

## International Assembly



Orions and Auroras line up for MARCOT in the "Liquid Sunshine" of CFB Comox.



# TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 35 NO 9

13 MAY 1993

COST: PRICELESS

## Argus Cairn Dedicated

On 2 May, 19 Wing Commander Col Rogers accepted the Argus Cairn as pictured from LCol Kendell, CO 407 (MP) Sqn, on behalf of all the air and ground crews who flew and maintained the Argus. The dedication ceremony was held at Heritage Park, following the Battle of the Atlantic ceremony in the Protestant Chapel. A parade comprised of 407 Sqn members and Sea Cadets marched from the Chapel to Heritage Park, forming up around the cairn. The Wing Chaplain, Padre Baker, read the dedication.

The cairn inscription reads as follows:

*"Erected to Commemorate the 50th Anniversary of 407 Maritime Patrol Squadron"*

*This Argus propeller stands as a testimony to the dedication of both the aircrew and groundcrew who guided her through this proud chapter of our history."*

The project to refurbish an Argus propeller was initiated by the former CO of 407 Sqn, LCol Terry Chester, and the CO of AFIS, Maj Postma. Initially envisioned as part of the 407 Sqn 50th Anniversary celebrations, difficulties in refurbishing the prop delayed the completion date until the present time. The project has involved a great many CFB Comox personnel. Without their generous contribution of time and energy, the monument would not have been possible.

Project participants include, but are not limited to, the following individuals:

Col Rogers, Wing Commander; LCol Kendell, CO 407 Sqn; Mr. John Logan, Airforce Museum Curator.

**407 Sqn OPIs:** Sgt (Ret) H. Lightfoot, first OPI; WO D. Mellway, present OPI.

**407 Sqn Engine Bay Personnel:** Lt R. McConkey; WO J. Lowdon; Sgt. F. Russo.

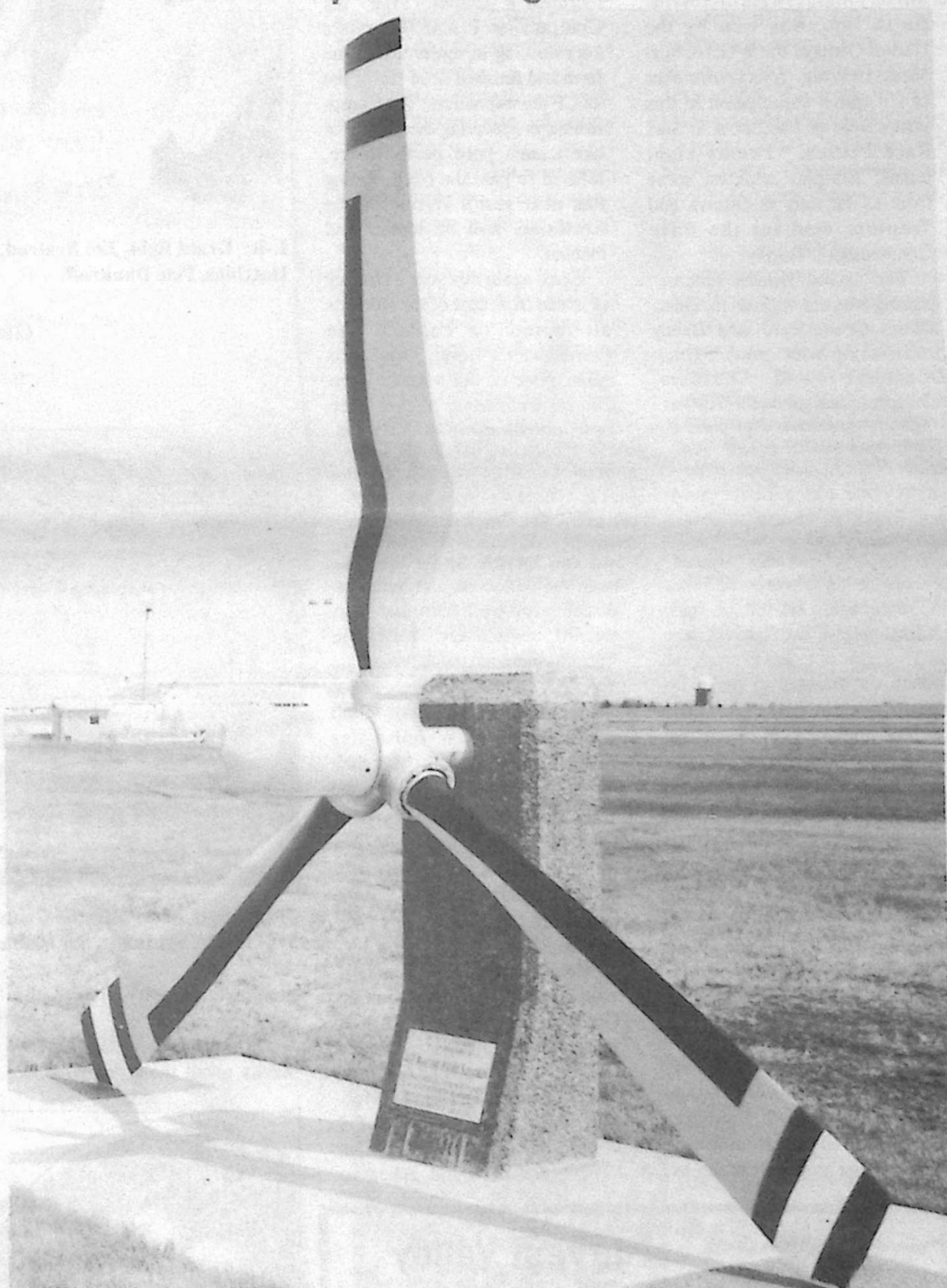
407 Squadron Engine Bay personnel supplied the technical expertise and physical labour required for cleaning, preparation and final assembly, overcoming many problems on short notice to ensure the completion of the final stages of the project.

**19 AMS Workshops Personnel:** WO A. Gavel; Sgt W. Eirson; MCpl R. Beauchamp; Cpl R. Armitage; Mr. R. Parker.

AMS Workshops personnel donated many hours of personal time over a two-month period early in the project, disassembling the propeller casing and cutting the propeller shaft as well as manufacturing blade mounting shims and bolts for final assembly.

**CE Section:** Mr. Ed Kingston, CE Contracts Inspector and the entire staff at the CE Section provided outstanding support. Their hard work and patience in the final days of the project were vital to the completion of the monument in time for this dedication.

## 407 Squadron Argus Cairn



Argus propeller commemorates a great aeroplane, flown by a great squadron.

## MARCOT '93 Success

MARCOT 93 (Maritime Coordinated Operational Training exercise) took place in Esquimalt harbour and approaches and the area off the West Coast of Vancouver Island from 12 - 23 April 1993. Exercise participants included ships, submarines and aircraft from Canada, the United States, and Australia.

The exercise was structured to allow Canadian military forces to prepare for such activities as sovereignty patrols, coastal and environmental surveillance, peacekeeping, fisheries patrols and drug interdiction. In addition, MARCOT prepared 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 played host to two P-3s of the Royal Australian Air Force (RAAF), two P-3s from the US Navy, as well as EW Challengers from 437 Sqn in Shearwater, CF-18s from Cold Lake,

and miscellaneous other aircraft, including EA 6Bs from Whidbey Island NAS. The variety of aircraft on the ramp proved an aircraft aficionado's delight.

The exercise progressed in stages, each increasingly complex and requiring a higher level of co-ordination and co-operation. 19 Wing conducted around

the clock operations for most of the exercise period. The Wing and Squadron operational staff were kept very busy overseeing this high level of activity. The Wing operations centre was bursting with briefing, debriefing and support staff as well as aircrew in the process of briefing

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# On & Off the Base

## Snow-to-Surf '93

On Sunday, 18 April 93, Col Rogers presented the Base Commander's Trophy for finishing first in the Comox Valley Snow to Surf competition to the Island Honda Totems. The Totems, based out of Comox, finished the multi-sport relay in a time of 2:54:34, a mere three minutes behind the overall winners. Also placing in the top five, were the 442 Squadron Snow Flakes, finishing fourth overall, and less than a minute and a half behind the Totems in the battle for the Commander's Trophy. The Skip Somerville Memorial Trophy, presented to the first Military Masters team to cross the finish line, was won by the Geritol Gents of the WO's & Sgts Mess, 19 Wing. A record number of CF teams participated in this year's field of 160 Snow to Surf Race entries. Twenty-eight teams, 225-plus athletes, some from as far east as Ottawa and Trenton, vied for the Base Commander's Trophy.

The Island Honda Totems' placing was not without incident. Skiers Grant Reid and Brian Irwin, along with runners Peter Dimitroff and Kareem Schluinski had given the Totems a formidable lead as they passed off to mountain biker Jim Bratrud. Bratrud raced out of the transition zone like a man possessed, only to return a few minutes later with a broken chain. Race officials permitted Bratrud to continue on a borrowed bike, and once again he hit the trail. Unfortunately, the Totems now had a couple of teams to catch and about six minutes to make up. Road cyclist Mike Ashcroft burned up the 28 km course, and passed off to paddlers Pat Landry and Sean Wilton. Hitting the water, the Totems set their sights on placing first overall, and capturing the Canadian Multi-sport Relay Championship. However, it was not to be, and for the second year in a row after experiencing problems on the mountain bike leg of the race, a CF team had to settle for third overall.

A total of 17 Base teams entered the Snow to Surf Race this year. Almost every unit was represented. 442 Squadron entered three teams and even though most members of the 442

Squadron Pilots and One Eyed SAR Snakes were on a search until 0430 the morning of the race, both teams were able to finish without falling asleep! The ATC Cones of Confusion worked out their pre-race logistics problems of last year, but could not improve on their final placing. The Kiwi Flightless Fowl, could not recover from celebrating a win with their "cute" costumes at the Saturday night pre-race party and managed to finish 103rd. Always Ready, of Supply Flight, failed to live up to their moniker, and just may be ready for next year, as they have already recruited a paddler. And the Comptroller Fiscal Restraints kept nothing in reserve, sold the farm and finished dead last of the 28 CF teams entered. The Comptroller, in accepting the blame for her team's poor performance, refused to pass the buck, stating that next year's version of the Restraints will be leaner and meaner.

Once again this year a number of teams from east of the Rockies attempted to capture the Commander's Trophy. And once again, none of our visitors were able to acclimatize to our "wet coast" conditions in time for the race. Cold Lake was again represented by four squads from AETE. Ottawa also had four entries - the Ottawa Autocrats, Senators, Bytown Bureaucrats and the DGPA Snow Swans. Both the Autocrats and Senators placed very well, 15th and 20th overall, respectively. First time entrants included the Adventurers (NOTC) and the Bird Gunners of 18 AD Reg (Lethbridge). Both teams started at the finish line (Beer Garden, actually), that they would be back to challenge the Totems and Snow Snakes next year. Two noticeable no-shows for this year's race were the RRCM Cadets, last year's Base Commander's Trophy winners, and the RRCM PERI Staff.

Members of the Skip Somerville Memorial Trophy-winning Geritol Gents are Jim Rest, Ken Rodgers, Keat Spragg, Lawrence Goble, Al Doole, Mike Gariepy, Mike Turcotte and Dave Moford. Word is that you all needed wheel chairs Wednesday am at "Sticky Buns" when asked to

Comox Valley Champs



L-R: Grant Reid, Jim Bratrud, Mike Ashcroft, Sean Wilton, Kareem Schluinski, Pat Landry, Simon Hutchins, Pete Dimitroff.

Geritol Gents win Military Masters



WO & Sgts Mess "Geritol Gents" won the second annual "Skip Somerville" memorial trophy. L-R: WO Goble, Sgt Doole, Sgt Moffard, Sgt Gariepy, Sgt Spragg, WO Rogers, WO Turcotte, WO Rest.

parade the trophy around the room!

On an appreciative note, many thanks to all those from the W

TelO, WSup, WTN, and WAccn who gave of their time to assist in making this event a huge success. Well done to all participants - now

that the pain has been forgotten, it's time to begin training for next year!

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# On & Off the Base

## 443 Sqn - The Final Chapter



So far, 443 Squadron's historical "evolution of flight" has covered a number of different aircraft types performing various roles: fighter, transport, and Search and Rescue (SAR). Having been disbanded for the second time (1964), 443 Squadron was reactivated again -

this time in support of maritime operations, and as most of us (my generation anyways!) are aware, flying a helicopter in place of a fixed wing aircraft!!!

On July 31, 1974, the decision was made by NDHQ to reactivate No. 443 Squadron. This was to be done by splitting HS-50, a Naval Air Helicopter Squadron stationed in Dartmouth, NS, into HS 423 and HS 443. This officially brought the Squadron back

to its birthplace in Shearwater, where it once did coastal patrol work during WWII. The HS prefix reflected the new role and type of aircraft within the Squadron - Helicopter Squadron. HS-50 operated primarily from the deck of Canada's last aircraft carrier, HMCS Bonaventure. The Sea King, replacing the HO4S ("Horse"), officially came into being in 1963. The 60's saw the successful marriage of an

anti-submarine warfare (ASW) helicopter with a helicopter-carrying destroyer (DDH). The early 70's saw the introduction of the new DDH 280 Tribal Class of ships - requiring two helicopters each! HS-50 was officially deactivated on 3 Sept 1974, and HS 423 and HS 443 reactivated.

The Squadron's new primary role was to supply operationally qualified air crew to the fleet of helicopter-carrying destroyers. Each Helicopter Air Detachment (HELAIRDET) on board ship operates like a miniature squadron. HELAIRDET members under the Detachment Commander are responsible for various operations while embarked, i.e. training, administration, flight safety, aircraft maintenance, and the coordination of ship-air activities.

The Sea King helicopter's all-weather, day and night capability combined with the ship's "beartrap" landing system brought us to the leading edge - operating our shipborne aircraft in high sea states while others simply watched! In 1975 Maritime Air Group (MAG) was formed to help coordinate the aviation aspects of Maritime Command (MARCOM). Anti-Submarine Warfare (ASW) was the name of the game and we were really good at it - the thing is, we have continued to get even better. Throughout the years we have participated in many different ASW exercises with many countries.

In 1981, after more than 25 years of active service, HS 443 qualified for the Royal Standard. The Squadron "Colours" is very significant (display of battle

honours) and essentially marks the home of a squadron. In 1987 HS 443 started its move west to British Columbia from Shearwater, Nova Scotia. Two years later, after conducting operations on both coasts at the same time, HS 443 completed the move and made Pat Bay its home.

This was not the first time 443 Squadron has resided west of the "great divide." From 1951 to 1964 we were the "443 City of New Westminster Fighter Squadron (Auxiliary) RCAF" and flew a variety of fixed wing aircraft out of Sea Island in Vancouver. My reminiscing of places visited on the other side of the "pond" have most certainly been replaced by newer "younger" memories of HELAIRDET experiences in Japan, China, Korea and the Soviet Union. On 16 May, 1991, General Mikhail Moiseyev, the Soviet Chief of the General Staff, visited 443 Squadron: the international mosaic had been changing rapidly.

The year 1991 saw Canadian Forces personnel employed in an active war zone for the first time since the Korean War. HMCS Huron's HELAIRDET performed remarkably with modified Sea Kings. The ASW sonars were removed and gun-mounts added to the aircraft. Its function now was to patrol the Arabian Gulf and the Gulf of Oman in support of the United Nations resolutions against Iraq. HS 443's secondary and most visible role since reactivation in 1974 has been Search and Rescue (SAR). It is extraordinary how

Continued on page 5

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# Editorial



Norm Blondel

The Dam-Busters

## Operation Chastise

By John Novak



## 'Bye B.J. - and Thanks

It is an understatement indeed, to say that Edmonton's gain is our loss, and we're not alone. B.J. "Bonnie" Cochrane blew into our office like a fresh Spring breeze last April at a time when we needed an urgent replacement for our typesetter. That Spring-like atmosphere has persisted in the newsroom to this day, due mainly to Bonnie's positive, effervescent nature, and the sheer professionalism of her work, be it typesetting, chasing gremlins in the bookkeeping system or handling the customers. During her tour here, typos became a threatened species, late-paying clients paid up — sharp!, and our ad income rose, mainly due to Bonnie's way with people.

We called her "The Church Lady" because of her association with the Protestant Chapel, but that moniker never stopped B.J. from expressing herself pungently when the need arose. This editor stood a little straighter after one of B.J.'s blasts, I know that, and our whole operation worked more efficiently as a result of Bonnie's input.

An accomplished writer (see the Free Press article, this page) and possessed of great personal courage, B.J. battled with life's misfortunes, and never quit. She used her marvellous sense of humour (get her to show you her earring) and a great store of energy as weapons in a war against negativism and inefficiency, and she usually won.

How will we miss Bonnie? We can't count the ways. Good luck in Edmonton, B.J.



