



The Wrapper Wins Again!

Four in a Row

Hat-trick for present Staff



TOTEM TIMES

Canadian Forces Base Comox B.C.



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COST: PRICELESS

409 Nighthawks Reactivate

13 July 93 will mark the reactivation of the 409 Nighthawk Squadron. After nine years, 409 Squadron returns to the Comox Valley, this time as an Air Reserve Unit in the combat support role.

We are delighted to welcome 409 back to 19 Wing Comox. First, formed in 1941, the squadron has an extremely proud history as one of Canada's first and most successful night fighter units during WWII, defending England from German air attacks. Like many other allied squadrons of the time, 409 was disbanded at the conclusion of hostilities in 1945. However, the hibernation was short lived.

Nine years later, 409 Squadron established its new home in the Comox Valley and served as Western Canada's only air defence fighter squadron, operating the CF-100 Canuck and the CF-101 Voodoo until 1984, when it was moved to Cold Lake, Alberta, to re-equip with the CF-18 Hornet. 409 then returned to Europe for the first time since the war, setting up operations in Baden-Soellingen, Germany. However, history was destined to

repeat itself and a changing political climate led to the cessation of squadron operations in June 1991.

LCol Terry Hunt has been named the new Commanding Officer of 409 Combat Support Squadron. A former operations officer with 409, LCol Hunt has accumulated some four thousand hours in tactical fighters, including the CF-18, CF-101, CF-5, and T-33, and is also a former member of the Canadian Forces Snowbirds. LCol Hunt is a graduate of the Royal Military College and also holds a Masters of Public Administration from Auburn University. Prior to his arrival in Comox, he spent two years as the Commanding Officer of the Canadian Component of the Northwest Air Defence Sector, McChord AFB, Washington.

Also no stranger to 409 Sqn is Maj Dale Erhart, the squadron's Deputy Commanding Officer. Dale is returning to familiar surroundings, having served as a Nighthawk from 1978 to 1981. Enrolled as an Air Reserve technician, Maj Erhart brings 11 years

of Regular Force and 9 years of Reserve experience. His last seven years were spent in Winnipeg, where he served as the Operations and, later, Chief Standards Officer for 402 Sqn, while concurrently flying for Air Canada.

The stand-up of the Nighthawk Squadron marks the first new Air Reserve Squadron to be activated since 1975. The initial complement will consist of nine technicians, a Training Officer, and the Commanding Officer and DCO. Over the next few years, the squadron will build its strength, adding more technicians, two additional pilots, and two navigators to operate alongside its Regular Force partner 414 CS Squadron under the Total Force Concept.

All friends and ex-members of 409 Squadron are invited to celebrate on 13 July, 1330 hours, as the Nighthawks' Colours will once again fly proudly at the reactivation ceremonies and parade. For more information, please contact the Wing PAFFO, at local 8470.

They're Back!



409 Sqn crest will be proudly displayed after July 13, delighting all past Nighthawks, including the Editor.

Aurora in Liverpool (UK) Flypast

by Captain John Blakeley

In a fitting tribute to those who waged war from the air and sea against the dreaded Nazi Unterseeboot (U-boat) fleet during the longest campaign of the Second World War, an Aurora aircraft from CFB Greenwood, N.S. took part in a massive flypast over the city of Liverpool, England, on Saturday, 29 May 93.

Thousands upon thousands crammed the banks of the River Mersey as an estimated one million spectators watched the 35 modern and historic aircraft, which had gathered from eight countries to take part in what has been reported as one of the most breathtaking attractions of the six-day celebration in Liverpool, organized to commemorate the

50th Anniversary of the turning point in the Battle of the Atlantic.

"The flypast was excellent, it was very impressive," said Capt Wade Envik, a standards navigator with MAGHQ detachment at CFB Greenwood who watched the aerial demonstration from the top of the Royal Liver Building where he attended a reception with Col Ernie Cable, deputy commander of MAG and Cmdr Steve White, commanding officer of HMCS Nipigon.

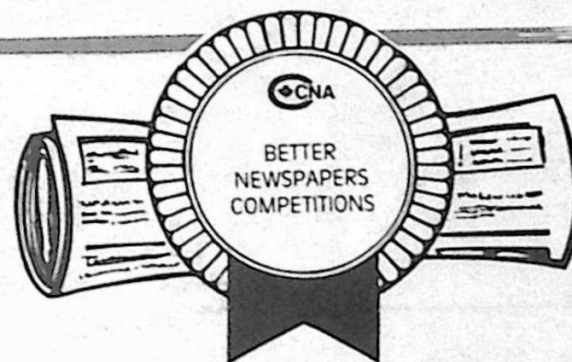
Local newspapers agreed, describing the event as, "spectacular...and, most breathtaking."

"We were very lucky the weather cooperated," said Capt Grant Mounce, a standards pilot with MAG HQ Detachment in

Greenwood, who copiloted the Aurora over the crowds of spectators who were drawn out into the unexpected sunshine. "If the sky had been overcast below 2,000 feet, we would not have been able to participate in the flypast. When we left Scotland, we were told the best we could expect was a ceiling at 2,200 feet," he said.

On the flight to Liverpool the Aurora climbed from the RAF base at Kinloss, near Inverness in Scotland, from where most of the maritime patrol aircraft which participated in the flypast were staged. It rose over the lush green rolling countryside, above the heather covered highlands, until

continued on page 3



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On & Off the Base

Home Equity Assistance

Good news if you are a member of the Canadian Forces and have to sell your home for less than what you paid - you may be entitled to compensation.

A new home equity assistance benefit, effective 28 Jan 93, recognizes that Canadian Forces members may lose money when posted and forced to sell their homes in a depressed housing market. The benefit allows reimbursement of up to 90 per cent of the difference between the home's selling price and the original purchase price, in areas where housing prices have decreased by at least 10 per cent.

Not everyone is eligible, though. You must have owned and occupied the home on posting, and have actively tried to sell it. And it is important to demonstrate that you made a fair attempt to sell your home. This means you have to do what people usually do when trying to sell their homes: list the house with a multiple listing service, run newspaper ads, hold open houses.

"Selling your house is still a personal responsibility," says Capt Tom Blais, a travel and relocation officer with the compensation and benefits directorate (DCBA) in Ottawa. "It's after the house is sold that we get involved."

Before applying for the benefit you have some work to do, mainly

showing DCBA that your local housing market is depressed. Real estate agents have access to the information you need to do this - historical information on your local housing market, information on list and selling prices of houses similar to your own, and they will provide statistics on your local market.

In general, the housing market is okay, but Blais says some areas are still feeling the effect of the recession. "Barrie, Ontario, is a good example. There, houses were selling at Toronto prices, but now they are returning to normal: that makes it hard on people who bought high and are now forced to sell low."

If you added a room, garage, deck, patio, driveway, fencing, or finished the basement, the value of your home may be adjusted, based on receipts for materials and labour. Personal labour and regular maintenance are not covered.

"Our phones have been ringing off the hook," says Blais. "If you want information, though, the best thing to do is to contact your local personnel administration office or base orderly room."

(The writer, Lori Gallagher, is a public relations co-op student working for the Canadian Forces Internal News Service and Sentinel for the summer).

Padre Bob says Farewell

Gentle Reader,

The time has come to say farewell to all this company. Padre Greg Milne retired from Comox three years ago and we followed him, but someone in Ottawa remembered that we had overlapped his last year as Padre Milne was off in the Golan. We have been able to spend four years in the beautiful Comox Valley - the longest I have stayed anywhere since leaving home to go to university - and what a place to have our longest posting!

I was driving home a couple of weeks ago, after a rather tiring day, and as I hit the top of the hill on Pritchard I could see about ten eagles soaring over the Comox harbour and was reminded that we are to "rise up on wings of eagles..." In the background, the purple-headed mountains with their majestic posture remind us that our problems are really not that big. Just so we don't get too blasé about the mountains, "they" turn the scenery off for a few days, but when the winter clouds roll away to display the spectacular sight of glistening snow-topped mountains, how can one take them for granted? Our Island deer appear at the most unexpected times - on my way into work, when it looked like the family of deer were a day early for Parents and Tots, or as my headlights flash across a hedge while



Padre Bob and Mrs. Baker with their going-away gift.

I turn a corner at night. The type of deer to which the Bible refers is the hart, "as the hart pants for cool water..." Ah, but you remember all those verses.

As if to complement the beauty and grandeur of the valley's scenery, we have found a lot of beautiful people here. The congregation is a very warm, inclusive group, who not only took in our family but make any newcomer feel welcome and at home.

I have tried to share the congregational events with you through these pages and our editor, Norm, has been most helpful and understanding. We have had this little running joke that his deadline is Monday the first working day of the week, and since Monday is my day off, therefore my articles usually appear on my first working day of

the week - Tuesday. I'm certain that it was a shock to find my article in the mail on Monday morning. Thanks, Norm and staff.

To try and single out other folk is to run a risk of forgetting someone, or making this article too long. May I just say, on behalf of Betha, Chris and Adam, a heartfelt thank you. It has been an honour and a pleasure to have been your neighbour and it has been a lot of fun working and playing in Mr. Roger's Neighbourhood.

Till we meet again...
Padre Bob

Editor's note: Good Luck Padre Bob. We're going to miss you coming into the newsroom.... late!

Employment Equity Team Visits

A project team will be visiting commands and selected bases in June to seek feedback on how best to apply employment equity policy in the Canadian Forces.

An employment equity project office was created last year to provide the minister of national defence with recommendations "for CF future direction with respect to employment equity."

The head of the project office in Ottawa, retired colonel Jim Cantlie, and his team, will spend at least one day at each command, and one base of each environment, speaking to commanders, senior staff, and members of various groups within the CF, including women, visible minorities, and aboriginal people.

The federal government, along with many provincial governments, introduced employment equity policies in the early 1980's. And, although such policies were not formally introduced to the CF, the Canadian military has always been committed to the principles of equality and fairness in the workplace, Cantlie says.

Several groups continue to be under-represented in the CF, as in the rest of government, and the aim of employment equity is to remove barriers to such groups as well as increase their representation, he says. Employment equity means giving everyone a fair chance at employment and advancement, based on talent and ability.

The Armed Forces Council, which comprises the chief of the defence staff, commanders of commands, and the senior military staff at defence headquarters, recently introduced four employment equity principles for the CF:

- The CF endorses a proactive, purposeful recruiting programme which includes attracting candidates of both genders from diverse ethno-cultural backgrounds who meet all prescribed recruiting standards.

- The CF provides equitable opportunities to all serving members for training and development to enhance their abilities.

- The CF is committed to the elimination, to the maximum ex-

tent possible, of any policy or practice that results in arbitrary barriers to the advancement, promotion, and retention of all its members.

- The CF promotes awareness, understanding, and acceptance of all ethno-cultural groups with a view to enhancing their contribution to the operational effectiveness of the CF.

Cantlie underscores that employment equity is not a quota programme. Rather, he says its aims are to attract people of all groups and ensure that they have equal opportunity to advance in the Armed Forces.

"The Canadian Forces will continue to attract the smartest and best people by expanding its recruitment to include non-traditional sources, and by developing programmes to encourage their retention," he says. "By doing so, better and more qualified members, with a variety of additional skills and language capabilities, will be selected and have fulfilling careers."

On & Off the Base

More Flypast

Continued from page 1

the last traces of snow in the mountainous Scottish countryside disappeared below a deck of cloud.

When the Aurora emerged over the Irish Sea near the entrance to the harbour of Liverpool, the sun broke through the cloud and visibility was unlimited. It was a go! The Aurora joined the other maritime patrol aircraft in a racetrack pattern near the Isle of Man and awaited the word to join the flypast.

In the colourful event, wave after wave of modern and historic maritime aircraft droned over Merseyside which, because of its strategic role during the Battle of the Atlantic, was the target of numerous devastating air raids that left more than 10,000 dead or injured during the Second World War.

The first wave of aircraft consisted of five RAF Sea Harrier jump jets flying in an arrowhead formation. Next, four RAF Buccaneer bombers flew over the harbour, followed by three RAF Nimrod maritime surveillance aircraft with lights blazing and smoke trailing against the impressive backdrop of the Royal Liver Building. A line of other modern maritime patrol aircraft, consisting of the CP140 Aurora from Canada, P3 Orions from the Netherlands, United States, New Zealand, and Norway, and Atlantiques from France and Germany

followed in the bright sunny skies, which were a welcome change to the overcast conditions prevalent throughout most of the Battle of the Atlantic commemoration. The highlight of the flypast, of course, was the appearance of the veterans of the sky, which represented a cross-section of aircraft which helped to turn the tide of war against Hitler's U-boats - a Supermarine Spitfire, two Fairey Swordfish biplanes, a de Havilland Mosquito, a Hawker Hurricane, a Sea Fury and a Boeing B17 Flying Fortress. The crowds were also given demonstrations by Sea King and Lynx helicopters and the Sea Harriers.

Flying past the royal yacht "Britannia," LtCol Brian MacLean, a senior staff officer at Maritime Air Group (MAG) headquarters, piloted the crew from Halifax and Greenwood over the dockyards of Liverpool, keeping the Aurora exactly 30 seconds behind the aircraft in front.

As the Aurora flew over the harbour, the crew were amazed at the number of spectators.

"Can you believe the number of people down there?" exclaimed MWO Rick Kidlark, standards flight engineer with MAG HQ detachment in Greenwood. Even from 1,000 feet above the ground, the crowds looked huge. Maj Vern Buote,

the senior flight engineer officer with MAG HQ in Halifax operated the Aurora's camera from the jump seat of the cockpit to record the event.

Following the flypast, the Aurora landed at Liverpool and MacLean mailed commemorative first issue stamps and envelopes which he had signed, "This envelope was flown in the Battle of the Atlantic commemorative flypast in a Canadian CP 140 Aurora."

The crew remained in Liverpool to attend the commemorative church service at Liverpool Cathedral and to join other MAG and Maritime Command personnel, who had travelled ahead, to represent Canada.

Maritime patrol aircraft played a critical role in turning the tide of war against the once powerful Nazi Unterseeboot fleet. Although, initially, the value of maritime aircraft was underestimated, air power grew to be vitally important in countering the German submarine threat to convoys crossing the Atlantic.

The presence of the very long range bombers, many of them operated by the Royal Canadian Air Force, became the final and decisive element in the ultimate defeat of the wolf-packs. In April 1943, the ASV Mark 3 Radar, an airborne radar which could see a U-boat on the surface from long

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We Want to Hear from Employees and Employers

The Employment Standards Act governs minimum standards in the workplace and sets the rules for hours of work, payment of wages, vacations and terminations. The Act is under review and we need your input on the following topics:

- Who should be covered by the Act
- Flexibility in the workplace
- Family and social responsibilities
- Emerging standards
- Improving compliance

- ♦ Written submissions are being accepted until September 29, 1993
- ♦ Public hearings are scheduled throughout B.C. Aug. 30 - Sept. 29

Further details about the public hearings will be available in local newspapers. "Standards for a Changing Workplace" is a discussion paper to help you examine employment standards issues. It is available at any Employment Standards Branch office or Government Agent office.

