



A Cairn for Cpl Philip Young

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Important Visitors

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TOTEM TIMES

Canadian Forces Base Comox B.C.



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COST: PRICELESS

A Poignant Return



Mission accomplished, 442 Labrador helicopter lifts off from the site at Bella Coola, where 442 SAR Techs built a cairn for Cpl Philip Young. Story and pictures on page 9.

Defence Minister Comes to Comox

Defence Minister Tom Siddon came to Comox on 16 Aug and swept through both town and base in a visit with local media and military personnel.

After an early morning, but unsuccessful, fishing trip, Mr. Siddon attended a half-hour interview on the local radio station, CFCEP. The minister then proceeded to the Washington Inn for an informal chat with print

news reporters. For 40 minutes, Mr. Siddon answered questions about the EH-101, Canadian peacekeeping in Sarajevo and the future of CFB Comox.

The defence minister was then the guest of honour at a luncheon held at the Washington Inn. At 1:30 p.m. Mr. Siddon arrived at 19 Wing and began a tour of the base squadrons, starting with 409/414. Siddon, a former

defence research engineer, discussed the technical details of the squadron aircraft and questioned his tour guides at length about the squadron roles and aircraft capabilities.

Following a tour of the Family Support Centre, the minister toured HMCS Quadra and watched 20 cadets from the Junior Leadership Course jump from the jetty.

From there, it was back to the Officers' Mess for an informal dinner with Wing Commander Col Rogers, the commander of Maritime Air Group, Brig-Gen B. Horseman, Wing Chief Warrant Officer Patrick Sarty and other NCMs and junior officers. Siddon asked the assembled diners to present their queries and concerns to him.

Though cautioning that no one

can "foresee the future at CFB Comox" Defence Minister Tom Siddon gave many reasons why 19 Wing should continue as an active defence establishment in the years ahead.

"CFB Comox is strategically located, long established and continues a very important role in support of the air force, navy and

Continued on page 2

On & Off the Base

New Sky Pilots

by Padre Charlie

Greetings from the Chaplains' Shop: the scramble room of the Sky Pilots Hangar.

There have been wholesale changes in our shop over the summer months. What with the Chap (P) departing for the valley (otherwise called Greenwood), and the Chap(RC) departing for pension (otherwise called retirement), there are a bunch of new (not age-wise) faces at 19 Wing.

The new Wing Chap(P) comes in from 7 Wing CFB Ottawa, having done four years in the shadows of that other place (NDHQ). His name is Charlie, or Chuck, Massey. He answers to both, and a few others as well.

There is a new Wing Chap(RC) who comes to us from CMR St. Jean, having lived in the shadow of the Mega for six years. His name is Conrad Verreault but he answers to many things as well.

There is a new arrival this

summer in the form of an additional Chap(P). He came to us via Rad Tech trade, remustering to higher communications without the antennae. He took leave without pay to go to university, earn his angel wings, serve the required two years in the civilian parish prior to his arrival as a Padre. He frequently answers to the name of Fraser Harvey but, like the rest of us, will respond to other utterances tossed in his direction.

Padre Harvey comes in with a spouse and three children, Padre Massey comes with a spouse and two children, Father Verreault ain't saying.

God bless, take care, see ya around.

Welcome to Comox, gentlemen. I pray that you will always remember our deadline is noon on Mondays. Padre Bob remembered.....occasionally - Ed.

Gentlemen, Start Your United Way!



Auto Club Car Rally Kicks Off United Way

The above photo bears witness to our Wing Commander, Col Terry Rogers, being presented with the 1st place trophy for the Base Hobby Auto Club United Way Car Rally. In fact, Col Rogers is merely taking temporary receipt of this award until its rightful owners come forth on 25 Sep 93 and demonstrate sufficient navigational skills to win the United Way Car Rally being organized and administered by the Base Auto Car Club.

Annually, the Auto Club launches a program to raise monies for the United Way. This year, and hopefully for years to

come, the vehicle for this charitable endeavour is a Car Rally and vehicle Maintenance Pit Competition.

Prizes for this one-day event are spectacular (in excess of \$5,000) and can be won while having loads of enjoyment and at the same time contributing to a very worthwhile cause.

The club organizer for the event is Cpl Rob Dumelie, Treasurer/Secretary for the Auto Club, seen here with Col Rogers.

The Car Rally and Maintenance Pit Competition are sponsored by Courtenay Mazda, Kirk

Auto Parts, and Big "O" Tire, all of Courtenay.

Witnessing this occasion (L-R) are Mr. Steve Flayth of Courtenay Mazda, Mr. Brian Witham of Kirk Auto Parts, Col Rogers, Cpl Dumelie, and Mr. Peter Brach of Big "O" Tire.

Your involvement in this event is encouraged. It promises to be a fun-filled day with lots of surprises. Be sure to check WROS and flyers for event information. Registration is at the Base Hobby Auto Club. Queries can be directed to Cpl Rob Dumelie at 338-7868.

More MND

search and rescue activities," Siddon said.

The minister made reference to an ongoing "methodical

review," is looking into Canadian Forces infrastructure needs, and the possibility of closing, reducing, or merging some bases across Canada.

Smitty's Comox FAMILY RESTAURANT

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Feature

MND Backs New Choppers

by Lt. David Krayden, Wing Public Affairs Officer

Defence Minister Tom Siddon has confirmed his support and enthusiasm for the EH-101 helicopter, the aircraft which the Canadian Armed Forces hopes will replace the Labrador and Sea King. In an interview with Comox Valley reporters last week at the Washington Inn, Siddon described his recent flight on the EH-101 while visiting Italy. As a former defence research engineer, the minister has an evident grasp of aircraft technology.

"When you add all the characteristics up, you have a better capability. The EH-101 increases the margin of safety," he said. The economic benefits exist too. The defence minister says for every \$1.00 spent on the project, \$1.16 in employment dollars is generated.

For Siddon the EH-101 represents an over-all commitment by the government to equip the armed forces for their roles at

home and abroad. For him it is a case of providing the troops with the equipment that they need. "If we can't afford to equip them we can't afford to be there (on UN peacekeeping missions)."

Later in the day, the minister was given a tour of 19 Wing, and during a walk through 442 Squadron, Siddon questioned search and rescue technicians at length about the new helicopter. He wondered if the new aircraft would enhance their ability to save lives. He left the hangar having again had his positive impression of the EH-101 confirmed by some of those closest to its operation.

But even greater than his desire to see the Canadian air force fly the EH-101 in anti-submarine warfare, and search and rescue roles, is the defence minister's commitment to peacekeeping and what he describes as Canada's "unique perspective" on that process. Sid-

don says peacekeeping is much like "labour management," a skill which he insists Canadians have an almost inborn ability to exercise. Siddon mentioned the Canadian tradition of compromise and diplomacy, two characteristics which he says are key components of successful peacekeeping.

"When you're putting yourself between two factions who would rather fight than talk, the talent to bring people together is essential," Siddon says.

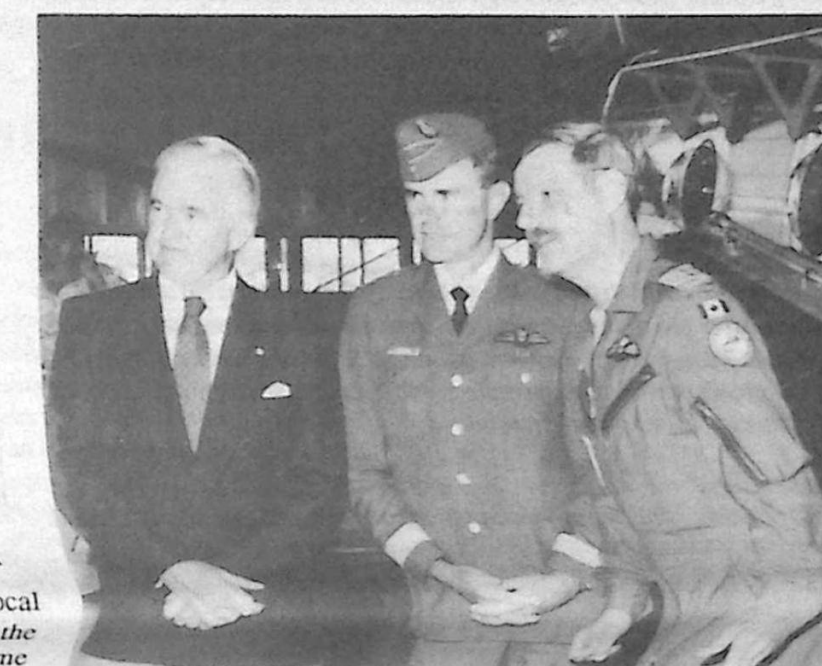
Peacekeeping, the minister says, will always be a fundamental role of the Canadian Armed Forces. Those armed forces, in turn, are necessary to protect the sovereignty and characteristics of this nation.

"We cannot afford to abandon the values that make Canada the most envied nation in the world."

Meeting the MND



An Eagle from the Wing Commander



Checking out 442



At the Family Resources Centre

SCAN Transition Tips

Get the best price for your services

by W.G. Fitzpatrick

You have some great experience and a tremendous record of success. While in the military you have received pretty decent compensation for your services, and although it wasn't exactly a king's ransom, it did provide you and your family a decent life style. As you leave the service, you probably have some idea of your needs. If you are retiring, things should be a lot easier because all you have to worry about is making enough money to supplement your retirement cheque.

If you are separating, it is not hard to add up all your monthly recurring expenses, bills and payments, and decide how much money you need to make ends meet. The rest is simple. Find a job that will pay you that amount of money.

Unfortunately, that's not how it works. The amount of compensation paid to a worker in our society has absolutely nothing to do with how much money you need, how much money you want, or how much money you would like to have. The only factor that governs the amount of compensation you are paid by a company is the value of your skills in a given market place. Needs, wants, and hopes have nothing to do with it. If you begin

evaluating the amount of compensation offered for a specific job by the amount of money you want, you stand a good chance of being underpaid for your services (not many companies are noted for overpaying their workers).

Companies spend a lot of time and effort establishing the correct compensation for each position. According to John W. Dant III, Human Resources Director for Academy Insurance Group, Atlanta, GA., "we look at every position in our home office based upon the skills required to complete the work, the amount of experience required and then compare our conclusions against what other companies would pay for the same skills." Dant went on to say, "we try to be competitive at every level to ensure we are getting the best worker for the money invested, and that we are providing a fair and competitive wage to the individual. We balance our pay package with an impressive package of benefits."

The best way for you to prepare is to follow the same method used by industry - research. The first step in evaluating a compensation package is to try to set a dollar value on your skills not only in your community but in your industry as well.

Spend some time in the local library and with the help of the reference librarian, review some studies of wages and compensation. Review trade and professional journals and be alert for stories in the business pages of your Sunday newspaper. Visit your local employment office and ask for advice on gathering more information on setting your value.

In addition to gathering wage information, don't forget to take a good look at which benefits are usual and customary. Sometimes a little less money might be offset by some tremendous benefit package that includes extra vacation or sick leave, profit sharing or employee education plans.

In short, knowledge is king. It is impossible to tell if you are receiving a fair offer from a company if you don't know what fair really is. Don't try to compare salary and benefits with those the military provides, only those that are common in the community where you will settle. Evaluating wage offers is no different from buying or selling a product. Unless you know the true value that people are willing to pay, you can't set a price effectively. The same theory applies to compensation.

