

Heritage Committee

....this page



TOTEM TIMES

Canadian Forces Base Comox B.C.



VOL 35 NO 12

15 JULY 1993

COST: PRICELESS

Look Mom!



Perched atop the Wing Commander's Rubber Ducky, Megan Craddock celebrated Canada Day at Courtenay's Lewis Park. The WingCom must have a big bath! Megan is the daughter of Capt and Mrs. Colin Craddock.

Air Force Heritage Committee Formed

If you've driven past the 19 Wing Airpark lately you've probably noticed the lack of aircraft, and most notably, the lack of an Argus. The Argus was removed last September when it was evident that she needed some serious attention.

The Argus Committee was

formed to provide that attention. The committee is a subsection of the Comox Heritage Aircraft Society, an organization dedicated to obtaining additions to the airpark. Maj Postma is the head of the Comox Air Force Museum and chairman of the society.

Since September, the Argus

Committee has worked on the restoration of the Argus as a monument. This is a volunteer group made up of civilian and military members. For the last six months they have been crawling into every crevice of the aircraft looking for damage. All the findings will be tabulated in

the form of a business report that will be submitted to the Wing Commander, along with the projected cost of repairs.

As you can well imagine with an aircraft this long out of service, and with only five out of 33 parts left, parts, tools, technical manuals and expertise are quickly

dwindling.

Until the Wing Commander authorizes the project, the committee members have been quietly seeking support from local business and speciality groups. Money will be a factor, but storage space is critical, as the

Continued on page 2

On & Off the Base

A Room and a Coffee Pot

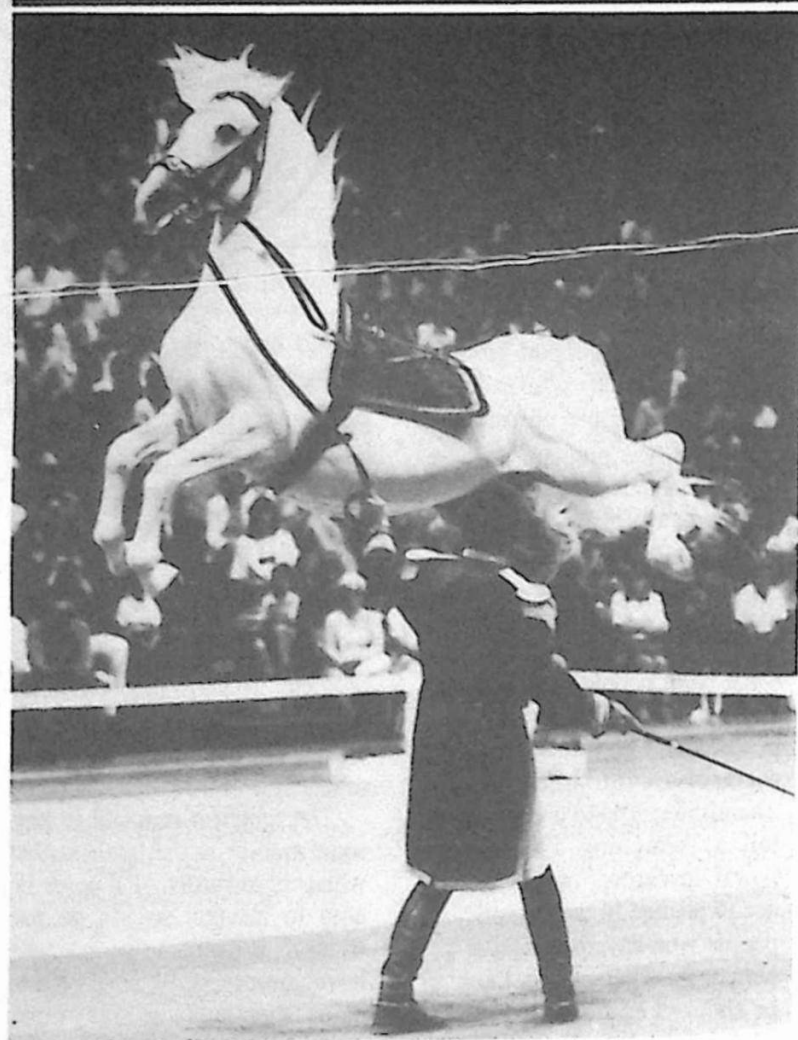
**THIS IS FIGHTING THE WAR
ON DRINKING DRIVERS**



 **DRINKING DRIVING
COUNTERATTACK**

I invite all interested parties to come out to future meetings at the RCAFA 888 Wing in Lazo. For more information, call Karl Smith at 339-7950.

News



Royal Lipizzaner Stallions

The Wonderful World of Horses is on its 24th anniversary tour. In 1970, Producer Gary Lashinsky, created this new family attraction, starring the world famous Royal Lipizzaner Stallions.

Many horses and riders were brought from Europe to perform in this unique family-oriented arena attraction. Over the years, 23 million people, throughout North and South America, have seen this internationally acclaimed spectacle.

The show emulates the Spanish Riding School of Vienna, Austria, in its presentation of Lipizzans, and maintains a traditional, as well as entertaining, performance. In many ways it is similar to what you would see at the Spanish Riding School.

Included in the performance is a segment called the "Airs Above the Ground." These are the spectacular leaps and maneuvers which were once used by riders in saddle to protect and defend themselves on the battlefield, and are now preserved as an equestrian work of art. When you see the Lipizzans perform, it's like stepping back four hundred years in history and viewing one of the greatest equine ballets ever.

Although the Lipizzans star in the presentation of The Wonderful World of Horses, other show breeds are included, including the ancestral forefathers of the Lipizzan, the Spanish Andalusian and the Arabian.

Four Spanish Andalusians are featured in high school presentations, with special wardrobe and music themed to traditional Spanish music.

Not only are Andalusians shown in saddle, but also in a unique longline presentation where the rider performs all the maneuvers of the Grand Prix Olympic level dressage on the longline, while walking behind the horse and guiding him through his paces. Also included in the show is a unique tandem presentation where the rider, without any rein control, sits upon his mount and drives another Andalusian Stallion in front of him on the long rein, through an intricate routine that takes years to learn. This is especially unique, for it is not normally seen in North America. Both Andalusian Stallions work effortlessly, one in front of the other, nose-to-tail, with only the slightest touch of the rider's leg and hand for direction. This is something to see.

CF Command & Staff College 50th

by Capt J.P. O'Brien

The motto of the Canadian Forces Command and Staff College is derived from Francis Bacon's 16th century work "Religious Meditations." It is particularly appropriate: for fifty years now, staff and students at the college have meditated on a full range of professional themes. Today, in addition to the environment-specific programmes, the scope of studies includes campaign planning and joint and combined operations, as well as the political, social, economic, and technological factors which influence the formulation of defence policy and the profession of arms generally. The beautifully landscaped grounds at the college's scenic Armour Heights campus, in north Toronto, are an oasis of serenity which belie the intense mental and physical activity of the course participants and of the directing, planning, and administrative staffs.

Since 1943, the grounds of the former Strathroy estate have served as the site of advanced command and staff training for senior officers of the Canadian Forces. Conceived as a wartime RCAF staff training establishment, the college was redesignated a tri-service institution in 1966 and the Command and Staff Course has since become the cornerstone of the Officer Professional Development System.

room and the auditorium. The international flavour of the college is enriched by the participation of allied students and staff from ten countries.

In addition to the regular ten-month course, the college will also be offering a seminar to lieutenant-colonels and colonels, beginning next Spring.

The college will observe its fiftieth anniversary in a variety of ways, culminating in an Open House weekend on 2 and 3 October of this year. The weekend will feature days dedicated to both the military and civilian communities which have supported the college since its inception. A monument to commemorate the fiftieth anniversary will be erected together with others honouring each of the three environments: a CF-104, a Lynx reconnaissance vehicle, and the current incarnation of the Command and Staff Course is conducted over a ten-month period comprising lectures, syndicate discussions, exercises, and travel. Guest lecturers, numbering in excess of 300 annually, are invited from industry, Canadian and American universities, government agencies, and CF and allied military organizations. The college travels to Europe, the United States, and the Arctic to confirm and supplement the "lessons learned" in the syndicate



an anchor will soon grace the college grounds. Although many units and institutions of the Canadian Forces will observe major anniversaries in the next few years, none have had such a pervasive and strategic impact on the CF as the college. Its fiftieth anniversary is an event of special significance to the CF, the Canadian academic community, and the city of North York. In the words of BGen J.A.R. Desloges, Commandant of the Canadian Forces College, it is "a significant event in our military history."

The power which derives from knowledge has enabled graduates of the college to assume command and staff appointments at the highest levels of the Canadian and Allied forces. The aim of the college, however it has evolved over the past fifty years, will always be to facilitate this process, and to provide an academic focal point for senior officers of the CF. The next fifty years will undoubtedly provide new challenges and opportunities for those who seek to put Bacon's maxim into practice.

USN Sea Cadets Visit Quadra

From July 12-25, HMCS Quadra will once again be hosting the United States Naval Sea Cadet Exchange. The 24 U.S. Naval Sea Cadets on the exchange will be participating in training on board HMCS Quadra. The training will parallel the activities scheduled for the Canadian Sea Cadets.

During the two week exchange on board HMCS Quadra, the U.S. Cadets will be trained in sailing, seamanship and Canadian drill. They will also have the chance to go on a seamanship cruise into Baynes Sound, go hiking into Forbidden Plateau, and also tour the Comox

Valley and City of Victoria. The U.S. Cadets will also run the confidence course and do an abandoned ship drill in a timed competition against their Canadian counterparts.

The visiting exchange cadets are between the ages of 16 and 18, and are from the mid-west and the west coast of the United States.

During their stay in Canada, Lt Comm Ron Ritchie, of the Comox Valley (a Staff Officer on board HMCS Quadra this summer) will act as the Exchange's Escort Officer for the two week stay.

At the same time, a group of Royal Canadian Sea Cadets, from

across Canada, will be touring the west and east coasts of the United States. This exchange for the Royal Canadian Sea Cadets is sponsored by the Navy League of Canada and the Department of National Defence, and is done yearly.

The Navy League and Department of National Defence sponsor other exchanges annually to Britain, Germany, Belgium and The Netherlands for Sea Cadets from across Canada.

For further information, contact Lt(N) M.K. Bottoms, Quadra PA Officer, HMCS Quadra, Comox, B.C., V9N 8A1 or phone: (604)339-2295, ext. 257.

Letters

441 Sqn History

Dear Editor,

441 Tactical Fighter Squadron is compiling information to publish a squadron history book with a planned release in the summer of 1994.

Since its initial stand-up as 125 Squadron in Sydney, Nova Scotia in April 1943, 441 has flown Hurricanes, Spitfires, Mustangs, Vampires, F86 Sabres, F104 Starfighters and F18 Hornets. The squadron has also operated Harvards and T33 Silver Stars for short periods of time.

To assist in publishing the

book, ex-441 members and aviation enthusiasts are requested to submit photographs and anecdotes pertaining to all aspects of squadron operations and life.

Submissions should be addressed to Capt K.J. Saladana, History Book Coordinator, 441 Tactical Fighter Squadron, 4 Wing Cold Lake, Medley, Alberta, T0A 2M0. Photographs will not be returned unless requested.

Yours truly,
Lt-Col A.P. Rochfort, CD

Airport School Thanks

Dear Col Rogers,

On behalf of the students and staff of Airport Elementary School, I wish to thank you for the many benefits that we gain through our association with your Base. This year we are thankful for access to your swimming pool, bowling alley and arena. Various sections have assisted us with transportation, supplied us with dishes and silverware for special functions, organized a tremendous bike rodeo, provided us with excellent fire safety service and given us interesting

tours. These are just a few of the "perks" we enjoy thanks to you and your people.

I also want to extend a special thank you for the added security we felt with the frequent M.P. patrols during the unfortunate Dawn Shaw incident.

Thanks again for all the support, and we look forward to continued good relations with Wing 19.

Yours truly,
D. Costain, Principal

409 Sqn Pin

Dear Editor,

Congratulations on yet another award for the "Fish wrapper." Well done!

The front page of your last issue carried some excellent news, namely the reactivation of 409 Nighthawk Squadron, and its return to CFB Comox. However, I was somewhat mystified by the 409 Squadron crest that was illustrated on the front page.

Being an ex-409 member, I was well aware that the squadron employed Voodoo and its Medicine Men in past operations, but never the use of pins, such as that shown protruding from the crown in your crest depiction!

Does this mean that 409 Squadron's future role will include the practice of acupuncture?

Yours (tongue-in-cheek) sincerely,

John Novak

Editor replies: Probably. We were loaned the crest pic by AFIS. Please note the pin also appeared on Friday's Green-sheet front page. We are also advised by 888 Wing's Al Scott and Gerry Gerow that it was a King's Crown on the crest! Perhaps 409 Patriarchs Bill Vincent, or Irish Ireland, can explain the pin.

Preventive Medicine Notice: Swimmers Itch

Swimmer's itch is caused by a non-human parasite, known as a schistosome. The parasite develops in a snail host and produces larvae which leave the snail daily in periodic bursts and directly seek a host, usually aquatic birds or mammals. The larvae is then shed in the feces of these hosts.

The larvae is found in fresh, brackish and salt water, usually along the shoreline, or shallow water. The larvae penetrates the skin of bathers and induces a

highly allergenic condition known as "Swimmer's Itch."

Preventive Measures:

- Avoid stagnant water holes and shallow bathing areas.
- The use of rubber boots is recommended for small children playing along the shoreline.
- Towel dry vigorously and completely immediately after leaving any contaminated water.
- Apply 70% rubbing alcohol to the skin's surface to kill surface larvae.

NEXT DEADLINE 26 JULY

Comment

Comox Farmers Bursaries

Dear Editor,

The Comox Valley Farmers' Institute has announced this year's recipients of two bursaries established in memory of the De-Mong family.

The \$600.00 DeMong Family Estate Memorial Bursary, awarded to a graduate in School District #71, and alternating yearly between Highland and G.P. Vanier Secondary Schools, has been awarded to Coralie Dodge of Comox.