Commissioner Mark Thompson
Employment Standards Review
Parliament Buildings
Victoria, B.C. V8V 1X4
Phone: 387-3795

Ministry of Labour and Consumer Services
Hon. Moe Sihota, Minister



NEXT DEADLINE
12 JULY NOON

Wallace Garden News

Summer vacation is around the corner. That statement means one thing for kids, FUN. For me it means some extra time at the beach, maybe some camping, and definitely some exploring of Vancouver Island. No matter how our lifestyles change in the summer, we must keep safety in mind.

Wallace Gardens is seeing some changes that make a safe place safer. CE is installing new teeter totters and destroying the old, rotten ones. They are also preparing the ground under the teeter totters with sand and sawdust for soft landings. As funds become available, we will see more of this activity. WPERO is providing a parking lot next to the Canex ball field to separate cars from MQ residents out for a stroll. I don't have to remind you that

parents play an important role in safety. One parent noticed that the small child swings were too big for his child, with the possibility that they could fall out. Great observation, become a councillor and make our community better. In the meantime, I urge all parents to supervise their children when they are on the playground equipment.

I really can't close an article on summer safety without a reminder to drivers to watch for all those little munchkins running, or riding, throughout MQ's. Oh, I almost forgot to mention that the bicycle safety day at Airport School, which the military police put on, was very successful.

The only thing left to say is, have a fantastic, safe, summer.

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NEXT DEADLINE 12 JULY

Editorial



A Message from the Wing Commander NATIONAL SAFETY WEEK It's for Everyone

I would like to share with you my thoughts on safety and the significance of National Safety Week.

Safety affects everyone. On a personal level, related to your own safety and health, on a family level, on a career or work level, at the community, provincial, national and global levels.

Safety is no longer a narrow interest that can be tied to legislation and to regulations and only implemented in your workplace. Safety must be more than legislation, more than regulations, and more than separate special interests. Safety is a primary concern that is part of our lives, from birth until our death.

At 19 Wing, we share a common goal: to perform air operations and all of our support activities effectively with our assigned resources. In the same way that safety affects all our lives, it affects every aspect of our operations and support activities.

We are in the business of safety - the safety of our country and the protection of our way of life. To do a thorough job in our business we must play our part in protecting the environment as well as our personnel, aircraft, equipment and facilities.

As the Commander of 19 Wing, I am personally responsible for safeguarding the resources entrusted to my care. It is my responsibility to define our policy for safety and to establish overall priorities that provide the basic guidelines for our organization.

We have put in place the support structure, policies priorities, councils and committees, a team of specialists to advise on their individual programs for safety, and the specific safety responsibilities of all levels of leadership, management, supervision and work performance.

My expectations of professional safe performance by all of our personnel extend beyond the original concept of accident prevention, to include hazardous material management, protecting the environment, energy conservation, loss control and a continuing improvement in all these aspects of our lives.

National Safety Week began as a way of focusing on the safety of people at work. This year the week of 21 to 27 June has been designated National Safety Week. Please enjoy your work, your family and your community by exercising extra vigilance during this 1993 National Safety Week.

Colonel T.B. Rogers

CRIME IN OUR COMMUNITY

At about 2230 hrs, Thursday, 3 June 93, a storage shed located behind the Canex, 19 Wing Comox, was set on fire. It is suspected that this incident involves arson.

One innocent arson victim was injured as a result of this fire but none of the responding Fire Fighters and Military Police was hurt. This wilful act not only caused damage to property but could have caused additional physical harm to others, or even loss of life.

If you know of anyone who may be involved, or responsible for this crime, please telephone the Military Police at 339-8888, or 339-8436. This is our community. Let's work together to keep it together.

The Governor General

Armed Forces Day Message (1)

As Governor General and Commander-in-Chief, I am honoured to extend my warmest greetings to all members of the Canadian Forces on the occasion of Armed Forces Day 1993.

During the past year, Canadians have once again been witness to the courage, skill and dedication which have been the hallmark of the Canadian Forces. We have seen our military personnel proudly don the famous blue helmet of the United Nations to bring relief and hope to people whose lives have been torn asunder by strife and violence. Truly, in the years since our country's inaugural peace-keeping effort in 1956, the Canadian Forces have embarked upon a series of missions which have come to define peace-keeping in the eyes of the world. While it is unfortunate that Canadian peace-

keeping expertise is still required almost four decades later, Canadians are very proud that their Armed forces are willing to experience extremely hazardous situations to offer some measure of comfort to the citizens of war-ravaged countries.

Armed Forces Day 1993 is a vital opportunity for Canadians to salute the achievements of the women and men who wear our country's military uniforms and their ongoing dedication to duty, both at home and abroad. People throughout the country take great pride in the military personnel who are inspired by the fundamental values upon which our great country was founded. Moreover, those who stand as sentinels protecting fundamental rights and cherished freedoms have earned international esteem and have become an invaluable

Chief of Defence Staff

Armed Forces Day Message (2)

On the occasion of National Armed Forces Day, I offer all members of the Canadian Forces, both Regular and Reserve, my warmest congratulations on your outstanding performance over the past year.

This has been a busy time for all of us. In many foreign lands, you have, among other things, successfully carried out complex peacekeeping and humanitarian aid missions. Often, as in Somalia and the Balkans, you have done so under very difficult and dangerous conditions. Here at home, you have continued to safeguard Canada's sovereignty and Canada's interests.

You have shown solid professionalism and flexibility in performing these varied tasks. Your dedication and training have enabled you to rise to the challenges of our changing times, whether they be the instabilities

of the international scene, or the budget constraints we face at home.

You have also helped promote the values that are the very essence and corner stone of our Canadian society - a society that is a haven of peace and freedom in a post-Cold War world racked by ethnic tensions, regional conflicts and famine.

Through your courage, dedication and professionalism, you personify the best that Canada has to offer, not only to its citizens, but also to the world - and that is our determination to defend the cause of peace and freedom. But we in the Canadian Forces should reflect another essential Canadian value: respect for human dignity and for basic human rights.

To defend our way of life, you chose a military career and "service before self." And this year,



His Excellency
Ramon Hnatyshyn

part of Canada's celebrated military heritage.

On behalf of the people of Canada, I am proud to offer my gratitude and support to the Canadian Forces. As Commander-in-Chief, I am greatly honoured to be associated with women and men of such distinguished timber who so strongly believe in fulfilling Canada's military responsibilities. On Armed Forces Day 1993, I send to all Canadian military personnel my sincere best wishes for success and happiness as they strive to carry out their vital roles in our society.



Admiral John Anderson

several of our members made the highest sacrifice. We remember them on this special day, with the hope that our thoughts will be a source of comfort to their families and friends.

25 May - National Armed Forces Day - is your day! So it is highly appropriate for you - the men and women of the Canadian Forces - to celebrate this day in your own communities, and to show pride in the outstanding work you are doing on behalf of all Canadians.

As your Chief of the Defence Staff, I thank you for your loyal service. I salute you, and I extend to you and your families my warmest personal regards.

Comment

RCAFA Name change

Dear Sir,

At the 1993 Annual Convention of the Royal Canadian Air Force Association of Canada, a motion will be put forward to change the name to the Air Force Association of Canada. Understandably, this has created some emotion for some ex-members of the RCAFA. I, too, served in the RCAFA, as did my father, my father-in-law, my sister-in-law, and five of my six brothers. And my initial reaction to a name change was as equally emotional. "No way," I said, until I put it into perspective and let the emotion subside.

As a student of military history, I studied the history of the RCAFA and, on many occasions, have prepared papers on our Air Force. I know only too well the contributions of the RCAFA to not only the preservation of peace but, in fact, the development of our country. And let us not forget that prior to 1923, our Air Force was the Royal Flying Corps. Any citizen of our country should never forget the British Commonwealth Air Training Plan, the Battle of Britain, the Korean conflict, the contribution to NATO and the United Nations Emergency Force. And all of this is not to mention such employment as flying fire-spotting patrols, carrying out search-and-rescue and mercy missions in the north, timber cruising for the provinces, and photography and mapping tasks in the high arctic. And so, you may say, "What is my point?" My point is that this proud, rich history will fade like the photographs of those days gone by. "Oh yes," you say, "there will always be a memory as long as one ex-RCAFA member lives." But we are shrinking quickly! Other than the Comoxes, the Greenwoodes, and the Trentons, many Wings cannot survive without a high number of associate members. Is this the RCAFA?

I personally visit many of the Wings in Atlantic Canada and many have a common problem - dwindling memberships and, in some instances, folding completely. So much for preserving our history. Many have suggested that our approach should be to intensify our efforts to encourage our current serving members to join our Association. This has been tried, but they find little in common with us as we dwell on the past, with little regard for the future.

I often recall a German Remembrance Day ceremony I attended, near 4 Wing, as part of a Canadian contingent. What I noticed most was that the entire ceremony was conducted by the German youth. And I readily realized that the reason for this was not for the veterans to remember - they remembered only too well - it was so that the youth would never forget. And that is where we, as an Association, are today. We must expend our energies, ensuring that the heritage of the RCAFA is forever the bulwark of a strong and viable Association. And that will have to withstand the test of time. I, too, have a vested interest in ensuring that happens, and I know that our National President does as well!

I challenge you to lay emotion aside for a few minutes, as I had to do. Spend some time with some of our fine young serving members, recall that they too reach out and touch the face of God and, as the Deputy Commander of our Air Force has said, they are doing that in Belet Thuen, in Mogadishu, in Sarajevo, the Western Sahara and Cambodia, to mention but a few. They are contributing to our aviation history. I ask you to recall the words of Leonardo da Vinci, who is quoted in Leslie Roberts fine work "There Shall Be Wings."

"There shall be wings! If the accomplishment be not for me, 'tis for some others." D.W. McLeod Lieutenant-Colonel

Editor's Comment: Would a name change have saved the "Titanic?" Removing the "R" from RCAFA may drive away more members than you can recruit.

National Public Service Week

On 11 May 1992, Bill C-328 was passed in the House of Commons, creating the National Public Service Week. This legislation seeks to provide Canadians the opportunity to recognize the quality services provided by federal public service employees,

I know that my commitment is to bring our present Air Force, which, by the way, includes members of the Naval Air Arm and Army Aviation, into our Association and to ensure that the history of our Air Force lives on. This was possibly threatened when we lost our identity in 1968, but I firmly believe we have been given a new life. Our Air Force is offering to assist us in preserving our heritage and I'm going to use that assistance. If we don't, we will continue to shrink. Certainly there will be ex-RCAFA members around for some time to come, but I don't believe there will be an association in its present form. And the offer extended to us now may not be there.

The concern is that a civilian human rights tribunal has equated military duties with civilian employment. In applying civilian standards to military occupations, the tribunal has ignored, intentionally or otherwise, the distinctiveness and exclusiveness of military life. The very fact Canadians join the military sets them apart from the daily chore of civilian life. Clearly, such people want something dif-

Letters

Dear Editor,

The recent decision by a federal human rights tribunal, which awarded a former sailor \$150,000 in compensation for lost wages and "hurt feelings" must be viewed with deep concern.

Simon Twaites served nine years in Canada's navy as an electronic sensor operator (sonarman?). In 1986 he discovered that he had HIV, the virus that leads to AIDS. He told his superiors, but insisted he was not homosexual. Later, the truth was revealed, and he was removed from his ship. Moreover, his professional status was frozen.

The concern is that a civilian human rights tribunal has equated military duties with civilian employment. In applying civilian standards to military occupations, the tribunal has ignored, intentionally or otherwise, the distinctiveness and exclusiveness of military life. The very fact Canadians join the military sets them apart from the daily chore of civilian life. Clearly, such people want something dif-

CF Co-opted?

ferent, something unique, something distinctive from civilian day to day existence. In the army, navy or air force they found it. And when they found it, they also accepted a way of life apart from their civilian brethren: two of which are duty and responsibility.

Both duty and responsibility are heavy, but necessary, burdens to bear. In performing a duty and in carrying out a responsibility, military personnel forge a camaraderie, a bond of friendship, of trust and of acceptance between themselves.

These are the things the human rights tribunal has ignored in the Twaites case. These intangible, important things cannot be equated with a nine to five, five days a week job on civvy street.

It has long been the custom in Canada's navy to remove from active duty those who become ill, and can no longer perform their duty. To do less, could lead to dangerous situations and, possibly, imperil the security of the ship. It has nothing to do with human rights and everything to do with

responsibility. In the case of Twaites, it is clear his ability to perform his duty was impaired sufficiently that naval authorities removed him. Would it have been any different had he contracted Crohn's Disease, another debilitating disease, which caused him to be transferred ashore, and subsequently discharged? The difference would be that AIDS is topical, newsworthy and damning, whereas Crohn's Disease is not.

It is unfortunate that, in Canada today, the military has been co-opted by well-meaning, but ill-informed civilians who tend to think every situation in Canada, military or otherwise, can readily be seen as a civilian situation; and they act accordingly, often causing irreparable damage to the efficient and time-honoured military ways of solving its internal problems.

Sincerely,
Bob Orrick, CD
Richmond, B.C.

It's a Walrus

Dear Editor,

Your latest "trivia" is a real oldie! It is the Supermarine Walrus 11, of 1933 vintage.

The Supermarine Company was well known as the producer of the Spitfire fighter in WW11. But, Supermarine's specialization lay in the design, and production, of flying boats and float planes. This expertise went back as far as 1917.

The Walrus amphibian went into service with the Royal Navy's Fleet Air Arm in 1935. Carried on the decks of capital ships and cruisers, from which they were catapulted, they were employed as spotter aircraft. In fact, the Walrus was the first amphibian to be catapulted with a full military load. Its wings were

foldable, and on the capital ships, hangars were provided as protection against the elements. Upon return from its patrol, the Walrus would be hoisted on to the deck of its mother-ship by means of a crane.