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NEXT DEADLINE
13 SEPT. NOON

Editorial

Norm Blondel



Welcome to Comox

August at CFB Comox is marked by a steady flow of furniture vans into PMQs, Tyee Park and the local community, as CF personnel arrive from other places and settle into the Comox Valley. The weather has also contributed to the popular conception of CFB Comox as a "Posting to Paradise." It certainly is nice here, and we welcome those who have arrived to share it with us. We have four active squadrons, each of them doing a pretty good job, and organizations to fit your every need. Recreation opportunities, good shopping, great scenery and good rapport with the local communities are a few of the advantages of a posting to Comox. Enjoy your stay.

Allo....Allo!

A recent change to the Base telephone system has puzzled some outside callers, who are getting a message from B.C. Tel when they dial their customary seven digits, beginning with 339. We are advised the change was decreed from Ottawa to effect considerable savings in the cost of operation of our telephone system.

Here's what you do now:- Dial 339-8211 - as soon as the recorded message begins, dial the four local digits desired. Eleven digits instead of seven, but think of the exercise. Let your fingers do the walking.....

Urgently Needed!!!

The 1st Lazo Beaver Colony is in desperate need of leaders. We are a large co-ed colony which has been extremely active for a number of years. To ensure success of this year's program we need at least one male leader and one female leader. If you can help us keep our colony strong, please call Dave Kensley, 339-5460 or Chris Watts, 339-2324.

Scout and Cub leaders needed also, in the Comox Valley....Ed.

Hectic Month for 19 Wing

Members of 19 Wing can catch their breath - at least for now. August was an exciting, rewarding and ultimately very busy month for the base with major visits from the Air Commander, RAF Chief of the Air Staff, Minister of National Defence, Chief of the Defence Staff and Canadian Forces Chief Warrant Officer (whew!). The Prime Minister must have had more pressing duties elsewhere.

Mind you, when you put an air force base against the backdrop of the Comox Valley, you just have to expect the occasional visitor or two.

NEXT DEADLINE 13 SEP

TOTEM TIMES

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Tet Walston, Jim Kirk, Norm Whitley
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Caligula Rules, Eh?

By Norm Blondel

About five years ago, I badly wrenched a shoulder while landscaping our garden at Erin Place. Part of the treatment for it was several trips to the Physio folks at Saint Joe's Hospital, where one very strong and able lady, whom I named, "Excrucia" manipulated my shoulder until it was well again. I didn't know I'd be back.

My ladder did. "Are you sure that's safe?" Wife enquired, looking skeptically at the box-and-ladder arrangement I was using to reach our thirteen feet high clerestory windows in the living room. "Sure it is," I averred, with all the confidence born of complacency, and reached out with my paintbrush. That was when the ladder slipped off the box. The ladder top quickly encountered thin air and began a swift descent, carrying me and my paint pot with it. My flailing arm knocked a ceiling fan blade askew, then whacked into the woodstove, which didn't bend: my arm did, at a strange angle. Other body parts hit other things, and I ended up (down, actually) on the floor, a collection of contusions and a broken wrist, all held together with pain.

Wife, her priorities askew with the shock of it all, looked at our newly white armchair, white fireplace bricks and white brown carpet and wailed, "How are we going to clean that lot up?" Then she set to the business of getting me to the emergency ward at Saint Joe's, calming my traumatized state with comments like, "You're accident-prone, mate!" Wife does not permit me to indulge in self-pity, but is a reservoir of concern when the need arises.

What can I say about the emergency crew at Saint Joe's! They

had a full house that night: two ambulances, a medivac chopper and a couple of private cars, ours included. With me, the gurneys were full. Duty nurse Deborah Caughey took a look at my weird-shaped arm and another look at the face above it, and hustled me on to a Gurney, fashioned a flexible splint for the arm, stuck pasties on my chest (a bit lower and they could have carried tassels) and rib cage for monitoring, rested the arm on a cushion and toddled off to do the paperwork. I felt better already. The organized bustle around me was fascinating to watch - an unending stream of people in and out of the emergency room entrance, assessed, paperworked, examined, treated and either released or sent for further treatment in a system operating without any apparent hitch. These medics are pros - worth every dollar our health system spends on them, and then some. I mention only the people who were directly involved in fixing me up, but there were many others working that night, doing the same capable kind of thing.

Doctor Jim Halverson was next, ordering up X-rays after getting the whole sad story of human carelessness from a much chastened homeowner - me. Anne Couvrette trundled me off to the X-ray lab chatting cheerfully about life in Tyee Park and took the telling shots, of bones severed at the wrist. After a freezing shot and a long but tranquil wait - the casualty flow continued unabated - Jim returned with Nurse Heather Flint, whose job it was to hang on to my elbow while Dr. Jim pulled on my wrist. Bone-setting is no job for weaklings; the legendary upper-body strength attributed to nurses was certainly apparent in Nurse Flint, a gentle-looking lady

with a grip like Robo-Cop. Despite the freezing shot, the pull-apart and relocate part of bone-setting can be painful if you are awake for it, which I was, filling in the minutes with recollections of my former encounter with "Excrucia."

"What name would you give to me?" grunted Dr. Jim, pulling and twisting my wrist. "Caligula comes to mind," I gritted, temporarily unhinged by the pain. To my relief this amused the Doc, who, by this time, had reconnected my arm and wrist bones, leaving Nurse Flint to keep it all in place while he fashioned a plaster cast. The process was done with such speed and accuracy, I'm still shaking my head about it. Off with X-Ray Anne again to confirm a proper bone-set, some pain pills from the nice lady at the desk, and I was sent home for some of Wife's TLC. My part in the evening's proceedings was finished; "Caligula" and his crew still had a long and busy evening ahead of them. Thank you gang.

My costume for this event was a paint-spattered old pair of trousers and a well-worn shirt, covering a clean set of underwear without holes. I remembered what you said Mum, even though no one looked at my underwear.

To conclude, I'd like to ask our writers and contributors to sign my cast. It would make a fine keepsake to mount on my den wall after I hand on this job (maybe next Spring), and I'm sure the wit of Hamish, Norm Whitley, John Novak and others would be worth preserving in plaster. Bob Sealby's contribution was (I hope) theatrical: "Now break a leg!"

BATTLE OF BRITAIN PARADE AND COMMEMORATIVE SERVICE SUNDAY, 26 SEP 93

On Sunday, 26 Sep 93, at 10:30 hours, 19 Wing will conduct an Ecumenical Remembrance Service and Static Parade to commemorate the 53rd Anniversary of the Battle of Britain. The service and parade will be held at the 19 Wing Heritage Aircraft Park. In the event of inclement weather the ceremony will be held in the Arena.

Contingents from the RCAF Association, Comox Legion, Courtenay Legion, Cumberland Legion, Korea Veterans Association, Royal Canadian Air Cadets, 2 Flights representing 19 Wing and a military band will be on parade. The dress is DEU 1A (Medals).

OPI for Remembrance Service will be Maj C.E. Massey, WChap (P), local 8273 and OPI for the Parade is CWO P.J. Sarty, WCWO, local 8666/8665.

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

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OUR NEW FAX 339-5209

Comment

Letters

Ms. Fleetfoot Reponds

We received much telephone comment about our "Ms. Fleetfoot" story, evenly divided between "what's this stuff doing in a military newspaper," and, "makes a nice change from aeroplane stories," but we only received one letter to the Editor on the subject. Here it is:-

Dear Sir,

I was surprised and delighted to find my story in your August 12 edition, but disappointed that you did not print the picture of my

now-famous son, Gallant's Lad.

I realize his mother will never win stall-space at the Pacific National Exhibition, but her pure bred son is now a much sought-after sire with ribbons from several national shows. A vial of his semen now sells for \$100.00.

Jacqui, his embryo-mother, and I would be much obliged if you could find room for this photo of our surrogate son in your next edition.

Sincerely,

Ms. Fleetfoot X her mark.

Ms. Fleetfoot and Gallant's Lad



Girl Guides Registration

Dear Sir,

It is time once again for registration of the Girl Guides of Canada, Komox District. This is for the entire district of Comox, including CFB Comox. The dates are as follows:
Comox - at the Comox United

Church (located at Comox & Beach):

Sparks and Brownies - 8 Sept. 6:30 - 8:00 p.m.

Guides and Pathfinders - 9 Sept. 6:30 - 8:00 p.m.

Muchly Appreciated,
Mrs. M. Trekofski

What's Happening to This World?

A Poem by the late Betty Steven, written in 1985.

What is happening to this world? Is it going down the drain?

Is the need for rotten living driving everyone insane?

There seems to be no principles, no caring from the soul, Just a yearn for faster living, where money is the goal.

Promiscuity, diseases, and drugs pervert the mind,

Terror, killing reigning, always an axe to grind.

People hating people, compet-

ing with each other,

Husbands beating wives and no one knows their mother.

Kids all running loose, no guidance and no love,

Stealing, cheating, mouthy, and always acting tough.

It seems there is no purpose to this materialistic strife, Only a continuation of people messing up another life.

The Laws of Nature tell us what is right and what is good,

I wish that I could change all this, I wish I understood.

Royal United Services of Vancouver Island

Director-General Charles V. Svoboda, of the Canadian Security Intelligence Service (CSIS) will be Guest Speaker at the Thursday, 16 September, luncheon meeting of the United Services Institute of Nanaimo-North Island. Rendezvous 11:30 hrs. 93-9-16 in the Sergeants Mess at Nanaimo Military Camp.

Capt Ted Ethier, of the Royal United Services Institute of Vancouver Island, informed Totem Times, that any commissioned officers who have served or are serving in Canadian Forces, RCMP, or forces of our allies, are invited.

Spouses/mates/escorts are welcome. However, we have

room for only 86 persons and as we had previous, difficult (we took a bath) financial experiences with no-shows it necessary to have payment in advance. To avoid disappointment, officers planning to attend should make early reservations by mailing a \$6.00 per person cheque to Captain Ted Ethier, 5097 Laguna Way, Nanaimo, V9T 5L6.

In organizing the new Federated Military & United Service Institute of Canada (FMUSIC) unit Capt Ethier has enjoyed support and encouragement from RUSI as it makes it possible for members who find it difficult to attend Victoria meetings to participate in events that

are closer to home. Membership applications will be available at the September meeting for officers wishing to join the USI, and they will also become charter members (cost \$25.00 per year).

There will be a Dinner Dance in the Officers' Mess Saturday, 16 October. Dep/Comm. J.D. Farrell, C/O of E Division RCMP, will be Guest Speaker at our November 12 luncheon, and V/Adm.(ret) Charles M. Thomas CMM, CD, will speak at our January meeting.

For further information call Ted at 758-8640 or Gord at 756-9623.

About Trivia

Float Bolingbroke

Dear Editor,

Your latest "trivia pic" is somewhat unique. It is a Bristol Bolingbroke equipped with floats.

"The Boley" was the Canadian-built version of the Bristol Blenheim, and 680 of them were produced under license by Fairchild Aviation Ltd. of Montreal for the R.C.A.F.

Bolingbroke serial #717 was the sole aircraft of this type to be fitted with floats, and served with #5 Bomber and Recon Squadron on the east coast. Operational evaluations were carried out from September 1940 until February 1941, and I assume it was not a viable project as this configuration was not extended to include other "Boleys."