Bonnie Cochrane

Jack Wasserman Award

## Bonnie Cochrane wins Honourable Mention

Reprinted courtesy Comox District Free Press

Comox Valley writer Bonnie Cochrane has won honorable mention in a prestigious journalism competition sponsored by the Vancouver Press Foundation. She received the award for a series of articles published in the *Comox District Free Press* in April, 1992 about her experience with cancer.

The articles were entered in

the Jack Wasserman Award competition for non-daily newspapers. The contest is for journalists with less than three years experience. The award was won by a reporter with the Royal City Record/Now in New Westminster. Three honorable mentions, including Cochrane's, were also awarded.

Cochrane, who worked briefly as an editorial input clerk at the Free Press before discovering she

designed and built to oppose stress. Even a direct hit by bombs that were in use at that time would only cause superficial damage. Wallis then considered the possibility of an aerial torpedo attack of the dams, but the size of torpedo required to inflict sufficient damage did not exist. In addition, intelligence reports indicated that the Germans had installed anti-torpedo nets across the lakes. Anticipating an attack, they had also placed anti-aircraft guns on the parapets of the dams and on the surrounding hills.

Wallis turned his thoughts in another direction, and decided that a new unconventional bomb design would have to be used to accomplish his goal. He concluded that if a bomb were to be placed at the base of a dam and detonated, then the scientific principle of water incompressibility would aid in directing the full effect of the blast into the wall of the dam. After many weeks of experimentation, which involved the use of his own personal funds, Wallis was ready to test prototypes of his "new" bomb. He persuaded the Air Ministry to loan him a Wellington bomber to carry out the testing on the coast of South East England. The first series of these tests turned out to be failures, as the impact with the water was so severe that the prototype casing disintegrated.

He found that the higher the al-

titude at which the weapon would be dropped, the stronger and therefore heavier the casing would have to be. Wallis decided that if the weight factor was to be confined within reasonable limits, he would have to opt for a strengthened casing but the bomb would have to be dropped from no higher than 60 feet. In spite of the increased weight incurred when it was beefed up to withstand impact, the Lancaster bomber was quite capable of carrying it.

Carrying the weapon would be the least of the problems facing Wallis's project. The success of the operation on the delivery side hinged on strict adherence to Wallis's parameters. In addition to the need for the precise dropping height of 60 feet above the water level, he ruled that the aircraft be flown at exactly 220 mph. The aircraft had to be level at the moment of bomb release. The most difficult part of all was that the bomb be dropped not more than 450 yards and not less than 400 yards from the dam wall. At 220 mph, the aircraft would only be in the dropping zone for half a second!

The next steps for Barnes Wallis would be convincing the Air Ministry that his project was feasible, and then persuading the Commander in Chief of Bomber Command, Air Marshal Arthur Harris to put it into action.

Continued in next issue.

Letters

## Youth Behaviour in PMQ's

To all concerned citizens of Wallace Gardens:

We would like to bring to your attention a fast growing problem that, however great or small, does affect each and every one of us.

The matter we wish to address today is the decaying behaviour of most of our pre-teen and teenage population. Some past examples are as follows:

1. Large quantities of money being exchanged in clear view, leaving our imaginations to run wild.

2. Six preteens viciously beating one boy while holding him down on the ground.

3. The sheer disregard for others' personal belongings. The vandalism which has occurred in the past and the present appears to be going unchecked by the proper

authorities.

4. The consumption of alcoholic beverages in public, which was witnessed by authorities and appeared to be condoned as acceptable behaviour because it was left unchallenged.

As rent-paying law-abiding residents we are very troubled by these on-going problems plaguing our community. If we all try to deal with these situations together, instead of turning a blind eye, we may actually see some results.

In conclusion, if you are as outraged as we are, please correspond with us through the Totem Times.

Thank you.  
Names Withheld By Request

## Our First Nastygram

Sooner or later we were going to displease someone. The note we received was quite brief and unsigned, although we know the source, therefore we are happy to publish the entire text:

"You should write something in the paper that is interesting instead of all this Airforce History bull."

This is the first genuinely critical letter we've received in the 41-month tenure of this editorial team, and we will treasure it. As for the complaint, if it concerned the 50th anniversary edition, we could hardly do otherwise than mark

the milestones of CFB Comox. History, in addition to defining the way we have come, also influences the path ahead. Our regular editions do contain recollections in written and pictorial form, but are only a part of the variety of subjects we cover in this newspaper. Among other military newspapers, we are unique in this. The number of awards garnered by the Totem Times would indicate we have chosen the correct editorial policy. Some other readers may disagree. If that is so, let us hear from you....Ed.

## HP Harrow (2)

Dear Norm

The Air Force Trivia photo for 8 April depicts a Handley Page HP54 Harrow. One hundred were built and allocated serial numbers K6933 to K7032. Seven RAF squadrons were equipped with the Harrow, the first of which was 214 Squadron in January 1937.

Apart from some work in minelaying and as a troop transport, the Harrow did not see

operational service with the RAF.

The aircraft shown is one of two taken on RCAF strength on 21 Oct 1940. One aircraft, 794, was struck off strength on 17 Nov 1941, having served with Eastern Air Command. The other aircraft, 795, was used for spares and was struck off on 22 Jan 1941.

Sincerely  
H.W. Holmes

## More 443

many medical evacuations (MEDEVACS), and successful SAR scenarios result in the saving of lives and the number of Stars of Courage, Chief of Defense Staff (CDS) Commendations, and Medals of Bravery that have been awarded to deserving air crew.

With the changing international climate our role may also

change. At HS 443 we continue to dedicate time for training, sovereignty surveillance, and the support of other government departments like the RCMP and Department of Fisheries and Oceans. With a new HELAIR-DET forming soon (HMCS Vancouver), and with the EH101 Merlin scheduled to replace the Sea King helicopter, it truly is an exciting time to be HS!

Continued from page 4

# Comment

by LGen D. Huddleston

## Trades Restructure

As many of you are aware I have encouraged initiatives from our Aerospace Engineering, Air Traffic Control and Air Weapons Control communities to restructure their occupational classifications (MOCs). Our force reduction is partly responsible for these initiatives but other factors are even more important. For example, new technology is making old MOC demarcation less distinct, and the flexibility to develop breadth or depth as each situation demands will ensure that we gain full benefit from each member's skills.

Experts in each area have been examining the benefits and the issues for about a year and each has recommended to me that we proceed with major restructure. Additionally CWOs in each employment field have been consulted and their comments and suggestions have become a key part of the restructuring process. We are now developing the details of change with the responsible NDHQ staffs.

The ATC/AWC proposal is to amalgamate their MOCs, with

implementation set for APS 95. Under the new organization, Aerospace Control Officers and Aerospace Operations Specialists, as the new MOCs will be known, will see their career opportunities and challenges greatly expanded.

With the amalgamation of ATC/AWC, Officers and NCMs will be able to look forward not only to a considerably broadened base of knowledge and expertise but also far greater variety of employment. Space operations, MAATS control and AWACS are but a few of the areas that will employ members of the new occupations.

The MOC 500 restructuring program is also moving ahead, obviously a much larger project given that the 500 trades constitute approximately 40 per cent of air force strength. The project office has examined the issues at length and has a pretty clear idea of where it thinks we should head for the future. However, a careful analysis of the issues is vital in anything which affect so many of you, and an examination of op-

tions is presently in hand. When complete later this spring, it will be followed by a formal submission to NDHQ in the fall.

With an implementation target of 1995 it may appear that we are acting with undue haste, but we must change with the times. The air force of today and tomorrow demands a more flexible and deployable maintenance organization to support our increasingly diverse and dispersed tasks. With shrinking numbers of Regular Force personnel and more employment and integration of the Air Reserve in our operations at all levels, the existing structure would have become less and less appropriate to our circumstances.

Let me assure all who will be affected by these changes that the result will be a more effective air force comprising people who will have greatly expanded skills and responsibilities, and thus scope to demonstrate their ability and initiative to the benefit of each other and of our mission.

## Handley Page Harrow (1)

Dear Editor,

Upon returning to the Valley after an absence of some five plus months, I spent many days catching up with many chores around hearth and home. However, while taking customary breaks, with coffee in hand and my feet up, I took great pleasure in going through the issues of the Totem Times that I had missed while away. As expected, the paper is still "second to none," and outstanding in its features, articles, etc.

As to your latest "Trivia," I perceive it to be the Handley Page Harrow. The Harrow made its first flight in 1935, and was originally designed as a transport aircraft. It was pressed into ser-

vice as a bomber in 1937, due to the RAF's expansion policy at that time. By 1939 the Harrow-equipped squadrons began taking delivery of the Vickers Wellington bombers, and the Harrow was relegated to its original role. They served throughout WWII and took part in several operations, such as the evacuations of British forces from France in 1940, and in the Normandy, Arnhem, and Rhine airborne assaults.

The Harrow was a high wing monoplane of metal airframe construction, covered with fabric. The Handley Page company introduced two innovations in the

design of the Harrow. One was the covered-in cockpits, the other being an automatic anti-start device on the wings known as the "Handley Page Slot".

Stats:  
Power - 2 x 850 HP Bristol Pegasus XX engines.  
Top Speed - 200 MPH  
Range - 1250 miles at cruising speed.  
Wing Span - 88 ft. 5 ins.  
Length - 82 ft. 5 ins.  
Armament - 3000 lb. bomb load, 4 x .303 Browning machine guns.  
Crew - 4.

Sincerely,  
John Novak

## Air Force Trivia



### Last Week's Trivia Answer

Handley Page Harrow - see letters from Harry & John

# TOTEM TIMES

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# Section News



## 414 Sqn

407 Presentations



Major D Baker, SAMO 407 Sqn, presents a Suggestion Award Certificate to Cpl Richard Wand for his suggestion to improve the oven racks on the CP140 Aurora aircraft. Richard is an instrument electrical technician working for 2 Crew 407 Sqn. Besides solving an ongoing problem, Cpl Wand has earned himself an extra \$300. Good show Richard!



Cpl Levesque recently received his promotion to Cpl from 407(MP) Sqn SAMO, Maj Baker. Cpl Levesque arrived at 407(MP) Sqn in Oct 1990. He has become one of the hardest working technicians of the ASO section; this promotion is well earned.

Not so long ago, Sir Bill was watching the boys throw money in the castle well while making wishes. Being as he was some distance from them, he sauntered over to inquire as to what they were doing. "Forsooth, Sir," they replied as one. "The last time we had the opportunity to throw money down a well was when you sent us to the Land of Reno, and truly, we are bored and sorely miss the experience."

Sir Bill was much surprised and somewhat chagrined to learn that his Knights sought excitement, as the recently completed Mess dinner had seemed to provide all that they required. "Perhaps it is because the Knights so badly thumped the others when the Games took place," he thought. "Or maybe it is because they showed their superiority so convincingly that now they have become too confident in their prowess. Methinks it is time to challenge them again." So saying, he went off to ponder.

Sir Bill soon reappeared and made the following pronouncement: "Perhaps it is true that we have gone too long without a challenge, and thus I decree that the Knights shall sally forth to the Land of the Excited States to take

part in an exercise that shall be called Falling Keynote." The chosen Knights, Sir Brad, Sir Daryl, Sir Keith and Sir Roger, were so excited that they ran away crying. "The Banknote is falling, and I shall become rich from this journey!" Sir Bill was then obliged to call them back to point out that it was the Keynote, not the Banknote, that was falling. Anyway, off they went.

Sir Bill then spoke again. "There is still some room to send more Knights away, as we have been invited by our Excited friends to partake of a feast given in honour of the fourth Friday of the month. Who among you shall take up the gauntlet and defend the Honour of your group?"

"Pick me! Pick me!" was the cry on behalf of Sir Blair, Sir Don, Sir Boots and Sir Ron. "You shall go," said Sir Bill. "There are but two conditions: you shall do me no dishonour, and you shall not refuse anything that is given to you." There is proof that at least one of the Knights took his leader's words to heart.

The Knights were royally greeted and soon the mead was flowing. Sir Ron was passed a flagon of something and inquired

as to what it was. "Tis surely not water," said Sir Boots, "and I for one am glad, as we are forbidden to drink the water." Remembering Sir Bill's directive about refusing nothing, Sir Ron took a mighty sip. He had overlooked of course that the water restriction only applied to the castle from whence they came.

As the evening progressed, Sir Ron did his very best to carry out Sir Bill's wishes, as did the others, being the loyal Knights that they were. And it came to pass that eventually Sir Ron invented a new game that shall be called Making Chunks. The other Knights could see that it held no interest for them, and declined to participate. The visit was a success according to all those who went, and they vowed to repeat it at the earliest opportunity.

There have been many other things go on that may interest the reader of this text; however, some must be saved for later on, and some may not be spoken of at all. Now that Sir Boots is back from the Land of Tranna, we are sure that more will come to light.

Sir Cedric

Associate Minister  
of National Defence



Ministre associé  
de la Défense nationale

NOV - 2 1992

Mr. Gregg Hart  
Salesmanager  
Realty World - Cross Country Realty  
576 England Avenue  
Courtenay, British Columbia  
V9N 5M7

Dear Mr. Hart:

Thank you for your letter of July 2, 1992 advising me of your concerns regarding the new Canadian Forces Relocation Program.

I would like to begin by acknowledging the very beneficial association which has been developed between real estate professionals such as yourself across the country and the Department of National Defence. The institution of the relocation program was not intended to undermine this relationship. Rather, decision to engage the services of a relocation agent was based upon the desire to provide military personnel with consolidated counselling and information, while minimizing the cost of the contract.

I wish to emphasize that individuals are free to engage the services of agencies not appearing on the lists held by the relocation counsellors provided that fees are compatible with the recently established tariff. I wish to emphasize that individuals are free to engage the services of agencies not appearing on the lists held by the relocation counsellors provided that fees are compatible with the recently established tariff.

The ERS list of real estate agents is drawn from national chains, regional chains and local independents. Often, in the private sector, the referral roster is made up of realtors from only one firm. In this case, the roster is drawn from large and small companies alike, providing much broader

.../2  
wish you success in the future.

Sincerely,

*Mary Collins*

Mary Collins

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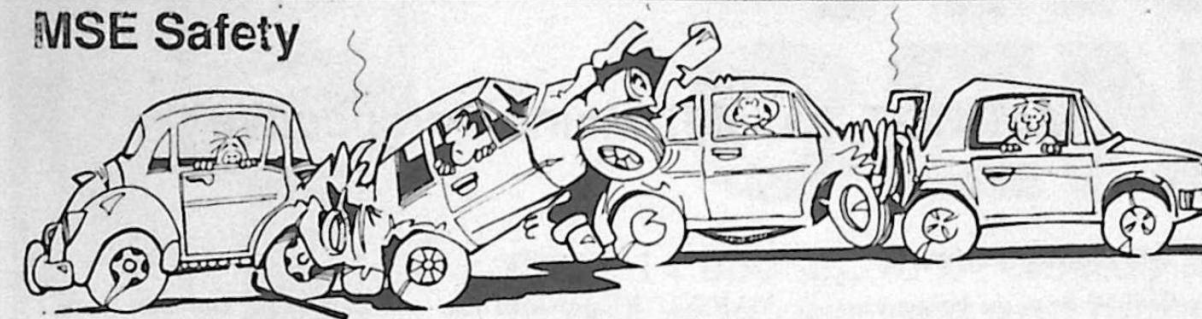
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# Section News

## MSE Safety



## Non-Highway Accidents

Non motorized highway users include the many pedestrians, bicyclists, and animals with whom you must interact as a driver. Some of these highway users (such as bicyclists) may be on a roadway on purpose. Others (such as children at play) may move onto the roadway without intending to do so. They are often not aware of or prepared for the vehicles with which they share the roadway.

Drivers must be licensed to operate motor vehicles on roads and highways. This provides at least some control over who can and cannot drive. There are few controls, however, for non-motorized users of the highway. Almost all people of all ages are pedestrians. Research confirms that many pedestrians killed by cars were never licensed to drive or did not understand problems related to vehicle control.

Anyone big enough to operate a bicycle may do so almost anywhere. Both wild animals and pets roam about at will. While there are some laws designed to control or guide the behavior of most non-motorized highway users, the application

and enforcement are spotty at best.

### Pedestrian Accidents

In Canada, there are about 900 pedestrian fatalities annually. In other words, pedestrian deaths account for approximately 18% of all traffic fatalities. An additional 17,000 pedestrians suffer non-fatal injuries each year. A very large proportion of the pedestrian accidents and fatalities occur in urban areas.

While most pedestrian accidents occur in urban areas, rural pedestrian accidents are more often serious. This is because vehicle speeds in rural areas are generally higher. The probability of a fatality in an urban pedestrian accident is about 1 in 20; in rural areas the probability is about 1 in 5.

### Who Is Involved?

Age and alcohol are two major factors in pedestrian accidents. The greatest number of pedestrian accidents involve persons between 2 and 7 years, and adults over 65 years of age. Pedestrian fatalities follow a similar trend: the highest number of fatalities involve children be-

tween 5 and 6 years of age, and persons over age 65. It is also important to note that among adult pedestrians between 18 and 44 years of age at least 55% of those killed had been drinking.

