter. Two energetic Wing members will be among those sweating for the cause. Capt Chris MacArthur of the Construction Engineering Flight and Cpl Judith Arsenault of Wing Supply will jump, swing, run and generally try to last the 24 hours. As well this year, commencing at 2100 hours on Friday 30 April, the Wing Gym will be the site of the first series of events. Activities are scheduled to go on in the gym until about 0500 hours on the morning of Saturday 1 May.

Watch for the pledge forms and watch for the sportathon throughout the community. Everyone will benefit.

1993 Sportathon Schedule 30 April - 1 May 1993

Time	Activity	Location
9:00 - 10:15 p.m.	Pickle Ball	CFB Rec Centre
10:15 - 11:30 p.m.	Volleyball	"
11:30 p.m. - 12:45 a.m.	Floor Hockey	"
1:00 - 1:30 a.m.	Lunch Break	"
1:30 - 3:30 a.m.	Badminton	"
3:45 - 4:45 a.m.	Tai Chi or Basketball	"
5:00 - 6:00 a.m.	Pool Aerobics/Sports	C.V. Sports Centre
6:30 - 7:00 a.m.	Breakfast	Longlands Par 3 Golf
7:00 - 9:00 a.m.	Golf	"
9:00 - 10:00 a.m.	Lewis Park Fun Run	Lewis Park
10:00 - 11:30 a.m.	Lawn Bowling	"
11:30 a.m. - 12:00 noon	Lunch	A&W Courtenay
12:00 - 1:30 p.m.	Slo Pitch	Lewis Park
1:30 - 3:30 p.m.	Bike Tour of Courtenay	Courtenay
3:30 - 4:00 p.m.	Snack Break	T.B.A.
4:00 - 5:15 p.m.	Flag Football & Soccer	Vanier High School
5:15 - 6:00 p.m.	Shower Break	CRA Lewis Centre
6:00 - 7:00 p.m.	Billiards	Chalky's Billiards
7:00 - 8:00 p.m.	Dinner Break	Filberg Seniors Lounge
8:00 - 9:00 p.m.	Dancing	Filberg Centre

Inter-Section Curling

The 1992-93 CFB Comox Intersection Curling League came to a conclusion on Friday 26 Mar with a season ending bonspiel. This year, 16 Intersection, 2 RCMP, 1 WO & Sgts Mess and 1 combined team, for a total of 20 teams, participated in the league. The league was split into two divisions with one curling at 3 p.m. on Tuesdays and the other curling on Thursdays at 3 p.m.

Supply #2, consisting of Wally Berger, Jim Bostock, Jim Sulak and Bill Chiki, won the grand aggregate award. In the playoff round, Supply #2 won the AEvent trophy, while Supply #3, consisting of Fred Kennedy, WO Reg Lavoie, MCpl Judy Brown, Major B. Pipe, and Karl

Cameron, won the B Event plaque. The C Event plaque was won by BEME, consisting of nine different curlers.

Fourteen teams participated in the Wrap-up Funspliel on 26 Mar. Each team curled three six-end games using the European scoring system. The first draw started at 0830 hrs. and the last draw was completed by 1530 hrs. The combines, skipped by Darryl Hutmacher, defeated Base Fire Hall #2, skipped by Fred Mason, to win first place. Base Fire Hall #1, skipped by Sgt J. Powers, defeated BEME #2, skipped by Sue Powers, his wife, to take second place. (She took a five-ender on him!) BTelO #1, skipped by MCpl Dale Horwill,

took third place. The second Most Sportsmanlike Team was won by BAMSO #2, skipped by Capt Dave Grimshire. The Most Sportsmanlike Team was won by BFoodsO, skipped by Sgt George Cross.

At 1545 hrs. presentations were made to all Funspliel winners and playoff trophy winners. Unfortunately there are no pictures available as this writer, the organizer, forgot to get a camera for the occasion.

Capt Rod May from the Base Fire Hall has volunteered to organize next winter's Intersection Curling League. Notices should be coming out in early September for an Intersection Curling meeting.

Comox Glacier Wanderers

We also invite you to join us each Saturday at 9 a.m. for a 10 km Volkswalk in and around Comox. We start from the Port Augusta Motel and at the finish of the walk, take time to have coffee with us. Info 339-4145.

Or join us each Sunday at 9 a.m. for a 10 km Volkswalk in and around Courtenay. We start and finish at the Arbutus Hotel where you are welcome to join us for coffee. Info 338-9052.

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.

Golfers! Golfers!

At Glacier Greens G.C.,
Price is Just the Beginning!
Not Only Do We Guarantee
to Match Any Price in the Valley,
But Come See Our Service!

We Offer FREE Clubfitting
With All Club Purchases

We Offer a FREE Lesson
With Every New Set Purchased
And

We Offer No Hassle Warranties
Come See the Difference at

Scott Fraser Golf Shop
Glacier Greens Golf Course

Junior Ranks Mess

April 1993 Calendar

Thursday 08 Apr.....TGIT Euchre (food will be served)
Followed by DJ
Friday 09 Apr.....CLOSED (Good Friday)
Friday 16 Apr.....Comedy Night
\$5 members, \$7 non-members, food and DJ included
Advance tickets by cash or acquaintance roll at Mess office
Friday 23 Apr.....407 Sqn "International" party
(Marcot exercise closing party) Open to all ranks
Saturday 24 Apr.....Comox Valley Ski Club dance
Friday 30 Apr.....Casino Night Prizes, food and music

NEXT DEADLINE
19 APRIL

NEXT DEADLINE
19 APRIL - NOON

Public Announcements

C.V. Amateur Radio Club

The Comox Valley Amateur Radio Club holds monthly meetings the fourth Thursday of every month at the Kin Hut in Courtenay. All amateurs and prospective amateurs are welcome. For more info contact Dave Grimshire, local 8484, or the club repeater VE7 RCV, 147.91/31

Library Hours

(Library is located in Bldg. 10 next to Accommodations)
Monday 6-9 p.m.
Tuesday 11 a.m. - 1 p.m. & 6-9 p.m.
Wednesday 6-9 p.m.
Thursday 11 a.m. - 1 p.m. & 6-9 p.m.
Friday 11 a.m. - 1 p.m.
Saturday 1-4 p.m.
Sunday 1-4 p.m.