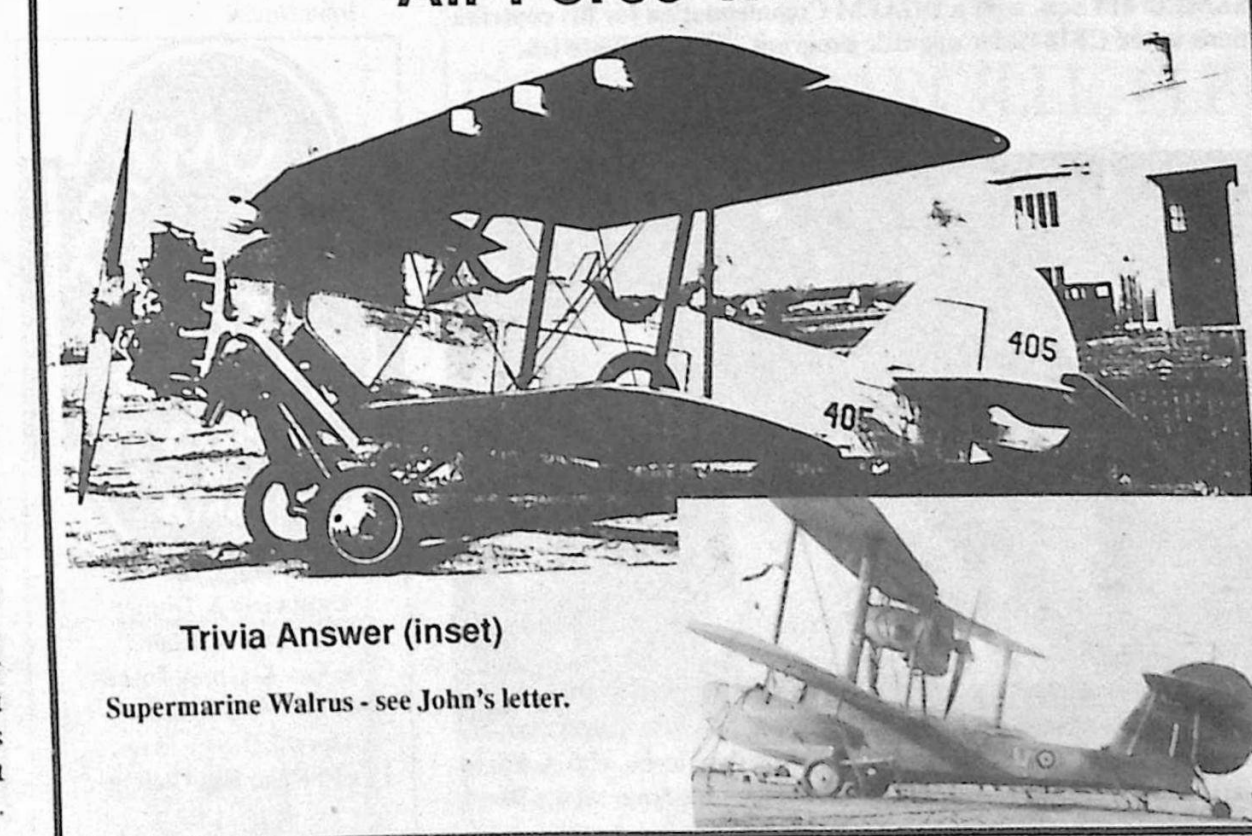
These cranes were mounted on both port and starboard sides of the ship's deck, so that the amphibian could be sheltered on the leeward side of the vessel during the "pick up." This retrieval method was a tricky business, and it took a very skilled crane operator to carry out this manoeuvre without mishap. Any tendency to "snatch" the craft

from the water would tear the lifting hook right out of it. Acceleration of the crane's motor gearing had to be smooth, but very rapid when required, so that the operator could take advantage of any favourable condition of wind and sea. He would have to possess delicate spot-on control, to enable him to deposit the craft exactly where it was wanted, as quickly as possible, without smashing it into the many obstacles that abound on a ship's superstructure.

In addition to serving with the Fleet Air Arm, the Walrus was also attached to no fewer than eleven RAF squadrons. It gave sterling service when employed on air-sea rescue duties, and was

Continued on page 6

Air Force Trivia



Trivia Answer (inset)

Supermarine Walrus - see John's letter.

TOTEM TIMES

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Section News



414 Sqn

One day, not so long ago, Sir Bill was sitting on the parapet watching a particularly lovely sunset when there was a sudden burst of brilliant light. Based on the briefing he had received from the Court Wizard only that morning, he knew for certain that there was no eclipse in the near future. "Perhaps it is a solar flare," he said to himself, "or even the Knights making a batch of mead for the upcoming feast that I shall host. Perchance the mead has been made too strong and there has been some sort of chemical reaction."

Suddenly, Sir Daryl appeared with eyes as big as saucers and his face blackened with soot. "Sir Bill! Sir Bill!" he cried. "I have discovered something that will astound the Wizard and the scientific world as we know it!"

"Pray tell me what could astound my Wizard, who has shown no surprise at even the most strange goings on of late," said Sir Bill.

"I have found something that is even more powerful than the gunpowder that the Chinese have invented, and has yet to reach our shores," said Sir Daryl. "It can launch a heavy object many leagues into the sky and destroy

any flying object that we may deem to shoot down. It has but one apparent flaw, and that is that the launch area is also destroyed."

"And what do you call this force?" questioned Sir Bill.

"Forsooth, Sir," said Sir Daryl, "I shall call it propane, and shall become famous throughout the Land for my genius." Sir Daryl then went on to explain that he had discovered this strange force while preparing supper. He had been in the process of cooking up a cow when the propane had escaped its container and thus demonstrated its prowess.

"As I see it," said Sir Bill, "there are but two flaws in your plan; one is that I see no use for a force that destroys the launch pad as well as the target, and the other is that, to date, nothing has been invented that would fly through the air that I would want to shoot down. Your invention is somewhat ahead of its time and needs refinement."

Although somewhat chagrined at this development, Sir Daryl vowed to continue his experiments until he had it right.

Recently there occurred a fierce pounding on the drawbridge, which had been drawn up (hence the term) for the



414 Sqn CO, LCol Cleland, presents Black Knights with awards and promotions 10 Jun 93. L-R: Cpl Gerritsen, Cpl Nadeau, Professionalism Award; Sgt Taylor, CD; Sgt Biskey, promotion to WO; Cpl Barrow, CD; MCpl Race, CD; Cpl Trainor, CD; Capt Lamoureux, promotion to Maj; Maj Lavoie, DGAEM Commendation; LCol Cleland, CO 414 Sqn; Cpl Martin, CD; MCpl Chagnon, CD; MCpl Casanova, Kingdom of Saudi Arabia Kuwaiti Medal; Cpl Scragg, CD; Cpl MacNeill, CD. "TOTIS VIRIBUS."

night. The sentinel looked over the parapet to see who was there and saw a messenger, all out of breath, and generally dishevelled from what must have been a long and perilous journey.

"Open up! Open up! For I bring news from afar, and it is of great importance," said the messenger. "It is proof that the system is still working and is aware of what all are doing, even in the farthest reaches of the Land."

"What proof do you bring?" demanded the sentinel.

Taking the message off a forked stick, the messenger read out in a clear voice: "Sir Ab has been elevated in rank, and must now have the respect of all who formerly joshed with him. Upon the effective date in October, he shall no longer suffer the jibes of his fellow Knights, but shall be given the respect due a Major Knight."

The messenger waited in dread for what may come next, as he had heard that, in the past, some messengers had disappeared as a result of the news that they carried. Fortunately, this was not to be, as the news was good.

When the Knights heard this, they were most pleased. Sir Ab was a popular Knight and all who knew him were confident that he would carry his new rank with dignity and decorum. In particular, they also looked forward to the tremendous party that he was sure to host to celebrate the event. Rumour has it that he has previously done a training run in anticipation of this announcement.

Sir Ab is now in the process of continuing his literary career; he has graduated from memo writing to developing a staff paper that

will give conclusive proof of his need for Sir Bill's parking spot.

Should he convince the owner, he will shorten his walk, and thus will save precious energy for stair climbing. (It's not October yet!)

Sir Larry (The Reserved) is turning out to be a Knight with a sense of humour; the pranks he has recently inflicted on his fellow Knights make him a prime candidate for the position of Jester. No, not the name that you may be familiar with if you have seen the movie Top Gun. Ask him. If he professes to know not of what you speak, it is probably just his innate sense of modesty that precludes him from responding.

The moving finger having written, moves on, and so shall your faithful correspondent.
Sir Cedric

CO 414 Presents



CO 414 Sqn, LCol W.R.R. Cleland, presents Maj J.M.M. Lavoie, SAMEO 414 Sqn, with a DGAEM Commendation for his contributions to the CF18 radar upgrade program. TOTIS VIRIBUS.



LCol Cleland, CO 414 Sqn, presents Cpl Gerritsen with a Flight Safety Award for Professionalism. Well done Moe from all the Black Knights!

More Letters

continued from page 5

a welcome sight to many ditched pilots and crews.

The Walrus was also used extensively by the Royal Australian Air Force. After WW11, the surviving Walrus's...or is that Walrus?...Ed, were either sold off, or scrapped. One survivor ended up in Canada, designated CF-GKA. It was utilised in survey work in Labrador by a company known as Photographic Survey Ltd.

The Supermarine Walrus was powered by a 680 hp Bristol Pegasus VI engine. Top speed was 135 mph and its range 600 miles.

Sincerely,
John Novak

Syringe Found at Airforce Beach

Dear Editor,
On Saturday, 19 June 93, while enjoying the sun at Airforce Beach, my eldest son made a discovery that left me quite concerned. He and his younger brother were playing in the sand and driftwood when he found a syringe marked for insulin. They called me over to see what they had found and I disposed of it in the garbage container when we left for the day.

My wife and I, being concerned parents, started wondering "What If's:"

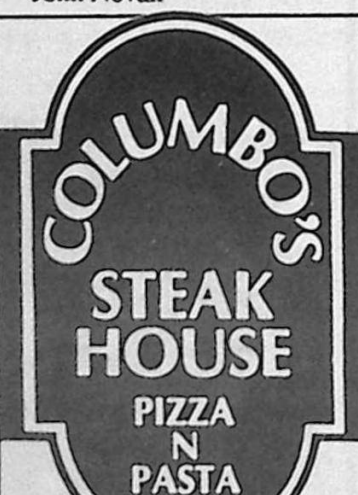
What If: this was found by a child who didn't know to tell an

adult and not touch?

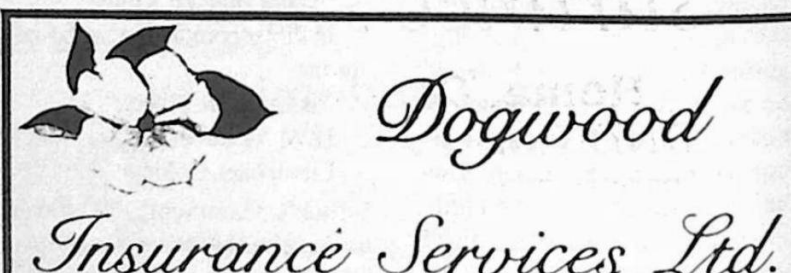
What If: this was used for other than its intended purpose of insulin?

What If: I cannot condemn diabetics for their required medicine; however, care should be taken to ensure that these items are disposed of properly. I hope this letter will spark insulin users to be more responsible when disposing of their syringes, and parents to ensure that their children know not to touch. Thank God, mine knew!!

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407 Crew 7 "Moosemen" represent Comox at O'Brien Greenwood



407 "Moosemen"

Crew 7 "Moosemen" were selected during the annual crew checks as the competition crew and had the honour of representing 407 Squadron at the 1993 O'Brien Competition. O'Brien is Canada's national anti-submarine warfare competition and is held annually to determine Canada's representatives at the Fincastle competition, the Commonwealth ASW championship. The Moosemen, consisted of Capt Mike Bell (CINCPACMOOSE), Capt Rocky Walsh and Lt (now Capt) Dave Boudreau (pilots), WO Barrie Doubleday and Sgt Pete McLean (flight engineers), Capt Grant Reid (TACNAV), WO Dana Mellway, WO Wayne Lachapelle, MCpl (now Sgt) Craig Chislett, and MCpl Jamie Bull (AESOPS), Capt Mark Mombourquette and Lt Mike Gosselin (Navcoms), and Capt Dave Nicol and Lt Doug Slaunwhite at Acoustics. The ground personnel, were led by Sgt Mulikow, included MCpl Wadams, Cpls Brenson, Richard, Laprade, Strutz, Tsagatakis, Ledrew and Brown. The delegation to CFB Greenwood included the Commanding Officer, LCol Peter Kendell, the DCO, Maj Hal Hynes, and the Squadron Standards Officer, Maj Andy Clark.

The process of crew checks culminates an entire year of training for all crews on the squadron. Aside from the requirement to verify the operational readiness of all crews, the checks provide the opportunity to assess which crew has the best chance of winning the O'Brien and (if all goes well) Fincastle competitions. The check flight consists of a full range of the tasks an Aurora crew might be called upon to ac-



Capt Grant Reid, Crew 7 TacNav, demonstrates moose-tracking, using edible training aids, to Lt. Dave Boudreau. The hashbrown scored a successful kill on the chef's omelette.



The Moosemen hosted a gathering of Demons at VPI in Greenwood. Seen here are former Demons Captains Mark Forseille, Terry Doucette, Scott Geunther and current Demon Capt George Roth, debating the contrasting merits of deployments to Adak and Keflavik.

complish, from hunting submarines to search and rescue work, as well as dealing with potential on-board emergencies.

The Moosemen prevailed in a very close race and began a quick, but intense, work-up under the tutelage of Maj Fred "Affirmatron" Reed in preparation for the competition in Greenwood.

This year, as in the past 15, the O'Brien Trophy was hotly con-

tested. That the aircraft was able to launch at all was due in no small part to the feverish effort of the ground crew who, along with putting in some extremely long hours, had to call upon a considerable amount of skill and experience to fix some critical snags. The aircrew were provided an aircraft that was in almost perfect working order as a

continued on page 8

Section News

407 Armament Retirements



A/Base Chief CWO McLean presented Cpl C.L. Leduc, 407 Arm, with her retirement plaque. Enjoy!



A/Base Chief CWO McLean presented MCpl MacKie, 407 Arm, with her retirement plaque. Best wishes!

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Section News



Demon Doin's

Welcome to another issue of "Demon Doings," where we will tell all sorts of rumours, lies and half-truths. Before we do that, however, we proudly welcome young Jacob Brennan to the squadron. Jacob is our newest Demon, born to proud parents Lynn and John Brennan in June. Congratulations!

Our next story comes to us from the other coast, (where the "powers that be" force us to send our young to be trained) - the land we call armpit. Lt Victor Castelli, pilot-in-training on the CP-140 Aurora, was engaged in a training exercise with his crew in the OMS (Operational Mission Simulator). The OMS is basically a box in a room with a bunch of computers attached (no wings, wheels, engines, or other pilot stuff). The tactical navigator called for a bunch of sonobuoys to be loaded, and keen young Victor volunteered to help with the arduous task. He was running around the room looking for the sonobuoys, and the chutes to put them in: not realizing that this is only a computer simulation. Hello, McFly!!! You have to see Victor to understand; remember "The Munsters"? Victor looks a lot like the character "Lurch."

Writer's note: I've gone into hiding after a comment like that, see you in six months, or so.

This news just in: Capt Ross Potts sold his truck!! The Franklin Mint is planning to strike a commemorative coin to celebrate this occasion. No more will we be accosted in the hallways and asked if we want to buy a "beautiful truck in great condition." The writer has learned, however, that the transmission was faulty, and maybe the brakes needed to be replaced, along with a valve job, and there were a few rust spots. This baby went for a brother-in-law price. Good luck to whomever purchased this beauty.

And now from our guest columnist (I don't take responsibility for this), "Tales from the AESOP Car Club" (no affiliation whatsoever with the Base Car Club). Recently, while Sgt Jake was providing "ample tutelage" to our young and fledgling AESOPs in Anchorage Alaska (Great Alaskan Bush Company), a request was tendered with WO Barry (aka Lawn Man), to change a fuel filter in Jake's ugly truck. "No problem" says Barry, but, as luck has it, the filter acquired won't fit. Answer: road trip to Canadian Tire for a proper replacement. On return, Barry notes the MPcar and Fire Fighters rapidly exiting the base proper, and heading to the PMQs. "I wonder where they are off to in such a rush: must be a real fire!" says Barry. Rounding the corner, Barry has his answer: there was the fire before them,

and it was under the hood of Jake's ugly truck!