Highland graduate Coralie is the daughter of Cora and Winston Dodge, former Salvation Army representatives at CFB Comox. Born in Newfoundland, and having lived in the Comox Valley since 1987, Coralie is returning with her family to St. John's Nfld., where she plans to attend Memorial University. Her goal is to obtain a Bachelor of Science degree, then go on to medical school, hoping eventually to become a pediatrician.

During her school years, Coralie has been involved with Student Government, Yearbook, and the Graduation Committee. She was chosen to travel to Quebec in the fall of 1992 with the Voyageurs 92 program, and has been active with the youth group of her church.

The \$600.00 DeMong Family Memorial Bursary is open to students from eight school districts within the Courtenay Agricultural District - which includes Vancouver Island from Ladysmith north, as well as Powell River. This bursary has been awarded to Shelley Doyle of G.P. Vanier.

Shelley, the daughter of Linda and Tom Doyle of Courtenay, was born in Ottawa and has lived in the Comox Valley since 1990. She plans to attend U.B.C. where she also will study for a Bachelor of Science degree, then hopes to go to medical school and an even-

tual career as a doctor.

Shelley's special interests during her school years have been Student Government, Counter Attack, Peer Tutoring, Royal Canadian Air Cadet League, District Orchestra, and she is Youth Representative for her church. In May 1993, Shelley travelled to Ottawa with the Rotary Club's "Adventures in Citizenship."

Both bursaries were established in memory of Roger DeMong, his wife Marion, and their three children, David, Laura, and Catherine, who were killed in a car accident in February 1980. Roger DeMong came to the Comox Valley in 1973 to work as the District Agriculturist. He and his wife, a physiotherapist, were active in church, community, and youth work.

Fran Berry, Secretary
Comox Valley Farmers' Institute DeMong Bursary Committee

1200 Sea Cadets at Quadra

Approximately 1200 Royal Canadian Sea Cadets from across Canada arrived over the weekend to participate in sea oriented courses provided by HMCS Quadra, a National Sea Cadet Camp.

The Sea Cadets, who are under training, will be on board for two, three or six-week courses, which HMCS Quadra offers on an annual basis. The courses in which the cadets might be participating begin with two-week General Training, for the First and Second year Cadets.

Other cadets might have been selected for three-week courses, such as Junior Leadership, Basic Sail, or Basic Band.

The older cadets may have been selected for a six-week trades course, such as Boatwain, Gunnery Instructor, Operation Communications, Medical Assistance, Cookery, Shipwright, or Practical Leadership. The Practical Leadership course is designed for those cadets who have already

taken a trades course in the previous year at a summer camp.

The camp trains cadets in the Quadra School of Music and the cadet may be a part of the Junior, Intermediate, or Senior Band for the summer.

During the cadets' stay on board HMCS Quadra, they will learn their trades training on a day to day basis, but will also have a chance to participate in day and overnight sailing, drill, range, navigation, seamanship (rope work), and sports activities.

Some of the cadets, due to their courses training requirements, will go to sea for one to five days, on a seamanship cruise into Baynes Sound and/or Desolation Sound. Most cadets will go hiking into the Forbidden Plateau area, and also have a Day Leave in Courtenay and Comox sometime throughout the summer.

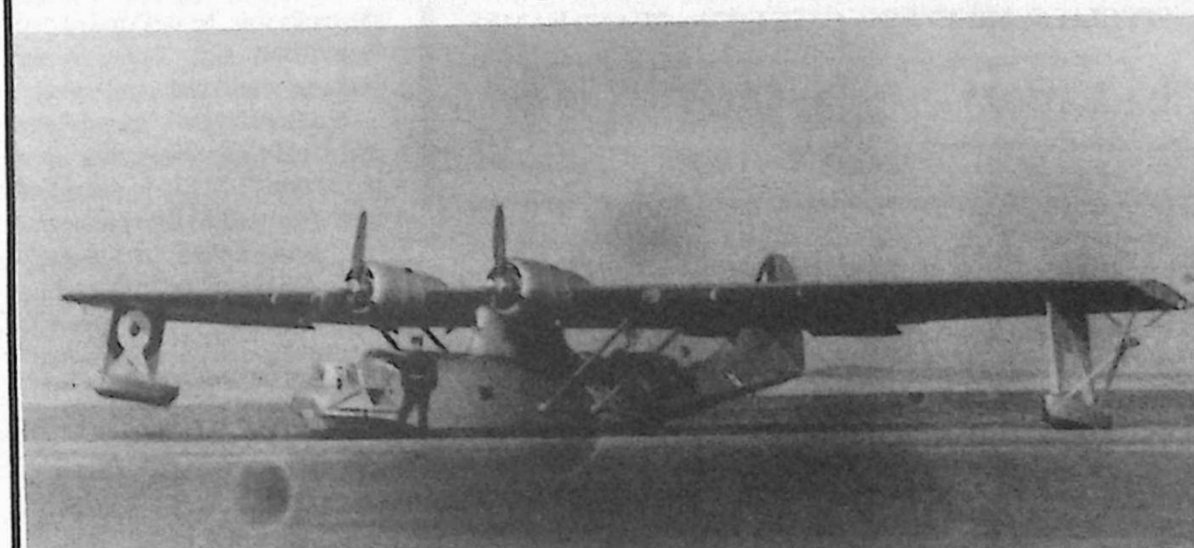
The cadets of the Quadra School of Music and the members of the Ceremony of the Flags will

perform various concerts as well as the Ceremony of the Flags performances for the surrounding community throughout the summer. The public will also be welcome to visit HMCS Quadra for our annual Open Houses. These will be held on 18 July and 15 August 93, from 9:30 a.m. - 2:00 p.m. The Ceremony of the Flags will only be performed on 15 August.

The male and female cadets who live on board HMCS Quadra are between the ages of 12 and 18, and come from all parts of Canada - as far as St. John's, Newfoundland, and as close as Comox, B.C.

HMCS Quadra is under the command of Commander Marc Draibye. This is Commander Draibye's second year in command, since he took command of the National Sea Cadet camp back in July of 1992.

Air Force Trivia



Trivia Answer

John Novak wants to know if the Editor is hooked on the Atlas, featured for a third time in the last edition. It was a nice picture, that's all...Ed.

TOTEM TIMES

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Section News

414 Retirement



MCpl Boyd Russel retires after 35 years of dedicated service. SAMEO 414 Sqn, Maj Lavoie, bids farewell to Boyd on behalf of all the Black Knights. Totis Viribus!



414 Sqn

LCol Cleland's own neighbourhood.

MCpl Glen Arsenault apparently got his promotion by taking his boss, Sgt Bob Etches, fishing. The story that MCpl Arsenault threw his boat motor overboard and told Sgt Etches that he was next has been widely discounted.

When MCpl Jerry Dumon's co-workers were asked for their reactions to MCpl Dumon's promotion, they started falling all over each other in a feverish effort to tell their mean-spirited, and potentially slanderous, stories. "Mr. Wong! Call him Mr. Wong!" cried one. "Mention the size three haircut bowl!" bel-

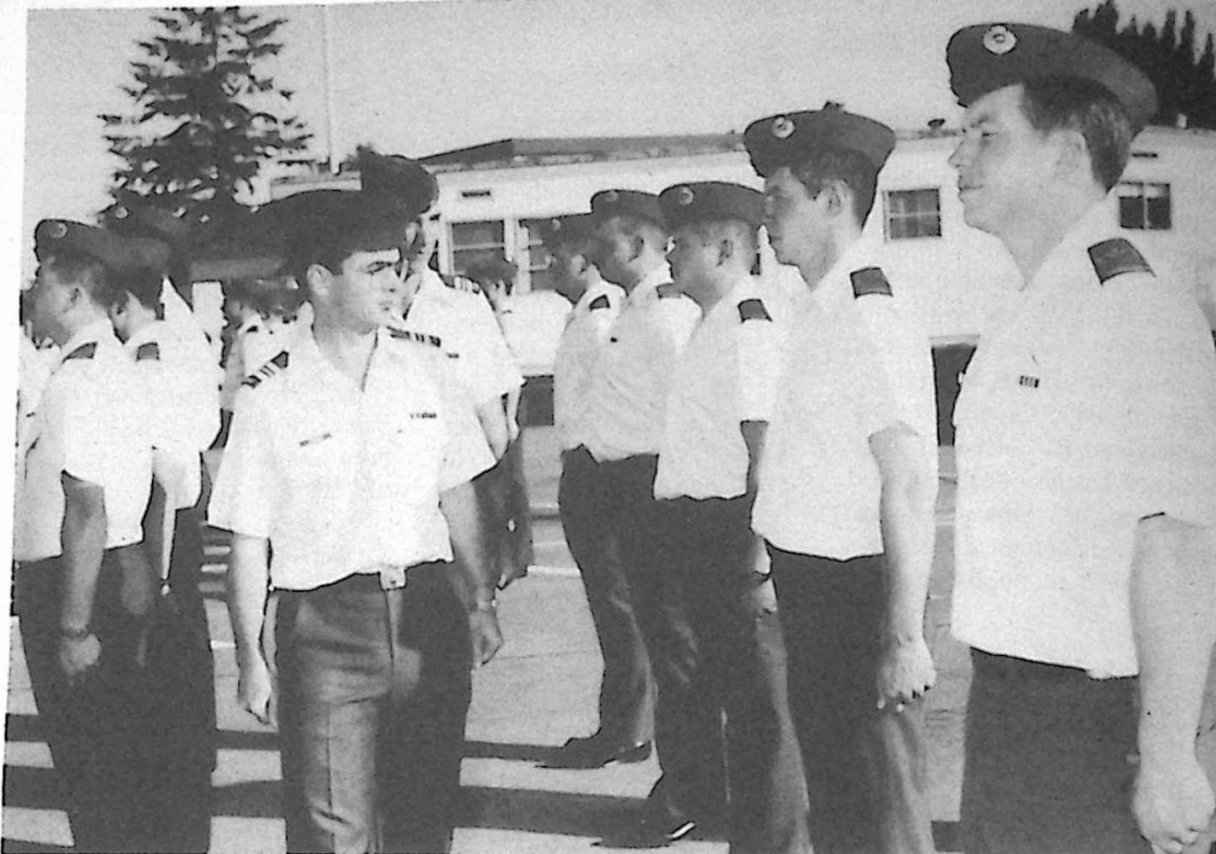
lowed another. Things degenerated rapidly from there.

On the other end of the spectrum, none of MCpl Tim Schall's co-workers would admit to knowing him. When asked to speak on his own behalf the "Simulator Guy" had only one comment "It's about time."

Pte Karynn "Sharon" Stone had received her first hook, but it seems that, due to her odyssey adventures in training systems, she may not even get a chance to get used to it before she receives her second hook.

Congratulations to all the promotees, and farewell to all the "Black Knights", until next time. Sancho Panza

Change at CE



Maj Mac Fraser, new WCEO, inspecting the troops (oops) - flights during the Change of Command Parade on 22 July 93.



Signing the CE Change of Command (front L-R) Maj Mac Fraser, the incoming WCEO; LCpl G.S. King, WLogO; and Maj Randy Kampman, the outgoing WCEO.

MOVIN' AGAIN? - WHO CARES?

I DO!

I'VE BEEN THERE!

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Courses for dinghy program:
Basic sailing lessons will be offered as follows, please circle desired course:

July 19 - 22
Aug 9 - 12
Aug 16 - 19

All courses are four consecutive evenings from 1830 - 2130.
Course fees: \$30.00 + Club Membership (\$35.00/family/year).
PERSONAL INFORMATION

NAME: _____
ADDRESS: _____

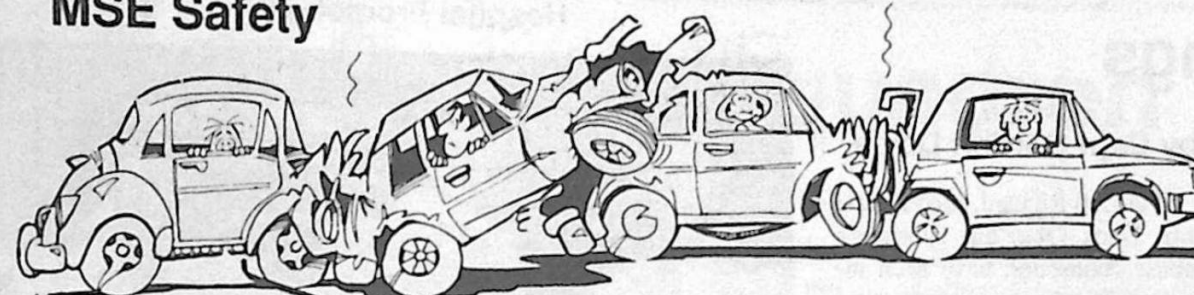
PHONE BUS: _____ HOME: _____

Do you have any medical condition which may affect your training? _____

CONTACT: Paul Hodge, loc 8434

Section News

MSE Safety



Sharing The Road:

It's A TWO WAY STREET!



THE WHEELS ARE BACK IN MOTION!

Bicycles have zoomed in popularity as a healthy alternative to conventional transportation methods. The resurgence of cyclists on our roads and highways, however, requires motorists to share what they always thought was their territory. But was it?

Bicycles have been around since the late 1800's - years before the advent of the automobile. It was, in fact, the lobbying of early cyclists that resulted in the grading and surfacing of horse-and-carriage roads for the travel of bicycles.

Although bicycle riding experienced a decline with the prevalence of automobile use in the 20th century, the current interest in environmental issues and physical fitness has propelled a major comeback.

Now motorists are faced with the challenge of rethinking old driving practices and adapting to the presence of cyclists. Cyclists are legally entitled to a lane for themselves. Because this is not always practicable in moving traffic, motorists must exercise extra care and consideration when sharing the road with cyclists.

The next time you are driving and approach someone on a bicycle, remember, that if it weren't for the work of pioneer cyclists, the road ahead might be a rocky one indeed.

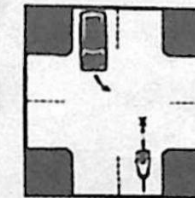
Cyclists Are Faster Than You Think!