Dependant Use of Base Gym Facilities

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

Take Off Pounds Sensibly

TOPS #BC3454, Lazo, meets every Wednesday at the Base Rec Centre at 6:30 p.m. For information call Wendy at 339-9851 or Elaine at 338-1200.

Motion Commotion Aerobics & Step

Mon. Wed. Fri. 9:30 - 10:30 a.m. - AEROBICS
Tues. Thurs. 6:45 - 7:45 p.m. - STEP

In the Studio at the Base Gym. Dependents and Military welcome! For more info call Wendy at 339-5620.

Are you posted to CFB Shearwater?

We are looking forward to your arrival. The CFB Shearwater Community Resource Centre will help you get settled in your new community.

We invite you and your family to contact or visit our Centre. We have many programs, some of which are highlighted below, which can help you find information you may need to get settled in, meet other members in your new community and more! Give us a call or drop in to:

CFB Shearwater Community Resource Centre
Hampton Gray Memorial Centre, Bldg. 14
CFB Shearwater, NS
B0J 3A0
Direct Telephone: (902) 466-1885

Autovon: 479-1885
Office Hours: 8 a.m. - 4 p.m.
Monday to Friday

PROGRAMS & SERVICES
Child Care Registry
Welcome to Shearwater Program

Parents & Tots
Parents & Tots - Francophone Career Network
Youth Program
Francophone Program
Information & Referral
Partner Support Network

Avis

Groupe de soutien pour familles francophones centre sur l'étude de la parole de Dieu. Rencontre tous les mercredi de 1900 - 2030. Pour information contacter Alain Dinel 339-6998

T-Ball Registration

The Wallace Gardens Community Council is now organizing a T-Ball league for the Spring 1993 season. Boys and girls aged 5-7 years are encouraged to play in this sport where the emphasis will be on participation and fun.

Registration will take place at the Canex Building on Saturday 17 April from 11:00 a.m. to 3:00 p.m. Cost: PMQ Association members - \$20.00 first player, \$15.00 each additional player. Non-members - \$25.00 first player, \$20.00 each additional player.

For the success of this program parental commitment of 2 games for the season will be needed. Interested players should have parents contact LS Allen Ross at local 8529 or home 339-4879.

Easter Parade Route

Begins at Arena Parking Lot at 10:00 a.m. Cost is Free to families belonging to PMQ Association, \$5.00 per family for non-members. Please bring your Association Cards with you.



Ladies Auxiliary

Br. 160 Comox Legion
Saturday 8 May, 1-3 p.m.
(Upper Hall)

Mother's Day Tea

Bring your mother out for a nice treat. Tea - \$3.00

PMQ Association Easter Activities

10 April 1993, 10:00 a.m. at Airport School For all PMQ Association members, your children, from toddlers to 12 years old, are invited to participate in the following Easter activities:

Bicycle Decorating and Parade Colouring Contest (please bring your crayons)
Easter Egg Hunt
Awards Presentation

Remember, start time is 10:00 a.m. We look forward to seeing you.

Support Our Salvation Army Canteen!

NEXT DEADLINE 19 APRIL

BCYCN
BRITISH COLUMBIA
AND YUKON
COMMUNITY
NEWSPAPERS
ASSOCIATION

302

BLANKET CLASSIFIEDS

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers.

TO PLACE AN AD CALL THIS PAPER OR BCYCN AT (604) 699-9222.

\$195 for 25 words

\$3.70 each additional word

AUTO

ENGINES REBUILT from \$995. 5 year 100,000 kms warranty. Bond Mechanical serving B.C. for 27 years. Phone 7 days, 8 a.m. - 8 p.m. (604) 872-0641. Toll-free Mon-Fri 1-800-663-2521.

BEFORE YOU BUY a rebuilt engine, compare quality and service. CANADA ENGINES LTD. IS THE BEST. Cars/light Trucks from \$995. 5 Yr. limited warranty. 580-1050 (24 Hrs/7 Days). 1-800-665-3570.

F-250, 4X4's, Cummins Diesel, Explorers, Rangers, Trucks. Up to \$1500 cash rebate. 'O' down O.A.C. Payments from \$189/month. Phone Grant or Don collect 538-9778.

BUSINESS OPPORTUNITIES

THE FUNDRAISING TOOL OF THE '90's. Imagine purchasing current cassettes for \$7.47, CDs \$14.95 or LOWER. NO GST or PST with Federal Music's program. 1-800-263-1900.

OKANAGAN VALLEY. Commercial Building with Picture Framing Business. (Will Train). 2 BR. Suite, Large Deck, Mountain View. \$159,000. Property Only - \$144,000. Oliver, B.C. (604) 493-0600 or (604) 498-6327.

HOT TUB RENTAL BUSINESS. Everything you need starting at \$2,295. Recover your investment with 10 rentals. Full-time or supplemental current income. Call 1-800-665-1932.

OWNER RETIRING. Towing, Recovery, Storage and Auto Wrecking Business in Golden, B.C. \$85,000. Also Trailer Moving Business. Phone: 344-2288.

BUSINESS PERSONALS

EXCELLENT MLM OPPORTUNITY. Diet! Mag! These herbal tablets helped me lose inches and pounds, curbed appetite and gave extra energy. Month supply \$49.95. (604) 853-5856 after 6 p.m.

EDUCATION

Train to be a "CRM" - Certified Apartment Manager. Many jobs available. Over 2,000 graduates now working. Government licensed home-study course. R.M.T.I. 681-5456 or 1-800-665-8339.

VANCOUVER COMMUNITY COLLEGE is now accepting applications for its Recreation Facilities Management Program and its Recreation Leadership Program. These are two-year career oriented programs at Langara Campus. (604) 324-5276.

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 RENT

BEAUTIFUL BUSTLING BANFF. Retail/office spaces of varying sizes available in the downtown area. Highly affordable rental rates. Establish your business amidst Rocky Mountain splendour in time for our next busy summer. Call Don (403) 762-2655.

FOR SALE MISC.

CONSTRUCTION EQUIPMENT For Sale or Rent. Grader with Snow Wings, Plow Trucks, Sander Trucks, Excavators, Lowbeds, Kenworth Tractors, Backhoes, Loaders, Water Trucks, Dozers, Packers, Bolly Dumps and Pups. Call 1-493-6791.