### Where Do Pedestrian Accidents Occur?

Suburban residential settings create special pedestrian traffic problems. Because there is usually not much vehicle traffic and because intersections are often far apart, many people cross suburban streets in the middle of the block. Meter readers, postal employees or delivery personnel, all concentrating on their jobs, are apt to step out into your path if you are driving in such an area. Other people may step into the street while mowing their lawns or sweeping their sidewalks. They tend to be less alert to vehicles than they should be.

The behaviour of children is an even more serious problem. Everyone who drives an automobile has heard the following warning: "Be prepared, because behind every ball that bounces into the street there is a child." This is sensible advice, but drivers should be alert to the

possibility of children running into the street well before they see a bouncing ball.

You already know that certain highway conditions and locations increase the chances of accidents between vehicles (for example, rain, a blind curve, or an uncontrolled intersection may each contribute to the likelihood of accidents). The same holds true for pedestrian accidents. Crowded city streets, suburban residential areas, cars parked on either side of a roadway, and anything that limits visibility will add to the possibility of pedestrian mishaps.

### Scanning The Roadway

When you are driving in a stream of traffic your ability to see bicyclists will frequently be limited by a number of factors. One of these factors is your own level of alertness to bicyclists. An increasing number of bicyclists are making use of flags, lights, and reflectors that increase their visibility. However, many others do not use such devices. It is essential, therefore, that you keep a special alertness out for bicyclists and those factors that could in-

fluence their paths of travel.

### Animals

Pets represent a special problem because of their size and quick movement. They frequently dart out into the roadway. In many cases, drivers fail to see an animal in time. Then, in attempting to avoid the animal, the driver may swerve into a fixed object or suddenly apply the brakes and be struck from behind. It is better to hit the animal if swerving or braking will jeopardize other motorists or pedestrians.

### Driver's Quote of the Day

A cow ran into my car. I was later informed that the cow was halfwitted.

### Driver's Questions of the Day

Unless otherwise posted, the maximum speed limit allowed in cities, towns, villages and built-up areas is:

- 30 km/hr.
- 50 km/hr.
- 40 km/hr.
- 55 km/hr.

### Answer

- 50 km/hr.



## Tri-City Boot Repair & Sales

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### MEMBERS' COMMENTS

"The Givens material is very detailed and presented in such a way that the average person can make excellent use of the information. I was the Base Financial Counsellor at CFB Summerside for two years. This package makes excellent sense and should be made available to all members of the CF through SCAN."

Chief Warrant Officer K. Edgett (Ret'd) - Trenton

"Aside from the financial bonuses granted under the Forces Reduction Program, I sincerely feel that the Givens Wealth Master package is by far the best benefit military members can take advantage of. It is a comprehensive and personally tailored Canadian financial management and small business program affording six months of unlimited consultation from the best organization of its kind in the world. Those who choose it and use it will be more than satisfied and I have the testimony of several fellow servicemen to support my sentiments."

Master Warrant Officer Don Hunt (Ret'd) - Ottawa

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### FREE LECTURE LOCATION

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3:00 PM & 7:30 PM  
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- Earn over 15% a year, every year, in a low risk investment program
- Save up to 60% on the next car you buy



# Section News



## 407 Squadron

Demon Doin's

Well, April was a busy month for all Demons. April 8 saw the officers gather for a luncheon after an intensive morning of ground training in preparation for MARCOT '93. The dress for the luncheon was Flight Suit Formal, with tacky ties added for a new look. Major Jaggi, our DCO, brought new dimensions to the word "tacky" as he won first prize for the ugliest tie. We've all heard of turning water into wine, but at this luncheon the reverse occurred and an unnamed pilot, whose presence will be missed on Crew 2, managed to "exchange" the head table's white wine for water. The head table, happily oblivious to this fact (they were concerned only with the red wine) generously donated their supply of white wine to Lt Richie and company (so sorry, guys!). Needless to say, the luncheon was a tremendous success. Crew 1 was overthrown in their reign as crud champions, to be replaced by the ever popular Icemen of Crew 4.

MARCOT '93 was April's main event. Crews welcomed our Australian and American visitors over the Easter long weekend. The Aussies were fully prepared for a chilly Canadian welcome, as was evidenced by the parkas several Australians felt the need to wear. On the operational side of the house, MARCOT '93 was a roaring success - all 40 planned sorties were flown, and we actually flew more hours than were planned for! On the social side of things, Capt Maeland is to be thanked for his fine hosting of the Aussies, especially Crew 4 who couldn't say enough about our Bamey! MARCOT '93 ended with a big wrap-up on Friday 23 April. The Aussies hosted the Squadron for some "down-under" style grub and beverages, after which all MARCOT participants (and a good portion of the Base) made their way to the Junior Ranks for an evening of lively entertainment. All in all, our visitors reportedly had a smashing time in Comox, despite the weather.

The month of May brings about many changes to 407 Sqn. Crew shifts were wrought on the first Monday of the month, and rumours of changes to the Squadron executive are abounding. Congratulations are in the offering to our three newly promoted Captains, Andre Gloumeau, Mark Mombourquette and Joy Klammer. As well, congratulations (or is that condolences) go to the Crew 7 Moosemen for being selected as the 407 Sqn competition crew this year. The Moosemen are off to fabulous Greenwood for O'Brien and if they win that competition, they're off to Greenwood again for Fincastle! We wish our future East Coast residents the best of luck in the competition - the Demons are behind you all the way! Congratulations are also in order for Capt Colin Craddock and his wife Monica, who just had a baby boy, Ryan Matthew, who weighed in at 7 lbs. 5 oz. on Friday 30 April. Ryan is their second child and was kind enough to come into the world after a mere hour and a half of labour. As well, we wish all the best to Ernie and Leslie Romans, whose second baby, Kirsten, made her grand entrance into the world during our MARCOT barbecue on 17 April. Best of luck to both families with their new additions. Sometime this month we will be bidding adieu to Capt Brennan's sanity, as he and his wife Lynn will soon be joining the ranks of the sleepless in their quest to start a family.

These are the months we pull out our hankies and say a fond farewell to our crew mates who are leaving. We've already said goodbye to Maj Godwin, who's off to Geilenkirchen, Germany and this month we say goodbye to Capt Mike "Suby" Subchak and Capt Dave Malinski, both of whom are off to the flatlands of Manitoba. Well, that's this month's edition of Demon Doin's - no one else is willing to give up information, so until next time....

Argus Cairn



Col. Terry Rogers (former CO 407) and present 407 CO LCol Peter Kendell attend cairn dedication.

## MARCOT '93 - 407 Maint. Perspective

Servicing/3 Crew

Well Demons, the poison pen is back in action for yet another report on the latest in the 3 Crew world. First and foremost, it should be reiterated how successful the MARCOT exercise was. The fact that we covered every mission with not only an aircraft but also a serviceable back-up is a definite credit to all trades on our crew. The co-operative effort put forth during this period has set new standards for all involved...Bravo Zulu!!

Now, for what's been happening around the coffee pot lately. First of all, we should say hello to Cpl Marc Prosser, our new electrician from maintenance. And with that goes a farewell to Cpl Dawn Meier, who's trading us in for a day job. Good luck, Dawn; it's been a slice! We also seem to have another new face in our presence these days. Cpl Lucy Pelletier is back off course...again, and appears to be staying with us for a little while this time!

The latest breaking news in the sports world involves the Crew squash players. It's been revealed to us that Larry Jensen, Marc Prosser, Bill Rickard, and John Surch relieved their MARCOT stress out on the court. Apparently John completely annihilated all challengers. Of course, this reporter is totally impartial in this matter! There seems to be a story circulating around that Luc's pending posting to Greenwood is going to cost him a few extra hundred dollars. It has something to do with an extended house-hunting trip. Anyway, while we're on this topic, we wish Luc all the best in Greenwood. It's great because now every time we blame Greenwood for broken airplanes, we can put a face to it!

I think we've all witnessed the ultimate in torture over this MARCOT exercise - Sgt Moon being given the desk job with playoff hockey on a television only steps away! Of course, this totally fact-based article reveals that WO Leblanc glued him to his chair while laughing each time a cheer came from the canteen...how cruel can you be?! Congratulations are in order for Cpl Kendall who reached those lofty heights just a couple of weeks ago. The crew's reaction seems to be unanimous. "When's the party?"

To all those readers out there, I pose a question: have you ever wondered what it is that people see when they look at you? Well, if you've pondered this, then you should check out the Simpsons poster beside the coffee pot! And finally in signing off, I bring your attention to a fine piece of investigative reporting. An undisclosed source has submitted indisputable evidence showing the mental condition of our highly trained technicians...he kind of looks a little crazy, doesn't he?

MARCOT 93 provided the 407 SAMO organization with an opportunity to demonstrate their ability to support continuous operations and keep the Squadron's aircraft mission capable. The ASO section was manned 24 hours a day, fixing the snags and turning around the aircraft for the next flight. 407 Squadron successfully launched all of its 40 missions and usually had a "B" checked aircraft ready as a backup. During the exercise, the servicing crews rectified nearly 200 unserviceabilities requiring approximately 1000 personhours. While all trades were busy, the CRST techs rectified nearly 50 per cent of the recorded snags. Technicians from ARO and AMCRD helped to keep aircraft flying by loaning technicians and providing essential second line support. 407 ArmPO Section was also kept very busy. The armourers humped approximately 4000 sonobuoys for 407 and visiting aircraft. Twelve torpedoes were loaded and one exercise emergency download was carried out.

In the last few days of the MARCOT exercise, the OpEval team began to throw in exercise inputs just to turn up the heat a bit more. Maintenance supervisors and staff had to plan exercise

deployments and deal with a number of exercise emergencies. Initial reports indicate that the Op Eval team was pleased with 407's response.

While a lot of work went on during this exercise, 407 maintainers did find time for the occasional social function. 407 hosted both the visiting Australians and US Navy aircrew and ground crews. Everyone had a chance to sample Aussie beer and wine, courtesy of the Australians. In return they were particularly fond of our liquid sunshine.

The support 407 Servicing received from other Wing sections was superb. No. 1 Supply Group kept up to the essential flow of spare parts and despite all the other aircraft on base, the refuellers were always there when needed. Many people in many different sections all pulled together to make this exercise a success.

A lot of long hours, hard work and a bit of luck enabled 407 to turn the aircraft around and have them ready to go. The U.S. Navy and the Australians left us with many thanks and an invitation to come and visit them in slightly warmer and much dryer climates. I'm sure the CO will agree!

## More MARCOT

Continued from page 1

for missions to come or missions already flown.

From an operations point of view, MARCOT was an unprecedented success. Despite the weather, forty out of a planned forty MPA missions were launched - a tribute to the outstanding effort by 407 Sqn servicing and maintenance crews, as well as to the aircrew. Performance figures were equally as

remarkable in specific operational areas. Interoperability between multinational forces was excellent. Many Aurora and P-3 crewmembers took advantage of the opportunity to fly on each other's missions, thus gaining valuable insight into how ASW is practised south of the border and south of the equator.

MARCOT takes place every two years.

888 WING

## GARAGE SALE

"C" BUILDING

Saturday, 22 May 1993  
9:00 a.m. - 2:00 p.m.

Spring cleaning time again!! Bring your pre-priced items to "C" building on Friday, 21 May between 2:00 & 4:00 p.m.

Large or small items - plants, books, etc. All donations appreciated. Please - no garbage, just "class" junkie!

## SUPPORT YOUR WING

4 WING  
417 Son  
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STAND-UP ON 25-27 JUNE AT CFB COLD LAKE, ALBERTA. GRAND GALA REUNION AND PARADE SCHEDULED. FOR INFO PACKAGE CALL "4 WING HOTLINE" (403) 840-7024.

NEXT DEADLINE 31 MAY



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Price Net of GM Rebate

1993 4 Wheel Drive Extended Cab

5.0 L V8  
Rear wheel antilock  
5 speed transmission  
Cast aluminum wheels  
AM/FM stereo cassette  
24 Hour roadside assistance

\$20,995

1993 2 Wheel Drive Extended Cab

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Rear wheel antilock  
Cloth seats with Scotchgard™  
GM TOTAL™ 3 year/60,000 km warranty  
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\$17,995

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4.3 L V6  
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GM TOTAL™ 3 year/60,000 km warranty

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V8, 5 speed, Auto.

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1989 TOYOTA 2WD PICKUP

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1988 CHEV 1 TON EXT. CAB 2WD

V8, 4 speed.

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V6, auto, AC & more.

STK. #4412B ONLY \$12,495

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6 cyl., auto, loaded.

STK. #5037B ONLY \$6,995

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STK. #5153A ONLY \$8,995

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4 cyl., 5 speed

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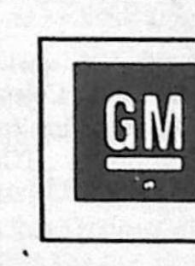
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# Section News

## 442 Transport & Rescue Squadron



### SAR Missing Diver

On Tuesday 23 February 1993, Labrador 11316 from 442 Search and Rescue Squadron was tasked to provide support to a Basic Search and Rescue Technician Diver Course conducted at the Fleet Diving Unit in Esquimalt. Due to the nature of the mission, the helicopter weight was reduced by removing all rescue equipment normally carried and crewing with minimum personnel for the task: two pilots, one flight engineer (FE), and one search and rescue technician (SAR Tech).

When the training mission was successfully concluded, the crew elected to return to CFB Comox via the west coast of Vancouver Island, Barkley Sound and the Alberni Inlet. It was the best of days: the sun was shining, the wind was light, the water was calm and the crew were enjoying the flight. Upon entering Barkley Sound, the crew heard a call for help. A boat operator reported that his lone diver had not surfaced and he could no longer see his bubbles. The boat was located on the edge of the Broken Island Group just north of Labrador 316's position. The crew of the helicopter responded immediately and was on scene in less than five minutes.

The crew of Labrador 316 immediately commenced searching around the last known position of the diver while seeking further information from the boat operator. It was determined that the diver had submerged 58 minutes earlier wearing a black dry suit and single yellow scuba tank and was suspected of diving in a depth of 20 to 30 feet. He should have been on the surface by now.

Also hearing the distress call, the Department of Fisheries and Oceans Patrol Vessel *Tanu* and the Canadian Coast Guard Station Bamfield each launched a fast response boat with two crew members aboard. The rescue boats arrived approximately 10 to 15 minutes after the Air Force Labrador helicopter.

A co-ordinated search was conducted with the three boats concentrating on the last known position of the diver and the Labrador searching water areas and shoreline surrounding the last known position.

Within minutes, the crew from the *Tanu* reported they thought

they could see something yellow on the bottom, very close to the last known position of the diver. Immediately Warrant Officer Paul Beattie, the SAR Tech on board Labrador 316, donned his wet suit. Fortunately WO Beattie had his wet suit, mask and fins in order to assist in the training at the Fleet Diving Unit but due to the nature of the day's tasking and Labrador 316 not being the standby rescue helicopter, there were no scuba tanks or other diving equipment aboard. WO Beattie jumped into the water from the front door of the helicopter.

Due to the buoyancy of his wet suit, WO Beattie was unable to get very far below the surface without a weight belt or scuba tanks. However he was able to determine that the yellow object was in fact the diver lying on the bottom, 25 to 30 feet below. To get down to the diver WO Beattie needed weight. The crew from the *Tanu* provided an old weight belt. Holding his breath and pulling the free end of a rope from one of the rescue boats, WO Beattie made a rush for the bottom where the stricken diver lay. Reaching the bottom, WO Beattie had only time enough to tie a quick knot around the diver prior to dropping the weight belt and rapidly returning to the surface for a much needed gulp of air.

The diver was quickly hauled aboard the Coast Guard rescue boat where his mouth and throat were suctioned and CPR initiated. In spite of the expeditious efforts of all concerned, the diver succumbed - unfortunately a graphic example of why divers should never dive alone.

Particular recognition must be made of WO Paul Beattie's actions beyond training and expectation. Unable to clear his ears on the way down, WO Beattie was in extreme pain throughout his desperate dive. He suffered severe barometric injury to both ears and is prohibited from flying or diving until medically cleared.

THAT OTHERS MAY LIVE.  
Crew of Labrador 11316:  
Aircraft Commander Capt Grant Mills  
First Officer Capt George Dowler  
Flight Engineer MCpl Mac MacGregor  
SAR Tech WO Paul Beattie

### Kuwait Medals



L-R: LCol Drover, CO 442 presenting. Recipients Cpl Lazarowich, Capt Mabey, Sgt Fradsham.

### SAR Techs & Sports

By MCpl Al Banky

The headline reads, "Flyers win The Cup." Philadelphia beating Vancouver? Not even close. The 442 hockey players, with a large SAR Tech component, have finished the hockey season off in a blaze of glory. The section, assisted by other squadron members, beat the Fleet Diving Unit by two points in the second annual SAR Tech/FDU game. The Squadron won the much coveted Colorado Springs tournament and capped off the season by coming from behind to win The Commanders Cup. What next?