Many cyclists move at speeds of 30 km/hr or more. Please take this into account, especially when turning in front of a cyclist.



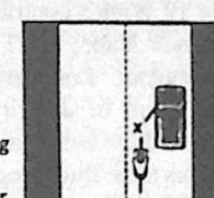
Left-hand Turns

You've trained yourself to watch for other motorists. Now you must learn to keep an eye out for cyclists. Be particularly alert for cyclists who are momentarily concealed by other traffic.



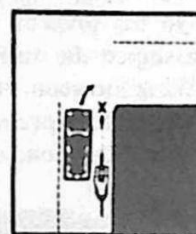
Opening Your Doors

Before opening your door in traffic, look for cyclists, pedestrians and other vehicles. Failure to do so could cause serious injury to someone caught by surprise.



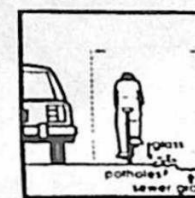
Right-hand Turns

After passing a cyclist, be aware that the cyclist may have caught up and may be proceeding straight through. Be sure to check the right blind spot before making your turn.



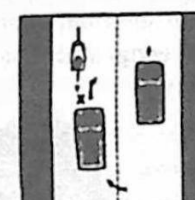
Passing A Cyclist

A cyclist requires enough room to control the bicycle and avoid road hazards. Provide the cyclist sufficient leeway when you pass. Ensure that you are well ahead before you pull back in.



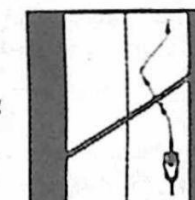
Passing A Car

When a cyclist is in your lane or is coming towards you in the opposite lane, time your pass so that all three vehicles will not meet at the same time.



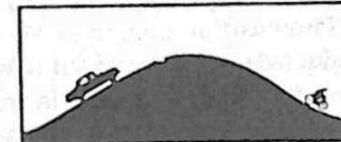
Railway/Trolley Crossings

Cyclists require additional room when crossing diagonal railway or trolley tracks.



On Hills And Through Blind Corners

Slow down. There could be cyclists just beyond your view or other slow moving traffic all using the same lane. It is legally theirs. Be prepared to give right-of-way.



Promotions



Maj D.R. Brown, CO 19 AMS, presenting Sgt. J. Coles, WArmt, with his new rank.



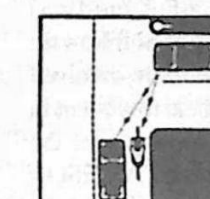
Capt Grimshire presents MCpl Dave Dunn with his new rank.



Capt Grimshire presents Cpl Terry Ledrew with his new rank.

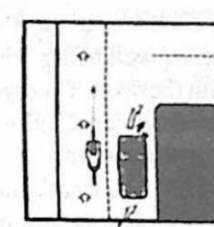
Intersections

When stopped at an intersection, motorists should check carefully for cyclists and pedestrians.

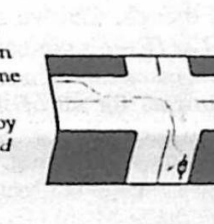


Lane Positioning

a) Expect cyclists to keep out of right-turn-only lanes when going straight through.



b) Expect cyclists to turn left in the same way motor vehicles do by signalling and moving left before the intersection.



Motorists:

Cyclists are on the road every month of the year. We all know that cycling is an enjoyable activity, but it poses risks for both cyclists and motorists alike. Cyclists will be looking for you. Remember to look for them.

Cyclists:

You, too, must obey the rules of the road. Always wear a helmet and visible apparel.

Share The Road!

MSE QUIZ

When driving through city intersections your slowest speed should be at the:

- centre of intersection
- nearest crosswalk
- farthest crosswalk
- middle of block.

Answer: (b)

Slogan of the Day: Engineers have made cars and roads safer - the problem is redesigning the drivers.

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barristers and solicitors
wishes to congratulate
DOROTHY MARCILLE, LLB

on the occasion of her call to the Bar of the Law Society of British Columbia on May 14, 1993.



Dorothy is a graduate of the University of Victoria Law School and is fluently bilingual. She will be practicing in the areas of civil and criminal litigation, family law and wills and estates. N'hésitez pas a consulter Dorothee si vous avez besoin de conseils juridiques en français.

GIBSON & KELLY is a full service law firm serving the Comox Valley from its office at the corner of Fifth Street and Fitzgerald Avenue in Courtenay.

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Section News

Hospital Happenings

by Capt Gordon Doyle

Summer's upon us and with it comes change. In keeping with this requirement, the Wing Hospital's staff celebrated promotions and arrivals and reminisced about departures by organizing a barbecue and golf day on 18 June 93. LCdr Raymond, our newly promoted Wing Surgeon, was happy to bring various kinds of thirst quenchers.

We also congratulated PO2 Regent Renaud on his promotion to Petty Officer First Class on 1 July 93, LS Rene Gravel on his promotion to Master Seaman, effective 1 July 93, and Pte Carol Neave on receiving her first hook, effective 18 June 93.

We are pleased to welcome some new additions to our staff. No Craig, that doesn't mean you! Where have you been? Cpl Craig Snape has been completing his OQ5 training at Borden and Ottawa. He has been away from the Wing Hospital for about six months. He'll be rejoining us on 19 July 93.

From BFC Montreal (St. Hubert) comes Capt John Law. Dr. Law's engaged in learning the more challenging aspects of being in the Comox Valley and living out of a hotel room with his wife, Bonnie, and two year old daughter, Christine. All are awaiting the finishing of their new home.

Cpl Dyck, Med A, from Calgary, will be arriving during the latter part of August. He'll no doubt miss the Chinooks. We're sorry, but he'll have to pay provincial sales tax of 7% on his purchases!

Capt Colleen Zavistake, our new pharmacist from Edmonton, and Ruth Davis, our new nurse from CFS Masset, hope to be on base soon.

Last, but not least, Sgt Brian Clayton will be joining us after closing down things in Baden.

Sharon Cook, our secretary in the HOR, after 12 years has decided to spend at least another year helping us complete our paper work. Both she and the other staff in the Orderly Room are to be commended for their outstanding efforts.

On a less happy note, the staff at the hospital were sorry to see some favourite people depart. Going to BFC Valcartier were Maj Rene Jacques, Ms Rene Gravel and Cpl Chris Levigne. They're all looking forward to "going to the field." We'll miss them.

Three more of our staff are also leaving - Capt Cary Graves is going to Trenton, where he hopes to be doing more flying, Lt(n) Jim Krempien will be running the pharmacy at CFH Esquimalt, PO1 Reg Renaud will be teaching lab science at NDMC. Both he and his wife are happy about going to Ottawa where they have purchased their dream home.

Good luck everyone. Pursuing routine orders while cruising down the corridors of the

hospital there's an abundance of chatter, especially around 1500 hours each afternoon. One of the more recent tidbits of information involves Pte Carol Neave's imminent visit to the office of "oh no, not the dentist." Only a cruel soul would think of giving Carol a video of Marathon Man, starring Dustin Hoffman, for Christmas.

Also heard some other unbelievable stories: PO1 Kevin Steele, our Wing Hospital WO, and Mr. Dave Campbell, our fastidious custodian, also known as the King of Treats, are experts on how to catch the Big One. There hasn't been a day this summer when a fish hasn't been caught. Those fish seem to be getting larger and heavier as each moment passes.

PO2 "Woody" Woodrow is looking forward to pursuing similar sorts of things while on leave. He is getting together with approximately 150 "Newfie" friends to "screach," meet and greet at Harper's Mountain, near Kamloops.

If anyone's interested in taking leave in England or Norway, contact Capt Phil Prendergast. Dr. Prendergast, his wife Barbara, and the couple's four month old daughter, Elizabeth, have just returned to Comox after a three week holiday. Phil's happy to be back in Canada where things aren't so expensive.

I've also heard that MCpl Joe Brenot's expertise in being a single dad has undergone some recent developments. His wife Sabrina, who is Chairperson of the Board of Directors for the Family Resource Centre, travelled to Ottawa on FRC business. Joe was happy to have Sabrina return.

Capt Judy Toussaint, and her husband, recently returned from summer leave. The Toussaints vacationed in California, Oregon and Washington. Judy, our SNO, will now be providing nursing care to the cadets at Quadra. Bon Chance, Judy.

Our X-ray tech, MCpl Sandra Jones-Spurr, was recently in Ottawa on leave. She tells me that she wanted to keep on going east to the Maritimes. That is where she'd like to be posted next year. Okay, Sandra, we get the point!

MCpl Mark Baiden will be taking his family to observe the Native Games in Port Alberni towards the end of July. He says that this will give his children and wife some opportunity to immerse themselves in native customs and culture. Mark's dependents are Native Canadians.

Pte Lori Rickard, Med A, and Mr. Hank Oke, our substance abuse counsellor, have been involved in organizing a run team for 19 Wing's contribution to the Comox Valley's CT Scan drive endeavour. Lori's an old hand at this kind of activity. She organized the event last year. Lori seems to be spreading her healing abilities all over British Columbia. She recently participated in some adventure training in the interior of B.C. with 414 Sqn. She was available to provide medical coverage should the need arise - thankfully it didn't.

Speaking of medical coverage, Capt Hope Sorokowski aspires to become more involved in providing medical treatment in the skies. She's taking over the responsibilities of the AMESO - all medevac activities will be coordinated through Hope's office.

Cpl Carolyn Peterson is coping well being "Home Alone" with the dogs. Carolyn's husband and daughter, Caitlin, have gone to Saskatchewan, to a wedding. I'm not sure what's more difficult - completing pre-medicals, or looking after the dogs. It's not so bad though, Carolyn could be in OS Liz Howe's predicament.

Liz takes care of arranging appointments for all of those who want to see a doctor. She's also trying to quit smoking. I wonder if she's engaged in "patch" work?

Perhaps MCpl George Czank can offer some assistance. He's the senior Med A who supervises the MIR activities. George seems to be preoccupied with "ballet" these days. Someone told me that he wants to purchase some tickets to see Donny Osmond in Joseph and the Amazing Technicolor Dreamcoat.

Cpl Shawn Lynch is keeping busy this summer. When he's not "cruisin" in his beamer, he's watching movies on his brand new 62 inch screen TV. Shawn says everyone is invited to movie night at his house.

I have also seen Cpl Rosa Mandziak, our friendly reservist, periodically working at the Wing Hospital. Rosa's taking holidays from her nursing studies at the B.C. Institute of Technology to help us out. What's new, Rosa?

Last, but not least, we'd like to express our best wishes and warmest regards to Cpl Tammy Warner, Med A, and Cpl Jim Warner, plumber and gas fitter, on their marriage, which occurred at Our Lady of the Sacred Heart Chapel on 5 June 93.

I'm sure I've missed a lot of news, so I'll try to be more diligent in keeping better notes for the next time "...and so it goes."

Hospital Promotions



Wing Administration Officer, LCol G. van Boeschoten, joins Wing Surgeon, Maj R. Jacques, in congratulating LCdr Greg Raymond on his promotion to his present rank, effective 15 June 93. LCdr Raymond has assumed the duties, responsibilities and challenges of being the new Wing Surgeon, effective 21 June 93. Everyone at the Wing Hospital wishes to express warmest regards and heartiest congratulations to LCdr Raymond on his promotion and appointment as Wing Surgeon.



Maj Rene Jacques, former Wing Surgeon, is seen presenting PO2 Regent Renaud with his promotion to Petty Officer First Class. With his promotion, effective 1 July 93, comes a posting to NDMC. Heartiest congratulations Regent on your promotion and bon chance à Ottawa.



Pictured here is Maj Rene Jacques presenting LS Rene Gravel with his imminent promotion to Master Seaman. The presentation was conducted on 15 June 93 but Rene's promotion was not effective until 1 July 93. Good luck Rene in your future career endeavours.



Cpl Nicole D'Aragnon is being congratulated by Capt Karamanis on her 9 month accelerated promotion to Cpl. Cpl D'Aragnon is employed as a Dental Assistant and the Dental Clinic. Contratulations.



442 Squadron

Once again the roses are a-blooming, the big salmon are a-biting, and the golf courses are a-challenging in the beautiful Comox Valley.

These activities are just a sampling of the fun times to be had in the recreation capital of Canada. It also brings out groups of people who have been enjoying the long sports season on the T.V. and spirited them to a little participation.

442 Sqn maintainers took advantage of this situation and on Friday, 11 June, the Airframe Techs from CH113 Maintenance challenged the Engine Bay to a slo-pitch softball match. It appeared at the onset that the AF Techs had come prepared to win, as they jumped into a 13-1 lead. Maybe it was the effect of the sun (on their refreshments), or some over-confidence, but the Engine Bay giants rallied to come within two runs of the lead in the fourth inning.

Good infield play (with the odd error) highlighted the next two innings as both teams entered the seventh inning tied at 20-20. The AF Techs were unable to ignite their bats and went out of their half of the inning 1-2-3. Two key hits by Chuck (Kirby) McClelland and Steve (Reggie) Theriault sparked a fine come-from-behind win by the Engine Bay in securing a 21-20 win.

The only long ball of the day came off the bat of Vince Lagace, for the AF Techs. The most foul balls hit and retrieved went to Marc Letourneau, and the honours for the most attempted flyball catches went to Ray (I got it) Levigne of the Engine Bay.

Following the game, the exuberant bunch that they were, also set a new Base record by stuffing 15 (beer belled) players into a VW Bug. To say that it looked like a nest of "snakes" would be a certain understatement. This scenario took 10 minutes to complete and 15 minutes to unravel. A great time was had by all members and apparently the gloating has begun as the Engine Bay has issued baseball challenges to other marauding Snakes in 442 Sqn Hangar.

Later that afternoon, a wet-down gathering took place through the auspices of some of our newly promoted technicians. This form of get-together has been sparse over the last year and it is hoped the experience will not be short-lived. Hearty thanks to MWO Jim Trask, WO Al Stephens, WO Steve Hamilton and MCpl Nathalie Comeau for the refreshments and snacks. Good luck in your new surroundings.