FOR SALE MISC.

SHEEP SKIN PRODUCTS. Australian Slippers, Boots, Seat Covers, Vests, Coats, Hats, Mitts, Gloves, Rugs. FREE Catalogue. S.A.S.E. 412 East 59th, Vancouver V5X 1Y1. DEALER INQUIRIES INVITED.

SEPTIC TANKS. PUMPOUTS, DISTRIBUTION BOXES, WATER TANKS. New lightweight Polyethylene. Outlasts concrete! Lowest prices. Warranty. Premier Plastics, Delta, B.C. Call for local dealer 1-800-661-4473.

Steel Buildings, All Shapes, All Sizes. Quonset & Straightwall Design. B.C. Factory Outlet. Introductory Discounts, competitive with wood. Free quotes. Western Building Systems (Kelowna) 1-800-565-9800.

PLANT SEEDS INDOORS NOW!! "Grow Your Own Tobacco Kits". \$4.95 - \$2.65 S & H. Kit includes 200 seeds + instructions. Western Water Farms, 103-20120 64 Ave., Langley, B.C. V3A 4P7 (604) 533-9301.

GARDENING

ONE STOP GREENHOUSE SHOP. B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby B.C. V5E 2R1. FREE BROCHURE. Aluminum/Glass or Aluminum/Acrylic S.D.P. Double-walled Greenhouses, Solariums and complete line of Greenhouse Accessories. Telephone (604) 433-4220, Fax: 433-1285.

Hydroponics \$10.95 complete hydroculture kit. Just add plant and water. Cheque/money order. Tropic World, Box 156, O.K.M. Kelowna, B.C. V0H 1S0. Phone: 762-8916, Fax: 764-2032.

HELP WANTED

Water Technicians required to service and sell. \$2,000/Mo. guaranteed plus \$400 vehicle allowance. Training provided. Call Ecowater 1-800-667-4401 or yellow pages. Management Opportunities Available.

FASHION FORTUNE! Fun, Freedom and a Fabulous 45% profit. Become an Independent Distributor selling QUALITY MACHINERY LINGERIE. No initial set-up fee! 1-800-661-3305.

Mt. Washington Resort on Vancouver Island is looking for a reliable Dude String for July, August & September operations. For more information Phone: 338-1386.

PARTYLINE GIFTS - Candies and Accessories. Manage your own business. No Investment. No Deliveries. Excellent Commission and Opportunity. Bonuses, Incentives. Flexible Hours. Phone Candy 1(204)886-3457.

KITCHEN CABINETS

Cabinets 1/2 price. In stock, countertops/vanities also. Kitchen Craft Factory outlet. Cash and carry cabinetware. 4278 Lougheed, Burnaby 298-9277. 1868 Spall Rd., Kelowna, 860-6638. 800 Cloverdale, Victoria 389-1114.

MOBILE HOMES

BEAT INCREASING lumber prices. Custom built modular and mobile homes. Trades welcome. Buy factory direct. Noble Homes (403) 447-3414.

PERSONAL

WOULD YOU LIKE TO CORRESPOND with unattached Christian people across Canada for companionship or marriage? Ashgrove, P.O. Box 205, Chase, B.C. V0E 1M0. Please state age.

PERSONAL

Male impotence easily corrected/prevented. Risk-free trial period. Products now available without prescription. For information, write/call: Performance Medical, Box 418, Valemount, B.C. V0E 2Z0 Toll-free: 1-800-663-0121.

REAL ESTATE

PACKAGE DEAL: One Lakeland Lot and Five 2 Bedroom Condos on the water. Northshore (sunnyside) Shuswap Lake. Possible to own with No Down Payment, I'll carry a \$200,000. 2nd Mortgage at 10% amort. 25 years with 5 year term (\$1,788.97/Mo). Total Price \$400,000. Phone: (604) 837-2349 6-8 p.m. Fax: (604) 837-4499.

SERVICES

Major ICBC motor vehicle injury claims. Joel A. Wener, trial lawyer for 24 years. Call free: 1-800-665-1138. Contingency fees available. Simon, Wener & Adler.

TRAVEL

DOWN UNDER SEAT SALE. Australia R.T. 3/Month, 3/Stop \$1345. Australia O.W. \$849. New Zealand R.T. \$1146. New Zealand O.W. \$799. Cook Island 2/week package \$1517. ANZA TRAVEL 734-7725. 1-800-667-4329.

BED & BREAKFAST DIRECTORY - Monday Publications is compiling a comprehensive, province-wide directory for bed and breakfasts of all sizes. To secure a free listing for your establishment call "B&B" at 382-6188 or FAX 382-9172.

BLANKET CLASSIFIED ADS
An Advertising "Best Buy"

Totem Times Plays Detective

Two and a half years ago on a dark rainy night, someone dropped a box of photographs on the parking lot outside Robin's Doughnuts in Courtenay. The Robin's staff held the box, expecting someone to claim it, but no one came. The box eventually migrated to a back shelf, and there it sat until BJ, our intrepid typesetter, wandered in for a coffee and was asked by a Robin's staff member if we would print some of the photos in an effort to find their owner(s).

So, here they are: can anyone solve the mystery of the "Photos in a Doughnut Box?" Call 339-2541 or 338-0259 to reclaim these obviously important family pictures.