It seems Brad Gough has NHL aspirations; after the Base

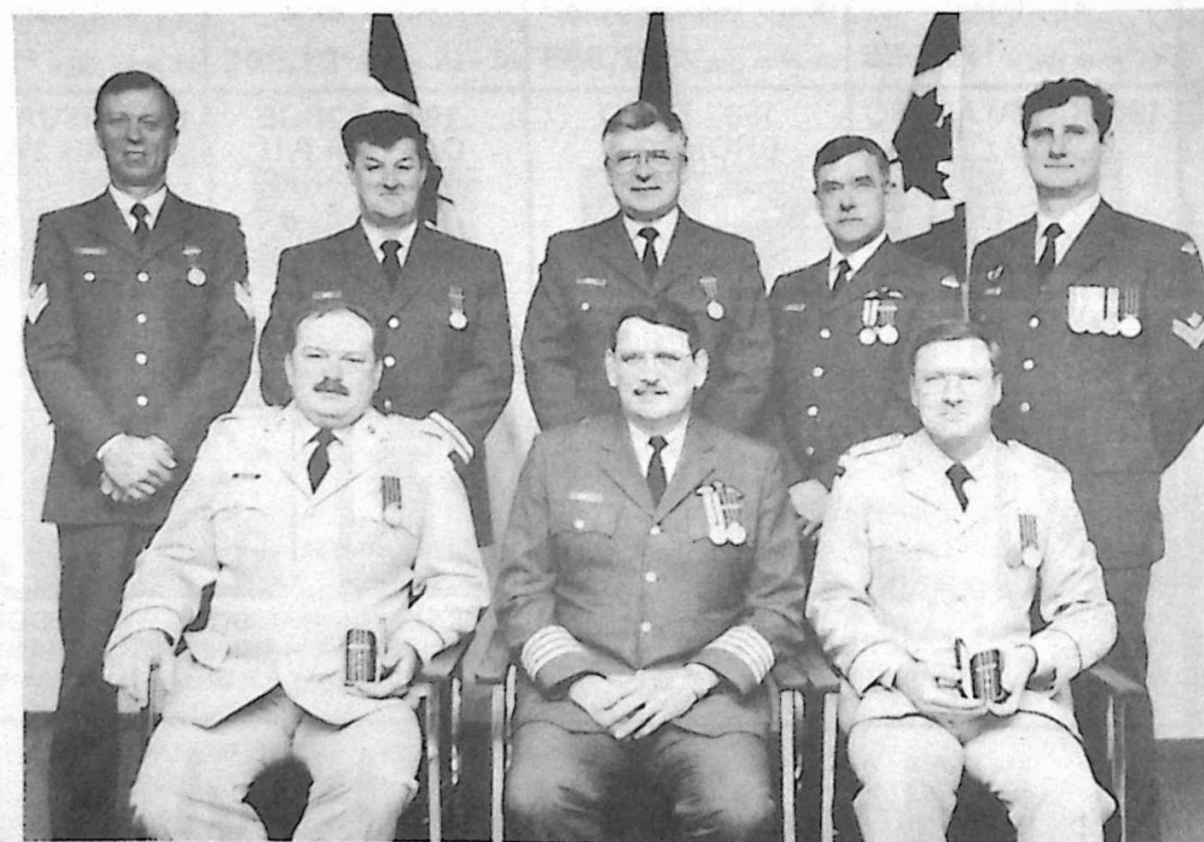
Oldtimers lost to Esquimalt in the regional championships, Brad disappeared. Was it overwork? Not according to his co-workers. Was Brad distraught? Possibly. Was he offered a better contract? That sounds more like a SAR Tech. Brad finished off the season playing in the nationals for his former employer - the Navy.

The section has once again shone in the Comox Valley Snow to Surf, with 14 of our 21 SAR Techs competing in the race. Our "A" team was the highest placed team, composed entirely of members of CFB Comox; they placed fourth over-all and second in the

military category. After the race the team resisted the temptation to protest the Totems' mountain bike switch and retired honourably to the hot tub. There are rumours that the competition is going to bring in more ex-Olympic athletes next year. Nike, Reebok, Coca-Cola, and Pepsi are bidding for sponsorship of next year's SAR Tech team.

Now that hockey season and Snow to Surf are behind us, the SAR Tech shop is returning to its regular overworked status and the players are again doing Standby; rest up because baseball and golf are about to begin.

### Base CD Awards



Extra clasps were awarded to the following CD recipients by Wing Commander Col T.B. Rogers on 13 April, L-R, from back, Sgt Douglas, Capt Miles, Capt Burnham, MWO Walker, MCpl Tarbett, Capt McLachlan (L), Col Rogers, Capt Merchant.

### WO & Sgt's Mess May 1993 Calendar

WEDNESDAYS.....Weekly Steak BBQ  
Steak, Baked Potato, Bun & Coleslaw for an incredible \$4.00  
Call 8430 NLT the preceding Tuesday to reserve your steak  
Friday 14 May.....TGIF, Cheeseburgers & Chips  
Private Function in Lounge  
Friday 21 May.....TGIF, Lasagna  
Thursday 27 May.....Colombus Night, 2000 hrs.  
Friday 28 May.....TGIF, Fish & Chips  
Sportsmens Bingo, 2000 hrs.

## NEXT DEADLINE 31 MAY

## 19 A.M.S.

Spring has finally arrived. The Snowbirds have come and gone, the grass needs cutting and the buds are blooming. The point is, we're still here, as important as ever. Like good wine, we're getting better with time.

There have been many changes recently with the formation of 19 Wing. New names and new positions, but the good news is that we're still part of a winning team, the 19 AMS team. Our role within the Squadron has increased since the formation, supplying vital support to the various Squadrons and Base. With the additional responsibilities comes the challenges. The personnel within this section are looking forward to meeting these challenges head-on.

Even our successful team will have changes. This coming APS, Sgt Al Doole is being posted to Kingston, Ontario. Al will be missed at the RTT shop as well as the Base. Al contributed to the well-being of the Squadron and Base community through his efforts as a volunteer and participant in a variety of events. We wish you and your family the best of luck in your new posting. Al's replacement, Mike Jeffries, is coming in from Ottawa, Ontario. Mike will be here sometime in July, and we look forward to the opportunity of working with him. We also would like to extend a warm welcome to his family.

The remaining RTT troops will be here for at least one more year. Our section is looking forward to another prosperous and successful year. We would like to thank everyone for their support and hope to see you again soon.

### AMCR

Welcome to 19 AMS AMCR section. This is our first exposure to 19 Wing, and since we are so young, please bear with us through our introductions. Our section consists of three of the

greatest computing minds available. Please no tomatoes allowed! Actually we do consist of three bodies, but we are really two separate shops with a head figure. One could say that we are one-man shops.

Capt Rob Holland is the head honcho. You may have seen him occasionally limping around 7 Hangar or displaying his latest bruise. It would appear he has friends of questionable character. This particular officer even has trouble maintaining control of his office nameplate. We understand that his antics during a mess dinner may have played a part in this mystery.

Mr. Ray Egan is the resident VAX/VMS guru and he looks after ADAM (Automated Data for Aerospace Maintenance) users, who plague him daily with "My terminal doesn't work"! Incidentally, for readers not familiar with the ADAM system, in simple terms it is a method of capturing maintenance actions accomplished against aircraft or aircraft equipment and inputting this data to a computerized database. ADAM is an attempt at stemming the paper war, although at times we wonder whose side is winning.

Mr. Mike Pilon looks after the PHRS (Person Hour Reporting System) computers. While Ray has his woes, so does Mike. You may see him in various sections hiding from the mobs who hate time-cards or despise LaserJet IV printers! The PHRS system is a management tool designed to confirm that 500-series technicians do have a full day. This system does not presently provide a meaningful debate of the paperless war.

That concludes our introduction for 19 AMS AMCR. For our next article we will explore the ADAM and PHRS worlds in greater detail. Until next time, happy computing.



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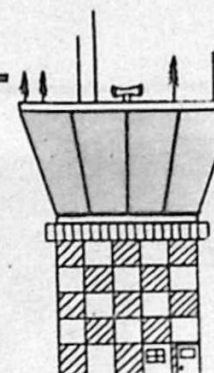
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## NEXT DEADLINE 31 MAY

# Section News

## As The Beacon Turns



Hey Beacon Buckeroos, welcome back to another edition of A.T.B.T. A lot has been happening around the ol' "Double Q" recently so I'll spring right to it. Speaking of "Spring," one of its telltale signs around these parts is the annual visit from our beloved Snowbirds. This year's acrobatic training schedule has come and gone for another year and it provided the "Beacon" with a cute "gotcha" for one of our VFR dwellers! I heard through the proverbial grapevine that Lt "The Judge" Wappler knows "now" the Snowbird pre-taxi "check in" procedure. And it all started with, "Snowbird Lead, Tower, your radios are badly broken, say again?" Hee, hee.

Another sure sign of Spring here in the Valley is the yearly "Snow to Surf" competition! This year's ATC/Tech contingent consisted of Paul Anderson and Rob Vienneau (Running), Dan Borne and Doug Godden (Mountain/Racing Bikes), Jim Houston and Tom Schrader (Canoeing) and last but not least, Rolie Lapointe and Brian Statham (Downhill/X-Country Skiing). To make a "painful" story short, our Lads o' Liniment finished the race 89th out of 160 teams. Rumour has it that things began to go "downhill" at the "white stuff" event! (Must have been the wax...right guys? Yuk, yuk)

Another form of "exercise" during the past 10 days was in the form of...airplanes!! The pace definitely picked up recently around the ol' "Double Q" with MARCOT 93 in full swing. Our beloved "CC de la IFRCC" can attest to the recent increase in "traffic" after getting "plugged in" to 8 in ARR in as many minutes! (PAR 2's clear Paul!) In keeping with the "shop" side of things, Pat Leonard is down from the "Steel Tree-Fort" where he re-qualified in the Radar world to help out during MARCOT. Welcome back to "the factory," Pat!

And speaking of qualifying, congrats go out to Capt Bob "Keep them truckers rollin'" Trainer for his recent check out in "Ground" and his continued quest for soloship in the DAC seat.

Meanwhile downstairs, Doug Crumback and Suzanne Dunn are being kept busy "pedding" and "Trk Initing" at the ARR/TERM positions while Kent Graugaard continues to be monitored in the Data slot. Keep smiling, guys 'n' gals! In the promotion department, rumour has it that it will be "Capt" Crumback come May and "Capt" Lapointe this June!! Congrats, guys, see ya at the Beer Call on the 23rd!

In closing, along with

### Moose Jaw Reminiscence

It's hard to believe it's 2025,  
I wonder how many of my old friends are still alive.  
I saw Jim Pierce the other day,  
He's selling houses around Saskatoon way.  
I haven't seen Harry since 2014,  
He was still the jolliest man you've ever seen.  
I also talked to Caroline on the phone,  
She said she's old but she's not alone.  
I'm still in Moose Jaw...the Base is gone now,  
But my grandson and I go up there anyhow.  
They closed her down in 2009,  
There's just a bit of 10L now with old faded lines.  
The grass 'n' weeds are growing out of that ol' runway's back,  
And the only other thing still there is an old Tasker Shack.  
I thought that place deserved the best,  
So a reunion was planned for the rest.  
We all met there where the old Guard House used to be,  
And we held each other like you wouldn't believe.  
There was Kevin, Kent, Barry and Ron,  
And others too, all remembering those who'd passed on.  
Arm in arm we made out way to that old broken down runway,  
And it wasn't windy or dusty that day.  
But an overcast sky kept the sun away.  
Finally there we were, standing at that ol' checkered red 'n' white,  
And when retired Col Savard reached for that door, what a sight.  
That 16 year seal broke like an egg,  
I could barely stand on my old shaking legs.  
And old faded Log Book was lying on the floor,  
With pages left for entries galore.  
Our old Major was the first to sign,  
Then he motioned to the outside line.  
Next was the ol' Chief...He walked up those stairs as tall as a tree,  
He signed down his name and passed the pen to me.  
That pen was passed on down the line,  
'Til everyone had their name down just fine.  
But for that "last entry," we had something special in mind,  
It had to be Sherry Parly to put down that last line.  
With her old soft hand she wrote that day,  
With big bold red letters... "END OF ZULU DAY."  
With cloudy eyes we started to leave,  
When we seen ol' Monkhouse and the boys yelling "What about me!?"  
Well, then it really was complete.  
The sun started to break thru on our way back,  
As we all turned for that last stare at that ol' Tasker Shack.  
And happiness and content was written all over our face,  
God, I sure do miss that old place.

### WOS' & SGTS' MESS Fishing Derby 20 - 27 May 93

Tickets at the bar \$3.00 ea.  
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# On the Base



## Chapel Chatter

By Padre Bob

Well ladies, I hope you had a Happy Mother's Day! If I missed giving you a carnation last Sunday you must have snuck out the back door, through the Sunday School. I enjoy that tradition of being able to decorate the front of the Chapel with red and white carnations for Mother's Day and then being able to hand them out at the end of the Service.

The 1st of May weekend certainly was a busy one around the Chapel! 19 Wing hosted the Pacific Regional Protestant Chapel Guild Conference, 30 April - 2 May. With Mrs. Gail Rodger as the convenor, the committee planned for a fun yet thought-provoking weekend. Mrs. Donna Davidson, our music leader, joined us from Winnipeg and brought along her husband, the Command Chaplain, who represented the Chaplain General at the Conference. (Padre Davidson also took the opportunity for a short staff visit on Thursday and Friday). Members from the CFB Chilliwack Guild joined with our local members on Friday evening for a Meet and Greet.

On Saturday they got into meatier topics of discussing their theme "Let Your Light Shine." Through talks, discussion groups and skits the theme was explored and attendees encouraged to see ways in which they shine for the Lord. At the banquet that evening, Mrs. Gail Rodger was able to present a stained glass lighthouse to Mrs. Marion Saunders, Mrs. Donna Davidson and to Mrs. Vlasta Grant, our theme speaker. The presentation of the lighthouse for Mrs. Edith Houlst, our organist for the weekend, waited until our Service on Sunday.

Having used lighthouses for name tags and for presentations it seemed fitting to use the lighthouse for our Sunday Bulletin bridging the Guild Conference's theme with the lighthouse showing the way to safe harbour as we commemorated the 50th Anniversary of the Battle of the Atlantic. Once again VADM (ret) W.B. Hotsenpiller, the Senior Naval Officer in the Comox Valley, LCDR T. Dandeno, the Chief Administrative Officer for HMCS Quadra, and the Officers and Cadets of Royal Canadian Sea Cadet Corps Port Augusta under the leadership of Lt (N) G. Richardson all joined with the congregation for this commemoration. As a special treat this year two flights from 407 Squadron, commanded by LCol P.J. Kendell, also joined us.

The Service blended our themes. As we commemorated the Battle of the Atlantic, Lt(N) Richardson read out the names of the ships lost, and the two Cadets in square rig tolled a bell for each. Following this we observed a minutes' silence. Padre Davidson, the Command Chaplain(P) for Air Command delivered the message for the day reminding us that we need to remember those who have gone before, and to let their light shine. The Chapel Guild took the opportunity to present a stained glass window of the Protestant Guild Crest, designed and built by Mrs. Bonnie Cochrane. The window was received by the congregation and dedicated by the Command Chaplain, Padre G.G. Davidson.

As a Maritime Patrol

Continued on page 16

## Journée Familiale

L'Association Francophone de la Vallée de Comox vous invite à sa prochaine journée familiale, qui aura lieu le dimanche 16 mai. Quoi de plus agréable que de profiter d'une belle journée ensoleillée en partageant un bon pique-nique et ensuite en se dégoûdissant les jambes par une partie de balle-molle amicale? L'été approche à grands pas, c'est le temps de sortir et de profiter du beau temps (en espérant que Dame Nature sera de notre bord)! Francophones et francophiles, membres et non-membres, jeunes et moins jeunes, venez vous amuser avec nous! Le lieu reste à

déterminer, mais apportez vos sandwiches et votre équipement, ensemble nous ferons de cette journée un Mini Franco-fun pour les jeunes de 7 à 77 ans! Pour de plus amples renseignements, veuillez contacter Diane au 339-3990 ou Chantal au 334-0692.

### Family Day

The Comox Valley Francophone Association invites you to its next Family Day on Sunday, 16 May. What a wonderful opportunity to enjoy a bright and sunny day, eating sandwiches and playing a friendly softball game! Summer will be here soon, so it's

time to get out there and take a breath of fresh air (let's just hope Mother Nature will be on our side!).

Come out and play with us! Everyone is welcome - Francophones, francophiles, members, non-members, kids and kids at heart! The location is still to be determined but don't forget to bring your picnic lunch and your equipment. Together, we'll have a Mini Franco-fun of a day!