It seems that wifey needed to move the ugly truck to get her car out, and was unaware of important car club maintenance under way. The resulting fire caused little damage (except to pride, and anything rubber or plastic under the hood). Morals of the story are:

1. Take keys from wifey when performing maintenance on ugly trucks.

2. Do Not permit former "MedA's" to perform maintenance on former "Vehicle Tech's" trucks.

3. Have fire truck, ambulance, and tow truck standing by when AESOP car club is operative.

4. Don't make mistakes like this, or you too will get nicknames like "Torchy," "Flash," and "Flame Out."

Note: I don't think the \$3.00 parts bill will be paid by Jake.

The last embarrassing tale we have for the day involves Capt Dave Robinson. Dave "Mountain Wave" was departing for a briefing at "O-Dark Thirty" from

More O'Brien

result.

The O'Brien Competition itself pitted 407 against some formidable competition. A sort of "mini Fincastle" in effect, in that the crews of the other two squadrons were led by exchange personnel from New Zealand, Australia, and the U.S. Since these individuals were already highly experienced ASW aircrew, and had the "home ice" advantage, 407 would have its work cut out for it. The schedule of events included one day and one night sortie against an extremely quiet Canadian diesel submarine. The sub was supposed to simulate a nuclear powered submarine for the day sortie (usually an easier target for the acoustics operators) but, due to some equipment problems, it remained in the "stealth mode" throughout the competition. After these two missions, a six-hour session in the Operational Mission Simulator was flown to examine the crew's cohesiveness, procedural know-how and their ability to ingest "ZX" box lunches without ill effect. The Moosemen's ability to speak in public was also looked at. While not part of the competition (unfortunately), the package prepared by Maj Clark was presented to the Senior Staff and MAG and was extremely well received.

The logistics of the competition were formidable as well. While CFB Greenwood spared no effort to make the visitors feel at home, the fates combined to put the Moosemen in the sumptuous

his beautiful Comox home, in his beautiful Nissan truck. Yes, you guessed it, disaster struck. Dave "Sleepy Eyes" was attempting to start his truck (standard transmission) with the truck in gear and the clutch pedal not depressed. Dave has a powerful truck, and with the turn of the key, roared to life and promptly started forward. Dave was so surprised, he removed his foot from the brake! Now the truck raced forward in the carport, on its way to the neighbour's back yard, and who knows where else, (Dave was obviously not in control). Unfortunately for Dave, fortunately for his neighbours, there was a stairwell to go from the carport to the basement. The truck smashed down the railing, and dove into the stairwell (ouch! that's gotta hurt). Repeated efforts to back the truck out of the stairwell failed, and a tow truck was summoned. Poor Dave.

We end with a joke: how many trucks can you park in a basement? I don't know, you better ask Dave Robinson. Until next time....

continued from page 7

"Chateau Onze." Since the heat had been turned off by Papal Decree some two weeks earlier, the Moosemen were forced to put the hard-won survival skills Maj Gibbs had insisted they learn in the B.F. forest to the test. That none died of exposure in the Maritime's driving rain and sub-zero temperatures is a tribute to the squadron's rigorous training program. Sleep deprivation also proved to be a factor as the Moosemen, in the effort to keep warm of course, were required to sing songs and drink anti-freeze around the furniture fire they had set in the lounge of "Stalag Luft Elf" until early in the a.m. Dave Boudreau made up for his lack of formal training with his enthusiastic approach (or he might need a brake job). The CO, it turns out, is an alto.

While the Moosemen acquitted themselves extremely well, the muses stayed home and 405 Squadron took the trophy.

Crew seven congratulated them heartily on their success and offered as much collective wisdom as they possessed in the form of pointers, helpful advice and "tricks of the trade." One such hint was "Don't win O'Brien if Fincastle is going to be held in Greenwood, wait till Fincastle is scheduled for Australia or New Zealand - like next year!" Meanwhile, the Moosemen and AW of 407 Squadron wish 405's "Pukin Dogs" (don't ask) the very best of luck at Fincastle.

407 Promotions & CDs



Former Pte Gagnon receiving his Cpl Chevrons from LCol Kendall. Michel is a CRST on 1 crew and has been in 407 Sqn since 1991.



CO 407 Sqn, LCol Kendall, presents "Wee-Willie" Rivett with the prestigious "Crown on Tartan" award. Rookie WO Rivett is a former AFT, now AVN, on 1 crew and has been in 407 Sqn since 1987. Along with his crown he has received an all expenses paid posting to NDHQ. Congratulations from the crew.



(L-R) MCpl L.E. Buck, Cpl P. Williamson and MCpl R.L. Devries Stadelar were presented the Kuwait Liberation Medal from Saudi Arabia by LCol P.J. Kendell, CO 407 (MP) Sqn.

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Section News

More Flypast

Continued from page 3

ranges, was put into operation. The effect was immediate. Combined with developments in depth charges and air-launched torpedos, along with improved intelligence and developments in air-sea tactics, within six weeks of the introduction of the radar, the German wolf-packs of U-boats were ordered from the North Atlantic. The aircraft, which had been only able to inconvenience the U-boats, were finally recognized for their ability to destroy them. The combination of the maritime aircraft with the surface vessel proved more and more effective as tactics were refined and technology improved.

Be Water Wise

You can help a drowning person even if you can't swim. Extend a towel, a stick, anything that will lengthen your reach.



The Canadian Red Cross Society

More 414 Awards



MCpl Casanova receives the Kingdom of Saudi Arabia Kuwaiti Medal, presented by CO 414 Sqn, LCol Cleland, 10 Jun 93.



LCol Cleland, CO 414 Sqn presents Cpl Nadeau with a Flight Safety Award for Professionalism. Well done from all the Black Knights!

WComd presents:



WComd, Col T.B. Rogers, presented MCpl F.W. Sabiston, 407 Arm, with his retirement gift. Best wishes!



WComd, Col T.B. Rogers, presented MCpl G.R. Wentz, 407 Arm, with his retirement gift. Good luck in the future!

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|------|-------------------------------|--------|------------------|
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| 1130 | | | |
| 1330 | Military and DND Employees | | 1300 |
| 1400 | Masters Swim Club | | 1500 |
| 1600 | Casual | CLOSED | CLOSED |
| 1800 | Closed | | |
| 1900 | Family Swim | | Family Swim 1900 |
| 2000 | Adults Only | | Adults Only |

NOTE:
Saturday night closed



Section News

442 promotions

442 CDs



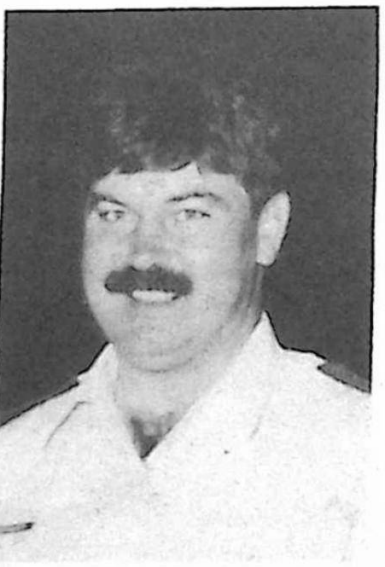
Capt Janine Pulman - promotion and CD.



MCpl Truesdell - promotion



MWO Jim Trash - promotion.



WO Al Stephens - promotion.

Wanted - Aircrew Logbooks

In an effort to preserve the heritage of our flying past, the Air Force Indocination School (AFIS) is proposing to establish an Aircrew Logbook Library. To reach our goal we are looking to obtain the logbooks of any aircrew member. Of particular interest are the logbooks of WWII and Pre-WWII RCAF members. However, Post-WWII would be considered. All additions to our library will be treated with respect and maintained in the "As Received" condition. The logbooks would be used to further the high level of instruction and interest in Air Force Heritage at AFIS.

If you have, or know of, any aircrew logbooks to help expand the AFIS Library, please contact Capt Bob Sealby at 339-8735.



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TOTEM TIMES



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442 CDs presented by OC 442, LCol Paul Drover. L-R: Cpl LaPierre, Cpl Jones, LCol Drover, Cpl Fowler, Cpl Steeves.



442 Squadron

442 OTF. Now, when people see or hear that, they sort of look at you funny, as if to say, "Don't you mean 442 Sqn?" And, for squadron members who are more familiar with the existence of the OTF, it does not stand for "Oh, That Flight," or, "Other Third Flight," etc.

The Operational Training Flight is the school where Labrador helicopter pilots and flight engineers and Buffalo aircraft pilots, FEs, and navigators continue on with another phase of their training. For the flight engineers, this could be the final step towards getting their wings, a "type" course for those who haven't flown the aircraft before, or a refresher for those who have flown it, but not for some time. For the pilots, the previous two points also apply.

When finished here, the Labrador students move on to their respective units at either Comox, Trenton, Greenwood, or Gander. The Buffalo students stay here in Comox, for this is the only squadron with this type of aircraft.

There are four pilot and three flight engineer courses a year for the Labrador and two courses a

year for the Buffalo. The Buff combines pilots, FEs, and navigators for the same course.

The school is located in Hanger 3, next to the AMU. Capts John (I think I can, I think I can) Purdy and Joan (Nyet problem) Gordon, Sgt. Walt (Crash Test Dummy) Levesque, MCpl Gord (I wanna ROCK) Neave, and MCpl Al (Let's put the "m" back in the military) Burley are the Labrador instructors, and Capt Martin (Labrador pilot wanna be) Turpin, with the assistance of Sgt Don (WHO?) Monk, look after the Buffalo side of things. All this is overseen, or overshadowed (your choice), by Maj Dave Reyenga (a NAVIGATOR?!).

Recently, I was asked if I missed working on the operational side of things, and if I got bored with the repetitive routine of the school. The OTF is anything but routine. Just as in SAR, every situation dictates a different kind of response. Each student is unique, and all react individually. We all have experienced near death experiences, probably as much, if not more so, as the operational side. As for missing the SARs, we may not have done the actual mission but people we have trained did. That, in itself, is very self satisfying.

Before going flying, having a little help on your side doesn't hurt:

Lab OTF Prayer

As we taxi out getting ready to fly with engines weak and density high the SAR Techs whine and the students cry the pilot's faith in Walt and Gord we place our fate with you O Lord!

Looking through the recent SAR reports at the squadron, it is evident that the summer is upon us. SAR activity is way up and the majority of it is pleasure craft which are overdue or in distress. It has the makings of a busy summer! A word of advice to any would-be boaters - file a floatplan and stick to it. We will all breathe easier!

SAR is not the only activity on the agenda. Buff flight is also busy with Skyhawk support as the CF parachute team commences its hectic schedule across continental North America. Last heard, the Buffalo was in Trenton. However, any talk of a flight to nearby Mountview was quickly scuttled!

If the Skyhawks were not enough entertainment, the airshow season is gearing up! In the Victoria Search and Rescue Region, 442 Squadron is eagerly sought after as an airshow participant.

The SARtechs are also busy - they are gearing up for the SAREX planned for September, in Trenton. As a side note, MCpl Brad Gough wants to thank the foursome for allowing him to play through on a recent para-jump - that's par for the course, Brad!

As with every summer, it is time to say farewell till paths cross again. Quite a few Snakes are posted this APS. However, the nature of 442 Squadron's raison d'être makes for strong bonds. These bonds extend from Comox to Gander and foster the unique kinship which exists in the SAR community. To all Snakes, past and present - good luck!

NEXT DEADLINE 12 JULY

19 A.M.S.

19 AMS Refinishing Section
- the spray guys.

With the posting season suddenly upon us, some personnel changes are soon forthcoming. WO Mike Allie will be going to Bagotville in July and Cpl Tim Boutilier will head for Cold Lake in August. Coming soon from AMDU is Sgt Bruce Dogget and Cpl Don Morin.

MCpl Mel Carmichael just came back from the POL handling course in Borden and holidays in North Bay, or vice versa. Cpl Hannas, our deserving service person, is heading for a five day world trainer tour on a CC130 with a suitcase full of ear plugs. The Goulets are finally reunited after a year's separation. Welcome to Linda, Benoit and Emilie.

Shop production is finally back to full swing. The paint spray booth has been repaired and the fan exhaust stack from the preparation room has been turned to the upright position. Now we can all breathe a little easier knowing that the solvent fumes are being recirculated through the back doors, instead of the canteen or the Sgt's office. May the fish always bite your hook and the sun shine throughout the summer.

DAMS THE BRAKES, THE SQUARE TIRE EFFECT

Throughout my career I have encountered a few unusual situations, but lately this has been ridiculous. You see, in the last three months the universe of the tire bay has been, it would seem, in an uncontrollable shambles.

This started in early April when I took off for two courses

and a short R & R at home in-between. Meanwhile my MCpl, Ken, decided that he wanted to swear at me not only in English but also in French, so he left the shop for a three month course in St-Jean. So, when I came back, we went down from six members to five. Then, on 1 May, Pte Larsen got out of the forces under the FRP plan, so the shop went from five to four. Good luck to you James with your future endeavours. The shop, having only two guys qualified to build hoses, and being the last course scheduled for the year, I sent Cpl Mailhoit and Pte Hosegrove for the hose manufacturing course in Trenton for a week. Down to two.

Meanwhile, unfortunately, one of Cpl Ries' relatives died so he had to leave for two weeks. All the guys in the shop extend their deepest sympathy Rick. Down to one. So for a few days I, excuse the expression, borrowed Cpl Bellaire from AMSE. Thanks buddy, you sure helped out big in the crunch. Finally, a bit of a break. Richard and Paul came back from their courses. Wrong. Paul, not feeling very well, went to the hospital and has not been back since. He is presently recuperating with a long rest till at least the end of June. Get well soon, Paul. We sure miss your sense of humour and your work ethics. Down to two. Richard took off for Edmonton for a wedding. Being the Best Man, I had to let him go. Boy, that couple must have been really desperate! Back to one. So, I hum... borrowed Cpl Birstonas of 442 Sqn



You want it when?

for three days. Thanks for a job well done Jay.

Rick and Richard finally came back and we were up to three for a while, till Rick's back decided to give up on him. Down to two for a few more days. With him back, we have been three in the shop ever since. I would like to say that, during this ordeal, all squadrons have been really understanding. Doing hydr-patch or first column on brakes, or wheels, for me. It sure is nice to see so much cooperation. Thank you very much, fellows.

As for me, a few things are probably going to happen. First, when Ken comes back, I will swear at him in both official languages because he missed all the fun, and to vent a little bit of frustration. Second, going through a trying time like that, I will probably have some late

secondary reaction, like slowly regressing, or a severe nervous breakdown. Till the next flat tire....

THE DAYS OF OUR AMSE LIVES

We are all very sad to inform you that Cpl Jim Ditchfield is posted to Greenwood, as of 1 August. Jim is quite a character, and I speak for all of us when I say he will be missed.