Mystery Picture...1



Mystery Picture...2

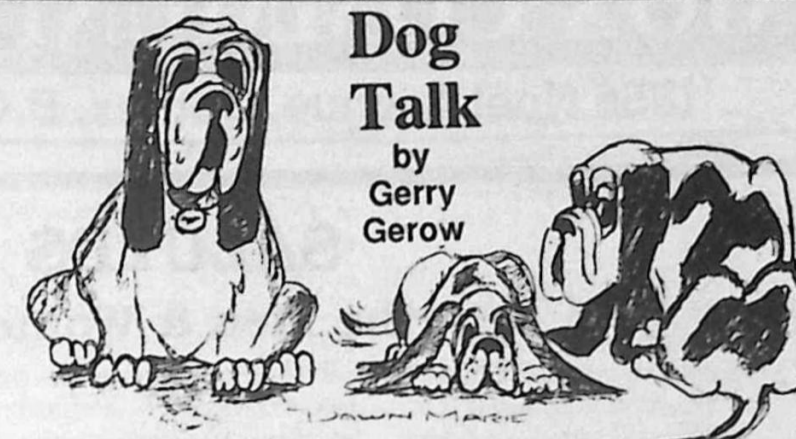
Wallace Gardens Community Calendar of Events

Friday 9 Apr.....Deadline for T-Ball volunteers
Saturday 10 Apr.....Easter Activities for Children
Saturday 17 Apr.....Registration for T-Ball at Canex, 11 am - 3 pm
Saturday 1 May.....Spring Clean up for 50th Anniversary
Let's take pride in our community and support this worthwhile cause.
Tuesday 20 May.....Community Awards Night
Saturday 5 June.....Proposed Date for Spring PMQ Garage Sale

Support your Community and all its Events by becoming a Member of the Wallace Gardens PMQ Association

For further information contact Council Office
Monday - Friday 8:30 a.m. - 12:30 p.m.
Phone 339-8571

On & Off the Base



Dog Talk by Gerry Gerow

Rare Breed

most as many.

Group 6, Non Sporting Dogs, is dominated by the poodles with over 4000 registrations each year. They are followed by the Shih Tzu with 2300, Bichon Frise with 1500, Lhasa Apso with 1200 and the Dalmatians with 1100.

Group 7, Herding Dogs, is a runaway for the German Shepherd Dog with around 7000 registrations each year, and the Shetland Sheepdog with almost 5000.

So, overall we see the most popular dog in Canada has to be the German Shepherd, followed by the Labrador and Golden Retrievers.

Want to get yourself a really rare dog? Well, in the Sporting Dogs try for a Braque Francais, German Long-haired Pointer, a Field Spaniel or a Sussex Spaniel. If your taste runs to Hounds, try and find an English Foxhound. Working Dogs? Go for a Canaan Dog, Canadian Eskimo Dog, a Greenland Dog or a Karelian Bear Dog. If you're into Terriers, try an Australian Terrier, a Norfolk Terrier, or a Skye. Your best chance with the Non Sporting Dogs to be the only one on the block to have one would be the Japanese Spitz. Herding Dogs? Try for a smooth haired Collie, or a Cardigan Welsh Corgi.

A different book this week. "Senior Years," by John K. Hampton, Jr. and Suzanne H. Hampton, Howell Book House, New York, and Maxwell Macmillan Canada, Don Mills, Ont. \$32.50.

The authors both hold Ph.D. degrees, are former professors of biology and have been breeding and exhibiting dogs for almost a quarter century. The book is subtitled: Understand Your Dog's Aging Process.

Many people have a lot of trouble accepting the fact that their pet gets old very quickly in relation to themselves. This book helps one to understand why the various changes take place, and what to expect. I found it to be very deep reading material, but it is well indexed, which makes it easy to use as a reference book. It is just off the presses, so you may have to ask the book store to order it for you.

Last month the Canadian Kennel Club published the statistics on pure bred dog registrations for the last four years. In Group 1, Sporting Dogs, there was absolutely no contest with both the Golden Retriever and Labrador

Retriever breeds accounting for nearly 7000 registrations each. The American Cocker Spaniel comes a distant third with around 3000 dogs registered and the English Springer Spaniel is fourth with about 1200 registrations.

Group 2, Hounds, are led by the Beagle with around 1400 registrations per year. Second place here goes to the Miniature Smooth Haired Dachshund with around 350 per year, followed by the Basset with about the same numbers.

Group 3, Working Dogs, are led by the Rottweiler with over 3000 registrations last year. Next came the Siberian Husky with 1800, the Boxer with 1600 and the Doberman Pinscher with 1100.

There is absolutely no contest in Group 4, Terriers. Over 2000 miniature Schnauzers were registered, with the closest rival being the Airedale Terrier, West Highland White Terrier, and the Soft Coated Wheaten Terrier with around 650 registrations each.

Group 5, Toys, are led by the Yorkshire Terrier with almost 2000 registrations a year, followed by the Pomeranian with al-

The Symphony Returns!

The Victoria Symphony Orchestra is returning to the Valley. On Tuesday 27 April, Comox becomes the site of the first performance in the Symphony's Provincial Spring Tour. The Orchestra, under the baton of Maestro Peter McCoppin, has been described as the artistic gem of Canada's West Coast and is Vancouver Island's largest performing arts organization. Under the efficient management of Stephen Smith, the Symphony celebrated its 50th Anniversary with the elimination of its longstanding accumulated deficit. The Orchestra has long term plans to maintain financial stability by enlarging audiences, expanding donation support, coupled with innovative fundraising projects and tight expense management. As part of this ongoing challenge they are exploring many areas of artistic development.

The programme will include the popular Rossini overture, "The Italian in Algiers," the "Violin Concerto" by Mendelssohn, and "Symphony #4" by Beethoven.

The soloist for the Violin Concerto will be American-born

Courtenay Youth Music Centre presents

The Victoria Symphony

Peter McCoppin - Music Director
Nancy DiNovo - Violin

Tuesday, April 27th
8:00 p.m.

Comox Recreation Centre
Noel Avenue, Comox
All tickets \$20.00



violinist Nancy DiNovo who will be making her second guest appearance with the orchestra. Ms. DiNovo, who is a graduate of the University of Toronto, has taught at Tanglewood and is presently on the faculty of Capilano College.

This evening promises to be most enjoyable in pleasant surroundings. Comox Recreation Association is very pleased with its centre which features acoustic baffling for sound improvement, a special floor covering for multi-

purpose use, and a full lounge for comfort. CYMC will license a bar to serve refreshments during intermissions.

All tickets will be \$20.00 and may be purchased at the following outlets: Blue Heron Books, Comox Recreation Centre and Bop City Records in Comox; Clarion Books & Records and the Bookshelf, Courtenay; The Sound Station in Campbell River; and the Chamber of Commerce, Cumberland.