For more information, please call Diane at 339-3990 or Chantal at 334-0692.

## Bonnie's Window



Protestant Chapel Guild crest in stained glass was built by Bonnie Cochrane and dedicated 2 May. Clockwise from front left: Bonnie Cochrane, local Guild President, Col George Davidson, Air Command Chaplain, Wing Chap (P) Padre Bob Baker and Marion Saunders, National Guild President.

## Regional Guild Conference



Pac Region Chapel Guild Conference attendees from Comox, Toronto, Chilliwack and Winnipeg were hosted by CFB Comox.



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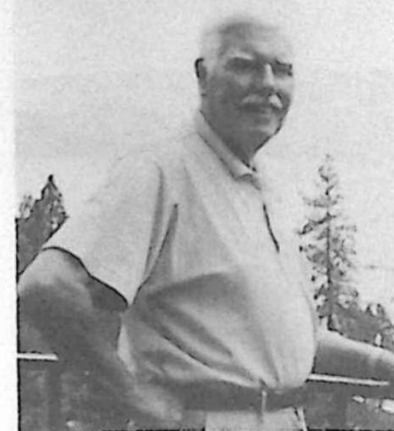
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# Feature

## The Albatross - Life Continues

### Part 1 - Rebuilding

By Frank Steven



Frank Steven

The ferry trips, to which the previous articles referred, were conducted as part of the Grumman Civil Certification of the SA 16 for the Resorts International Corporation of Miami, Florida.

Grumman Aerospace first introduced the Albatross as a military aircraft in 1947. It has been in continuous use ever since, although none are military now. It flew under flags of many countries other than its native USA - Canada, Brazil, Greece, Norway, Chile, Portugal, China and Japan to name but a few.

Originally designated PF-1A by the US Navy and SA 16 by the Airforce, the Albatross later was called HU16 by those two services and by the Coast Guard.

Resorts International had bought Chalks International Airline, which operated six Grumman Mallards on its run from Miami to the Bahamas, in 1977. However Mallards were in short supply, as only fifty-nine were built, so resorts selected the Albatross, its big sister - Grumman

built 464 of them.

To operate the Albatross as a civilian carrier meant a complete certification programme had to be undertaken. Resorts contracted Grumman Aerospace of Bethpage, New York, the original manufacturer to accomplish this. Resorts set about acquiring retired aircraft from around the world. The first batch would be for their own use, then Grumman would sell future production runs.

As a result of my association with Grumman in working on a four-engine modification to our nine RCAF establishment in 1969, I found myself invited to participate in flight-testing and also training new pilots in the civil programme then underway in 1979. I was privileged indeed to be flying with two of the pilots on the original test flights back in 1947, Fred Rowley and Carl Alber. Although both men were retired, they were very involved like myself as consultants on the project.

Viking Air of Victoria was interested in acquiring future STCs (Supplemental Type Certificates). I was working also to bring Viking and Grumman together so that Canada could be involved, particularly as we saw a need for a replacement flying boat water bomber for the ancient

WWII Canso.

The certification problem would seem easy to overcome - the aircraft had been thoroughly tested and proven in its long military history. Its deep-sea hull and sturdy construction proved its reliability and forgiving nature to be among its best characteristics. We proved this time and again in its triphibian operations in the RCAF and particularly in the punishment it took in the Boat School here on the West Coast. Such praise and such a service history, however, did not unduly influence the U.S. FAA's Southern Region, which set out to certify the old aircraft. The G-111 (its civilian designation) was certified under Part 4b of the Civil Aeronautics Regs, not under the newer Federal Aviation Regulations Part 25, which now governs the certification of transport aircraft. It qualified for Part 4b because it was a "Surplus Aircraft of the Armed Forces." As it turned out, my first task on arrival in Stewart, Florida was to research all the CARs and FARs to make the determination. In fact, according to FAR 21.27f, as a large reciprocating-engine aircraft produced after 25 August 1955, it could be certified under this regulation, but after much discussion Part 4b was chosen

since it was an older regulation and it was thought that it might go easier than the newer FAR 25. In bureaucratic terms "newer" usually means "more complicated."

Rebuilt engines, inspection for corrosion and wear, replacement of aluminum Cap strips on the wing box beams with titanium ones, and numerous other improvements were undertaken, but still certification was not easy. Certifying an Amphibian in the transport category got really complicated. Most of the regulatory material was written for landplanes, and some of the aeronautical formulas and requirements for landplanes in the FARs just do not apply to flying boats. The FAA wanted a landing gear warning device - an automatic signal to the pilot to lower the gear when power is reduced, as in landing. We had to convince them that this could be disastrous in a water landing if the pilot obeyed the warning and lowered the wheels! All these points had to be flown and demonstrated. I lost weight demonstrating an engine feathered on take-off roll (we had autofeather now) at V1 and continuing with the take-off to airborne and subsequent climb at 250 fpm, and this in the 95° Florida heat. After an hour of

this, everyone was stuck to their seat, including the FAA inspector riding in the jump-seat. And so it went.

The final bill was more than anyone involved in the project ever suspected - the Civil Airworthiness Certification took four years and eleven million dollars!

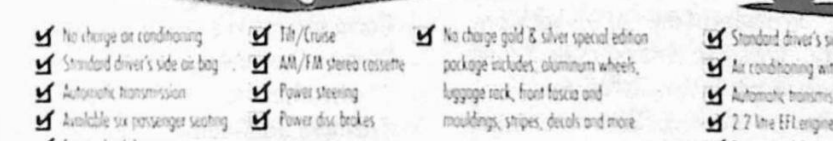
By May of 1981 the programme was complete but the certificate had yet to be issued.

Plans had already been made and acceptance given by the Paris Airshow Committee for the G-111 debut in Paris in June. With a crew of seven, I would follow the route of the US Navy Curtiss seaplanes, NC-1, NC-3 and NC-4, which were the first aircraft to cross the Atlantic going from St. John's, Newfoundland via the Azores to Portugal. There were differences, of course. No water landings were planned. If an emergency necessitated alighting on the water then I would remember not to lower the wheels! We would terminate at Paris' Le Bourget airport rather than England. I was sure also that we would not get the reception another American flyer got back in 1927.

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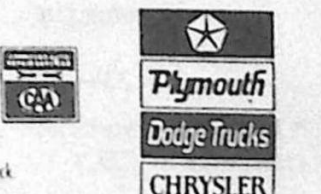
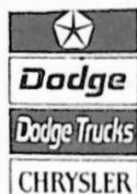
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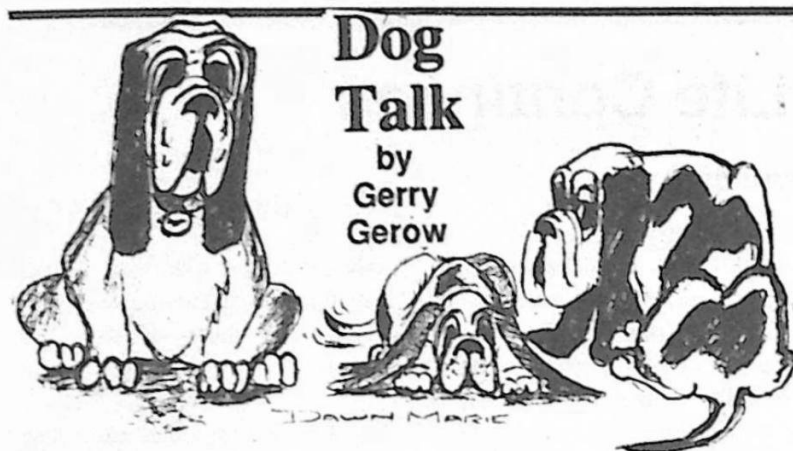
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# Leisure



## Dog Talk by Gerry Gerow

### Schipperke & Westie

This week, a breed book on an interesting little dog, "The Complete Schipperke" by The Schipperke Club of America, Howell Book House, New York, and Maxwell Macmillan, Canada, Don Mills, Ont. \$32.50.

This is the first breed book to come my way in the last little while, and a very interesting one it is. The breed standard for this loveable little dog requires it to be solid, jet black, and have the tail docked to almost non-existent. Tails in show dogs can be no longer than 1 inch.

Everything required of a good breed book is here—history, training, care, health and breeding. Nothing seems to be left out. The Canadian standard isn't included, but the notable Canadian breeders and fanciers are mentioned.

All in all, a good breed book, and one you should read if you are thinking about getting a Schipperke. This one probably won't be in book stores yet, but you can order it from Macmillan at 1-800-465-5273.

Recently I cast aspersions on well-known Victoria outdoor sportsman and octogenarian Pat Dunn for being on a pheasant hunt accompanied by a little white terrier. I pointed out that while "Soda," as the dog is named, was quite cute, it should be at home by the fireplace and he

should get himself a real hunting dog.

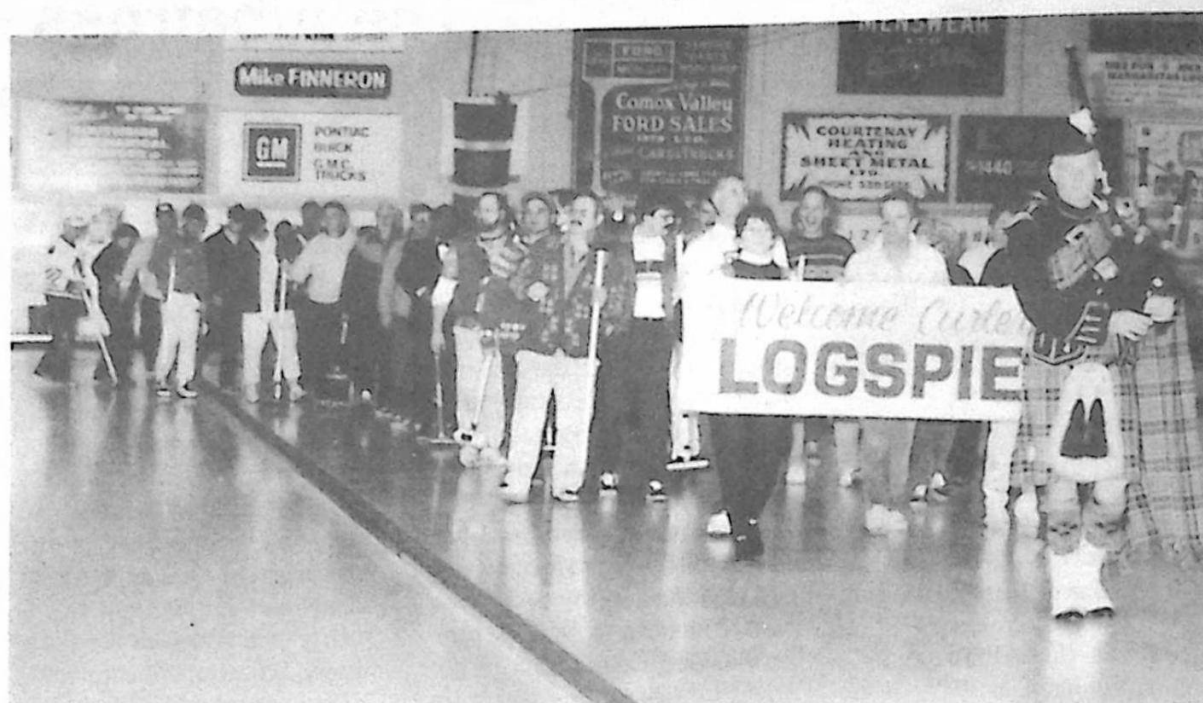
Now Pat, a former president of Ducks Unlimited Canada, is not one to take things lightly, so he showed up last week at a meeting we both attended with a copy of the AKC "Dog Book" to prove to me that his "West Highland White Terrier" was used as a hunting dog in Scotland for over a hundred years before my German Pointers came on the scene. Maybe so, Pat, but I'll stick with the Pointers.

Anyway, let's take a look at this loveable little dog, known familiarly as a "Westie." He is a member of a closely related group known as the Terriers of Scotland. He first appeared in dog shows in 1900, and by 1909 there was a national breed club formed in the United States, followed by one in Canada two years later. They were first registered with the Canadian Kennel Club in 1908.

Westies measure 10 to 11 inches at the withers, with a short although not docked tail of about 5 inches long. The Canadian standard requires his temperament to be alert, gay, courageous, self-reliant and friendly.

This cheerful little all-white dog would be my first choice should I want to get a terrier, but don't tell Pat.

### A lot of Logs



Better still: What a proud bunch of logicians!

### Opening Rock



Senior LogO Maj Couture (WTnO) officially opened the 18th Annual Logistics Bonspiel. WSUpO Maj. Pipe sweeps.

### 18th Annual PacRegion Logspiel '93

After a year of planning, the 18th Annual Pacific Region Logspiel was held recently at Comox. The event was a complete success as a record 39 rinks from British Columbia bases participated.

Rinks came from 19 Wing Comox, Chilliwack, Rocky Point, Masset, Esquimalt, Det Vancouver and Ships West Coast. A meet and greet was held Thursday 18 March at the Comox Valley Curling Club, giving everyone the opportunity to renew old acquaintances and to make new friends.

Winners of the "A" Event were the Derrell Sears rink from Esquimalt. The "B" Event was won by the Cec Issel rink from Base Foods in Esquimalt. "C" Event winners were the Fred Kennedy rink from Wing Supply in Comox and the "D" Event was awarded to George Carlow and his rink from Esquimalt.

The organizing committee would like to thank all participants, local merchants and the Comox Valley Curling Club for

making this a very enjoyable event. Again, thanks to everyone involved. It was a "Blast". From Logspiel '93, thank you for your support.

#### Sponsorship

- A Event - Overwaita
- B Event - Comox Moving & Storage
- C Event - Comox Builders
- D Event - Washington Inn

The organizing committee would like to thank the following sponsors for their donations. Please patronize these businesses:

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By Carolyn Haight

Feel like Chinese food tonight? Most of us would pick up the phone and order out rather than attempt to cook a Chinese meal. There is a mystery that surrounds Chinese cooking, but it is actually quite easy to prepare. As there are no precise quantities or rigid rules to follow, much is left to the cook's imagination.

There are a few special utensils the Chinese use such as a wok and a steamer. However, a saucepan or frying pan and a dish standing in a saucepan with a few inches of simmering water are perfect substitutes for both these utensils. Chopsticks (the Chinese word for "quick little ones"), a sharp knife, and a cutting board are also important Chinese cooking tools.

Some special ingredients are required in Chinese dishes. Bok choy, wonton and eggroll skins, gingerroot, bean curd (tofu), lily buds, and sesame oil are only a few. Most can be found in grocery stores but some are only available in Chinese food stores.

The traditional methods of cooking are steaming, stir-frying, deep-frying, and simmering, although stir-frying is the most common.

The recipes that follow will be rewarding in taste and also in their colourful appetizing appearance. So go ahead and trade your fork for some chopsticks. (Mastering the chopsticks will likely prove to be the most difficult part of your Chinese cooking adventure!)

#### Egg Rolls & Wontons

1. Place egg roll or wonton skin with one point towards you.
2. Spoon filling just below centre of egg roll or wonton skin. Fold bottom point of skin over the filling. Tuck point under filling.

This is where making egg rolls and wontons differ. For egg rolls, fold side corners over, forming an envelope shape. Roll egg roll up toward remaining corner. Moist point and press firmly to seal.

Wontons should be rolled to cover filling, leaving one inch unrolled at top of skin. Moisten right corner of skin with water. Grasp corners and bring them toward you below filling. Lap right corner over left and press to seal.

3. Fry egg roll or wontons, a few at a time, in deep hot oil (365°) for 2 or 3 minutes or until golden brown. Drain on paper towels.

#### Egg Roll or Wonton Vegetable Filling

- 2/3 cup shredded zucchini
- 2/3 cup shredded carrot
- 2/3 cup finely chopped mushrooms
- 1/2 cup finely chopped onion
- 1/2 cup finely chopped green pepper
- 1/3 cup ground peanuts
- 2 T. soy sauce
- 1/4 tsp. sugar
- 1/4 tsp. pepper

12 egg roll skins or 48 wonton skins  
In mixing bowl, combine all ingredients except skins and mix well. Fill and fry egg rolls or wontons according to directions above. Serve warm with sauces below.

#### Plum Sweet & Sour Sauce

- 1 can (20 oz.) crushed pineapple in syrup
- 1 cup sugar
- 1 cup water
- 1 cup vinegar
- 1 T. dark soy sauce
- 2 T. cornstarch
- 2 T. cold water

1 cup plum jam or sauce (marmalade can be substituted)  
Heat pineapple with syrup, sugar, 1 cup water, vinegar and soy sauce to boiling. Mix cornstarch with 2 T. water and stir into pineapple mixture. Heat to boiling, stirring constantly. Cool to room temperature and stir in plum sauce. Cover and refrigerate. (Makes 5 2/3 cups.)