A warm AMSE welcome to Cpl Pierre Lair, in from Germany. Cpl Terry Noseworthy will be taking FRP, but won't be too hard to find as he has been offered a job as one of the newest members of 409 Sqn. Terry would be working at 414 Sqn.

Speaking of 409 Sqn, our industrious MCpl Wybenga is near completion of his beautiful new home in Comox. We're all waiting for the house-warming party.

Sgt. Jura is off to Borden for his SLC, from 11 June to 19 July. Have fun at Wasaga Beach Sarge! MCpl Winsor was in Borden as well, but for the POL course. Dan will be glad to return to the love of his life... that's right, his boat!

Farewell, and congratulations, to Frank Gagnon who received his Master Corporal and is now working at 407 Sqn.

Bienvenue à Mario Sirard qui a commencé avec nous-autre cette 15 mai. Mario will be trying to fill the large shoes left by Cpl Vince Lively, who is posted to Chatham. Vince will be an upstanding citizen for a while I'm afraid.

That's all from AMSE; you can find us between #7 hangar and the Firehall.

BTSO Branch Awards.



MCpl Dean Battersby - CD.



MCpl Ralph Yokum - CD.



MCpl Templeton - promotion.



MCpl Gagnon - promotion.



MCpl Fortin - CD.

740 Comm Det Promotion



Cpl M.P. Lesperance received his new rank from 740 Comm Sqn Det Comd, Capt D.W. Young, (eff. 7 May).



L/S Lorne Cooper - Kuwait Liberation Medal.



Cpl Dumonceau - Red Seal Aerobic Award.



Cpl Pierre Lavallee - CD and Kuwait Liberation Medal.

On the Base

Cadet Drums Drill.



Naval and Air Cadet drums were on display June 6.

Cadets in Review.



LCol Challenger, WOPsO, was Reviewing Officer for the annual Air Cadet parade, 386 RCAC, held June 6.

386 (Komox) Sqn RCAC Annual Inspection

386 (Komox) Sqn. Royal Canadian Air Cadets held their annual parade and inspection 6 June 93, reviewed by WOPsO, LCol J.H. Challenger, CO 386 RCAC.

Capt Andre Melancon, is pleased to announce the following cadets will be leaving the squadron with honours:

Sgt David Murphy and Sgt Gavin Crouch will be proceeding to CFB Chilliwack, then to Royal Roads MC. F/Sgt Michael Stefanson will be going to RMC Kingston.

WO1 Jean-Guy Mayer has been selected to attend Space Camp in July.

Congratulations to these cadets for a job well done!

Presentation of

Most Proficient Cadet 1st Year

Lord Strathcona Medal - WO1 Jean-Guy Mayer

Most Proficient Cadet 1st Year Female - LAC Lambert.

Most Proficient Cadet - Sgt Cochrane.

Best Dress/Department - Sgt Merchant

Best Drill Instructor - WO2 Place

Co's Trophy for Participation - LAC Sharoin.

Co's Trophy for Encouragement - LAC Reid.

Nonie Ireland Trophy for Sportsmanship - Cpl Nawrocky.

Ernie Waycott Trophy for Leadership - Sgt Barnes

Most Proficient/Efficient Cadet - WO1 Mayer.

Royal Canadian Legion Medal of Excellence - F/Sgt Collin Catham.

Lord Strathcona Medal - WO1 Jean-Guy Mayer

Wake Up BC!

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

First Pitch



Intersection fastball finally gets its season underway. Throwing this year's first pitch is League President Jake Plante, as Past President Dave Tack looks on.

Comox Tech



Eglin AFB (Florida) - Cpl Paul Kombargi, a Water, Sewage Stationary Engineering Technician with CFB Comox, made a final check on a water pump during Readiness Challenge IV. Held during the last week of April, this competition was designed to demonstrate the professional competence, leadership abilities, readiness and warfighting capabilities that individuals and teams have achieved through dedicated study and intense home base training.

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Feature

Retirement: Feared or Cheered?

by Bob Orrick, CD

Retirement: Is it to be feared or is it to be cheered?

Okay, you've done your stint and it's time to bid farewell to Canada's armed forces and to look forward to a life of leisure on civvy street. You and your family have thought of this day for years. For a good part of your life you've proudly worn the uniform of this country's military. Somewhere along the way you met the love of your life, married and started a family. Now, the children are grown and, possibly, probably, have left to spread their wings in search of their Valhalla.

Over the years, you and your family have enjoyed a good life. The military took care of all your needs, and, often, many of your wants. You travelled, you saw the country and, maybe, you visited foreign lands. You enjoyed a life-style not seen by many civilians.

Now all that is about to end. You've reached retirement, and you and the outfit are about to part company. It's what you've looked forward to for years. Retirement ought to be an occasion of great rejoicing. A time for looking forward to days, weeks, months, possibly years, of carefree living. Now, without the rigours of military life, you will

have plenty of time to go fishing, to do more travelling, to watch the grandchildren growing, to sit back reaping the fruits of your labours. Or, maybe, at your relatively young age, you will look for work. Why not? After all, if you can put in five, ten or fifteen years as a civilian labourer, it will make your second retirement all the rosier.

But is retirement from the armed forces all that it's cracked up to be? Some will say yes, emphatically, others will say no, equally emphatically. Why is this?

After years of leading a cloistered life, very much out of the main stream of civilian ways, the sudden cut of the military security umbilical cord causes bewilderment, which sometimes results in a severe hemorrhaging of lifestyle. The shock of going from a regiment of routine to a routine of uncertainty is, for some, too much. They go into financial shock.

But, it need not happen. Better and proper planning for the future would have saved the unfortunates much anguish. For some time Canada has offered its working citizens a very rewarding way to squirrel away funds for the fu-

ture: RRSPs. However, not everyone has been able to take advantage of these gold mines in the making. For them, the prospects of living out their post-retirement days can be bleak. Suddenly, the assurance of a handsome monthly income is no more; and the superannuation cheque is smaller by too great an amount. They realize they need to look for employment, but it's not that easy to find suitable work. Much of the time and money the Canadian taxpayer invested in this country's sailors, soldiers and airmen was intended for military purposes. Not too much thought was given to training young Canadians for future civilian employment. Although certain learning is transferable to the non-military market, much is not.

And that's another shock that quickly sets in when a former serviceman, or woman, goes job hunting.

Another area that registers quickly is that, for the most part, ex-military personnel are expected to start at the bottom, with no guarantee of advancement. After years climbing the military ladder of seniority, of being in a position of decision making, it

bruises the ego to be told, "There's the broom, go sweep out the storeroom." That is, if you are fortunate enough to get a job.

After looking and looking, and with your money running out, you take any menial job that comes along; and at minimum wage. But it offers little or no job security, and certainly no change of advancement. It's one of those "here today, gone tomorrow" jobs. A few hours this week, or month, then "whammo," nothing. The comedown is complete.

But it need not be this way. Even though large corporations (IBM) are downsizing their work force, and in spite of retail stores (i.e. Woodwards) laying off employees, adding to the more than one and one half million Canadians looking for work, there are positive ways to earn money, and at the same time be your own boss.

How many retirees have said, "I'd like to have a small business and be my own boss." How many ex-servicemen would like to earn a few hundred dollars additional income each month? Or, an extra thousand dollars, or more?

It can be done. It is being done.

The wave of the future is network marketing. It's been dubbed the distribution system of the nineties. It is best described in an article which appeared in the Business Journal of Whatcom County, Washington state.

"The concept of network marketing is probably most simply explained by this analogy: Did you see the movie, Dance with Wolves? Did you enjoy it? Did you tell your friends about it? Did you then receive a commission cheque from Kevin Costner?"

If the movie had been a network marketed product you had tried and were enthusiastic about, and if you'd convinced your friends to try it, you would have made money on it. It's really just that simple.

Network marketing (also called multi-level marketing) is becoming ever-more popular be-

cause it works. Everyone, from the guys at the top to the newest beginner, makes money according to the effort they put into their business. It's a win-win system that's being adopted by major, once-conservative businesses, such as Fuller Brush, MCI and Rexall, Colgate-Palmolive, Gillette, Avon and Mary Kay."

Now bank card companies and automobile manufacturers are teaming up to get in on the act. A Canadian telephone company currently has television ads extolling the benefits of network marketing. And, the nice part is, it's open to all, retired servicemen and women included.

So, regardless of your situation concerning retirement finances, if you want to earn supplemental income, if you want to be your own boss and are prepared to enjoy yourself at the same time, look into network marketing. The financial rewards you receive depend only on your efforts.

Back to the opening question: Retirement: Is it to be feared, or is it to be cheered?

Bob Orrick served 25 years in the Royal Canadian Navy, retiring in February, 1975. Between then and now he has enjoyed a series of occupations: newspaper reporter, then editor; politics; co-owner of an international marketing corporation; government relations consultant; English language tutor, and, latterly, a distributor of environmental, educational and nutritional products. He is also a contributing writer to the Totem Times.

Bob and his wife, Shirley, are independent distributors for National Safety Associates (NSA), a 23-year old, one billion in sales, international company. According to the Orricks, network marketing is their retirement supplement fund; their assured financial future.

For additional information on network marketing, or NSA, call 604-275-1903, or facsimile 604-271-2284. All enquiries will be answered.

Comox Military Family Resource Centre

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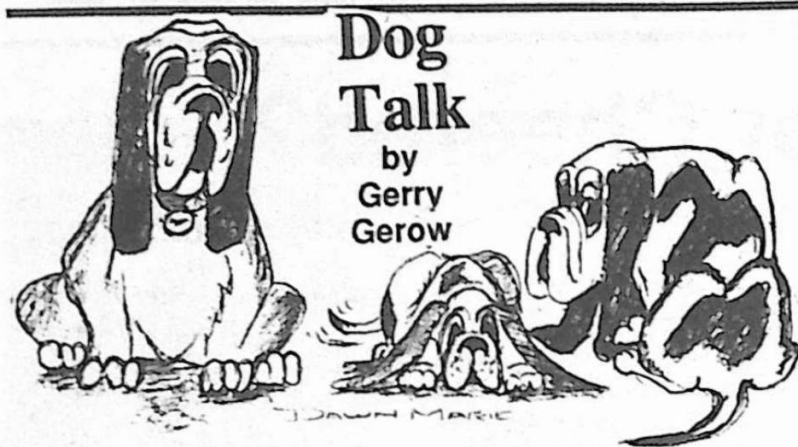
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Leisure



Dog Talk by Gerry Gerow

Tail Docking

Finally a book that deals with a subject which a lot of people have trouble with, *The Loss of a Pet*, by Wallace Sife, Howell Book House, New York, and Maxwell Macmillan, Toronto, \$25.50.

There really is a lot in here. Wallace Sife is a professional bereavement counsellor in New York, and, as such, he is eminently qualified to write this book, and knows what he is talking about.

One chapter that I got quite a bit from was on how to deal with telling and explaining things to young children who, probably, have never lost anything they loved until their pet died. The chapter on euthanasia is also extremely helpful to those who must deal with this decision, as I had to myself recently. Anyone who thinks this isn't a serious matter to many people hasn't experienced the calls I have had recently from elderly people seeking solace and advice on the subject.

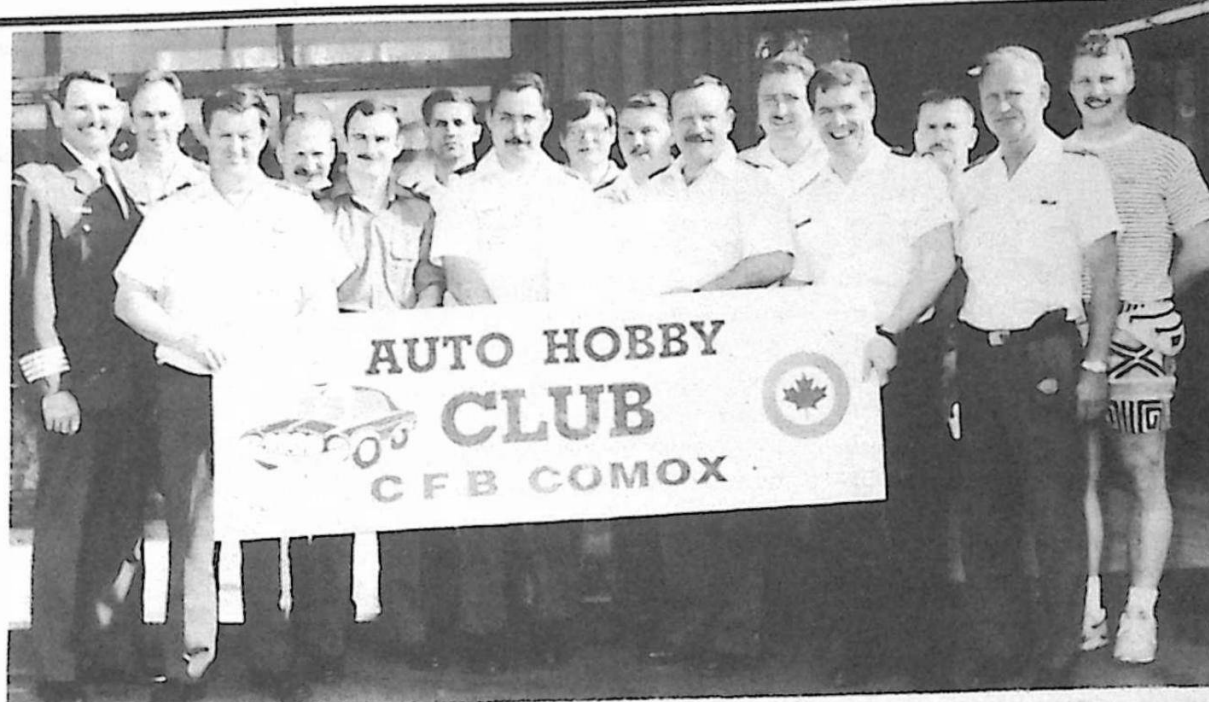
If you feel you may have to deal with this type of thing, or know someone close to you who may have to, then you should read this book. This is an attractively bound 164 page hard cover edition, and is well worth the price. It's hot off the press, so you will probably have to order it. Call Maxwell Macmillan at 1-800-465-2288.

In the latest *Dogs in Canada* there is a lengthy report on tail docking and ear cropping of dogs. There may be some grounds for saying that ear cropping should

not be done, although I believe that the originators of these breeds did it for a reason not connected with aesthetics. I'm sure it was originated for a reason. As for tail docking, "gimme a break." If my dogs didn't have their tails docked, there is no way they could be the house pets that they are. The constant furious wagging would destroy everything in the place. Furthermore, many breeds of pointing dogs can, and do, injure themselves when hunting without their tails docked. Cruel? I am certain that the pain felt when a person has their ears (or lately, nose) pierced in order to wear jewellery is considerably more than that felt by a tiny puppy when his tail is nipped off. Surely, people have more important things to worry about than this.