COMOX COMMUNITY CENTRE

1855 Noel Avenue, Comox, B.C. (339-2255)



SALUTES
the Men & Women
of

C.F.B. COMOX

on your 50th ANNIVERSARY



Opening Soon

THE
FITNESS
STUDIO



RULES AND REGULATION for THE FITNESS STUDIO

The following rules must be adhered to or
privileges will be revoked

- ALL PARTICIPANTS MUST COMPLETE THE FITNESS STUDIO ORIENTATION SEMINAR BEFORE UTILIZING THIS FACILITY.
- NO ONE UNDER THE AGE OF 15 IS ALLOWED IN THE FITNESS STUDIO. JUNIOR PARTICIPANTS AGED 15 - 18 YEARS MUST BE ACCOMPANIED BY AN ADULT. MAXIMUM RATIO IS 2 JUNIORS TO ONE ADULT.
- SIGN IN AT THE FRONT DESK AND SHOW YOUR CARD EACH AND EVERY VISIT.
- PLEASE WEAR PROPER CLEAN ATHLETIC FOOTWEAR IN THE STUDIO. NO STREET SHOES OR BARE FEET.
- PLEASE BRING A TOWEL WITH YOU. SHIRTS MUST REMAIN ON AND NO MUSCLE SHIRTS ARE ALLOWED.
- PLEASE CLEAN YOUR STATION AFTER EACH USE WITH STUDIO CLEANSER AND TOWELS.
- DO NOT DROP OR SLAM WEIGHTS TOGETHER.
- ALL PARTICIPANTS SHOULD WORK OUT WITH A PARTNER. REMEMBER THIS IS AN UNSUPERVISED EXERCISE AREA.
- ALL SCHEDULED PROGRAMS TAKE PRIORITY OVER DROP IN USE.
- DO NOT OPEN THE FITNESS STUDIO EXIT DOORS EXCEPT IN AN EMERGENCY SITUATION.

THE FITNESS STUDIO AT THE COMOX COMMUNITY CENTRE

1855 NOEL AVE. COMOX B.C. V9N 4X4 PHONE: 339-2255

WHAT DO WE HAVE?

- | | | |
|----|-------------------------------|------------------|
| 2 | Next Step StairClimbers | |
| 4 | Preference Heart Rate Trainer | |
| | Bicycle Machines | |
| 1 | Pacesetter Treadmill | |
| 10 | APEX Machines: | |
| | - Leg Press | - Bicep Curl |
| | - Leg Extension | - Vertical Row |
| | - Leg Curl | - Pec Dec |
| | - Back Extension | - Shoulder Press |
| | - Bench Press | - Abdominal |

OPEN 7 DAYS A WEEK

MONDAY - FRIDAY	8:00 am - 10:00 pm
SATURDAY	9:00 am - 10:00 pm
SUNDAY	9:00 am - 9:00 pm

DROP IN RATES

ADULTS.....	\$3.20/person inc. GST
SENIORS (65 yrs. +).....	\$2.14/person inc. GST
JUNIORS (15 - 18 yrs.).....	\$2.14/person inc. GST *

* MUST BE ACCOMPANIED BY AN ADULT

STUDIO PUNCH CARDS (10 visits for the price of 9 Drop Ins)

ADULTS.....	\$27.00+ GST = \$28.90
SENIORS (65 yrs. +).....	\$18.00 + GST = \$19.25
JUNIORS (15 - 18 yrs.).....	\$18.00+ GST = \$19.25 *

* MUST BE ACCOMPANIED BY AN ADULT

MONTHLY PASS CARDS

Unlimited use when The Fitness Studio is unscheduled

ADULTS	1 month	=	\$30.00 inc. GST
SENIORS	1 month	=	\$30.00 inc. GST
* JUNIORS	1 month	=	\$30.00 inc. GST

ADULTS	6 months	=	\$60.00 inc. GST
SENIORS	6 months	=	\$40.00 inc. GST
* JUNIORS	6 months	=	\$40.00 inc. GST

ADULTS	12 months	=	\$100.00 inc. GST
SENIORS	12 months	=	\$65.00 inc. GST
* JUNIORS	12 months	=	\$65.00 inc. GST

* MUST BE ACCOMPANIED BY AN ADULT

Valid for chosen time period from date of purchase.

On & Off the Base



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Fri 16 Apr.....Music by Wylie & the Other Guy
Fri 23 Apr.....Music by Frontiersmen

REGULAR ACTIVITIES

BINGOS.....Thursdays, Fridays & Sundays at 7:00 PM
MONDAY.....FUN EUCHRE
TUESDAY.....PUB DARTS
WEDNESDAY.....FUN CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & MONEY DRAW AT 5:30 - 7:30 PM
SATURDAY.....FUN BRIDGE AT 11:00 AM

EVENTS

SPORTS

"MORE PLAYERS WELCOME"
Phone 334-4322 (days) for more information

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

Dress Code in effect 8 PM Fri & Sat

Building is Handicapped Friendly

BRANCH 160 COMOX
339- 2022

ENTERTAINMENT

Fri 9 Apr.....Music by Eldorado
Fri 16 Apr.....Music by Wild River
Fri 23 Apr.....Music by Shaboom

REGULAR ACTIVITIES

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 PM
MONDAYS.....L.A. Drop-In Bingo, Upper Hall, 7:00 PM
Men's Dart League, Recessed until Sept '93
TUESDAYS.....Ladies Crib League, Lounge, 7:30 PM
Mixed Dart League, Upper Hall, 7:30 PM
WEDNESDAYS.....Navy League Drop-In Bingo
Upper Hall, 7:00 PM
Comox Valley Men's Crib League, Recessed until Sept '93
THURSDAYS.....* 1st Branch Exec. Mtg. Upper Hall, 8:00 PM
L.A. Executive Meeting (as required)
*2nd L.A. General Meeting, Upper Hall, 8:00 PM
*3rd Branch General Meeting, Upper Hall, 8:00 PM
FRIDAYS.....TGIF in Lounge
Meat Draws in Lounge, 2:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 2:00 to 6:00 PM

FRIDAY KITCHEN SPECIALS

Fri 16 Apr.....Roast Turkey with all the Trimmings \$6.50
Fri 16 Apr.....Baked Ham & Scalloped Potatoes \$6.00

EVENTS

Saturday 17 Apr.....Branch Honours & Awards Night
Upper Hall 6:30 p.m. Dinner at 7 p.m. Ceremonies at 8 p.m.
Followed by dancing to Wylie & the Other Guy
A very limited number of tickets will be available
at \$7.50 per person. See Ken at the office.
Sunday 18 Apr.....Wylie & the Other Guy
will be entertaining in the Lounge from 2 - 6 p.m.