Yours very truly,
Al Munday
Event Chairman

Yours sincerely,
John Novak

NEXT DEADLINE 13 SEPT. - NOON

Air Force Trivia



Trivia Answer

Bristol Type 142M Bolingbroke MKIII (NC#717). Served 8-8-40 to 21-6-44. Undergoing float trials.

Plant a Seed

...to a leader

Section News

Off to The Holy Land

and other stories

Sir Bill was discussing the social events that had occurred, or not occurred, recently at the castle when his Social Director remarked that the castle had not seen a social evening for a long time.

"So what is a good reason to hold a gathering?" said Sir Bill to his Director.

"The most believable and easy to arrange is a goodbye party" was the reply.

"So who should go away," mused Sir Bill. "I have it! It shall be the new Major Knight, Sir Ab of Lam'Roo."

Sir Bill then went to Sir Ab to tell him of the good news. "Sir Ab, I have noticed that in a land far away where there has been fighting for many years, we have not had an observer, and I therefore require one, and it shall be you."

"What is an observer?" said Sir Ab.

"You" said Sir Bill. "See your local travel agent immediately."

"Holy Smoke!" said Sir Ab.

"Wrong: Holy Land" corrected Sir Bill. "You will proceed directly to Israel: do not pass any other sensitive area, else you shall not collect \$200.00." Sir Bill then directed that his Director (how's that for redundancy) arrange the Celebration of Departure.

The Celebration of Departure, subsequently renamed The Thrash, was held at Chez BWAT, where a good time was had by all. Gifts were given, speeches made, and as a grand finale, the rains came. Not that it made any difference, as most of the guests were already sufficiently wetted down.

During this time of year, many

of the surrounding castles and far flung lands (philosophical question: how can one fling a land?) hold shows where their latest weaponry and steeds are displayed. The Black Knights are ably represented by a snorting

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black steed painted by volunteer castle dwellers, and a fine job it is. This steed has travelled to many parts of the realm and its performance, along with that of its riders, has been favourably commented on. Sir Daryl has commissioned a painting of himself briefing an amazed group of young children. When told that it may take some time to do, he was heard to comment that he would simply have to be satisfied with the 208 copies of the local paper that he had ordered in the interim.

Sir Daryl has also sent out invitations for a Warming. The Fighters of Fire have been notified that a BBQ is possible. A Dalmation had been ordered and will be henceforth referred to as Dog, ea 1, Spotted. All the Knights are looking forward to the event, which may give the neighbours cause for alarm. The last alarm that was raised was as a result of Sir Daryl's 4-alarm BBQ.

Logistics Sqn Awards



Back Row L-R: MCpl Hilliard WTNO, CD; Lt Alleslev WSupO, OPDP Diploma; Cpl Clubi W-Telecom, Aerobic Red Seal; Cpl Laneville Firehall, CD; Cpl Andrade WEMEO, Retirement. Front Row L-R: Sgt Cooper WEMEO, Retirement; WO Ervin WSTI, Retirement; LCol King WTSO, Presenting Officer; MWO Belanger WEMEO, Retirement, and Sgt Maillet WEMEO, Retirement.

CDS Presentations



CDS presented a memento of his visit to WComd. Col T.B. Rogers.



Admiral Anderson presented the CDS Commendation to Base Supply's Cpl P. Giese for her work during the Persian Gulf crisis, as IOR clerk on Sea King Helicopters

WLog Promotion



WTSO LCol King presents WO Caron, WLog, with her crown, 23 Jul 93.

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Section News



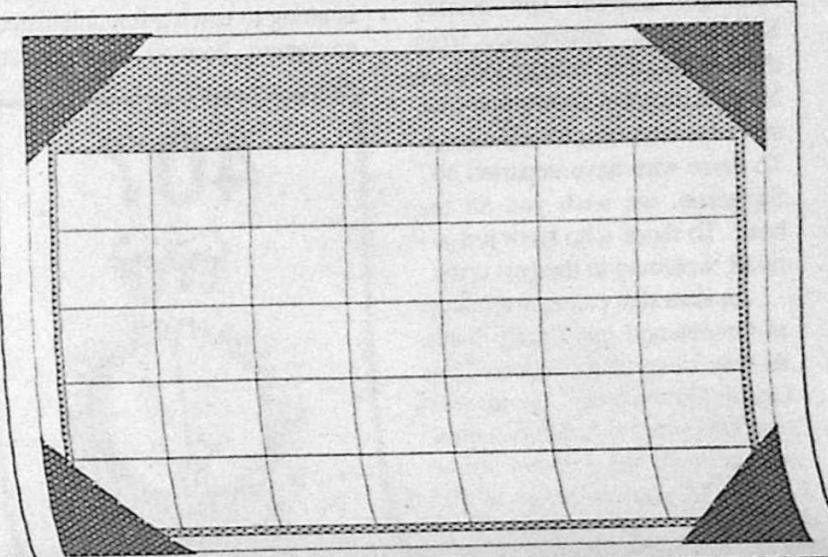
THE LEEWARD

Neighbourhood Pub and Cold Beer & Wine Store

The Patio is now open for relaxed Great Food and Great Times

Groups & large parties welcome! (Reservations recommended)

649 Anderton, Comox 339-5400



MARK YOUR CALENDAR!!! 11 SEP 93

ANNUAL WALLACE GARDENS FAMILY FAIR

VARIOUS CLUBS AND ORGANIZATIONS

WILL BE THERE

AND

YOU SHOULD TOO!!!

Most Beautiful PMQs

During the month of August, Brian DeVries and Charlene from Roads and Grounds were searching the PMQs for our winners this season. This was not an easy task and we appreciate all the work they did. Thanks Brian and Charlene.

Here is a list of the winners:
1st MCpl & Mrs. Anderson #3
2nd Mrs. S. Pettipas #71A
3rd Cpl & Mrs. Blinn #52
Ward Prizes:
1. Cpl & Mrs. Ouellette #2A
2. MCpl & Mrs. Coolen #F7
3. Lt & Mrs. Lloyd #42A
4. Sgt & Mrs. D.A. Monk #51
5. Lt & Mrs. Barton #84

6. Maj & Mrs. Clark #89A
7. WO & Mrs. Rodgers #103B
8. Cpl & Mrs. Kensley #113B
9. Cpl & Mrs. Hogenbom #112E and MCpl & Mrs. Wyatt #112F

There are also some PMQs that should also be recognized as our runner-ups:

#5A Sgt & Mrs. Richard
#28 Sgt & Mrs. Rosso
#80 Lt & Mrs. Skrypkar
#77 Capt & Mrs. Wilson
#97 LtCol & Mrs. King
*Remember, you must be a member of the Wallace Gardens Community Council to win. Support your community council.

WO & Sgt's Mess

SEPTEMBER 1993 Calendar

TGIF: 10 Sept.....Perogies
TGIF: 17 Sept.....Cheese Burger
Don't forget - Friday Lunch Steak Time!
(NLT the preceding Thursday to reserve your steak)

As the Bell Tolls!

As schools re-open after summer vacation, hordes of youngsters will threaten your right-of-way as they go to and from their studies. It's one of the worst seasonal headaches of a driver's year.

A recent study showed that the general standard of road sense and behaviour among children is poor and there is widespread failure to observe safety rules. Many of the youngsters observed selected unsafe places to cross the street, more than half crossed without looking, and nearly half were running.

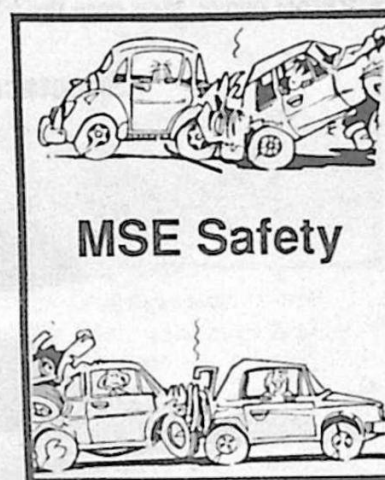
Boys, particularly younger ones, are more likely to behave unsafely than girls.

Parents aren't really aware of the risks their children are running. How else can you explain that the researchers observed approximately 17% of six year olds being allowed to cross busy streets by themselves? Hearing impaired children are particularly vulnerable, the study found, being 30 times more likely to be involved in a pedestrian/motor vehicle accident.

One researcher commented that "most drivers expect children, however young, to be totally responsible for their child-like actions; parents leave teachers to educate their children about

road safety and road designers expect children to cope in an adult environment."

Think about it. When you were a kid, did you really keep pedestrian safety in mind as you jostled your way along the street? Of course you didn't! You were too busy planning, laughing, playing - and today's youngsters are no different. They're invincible. They take risks. They're unpredictable.



So what are you to do?

The only safe course for drivers is to be constantly alert when children are around. Exercise caution at intersections near schools, at school bus stops, near parks and playgrounds, and don't expect children to stay on the sidewalk. Just remember that

their personal safety isn't necessarily on their minds ...so it's got to be on yours.

Drive Child Friendly... Drive Defensively!

Driver's Quote of the Day

I was on my way to the doctor's with rear end trouble, when my universal joint gave way causing me to have an accident.

Driver's Questions of the Day

Question: When posted, a school zone speed limit is in effect

A. on school days between 8 am and 5 pm;

B. every day;

C. between dawn and dusk;

D. from 0900 to 1000, 1200 to 1300 and 1500 or 1600 on school days.

Answer: A. on school days between 8 am and 5 pm.

Question: When posted, a playground speed limit is in effect

A. from 0800 to 1700 Monday to Friday inclusive;

B. from 0800 to 1700, 7 days a week;

C. from dawn to dusk, Monday to Friday;

D. from dawn to dusk, 7 days a week.

Answer: D. from dawn to dusk, 7 days a week.

Logistics Movers 10th

The Logistics Movers Association (LMA) 10th Anniversary reunion will be held at the Knights of Columbus Hall in Trenton, Ontario, during the weekend of October 1 - 3, 1993.

This gala weekend is open to all Traffic Technicians of the Canadian Forces, or single-service affiliate servicemen/women who were employed in Air Movement duties, Logistic personnel who are, or were, employed in Air Movement units/sections or Base Traffic sections; civilian personnel who are, or have been, permanently employed in Air Movements units/sections, Base Traffic sections or traffic sections of supply depots.

Registration fee is \$40.00 per person for association members. The cut-off date is 24 September. Remaining tickets will be available at a cost of \$55.00 to non-association members. Seating is limited, so register early to avoid disappointment. Registration fees are payable to Logistics Movers Association, PO Box 369, CFB Trenton, Astra Ontario, K0K 1B0.

Festivity

Festivities get under way Friday, 1 Oct with a golf tournament at 0800 hrs at the Barcovan Golf Course (personnel permitting), then a casual gathering will take place in the Candlelight Lounge, located in the South Side Junior Ranks Mess, from 1200 - 1800 hrs. Then, at 1900 hrs, registration and the Meet and Greet will take place at the Knights of Columbus Hall. (Note: All functions will be held in the K of C for the remainder of the reunion.)

On Saturday, 2 Oct at 11:00 a.m. (yes its early!) maximum participation is encouraged for the LMA meeting which involves selection of the new executive, proposed changes to the constitution, and important matters concerning the future direction of the association. At 1800 - 2100 hrs cocktails, dinner, and presentations to retiring members. From 2100 - 0100 hrs dancing and good times. Throughout the weekend, draws will be made for various prizes.

On Sunday, 3 Oct, starting at 10:00 a.m. (yes, it's real early), is the farewell breakfast which allows everyone a great opportunity to bid adieu to old and new friends.