#### Mustard Sauce

- 1/4 cup water
- 1/4 cup dry mustard
- 1 tsp. sesame oil or cooking oil

In small saucepan bring water to boil. Combine mustard and sesame oil. Stir boiling water into mustard mixture. (Makes 1/3 cup of sauce.)

#### Chicken Fried Rice

- 1 whole chicken breast (1 lb.)
- 1/2 tsp. cornstarch
- 1/2 tsp. salt
- dash of pepper
- 1 cup bean sprouts
- 1 T. vegetable oil
- 2 eggs, slightly beaten
- 1 jar (2 1/2 oz.) sliced mushrooms, drained
- 1/2 tsp. salt
- 4 T. vegetable oil
- 3 cups cooked white rice
- 1 or 2 T. dark soy sauce
- dash of pepper
- 2 green onions, chopped

Remove bones and skin from chicken and cut into 1/4-inch pieces. Toss chicken, cornstarch, 1/2 tsp. salt and pepper. Rinse bean sprouts in cold water and drain. Heat wok or frying pan until 1 or 2 drops of water bubble when sprinkled in it. Add 1 T. oil and coat sides of wok. Add eggs, stirring until thickened throughout but still moist, then remove. Add 2 T. oil to wok and coat sides. Add chicken and stir-fry until chicken turns white. Add bean sprouts, mushrooms and 1/2 tsp. salt, and stir-fry for 1 minute. Remove from wok to strainer. Add 2 T. oil to wok and coat sides. Add rice and stir-fry 1 minute. Stir in soy sauce and pepper. Add chicken mixture, eggs and green onions, and stir-fry 30 seconds. (Makes 5 servings.)

Stir-Fried Spareribs with Green Peppers

- 2 to 3 lb. rack of pork ribs, cut lengthwise across bones into halves
- 2 tsp. cornstarch
- 2 tsp. soy sauce, light or dark
- 1 tsp. salt
- 1 tsp. sugar
- 2 green peppers
- 2 green onions
- 2 T. vegetable oil
- 2 cloves garlic, finely chopped
- 1 tsp. finely chopped ginger-root

Heat to boiling, then reduce heat, cover and simmer 20 minutes. Mix water, 2 T. cornstarch and 1 tsp. sugar, and stir into ribs. Cook and stir until thickened. Add green peppers, then cook and stir 1 minute. Garnish with green onions. (Makes 3 to 4 servings.)  
Do ahead directions: Simmer ribs for 20 minutes, then cover and refrigerate no longer than 24 hours. Just before serving, heat ribs to boiling, cover and cook 2 minutes. Continue as directed above.

Trim fat and remove membranes from ribs. Cut between each rib to separate. Toss ribs, 2 tsp. cornstarch, soy sauce, salt and 1 tsp. sugar in glass or plastic bowl. Cover and refrigerate for 30 minutes. Cut green peppers into 1-inch pieces. Cut green onions into 2-inch pieces. Heat wok or saucepan until 1 or 2 drops of water bubble when sprinkled in. Coat sides of wok with oil. Add ribs, garlic and gingerroot, and stir-fry 2 minutes. Add bean sauce and stir-fry 1 minute. Stir in chicken broth.

## Chinese Cooking

- 2 T. brown bean sauce
- 2 T. cornstarch
- 1/4 cup cold water
- 2 T. cornstarch
- 1 tsp. sugar

Trim fat and remove membranes from ribs. Cut between each rib to separate. Toss ribs, 2 tsp. cornstarch, soy sauce, salt and 1 tsp. sugar in glass or plastic bowl. Cover and refrigerate for 30 minutes. Cut green peppers into 1-inch pieces. Cut green onions into 2-inch pieces. Heat wok or saucepan until 1 or 2 drops of water bubble when sprinkled in. Coat sides of wok with oil. Add ribs, garlic and gingerroot, and stir-fry 2 minutes. Add bean sauce and stir-fry 1 minute. Stir in chicken broth.

Soak 1/4 cup lily buds for 30 minutes in warm water, being sure to cover them completely. Drain, discard stem ends, and cut into 1-inch lengths.

Cut 1 medium carrot into julienne strips (very thin carrot sticks), then cook in boiling water for 4 minutes. Drain and set aside.

Cut 4 oz. fresh bean curd (tofu) into julienne strips and set aside. 1/4 head Chinese cabbage, chopped  
1/2 an 8 oz. can bamboo shoots,

drained and cut in half lengthwise  
1 small onion, cut in thin wedges  
1 clove garlic, minced  
1/2 cup peanuts  
3/4 cup cold water  
2 T. cornstarch  
3 T. soy sauce  
2 tsp. sugar  
2 T. cooking oil

Chow mein noodles, warmed  
Stir water into cornstarch, add soy sauce and sugar and set aside. Preheat wok or skillet over high heat and add cooking oil. Stir-fry onion and garlic in hot oil 1 minute. Add cabbage and stir-fry 2 minutes. Remove vegetables.

Add more oil if necessary, then add bamboo shoots, carrot and lily buds, and stir-fry 2 minutes. Stir soy sauce mixture and add to wok. Cook and stir until thick. Add cabbage and onion, then carefully stir in bean curd strips. Cover and cook 1 minute. Add peanuts and heat through, tossing to mix. Serve immediately over warm chow mein noodles. (Makes 4 to 6 servings.)

Heat to boiling, then reduce heat, cover and simmer 20 minutes. Mix water, 2 T. cornstarch and 1 tsp. sugar, and stir into ribs. Cook and stir until thickened. Add green peppers, then cook and stir 1 minute. Garnish with green onions. (Makes 3 to 4 servings.)  
Do ahead directions: Simmer ribs for 20 minutes, then cover and refrigerate no longer than 24 hours. Just before serving, heat ribs to boiling, cover and cook 2 minutes. Continue as directed above.

Trim fat and remove membranes from ribs. Cut between each rib to separate. Toss ribs, 2 tsp. cornstarch, soy sauce, salt and 1 tsp. sugar in glass or plastic bowl. Cover and refrigerate for 30 minutes. Cut green peppers into 1-inch pieces. Cut green onions into 2-inch pieces. Heat wok or saucepan until 1 or 2 drops of water bubble when sprinkled in. Coat sides of wok with oil. Add ribs, garlic and gingerroot, and stir-fry 2 minutes. Add bean sauce and stir-fry 1 minute. Stir in chicken broth.

### Glacier Greens Hold Mixed 50th Anniversary Tourney

By Swede (Olley)

It was a dark and stormy day—however, despite the ominous skies, eighty-two dedicated golfers gathered to participate in a tournament celebrating the 50th anniversary of CFB Comox.

Prior to the shotgun start, Base Commander Col Rogers re-introduced former Base Commander MGen (Ret) Don McNichol along with Comox Mayor Alicia Burns, Mayor Ron Webber of Courtenay, and Councilman Dave Stevens, who made a successful but belated trip all the way down the mountain and on out to the upper flats of Cape Lazo (need a road map, Dave?). Each were presented with a commemorative plaque, then it was off to the tee blocks to do battle.

All of the above-mentioned VIPs were disqualified and were declared ineligible to win any of the prizes as their score cards were either lost, too wet to read, or as one dignitary was overheard to say...."score card, do we keep score in this game?"

Three teams were tied with three under par 68, necessitating a count back, with the foursome of team captain "Duke" Dutrisac, Don Ayotte, John Holley and Ardythe Wood taking first place, while carding a blistering 31 on the back nine.

Second place finishers were Roy Downie, K.O. Simonson, Pat Verchere and Judy Felbaum. Finishing third was club captain Bing Shearer, Larry Blais, Chuck Perry and Diane Bainbridge. Tournament chairman K.O.

Simonson presented K.P. winners Jean Webber and Ardythe Wood with a painting by local aviation artist John Rutherford. Congratulations ladies! (Hey guys! Didn't you know you were also eligible for the K.P.s?)

#### UPCOMING EVENTS

President's Cup will be held on 16 May, open to Glacier Greens members ONLY. Register at Pro Shop before noon on 14 May.

Men, don't forget—cut off for entry to the McConochie's/ Glacier Greens Open is 25 May and limited to the first 128 entries (maximum handicap 20).

Contact the Pro Shop at 339-6515 for further information.



### 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

### Looking for Work?

#### Self Development Services

specializes in

call 338-6722

\* Job Finding workshops  
(sponsored by CEC)

#### Career Development and Job Search Skills

for information about

\* Private consultations for  
Force Reduction personnel



# Health & Fitness



## TAKING CARE OF YOURSELF

By Gail Dal-Santo, RN  
Health Promotion Consultant  
REGISTERED NURSES ASSOCIATION OF B.C.

### Dealing with child abuse

What would you do if a child told you about a problem that sounded like child abuse?

Our understanding of child abuse and neglect has grown greatly in the last 20 years. We know that abuse occurs in a wide variety of settings and that it can set into motion a "cycle of violence" that continues down through the generations.

In most cases abusing parents have been abused or neglected themselves as children. They often feel locked out of normal society but can't trust friends or family to help them. Many cope well outside their homes but lose control when they are at home with their children. Most abusive parents actually love their children and have a strong desire to be good parents but become overwhelmed by their circumstances.

However, because of the seriousness of the problem, a very strict law concerning child abuse has been in force in B.C. since 1974. The law says that anybody who suspects that a child is being abused or neglected MUST report their concerns.

If you have a concern at any hour of the day or night call the **Helpline for Children** provided by the provincial Ministry of Social Services. Dial "4" and ask for **Zenith 1234**. A social worker

will answer the phone and discuss the concern you have. Children can call this number themselves whenever they need to do so.

If a child tells you about being abused, let them know you are sorry to hear that something has happened, that it is not their fault and that you will help to sort it out. Help the child call the Helpline for Children. Help them tell their own story or give the information yourself. You will then be told what to do next.

You don't have to give your name when you call. However, if you do, it greatly assists any investigation. Your identity will be protected and the alleged abuser will not know who made the call. Either way your call will be fully investigated.

When you report a concern the investigation will be handled by a social worker from the Ministry of Social Services. The police will become involved if there is reason to believe a criminal offense has occurred. Once you have called, the ministry will assume responsibility for taking the best action in the circumstances.

Child abuse is not someone else's problem. It is each of ours. We are all responsible for helping to protect the children in our community and to break the cycles of violence.

### Helping kids through divorce

Divorce is hard on everyone in a family.

But for kids, it can be a devastating shock. Children may fear they will lose a parent, their home, family, neighborhood, friends, pets and more—both real and imaginary.

During a divorce, many children need help and support more than at any other time. Unfortunately, parents may not be able to provide either because of their own personal turmoil.

That's why, if a divorce has become part of your life and you care about your kids, the best way to help them may be to help yourself. For emotional support, talk to someone you can trust a friend, a family member, or a counselor.

Make sure you take care of your body, too. You'll need to eat well and get plenty of rest to get through the day and be able to think clearly.

If you can't sleep or you're suffering headaches or stomach pains you may need help from a health professional, like a nurse, to find better ways of coping with your situation.

If possible, reduce conflict with your former partner. Children have a better chance for a healthy future if their divorced parents work hard to put their differences aside and make sure their children

can have a continuing, stable and close relationship with both of them.

Unfortunately, the legal process of getting a divorce often adds to the anger between parents. Mediation may be better. It's a way for parents to make decisions together about custody, visiting rights, and support payments with the help of a neutral mediator. Mediation costs less than two separate lawyers. It also tends to reduce fighting between parents. A family court worker can provide information and help you decide whether it's right for you.

Make sure you tell your kids clearly and honestly why the breakup is happening. If possible, ask your former partner to join you in speaking to them. The kids need to know they will still be loved and cared for and that the divorce is not their fault. Also, give them a chance to say what they think about the divorce.

Kids feel safer if their routine stays organized and predictable. Also, try to make sure they don't lose touch with extended family and friends.

If your kids can't get enough support that way, make sure they can connect with "neutral" helpers, like school counselors, public health nurses, or other community workers.

**NEXT DEADLINE 31 MAY NOON**

## info health

Dr. Bob Young

### Adult Cyclists - Three Types

It's a year-round pursuit for many Coast residents but for most others bicycles get little use during the winter months. But the time has come, and bikes, which now include expensive high performance technical marvels as well as buckled-fork hand-me-downs are being resurrected from basements and garages.

Cycling is about as environmentally friendly as you can get, as well as being good for both the soul and the body. It is clean effective exercise, especially if you work at it a bit.

There are three types of adult cyclists. One sees the bike as a cheap form of transportation, an ideal way to get to work and back. Others ride for recreation, confining most of their riding to evening or weekend "bike hikes" strictly for enjoyment. The third group are the competitors, the racers and serious mountain bikers.

Logic would suggest that bicycles are inherently

dangerous. Is the human frame designed to balance high above a pair of narrow wheels? Obviously it is, or at least is adaptable - even small children quickly learn to ride bikes. Cycling injuries can be divided into "falls" and "others". Almost anything can happen in a fall, but fractures of the wrist (scaphoid bone) and collar bone (clavicle), and head injuries are among the more common. Fortunately, the increased acceptance of helmets (partly due to campaigns by the BC and other medical associations) has been effective in reducing the latter.

Falls are inevitable among competitive riders; due care, and attention to proper riding techniques will reduce their number among recreational cyclists.

Other injuries include knee pain, from excessive use or misalignment of the legs; saddle soreness from chafing and sweating; and nerve injuries from ex-



tended periods gripping the handlebars - seen mostly in long-distance riders.

Saddle injuries may lead to boils on the buttocks and exacerbate vaginal yeast infections in women. Nerve damage can be significant; full return of function may take months.

Fitting the machine to the individual rider's own body mechanics is very important - far more so than just picking the right coloured bike at the right price. Try and get advice from a knowledgeable salesman or coach.

If you have trouble keeping comfortable while, or after riding, remember that sport medicine doctors and clinics may be able to identify and treat the problems. They can also provide scientifically sound training advice to help prevent them.

The surgical treatment of flat tires is beyond the scope of this article!

### The Four Horsemen

over a period of time, as diabetes, for instance, may appear several years after gout is diagnosed. While all four conditions are more common in older patients, younger men and women may be more seriously afflicted, because, in general, the longer the condition is present, the greater the damage done.

Gout, which "licks the joints but bites the heart", is promptly diagnosed because it is painful. Treatment is effective; patients do tend to neglect their pills when the pain goes.

Diabetes has symptoms such as increased thirst and urinary frequency which get the patient's attention. Treatment, while more complicated than that for gout, is almost always successful in reducing the high sugar level in the blood and (it is thought) delaying complications.

Hypertension and elevated

cholesterol have no early symptoms. Blood pressure checks and lab tests are necessary for diagnosis; medical intervention is more effective if started at an early age, say before 35 or 40.

In recent years drug companies have stressed to doctors that their blood pressure medicine will not increase cholesterol levels, or that their anti-cholesterol drug won't raise blood pressure. Some diuretics (water pills) used for blood pressure tend to expose or exacerbate both gout and diabetes. So things get complicated.

It is understandably discouraging for a patient, previously well and on no medication, to be trampled by one of the Four Horsemen, then stomped on by two or three more while they are down. But it is probably better to know.

Continued from page 12

### More Padre

Squadron, who carry the Battle of Atlantic as one of the battle honours in their Colours, 407 Sqn presented an Argus propeller to the CFB Comox Heritage Aircraft Park in honour of all the air and ground crews who served around the Argus on their appointed duties. The propeller and

Memorial Plaque were accepted by the Wing Commander, Col T.B. Rogers, and were dedicated in a short ceremony at the end of our Service.

All in all a very busy weekend but also a very thought provoking one for all in attendance. See you in Chapel....

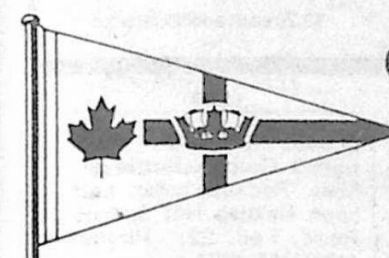


# Sports & Recreation

## Face-Off: Snakes & Knights



Opening face off by Wing Comd Col Rogers. Ready for face-off are: in red, Cpl Maillee, 442 Snakes; in white, Cpl Woodruff, 414 Knights. WPerO standing in.



## CFSA/CFB Comox

### Yacht Club

The CFB Comox Yacht Club May meeting was held at the Community Center, 4 May. Plans are well in hand for the Open House at Bldg. 5, Quadra on 30 May between 1000 and 1400 hrs. Sailboat rides in the harbour will be available, so come down to the Spit and enjoy a BBQ and boat ride. Our Vice-Commodore, Fred Reed, 339-4941 or local 8723, is OPI.

The Club is also gearing up for the sailpast on 6 June. A concession will be set up at Marina Park

in Comox and lots of hands will muster under the foreshoreman, Ray Uhl, 339-0454. Get involved and help make this a club success.

A VHF Marine Radio course will be held in the AFIS Theatre on 18 and 20 May. Call Carol Krinks at 339-2018 or at Comox Coast Guard Radio 339-3613.