On Thursday, 17 June, the squadron gathered for a mug-out and roast of our many departing personnel, 47 at last count. 29 from within maintenance and 18 from the operations organization. This group takes with it a total of 188 years SAR experience within 442 Sqn and their departing expertise and smiling personalities will certainly be missed around the hangar. Of these, 34 were outright geographical transfers. They will be assuming new duties throughout Canada, from Cold Lake to Shearwater, some not within the SAR community. The remaining 13 were FRP releases. They have mostly chosen to remain in the Comox Valley (lucky people) and, I'm sure, will periodically frequent the squadron in the future.

This huge amount of departees have witnessed many good times and bad, both joy and sorrow, tasted sweet victories and also been the focal point of some unwarranted bad press. Through it all, the squadron Snakes always managed to persevere and hold their heads high. We have certainly shown that "faith is not belief without proof, it is trust without reservation." Again we bid a fond farewell to all our departing personnel and trust that you keep the lines of communications open to us all.

Happy vacationing from 442 Sqn.

This summer will also see a squadron Commanding Officer hand over parade. LCol Drover will be moving to the WOPSO position and LCol Hardy, by way of staff college, will assume command of the squadron in early August. We will also acquire a new SCWO. Following the retirement of CWO Andy Anderson this July, CWO Jim Livingstone will arrive just in time to strut his stuff on the aforementioned parade.

With the advent of the school summer holidays, these wonderful approaching weeks will soon see the campgrounds and beaches fully active. We hope it affords all of you the opportunity to take some deserved time off to further enjoy your family, friends and, of course, some recreation. Remember Chief Anderson is still losing golf balls at Glacier Greens for you to find, and Jim Trask and his crew haven't netted all the big fish out in the straight, yet!

In closing, I leave you with this: "Why is it that just when you think you see the whole picture of life clearly, the channel changes?"

Happy vacationing from 442 Sqn.

442 Promotion



MCpl Darren Thordarson - promotion.

CE Presentations



LCol G.S. King presenting the CD to Cpl Joe Hnard. Congratulations!



Congratulations to MCpl Doug Duval on receiving his promotion to that rank effective 1 July 93. Presentation made by LCol G.S. King.

Telecom Promotion



W TELECOM O, Capt Lagace, with the help of MWO Coffin, presented former Pte Shorter with his Cpl chevrons. Cpl Shorter is presently working for the NAV AIDS section as a RDR Tech.

Demon Tech Award



"Local Boy Does Good." 407 Sqn SAMO, Maj Baker, recently presented 1 crew's own Cpl "Johnny" Johnson with the prestigious Demon Tech of the Month Award; in recognition of his noteworthy service while employed in the Avionics Support section. Congratulations from the crew.

888 (Komox) Wing Royal Canadian Air Force Association

Regular Membership: Who is eligible?

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

Associate Membership: Who is eligible?

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

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

NEXT DEADLINE 26 JULY - NOON

**RECYCLE THIS
NEWSPAPER
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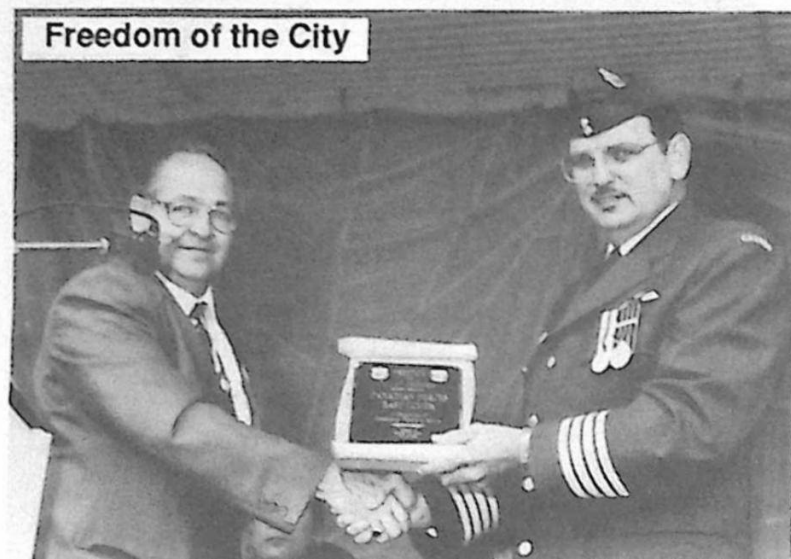


Feature

Celebrating Canada Day

Scenes from July the First

Freedom of the City



CFB Comox WComd Col T.B. Rogers accepts a plaque commemorating Freedom of the City of Courtenay, from Mayor Ron Webber.

Freedom Guard



Guard of Honour stands at ease at Canada Day ceremony during which CFB Comox received the Freedom of the City of Courtenay.

JOSE LUIS GARCIA

CYMC Host Garcia
July 1

The Queen has requested performances by Jose-Luis Garcia on more than one occasion, and now the Comox Valley has the privileged opportunity to hear him in concert.

Garcia has been the Director of the famous English Chamber Orchestra for more than 20 years. During that time he has made hundreds of recordings with the ensemble, many as soloist and director. Some of his best known recordings have been those of the Mozart violin concertos and two versions of Vivaldi's Four Seasons.

Garcia began practicing violin at the age of six, under the wary eye of his father. He soon discovered he had a talent for it, and by the age of 16, had won First Prize in the Sarasate Violin Competition. At the age of 22 he was appointed Professor of Violin at the Royal College of Music in London. He was undoubtedly the youngest person ever to be awarded this distinction.

Since that time, Garcia, has gone on to become one of the most renowned violin players and orchestra directors in Europe.

Garcia will be performing the Violin Concerto by Tartini, on Saturday, 17 July, at 8 p.m. in the G.P. Vanier gym. Tickets are \$10.00 each. For more information call the CYMC at 338-7463.

A COUNTRY OF MY OWN
Canada Day has already passed, but there is still time to be patriotic! This summer the CYMC musical theatre is embarking on a patriotic extravaganza called "A Country of My Own." Singing, dancing, acting, all the components of a musical will be included, with a twist of Canadianism to give it some zest.

All the musical numbers are written by Canadians, and they vary from classic folk songs to flashy original pieces. In a combination of improv, dance, mime, song and speech, the show gives a humorous, and affectionate, portrayal of Canada and what it means to live here.

"A Country of My Own" will be playing at the Sid Williams Civic Theatre on July 21, 22 & 23 at 8 p.m. Tickets are \$5.00 each. For more information, call the CYMC office at 338-7463.

Red & White



Local brass band, in their distinctive red and white outfits, entertained the crowd in Lewis Park.

Over Here, Boss!



Col T.B. and Mrs. Rogers represented CFB Comox in the July 1 parade. Editor and wife (wearing hats, 2nd & 3rd from right) admire the limo.

Over the Bridge



Preceded by the Courtenay Legion Pipe Band and Legion flags, the Guard of Honour parades to Lewis Park.

1993 Western Canada MP/RCMP
Golf Tourney & Fishing Derby

The 19 Wing Comox Security and Military Police Section Hosted the 10th Annual Western Canada MP/RCMP Golf Tournament and Fishing Derby on 28 and 29 May 93. Military participation included 19 Wing Comox, CFB Chilliwack, 4 Wing Cold Lake, 18 Wing Edmonton, 17 Wing Winnipeg, Air Command Winnipeg, CFB Esquimalt, SIU Det Vancouver, PDSIU and SIU Victoria, Whithy Island Naval Stn and McChord AFB.

RCMP members attended from Courtenay, Campbell River, Parksville, Nanaimo, Port Hardy, Vancouver, Surrey, Quesnel and Victoria. Retired Military Police showed up from Comox, Courtenay, Edmonton, Vancouver, Victoria, Port Hardy, Nanaimo, Brentwood Bay, Parksville, Delta and Osoyoos.

Early Friday morning, 29 May, in a light drizzle, Col. Terry Rogers (Wing Commander 19 Wing Comox) hit the first golf ball to officially start the Golf Tournament which saw 176 golfers on Glacier Greens Golf Course in two shotgun starts.

Presentations and a BBQ were held at the Golf Club and, when the scores were totalled, the Canadian Military Police Association (CMPA) Net Team Trophy was awarded to CFB Esquimalt. We congratulate the team of Sgt Randy Bonany, Sgt Louie Leclerc, Cpl Sky Thouli and Cpl Shawn Gillis. Individual awards were also presented in five other categories:

a) **Military Police:** Low Gross Winner - Sgt Randy Bonany, CFB Esquimalt (79), Runner-up - Sgt Grant Arseneault, CFB Esquimalt (86), Low Net Winner - Sgt Pete Morrison, CFB Chilliwack (70), Runner-up - AB

Chris Sheehan, 19 Wing Comox (73);

b) **RCMP:** Low Gross Winner - Cst John Beckett, Campbell River (73), Runner-up - Insp Sal Salminen, Campbell River (74), Low Net Winner - Cst John Monteth, Nanaimo (68), Runner-up - Cpl Bob Turnbull, Victoria (70);

c) **Retired MP's:** Low Gross Winner - Don Dale, Osoyoos (75), Runner-up Ted Sauve, Comox (85), Low Net Winner - Sam Stevenson, Delta (71), Runner-up - Rick Zarudski, Courtenay (72);

d) **Guests:** Low Gross Winner - Greg Hart, Comox (70), Runner-up - Danny Freemont, Comox (71), Low Net Winner - Grant Main (68), Runner-up - Dave Wutenece, Victoria;

e) **Sponsors Event:** Low Gross Winner - Lloyd Billings, Alberta Rose Fishing Charters (73), Runner-up - Jack Burgess, Public Pest Control (79), Low Net Winner - Ray Cossette, Realty World (70), Runner-up - Rick Barrs, Island Honda (71).

The Men's Longest Drive on Holes 5 and 14 went to Fred Grouette and Jim Barr. The Ladies' Longest Drive on Hole 2 went to Virginia Hall. Closest to the Pin prizes were given to Don Dale on Hole 13, Jim Craig on Hole 4, Jim Girdstone on Hole 7 and Sal Salminen on Hole 16. The Most Honest Golfer went to Melita Threinen with a score of 142.

The Air BC Trip for Two was won by Stan Paterson of Vancouver. The winner of Realty World's Glacier Print went to Bert Ehinger of Courtenay. The winner of Spot 6 this year was Bunt Ireland of Courtenay. The MP Raffle winners were: 442 SAR Print - Al Walsh, Texas Mickey -

John Boudreau, and the Golf Bag was won by Tim Davidson of Parksville.

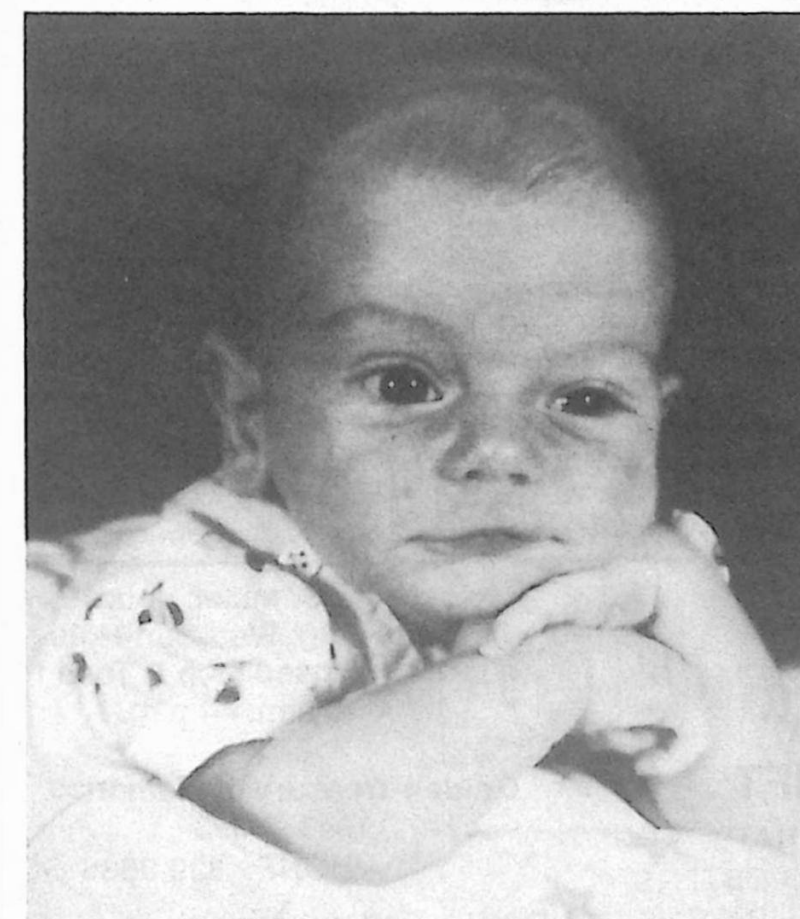
Fishing Derby Results

Largest Salmon winners were Lloyd Billings and Russel Legg, both with a 5.5 kg Spring. Total Weight winner was Paul Weed with a 10 kg total. Largest Non-Salmon went to Jack Willis with a .58 Ling Cod. We had 80 out fishing this year, under cloudy skies and rough seas. Two British MP's from Cold Lake had rented a boat from King Coho and managed to crash their boat on the rocky shores of Saratoga Beach, an experience they said they won't forget.

The 19 Wing Security and Military Police Squadron (Comox) would like to take this opportunity to thank those Military Police, RCMP, Retired Members, Guests and Sponsors who made this year's event the biggest turnout ever. Ted Sauve, the driving force behind the events for the past seven years had made it known that this was the last year he was going to organize the Golf and Fishing Derby. However, due to some kind words of praise from almost everyone in attendance and the support of his wife, it looks like we're a go in 94. So it looks like Comox will again be hosting these events in late May 94, so plan to attend and make it another successful Branch event.

A special thank you goes out to the Comox, Courtenay, Campbell River, Royston, Victoria, Nanaimo, Parksville, Qualicum Beach, Vancouver, Edmonton, Toronto, Calgary, Niagara Falls, Peterborough, Markham, Montreal, Mississauga, Oakville, Turo and Dallas merchants and companies who contributed to our prize table.