For reunion information contact your area representative or CWO Chuck McLeod at 2 Air Movements Squadron, 8 Wing Trenton, local 3519, or Sgt John Boates, at ATGHQ, 8 Wing Trenton, local 3738.

To enquire/confirm your attendance for the Golf tournament on 1 Oct, contact CWO Chuck McLeod, 8 Wing Trenton, local 3519. (Note: Golf fees are NOT included in the reunion fees.) For registration details, check your latest issue of the Movers Newsletter and also with your Area Rep.

Remember "Trenton is the place to be for '93." See you there, F.D. Bach



Junior Ranks Mess

September 1993 Calendar

Friday 03 Sept.....TGIF - Pool
Friday 10 Sept.....TGIF - Euchre
—Food available—

- Games and Prizes
- Food available
- Dance with the Rock & Roll band "Derringer"
- Doors open at 19:30, band starts at 21:00
- Tickets available in advance at Jr. Ranks Mess office, or at the door: \$3.00 members \$5.00 non-members



Section News

Demon Doin's

The Summer That Wasn't

It is an annual autumn tradition in this column to lament the passing of summer. How does one lament that which never really came? The "summer" of 1993 will be remembered as the "Summer That Wasn't." Oh sure, it was hot for a few days - kind of a teasing taste of what might have been.

Despite the weather, it has been a busy summer, what with leave, postings and mugouts, and a bit of flying. This past mugout season resulted in the setting of a new standard for lengthy mugout speech rebuttals. Capt Lube suffered the wrath of an angry crowd when he joined the ducks at a local golf course. His "Freddy Kruger-esque" emergence from the frigid waters, only to continue his pontification from upon low, served to undermine his message. To those who have departed 407 Squadron, we wish you all the best. To those who have just arrived, welcome to the best coast.

An item that passes for gossip in Greenwood has finally made its way west. It seems that Capt Grant "Wrongway" Reid was seen shopping in K-Mart. Grant is always on the lookout for a bargain, but you can bet he won't be shopping for bicycle parts. K-Mart must have had a super deal on body depilatory kits. Then again, he may have been checking out the new "Coles Notes for Maritime Patrol Aviators" section in the bookstore. Some of the titles available include "How to Win at O'Brien When it's Not Your Turn," "MPA Tactics for Pilots" (probably the most exciting book in the series, featuring simplified line drawings and a colouring section at the back), "How to Sleep in the Aurora While Maj Reed is on Board," "Stupid Cone Tricks - How I Amused Myself at Acoustics," "Hot Shopping Spots in the Asia Pacific Region," "Woodworking Tips by Brian Clancy," and finally from the library of Crew 6, "DP to Cold Tactics Conversion." Check them out while in ZX, only \$4.95. The new PMC of the officers' mess, Maj Fred "Yoda" Reed, can be found cloistered in his office poring over the latest issue of

Roberts Rules of Order. The latest addition to that fine publication includes a section on the proper actions in the event that someone at a mess meeting threatens to "hold his breath until he turns blue" if he doesn't get his way.

While we are rattling the Maj's chain, a coast guard Dakota paid a visit to CFB Comox recently. Maj Reed was apparently reminiscing about his days on that fine aircraft. He demonstrated the old ways of navigation and rebuilt an entire navigation system from scratch, using just some twine, a bit of glue and a few popsicle sticks. For an encore, he is going to teach a few interested navigators how to construct an



Argus intercom system using two tin cans and a length of string. (We've come a long way baby!)

Maj Dubois was reportedly giddy at the prospect of affixing his velcro butt to a Dak, but alas it was not to be. The good Maj was off to Adak recently and partook of his first ever McDonald's meal. It seems the local pizza place is run by the same fellow who owns the McDonald's franchise on base. Every item on the menu, save the lasagna, is actually factory produced by Mickey D's. The Maj was reportedly aghast that he unwittingly consumed what he managed, for all of his 35 years (cough!), to avoid.

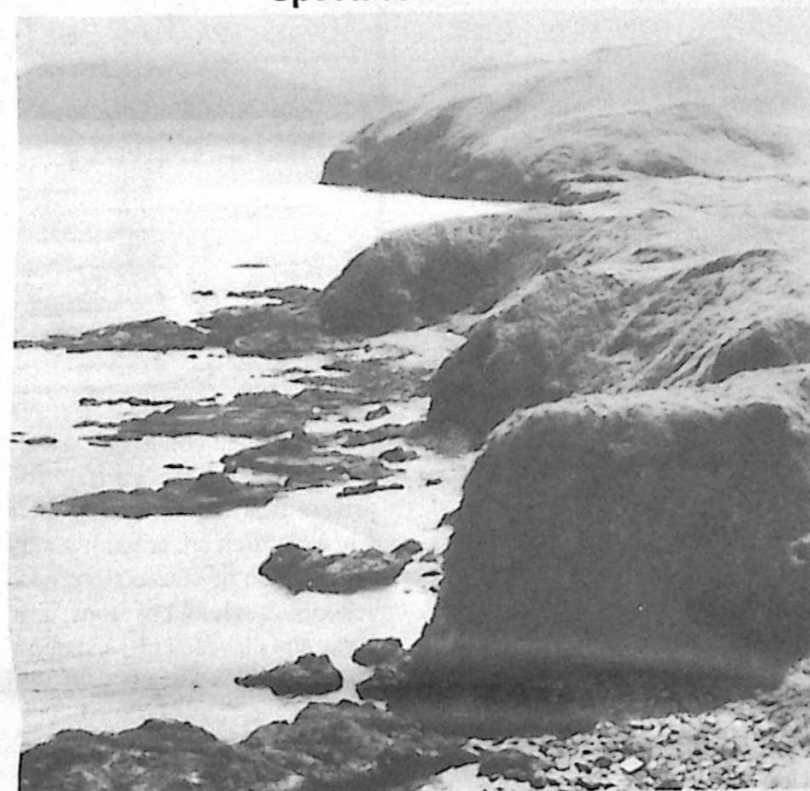
Capt Terry "Cliffy" Patterson has once again amazed his squadron mates by displaying his penchant for the arcane. It seems that Terry was the only member of his crew who knew that cus-

Driftnet Patrol Returns to Adak



A CP-140 Aurora, returning from a driftnet patrol, taxis onto the VP line on an uncharacteristically nice day at NAS Adak.

Spectacular Adak



Despite its reputation as a remote, isolated outpost for naval aviators, Adak, Alaska is a wonderfully spectacular place.

Snack Time



Crew two's Sgt Steve Dornan, alias "Chef Stinky," prepares a sumptuous snack of fresh corn, stuffed mushroom caps and nachos in the galley of the Aurora. Bon appetit.

Certificates of Service



407 SAMEO LCol L.B. Baker presented retirement certificates to L-R: MWO Trev Hallam, Col Richard Caissie and MCpl Lorie Beal. Best of luck from 407. Remember: "Once a Demon, always a Demon."

Harvest Valley Foods Ltd.

BACK TO SCHOOL SPECIAL

When you place a freezer order you will receive at no extra charge:

15 lb. turkey, 5 lbs. sirloin steak & 10 lbs. ham
CHOOSE FROM TOP QUALITY BRAND NAMES ALL
100% UNCONDITIONALLY GUARANTEED!
BEEF • PORK • VEGETABLES • POULTRY
STAPLES • FREEZERS • CASE LOTS

We accept post-dated cheques

CALL TODAY

384-3592

NEXT DEADLINE

SEPTEMBER - NOON

Section News

Pouring the Mix



Assembly Crew



The Cairn



photos by WO Paul Beattie

In Memory of Cpl Philip Young

By WO Paul Beattie

On 30 April 1992, Rescue 311, a 442 Squadron Labrador helicopter engaged in a SAR mission, crashed and tumbled approximately 500 feet down the side of a mountain near Bella Coola, B.C. Although the eleven men aboard sustained a wide variety of serious physical injuries, there was only one fatality, SAR Tech Cpl Phil Young.

A second squadron helicopter, Rescue 312 also participating in this mission, came to the aid of the survivors and, in severe winter conditions, carried out a dramatic rescue.

During the month of July 93, the 442 Squadron SAR Techs organized a SAR training exercise with the objective of building a cairn at the site of the crash to honour the memory of their friend and comrade Phil Young.

The group consisted of WO Paul Beattie and MCpl Don Harper, the SAR Techs who carried out the rescue, Sgt Ron Langevin, MCpl Tony Isaacs and flight engineer MCpl Al Burney, who were in the crash, as well as Cpl

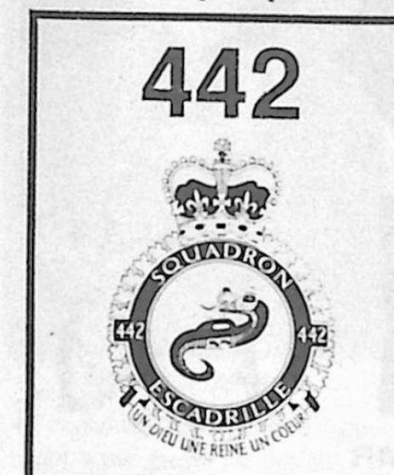
Dennis Reid of the Base CE Section who volunteered to accompany the group and lend his technical expertise in the construction of the cairn.

The only other SAR Tech in the crash, MCpl Al Banky, was unavailable to participate in this

forms for the cairn prefabricated in advance by Cpl Reid, were off-loaded. The next three days were spent constructing the cairn and carrying out various climbing and mountain rescue exercises.

The morning of the 8th the equipment was packed up, the site cleaned and a final addition, a brass plaque, was firmly bolted to the cairn. On completion of the cairn, Maj Joel Clarkston and MCpl Greg Lewis, the pilot and flight engineer of the helicopter that crashed, arrived to pick up the ground party. Again a delicate mountain landing was carried out, followed by an uneventful trip to Bella Coola for fuel before returning to Comox.

The scene was revisited, many emotions and memories were revived by the survivors and rescuers of Rescue 311 and, although I believe we have now closed a chapter of our lives, the memory of Cpl Phil Young will live on for ever as we carry on with our lives and pursue the SAR Tech motto: This we do "That Others May Live."



project due to a career course.

On 5 July a Labrador helicopter, piloted by Maj Ron Greenaway, the pilot of Rescue 312, carried out a precision landing at the same site as the crash, and all personnel, their equipment, 12 bags of cement and the



Cairn forms were prefabricated at Comox

Br. 160 Aids Fire Boat

Comox Br.160 RCL presents \$2,000 cheque (Poppy Fund) for electronic gear for the Comox Fire Department (Fire Boat), to the Comox Fire Fighters Association. Presented by G.A. Terris, President Br.160, and Scottie MacLean, Poppy Chairperson.

Accepting for the Association were Steve Eggiman, boat captain, Peter Ensor, treasurer, Norm Johnson and Rick Bentley, Fire Chief.

The electronic equipment for which this grant was made will be used for the suppression of fires, on either land or water, and to provide a diving platform for



water-based rescue operations. In either case, the Fire Boat will be viewed as a water-based am-

balance, and the electronic equipment is essential and integral to the operation of the Fire Boat.