Dingy Sailing and Keelboat Sailing courses are in the works for the summer. For more info watch this column. See you on the water.

## Snakes Win Trophy

### 442 Sqn takes '93 Commander's Cup

This year's Commander's Cup was held at Glacier Gardens 4-7 April 93. The Champs from last year, then "Base" Supply, were dethroned by the very persistent 442 "Snakes" Sqn.

The tournament commenced on 4 April 93 with the Ceremonial Puck Drop by the Wing Commander himself, Col Rogers. The first to lock horns was 442 Sqn and 414 Sqn. The tourney continued on through the week until every team had played each other once. The round robin standings turned out very close, with 19 AMS and 414 Sqn being eliminated.

**Round Robin Results**  
1st Adm/Sup/Compt  
2nd Ops/CE/Te/O/Tn

3rd 407 Sqn  
4th 442 Sqn  
5th 19 AMS  
6th 414 Sqn

Next came the semi-final which was a very tight round for all. 407 lost to Wing Ops in overtime and the Selects were downed by the 442 Snakes.

After all the smoke cleared, Mario LeBlanc's "Orcas" were facing off against Jacques Maillee's "Snakes" for the 19 Wing Commander's Trophy. It seemed all over when Darren Ross let a cannon go from the blue line which put Wing Ops up by two (5-3), but the Snakes kept coming and tied the game at five before the end of regulation time. Yes, we're going into overtime

again.

End-to-end rushes started the fourth period off, but again the Snakes came out on top. When Martin Turpin shut the door on the Wing Ops Orcas, the tournament ended with a closing message from LCol van Boeshoten and the presentation of the 19 Wing Commander's Cup Trophy.

The WPerO and staff would like to take this opportunity to thank all participants, officials and personnel working behind the scenes for a job very well done.

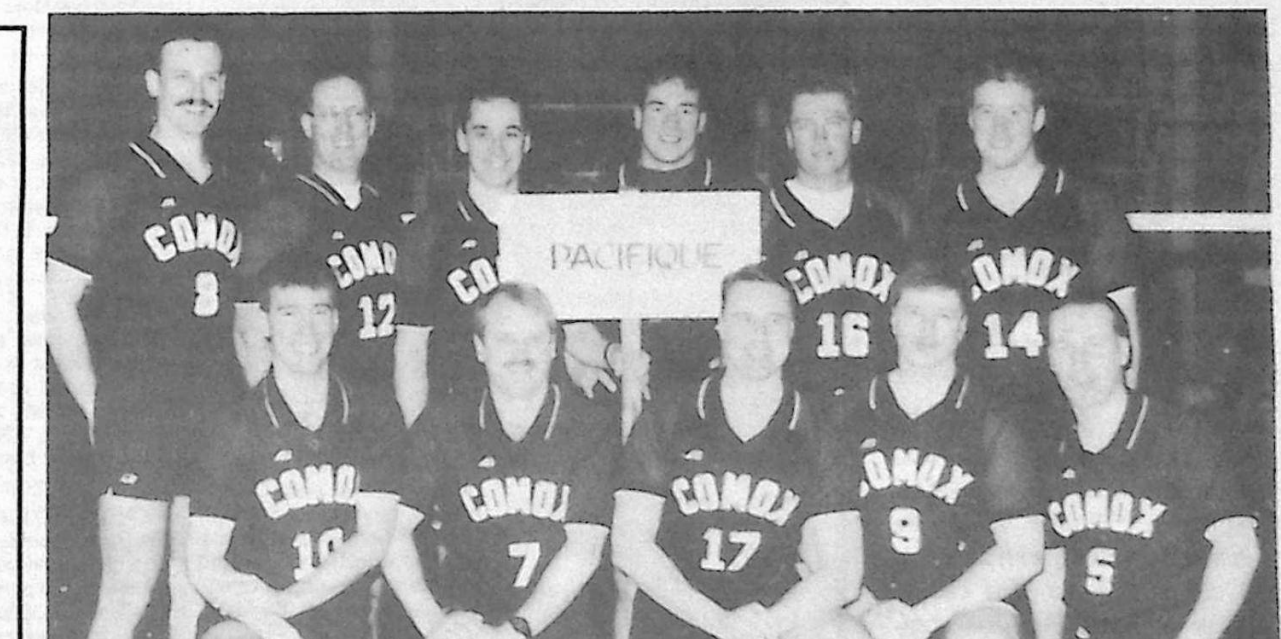
Congratulations, 442 Sqn Snakes, and an honourable mention to the "underdog" Wing Ops/CE/Te/O/Tn Team!

### 442's Winning Commander's Cup Team



Team members wear new uniforms supplied by LCol Kerr from CONAIR Aviation, Abbotsford. Standing L-R: MCpl Boutin, MCpl Gough, 2Lt Grover, MCpl Ring, Capt Ringuette, Cpl Kilpatrick, Capt Blouin. Kneeling L-R: Cpl LeClerc, Cpl Legace, Cpl Glowack, Cpl Maillee, Cpl Turpin, MCpl Godin.

### Comox 3rd in Nat V'Ball



Back Row L-R: Doug Godden, Jake Plante, Coach Gerry Jomphe, Myko Begin, Claude Bournival, Mike Mar. Front L-R: Paul Delorme (Van Det) Peter Wooldrige, Chuck Harvey (Masset) Blair Roe, John Sallows.

## Now Finished - Move Right In

### COMOX

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### HELP WHEN YOU NEED IT

Cancer patients are not alone. The Canadian Cancer Society offers a variety of support and rehabilitation programs for patients after cancer treatment. Ask your local Unit of the CCS about programs like CanSurmount. Help is available.



## Community Hearings of the Commission of Inquiry into Policing will be held in 27 municipalities throughout British Columbia.

We need to hear from you on the issues that concern you relating to crime and public safety. How can policing be improved in your community? You can get involved by presenting your concerns and recommendations in a written and/or oral submission at one of the Community Hearings. Plan to get involved. This is an opportunity for you to voice your opinions and hear the views of others in your community.

### Note:

Hours of Hearing at each Venue will be 2:00-5:00 & 7:00-10:00pm

May	Location	Venue	Address
Mon 17	Port Hardy	Port Hardy Inn (Coal Harbour Room)	9040 Granville St.
Tue 18	Campbell River	Coast Discovery Inn (Quadra Room)	975 Shoppers Row
Wed 19	Nanaimo	Tally-Ho Island Inn (Marine Room)	1 Terminal Ave.
Thu 20	Duncan	Village Green Inn (Salon 1)	141 Trans Canada Hwy.

Contact the Commission of Inquiry for information and to schedule your preferred presentation time.

**POLICING IN BRITISH COLUMBIA**  
Commission of Inquiry

Room 155 - Plaza Level, 800 Hornby Street, Vancouver, B.C., V6Z 2C5  
Phone: 1-775-1452 Fax: 1-660-9032



# 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.



## 386 RCAS News

On 15 to 18 April an NCO course was held at Albert Head, Victoria. There were six squadrons present, with a total of 62 cadets and ten staff cadets. Friday 16 April 93 a drill competition was held to select the Graduation Parade positions. It was done by an elimination process. Of the top five cadets, three were from 386 RCAS. No. 1 was Sgt Cochran, selected as "Parade Commander," No. 2 was Cpl Brison (F), selected as "Deputy Commander," and No. 5 was Cpl. Rogers, as a spare. It was a very successful weekend and all 15 cadets who attended deserve a pat on the back.



## 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

## Aerobics

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

## Comox Glacier Wanderers

are sponsoring a 10K Volkswalk on Sunday 23 May 93 to be held at Seal Bay Park. Registration will be from 9:00 to 10:30 a.m. at Park entrance. Come and enjoy the scenery. Info call 339-4145.

## Base Bowling Lanes

Now open for Casual Bowling Sundays 1 - 4 p.m. & Fridays 6 - 9 p.m.

## Leagues:

Youth Bowling Council - Saturdays at 10 a.m.  
Mixed - Mondays, 6:45 - 9 p.m. & Wednesdays 6:30 - 9 p.m.  
Ladies - Tuesdays, 6:45 - 9 p.m. & Wednesdays 1 - 3:30 p.m.  
Intersection - Thursdays, 6:30 - 9:00 p.m.  
For more information call Base Bowling Lanes at Loc. 8351 or contact the Rec Centre.

## Reunion

137(T) FLT Langar U.K., 1952-57 for possible reunion. D.A. Smith, 2315 Esther Place, Victoria, B.C. V9B 2E5. G.P. Heinekey, 3684 McIvor Avenue, Victoria, B.C. V8P 4E8

## Comox Glacier Wanderers

are holding a 10K Volkswalk on Saturday 22 May 93. The start point will be at The Black Fin Pub from 9:00 to 10:30 a.m. The route will be out to Radford Beach. Everyone is welcome. For info call 339-4145.

## 386 Sqn Air Cadets

The Squadron will take part in a flag-raising ceremony at Comox Town Hall on Saturday 15 May 1993 at 10:30 a.m.

## 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.

## d'Esterre Invitation

You are invited to luncheon at the d'Esterre Seniors Association in d'Esterre House, Beaufort Avenue, Comox, on Saturday, 15 May at 11:30 a.m. Menu is Beef on a Bun, coleslaw, dessert and a beverage. Price \$5.00, everybody welcome. Proceeds to Building Fund.

## BLANKET CLASSIFIEDS

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

TO PLACE AN AD CALL THIS PAPER OR BCYCN (604) 669-9222.

**\$195** for 25 words

\$3.70 each additional word

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AND YUKON  
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NEWSPAPERS  
ASSOCIATION

307

### AUCTION

OKOTOKS COLLECTOR CAR auction May 29th indoors. 200 special cars from Model A to Porsche. Brochure now available. Still good spots. Phone: 1(403)938-4139. Box 430, Okotoks, AB, T0L 1T0.

### AUTO

ENGINES FROM \$995. for cars and trucks. Complete rebuilds with new parts. 6 Yr/120,000 KM Warranty. 20% Down - Payments later. Bond Mechanical 8 a.m. - 8 p.m. 7 Days. 672-0641.

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/7Days). 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.

### BUILDING SUPPLIES

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

### BUSINESS OPPORTUNITIES

CANADIAN COMPANY RAPIDLY EXPANDING has the fundraising and premium tool of the '90's. Distributors needed immediately. Minimum investment \$995. Federal Music and Video Club 1-800-263-1900.

HOT TUB RENTAL BUSINESS! Everything you need starting at \$2295. Recover investment with 10 rentals. Full-time or supplement current income. Call 1-800-665-1932.

FREE LONG DISTANCE to Vancouver, Victoria, Abbotsford, Nanaimo, Calgary, Edmonton +++ calling areas. Earn great residual income marketing a high demand service. Areas selling out fast!! \$25,500 investment. Call Now (604)291-8111 extension 1800.

Private Offering No G.S.T. Reduced to sell. Well established upholstery business. Immediate income year round, work in Vanderhoof B.C. Will consider sale of property. 567-2880, 567-4548.

### BUSINESS OPPORTUNITIES

EARN \$1,000 A WEEK in your spare time. Wholesale distributor looking for 1 or 2 dealers to call on retail establishments. Call (416)638-8383, (416)638-8384.

### BUSINESS PERSONALS

FOXY ladies offer exciting personal fantasy and photos - discreet entertainment by mail. For free info write KAREN, Box 670-GB, Kelowna, B.C. V1Y 7P4. Adults Only Please!

### CAREER TRAINING

FREE CAREER OPPORTUNITIES' GUIDE. Train-at-home careers: Accounting, Airconditioning, Bookkeeping, Business, Electronics, Law Enforcement, Medical Secretary, Paralegal, Travel etc. 404-999 Canada Pl, Vancouver (604)685-8923. 1A.

### 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.

### EMPLOYMENT OPPORTUNITIES

IMPROVED LIFESTYLE, experienced, professional salespeople for unbelievable opportunity. Aggressive, Progressive Ford Mercury store, close to city. Family town lifestyle. Resume: Box 820, Lacombe, AB, T0C 1S0.

### EQUIPMENT

FOR SALE: Six Belly Dumps side delivery shouldering trailers. Be number one for hire with Ministry of Highways and Maintenance companies. Call Steve Gilham 485-9064.

### FINANCE

Humanitarian Tax Free Grants, Free Information. Phone: (604)642-3728 or write: Grants, Box 82, Sooke, B.C. No qualifications to meet.

Government Grants & Loans. Billions of dollars are made available to new and existing B.C. businesses. The Brad Book can show you how to get your share. Call now (604)753-9424.

### FOR SALE MISC.

WATER! WATER! WATER! It's going to be a dry summer! Ask for colour brochure. B.C.'s largest manufacturer of polyethylene water storage and septic tanks. Premier Plastics, 107-917 Cliveden, Delta. V3M 6E8. 1-800-661-4473.

### FOR SALE MISC.

THE LAST STEEL BUILDING you'll ever need. FUTURE STEEL BUILDINGS. The recognized leader in affordable, top-quality, Arch-Style Buildings. Why pay more? Q30"Wx38"Lx14"H - \$6,274. S30"Wx40"Lx14"H - \$6,434. delivered. 1-800-668-5111.

SEPTIC TANKS D-Boxes, Pumpout Chambers, Polyethylene Water Tanks, Pumps, Fittings. Any water related products manufactured by Canwest Plastics, Surrey. Toll-free Pager 1-977-5983. For Dealer 596-0608.

Steel Buildings: B.C. Factory Outlet direct. Straightwall and gusset models. All buildings engineered & certified. Guaranteed best prices. FREE quotations: Western Building Systems 1-800-595-9800 Kelowna.

2 Commercial laundromat coin driers Huehsch originals load star #30EG 30X30 \$1200. each. Copper mechanical water heater BC460-750-S, hot water tank, 119 U.S. gallons \$700 for both. 397-2412 ask for Len.

Paragon walk in cooler 10'X7'9", now assembled, running, must be dismantled and shipped at buyer's expense. Comes with remote compressor, \$3500. 397-2412 ask for Len.

\*\*CHEAP CD EXCHANGE\*\* Previously enjoyed one for one plus service charge of \$3.99 each or purchase \$8.99 each. Send CD's with money order or cheque plus 5% shipping to: GLOBAL DISTRIBUTION INC., 740 Columbia Street, New Westminster, B.C. V3A 2T7 or Phone: 1-800-667-0096.

LOVE BY MAIL EMPORIUM. Enhance your sexual adventures with exciting toys, lotions, lingerie. Send for FREE catalogue, 6200 McKay Avenue, 141-#743 Dept. B, Burnaby, B.C. V5H 4M9. Confidentiality Guaranteed.

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OVERSEAS POSITIONS. Hundreds of top paying jobs, all occupations. FREE Details. Overseas Employment Services, Dept. CA, 1255 Laird Blvd., Suite 208, Mount Royal, Quebec, H3P 2T1.

STUDENT ENTREPRENEUR. Government will lend you interest free money to start & run this business. Work your own hours, hire your friends. Call (604)268-9365 24 Hours.

SERVICE ADVISOR. GM Dealership has full-time position for well groomed person with good communication skills & be C.S.I. motivated. Experience an asset. Contact Kilmer Hagen, Salmon Arm Motors, Box 580, Salmon Arm, B.C. V1E 4Z2. 832-6066 or Fax: 832-5314.

Hunting Guides required for 1993 season July to October. Must have experience, references. Send resume: Widrig Outfitters Ltd., Box 5390, Whitehorse, Yukon. Y1A 4Z2 or (403)667-1032.

Women's Emergency Shelter is looking for a counsellor who has post secondary education and experience in family violence. Closing May 15/93. S.A.F.E. Box 1463, Salmon Arm, B.C. V1E 4P6. Experienced Kitchen Cabinet Designer required for growing group of companies in the Okanagan. Resumes to: Box 43, c/o The Morning Star, 4407 - 25 Ave., Vernon, B.C. V1T 1P5.

Experienced Plumbing Representative with wholesale retail experience required for growing group of Okanagan companies. Resumes to: Box 43, c/o The Morning Star, 4407 - 25 Ave., Vernon, B.C. V1T 1P5.

KITCHEN CABINETS CABINETS 1/2 PRICE. In stock, countertops/vanities also. Kitchen Craft Factory outlet. Cash and Carry Cabinet Warehouse, 4278 Lougheed, Burnaby 298-9277. 1868 Spall Rd., Kelowna 860-6638. 800 Cloverdale, Victoria 389-1114.

### LOST

\$1,000. REWARD. Much Loved Golden Retriever, Male. Red rope collar. Last seen Nakusp Hot Springs Road, Feb. 22. Phone: 1(604)265-4359.

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

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NEWHOMES - CMHC Standards. From \$55 sq.ft. Quality engineered modular homes. Factory-built for your site. 2X6 walls. R40/R20 insulation. Showhomes - Demac Home Sales, Surrey. (604)597-2181.