430 Squadron 50th Anniversary

430 Squadron will celebrate its 50th Anniversary in June 1993. A number of events are planned for the weekend of 4 - 6 June 1993 to commemorate this event.

All former members of 430 Squadron are invited for the celebration. For reservations and for more details please contact the organizing committee at the following address before 5 May 93.
430 Tactical Helicopter Squadron
CFB Valcartier
Courcellette, Quebec
G0A 1R0

742 Montgomery Legion Royal Canadian Air Cadet Squadron

30th Anniversary Reunion celebrations, Thursday 4 November to Saturday 6 November, 1993. If you were a member of 742 Squadron and would like more information, contact:

742 Alumni Association
c/i Mr. Lewis Jenkins
13 - 409 Sidney Street
Trenton, Ontario
K8V 6N6

Norseman Festival & Fly-in

at Red Lake, Ontario, Canada, Norseman Capital of the World. Floats and wheels. For more information contact Red Robinson by phone at 807-727-2809, FAX at 807-727-3980, or by mail at Box 308 Red Lake Ontario P0V 2M0.

2 (F) Wing Reunion

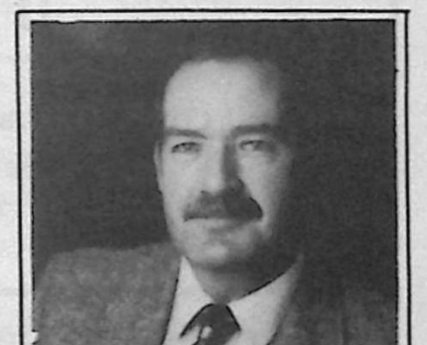
A reunion of personnel who were stationed at 2 (F) Wing Grostenquin, France, will be held in Victoria, B.C. 2 - 5 Sept 1994. For more information, please send your name and address ASAP to RCAF 2 (F) Wing Reunion 960 Lyall Street Victoria, B.C. V9A 5E8

Pre-Maternelle Française

Vous êtes francophones et vous avez de jeunes enfants de 3 à 5 ans? Alors cette annonce s'adresse à vous. Nous sommes présentement à mettre sur pied une pré-maternelle française dans la Vallée de Comox, en collaboration avec l'Association Francophone.

Si cela vous intéresse, communiquez au:

339-3990
du mardi au jeudi de
13 hres à 16 hres
fax: 339-3992



Larry T. Summers, CD
COUNSELLOR
THE MARITIME LIFE
ASSURANCE COMPANY
"Insurance, Investment
& Tax Deferral Programs"
PH. 334-1833
FAX: 334-1833

888 (KOMOX) WING

RCAFA

CALENDAR OF EVENTS April 1993



Sun 18 Apr.....Bingo, Final for Season, 2:00 p.m.
Sat 24 Apr.....Charter Ball, CAMPA Band, 7:00 for 7:30 p.m.
Thur 29 Apr.....AFIS Night, Meet the New Blue, 7:30 p.m.

LADIES AUXILIARY

Monday 19 Apr.....General Meeting, 7:30 p.m. Elections
Welcome All New Members For Info Contact 339-5485

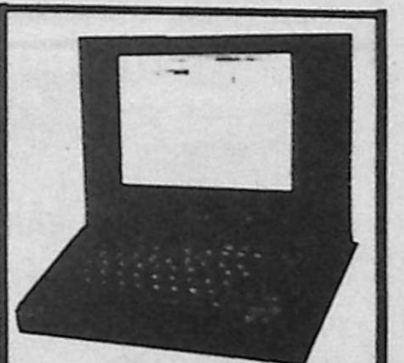
DND AND MILITARY PERSONNEL WELCOME

HOURS OF OPERATION:

Wednesday 1300 - 1800 hrs
Thursday, Friday & Saturday 1200 - 0100 hrs
Sunday 1300 - 1900 hrs

PLEASE SUPPORT WING SOCIAL EVENTS MAKE NEW FRIENDS

Cancellation of Events Costs Your Wing Time and Money
For information about tickets, please call the bar, 339-0888.



1 MB PS/2 NOTEBOOK

* 2 MEG RAM 40 MB HARD DR
386 SX \$1699

* 2MEG RAM 60 MB HARD DR
386 SX \$2199

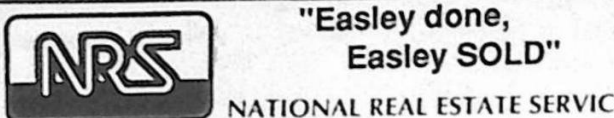
**COMOX COMPUTER
SALES & SERVICE**
PHONE 339-3688

Service Directory



KEN STEWART
bus. (604) 334-3111 dir. line 684-2931 fax 338-8315
res. (604) 338-0868

NRS BLOCK BROS. REALTY LTD.
1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8



**"Easley done,
Easley SOLD"**

MARGE EASLEY, C.G.A., R.E.(B.C.)
bus. (604) 334-3111 dir. line 684-2931 fax 338-8315
res. (604) 339-7910 pager 1-978-2263

NRS BLOCK BROS. REALTY LTD.
1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8

**This space available
\$15.00 per edition
Ph.339-2541, 338-0259**



*DRIFTWOOD MALL
338-8318
*COMOX MALL
339-7774
*DOWNTOWN COURTENAY
334-3443

HOME OWNERS & AUTO PLAN INSURANCE

COMOX MINI WAREHOUSE
"BEST LITTLE WAREHOUSE IN THE WEST"

U Store It
Lock It
Keep the Key

CLOSE TO THE BASE & TOWN

*Safety *Security *Supervision

Knight Rd & Pritchard Rd
Comox, B.C.