Ear cropping, according to the *Dogs in Canada* survey, is banned in Denmark, Australia, Luxembourg, New Zealand, Norway, Singapore, South Africa, Sweden, and the United Kingdom. Tail docking is outlawed in Luxembourg, Norway, Sweden, and in Denmark is only allowed for the continental gun dogs.

Strangely enough, in these countries it is okay to neuter or spay the animal. And, also strangely, there is no prohibition against parents having their male offspring circumcised or their children's ears pierced, but don't nip the tail off a puppy! As I said, "gimme a break."



Outgoing President Pierre Gravel receives Appreciation Certificate for his hard work and perseverance in ensuring a well equipped and well run Auto Club was available for all members at 19 Wing Comox. 19 Wing Commander Col T.B. Rogers, Rec Council Chairman Capt T. Miles, WPERO Lt(N) Bradley, and club members look on.

Auto Hobby Club

At the general meeting this past March, a new Auto Hobby Club executive was elected. Michel Ouellette was elected to take over Pierre Gravel's duties as president. Pierre, who recently received the Base Commander's Commendation for his work with the club, will be leaving us in July for the other coast, as an instructor at 404 Sqn, Greenwood. Sylvain Cadieux retains his position as vice-president, and Rob Dumelle replaces Bernard Gagnon as secretary/treasurer. Tool coordination is handled by George Gebauer, and Safety by Chris McDevitt.

The new team is looking forward to building on the club's already solid foundation by making the club more convenient and accessible. To do this, the club is now open from Monday to Wednesday 18:00 to 22:00, and Saturday 09:00 to 16:00. Also, Sunday is added to the schedule, 11:00 to 17:00.

A car rally is now being organized by the Auto Club to provide for a donation to the United Way fall campaign. We are looking forward to more great times, great people, and more involvement in the community.

On 25 May, the Auto Hobby Club had the privilege of receiving Col Rogers for a presentation.

The Wing Commander awarded MCpl Pierre Gravel the Base Commander's Commendation for his work with the club. It reads as follows: "Over the past three years, the CFB Comox Auto Hobby Club has undergone dramatic improvements. The club has grown from a poorly equipped facility with a membership of 14, to a dynamic, fully equipped club, with over 400 members. This impressive transformation has been a direct result of the initiative, energy and leadership of MCpl Gravel. Under his guidance as Club President, the club has expanded to provide a wide range of auto maintenance capabilities and

trained supervisors to provide assistance. These improvements have been driven by a strong ethos to provide a valuable service to the military community. MCpl Gravel's enthusiastic dedication, hard work and organizational skills have not only provided the base with a first class service, but have set an outstanding example for other clubs to emulate. MCpl Gravel is commended for his tremendous contribution to the Base recreation services and the quality of life at CFB Comox."

Congratulations Pierre, from all the club! Good Luck in Greenwood.

Auto Club Commendation.



MCpl Pierre Gravel, former President of the Auto Club, received the Base Commander's Commendation from Colonel T.B. Rogers.

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NEXT DEADLINE 12 JULY

Leisure



Carolyn Haight

It's Salmon Season!

On a recent outing to the beach, I noticed the countless numbers of fishing boats on the water. If the amount of boats out there is any indication of how many fish are being caught, then there's a lot of salmon being brought home!

The question now is, what can be done with all this freshly caught salmon? Luckily, there are a huge variety of ways to prepare salmon. Popular methods of preparation include canning, smoking, stuffing, baking, broiling, and barbecuing. If some, or all, of these techniques are used on the salmon you catch, you will always have a distinct and flavourful meal to serve.

Good fishing, and good eating!

Salmon Broccoli Loaf
2 large lemons
2 cups (16 oz. can, with liquid) salmon

2 cups toasted bread crumbs
1 (10 oz.) package chopped broccoli, thawed
3 eggs, beaten
1/4 tsp. pepper
1 tsp. dried dill weed
Squeeze juice from lemons and pare rind; cut rind into slivers. Flake salmon into bowl; add liquid from can, lemon rind slivers, and juice of lemons. Stir in bread crumbs, broccoli, eggs, pepper, and dill weed; mix well. Bake in a 350° oven for 30 minutes. Serve hot or cold. Note: If using fresh salmon, poach it first, then add 1/4 cup of liquid.

Salmon Steaks With Three Sauces

1 T. oil
1 T. margarine
1 tsp. minced garlic
1/4 cup chopped green onions
2 T. lemon juice
1 T. minced fresh dill
4-6 to 8 oz. salmon steaks
Heat margarine and oil until margarine melts; sauté garlic. Add onions, lemon juice and dill. Spoon over salmon. Bake at 350° for 15 minutes, or until fish flakes. Serve with one of the following sauces:

Cucumber Sauce
1 cup chopped cucumber
1/4 cup chopped green onions
2 T. each vinegar and vegetable oil
1/4 tsp. each salt and pepper
Combine ingredients and chill at least one hour to blend flavours. Makes 1 1/4 cups.

Dill Sauce
1 cup sour cream, or half-and-

half, or plain yogurt

1 tsp. dried dill weed

Salt and pepper to taste

Combine ingredients and chill for one hour or more. Makes 1 1/4 cups.

Creamy Lemon Garlic Sauce

1/2 cup plain yogurt

1/2 cup mayonnaise

2 tsp. lemon juice

2 cloves garlic, minced

Whisk all ingredients together

and chill for at least one hour. Makes 1 cup.

Stuffed Whole Salmon

3-4 lbs. whole salmon

6 T. butter, melted

1 small onion, minced

4 cups soft bread crumbs

1/4 tsp. thyme

1/4 tsp. sage

1 tsp. salt

1/2 tsp. pepper

3/4 cup peeled, diced cucumber

1/4 cup diced celery

2 T. chopped green pepper

2 T. chopped parsley

1/4 - 1/2 tsp. grated lemon rind

2 T. water, or sour cream

Rinse and dry fish. Combine

all ingredients that remain in

bowl. Spoon the stuffing into the

fish cavity. Close cavity by in-

serting toothpicks one inch apart.

Secure by lacing together with

strong string. Rub fish with oil.

Place on a sheet of foil on the

middle grill of the barbecue over

medium heat, with the lid

lowered, not closed. Cook 15 -

20 minutes on each side. Fish is

done when it flakes easily. Serve

with lemons.

Salmon Nuggets Or Patties

2 cups cooked, flaked salmon

1/2 cup crushed cracker

crumbs

2 eggs

1/2 tsp. salt

dash of paprika

1/3 cup chopped onion

1 T. lemon juice

1 T. parsley

Combine all ingredients,

mixing well.

Nuggets:

Form into 1 inch balls and

deep-fry in hot oil until golden

brown. Serve with Hollandaise

sauce, or one of the above sauces

that are given.

Patties:

Form into 1/3 inch patties. In

skillet, heat 1/4 inch oil to 360°.

Fry until golden and serve on 1/2

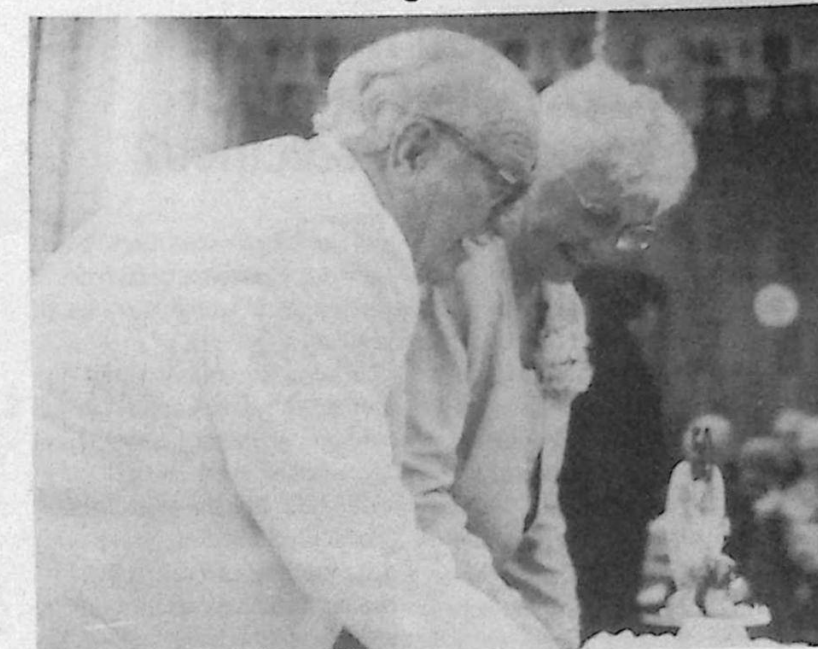
toasted English muffin. Top with

sauce of choice.

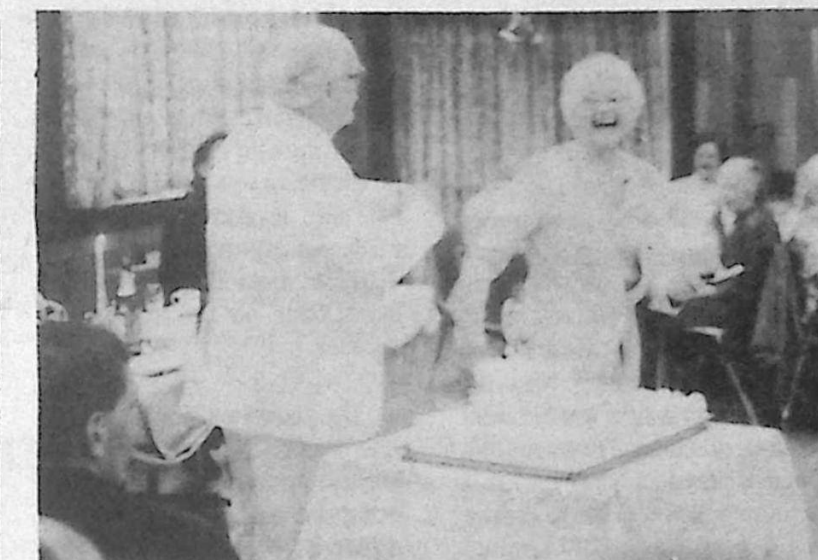
RC Sigs, RCAF Tele- com Branch, C & E Branch Members Celebration 93

Present and former military communicators are invited to participate in various milestone celebration activities taking place throughout the province of Alberta during 1993. Two major events will be held: on 5 June, a comprehensive Military Communications Museum display will be opened at the Museum of the Regiments and on 1 - 2 October, parades, receptions, displays and other social events. So come and visit Alberta in 93. For further information contact Maj Hubert Janssen, (403) 240-7395.

50th Wedding Anniversary



Bert and Lil Linder cut the cake...



"You're not kissing me until you get the cake off your moustache!"



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Health & Fitness

Do you Really Know what's in your Prescription Medicines?

So often we hear about the importance of using medications properly. We hear about drug interactions, and side effects. A recent article in the Journal of the American Medical Association states that 3 - 11 percent of all hospital admissions are due to adverse drug reactions. That means, that for thousands and thousands of people, the medications they take to make them better actually land them in a hospital bed.

It's hard enough to protect against these problems, even when you know what you are taking, but now, increasingly, it's hard to know what you are taking.

As a pharmacist, I'm concerned that many drug companies are expanding their well-known product lines to sell different medications. For example, Chlor-Trimeton is a very well known antihistamine. Now the manufacturer is selling a different version of Chlor-Trimeton that contains pseudoephedrine. This is an entirely different drug. It's not anything like an antihistamine. Instead of causing drowsiness like antihistamines, it's an "upper," like caffeine. It doesn't reduce the reaction to hay fever,

and in people with high blood pressure, glaucoma, or diabetes, it can cause a whole new set of problems.

There are many other examples. Maalox Caplets contain calcium carbonate, like Tums, not aluminum and magnesium hydroxide, like the other Maalox products. Soon there will be five different drugs, all called Maalox, and each can have its own unique response in the body.

Remember when Bayer meant aspirin? Now there are five types of Bayer, with either acetaminophen or ibuprofen. This can make a huge difference to someone with kidney problems, or to a child.

There is also a Dramamine, made out of meclizine, which is different than the Dramamine that's been on the market for decades.

The government doesn't regulate this. There are no rules preventing drug companies from using one brand name to market different medications. That means you have to be very careful. Be sure to ask your pharmacist for advice on non-prescription medications.

More 442 Promotions



Cpl Nathalie Corneau receiving her promotion to MCpl from Maj Abbott, SAMEO 442 Sqn.



Sgt Steve Hamilton receives his new rank of WO from Maj Abbott, SAMEO 442 Sqn.

info health

Dr. Bob Young

Sports Medicine

Treatment of athletic injuries probably dates back to the days when cave-mothers consoled offspring who had hurt themselves wrestling with each other, or had stubbed bare toes kicking a round boulder mistaken for a yet-to-be-invented soccer ball.

The art and science of sport medicine has come into its own in the last 25 years or so - and most advances are more recent than that. What used to be the exclusive turf of trainers and coaches, along with a few "team doctors" (some of whom served primarily to get free tickets to the games) is now the vocation of many.

Increased knowledge of sport injuries, and specific education means that most of them know what they are doing.

But sport medicine is much more than taping ankles and icing sprains. Sport physiology has studied such things as strength, endurance, and use of oxygen in

athletes. Some physiotherapists specialize in rehabilitating sport-injured people, and there are a considerable number of doctors limiting their practice to sport medicine.

One would have had difficulty finding a medical journal devoted to the topic a quarter century ago; now there are many; most are high quality. Comprehensive textbooks of sports medicine are also common today, and general texts usually contain a chapter or two on the subject.

There is nothing magic about sport medicine. Instead, a combination of research, enquiry, and collation of data has resulted in an understanding of how joints and muscles work (biomechanics), effective training methods, improved and safer equipment and clothing, and, in many cases, vastly improved performance.

Even psychologists and psychiatrists are involved, helping athletes cope with tension,

jitters, loss of concentration, and failure - or success.

Both recreational and professional athletes have benefited. Seriously injured ones may find themselves being treated in a rehabilitation facility that employs all the professionals mentioned above, and more. The team approach (medical team, this time!) has proven to be effective in getting people back to their sport as fast as safely possible.

Most sports injuries can be treated by your own doctor. Sport medicine topics form part of many refresher courses, and most of us know the basics. As in other branches of medicine, the availability of specialist help for complex or unusual cases is appreciated by family doctors when referral is appropriate.

Prevention, of course, is best. Don't be silly on the slopes or dumb on the diving board. Sports injuries hurt just as much as other kinds.

Doctors' Difficulties

We would have to return to the middle ages before we found a time when physicians were being vilified as much as they are now. There have been other periods, notably about 80 years ago, when medical education was slap-dash and unregulated and doctors were chastised for medical chicanery.

Aphorisms, jokes, and derision of things medical have been part of the folk-lore of western cultures for ages. Much of this has been in fun; doctor cartoons and gently ribbing stories are enjoyed by physicians as much as by anyone else.

The modern attack on physicians is more serious. It is also distressing because it comes at a time when the profession can offer more help to patients than at any time in the past. There is better to come, of course, but today's state-of-the-art medicine offers more relief of suffering, prolongation of useful life, and dramatic cures than was ever possible before.