Contemplating Life



Jarred Joseph Ullock contemplates life, after three months of regular grub and frequent changes of attire, and apparently finds it to his liking. He's the son of former Comox Supply Tech Sgt J.P. Ullock (and Dawn) and - by sheer coincidence - grandson of the Editor and Julie.

Feature

Comox Legion Annual
Fishing Derby

There were 44 entries in the Comox Branch 160 Legion Fishing Derby held on Saturday, 12 June. The weigh-in showed the following results:

Daryl Fontana, Largest Spring at 13.7 lbs.

Mike Fielding, Largest Coho at 4.1 lbs.

There were 15 Springs and 95 Coho at close of weigh-in.

A special thanks to Lois Terris, Ray Bechholdt, and Ken Chester for help and time, Ken Chester and Jim LaFrance for obtaining the prizes, Ken Chester, Lois Terris, Ray Bechholdt and Bruce Tiffin for the weigh-in operation, Sandy Gillis for the hamburgers and salad. Also thanks to the merchants who supplied the prizes. There were 24 door prizes by draw, and the balance of entrants also received prizes.

A special vote of thanks goes to Jerry Mattson and his crew who gave out samples of cooked shrimp, and also gave lessons on how to shell and cook the shrimp.

Bruce Tiffin, Br. 160 Sports Officer was in charge.

Merchants and business establishments who provided assistance with prizes for the Fish Derby: Leeward Inn, Griffin Pub, Barber's Marine, Comox Builders, C & N Motors, Anchor Garage, Portside Cafe, Smitty's Restaurant, Ted's Trolling & Marine, Radio Shack, Pharmasave Drugs, Lorne Hotel, Cream of the Crop (Linda), Bamboo Inn, Black Fin Pub, Black's Cycle.

Thanks also goes to radio station CFCP for their notices on the date and alternate date for the Fish Derby.

AIR FORCE OPEN TOURNAMENT

LADIES FOURSOMES

MENS FOURSOMES

at Fairwinds Golf & Country Club

Saturday July 24th 1993
Tee Times start at 12:30 p.m.
Phone 468-7666
Limited Entry: 70 Players
Cut-off: July 15th

- 18 HOLES
- DINNER ONLY
- POWER CARTS - available one week in advance \$23.00

- ENTRY FORM per person - \$50.00
- per person - \$15.00

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\$50.00 AND REGISTER YOUR HANDICAP
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Operational again - 50 Years Later
Airforce Museum's Fire Engine

Cpl Jerry Snook from 19 Wing Comox Fire Department is behind the wheel of the recently restored Museum's 1942 IHC Fire Engine. Coming along for the "ride" are WComd, Colonel Rogers and WCWO, CWO Pat Sarty who, judging by appearances, are ready for all eventualities.

The fire engine's restoration has been on-going for the past two years, with the fire fighters donating their time and efforts in refurbishing what used to be the original fire engine of RCAF Station Tofino.

Cpl Jerry Snook and his fellow fire fighters discovered that it was not an easy task to restore fifty year old mechanical equipment when there are no spare parts and no manuals. Their ingenuity and perseverance paid off and 19 Wing Comox is now the proud



Tofino Truck

owner of part of an important aspect of Air Force heritage.

The fire engine will be used in local parades, for Safety and Fire

Awareness briefings to local schools, and as part of the Comox Air Force Museum's collection of West Coast Aviation artefacts.

Health & Fitness



TAKING CARE OF YOURSELF

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

Protect kids from choking

It can happen so quickly. A young child reaches for something, pops it into her mouth, and can't breathe.

An accident like this can be fatal. But it can also be prevented. As a parent, you can help to make life a lot safer for your child if you take the right precautions.

Nurses say that hotdogs—the all-time kid's favorite—are one of the easiest foods to choke on. It's not surprising. Their shape and size can make them a lethal plug in a child's throat. Cut the wiener lengthwise to make it smaller and safer.

Cut any food into child-sized pieces. At the same time you can also remove any potentially dangerous seeds or bones.

Your child may need to grow a little older before some foods are safe. Check with your community health nurse or your doctor before offering things like hard candy, nuts, sunflower seeds, raisins, popcorn, raw carrots, celery and grapes. And, until your child is ready, keep such foods well out of reach and out of view.

While they are eating, teach children to sit quietly and to chew food carefully. Don't let them run or play at the same time.

Show your child how food can get stuck in their throat if they aren't paying attention. If your

child does have a scare, use this as a way to teach them. A client of mine has a five year old who turns up his nose at mints offered in restaurants. He calls them "choking candies".

Take special care with babies. Check your baby's toys for broken and loose parts and remove any parts that might break loose before your child does!

Around home, get in the habit of picking up loose items such as pins, paper clips, tacks, screws, buttons, coins, beads and bottle caps. Plastic bags should be kept in high cupboards and knotted before they are thrown out.

Never give a baby a styrofoam cup—they often eat the cups! And, if you must give a child a pill, grind it up first and mix it with jam or yoghurt before serving. Even an infant's own pacifier can be a danger. Make sure the guard can't pass through the baby's lips and that the rubber is not breaking down.

You may wish to make sure you can save a child from choking if, despite all your precautions, the worst happens. If so, you should learn the so-called "Heimlich Manoeuvre." Ask a nurse at your health unit, or your child's doctor, to show you how it's done. Knowing this technique could mean the difference between life and death.

Alcohol and the unborn child

Alcohol and pregnancy don't mix.

Any woman who drinks alcohol during her pregnancy risks having a baby with serious birth defects. That's because every time a pregnant woman has a drink, her unborn child is also forced to have a drink. And no amount of alcohol is "safe" for an unborn child.

This means that it's not just the babies of alcoholic women who are at risk. Any pregnant woman who drinks, even moderately, is taking a very serious chance.

If you're a pregnant woman, it doesn't matter whether you drink beer, coolers, wine or mixed drinks. They all contain alcohol and they can all affect an unborn baby.

And no pregnant woman should think that it's "okay" if she drinks "once in a while" instead of regularly. The fact is that "binge" drinking is more harmful because the unborn child is forced to absorb a great deal of alcohol all at once.

There's nothing new about all this. Throughout recorded history there have been stories of babies affected by their mother's drinking. Since 1973, though, the effects of drinking through pregnancy have been described as Fetal Alcohol Syndrome or FAS.

At their worst, these effects can

be very serious. Each affected child will be different but most FAS babies are born small and remain smaller than other children in their age group throughout the growth years.

FAS children have smaller heads than other children and they are slower learning to walk and talk. Later, they must cope with learning disabilities. Because of the brain damage they have suffered, they can't control a lot of their behavior and do not learn acceptable behavior during every-day life.

Nurses say the riskiest time for FAS occurs during the period from the first week to the 10th week of pregnancy when many women may not realize they are pregnant. That's because damage to the brain can occur at any time when a woman is pregnant.

Why not take an opportunity to change? During pregnancy, many women decide to break unhealthy habits for the sake of their unborn children. If you think this might be difficult for you to do—or that you might need help to change your habits—see a nurse, doctor, alcohol or drug counselor or a member of an organization such as AA. This is especially important if those around you drink heavily and do not support your efforts to quit because you are pregnant.

info health

Dr. Bob Young



Beaver Fever

To be honest, it's my patients who usually suggest the diagnosis when they have a *Giardia lamblia* infestation. This little parasite has received a lot of publicity, and most campers have at least heard of "beaver fever."

This is the popular term for the illness caused by *Giardia*. A poor name, as fever is not a major factor in the illness, and it is far from certain that beavers are the only, or even major, player.

The number of cases of the disease has increased rapidly in recent years. It has been said that no river or stream in North America, no matter how pristine or isolated, can be guaranteed to be free of this organism. And a drink from any of them can infest a human.

When I see a patient with symptoms of intestinal flu, I usually ask a bunch of questions before I think to ask if they have been in the wilderness recently.

They often mention it first, and it's an invaluable clue. Once thought of, diagnosis is usually easy, requiring only an examination of a stool specimen to see if the parasite is present. It commonly is, even in the absence of illness. Seven percent of people in North America are infested; up to 50% in some population groups and day-care centres. Although not sick, these people pass the parasite in their feces at least intermittently and some of them work, play and attend to nature's calls in the deep woods.

The beaver is certainly not the only wild animal that passes the parasite - but "beaver fever" does have a nice ring to it.

The infection causes stomach upset, nausea and vomiting, cramps, gas, smelly bowel movements, and diarrhoea. Most cases are mild; a few result in dehydration and weight loss. Sometimes the illness recurs every few

weeks, another clue for an astute doctor.

Boiling drinking water kills the parasite. This is much more dependable than using "disinfectant tablets," which either may not work or require so much time as to be impractical. Dipping your hand over the side of the canoe for a drink may be reflex; if so, it should be suppressed.

There are a half-dozen drugs that are effective in curing the infestation. Most are safe enough although some have side effects (mainly nausea) and treatment usually takes several days.

Most doctors have been trained to ask their patients whether they have visited the tropics when faced with a diagnostic problem. We will have to expand this to include the Canadian backwoods (and not too far back at that) if we are to diagnose more cases of *Giardia*.

Magic Stethoscope

I've just waved my magic stethoscope in your direction, making you an M.D. In your new role as a physician, I have asked you for a consultation on the following case. (This is a true medical history, but not concerning a patient of mine).

The patient is 88 years old, and was hale and hearty until about the age of 79. He has had a variety of problems since then - gradually worsening heart failure which keeps him short of breath; a cancer whose location has not been determined because he has been too ill to undergo the necessary tests; garbled thinking and moderate confusion. He still manages at home with the help of family members, but they are finding it increasingly difficult.

There is no treatment for his progressive cancer and his heart medicine is barely doing its job.

Last night, while trying to get out of bed, he fell and hit his head.

A large "goose-egg" appeared quickly, but went down when ice was applied. He seemed to be OK, but was more confused in the morning. The family called 911 and the paramedics checked him over. The family doctor was called later and left detailed instructions. The patient was not sure who or where he was, and was talking in the language of the country he had left 60 years before. He was agitated, but not in pain or physical distress.

One of the options offered was to take him to the emergency department, and the family did this. Once there, the obligatory investigations begin. A bank of blood tests, x-rays, a CT scan - and a diagnosis of a brain contusion, or bleeding into the brain. A consultation with a brain surgeon - although surgery in this case was out of the question, and everyone knew it. The cost of care so far has probably exceeded

\$1,000, with \$600-a-day hospital bed charges looming.

My question to you, doctor, is: "How would you handle this case?" Intervention enthusiasts might treat vigorously, no matter what the dollar (and other) cost. Others would elect to keep the patient as comfortable as possible in a quiet hospital ward. Some doctors would encourage and help the family nurse the patient at home during what are obviously his final days. What would you do?

Remember, what you think is right may not suit the family - and you, doctor, may not agree with your consultant's opinion.

Medical, ethical, humanitarian, legal, and religious concerns are intermingled in many decisions made by physicians. Remember this as you cogitate on the puzzle I have provided.

Comox Air Force Museum



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NEXT DEADLINE 26 JULY - NOON

Leisure



Carolyn Haight

Fantastic Fruit Salads!

Let sit for a few minutes to combine flavours.

Note: Other fruit may be substituted, like sweet star fruit.

Fresh Fruit Salad with Yogurt Dressing

- 2 large onions, diced
- 2 medium oranges, peeled and cut into pieces
- 2 kiwi fruit, thinly sliced
- 1 star fruit, thinly sliced
- 1 cup grapes (seedless)
- 1 banana, thinly sliced
- 1/2 cup fruit yogurt (strawberry, raspberry, or your choice).

Fancy Fruit Salad

- 1 pkg. lemon pie filling
- 1 cup pineapple, cubed
- 1 can fruit cocktail (or 1 cup fresh fruit of your choice)
- 2 cups whipped cream
- 1 pkg. miniature marshmallows
- 4 bananas
- Cook lemon pie filling with juice from the fruit. Let cool. Add to the other ingredients when cool, plus enough water to make 2 cups. Mix well. Keep refrigerated.

Pretzel Jello Salad

- 2-2/3 cups coarsely crushed pretzels
- 3T. sugar
- 3/4 cup margarine
- 8 oz. cream cheese
- 1 cup sugar
- 1 small container Cool Whip

- 1 large pkg. strawberry Jello
- 1 cup strawberries, cut lengthwise in half, then sliced
- 2 cups boiling water
- Cream sugar and margarine; add pretzels. Press into 9 x 13 inch pan. Bake 10 minutes at 350°. Cool.

Cream the cream cheese and sugar; add Cool Whip. Spread over cooled pretzel mixture. Mix Jello and water until Jello is dissolved. Add strawberries; allow to partially set. Pour over cream cheese mixture. Refrigerate and let set until firm. Garnish with strawberries.

Fruit Salad Compote

- 1 large can peaches (or 1-1/2 cups fresh)
- 1 large can pears (or 1-1/2 cups fresh)
- 1 small can cherries
- 1 medium can pineapple (or 1 cup fresh)
- 1 can cranberry sauce
- Drain fruit and cut into bite-size pieces. Add cherries and pineapple. Whip cranberry sauce and add to fruit. Chill.
- Dressing:
 - 1 cup cream
 - 3/4 cup icing sugar
 - 1-1/2 tsp. vanilla
 - 1/2 cup mayonnaise
 - 6 drops of juice from a lemon

Whip cream, sugar, and vanilla. Add mayonnaise and lemon juice and beat again. Serve dressing on fruit.

Fabulous Filberg Festival

Filberg Festival, 61 Filberg Road, Comox, B.C. - July 30, 31, August 1 & 2, from 11 a.m. to 8 p.m. Friday to Sunday, 11 a.m. to 6 p.m. Monday. Enjoy the best in B.C. Arts and Crafts plus free music, great food, free children's entertainment, petting farm and more. It all happens on the beautiful nine acre Filberg Park overlooking Comox Bay. Admission \$3.00 for adults, \$1.00 for children between 6 & 11 years. Tots 6 years and under free.