### PERSONAL

Exotic Dancers, Georgia and Tammy have sensational personal photos for sale! For more info, please write: Georgia, Box 112, Campbell River, B.C. V9W 4Z9. ADULTS ONLY!

Personalized Astrology Chart. Send Birthdate, M/D/Y, Birthtime H/M, AM/PM, Birthplace, City, Country. 20 Years experience. Immediate response. \$9.95 with S.A.S.E. to: Diana Claire, 301 Brae Road, Duncan, B.C. V9L 3T9.

### REAL ESTATE

FARMS FOR SALE - High Level, Alberta. Bargain prices. Call Century 21. Timber Real Estate for photo brochure (403)926-4748 Fax: (403)926-4750.

LAND WANTED: Cash available for cleared, treed, developed or undeveloped land on Vancouver Island/Lower Mainland. Call for a quick response 1-923-1820.

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

TRAVEL TIME SHARE resales and rentals. Your Canadian rejection. Want to sell or buy pre-occupied resort time share or campground membership? Worldwide Network! 1-800-565-3915 or Calgary (403)255-5650.

BLANKET CLASSIFIED ADS Place your ad in over 100 community newspapers for only \$195.00. Call this paper or the BCYCN at 669-9222.

# On & Off the Base

## Employee Assistance Programme

## Personal Bill of Rights

1. Life should have choices beyond mere survival.
2. You have a right to say no to anything when you feel you are not ready or it is unsafe.
3. Life should not be motivated by fear.
4. You have a right to all your feelings.
5. You are probably not guilty.
6. You have a right to make mistakes.
7. There is no need to smile when you cry.
8. You have a right to terminate conversations with people who make you feel put down and humiliated.
9. You can be healthier than those around you.
10. It is OK to be relaxed, playful and frivolous.
11. You have a right to change and grow.
12. It is important to set limits and be selfish.
13. You can be angry at someone you love.
14. You can take care of yourself, no matter what circumstances you are in.

## Your EAP Referral Agents:

Carol Anderson - 8356  
Bev Chadderton - 8857  
Russ Burns - 8625  
Evelyn Femia - 8336

## Brewster presentation to Museum.



Mrs. Dorothea Brewster of Vancouver receives a certificate from Museum Chairman AFIS Cmdt Maj Postma.

## The Brewster Exhibit.



Medley Family and Community Services exists to provide services and programs that serve and strengthen family and community life. Through volunteer efforts and community input, needs are identified and programs established.

We offer Information and Referral; Family Education and Preventative Programs, such as School Supervision, Youth/Teen Centre, Parenting Courses, Suicide Prevention Seminars and Connecting Friends; Counselling (individual and family); Community Services and Events such as RV Compound, Rec Clubs, Arts and Craft Sales, and Medley Days; Childcare Services such as Day Care, Satellite Day Homes, Babysitting, Pre-School, Toy Library and Play With Me; Lifeskills Programme; Volunteer Opportunities and much, much more!!!

We are looking forward to your arrival. We will help you get settled in your new community. We invite you and your family to contact or visit our offices. We can help you find information you may need to get settled in, meet other members of the community and more. Give us a call or drop in!

Medley Family and Community Services, Centennial Building No. 67, 4 Wing, CFB Cold Lake, PO Box 2260, Medley Alberta T0A 2M0; phone 594-6006; office hours 0800 - 1630 Monday to Friday.

**Kids & Tobacco It's a crime.**  
BREAK free

## LEGION LOG

### BRANCH 17 COURTENAY 334-4322

### \*\*\*ENTERTAINMENT\*\*\*

Fri 23 Apr.....Music by Frontiersmen  
Fri 30 Apr.....Music by Frontiersmen  
Fri 07 May.....Music by El Dorado

### \*\*\*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\*\*\*

Saturday 29 May.....Charity Auction 1 p.m.  
Proceeds to Cancer Fund  
Donated Items Needed  
Call 334-4322 for pick-up or drop off at office

### \*\*\*SPORTS\*\*\*

Sunday 25 April.....Fun Crib Tournament  
Open to all Crib players  
Registration 12 - 1 p.m.

"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 23 Apr.....Music by Shaboom  
Fri 30 Apr.....Music by Doug MacLean & Party Mix  
Fri 07 May.....Music by Westwind

### \*\*\*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\*\*\*

April 30.....Prime Rib Dinner \$8.00 or 2/\$15.00

### \*\*\*EVENTS\*\*\*

Sunday 09 May.....Mother's Day  
Music by the Alleycats 2 - 6 p.m. in the Lounge  
Saturday 16 May.....Slow Pitch Ball Team Garage Sale  
10 a.m. - 2 p.m. For info contact  
Pat Chester at 339-7456 or Charlie Jones at 339-2906

## 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 Golf 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 Angela at 339-8720



## COMOX COMMUNITY CENTRE

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

## TEEN CENTRE

OPEN 6:00 pm-11:30 pm  
FRIDAY AND SATURDAY  
COME CHECK US OUT!  
WE HAVE LOTS OF GAMES...

- POOL TABLE
- FOOSBALL
- BUBBLE HOCKEY
- PING PONG
- VIDEO ARCADE
- CONCESSION & LOUNGING AREA

MEMBERSHIPS \$5.00/month  
or \$1.00 DROP IN

JOIN THE TEEN STEERING COMMITTEE  
AND HELP MANAGE YOUR TEEN CENTRE!  
MEETINGS ARE EVERY THURSDAY AT 3:30 P.M.  
ADULT VOLUNTEERS ARE NEEDED. IF YOU CAN HELP OUT, PLEASE CALL.  
Everyone Welcome



*The Cozy Atmosphere*  
of our  
**Sport Lounge**  
will keep you coming back.  
HAVE ONE OF OUR FANTASTIC  
MOUTH-WATERING MUFFINS  
WATCH THE PLAYOFFS ON OUR  
BIG SCREEN T.V.!



## SUMMER EMPLOYMENT OPPORTUNITIES

THE TOWN OF COMOX COMMUNITY CENTRE HAS SUMMER EMPLOYMENT OPPORTUNITIES AVAILABLE FOR THE FOLLOWING POSITIONS:

- DAYCAMP LEADERS
- HANDS ON FARM LEADERS
- SAILING PROGRAM INSTRUCTORS

If you have the energy, enthusiasm and qualifications to fill any one of these positions, please bring your resume to our office today.

1855 Noel Ave.,  
COMOX  
339-2255

## CFB Comox Family Resource Centre

Family Resource Centre programs are open to all military families and Base employees.

**Support Group for Child Care Givers** would like to meet other care givers to share ideas and concerns. Our first meeting will be held at the FRC on Monday, 17 May at 7:30 p.m. For more information call Claudia at 339-8654.

## ON GOING EVENTS

**Tuesday 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, 5 May & Wednesday, 19 May at the FRC. Call Jo or Mara at 339-8654 for more information. Everyone welcome.

**Parents and Toys** - Every Friday from 10:00 - 11:30 a.m. at the Community Centre next to the Canex. Parents and toddlers are invited to a morning with activities and socialising for both adults and children.

**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, i.e. 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.

## THANK YOU FOR YOUR DONATIONS

In the past weeks many generous people have donated toys and outdoor equipment for our child care programs. All donations are greatly appreciated and will be well used.

## VOLUNTEER OPPORTUNITIES

The FRC Child Care programs need toyshop elves for toy maintenance and repair. Additional volunteers are needed to participate in our children's groups.

## TEEN ACTIVITIES

Tuesdays and Thursdays 6:00 - 8:00 p.m. Teen Baseball League at the Airport Elementary sports field (Baseball starts 13 May '93).

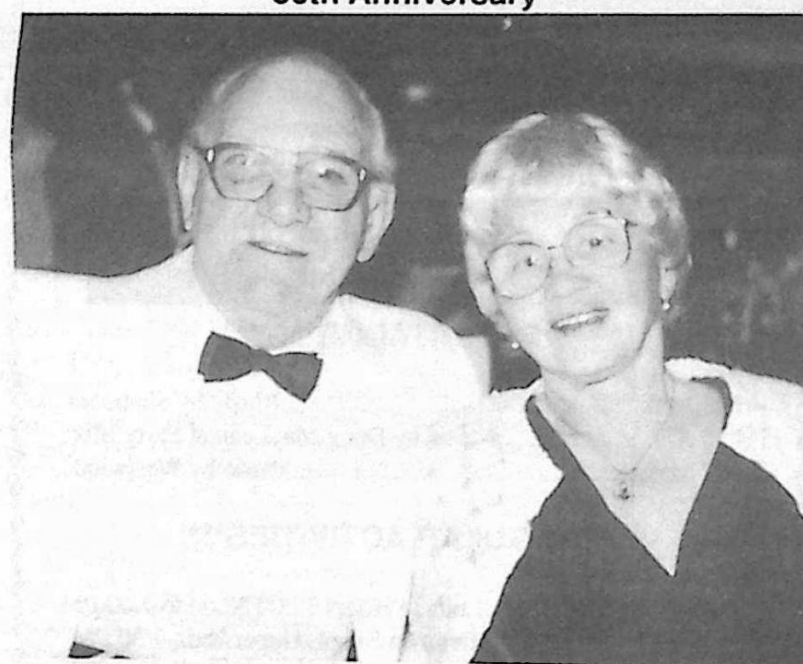
Wednesdays 6:30 - 8:00 p.m. Sports Night in Base Gym  
Fridays 7:00 - 11:00 p.m. Dance at Community Centre next to Canex.

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

To ensure minimum participation registration is required for all workshops.

All Services / Workshops / Groups are confidential.

## 50th Anniversary



Ex-Flight Sergeant Bert Linder (a "Halton Brat") and his lovely wife Lil celebrate their 50th wedding anniversary on 5 June. They were married in Vulcan, Alta in 1943.



## On &amp; Off the Base

## WComd Opens Hazmat Compound



Col T.B. Rogers, WComd 19 Wing, gets to officially open the CFB Comox Hazardous Materials Storage Compound. This compound is now considered the standard within Air Command and features Environment Canada approved storage containers manufactured by Envirotech Ltd of Calgary. The WComd is being assisted by LCol G.S. King, WLogO, and Capt H.D. McKay, Wing HAZMAT Control Officer.

## WComd Officially Opens IFRCC Addition



Everyone was all smiles as Col T.B. Rogers, WComd 19 Wing, cut the ribbon to mark the official opening of the IFRCC Addition at Building 174. The addition provides essential training, workshop, and office space for Wing Air Traffic Control. Assisting the WComd are Maj R.J. Kampman, WCEO, (left) and Maj L.K. Hopp, WATCO.

## Princess Elizabeth High School Reunion

August Long Weekend 1993, CFB Shilo, Manitoba. This reunion is for anyone who attended PEHS from any year. Registration deadline is 15 June 1993. Registration fee is \$20.00 per adult, and includes: meet & greet, dinner, and family day BBQ. If only interested in attending the dinner, registration fee is \$10.00. If interested, please write and send cheque or money order along with your name, address and number of people attending to:

P.O. Box 421  
Shilo, Manitoba  
R0K 2A0

Hope to see you there!

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- CHICKEN POLYNESIAN
- LIVER & ONIONS
- SEAFOOD TORTELLINI

includes soup or salad & our special house dessert

**\$7.95 - \$10.55**

Kids' Menu \$2.59

*Across from Comox Mall  
7:30 am - 8:00 pm  
7 days a week  
339-3911*



## Junior Ranks Mess May 1993 Calendar

Friday 14 May.....Bosses' Night with band "The Razors"  
Starts at 1530 6 ft. Subs will be served Band starts at 2100  
Friday 21 May.....TGIF Pool Food will be served  
Friday 28 May.....Retirement Luncheon 1200 hrs.

## OFFICERS' MESS MAY 1993 CALENDAR

Friday 14 May.....Mixed TGIF/Fighter Pilot Reunion  
BBQ Steaks \$5.75 per person  
Wednesday 19 May.....OMLC Farewell Dinner  
Next year's Executive elections  
Friday 21 May.....TGIF, Cold Cuts & Salads  
Tuesday 25 May.....Golf Tournament  
Glacier Greens Golf Course Tee-off 1300 hrs.  
GGGC Members \$7.00 GGGC Non-Members \$17.00  
Wednesday 26 May.....Ladies Bridge Club  
Friday 28 May.....TGIF, Hamburgers  
Toga Party Finger Food & Grapes DJ Music  
\$20.00 per couple, \$30.00 per guest couple  
Don't forget reduced rates for early reservations.  
Sunday 30 May.....Family Dinner  
\$5.75 per person Children under 4 free  
Meal of the Day 1630 - 1800 hrs.



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**NEXT DEADLINE 31 MAY**

## OMLC Farewell Dinner

WED 19 MAY  
6:00 FOR 6:30

## Menu

Julienne Consomme

Spinach Salad

Chicken Cordon Bleu  
with Hunter Sauce

Log Cabin Potato

Asparagus & Hollandaise Sauce

Honey Baby Carrots

Dinner Roll & Butter

Chocolate Mousse

Coffee & Tea

Members \$8.00/Non-Member \$12.00  
by RESERVATION ONLY  
Till Friday May 14th  
Call Dianne 339-2788  
or Exec Members



DAVID H. NICHOL  
Manager

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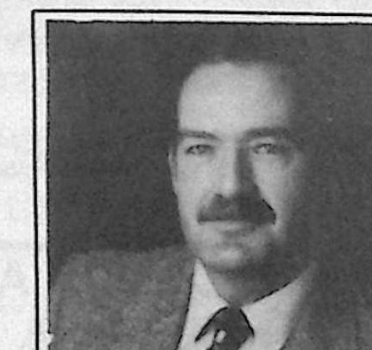
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FAX: 338-2716

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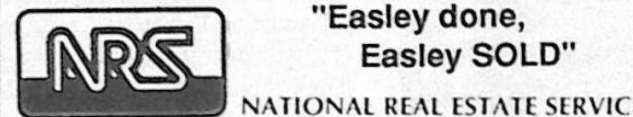
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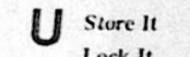
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7. Aliens: Book 2 .....Perry
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9. Benedict Canyon.....Warner
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## Association Francophone Questionnaire

Bonjour,  
Ce questionnaire s'adresse à vous si vous avez des enfants d'âge pré-scolaire et que vous aimeriez une éducation pré-scolaire en français dans la Vallée de Comox.

L'A.P.F.C.B. (l'association des parents francophones de la C.-B.) en collaboration avec l'Association francophone de la Vallée de Comox étudient présentement la possibilité de mettre sur pied un programme pré-maternel en français pour les enfants de 3 à 5 ans.

Ce questionnaire nous aidera à faire l'inventaire des personnes intéressées et nous permettra de vous contacter pour une rencontre d'information sous peu.

1. Avez-vous des enfants d'âge pré-scolaire? Nom, âge, date de naissance?

2. Voyez-vous l'importance d'envoyer vos enfants dans un programme pré-scolaire en français? Pourquoi?

3. Quel genre de programme favorisez-vous? pré-maternel:

3 demi-journées \_\_\_\_\_  
2 demi-journées \_\_\_\_\_  
rencontres hebdomadaire  
parents-enfants en français  
autres \_\_\_\_\_

4. Quel quartier de Comox-Courtenay semblerait approprié? \_\_\_\_\_  
5. Connaissez-vous un local disponible à cet effet? \_\_\_\_\_

6. Seriez-vous prêt à vous impliquer pour aider à démarrer le projet? \_\_\_\_\_

7. Connaissez-vous d'autres francophones qui ne sont pas inscrits au programme-cadre et qui seraient intéressés? Noms, # téléphone \_\_\_\_\_

Vous pouvez retourner le questionnaire à l'Association francophone de la Vallée de Comox, C.P. 295, Lazo, C.-B. V0R 2K0

Centre Communautaire de la base (à côté du Canex), heures d'opération: mardi, mercredi et jeudi de 13h00 à 16h00. Tél: 339-3990.

Merci de votre collaboration.

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**OFFRES D'EMPLOI** Secrétaire-coordinatrice à temps partiel recherchée. Le bilinguisme, le sens de l'organisation et de l'initiative, ainsi que faire preuve d'autonomie sont des atouts essentiels pour ce poste. Les personnes intéressées sont priées de faire parvenir leur C.V. à:

Association Francophone de la Vallée de Comox Centre communautaire  
Bâtiment 199, C.P. 295  
Lazo, C.-B.  
V0R 2K0

**HELP WANTED** Part-time Secretary/Coordinator needed. Candidate must be bilingual, computer-friendly, have good organizational skills and be able to work under minimal supervision. Please submit résumé to:

Association Francophone de la Vallée de Comox Centre communautaire  
Bâtiment 199, C.P. 295  
Lazo, C.-B.  
V0R 2K0

**HELP WANTED** We are looking for a pre-school teacher, certified by the Early Childhood Education Program for a French Pre-School starting this September. This position requires a person whose mother tongue is French. Please contact the Francophone Association, between 1 and 4 p.m. Tuesday to Thursday. Telephone 339-3990 or FAX 339-3992.

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