The advanced technology that

has allowed much of this to happen is costly. Somehow governments have instilled the notion that doctors are responsible for the increased costs, and some of the public has taken the bait. Some think that medicine is some type of underworld cartel, a closed shop with nobody's interests in mind save its own. If this is so, evidence for it has escaped me in over 35 years of practice.

Doctors in most provinces have had great difficulty with fee negotiations, with decreases, or minuscule increases the rule. Budgets have been capped; overruns are charged to the doctors, who find their cheques docked. If restraint produces savings the next budget is set at the lower level, meaning fewer dollars per patient for care due to inflation and a growing population.

There is a proposal that new physicians wishing to practice on Ontario cities will get only 25% of the usual fee. As about 50% of the normal fee goes to overhead, this effectively shuts them out.

Previously negotiated benefits, some in place for years, have been cancelled or are threatened. (Stopping subsidization of medical malpractice premiums could cost some specialists \$20,000 per year). Doctors, alone among all professions and businesses, are unable to recapture GST paid on equipment and supplies.

Uninsured patients are usually write-offs, treated free in spite of "universal coverage." New hospital rules, some disguised as "quality control" measures, are imposed by harried fund-starved administrators to cut costs. The resulting waits for beds and operations frustrates doctors and patients alike.

The constant sniping is getting some doctors down. Fortunately, most are sustained by the excitement and gratification that accompanies the clinical (as opposed to the bureaucratic) side of their medical careers.

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Summer Hours
Jun-Aug. Wed-Sun-Hols
(closed Mon & Tues.)
10 a.m. - 4 p.m.

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Comox Valley Miracle Sportathon

The fifth annual Comox Valley Miracle Sportathon was held 30 April - 1 May 93. The purpose of the event was to raise funds for the B.C. Children's Hospital Miracle Network Telethon (held 5 June 93) and, locally, for the Courtenay Recreation Association.

The B.C. Children's Hospital uses the money to provide for priority medical needs not funded by the government. Locally, the funds raised are to be used in support of the Comox Valley Skateboard Club for the construction of a skateboard park in Courtenay.

CFB Comox became involved through the efforts of Major Mike Couture, who provided administrative co-ordination to obtain the use of the Base Gym and other facilities. Of the forty local citizens who participated in the 24 hours of non-stop activities, four were base personnel. They were Capt Chris McCarthy, Cpl Judith Arsenault, Cpl Darlene Jordan, and Pte Joyce Mills.

The Sportathon started at 9:00 pm on Friday. Activities included: badminton, pickle ball, floor hockey, volleyball, basketball, tai chi, swimming, golf, running, bicycling, soccer, slow-pitch, and billiards. The non-stop fun (!!!) concluded with dinner and dancing until 9:00 pm Saturday. The event proved to be a great success, and all participants held out until the end without succumbing to sleep!

Canvassing on the Base raised a total of \$1,741.25 for the Sportathon!

tation! As coordinator of the Base canvassing, I would like to thank all those who donated, and a special thank you is extended to those individuals who helped with the collection of pledges. Final pledges are still being collected by the Sportathon committee, and it appears that the amount brought in will exceed last year's mark and reach \$26,000.00!

Plans are already in the making for next year's Sportathon, and those involved this year look forward to increasing the Base participation for it. Until then, we'll try to catch up on lost sleep!



Keith Spragg received a sweater from Evelyn Mofford, of Zellers, for his contributions to the annual Moonwalk for Cystic Fibrosis, held on 30 May. Thanks to everyone for helping us reach our goal!



CFSA CFB Comox Yacht Club

Hodge or Capt MacDonnell at local 8560.

Summer is here! The sailing is great!

Summer dinghy courses:
Adult - 4 consecutive evenings
1830-2130

Jul 12-15; 19-22
Aug 09-12; 16-19
Junior - 3 week course 1230-1530, Mon to Fri
Jul 5-23

Enquiries to 2Lt Paul Hodge at AFIS, local 8434 or 339-7280.

Our keel boat instructor, Ed Goski, is in Saskatchewan for an undetermined period, due to family illness. We will not run a course until his return. Anyone wishing to get on the wait list, please leave your name with 2Lt

The club had a visit from our circumnavigating couple, John and Francine Stevens, this past week. They left from Victoria five years ago, bound for New Zealand, and have travelled to Mexico, the South Pacific, Indonesia, Sri Lanka, the Red Sea, the Suez Canal, and have their Alberg 37 in Cyprus at this time.

On Friday, 18 June, Grant Nichols in "Ayorama," a 35-ft. Endurance arrived from Hawaii after a sojourn of several months. Welcome back to Lotus Land.

Long may your Big Jib draw. The next club general meeting will be Tues. 7 Sept. Place and time TBA. Watch this space.

On the Base

Nighthawks Return!



409 Sqn returns to the Valley July 13. Planning the event are, L-R: MWO Ken Potts, Maint. Training Co-ord, Maj Dale Erhart, DCO, and Sqn CO LCol Terry Hunt.

Francophone Survey

If your wife or husband is francophone, and if you have a child between 3 and 5 years old, this message is for you.

Presently, we are establishing a french pre-school in the Comox Valley in collaboration with the Francophone Association.

Do you wish your child to be bilingual? Call us for more information at 339-3990 or FAX 339-3992, Tuesday to Thursday from 1 to 4 p.m.

Bonjour,
Ce questionnaire s'adresse à vous si vous avez des enfants d'âge pré-scolaire et que vous aimerez 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-maternelle 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-maternelle: 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.

The Association Francophone de la Vallée de Comox has recently launched a survey that has been funded by Employment and Immigration Canada, Courtenay office. The study will identify the needs of adult education in the valley with a focus especially on those who have difficulties in writing, reading and math in their mother tongue, French.

Until the end of July, the survey will determine the number of

French-speaking adults in the valley and what they really need. A questionnaire has already been mailed out to over 500 households that are expected to be Francophone. The survey asks 20 questions on a range of topics, such as general background, language used most, level of education, interests, occupation and age. The study will then examine the community organizations that provide services to determine what gaps exist.

This survey is part of a provincial action plan on French literacy. Over the past years, many Francophone organizations in British Columbia noticed that a lot of French-speaking people couldn't be fully integrated into the English society. They found those with the most difficulty had low literacy skills in French as well as English. Two years ago, a French learning centre was established in Vancouver to help the francophones with their reading and writing skills and day to day life skills. This experience was so positive that studies have been conducted all over the province that will assist francophones with low French literacy skills in taking control of their own lives. Those studies are either under way or completed in Powell River, Vancouver and Victoria. More francophones will have the opportunity to develop their fundamental skills in French so they have a more successful transition to upgrade their work skills in English. If you are francophone and you have not received a questionnaire yet, or if you want more information, please contact Annie Buteau at 334-4415.

NEXT DEADLINE 12 JULY 1993 NOON

Public Announcements

C.V. Amateur Radio Club

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

Library Hours

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

Obituary Brown

James (Jim) William Brown passed away on 16 June 93, at the age of 72 years, of leukemia, in Kelowna B.C. He attended W.D. Lowe Vocational School in Windsor, Ontario. Jim enlisted in the RCAF in Oct. 1940, and served continuously in the RCAF/CAF until Dec. 1976, when he retired to Kelowna. Jim was an ardent marksman and won the Queen's Medal for the Champion-shots of the Airforces in 1960, and was a member of the Canadian Bisley Rifle Team in 1955. James is survived by his loving and most gracious wife, Helen, two sisters, Josephine Beneteau and Margaret Jamieson of Windsor, Ont. His brother "Young Brown" (Harry) of Peterborough, Ont., numerous sisters and brothers in law, nieces and nephews, and a myriad of friends, all of whom he loved dearly, especially Linda and Oscar, and, of course, Francis. In lieu of flowers, friends so wishing may make donations to the Kelowna General Hospital Chemotherapy Ward in James' memory. A Memorial Service will be held in Day's Funeral Chapel on 21 June 93 at 10:30 am with Father J. Alan MacGregor officiating. Cremation. Arrangements entrusted with Day's Funeral Service 762-2204

Avis

Groupe de soutien pour familles francophones centre sur l'étude de la parole de Dieu. Rencontre tous les mercredis 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.

32nd CISM SHOOTING CHAMPIONSHIP

CTCHQ has been given authority to organize a team to compete in the subject championship in Oslo, Norway, 1-10 July 93. For further info contact Mil Sports loc. 8542/8783 by 4 June 93.

Canada Day Walk 1 July 93

The Comox Glacier Wanderers are putting on a 10K Volkswalk, sponsored by the Courtenay Chamber of Commerce, on 1 July 93. The Volkswalk will start from the culvert area in Lewis Park, Courtenay, at 9-10:30 am. Come out and be part of the celebrations. Info: 339-3945.

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

POOL CLOSURE

The Base Pool will be closed for maintenance 25 June - 2 July. Sorry for the inconvenience.

Bronze Cross Course

Where: 19 Wing Comox Pool
When: Sat & Sun (3:30)
Start Date: 5 June 93
Register: Rec Ctr 8542 or Shirley 338-9550
Pre-req: 14 Yrs. Bronze Medalion/Sr. RA.

Mini Francophone (Parents et Enfants) "JEUX, PEINTURE, LECTURE, CHANSONS, ETC..." RIRE ASSURÉ POUR VOS ENFANTS. VENEZ-VOUS JOINDRE A NOUS

Tous les lundis: de 9:00 am à 11:00 am au centre communautaire (près du Canex).

C'est gratuit et c'est amusant.

Pour plus d'information: Suzie Beaumont 339-1372.

P.S. Nous serons fermé pendant la saison estivale (juillet et août). Au plaisir de se revoir en septembre.

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.

URGENT

Host families needed for visiting Japanese youth! 16 July to 14 August. Seventh summer in Comox Valley. For information phone: 338-5396 (school) 338-7560 (home).



Tri-City Boot Repair & Sales

Next to Subway

Cliffe Ave & 8th St., Courtenay
Tuesday to Saturday - 9:00 - 5:30

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SHOE AND LEATHER REPAIRS

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For information regarding positions available outside the lower mainland please call our B.C. Division Manager at (604)531-9277. REDUCED: LONG TERM Government leased building and property. No fees, no GST. \$394,000. gets you \$4,549. per month indefinitely. Write E.L. Beanie, Box 2496, Canmore, AB, T0L 0M0. NEW!!! NEW!!! FROZEN FOOD VENDING. Introducing the latest concept in the vending industry. Vending the fastest growing food items of the 90's such as Gourmet Pizza, Chicken Wings, Ice-cream etc. all from one machine. For more information call Mrs. Wiener, VENDOR CONCEPTS 942-1465. BOAT LOGS/ALVAGE, camp tender, towing, 27, 3 station steering, welded aluminum, 454 Chev power \$25,000 firm. \$10,000 below survey value. Phone: 483-2122. 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! EDUCATION Train to be a "CRM" - Certified Apartment Manager. 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EQUIPMENT STOCK LIQUIDATION of commercial and farm steel buildings. 40' and 50' wide, 14' high, 80' long. Complete erection service available on request. Phone/fax: Andy (403)922-6343 Edmonton. FINANCE Government Grants & Loans. Billions of dollars are made available to new and existing B.C. businesses. The Brad Book can show you how to get your share. Call now! (604)756-2721. FOR SALE MISC. FUTURE STEEL BUILDINGS - QUONSETS 25'X30' \$4,962, 30'X40' \$6,274, 35'X50' \$8,478, Straightwall Quonsets 25'X30' \$5,522, 30'X40' \$6,454. Complete with endwalls, sliding doors. Freight up to Vancouver, GST included. 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 1-977-5983. For Dealer 596-0608. LOVE BY MAIL EMPORIUM. Enhance your sexual adventures with exciting toys, lotions, lingerie. Send for FREE Catalogue: 6200 McKay 141 #743 Dept. B, Burnaby, B.C. V5H 4M9. 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Cash and Carry Cabinet Warehouse, 4278 Lougheed, Burnaby 298-9277, 1868 Spall Rd., Kelowna 860-6638, 800 Cloverdale, Victoria 389-1114. | BUY FACTORY DIRECT. Book now and save thousands on your new mobile or modular home. Top dollar for trades. Many used units available. Noble Homes (403)447-3414. PERSONAL LOST A LOVED ONE LATELY? Puzzled by the experiences they were having before they left? Very often they were very spiritual. Learn an ancient technique for better understanding and spiritual insight. Call ECKANKAR'S info line 1-800-667-2990. PROBLEM WITH DRUGS OR ALCOHOL? The Comox Valley Recovery Centre offers "Residential 42-day recovery program" Co-dependant's 5-day programs. For more information call: 1-338-7144. REAL ESTATE NEW HOMES C.M.H.C. Standards. Real houses factory built for your site, Urban or Rural. 2X6 Walls, R40/R20 Insulation Showhomes at De-Mac Home Sales, Surrey. (604)597-2181. SERVICES Major ICBG motor vehicle injury claims. Joel A. Wener, trial lawyer for 24 years. Call free: 1-800-665-1138. Contingency fees available. Simon, Wener & Adler. WHEN YOUR CHILD ASKS, WHAT IS GOD? How do you answer? Learn a personal spiritual exercise. It will help you find your own answers. Call ECKANKAR info line. 1-800-667-2990. |

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LEGION LOG

BRANCH 17 COURTENAY 334-4322

ENTERTAINMENT

Fri 25 June.....Music by Shaboom
Fri 02 July.....TBA
Fri 09 July.....Music by El Dorado
Fri 16 July.....Music by Country Spirit
Fri 23 July.....Music by John MacKenzie

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

Tuesday Pub Darts Nights suspended until Septmber.
Sunday 27 June.....Crib Tournament, Upper Hall, Registration 12 noon. Start at 1:00 PM
Thursday 01 July.....Drop-in Bingo at Filberg Centre, Starts 12 noon. 30 games.

"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 25 June.....Music by Doug MacLean & Party Mix
Fri 02 July.....Music by Shaboom
Fri 09 July.....Music by Wylie & The Other Guy
Fri 16 July.....Music by Eldorado
Fri 23 July.....Music by Highway 19
Fri 30 July.....Music by Doug MacLean & Party Mix

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 13 Sept 93
TUESDAYS.....Ladies Crib League, Lounge, 7:30 PM
Mixed Dart League, Upper Hall, Recessed until 7 Sept 93
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, 3:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 3:00 to 6:00 PM

EVENTS

Sunday 11 July.....Afternoon music in the Lounge by Wylie & The Other Guy

On & Off the Base

Employee Assistance Programme

A Room and a Coffee Pot

The following is a four part series on support groups. It is reprinted from a Royal Bank newsletter Voi.74 No.3.

Part 1: A Room and a Coffee Pot

Support groups have been springing up everywhere lately to strengthen people's ability to cope with personal problems. They activate the healing power of faith, hope, and charity. They also prove an old theory: that you can't do good for another person without doing good for yourself...

It is insufficiently recognized in the news of all the bad things that are going on in this world that a lot of good things are also happening. God knows the human race has problems - new and different ones, it seems, every day. But the problems are not, as in the past, simply being allowed to take their course; people are resisting them, coping with them, trying to eliminate or mitigate their causes. And in this way, good is coming out of bad, bringing hope to countless individuals who otherwise might be doomed to a life of misery.