Described by many as simply the best Arts and Crafts show anywhere, the Filberg Festival kicks off its four day celebration of the arts this year on July 30.

Located on a nine-acre waterfront park, the festival is family entertainment at its best, offering a montage of live music, gourmet food and the dazzling works of over 140 of the finest artists and crafts people in B.C.

Now in its 11th year, the Filberg Festival is recognized for its "fun for all ages." Children are especially enchanted by gaily

costumed performing clowns, animated story telling and even a specialized hands-on petting farm. Young and old alike will also find something to get the feet tapping with the festival's eclectic musical menu, offering everything from classical to country.

Craft displays feature such traditional arts as weaving, wood-working, pottery and lacemaking to fashion items such as jewellery and clothing, as well as a wonderful selection of specialty items. All of the Arts and Crafts are juried for participation and the quality of work is unsurpassed.

Food booths offer everything from traditional festive fair food - hot dogs, hamburgers, waffles, popcorn and soft drinks, along with wonderful ethnic specialties and dessert delicacies.

With its park-like setting, backdrop of ocean and mountains, crowned by the classic Filberg Heritage Lodge, the Filberg Festival is truly one-of-a-kind and a must see on the B.C. Day Weekend.

Library News

Now that summer is upon us (at least officially) it's time to grab a good book and relax. Our friendly Base Librarian, Colleen Gagnon, has been on a buying spree and has purchased a huge number of books to add to our current inventory of over 5000 titles. Purchases include books by such famous authors as John LeCarre, Steven King, Isaac Asimov, Tom Clancy, Shirley Conrad, and James Clavell. Whatever your interest, Colleen has a book for you. In addition to books, Colleen has a wide variety of current magazines which may be taken out on loan. Our library hours have been expanded to include some lunch

hours and Colleen is always willing to take suggestions to her next shopping trip. The Base Library is located in Building 10 next to the Base Accommodations Office. Operating hours are as follows:
Mon. & Weds. 1800 - 2100
Tues. & Thurs. 1115 - 1215 and 1800 - 2100
Friday 1115 - 1215
Sat. & Sun. 1300 - 1600
Drop in and say hello to Colleen and check out the new selection of books. Happy reading!

Editor's note: The library also has a good selection of Base newspapers, courtesy Totem Times.

TOBACCO IS A DRUG

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and Cold Beer & Wine Store

The Patio is now open for relaxed
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CANEX IS AN INTEGRAL PART OF CF PERSONNEL SUPPORT PROGRAMS. ALL OF THE PROFITS GENERATED BY CANEX ARE REINVESTED IN IMPROVED FACILITIES OR USED TO SUPPORT LOCAL PSP ACTIVITIES.

NEXT DEADLINE 26 JULY

Public Announcements

C.V. Amateur Radio Club

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

Library Hours

(Library is located in Bldg. 10 next to Accommodations)

Monday 6-9 p.m.
Tuesday 11 a.m. - 1 p.m.
& 6-9 p.m.
Wednesday 6-9 p.m.
Thursday 11 a.m. - 1 p.m.
& 6-9 p.m.
Friday 11 a.m. - 1 p.m.
Saturday 1-4 p.m.
Sunday 1-4 p.m.

Take Off Pounds Sensibly

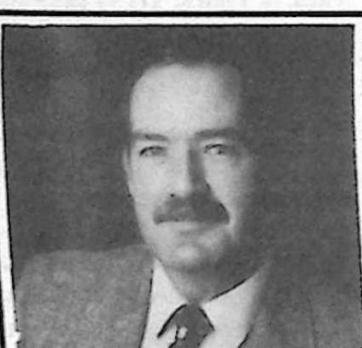
TOPS #BC3454, Lazo, meets every Wednesday at the Base Rec Centre at 6:30 p.m. For information call Wendy at 339-9851 or Elaine at 338-1200.

Motion Commotion Aerobics & Step

Mon. Wed. Fri. 9:30 - 10:30 a.m. - AEROBICS

Tues. Thurs. 6:45 - 7:45 p.m. - STEP

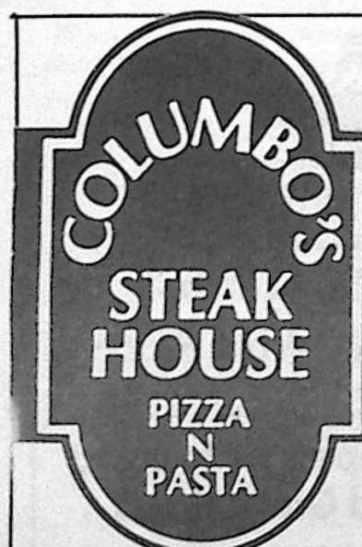
In the Studio at the Base Gym. Dependents and Military welcome! For more info call Wendy at 339-5620.



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

Avis

Groupe de soutien pour familles francophones centrer sur l'étude de la parole de Dieu. Rencontre tous les mercredi de 1900 - 2030. Pour information contacter Jacques ou Sylvie Fortin 339-6377.

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.

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

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).

Summer Fun 93

Registration for the 2nd session of Red Cross Swimming Lessons and Day Camp will be held Thursday, 15 July and Friday, 16 July from 0900 - 1330 hrs. at the PMQ office in the Canex building. For further information please contact Michelle Akcey or Linda Rose at local 8571.

Base Golf Playdowns

The Base Golf Playdowns will be held 19, 20 & 22 July. Handicap cutoff is 20. Deadline for entries is 13 July 93. Playdown meeting will be held 15 July 93, 1300 hrs. at the Rec. Centre.

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 fermés 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.

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.

Looking for Work?

Self Development Services

specializes in Career Development and Job Search Skills

call 338-6722 for information about

* Job Finding workshops (sponsored by CEC)

* Private consultations for Force Reduction personnel

Network Classifieds

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

TO PLACE AN AD CALL THIS PAPER OR THE BCYCNA AT (604) 669-9222.

316

\$225 for 25 words

\$4.00 each additional word

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ENGINES FROM \$995. for cars and trucks. Complete rebuilds with new parts. 6 Yr/120,000 KM Warranty. 20% Down - Payments later. Bond Mechanical 8 a.m. - 8 p.m. 7 Days. 872-0641.

BEFORE YOU BUY a rebuilt engine, compare quality and service. CANADA ENGINES ARE THE BEST. Cars/light Trucks from \$995. 6 Yr/120,000 Km warranty. 580-1050 (24 Hrs/7 Days. 1-800-665-3570.

F-250, 4X4's, Cummins Diesel, Explorers, Rangers, Trucks. Up to \$1500. cash rebate. 'O' down O.A.C. Payments from \$189/month. Phone Grant collect 538-9778. Dealer #8367.

BUSINESS OPPORTUNITIES

Choose to be successful today. Canada's largest group of licensed vinyl decking dealers still has a few dealerships available in B.C. and Alberta. No business experience necessary. We will teach you everything you need to know plus we supply an extensive after market back up service. There are only a few dealership areas left, so act quickly and join the more than 60 other dealers who made the right choice. Total start up cost is \$3,500. For more info, contact 1-800-667-2596 or (604)860-1200.

\$\$\$ OPPORTUNITY \$\$\$ Hot Tub rental business. Starting at \$1,995. Recover investment with 10 rentals. Full-time or supplement current income. Call 1-800-665-1932 for information.

AUTOMOTIVE REPAIR & BODY SHOP Lone Butte, B.C. on main highway. Includes stock, equipment, buildings & some vehicles. Living quarters 2 acres commercial property. Complete turnkey operation. Serious inquiries only (604)395-2803.

FIRST TIME AVAILABLE!!! NO COMPETITION. Vendors the fastest growing food items of the 90's, such as Pizza, Chicken Fingers, ice-cream, etc. all from one machine. For more information call Vend-Ture Concepts 942-8977.

BUSINESS OPPORTUNITIES

B.C. HOME-BASED GIFT PRODUCERS are invited to participate in one of the largest wholesale gift shows in British Columbia. Under the Home-based Business Program, the Ministry of Economic Development, Small Business and Trade has reserved space at Southex Exhibitions' Vancouver Fall Gift Gallery Show for the ninth B.C. Creative Arts Show, to be held at B.C. Place Stadium on September 19-21, 1993. Over 120 of B.C.'s home-based businesses will be chosen to exhibit at the B.C. Creative Arts Show. Gift products including jewellery, pottery, glass, weaving, sculptures and other gift items will be sold wholesale to buyers from across Canada and the Pacific Northwest.

People interested in exhibiting must submit samples of their best work to a selection committee by July 19, 1993. There is a non-refundable jurying fee of \$30.00 and an additional \$100 - \$150 for successful applicants to secure trade show space. For more information or application contact Barb Mowat at 520-5720, or toll-free voice message centre 1-878-6155 or fax 654-3087.

\$5000/week freed us from financial worries. Send self-addressed envelope for more information to: New Start, 120-1641 Hillside, Victoria, B.C. V8T 5G1.

FOR SALE on beautiful Northern Vancouver Island very busy Drycleaning/Commercial laundry plant. Send inquiries to: P.O. Box 995, Port Hardy, B.C. VON 2P0. No agents please.

FANTASIA offers you a lucrative career selling sensual products and lingerie through home parties. No investment for stock. Car required 582-6684 or 1-800-661-1878.

BUSINESS PERSONALS

Intimacy for the 90's. Pretty ladies share their X-citing photos and private fantasies. For discreet info write: KAREN, Box 670-GB, Kelowna, B.C. V1Y 7P4. Adults Only Please!

BUSINESS PERSONALS

"VIDEO - We *CONVERT European/Canadian T.V. & Vice-versa. *TRANSFER film, slides, photos to video. B.C. *VIDEO 1-744-4111. 1021 Ridgeway Place, Victoria, B.C. V8X 3C5. Mail Orders Welcome.

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OUT OF WORK? Need a Job? Apartment/Condominium Managers needed throughout B.C. We will train you at home! Start today. R.M.T.I. 681-5456 or 1-800-665-8339.

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WESTERN CANADIAN SCHOOL OF AUCTIONEERING, next course July 26-Aug. 07. For a free brochure call (403)250-1281 or write to: #5, 2003 McKnight Blvd., N.E., Calgary, T2E 6L2.

EMPLOYMENT OPP.

WANTED: AGES 18-30 to work on farms in Europe, Australia, New Zealand, Japan or U.K. Contact the International Agricultural Exchange Association, 1501-17 Ave. S.W. Calgary, AB T2T 0E2. 1-800-263-1827.

FOR SALE MISC.

SEPTIC TANKS D-Boxes pumpout chambers polyethylene water tanks, pumps, fittings. Any water related products manufactured by Carwest Plastics, Surrey Toll-free Pager 1-977-5983. For Dealer 596-0608.

Home/Business SECURITY. Use WARNING DECALS to fool potential intruders. Authentic Three Decal Kit \$5.95 CHK/MO. Direct 2-UDistributors, 359 Bernard Ave., Parksville, B.C. V9P 1K1.

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Removes urine (dog, cat, human) stains, odours. Regardless stain age! Free brochure! Reidell Chemicals Ltd., Box 7500, London, Ont. N5Y 4X8.

FOR SALE MISC.

BURGULAR BARS. Attractive white window grilles, patio door bars. Fire break-away. Sizes to fit all windows. Easy to install. Economical. Fully guaranteed. Literature. Dealer inquiries welcome. 1-800-661-7555.

WE WILL DELIVER. 4X4 backhoes, dropneck lowbeds, excavators, 966 950, and 910 loaders, 140 and 740 graders, six compactors, three ambulances 4X4 service trucks, 6-way dozers with winch, truck scales, Hiab Truck, single axle dumps, tilt trailers all sizes. 493-6791.

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MOBILE HOMES

Manufactured single & double wide homes delivered anywhere in B.C./Yukon or retire in our beautiful Orchard Parks in the Valley of Kereemes, B.C. Phone: 499-7777.

NOTICE

POETRY CONTEST \$12,000 in prizes. Possible publication. Send one original poem 20 lines or less to: National Library of Poetry, Box 704-ND, Owings Mills, Md 21117.

PERSONAL

WOULD YOU LIKE to correspond with unattached Christian people across Canada for companionship or marriage? S.A.S.E. Free information. State age, Ashgrove, P.O. Box 205-Chase, B.C. V0E 1M0.

REAL ESTATE

NEW HOMES C.M.H.C. Standards. \$55 Sq.ft. Real houses factory-built, your site. Urban/Rural, 2X6 walls. R40/R20 insulation. Showhomes-De-Mac Home Sales, Surrey (604)597-2181.

1993 REGENT 14' wide 3 brm, 2 bath, \$45,900 including delivery to Central B.C. Also used 14' wide mobiles starting \$10,000. HOMES CANADA (403)286-2488.

SERVICES

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

TRAVEL

"A GETAWAY AT WHISTLER" Weekends & Holidays stay with **Sea to Sky Condo Rentals**. Swimming Pool, Jacuzzi & Sauna. ONE NIGHT FREE 1-800-667-5529.

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Place your ad in over 100 community newspapers for \$225.00. Call this newspaper or the BCYCNA at (604)669-9222 for more information.



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Fri 16 July.....Music by Country Spirit
Fri 23 July.....Music by John MacKenzie
Fri 30 July.....Music by Highway 19
Fri 6 Aug.....Music by Shaboom

REGULAR ACTIVITIES

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

"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 16 July.....Music by El Dorado
Fri 23 July.....Music by Highway 19
Fri 30 July.....Music by Doug MacLean & Party Mix
Sun 11 July, 3 - 7 p.m.....Music by Wylie & The Other Guy

Aug 06.....Music by El Dorado
Aug 13.....Music by Alleycats
Aug 20.....Music by Highway 19
Aug 27.....Music by Westwind
Sun 08 Aug.....Afternoon music by Wylie & The Other Guy

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 29 August, Annual Branch Picnic at Air Force Beach, 1 - 7 p.m. Bring the family out for a fun-filled day. There will be fun, games, food and refreshments

Off the Base

Family Resource Centre

Fun Fair a Hit

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.