339-3424

**Country Village
Kitchen Bin**

Beans to You
Our new gourmet coffee bar
We serve the Service

190 Port Augusta Mall, Comox, B.C. V9N 5H5
Don Gates "Our Business is a Grind" 339-7313

MEDAL MOUNTING
PLATING
MINIATURE MEDALS



ALTERATIONS
& REPAIRS
MILITARY OR CIVILIAN

ELAINE'S TAILOR SHOP

Military Tailor

PHONE
(604) 339-2429

BASE TAILOR SHOP

CLOSED SATURDAYS

BOX 370
LAZO, BC V9R 2K0

**This space available
\$15.00 per edition
Ph.339-2541, 338-0259**

FRANCIS AUTOMOTIVE



COMPLETE AUTOMOTIVE SERVICES
OWNER-OPERATOR
COMPUTERIZED & MODERN EQUIPMENT
IMPORT & DOMESTIC. 4 WHEEL DRIVE
WHEEL ALIGNMENT SERVICES.

**330 ISLAND HIGHWAY NORTH COURTENAY
B.C. V9N 3P2 Ph.(604)338-9660**

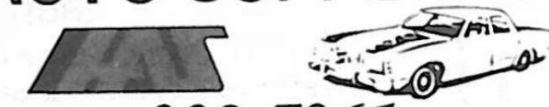
**THE
GRIFFIN**



* Weekend
entertainment
* Darts
* Pool
* Section parties
339-4466

PUB 1185 Kilmorley Rd. Comox

**HARTMAN
AUTO SUPPLY LTD.**



338-7261
480 Puntledge Road We've Moved!
Parts, Accessories, & Tools

BRUCE TRAINOR
SALES ASSOCIATE

**Holland and Associates
Realty Limited**

Business (604) 338-1334 Residence (604) 338-0740

Facsimile (604) 338-0896

625 ENGLAND AVENUE, COURTENAY, B.C. V9N 2N5

ROYAL LEPAGE

Bruce Trainor

MEMBER

Associate Broker Network



HomeLife / Harbour Realty

238 Port Augusta Street
Comox Mall
Comox, B.C. V9N 5H5
Bus: (604) 339-SOLD (7653)



HomeLife / Harbour Realty

238 Port Augusta Street
Comox Mall
Comox, B.C. V9N 5H5
Bus: (604) 339-SOLD (7653)

**This space available
\$15.00 per edition
Ph.339-2541, 338-0259**

**This space available
\$15.00 per edition
Ph.339-2541, 338-0259**



**COMOX AIR FORCE
MUSEUM GIFT SHOP**

GIFT IDEAS
AVIATION
MEMORABILIA
BOOKS, FLAGS, MODELS, POSTERS,
HATS, SWEATERS, SHIRTS, PINS, PATCHES
AND MUCH, MUCH MORE!
PHONE (604) 339-8635

MARKET TRAVEL

**WORLDWIDE
PROFESSIONAL TRAVEL
ARRANGEMENTS**

(Area Code 604) **338-1474**
FAX No. (604) 338-8377
OR B.C. TOLL FREE 1-800-232-9294
549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2
ACROSS FROM THE BANK OF NOVA SCOTIA

*** Appliance Repair ***
337-8880

**MILLSTREAM APPLIANCE
& REFRIGERATION**

Inspection & Service for Military Moves or Storage
- Fully Stocked Service Vehicle
- 10 years Experience
- All Work Guaranteed
- All Makes & Models
- Used Appliance Sales

**Metropolitan Life
Life/RRSP**

Please call for a
complementary computerized
financial needs analysis.

S. E. (STEVE) NEUMANN
Account Representative

Office 338-9344

John Hackett, C.D., B.Sc.

Specializing in all aspects of
personal, estate, retirement
and financial planning.

SUITE 1, 450 EIGHTH ST., COURTENAY, B.C. V9N 1N5
TELEPHONE: 334-2552
Paisley Financial Consulting Ltd.



**Realtors With Forces Experience
THE "D" TEAM**
Maureen and Bob Davidson
Realty World, Coast Country
Bus. 334-3124 Res. 339-9987

**SERVING THE SERVICE'S
REALTY NEEDS**

• Over 1000 Sales in the Comox Valley
• 18 Years Realty Experience

Member RE/MAX 100% Club
RE/MAX Ocean Pacific Realty
282 Anderton Road
Comox
tom procter 339-2668

EXPRESS

Assistance for Busy People
Garry Peppard 339-3376
339-6945 Fax RR #1, Site 168 C11
Comox, BC V9N 5N1
• Event Management
• Computer Tutorials on popular software
• Computer Shopping & Set Up, & Spreadsheets

On & Off the Base



**Bookshell
Bestsellers**

For All Ages

Pat Bolen

Proprietor

10% off for mil pers - show ID get your Totem Times here

Week Ending 10 April

Bookshell Bestsellers

Softcover

1. The Assassin.....Griffen
2. A Time to Kill.....Grisham
3. The Firm.....Grisham
4. Pelican Brief.....Grisham
5. Wildest Hearts.....Krentz
6. Stars.....Harvey
7. The Mammoth Stone.....Allan
8. Double Deuce.....Parker
9. The Evening Star.....McMurtry
10. Elf Queen of Shannara.....Brooks

2751 Cliffe Ave.,
Driftwood Mall,

Courtenay, B.C. V9N 2L8

604-338-5943

Debi

Williams

Manager

Reunions

**22 RCSCC
75th Anniversary**

22RCSCC Undaunted will be celebrating the 75th Anniversary of the corps with a reunion of former cadets and officers to be held in conjunction with the 75th Annual Inspection on the weekend of 20-22 May 1994. If you have any information, memorabilia or recollections about the corps' history (cadets, officers, activities, parade locations, summer training, cruises), or to put your name on the mailing list for further details about the reunion, please write to the present Commanding Officer at the address shown below. Be sure to include your present address and the dates that you were in Undaunted.

LCdr Leslie R. Young, CD
75th Anniversary Committee
22 RCSCC Undaunted
1820 - 24 Street S.W.
Calgary, Alberta
T2T 0G6
FAX: (403) 246-1510

More Bars

continued from page 7

Retired members can either obtain an application through local military associations, like the Legion, or they can write to NDHQ's Director Personnel Administration.

**Pacific Command
Medical Reunion**

The Medical Reunion is being held at Victoria, British Columbia, 4 & 5 September, 1993. For Serving and Retired Members of the Military Medical Services. Personnel wishing to attend should contact:

Jim or Anne Scott
523 St. Charles Street
Victoria, B.C.
V8S 3N8

Telephone (604) 370-2359
For those not able to attend this Reunion but interested in future reunions, please send us your name and address.