Feature

CDS Visits 19 Wing

Welcome, Admiral



Honour Guard



407 Sqn



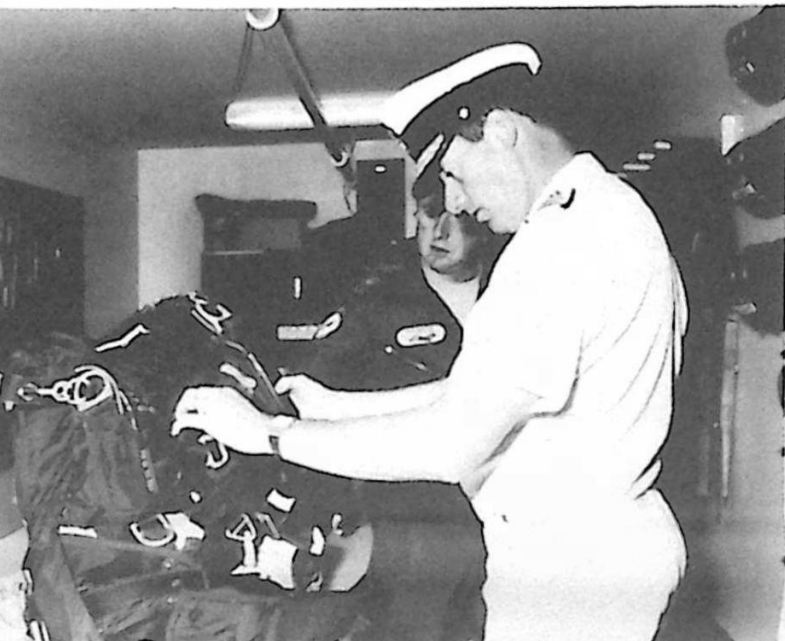
HMCS Quadra



442 Sqn



442 SAR



409 & 414 Sqn



Admiral John Anderson, Chief of the Defence Staff, came to talk to the men and women of 19 Wing last week. Along with Chief Petty Officer First Class Carol, Canadian Forces Chief Warrant Officer, the admiral spoke to officers, senior non-commissioned members, and junior ranks in their respective messes.

Admiral Anderson reminded the personnel about their accountability to the public. "We have to remember that at the end of the day, the taxpayer asks himself if he is getting his money's worth. It's our job to ensure he is," he said.

He spoke of the "interesting times" in which the CF now operates and emphasized the multiple roles which the army, air force and navy must perform to adapt to these times.

Admiral Anderson received a number of diverse questions in each forum, with military members asking him about the EH-101, the changing roles of Canadian peacekeeping and even the future status of accumulated leave.

The admiral was given a tour of HMCS Quadra in the afternoon.

NEXT DEADLINE 13 SEP

Glacier Greens
50th
MixedPOWERS WINS GENERAL
LETT TOURNEY

On 8 August, rookie golfer Susan Powers entered the General Lett Golf Tournament and promptly proceeded to beat out a field of one hundred golfers, carding a net score of 59.

Bing Shearer, as usual, continued to show his golfing powers staying ahead of Doug Mac and the rest of the field to win the Field Low Gross.

This is the first year the trophy was open for competition to all members of Glacier Greens Golf Club. Previously, way back in 67(?), the Base Commander, Col Lett, designated the tournament to the high handicaps, thereby encouraging the duffers, low handicappers, to novices, et al, to get involved in the sport.

Susan, a student of Club Pro Scott Fraser (one lesson so far) bested the field by three stickups and swears that after a couple more lessons she's going after the grass side of the tournament.

Congratulations to first time gross winner, Frank Gibson, who won the "C" event. Between the computer and the watchful eye of big Jim, the handicap really comes down doesn't it Frank?

DOWNIES WIN
MR. & MRS.

The 1993 version of the Mr. & Mrs./His & Her golf tournament was held on 18 July at GGGC.

Capturing the hardware were Elsie and Ray Downey, on the Mr. & Mrs. side winning the low net. Elsie said the solid drives and deft feel around the greens attributed to their success. As an afterthought, Elsie said "don't forget to mention that Ray helped a little also."

Winning the His & Hers with the overall low gross were Lou Ross and Kelly Olahon, with Rose McClesch and John Ferguson taking the net.



Feature

Denny's Dennis

by Gordon Wagner



Gordon Wagner

We had just been seated in Main Street's "Denny's, Always Open" restaurant, when he approached us like a busboy about to wipe our table. He stood skinny and tall, with an ear to ear grin on his freckled face. His small ears, attached like butterfly wings, blushed a bright red. His straw-coloured hair stuck out from his head like a clump of dried-out grass after a tough winter. A too-big, green waiter's apron, wrapped around his scrawny frame, beaniepoled him, and the ties of the bib dangled down his back like a mixed-up ponytail. "He can't be more than fourteen," my wife whispered.

His eyes, almost hidden behind long, straw-coloured lashes, flashed back and forth as he asked, "Can I get you some coffee?"

"Are you our waiter?" I asked. "I'll take your order if you're ready," he replied with a trace of indignation in his voice, fumbling to pull his order pad and pen from the wrap-around green apron.

"Do you have any Burgundy?" "I'm sorry, Sir. We do have red Zinfandel, but I don't know where they keep it. I'll have someone else get it for you."

He took our orders. Wrote them on his pad. Then read them back to us and hurried off to the kitchen.

"Who does he remind you of?" I asked Ivy.

"Dennis the Menace."

"Exactly. Dennis, as a teenager."

He served my salad from a three-foot tray. "Enjoy your salad. I put the dressing on just the way you ordered it. Thousand Island with a little dab of Roquefort."

He brought our entrees with the same three-foot tray held high above his unruly hair, serving them with a flourish fit for the Waldorf-Astoria.

Returning in a few minutes, he tried to lay his crumpled check on our table. "I added it up twice,"

he explained, "so it must be right. I got some grease on the bill. I hope you don't mind."

He came back several times to see how we were doing. "Just fine," I said, "the food is good and the service is excellent. I'll have my coffee now, thank you." He put my coffee on the wrong side. As he moved it, his ears turned beet-red and even his freckles blushed. "Would you care for some dessert?"

"I'd like some ice cream. Vanilla, with just a dab of chocolate sauce. Will you bring two spoons? We'll share it."

"I'll have to add it to the bill," he said, picking up the crumpled check.

He came back to our table with the ice cream dish held close to his chest and a sheepish grin on his face. "I told her just a little dab. But it didn't look like enough to me. Now there is too much. But I brought you two spoons and I didn't add the ice cream to your check."

The evening rush was over and we watched the busboys clear and wipe the tables. We saw Dennis with a pail and thought he had been demoted - he wasn't washing tables; he was filling the sugar bowls.

Some day, when he leaves the fannies, he'll likely own a "Denny's" restaurant of his own.

FAMILY FUN DAY

THE FUN STARTS AT 11:00

ON

SATURDAY SEPT 11

(RAIN DATE SEPT 18)

ADMISSION IS FREE FOR
PMQ ASSOCIATION MEMBERS
AND \$5.00 FOR NON-MEMBERS

FAMILY
SCAVENGER
HUNT

PONY RIDES FOR
CHILDREN
6 & UNDER

INFORMATION BOOTHS

BBQ

GAMES



COMOX MILITARY FAMILY RESOURCE CENTRE
corner of Little River and Ryan Rd. phone 339-8290
Family Resource Centre Programs are open to all military families and Base employees

August 1993

For Your Information Our Telephone Number Has Changed to 339-8290.

19 WING "ZOO" TEEN CLUB

Tuesdays and Thursdays 6:00-8:30pm Teen Baseball League at the Airport Elementary sports field. We are looking for adult teams to play against.
Wednesdays 4:00-5:30 Swimming at the Base Recreation Pool. Bring a friend!
Fridays 7:00-11:00 Teen Dance at Base Community Centre next to Canex

Special Teen Club Activities

Friday August 27: Casino Night at the Community Centre. Starts: 1900h ends: 2300h.
Cost is \$3.00 at the door.
For more information on Teen events contact the FRC at 339-8290

RECENTLY POSTED TO CFB COMOX
AND NOT SURE WHERE TO FIT IN THE
LOCAL JOB MARKET

The Comox Military Family Resource Centre and Employment Canada are sponsoring a Community Employment Orientation Program designed to help military spouses get established in the area.

This program could be for you if you want to identify your skills in relation to the local job picture, establish a network/support system in the Comox Valley, increase your awareness of the community, identify potential employers to contact, develop techniques to research businesses, agencies and services available, explore training, job search and employment options in the Comox Valley, clarify your employment/training goals and create a realistic action plan to follow through on.

Date: The first session will be starting Tuesday October 5, 1993.

Time: It will run Tuesday, Thursday and Friday 9:00 am-12:00 pm for three weeks.

Location: CFB Comox.

To Register: Call the Comox Military Family Resource centre at 339-8290.

Parent Advisory Meeting - Child Care

Parents and Caregivers we need your help to develop and run our child care programs. Your ideas and suggestions are important. Everyone interested is welcome to attend our next meeting on Wednesday August 22nd 7:30 pm at the FRC. For more information call 339-8290.

Wanted: Babysitters and Caregivers

We are presently updating our Babysitter List and need you! If you are at home and willing to offer your services as a babysitter/caregiver to other families at night or during the day, put your name on our list! We need in all areas of the Comox Valley. Come and see us at the FRC.

"PRECIOUS LITTLE PEOPLE"
Childminding Service

Are you interested in free child care while attending appointments, running errands or just having some leisure time for yourself?

If so, Precious Little People might be the answer for you. Parents who participate in the childminding will receive, in exchange for their services, tokens good for child care at Precious Little People. If you have money, but no time to volunteer, payment for child care services is also an option.

We are open every Tuesday and Thursday from 9:00am to 12:00pm. Precious Little People is located at the Community Centre next to the Canex. Call Claudia at 339-8290 for more information.

Toys Wanted

We are working on building up stocks for our soon to open Toy Lending Library. If you have any toys, books, puzzles, games, children's audio tapes or equipment that you are no longer using we would greatly appreciate your donations. You can drop donations off at the FRC or call 339-8290 for pick up.

Deployment Support Community Meeting

Currently the Family Resource Centre tries to contact all spouses when the military member has been deployed, to let them know about some of the services available to them.

We realize that there are many ways we can meet the needs of the Comox Military Community in the area of Deployment Support/Information.

With this in mind we are planning to hold a community meeting to look briefly at the Emotional Cycle of Deployment and to get input from you as to how you would like the FRC to develop its programs in this area.

The meeting will be held Wednesday evening 7:00 pm September 15th at the Family Resource Centre (at the corner of Little River and Ryan Road).

For more information please contact Mara at the FRC 339-8290.

TO ENSURE MINIMUM PARTICIPATION REGISTRATION
IS REQUIRED FOR ALL WORKSHOPS
ALL SERVICES / WORKSHOPS / GROUPS / ARE CONFIDENTIAL

Health & Fitness



TAKING CARE OF YOURSELF

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

Get involved in health care

It's 3 a.m. Sunday morning. The emergency waiting room is packed with the various disasters of a rowdy Saturday night that slipped into Sunday. People are doubled over in pain, others are bleeding through bandages which are obviously home-made, some people look nearly unconscious. You can see a lot of pain and suffering.

"Maybe I shouldn't be here," you think.

Your toddler spiked a high fever around midnight. For the past few days it was just a cold but tonight it got worse. Now she's hot and flushed and can't stop coughing. She's obviously sick but does she need to be here? Could she have waited to see the doctor?

Trouble is, with kids you can't take chances. They tend to get sicker much faster than adults.