FUN FAIR A HIT

"Raindrops Keep Falling on my Head" could have been the theme song for the Military Family Resource Centre's Fun Fair, Saturday 10 July, but clouds and the occasional light shower did not deter the 100+ people who attended.

Thanks to the hard work of the staff and volunteers of the MFRC, everything from the parachute games to the concession stand ran smoothly.

Although many of the story-telling, potato sack race, and the pinatas were planned for the children, it quickly became evident that the adults and parents enjoyed watching as much as the children enjoyed participating. In fact, some parents even got involved in playing catch with water balloons, the three-legged race, and the snack-time event where the child is blindfolded and feeds pudding to the parent.

Badminton, croquet, various throw games and a free play area were set up for adults and children to participate at their convenience, and a list of scheduled events was provided to let families know when and where organized events were held.

Teen Club clowns handed out balloons, painted faces and entertained the small folks, while their friends flipped hamburgers, served hot-dogs and sold soft drinks to raise money for the Teen Club special events.

The concession tent also housed a bake sale and raffle tickets sales for a beautiful family of crocheted bunnies. Congratulations to Charmaine Reid who won the bunny raffle. Proceeds from



Life-size puppet Martin Richer. Extra feet belong to wife, and puppet master, Diane Richer Turpin.



3-legged runners at Family Resource Centre Fun Fair.



Love those bubbles! Kids had a lot of fun trying out bubble wands in the free play area at Family Resource Centre Fun Fair.

the bake sale and bunny raffle will go towards building a toy-lending library.

Again, many thanks to all of the volunteers of the Family Resource Centre who put in many hours preparing, setting up, operating and cleaning up the Fun Fair. It would not have been the success it was without your energy and time.

Sincere thanks also go to C.E. Roads and Grounds & Supply Section for their help with everything from pylons for the bicycle rodeo to tents and fencing. Thanks also to MSA for First Aid supplies.

NEXT DEADLINE 26 JULY

COMOX COMMUNITY CENTRE

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

HEALTH and FITNESS

SUMMER 1993
339-2255

901 YM/YWCA Fitness Instructors Course

If you have the desire to become a fitness instructor, then this is the course for you. The YM/YWCA Fitness Instructors course is a nationally certified program that provides the theoretical knowledge and the practical experience required to become a competent, qualified fitness instructor. This 44 hour course will provide you with the knowledge of anatomy and biomechanics of movement, physiology of exercise, nutrition, exercise technique, leadership skills, lesson preparation, choreography, flow, patterns, cuing and use of music.

Course Conductors:

We are indeed fortunate to have the finest training experience brought to our doorstep.

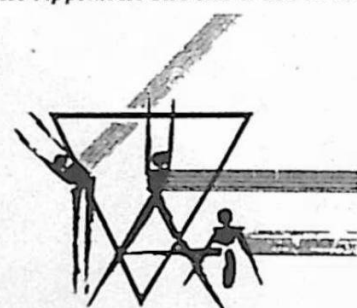
Karen Berezon

Karen is the Victoria YM/YWCA Fitness and Lifestyle Manager. She has 12 years experience as a fitness and dance instructor. She is a BCRPA Trainer of Fitness Leaders and a registered Fitness Appraiser. She has her diploma in Community Recreation Leadership from VCC.

Brannan Petrie

Brannan is the Victoria YM/YWCA Fitness and Lifestyle Coordinator. She has 6 years experience as a fitness instructor and is a registered Fitness Appraiser. She has a BSc in Kinesiology, SFU.

July 30	6:00 - 10:00 pm
July 31	9:00 - 5:00 pm
August 7	6:00 - 10:00 pm
August 8	9:00 - 5:00 pm
August 13	6:00 - 10:00 pm
August 14	9:00 - 5:00 pm
August 29	9:00 - 5:00 pm
August 30	6:00 - 10:00 pm



Fee: \$230.00

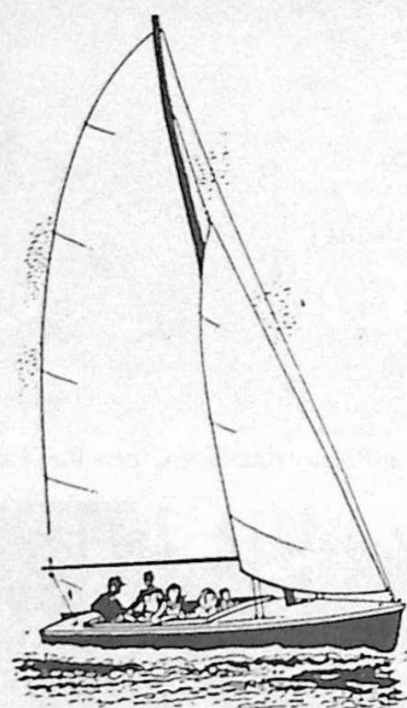
This fee includes handouts, manual and peer teaching experience. National certification requires a CPR ticket and an Instructor Competency Evaluation, which are available through the Comox Community Centre.

Location: Comox Community Centre

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SUMMER 1993
339-2255

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AFT = Monday - Friday 3:00 - 5:00 pm

EVE = Monday - Friday 6:00 - 9:00 pm

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

TENNIS ANYONE?

SUMMER 1993
339-2255

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TYKE INTERMEDIATE 6 - 9 yrs.

Tues/Wed/Thurs. 9:00 - 10:30 am

403 July 20, 21, 22

404 July 27, 28, 29

Anderton Park \$18.00/camp

JUNIOR CLUB 12 - 18 yrs.

Wednesdays 3:00 - 4:30 pm

409 June 30 - July 28

Anderton Park \$30.00/5 sessions

Each week you will get a 1 hour lesson from 3:00 - 4:00 pm, thereafter reserved court time for ball machine practice, club play or private coaching.

ADULT Lessons 16 yrs.+

Get a GRIP... or get a smash, or find your lob, or discover your volley. It's never too late to get in the game. Tuesday and/or Thursday 7:00 - 8:30 pm

Anderton Park \$10.00/session

414 SERVE & VOLLEY July 20

416 DOUBLES STRATEGY July 27

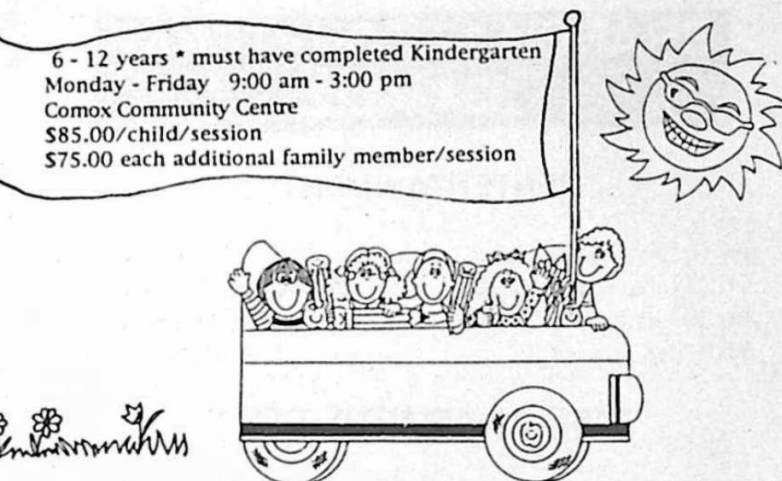
415 SINGLES STRATEGY July 22

417 LOBS & SMASH July 29

DAY CAMP

SUMMER 1993
339-2255

The Comox Summer DAYCAMP for 1993 promises to be loaded with escapades and excitement, field trips, fun and games, great times and much more! Each of the four sessions are planned around a different theme to make every camp new and interesting, fun and educational. At the end of each session we'll celebrate in the true Daycamp style with an overnight at Gilwell Park.



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

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 West to adventures and discoveries of new and fascinating planets and galaxies.

Whew! Summer '93 is here at last! And although Mr. Sun isn't acknowledging that fact as of yet, we here at the Comox Community Centre certainly are, with the fantastic programs we've planned to keep everyone busy and happy throughout the summer. Among these winners is the COMOX DAYCAMP for kids aged 6-12 years. Now that the kaffuffle of construction is over, and the new and improved Community Centre is in full swing, the Comox Daycamp has even more to offer than before!

What makes the Comox Daycamp special is its flexibility and variety -- no two days are ever the same! We go on fun and educational field trips, host Special Events Days, play games of all types (active and quiet), and make crafts that can only be described as masterpieces.

For example, some of our outings will include visits to HMCS Quadra, CFB Comox, Comox Valley Recycling, a Dairyland farm, the Free Press, and the T.V. Station. Our beach days are planned at Miracle Beach where we can visit the Nature House, do beach seines, make beach crafts, and play on the sand.

Special Events Days planned for this summer include "Around the World in a Day," "To the Movies" (where daycampers are the movie stars), a "Wild West Day" and the annual Sports Day. We're also having some exciting people in to visit us, such as a Middle Eastern dancer, and a First Nations storyteller renowned for weaving wonderful tales.

Daycamp games are planned to be not only fun, but educational as well. We'll play environmental games designed to build an awareness of the world around us, games which utilize the concept of team-work, and games whose sole purpose is to have fun (Capture the Flag and water games are always two favorites).

Included in our arts and crafts section of Daycamp are all different types of painting (bubble, crayon-resist, finger, soap, sponge, powder, squeeze bottle), fish prints, paper making, origami, home-made beads and bangles, recycled art, boat-making, and edible art to name a few.

Each Daycamp session culminates in an overnight camp at the Boy Scouts camp just off Forbidden Plateau Road. This is an event of intense excitement as kids spend most of the day setting up camp, swimming in the river, and preparing skits to present at the campfire. Parents are invited to join in the fun of the campfire where stories, songs, and s'mores are "musts."

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Sunday.....1000 hrs
Daily Masses.....Tuesday and Wednesday at 1900 hrs
and Thursday mornings at 0900 hrs

Changes will be announced in the bulletin

RECONCILIATION - Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten Seasons.

BAPTISMS & MARRIAGES - By appointment - notice well in advance please.

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in the Parish hall, preceded by Mass in the Chapel at 7:30 p.m. President: Mrs. Diane Plamondon, phone 339-0807.

CATECHISM CLASSES - September to May in the Airport School at 1830 hrs, every Wednesday.
Coordinator: Diane Plamondon, 339-0807.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj R.E. Baker
CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88

OFFICE - Headquarters, Bldg 45, Room 48, Telephone 8273.

SUNDAY WORSHIP - Each Sunday at 1100 hrs.

HOLY COMMUNION - First Sunday of the month.

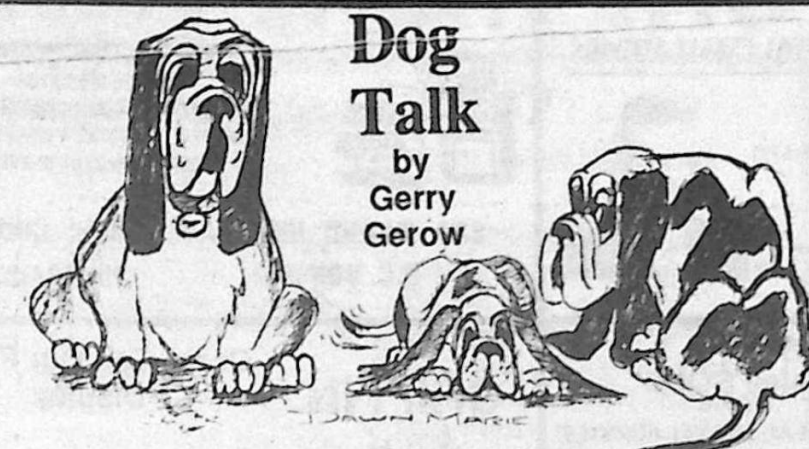
SUNDAY SCHOOL - In conjunction with 11 a.m. Service.

NURSERY - during 11 a.m. Service for children under 3 yrs.

CHOIR - Practices 6:30 p.m., Thursdays at Chapel.

CHAPEL GUILD - Meets the first Thursday of each month at the Chapel 7:30 p.m. President Gail Rodger 338-2162

Comment



Dog
Talk
by
Gerry
Gerow

Breeding a Litter

The book I have for you this week is certainly an outstanding one. *Breeding A Litter*, by Beth J. Finder Harris, Howell Book House, New York, and Maxwell Macmillan, Don Mills, Ontario, \$25.95.

This book tells you all you need to know about whether to breed, how to select the right mate for your dog, and discusses all the major problems one is likely to run into during the period between breeding and whelping, and after the puppies are born.

Complete instructions are given for each step in the birthing process. How to assist the bitch in delivering the puppies, without hurting or upsetting her. Instructions on building a whelping box are also here. This is a most important item, often neglected by novice breeders.

If you haven't bred a litter before, or if you have but really didn't know what you were doing, then this book is essential for you to read. It is a well indexed, 254 page, hard cover edition, with over fifty excellent illustrations and photos. I have bred several litters and think I know what I'm doing, but I got

quite a bit out of Harris' book. It is just recently published, so you will probably have to order it. Call Maxwell Macmillan at 1-800-465-2288.

Let's talk a bit about what to do if you wish to breed a litter of puppies. The first step, of course, is to decide, without letting your emotions get involved, if your bitch is the type of animal you wish to produce. If she died tomorrow, would you want one just like her? Also, would anyone else? If the answer is yes, then the next step is to have her examined by a veterinarian, have her eyes checked by a specialist, (most dog clubs put on clinics for this purpose), and most important, have her hips x-rayed by the veterinarian and certified by the OFA (Orthopaedic Foundation for Animals). Only dogs rated good or better should be bred.

Now it is time to select the mate for her. Remember that despite all the prejudices, the puppies will inherit exactly half their characteristics from each parent. No more, no less. Once the owner of the stud dog has agreed to breed, and they don't always if

they are responsible people, then it is time to mate the dogs. Usually, about 12 days after the bitch first shows signs of being in season is the time, but if you are a novice, you will need help on this. Strangely enough a bitch's heat period lasts about three weeks and at any time during that period, if you let her out for a night on the town, she will come home pregnant. But, if it is a deliberate breeding, it will only work during a few days in the middle of the cycle. Just one of Mother Nature's mysteries.