**CFS Aldergrove
50th Anniversary**

CFS Aldergrove will be celebrating its 50th anniversary 1-4 July 93. Any serving or retired members who served at this station or its predecessors - Vancouver Naval Radio Station, HMCS Burrard and HMCS Aldergrove - are invited to attend the gala celebration. A number of special events are planned including ceremonial divisions, a meet and greet/BBQ, semiformal dinner/dance, and a pancake breakfast. Personnel interested in attending should contact the 50th Anniversary Committee, CFS Aldergrove, Box 4000, Aldergrove, B.C. V0X 1A0.

**419 Sqn
Reunion**

419 Sqn will hold its 50th Anniversary Reunion in Kamloops amidst other celebrations 1-3 July 1993.

On 1 July the City of Kamloops will host 419 Sqn to celebrate the adoption of the Sqn, which originally occurred in February 1943, and to present the Sqn with the "Freedom of the City." Friday 2 July will be the official 419 Sqn Reunion Day. Saturday 3 July has been designated "Military Day" by the city and will involve numerous military units parading through the city and an evening tattoo. The City of Kamloops will also celebrate its centenary in 1993 and will hold some related festivities during our visit.

All past members of 419 Sqn are invited to participate in these memorable celebrations that, we are certain, will strengthen the bond between Kamloops and the Moose Sqn.

If you are interested in attending please contact the reunion chairman, Maj Y. Bosse at AV 520-8814 or the deputy chairman, Capt D. Stone at AV 520-8819, or write to: 419 Sqn Reunion Committee, CFB Cold Lake, Medley AB, T0A 2M0. Fax: AV 520-7715 or 403-840-7715

Bulletin Board

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

FOR RENT Ocean-front summer home, weekly or monthly. Call Victoria 652-2628 after 4 p.m.

FOR SALE Comox family home, 1600 sq. ft. 2 bedrooms up, 1 down, 1-3/4 baths, fenced yard, garage. Close to schools. \$126,500. Call 339-5397

FOR SALE BY OWNER 4-bedroom house, 2 and a half baths, 2 fireplaces, large back yard. 659 Crestview Drive, Comox. Asking \$141,000. Call 339-0118.

ANNOUNCEMENT



Jürgen Jung, M.A.
Reg. Clinical Counsellor
announces the opening of his
COUNSELLING PRACTICE
• Individual Therapy
• Relationship Counselling
Accepting Appointments now
for April 1993
• For free initial consultation
Please Call 339-7600
Suite 400, Comox Mall
Upper Level

FOR SALE 1824 sq. ft. home East Courtenay. 4 bedrooms, 2 bathrooms, fireplace up, wood stove down. Mountain view, large fenced backyard, fruit trees, garden and storage shed, RV parking. \$139,500. To view call 338-1669.

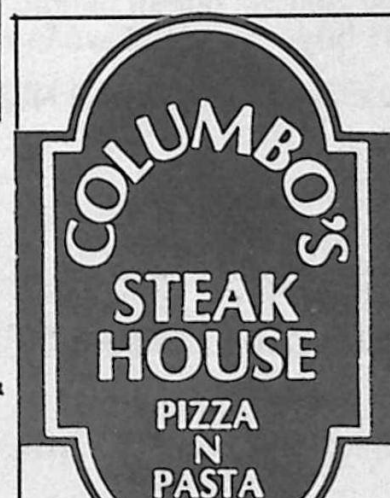
Tops 'N Trends
is pleased to introduce their spring line at
The Washington Inn
on 14 April at 2 p.m.
All proceeds to go to the
**Kiwanis Club of
Forbidden Plateau**
for community projects

BUILDING MATERIALS

**Lumber & Plywood
Panelling - Arborite
Doors & Windows
Builders Hardware - Tools, etc
Electrical & Plumbing Supplies
Paints & Finishes
Roofing - Siding
Cement Department
Truck Delivery
Customer Financing**

CENTRAL BUILDERS

610 Anderton Avenue
Phone: 334-4416



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

**ATTENTION!
ALL FORMER
TI - PICS**

433 ETAC

**50TH ANNIVERSARY
24 - 26 SEP 1993**

"HELP US TO CONTACT ALL FORMER TI - PICS"

For further information & registration contact:
Maj J. Cloutier - AVN 621-9473 or (418) 693-2473
FAX: AVN 621-9965 or (418) 693-2965 or write:
433 ETAC, BFC BAGOTVILLE
50TH ANNIVERSARY
ALOUETTE, QC
G0V 1A0

RE/MAX KINGSTON
613-545-3333
LOYALIST REALTY LIMITED

Posted to Kingston in 1993?



**Don Wyld, CD1, RRS
ERS ROSTER APPROVED**

If a posting to our beautiful "Limestone City" of Kingston is where you are headed, please give me a call on the "TOLL FREE" number below, and I will send you a "Worry-Enders Kit of Kingston" containing maps, home prices, school information, shopping facilities, transportation & much more.

Please call or write:

Don Wyld, CD1, RRS, Sales Rep.
#1 Barrielfield Centre
Kingston, Ontario, Canada K7L 5H6

1-800-663-0078

*It's the Experience!*SM



Georgia McLellan
339-4642



Joy Johnson
339-7403



Larry Evans
339-7840



Brian Willis
339-0520



Dave Procter
339-6814

Posted?



Good Service Doesn't Cost
-- It Pays!



Experience



Referral System



The RE/MAX Team Averages 11.5 Years
Experience Per Sales Associate



Smooth Relocation

Our "Above The Crowd" Referral Network Connects You &
Your Home to 1,938 Offices & 32,486 Sales Associates

Our office successfully relocated over
150 families (of the families posted in
and out of CFB Comox in 1992)

The average Re/Max ocean pacific realtor helped
51 buyers and sellers in 1992.

The average Comox/Courtenay Zone 2 MLS realtor helped 15.

Remember...

the (Former) Associate Defence Minister advises
you are free to engage the realtor of your choice...



Barb Parker
337-2117



Glenn Procter
339-7434



Bob Koester
335-0707



Judy Steidl
335-1324



Tom Procter
339-2668

Call RE/MAX -- the experienced choice.



RE/MAX[®]

282 anderton road, comox

ocean pacific realty
339-2021