Monday morning is too far away. Right now there's just nowhere else to go.

But maybe it doesn't have to be this way. Maybe your child, and others like her in your community, could have access to better treatment at times like this. And maybe it could even be more cost effective than a high-tech emergency room. Maybe you should become involved and push for change. But how do you get things rolling?

The community health nurse at your health unit is a good place to

start. Nurses believe that people in a community can and should be actively involved in shaping the health care system they use. She might refer you to a variety of concerned and active planning groups or authorities in your area. The health planning scene is changing fast, and it is different in each region. Local knowledge is important.

You might also consider joining a Healthy Community Committee in your area. They are now functioning in more than 80 communities in B.C. People in these committees identify problems, set priorities, then act. They've achieved a lot—increased home care services, improved housing, citizen safety, and more. If there isn't one in your area yet, consider organizing one. The B.C. Healthy Communities Network will help you get it off the ground. Phone 261-3478 in Vancouver.

Whatever you choose to do, don't get discouraged if change doesn't happen immediately. You might have to spend a few more nights in that emergency room, but your efforts will eventually pay off!

What's important is that you and other people most affected by local health issues are involved in creating changes that are important to you.

A cancer that targets men

There's a form of cancer that only targets men by attacking a very male part of the body, the testicles.

For boys and men who fell asleep during biology class, testicles are those round things which hang below your penis. They're held in a sack of skin known as a scrotum.

This form of cancer is only responsible for one per cent of all cancers found in men. But its threat is growing. In the past 25 years the number of men affected by cancer of the testicles has doubled. Now it's the most common cause of death from cancer in men between the ages of 15 and 35.

Some men are especially at risk. If, as a child, you had an operation to bring your testicles down from your body and into your scrotum, you are in greater danger. Your risk is also higher if you have been unable to father a child. If your mom took the hormone DES during pregnancy to avoid a miscarriage you are also at greater risk. Check with her.

The good news is that when detected early, cancer of the testicles is one of the most curable forms of cancer.

The bad news is that nurse researchers have found that three-quarters of men in this age group have never even heard of this kind

of cancer. Even more don't know how to protect themselves. If you're this kind of guy, read on. You could save your life because there's a very simple way you can check yourself for warning signs.

The main symptom of this cancer is a small, hard, painless lump on one testicle. Regular monthly checking for this lump can mean the difference between life and death.

The best time to check is right after a warm shower or bath. Your scrotum will be more relaxed and you'll be able to feel inside it more easily. Check each testicle on its own by gently rolling it between your thumb and fingers. Normally, they feel slightly soft with a smooth surface and they might be a bit different in size. You're checking for any lump or thickening that might feel like a pea, or a grain of rice.

Any man over the age of 14 should take at least a couple of minutes once a month for this check. Finding early signs of this cancer is a man's best defence.

If you do find a lump, see your doctor. Even if it turns out to be cancer, you have greatly improved your chances. With treatment there's a ninety per cent cure rate. As well, sexual relations and fertility are not usually affected by the treatment.

info health

Dr. Bob Young



Trim, Snaffle or Snip?

Should we trim, snaffle, or snip? Or should we leave things alone, the "way nature intended?" Some medical (or, in this case, surgical) questions may never be answered.

Trimming refers to circumcision; snaffling to removal of the tonsils; snipping, episiotomy during delivery. The amount of ink that has been expended in arguing these topics in medical journals would suffice to print the Globe and Mail for a year.

Circumcision of male infants was almost universal during the first half of my career. As an intern the daily "circ list" had to be dealt with, requiring an hour or so most days fiddling with the tiny clamps and gadgets designed to relieve young boys of their foreskins. The procedure appeared barbaric with the baby being strapped down and all. The gauze-wrapped sugar lump was not very effective anaesthesia, but the post-surgical bottle or breast usually worked.

What's important is that you and other people most affected by local health issues are involved in creating changes that are important to you.

Circumcision was done to avoid later problems, it was said; the presumption being that the trimming would be more painful during youth or adult life. The fact that very few uncircumcised males developed "later problems" was seldom considered.

Snaffling tonsils was similar—I removed a bucketful in the early years, as did most other doctors. The adenoids usually came out too, probably the more important half of the operation. One snaffle and we snaffled. Probably little justification for the surgery in most cases, although some would still argue about this.

Episiotomy, the "little snip with the scissors" in a woman's pelvic floor as her baby's head is emerging is still a topic that causes verbal fisticuffs between obstetricians of opposing camps. In my day delivering a baby without resorting to an episiotomy was considered a bit of a triumph, although many felt

(and still do) that the excessive stretching led to later gynecologic problems. The risk entailed in not using a timely snip was a tear, more difficult to repair than an episiotomy. The reward, from the doctor's point of view, was avoiding a 30 minute sewing job.

All three procedures have undergone a pendulum effect during the last 30 years. Initially universally accepted and almost routinely done, they soon became very much the exception, particularly in the cases of circumcision and tonsillectomy. Most medical plans have removed infant circumcision from the list of things that they will pay for.

At its lowest point the pendulum's swing placed the doctor at risk of criticism if he or she dared to remove a child's tonsils or a baby's foreskin. Episiotomies have had an easier time of it, wavering in frequency, perhaps, but certainly never disappearing. I wonder what we will be doing in another 30 years.

Psychosomatic Illness

Distressing to parents, and a dilemma for doctors is psychosomatic illness in children. Psychosomatic, almost a cult word two decades ago, still means "the mind affecting the body."

In adults, psychosomatic factors have been identified in some cases of migraine, asthma, irritable bowel syndrome, and duodenal ulcers, to name a few. Some feel that we all have a part of our body that acts as a target and develops symptoms when we are upset.

In children, psychosomatic causes are frequently the reason for bedwetting, abdominal pain, chronic over-activity, nightmares, and perhaps "growing pains." The dilemma for doctors, of course, is the fact that all of the symptoms can be caused by "real" diseases such as bladder infections, appendicitis, or bone cancer.

Not that psychosomatic illness is not real—it causes body dysfunction and discomfort. An ex-

perienced doctor will suspect an emotional cause early on when presented with a child with the above symptoms, or similar ones. The diagnosis is more readily made if the doctor is familiar with the child and the parents—one more advantage of having a family physician.

Clues are obtained by scrutinizing the history, the pattern of the pain or other symptom, associated symptoms, relationship to the child's activity, school calendar (no pain on weekends), and so on. The physical examination is also revealing in that it fails to demonstrate any, or few, findings associated with organic pathology, and lab tests are normal. A wise physician who suspects psychosomatic illness will limit examinations and investigations; doing too much will reinforce the child's tendency to be "ill."

Psychosomatic illness in children, as in adults, has a psychosocial cause. Disruption of the family unit (separation,

divorce, death of a family member, parental discord, remote employment), stress at school (pressure to achieve, bullying or unfriendly classmates or teachers), and poverty all rank high.

Disease itself, particularly one that is chronic, disfiguring, or requires repeated hospital care can cause psychosomatic illness.

The physician attempts to identify the cause of the psychosomatic response by interviewing the parents and the child. This requires a skilled and gentle approach, a secure doctor-patient relationship and a somewhat authoritarian defence of the diagnosis. The doctor must be sure, and let that be known. Only then can treatment efforts be started.

The underlying problems may be simple and easily corrected; more often they are complex, discouraging, and difficult to solve.

Help from a psychiatrist and social agencies may be needed.

THE KIDS ARE THERE.
DRIVE WITH CARE!



YOUR LOCAL
POLICE



NEXT DEADLINE
13 SEPTEMBER - NOON

Leisure



Harry Sweeney
music reviews and
syndicated columnist

Under the Kudzu

The title may sound somewhat provocative however, as lead singer Marty Raybon explains, Janie Baker's *Love Slave*, despite its spicy title, is really a good-natured tale about a good ol' boy, who, much to his own surprise, finds himself hopelessly in love. The song virtually became an out-of-the-box hit and has since exploded into the top 10, thus keeping Sheandoah's track record (Church on Cumberland Road, Two Dozen Roses, Rock My Baby, Next To You Next To Me) intact.

Under The Kudzu (RCA/BMG) follows their solid gold Greatest Hits and last year's *Long Time Comin'* into the hit listings. If *Bubba Can Dance* is a comedic look at the modern dance floor while *I Want To Be Loved Like That* slows the musical proceedings and offer a love ballad while the title track is about a fast growing vine of China and Japan, that is now widespread in the southern states. Uptempo vibes of *Nickel In The Well*, *Just Say The Word* and *If It Takes Every Rib I've Got* round out group's latest.

Production by Don Cook has added a new, leaner, tougher sound. Country with an edge.



Shenandoah

Ranging from torchy love songs to R&B flavoured pop outings Sheree Jeacocke kicks off her second album *Miss My Love* (Arista) and turns in a vocal performance to rival such pop divas as Whitney or Mariah. Through the 10-song outing Sheree is on-target as she takes the title track and turns it into a mini-drama of unrequited love and then blasts into *Everybody Needs A Love*. She asks the musical question *Could It Be I'm Fallin'* clicks with the uptempo *What She Wants* and highlights the set with the melodic *Givin' My All* and the dancer *Touch Sensitive*. The Toronto native started her singing career at 16, hit the road, toured with various bands, worked as a background singer on TV and worked for years as a session singer. The dues have been paid.

FAST FACTS: Singer Amii Stewart sold in excess of a million copies of *Knock On Wood*, topped the charts in 1979 and never hit top 40 again.

Remember to support your local food bank.



Sheree Jeacocke

Burger Bonanza!

Bite into some burgers with a twist! Barbecue season is almost over, so why not end it with an all-time favourite - the burger?

There is more than "meats" the eye to making a delicious hamburger. With a little imagination, you can create almost as many different hamburgers as there are days in a year. But first, here are some tips to make sure you get the most out of your meat.

Start with fresh ground beef that is about 2-percent fat, which means medium-ground hamburger. If, however, you prefer to use lean ground beef, be sure to reduce the cooking time so patties don't dry out. Regular hamburger meat makes a juicy burger, but the patties shrink up a lot, and be prepared for flare-ups on the barbecue coals.

To form hamburger patties handle the meat as little as possible, moulding gently until 3/4 inch thick. Loosely packed burgers are crisp on the outside and juicy inside.

Before you make your burgers though, don't forget the importance of proper handling, storage, and cooking of ground beef. The following suggestions will help protect you and your family from hamburger food poisoning. Be sure to always wash hands, countertops, and utensils with hot soapy water after handling ground beef.

Before buying beef from the grocery store, check the date it was packaged, smell for any unpleasant odours, and look to see if there's any discoloration. Also, hamburger will only keep for one or two days at most in the fridge. To store for any longer, wrap meat in plastic wrap and freeze.

Lastly, but maybe most importantly, always cook ground beef until there is no pink showing, (well done).

Here's to the best barbecue hamburgers of the season!

BRAN BURGERS

2 lbs. ground beef
1/2 cup All bran cereal
1/2 cup sour cream
3/4 cup finely chopped onion
1/2 tsp. beef oxa powder
1 tsp. pepper
2 tsp. salt
1/4 cup milk
10 - 12 hamburger buns, may be toasted if desired.

Mix everything (except buns) together in large bowl. Shape 10 - 12 hamburger patties and cook on grill over medium-hot coals for about 10 minutes per side until well done. Serve meat in buns and have condiments you prefer ready.