The gestation period lasts for approximately 63 days, and around the 60th day, you should have her x-rayed to determine the number of puppies to expect. Earlier than this the puppies will not show up on the film.

I use a thermometer to tell me when whelping is imminent, and this has proven very reliable. When the bitch's temperature drops about one degree fahrenheit, whelping will occur within 24 hours, and the bitch should not be left alone, but watched carefully.

After whelping, the bitch should be checked by a veterinarian to make sure that everything is OK.

I'll continue this subject in my next column.

405 Sqn to Represent Canada

by Maj Vern Buote, MAG HQ

involved in modern anti-submarine operations. The competition is controlled by the Fincastle Committee, comprising one member from each of the competing nations who meet regularly to monitor competition arrangements and plan rules and guidelines. The committee also oversees events at the competition venue and adjudicates the results.

The Canadian crew will fly the Lockheed CP140 Aurora Long Range Turboprop aircraft, designed primarily for anti-submarine warfare. The Aurora is a derivative of the veteran USN P3 Orion and affords exceptional fuel economy over a wide range of altitudes. The aircraft is relatively self-sufficient and can

deploy to remote areas, thus providing flexibility for operations worldwide. The Aurora conducts a broad variety of missions, including national interest roles, such as fisheries, environmental, ice reconnaissance, search and rescue, pollution control, photo mapping, Arctic surveillance, drug interdiction, as well as its primary role of ocean surface and sub-surface surveillance.

This year the Fincastle Competition will be hosted by 14 Wing Greenwood, where 405 Sqn Crew 5, as top performers in Canada's Maritime Anti-Submarine Warfare community, will apply their skills in an attempt to capture this symbol of anti-submarine warfare professional excellence.

CANADIAN NAVY SHIP OPEN TO THE PUBLIC

Her Majesty's Canadian Ship Saskatchewan will be open to the public on Saturday, 17 July, and Sunday, 18 July, from 1 - 4 p.m. at Government Wharf in Comox.

Under the command of Commander Neil Sorsdahl, HMCS Saskatchewan, a MacKenzie class destroyer escort, is 111.6 meters long and has a beam of 12.8 meters. The ship's complement is 165 officers and non-commissioned members.

HMCS Saskatchewan was built by Victoria Machinery Dept/Yarrows Limited, in Esquimalt, B.C. and was commissioned into the Canadian Navy on 16 February, 1963.

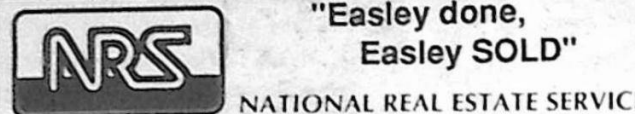
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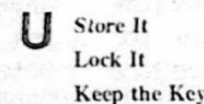
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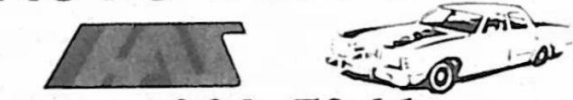


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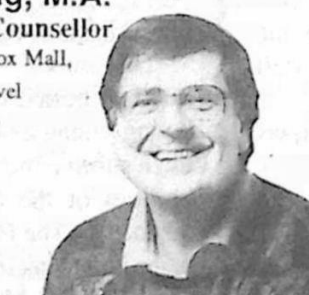
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9. Sahara.....Cussler
10. Child of the Phoenix.....Erskine

**From the Desk
of Hamish**

We use spare parts, replacement parts, and rebuilt parts nowadays in our cars and other vehicles. In numerous cases medical science is doing the same for people; artificial arms, legs, teeth, etc. Heart, kidney and other organ transplants or aids. Perhaps science may come up with transferring brain impulses onto a floppy disk, to be kept on file in the event that somewhere down the road someone may require a brain transplant????

For Anglers Only

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

**A Thought While on
Pay Parade**

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

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

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

Obituary

Sgt. Alan Newbold

Alan (Al) Newbold, Sgt ret'd., passed quietly away 4 June 93 in Victoria, B.C.

Alan had a long and distinguished career of 35 years in the RCAF. He served in St. Johns Que, Aylmer Ont, CFB Trenton Ont, CJATC Rivers Man, CFB Cold Lake Ab, Ismailia, Egypt, and CFB Baden, Germany, where he retired in July 1989 to become the Assistant Community Services Coordinator, for the three years prior to his moving to Comox to retire in August 92.

He was an avid curler, travelling extensively to compete and, later, to coach and teach at an international level. Alan enjoyed life and people, especially children, never hesitating with a happy word, a lot of teasing, or a helping hand. He left good friends wherever he passed and will be sadly missed.



Survived by: wife Barbara of Comox, son Graham (Brigit) of Victoria, B.C., daughter Katherine Grenier (Michael) of Fox Creek, Ab, daughter Patricia of Edmonton, Ab, grandchildren Robert & Charity Grenier, Shanna & Samantha Newbold, sister Patricia Duffy (Cornelius) Thorold, Ont, and nephew Barry McMann of Toronto, Ont.

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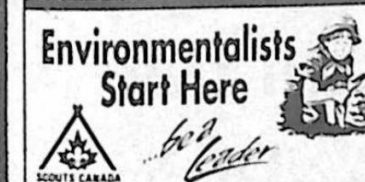
These will be published free of charge to all DND personnel and civilian employees, retired DND personnel and RCMP.

Vallée de Comox-Courtenay

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

Comox Valley (Courtenay-Comox).

We are looking for a pre-school educator, certified by the Early Childhood Education Program. 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 Francophone Association, telephone 339-3990, or by Fax 339-3992, or contact Lyse Clément at 338-7166.



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Mabel says Thanks

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.

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CF News

Centralized Telephone Service

by Lori Gallagher

When you dial zero at CFB Gagetown, N.B., you reach an operator at CFB Montreal in St. Hubert, Que. - confused? Don't be. It's all part of a new centralized telephone service being introduced at selected Canadian Forces bases across Canada.

The system was the result of budget cuts - Canadian Forces Communication Command (CFCC) was told to cut 42 civilian jobs. As personnel cuts often result in cuts in service, CFCC aimed to cut jobs without affecting service.

"After carefully reviewing our options, we came up with the centralized attendant service (CAS) system," says Lt Andy Howlett, a systems coordinator with CFCC. "We found this was the most efficient way to accomplish our goal."

The CAS system centralizes operators in two main locations, where they use a sophisticated computer network and data base to connect calls and provide directory information to callers at 12 CF bases.

CFB Penhold, Alta., went on-line March 15, and is now serving CF bases Calgary, Esquimalt, Chilliwack, Wainwright, Shilo, and Suffield. CFB Montreal, Que., went on-line April 1, and is now serving CF bases Gagetown, Borden, Petawawa, and Kingston.

Coming on-line second, you'd think St. Hubert would have had an easier time of things. Not so, says Capt Bruno Ouellet, the base telecommunications officer.

"The computers were late and the change-over date couldn't be postponed, so our 10 operators had no time to train."

The operators are the first to admit their inexperience. "We're learning right along with the people using it," says Helene Robert, a telephone operator with CFB Montreal for 13 years. "I know things are improving, though. It wasn't unusual to have 20 calls waiting when we first began, but we've cut that in half."

The operators always know how many calls are waiting because the computer screen keeps track. "It can be frustrating," says Robert. "You can't rush the person you're helping, though - that just isn't good service, and that's something we still want to provide."

Reaction to the CAS system has been mixed. "When it was planned two years ago, it was supposed to be an invisible change," says Ouellet, but admits that's not what happened. "People notice the wait, which results in some hostility towards the operators."

"You get remarks like 'Where were you - on a Break?'" says Robert, adding that you have to take it in stride. "The operators are adapting quickly to the new system. It's really straightforward, and in no time at all we'll reach our goal of having only three or four calls waiting at a time."

Inexperience is not the only problem operators face - traffic is heavier than anticipated. "We're currently doing a study to show

we need more operators," says Ouellet. "We had to bring in two reservists and one regular force member to keep up with the demand."

And traffic is not expected to get any lighter. "Moncton is supposed to come on-line sometime this summer," says Ouellet, "and we're expecting two new work stations in mid-July. Obviously they (the CFCC) are planning for the future."

Another problem is that there is little agreement from base to base as to what a position should be called. "Often callers use slang instead of the title we have on file," says Ouellet. "That causes a lot of confusion."

Here's how CAS works: if someone off the base calls the base operator using the number listed in the phone book, the CAS operator answers; and if someone on the base dials zero, the CAS operator answers.

"Give the operator all the information you have," Robert recommends. "It amazes me how little people tell you when they call. If you ask the right questions they have all the answers - rank, name, unit, etc. They don't seem to realize how much quicker things can be when we have a little help."

What about the personal touch? Can this new system do everything the old system could? "No," says Ouellet. "But it isn't supposed to."

"The problem stems from



Jeannie Tremblay and MCpl Pierre-Luc Poirer answer calls using the new centralized attendant service system at CFB Montreal in St. Hubert, Que. (Photo by Sgt Christian Coulombe).

operators doing more than their job - giving information on everything from the weather to the duty roster," says Ouellet. "Operators used to be able to do that because they had time and could be familiar with everything on their base. We no longer have that luxury - we are trying to accomplish more with less."

This does not mean this extra help is no longer provided, it just isn't provided by the operators. Instead, they will pass you on to their supervisor who will, in turn, find someone at the base who can help you. "There is still a base telecommunications officer at each base to handle enquiries from us," says Ouellet.

What about in the case of an emergency, what happens then? Not to worry, says Ouellet, that's all under control. "The CFCC is working on emergency proce-

dures now that will take every possibility into consideration, including the CAS system crashing."

To help callers further, an automated voice may be added this summer. "This will assure people that they have reached the operator," says Ouellet, "and that someone will help them as soon as possible."

It may be confusing for people calling Gagetown when they end up in St. Hubert, but Ouellet thinks the system is good. "It accomplished what it was supposed to - it cut 42 jobs. And while service has been disrupted to a point, it's improving quickly."

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

Russian Fleet Visits Halifax

The Russian Northern Fleet sailed into Halifax Harbour under a veil of Nova Scotian fog, cloaking the vessel in mystery. Mystery has surrounded Russia for generations but it is slowly being unravelled through visits like this one to Halifax.

When the Russian ships, Marshal Ustinov and Admiral Kharlamov, entered the harbour Wednesday morning, 30 June, they were met by three Maritime Air Group (MAG) Sea King helicopters from HS 423 Squadron from 12 Wing Shearwater. The aircraft flying the Sea Kings, until recently, have been trained to combat warships such as these at sea. This time, however, it was a peaceful meeting, and the helicopters were offering an aerial salute in greeting.

"The weather didn't feel right, but... it was a great fly past," said LtGen Vladimir Deineka, commander of the air force of the Northern Fleet, who didn't expect to see the aircraft with the low visibility and fog.

As part of the six day visit, tours of CFB Shearwater, N.S., and CFB Greenwood, N.S., were planned, among other activities to welcome the Russians to Nova

Scotia.

The morning of the Shearwater tour, on Friday 2 July, was in sharp contrast to the foggy morning of the Russians' arrival. The 200 sailors and airmen who visited Shearwater arrived by barge at the Shearwater jetty under sunny skies and warm temperatures. One of the tour guides, MCpl Daniel Deslauriers, took a group of 40 Russians to a static display outside F hangar, where several Canadian aircraft were laid out. Despite the notion that Russian technology, at least militarily, is better than ours, the Russian pilots in the group found the exhibit quite interesting.

"We are interested in finding out as much as we can (from the Shearwater pilots). We have similar aircraft (like the Sea King) that we have used for years," says Capt First Class Ipiya Yevgenyevich Kouton. "Friends are friends here, but we've been enemies a long time, so it is kind of strange."

The Russian warships arrived in Halifax with their KAMOV Ka-27 (helix) helicopters, one of which was open to the general public for viewing.

The Russians also toured the

Fleet Diving Unit, based at CFB Shearwater, where a television was set up on the jetty to show the Russian sailors Canadian underwater camera technology.

Tours were also scheduled for the Shearwater Aviation Museum and the maintenance hangar, but one group, at the request of several of the Russian officers, went for a bus tour of the married quarters instead. With a few spare minutes before the group had to be back for the planned luncheon, they took a detour to MacDonald's Lake, a small local beach where one of the Russian officers bought a large, bright orange plastic beetle for his daughter, as a token of his trip to Canada.

It was very quiet on the bus throughout the tour, and MCpl Shumovski explained that Russian sailors are trained not to speak while their officers are around.

There was an air of frustration as well, caused by the language barrier and not being able to communicate. However, many Canadian and Russian sailors got by with trying to use sign language to get the point across, especially for trading souvenirs.

Following the tour, many Canadian and Russian sailors and airmen relaxed at the Sea King club luncheon to enjoy the great steak and fixings prepared by Shearwater volunteers. You could hear laughter and conversation as you entered the hall, long tables filled with the colours of the Russian and Canadian uniforms, all trying, some better than others, to trade pins, money or other mementos.

At the close of the luncheon, Col Ernie Cable, acting commander of MAG, presented Deineka with a MAG plaque, as "a token of the friendship that has developed here and the continued friendship between the Russian fleet and the Canadian navy and air force." Deineka then made a

presentation of a small picture to Cable and said he hoped Col Cable would "always remember he has friends in the northern part of Russia."

"Halifax is great and beautiful," said merchant seaman Aleksei Ivanovich Vasin, from the Dnestr, a supply ship which accompanied the two Russian naval vessels to Halifax, speaking for the whole crew. "We have been made to feel very welcome."

This visit by the Russian Northern Fleet will be remembered by the members of MAG, for years to come, as an unqualified success. It is hoped that military visits like this one will continue to lead the way to better understanding between our two countries, for all citizens.

Editor's Book Sale

Bored with Barracks? Nothing on the Tube? Try reading; entertainment and education at the same time. The Editor is selling off most of his collection of paperbacks, to make room for more. 25 cents each, 5 for a Loonie, at the Totem Times, July 23, 26 27, 0800 to 1600, and July 28, 0800 to 1200.

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