There could be no better example of this phenomenon than the support group movement which has grown up in recent years to help people to cope with personal afflictions. In the English language the movement also goes under the heading of "self-help," a term that is somewhat misleading at first glance. In a great many cases, people turn to these groups precisely because they cannot help themselves: they have surrendered control over their own behaviour to an addiction or other form of inner compulsion. They need the help of others to restore their personal autonomy.

There is, however, some

validity to the term when you consider the psychological process that takes place when people decide to join support groups. First, they refuse to let a problem run rampant without fighting back. Then, rather than handing the problem over to a professional, as a litigant would hand a law suit over to a lawyer, they take responsibility for dealing with their own cases in association with fellow-sufferers. Most well-established support groups welcome professional counsel, but professional participation is ancillary to their "do-it-yourself" approach.

The concept of self-help originated in the United States in 1935 with the formation of Alcoholics Anonymous. In those days little help was available for alcohol addiction outside of hospitals. AA's founders developed a step-by-step program of recovery from their addiction centred on meetings at which alcoholics related their experiences and compared notes on how to stay sober. They set up a system through which members could call on the moral support of their fellows in moments of weakness at any time of day or night.

Of course, the idea of mutual support was not new: on the contrary, it goes back to the very beginnings of civilization. The first human settlements were built by people who faced common hardships and dangers and realized that their burdens were lightened when they were shared. People formed religious congregations which brought the strength of unity to the task of aiding the weaker members of their society. At the centre of it all was the extended family, consisting not only of parents and

children, but of grandparents, cousins, uncles and aunts.

What was new about AA was that it responded to the needs of a society in which the role of the family was diminishing. Today the extended family, with more or less all of its members in one place, has largely become a thing of the past. In North America, mobility is part of the culture. When people are scattered all over the map, they become less likely to turn to their families in times of trouble than if they had stayed in their places of birth.

It is interesting that one of the founders of Alcoholics Anonymous was living away from home when the movement started. He was a stockbroker from New York city working in Akron, Ohio, on a business deal. The venture failed, and he was tempted to resume drinking after a long spell of sobriety. He sought out another alcoholic, a local physician, and helped the latter overcome his own drinking problem. Soon both were permanently sober, and together they laid down the principles of AA.

The word "Anonymous" originally referred to the idea that not being required to disclose one's name or other personal details encourages a healthy process of "opening up" about one's feelings and failures. But it also carries echoes of the isolation and alienation that have led to so many human problems in modern western society.

Recent years have brought a rash of family break-ups along with the decline of the family-based community as a result of the steady migration from rural to urban areas. Fewer and fewer people actively practise religion, more and more of them are living alone, and vast numbers of children are being raised in the absence of one of their parents. All these trends detract from the emotional stability which individuals once found among their families, neighbourhoods, and communities.

Still, people today tend to romanticize and mythologize the old-fashioned way of life, forgetting that the cosy little towns of yesteryear could be very cruel to those who did not conform to their orthodoxies. In such a milieu, men and women with personal problems either kept them hidden or ran the risk of being ostracized, bringing disrepute to their families as well.

Watch for Part 2 in the next issue.

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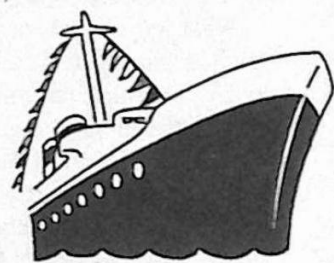
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701 C July 6
703 C July 20
705 C August 3
707 C August 17
709 C August 31

702 C July 13
704 C July 27
706 C August 10
708 C August 24

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July 12 - 16
CCC Gym A
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DAYTRIPPERS

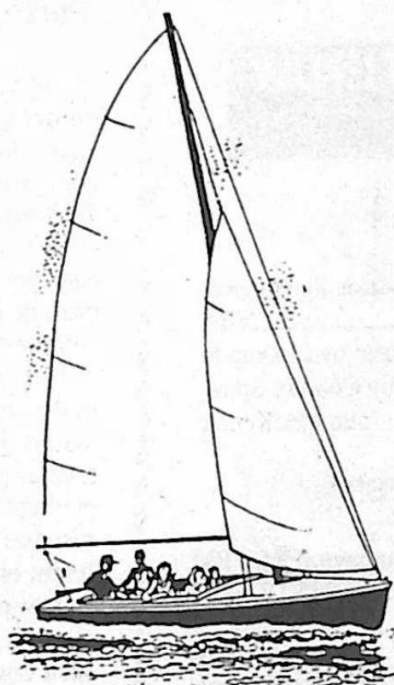
710C VANCOUVER'S SCIENCE WORLD

8 yrs. +
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| | | |
|-------------------------------------|------------------|-----|
| 501 | June 21 - 25 | EVE |
| 502 | June 28 - July 3 | AFT |
| 503 | June 28 - July 3 | EVE |
| Monday - Saturday No program July 1 | | |
| 504 | July 5 - 9 | AFT |
| 505 | July 5 - 9 | EVE |
| 506 | July 12 - 16 | AFT |
| 507 | July 12 - 16 | EVE |
| 508 | July 19 - 23 | AFT |
| 509 | July 19 - 23 | EVE |
| 510 | July 26 - 30 | AFT |
| 511 | July 26 - 30 | EVE |
| 512 | August 3 - 7 | AFT |
| 513 | August 3 - 7 | EVE |
| Tuesday - Saturday | | |
| 514 | August 9 - 13 | AFT |
| 515 | August 9 - 13 | EVE |
| 516 | August 16 - 20 | AFT |
| 517 | August 16 - 20 | EVE |

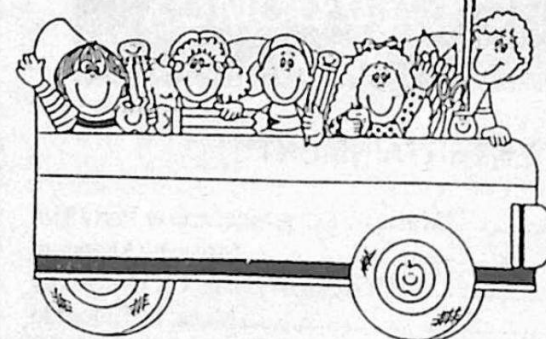
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WHO
WHEN
WHERE
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6 - 12 years * must have completed Kindergarten
Monday - Friday 9:00 am - 3:00 pm
Comox Community Centre
\$85.00/child/session
\$75.00 each additional family member/session



201 Camp Ethnic for Colorful Campers

June 28 - July 9
No Program July 1

Our "Colorful Campers" will trip the world fantastic, travelling about from Mexico to Italy to Japan, exploring various cultures through games, crafts and other worldly activities.

202 Camp FUNtasy for Great Pretenders

July 12 - July 22
No Program July 23

In a world of make believe and fantasy, anything can happen. Join us for 2 weeks of fun filled activities and field trips as we explore the worlds of famous people, cartoons, comic strips and more.

203 Camp Enviro for Green Machines

July 26 - August 6
No program Aug. 2

As with all our camps, Camp Enviro is filled with all sorts of exciting games, crafts and activities to make your summer HOT, but Camp Enviro is a little bit GREEN!

204 Camp Time Travel for Space Cadets

August 9 - August 19
No program August 20

Our "Space Cadet" campers will have fun travelling back and forwards through time from Billy the Kid and the Wild Wild West to adventures and discoveries of new and fascinating planets and galaxies.

SUMMER 1993

339-2255

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to Laurie McKay
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across from Comox Mall **339-3911**

CV Roadrunners 24 hr Relay

Sat-Sun 14/15 Aug 93

Last August 28th a small band of walkers and runners initiated the first ever annual 24 Hour Relay, dedicated to raising money for particularly worthwhile causes in the Comox Valley. That event, jointly sponsored by the Comox Valley Roadrunners and the Strathcona Sunrise Rotary, raised over \$22,000 for the CT Scan at St. Joseph's Hospital.

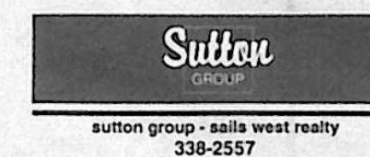
This year the CT Scan has been again selected as our target charity and we expect to raise sufficient funds to bring the total funds collected to the point where provincial funding will take over and valley residents will no longer have to travel great distances to have access to what has become a fundamental diagnostic tool.

The 24 Hour Relay will take place between 10:00 am, Saturday, 14 August 93, and 10:00 am, Sunday, 15 August.. This year we expect our small 1992 band of intrepid runners and walkers to have swollen to at least 25 teams of from 12 to 18 participants, and the pledges gathered to reach \$50,000.

Members of 19 Wing Comox can assist in making this most worthwhile event a success by organizing military teams and challenging other sections. This year a Wing Commander's Relay Baton will be awarded to the military team which raises the most money towards the CT scan.

For more information on the 1993 relay, contact Al Munday at 334-1936.

sponsored by:



WOs/Sgts Fishing Derby

Again, a very successful derby was held from 20 - 27 May, organized by the associate mess members. A wind-up party was held on 28 May and prizes were presented during the mess Sportsman Bingo to the following winners:

Largest Spring: 1st Duke Reid, 2nd Jim Trask, 3rd Shirley Trask.
Largest Coho: 1st Bruce Koronko, 2nd Glyn Gillis, 3rd Wayne Alley.
Largest Trout: 1st Iris Bourgeois, 2nd R.K. Spragg, 3rd Ray Robert.

All participants who weighed in fish received a prize.

The organizing committee would like to thank all participants, WO & Sgts Mess, and local merchants for making this a very enjoyable event.

The following is a list of sponsors:
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On & Off the Base

CFB Comox Family Resource Centre

Hours of Operation: 7:30 - 4:30, Mon to Fri
Address: 119 Little River Road

Mailing Address: Family Support Centre, CFB Comox
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All Services are Confidential

| | |
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| Services available: | Ongoing programs: |
| Volunteer information services | Teen program |
| Practical problem solving | Tuesday morning discussion group with childcare provided |
| Financial counselling referrals | Confidential short-term counselling services |
| Babysitter list - adults and trained teenagers | Parenting information |
| Cleaner list | Emergency shelter |
| Welcome package | Drop in anytime or call 339-8654 or 339-8655 |



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

Parents and Tots - 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.

SUMMER TEEN ACTIVITIES

Tuesdays and Thursdays
Baseball 6:00 - 8:30 p.m. Ball diamond behind Canex.
Wednesdays Teen Swim 4:00 - 5:30 p.m. Base pool.
Friday Dances/other activities, as Teen Steering Committee schedule.

SPECIAL EVENTS

Going away Beach Party to say goodbye to Teens whose families are being posted. At Air Force Beach Pavilion, 26 June. Pick up at Canex 6:00 p.m. Return before 11:00 p.m.

Family Fun Fair at Family Resource Centre, 10 July, 1:00 - 4:00 p.m. Teen concession and games.
Trip to Waterslides, Victoria on 17 July. Pick up at Canex 7:00

a.m. return 6:00 p.m. Cost \$15.00 each. Register at Family Resource Centre, or see Jennifer by 10 July. (Sorry, military teens only due to transportation insurance regulations).

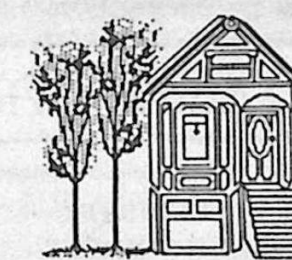
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All Services / Workshops / Groups are confidential.

Comox Military Family Resource Centre



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Toyshop Volunteers
Repairs and checks safety of toys and equipment.
Time Commitment 2-3 hours per week.

Child Care Volunteer
Supervision of young children in playgroups. Participation in program planning.
Time Commitment 3-4 hours per week.



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Book Keeping for Teen Club
Working with Teen Treasurer and Youth Worker in the keeping of the Teen Club accounts. Accounting experience an asset.
Time Commitment: 2-3 hours per week.

Gym and Outdoor Activities
Supervision and some participation in outdoor and gym activities such as baseball and floor hockey.
Must enjoy working with teens.
Time Commitment: 3-4 hours per week.

Special Events
Supervision and participation in outdoor pursuits. Do you have expertise in an area that might interest the teens?
Time Commitment: 8 hours per month.

Welcoming Volunteer
Contacting new people and following up with a visit, if that is requested.
Time Commitment: 3-4 hours per week

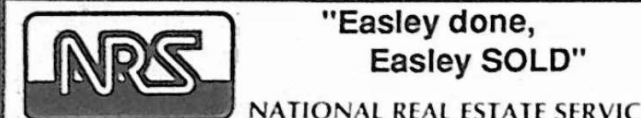
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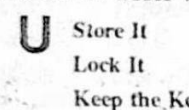
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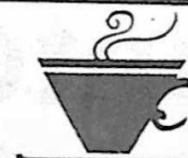
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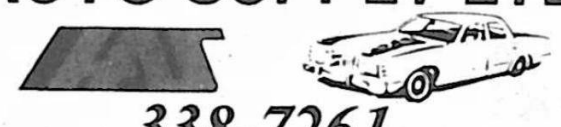


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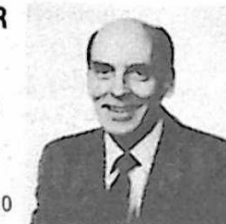
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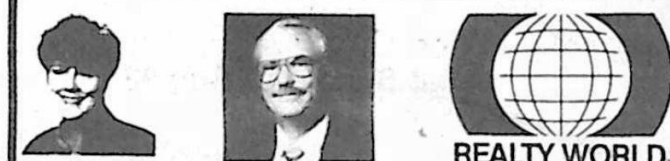
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**450 SQN
REUNION
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1. 450 Sqn will receive its
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2. All former members and as-
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graphs.

These will be published free of
charge to all DND personnel and
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personnel and RCMP.

Vallée de Comox-Cour-
tenay

Pré-maternelle française.
Nous cherchons un/e ensei-
nant/e de langue maternelle
française; elle/il doit être
certifié/e par "Early Childhood
Education" ou l'équivalent. Si
intéressé/e, contactez l'A-
ssociation Francophone au
339-3990, ou par télécopieur au
339-3992, ou encore en
téléphonant à Lyse Clément au
338-7166.

Comox Valley (Cour-
tenay-Comox).

We are looking for a pre-school
educator, certified by the Early
Childhood Education Pro-
gram. This is for a French Pre-
School starting this fall;
therefore we would only hire a
person whose mother tongue is
French. Please contact the
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A big thank you to the BCPO
staff, and all my friends, for the
Retirement Luncheon. The gifts
and cards are much appreciated.
A special thanks to the Mess Hall
personnel for the superb meal. I
shall miss you all. Mabel
Simpson.

It's A Girl!



A daughter! Emily Sky, born
to Chris and Marlene Ricard on
13 May 93 at 2003 hrs, weight 8
lbs. 10 oz. and length 21 inches.
Her proud grandparents are:
Robert and André Ricard and
Mary May Moffatt

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