Note: 1/2 cup quick oats may be used instead of All bran cereal, and one egg used instead of 1/4 cup of milk, for another healthy hamburger combo.

CHEDDAR TOPPED MEX BURGER

1 lb. ground beef
1 egg
1/4 cup dry breadcrumbs
2 T. milk, or water
1/2 tsp. salt
1/4 tsp. pepper
1/4 tsp. dry thyme
1/2 cup finely chopped onion
Mix above ingredients together well and shape into four large patties.

Sauce:
3/4 cup shredded old cheddar cheese
3T. mayonnaise
1/3 cup sliced green onions
2T. diced sweet red pepper
2 tsp. Dijon mustard
1 tsp. chili powder
Fresh hot green chili peppers (to taste).

Country Kitchen



Carolyn Haight

In small bowl, combine cheese, mayonnaise, onions, red pepper, mustard, chili powder, and green chili peppers. Cover, set aside.

Cook patties over medium-hot coals for 6 - 7 minutes, turn and cook 5 minutes longer. Spread cheese topping on burgers and cook for 2 - 3 minutes or until well done and cheese has melted. Put hamburger on a bun and use the following condiments in the order given: salsa, cheese, lettuce, tomato slice, and onion slice.

STUFFED BURGERS

2/3 cup dry bread crumbs
2 tsp. dry onion flakes
1/2 tsp. parsley flakes
1/4 tsp. poultry seasoning
dash salt
1/2 tsp. pepper
1/2 tsp. Worcestershire sauce
2T. water
2 lbs. ground beef
1 egg
1/2 tsp. seasoning salt
1/2 finely diced onion

Measure the first seven ingredients into a bowl. Stir. Add water and mix until mixture holds together when squeezed. Put hamburger in another bowl and mix together with egg, seasoning salt, and onion. Shape into 12 equal balls, then flatten into patties. Divide crumbs mixture among six of the patties, placing in centre and keeping back from edges. Cover with remaining six

patties and press edges to seal. Cook on medium-hot grill for 10 - 12 minutes per side, or until well done. Serve with preferred condiments.

BETTER BURGERS

2 lbs. ground beef
3/4 cup water
1 packet onion soup
1/3 - 1/2 cup dry bread crumbs
In medium bowl mix together beef and water. Add soup mix and dry bread crumbs, stir well. Shape meat into about 10 patties. Cook on medium-hot coals and serve on toasted bun. Condiments include lettuce leaves, onion and tomato slices, and cheese.

BURGERS ITALIAN STYLE - Pizza Burger

1 lb. lean ground beef
1/3 cup dry bread crumbs
1/3 cup finely chopped onion
1/4 cup grated parmesan cheese
5-1/2 oz. tomato paste
1 tsp. salt
1/2 tsp. pepper
1/2 tsp. oregano
6 Mozzarella slices
6 tomato slices
1T. or more, grated medium cheddar cheese
6 French bread slices, toasted and buttered

In medium bowl mix first eight ingredients together, then shape into six slightly oval patties. Cook on medium-hot greased grill, about 10 minutes per side, until well done. When meat is cooked put a slice of mozzarella cheese on each patty, followed by a slice of tomato, 4 mushroom slices and 5 green pepper pieces. Sprinkle cheddar in center. Serve each patty on toasted and buttered french bread.

Napoli Burgers

1 lb. ground beef
1 egg
1/4 cup dry bread crumbs
1 clove garlic, minced
2 T. grated parmesan cheese
1/2 tsp. salt
2 tsp. fresh basil, chopped (or 1/2 tsp. dried)
1/2 tsp. dried)
1/4 tsp. crushed hot pepper flakes
4 slices mozzarella
4 slices tomato
4 Italian rolls, or hamburger buns
Garlic butter

In medium bowl mix first nine ingredients together and shape into four patties. Cook on greased grill 10 minutes per side until well done. Top each burger with mozzarella cheese slice and cook until cheese is slightly melted. Meanwhile, split and lightly toast rolls on the edge of the barbecue, spread with garlic butter. Place hamburger in bun and top with tomato slice.

NEXT DEADLINE
13 SEPTEMBER NOON

Public Announcements

C.V. Amateur Radio Club

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

Library Hours

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

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.

BASE RUGBY CLUB

The Base Rugby Club is still actively seeking new members. As of 6 Aug, the club is in the North Vancouver Island Rugby League. Regular season play begins 12 Sept., on the road, with our home opener on 19 Sept. against the Nanaimo Hornets at the Base rugby field (soccer field). All home game start times to be announced.

On 5 Sept. the Base rugby team will be playing in a tournament at Highland Secondary School in Comox. A majority of the N.V.I.R.U. rugby teams will be there, as well as an Old Timers team.

The Base team would appreciate your support. Feel free to drop by any practice or to any game that is at the rugby field. If interested, ask for Brad Marriott or Vince Home for any information you wish to acquire. Practice is held at the Base field every Tues. and Thurs. at 1800 hrs. Or call Brad at 339-2793 (H) 339-8534/8417 (W), or Vince at 339-6409 (H) 339-8535 (W) anytime.

LINDA CYR SCHOOL OF DANCE

In September, Linda Cyr will begin by instructing jazz to students from the ages of 3 years old to adult. As last year, her lessons will take place at the Lower Native Sons Hall in Courtenay.

Last June, her first recital "Time Machine" was successfully presented at the Sid Williams Theatre. Her musical talent and creative mind transcended the entire performance. Linda is looking forward to begin a new year with her students and has already begun to create new ideas for her next recital.

If you are interested in joining the Linda Cyr School of Dance, and are ready for a wonderful year of learning and fun, please call 339-2632 (Linda or Tracey) for registration and/or information.

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.

VOLKSWALK

The Comox Glacier Wanderers are sponsoring a 10K guided volkswalk in Port Alberni on Saturday, 4 September. Registration will be at the Barclay Hotel, beginning at 10:00 am, for 10:30 am walk. If ride needed, phone 339-3945 or 339-4145.

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

19 Wing will host the 1993 Pacific Region Golf Championship - 14 - 17 Sept 93

Volunteers are required to assist with spotting, scoring and general hosting duties. Volunteers are to receive permission from their Unit and then contact Military Sports at: local 8542 or 8783

BREAKFREE

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

Tous les lundis: de 9:00 am à 11:00 am au centre communautaire (près du Canex). C'est gratuit et c'est amusant.

Pour plus d'information: Suzie Beaumont 339-1372. P.S. Nous serons fermé pendant la saison estivale (juillet et août). Au plaisir de se revoir en septembre.

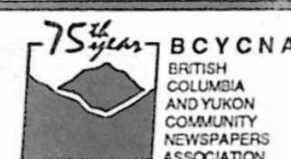
Personal Exercise Program

There is a PERI supervised PEP Program at the Rec Centre Mon to Fri from 0730 - 0830. All members who have failed their CF EXPRES Test and are on Remedial PT are encouraged to attend. Members will have half the gym to work out in. Also those who wish to improve their physical fitness are welcome to attend. For more info contact the Rec Centre, Loc 8315.

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.

NEXT DEADLINE 13 SEPT.



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 BCYCN AT (604) 669-9222.

323
\$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. CANADA ENGINES LTD. Quality Guaranteed Rebuilds. 6 Cyl. from \$995. - V8 from \$1,595. 6 Yr./120,000 KM limited warranty. 580-1050 or 1-800-665-3670, 12345-114 Ave. Surrey, B.C. Approved. 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. BUILDING SUPPLIES DOORS/WINDOWS Interior and exterior wood, metal and French Doors, wood windows, skylights. MORE! Call collect to WALKER DOOR and WINDOW in Vancouver at (604)266-1101. HARDWOOD FLOORING Best prices & largest selection in B.C. Complete line of installation, Finishing Accessories & Maintenance Products. Ask about our warehouse do it yourself clearance specials. 2 1/4 X 3/4 solid T&G Prefinished Oak from \$3.69 a sq.ft. "NEW PRODUCT" Red Oak laminate prefinished hardwood \$2.85 sq.ft. Unbelievable price! Woodpecker Hardwood Floors "Your One Stop Hardwood Flooring Store", 109-11511 Bridgeport Rd., Richmond. Phone: 270-9314. BUSINESS OPPORTUNITIES HELP NEEDED IN YOUR AREA! Canada's largest single national Long-distance carrier is offering substantial discounts on Long-distance telephone calls. (No sign-up or installation fee, minimum billing or monthly fees) You'll earn great money, work your own hours. No Selling, No Telemarketing. If you need a few extra dollars or a lot of extra dollars, Call me 763-8254. (SERVICE MAY NOT BE AVAILABLE IN ALL AREAS). \$50 OPPORTUNITY \$1 Hour! day for 5 days can make you approx. \$18,000 over following 30 days. Details send S.A.S.E.: R.PUBLISHING, Site 6, Comp. 17, RR#1, Winfield, B.C. VOE 2C0.	PROFIT WITH THE LAND DEVELOPERS! 900 people per week are crowding into the last remaining space in the Lower Mainland of B.C. The Greater Vancouver Regional District says that "At expected rates of development, the land currently identified for single family housing will be built to capacity by about 2006". Find out how you can profit from this land squeeze. Call for Free brochure (604)681-7787 or 1-800-668-3565. 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-rating photos and private fantasies. For discreet info write: KAREN, Box 670-GB, Kelowna, B.C. V1Y 7P4. Adults Only Please! EDUCATION Train to be an Apartment/Condominium Manager. Free job placement assistance. Government Licensed correspondence course, 2,200 graduates working. For FREE brochure: R.M.T.I. 681-5456 or 1-800-665-8339. BE A SUCCESSFUL WRITER ...and write for money and pleasure while learning how. You get individual tuition from professional writers on all aspects of writing - romances, short stories, radio and TV scripts, articles and children's stories. Write, call or fax to-day for our FREE BOOK, "How To Be A Successful Writer". Toll-free 1-800-267-1829, FAX: (613)749-9551. The Writing School, 38 McArthur Ave. Suite 1981, Ottawa, ON K1L 6R2. EMPLOYMENT OPP. PSYCHIATRIC NURSING. An ongoing shortage of Registered Psychiatric Nurses exists. The ONLY program in B.C. that trains specifically for this occupation. DOUGLAS COLLEGE in NEW WESTMINSTER, blends classroom learning with hands-on experience to ensure graduates find work in a variety of settings at starting salaries up to \$30,000/year. Information: Call 527-5478, leave your name and mailing address. We will send an information package. Applications for January 1994 will be accepted until October 31, 1993. VILLAGE OF NAKUSP Parks and Arena Attendant, Arena address. We will send an information package. Applications for January 1994 will be accepted until October 31, 1993.	START A NEW CAREER!! Learn Income Tax Preparation or Basic Bookkeeping. Tax deductible certificate courses. For Free brochures, no obligation: U & R Tax Services, 1345 Pembina Hwy., Winnipeg, MB R3T 2B6, 1-800-665-5144. Also inquire about exclusive franchise territories. FINANCE Government Grants & Loans. Millions of dollars are made available to new and existing B.C. businesses. The Brad Book can show you how to get your share. Call now! (604)756-2721. GARDENING LOSE WEIGHT IN 7 DAYS! with revolutionary SLIMPATCH! Clinically suppresses appetite. No pills, exercise or starvation! 50 million sold in Europe. Now available in North America. ORDER NOW! 1 week's supply \$12.95; 1 month \$24.95; 3 month \$49.95. Cheque or Money Order to SLIMPATCH INTERNATIONAL, 697A-1755 Robson St., Vancouver, B.C. Canada V6G 3B7. HELP WANTED ACCOUNTANT. Hands-on accountant required for busy newspaper association office in Vancouver. Should be a senior student or recent CGA/RIACA graduate with knowledge of ACCPAC/Lotus 123. Some supervisory experience and good interpersonal skills essential. Knowledge of newspaper or ad agency accounting operations helpful. Competitive salary, benefits and pleasant working conditions make this position an excellent opportunity. Please forward resume to: Bob Grainger, Executive Director, B.C.Y.C.N.A., 230-1380 Burrard, Vancouver, B.C. V6Z 2B7. Immediate opening with Community Newspaper for Press Operator in Northwestern B.C. Must have Web or 24" press experience. Phone: 632-6144. VILLAGE OF NAKUSP Parks and Arena Attendant, Arena address. We will send an information package. Applications for January 1994 will be accepted until October 31, 1993.	Experienced Pressman/ Woman needed. Web Leader. Resumes only to: Monday Publications Ltd., 1609 Blanshard St., Victoria, B.C. V8W 2J5. KITCHEN CABINETS CABINETS 1/2 PRICE. In stock, countertops/vanities also. KitchenCraft Factory outlet. Cash and Carry. Not Warehouse, 4278 Lougheed, Burnaby 298-9277, 1868 Spall Rd., Kelowna 860-6638, 600 Cloverdale, Victoria 389-1114. MACHINERY PACIFIC FORKLIFT SALES LTD. (Est. 1972). Dozens of good used forklifts available. LP, Gas, Diesel, Electric. We buy tool (604)533-5331, FAX: (604)533-4563, Eves. Terry Simpson (604)535-1381. MOBILE HOMES MOBILE/MODULAR HOMES Factory Direct. "Custom Built". Priced from \$41. sq.ft. Top dollar for trades. Many used units available. Noble Homes (403)447-3414. PERSONAL HANDLE STRESS! Gain control over the Reactive Mind. Read the book "Dianetics" by L. Ron Hubbard. \$7.50 Hubbard Dianetics Foundation, 401 W. Hastings, Vancouver V6B 1L5. 681-0318. DREAMS - Unlock the secrets of your dreams for insights into your life. Call and learn an ancient but simple technique for spiritual insight to today's many challenges. Call ECKANKAR Info Line 1-800-667-2990. MALE IMPOTENCE corrected, performance enhanced. Now available without prescription. No age limit. 15,000 new users/month. Write/call. Performance Medical, Box 418, Valemount, B.C. VOE 2Z0, 1-800-663-0121. REAL ESTATE Six in One Gravel ready mix rentals landfill showing 1 million income plus 110 acres. Subdividable, 80 in gravel balance A.L.R. All this for \$1,400,000. \$400,000 down, balance 6% interest. Tradeland Realty, 3410 Coldstream Ave., Vernon, B.C. 1-545-5325, 1-542-8712 Eves. Cellular 1-549-0356. Henry Desnoyer.	7.9 Oceanview Acres on Sunshine Coast. 3 Bdrm house, 8 Unit motel for added income. Ideal for semi-retired \$269,000. Phone owner 487-9716. NEW HOMES C.M.H.C. Standards from \$55 Sq.ft. Quality engineered real houses, factory-built for your lot. 2000 walls, 1400/1200 insulation. Showrooms: Mac Home Sales, Surrey (604)597-2181. ISTO LESS THAN 1/2 REPLACEMENT! 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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. NETWORK CLASSIFIED ADS Place your ads in over 100 community newspapers for only \$225. Call this paper or the BCYCN at 669-9222.



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Sept. 03.....Music by Wild River - Country Rock
Sept. 04.....Slo-Pitch Dance - Upper Hall - Wild River 9:00 PM - 1:00 AM
Sept. 10.....Music by El Dorado - Country & Western
Sept. 17.....Music by Shaboom - 50 & 60's Light Rock
Sept. 18.....Metro Seniors Big Band Dance 8:00 - 10:00 PM Big Band Swing from Vancouver
Sept. 24.....Music by Westwind - Country Rock

EVENTS

Sept. 26.....Crib Tournament - Upper Hall
Sept. 28.....General Meeting 7:30 PM - Upper Hall

SPORTS

Sept. 3, 4 & 5.....All-Legion Slo-Pitch Tournament at Lewis Park. Presentations Sunday afternoon.

REGULAR ACTIVITIES

BINGO.....Thursdays, Fridays & Sundays at 7:00 PM
MONDAY.....FUN EUCRE
TUESDAY.....PUB DARTS
WEDNESDAY.....FUN CRIB
THURSDAY.....FUN DARTS
FRIDAY.....TGIF & Draw at 5:30 - 7:30 PM
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

Sept 03.....Music by ELDORADO
Sept 10.....Music by WILD RIVER
Sept 17.....Music by ROCK CODS
Sept 24.....Music by HIGHWAY 19
Oct 01.....Music by ALLEYCATS
Oct 08.....Music by HIGHWAY 19
Oct 15.....Music by WESTWIND

REGULAR ACTIVITIES

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 PM
MONDAYS.....L.A. Drop-In Bingo, Upper Hall, 7:30 PM
Monday Night Men's Dart League, 7:30 PM, Navy Room
TUESDAYS.....Ladies Crib League, Lounge, 7:30 PM
Mixed Dart League, Upper Hall, 7:30 PM
WEDNESDAYS.....Navy League Drop-In Bingo Upper Hall, 7:00 PM
Comox Valley Men's Crib League, 8:00 PM, Lounge
THURSDAYS.....*1st Branch Exec. Mtg. Upper Hall, 8:00 PM
*1st L.A. Executive Meeting (as required)
*2nd L.A. General Meeting, Upper Hall, 8:00 PM
*3rd Branch 160 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

DATE TO REMEMBER

Annual Veterans Dinner will be held in the Upper Hall on Saturday, 23 October. No host bar 6:00 PM - dinner at 7:00 PM. \$5.00 per person. Watch for further details.

Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

On the Base

Referral Agents

The EAP Committee hopes that everyone at least glances through these various articles. They are not intended just for civilians.

If you find the contents of this column helpful, we would like to hear from you - just call one of the referral agents at the local listed.

There is an ongoing need for referral agents to carry out the program at Comox. Would you like to be part of this program? At present we are interested in hearing from a volunteer who is concerned about assisting troubled fellow employees, able to keep confidences, and is non-judgemental in attitude. Both military and civilian members are part of the EA Program as referral agents.

If you are willing to be trained, and stay with the program at least two years, please call any of the present RAs or submit your name through your supervisor, union steward or the CPO.

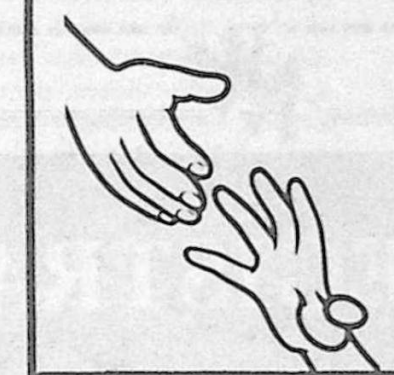
INTROVERTS ARE PEOPLE, TOO

The introvert, you know who we're talking about - he or she is the one who sits quietly at his/her workstation, never discusses anything but the project at hand, is always proper and formal, and never seems to laugh. He or she's the one you feel uneasy around. You would never go to lunch with him/her; after all, you would have to do all the talking. How can you help this person fit in? Goethe once said, "If you treat a person as he is, he will stay as he is; but if

you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be." He may have known something that it takes many of us years to discover.

While that Silent Sam or Sally may not appear to need an encouraging word, a pat on the back, or a sincere greeting, his/her needs are the same as the extrovert's - and anyone else's for that matter. We all need nurturing, or we shrivel up and die.

Employee Assistance Programme



Next time you see Sam or Sally, stop a minute to ask how his/her day is going - or ask him/her to lunch. You may find a loyal friend with an unbelievably funny sense of humour.

HOW TO BE A GOOD FRIEND

Who controls a conversation, the listener or the talker? You get an "A" if you said listener. Isn't it surprising that even in knowing this, we continue to interrupt others, talk to them instead of

with them, and try to dominate conversations? Is it any wonder that more people than ever are joining support groups and seeking counselling. Who will listen to them, if not a good friend?

Here are ten things you can do to help a friend in need:

- 1) Look directly at the person talking; don't glance periodically over their shoulder to something or someone else.
- 2) Listen to the person's words; don't tune them out while you think about what you will say when they stop talking.
- 3) Be patient with the person; don't cut them off.
- 4) Listen for the person's thoughts and feelings.
- 5) Look at the person's facial expressions and other nonverbal language - the tears, smile, tone of voice.
- 6) Acknowledge that you hear the person; nod or say something like, "Tell me more."
- 7) Respond by clarifying or summarizing the ideas; focus on feelings, reflect back what the person just said. Example: "Sounds like you were angry," or "I hear you saying..."
- 8) If you have to ask questions, ask open-ended questions requiring more than a simple "Yes" or "No" answer.
- 9) Use empathic words, such as "Ouch, that must have hurt."
- 10) Allow the person the right not to talk; don't push, just say "It's okay if you don't want to talk."

The EAP is a joint UNION/MANAGEMENT program

Your EAP Referral Agents:
Carol Anderson - 8356
Bev Chadderton - 8857
Evelyn Femia - 8336

L'Association Francophone Ble-d'Inde (Corn Boil)

L'Association Francophone de la vallée de Comox vous invite à sa grande EPLUCHETTE DE BLE-D'INDE.

Quand: Le samedi 18 septembre 1700h. Endroit: Pavillon de la plage Air Force. Prix: Membres \$1.50, Non-membres \$2.00, Enfants \$1.00. BLE-D'INDE A VOLONTE. P.S. Les boissons alcoolisées consommées durant la fête devront être en cannettes. Merci.

Pour infos: 339-3990 ou 338-2976.

The Francophone Association of the Comox Valley invite you to a big CORN ON THE COB PARTY.

When: Saturday, September 18, at 5:00 p.m. Where: Air Force Beach Pavillion. Cost: Members \$1.50, Non-members \$2.00, Children \$1.00. ALL THE CORN YOU CAN EAT. P.S. All drinks (alcoholic or not) must be in cans. Thank you.

For info: 339-3990 or 338-2976.

CHAPEL CHIMES

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - Maj Conrad Verreault
CHAPEL - Our Lady of the Sacred Heart (on Base)
OFFICE - Headquarters, Bldg 45, Rm 48, Local 8274
MASS SCHEDULE:
Saturday.....1700 hrs
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: Bonnie Gillis, phone 339-3496.

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 Charles Massey (UCC)
Capt Fraser Harvey (ACC)
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.



TOWN of COMOX RECREATION DEPARTMENT



OUR FALL BROCHURE IS ON THE STREETS!

LOOK FOR US IN THE

COMOX VALLEY RECREATION REPORTER

FALL REGISTRATION began AUGUST 30

Join us for the 13TH. Annual

TERRY FOX RUN



SUNDAY, SEPT. 19,
1993

at the

Comox Community
Centre

at

1:00 p.m.

To maintain the vision and principles of Terry Fox while raising money for innovative cancer research in an annual event known as The Terry Fox Run.

Help Yourself While Helping Others

Have you been thinking about cleaning out the basement, getting rid of a few things - need to have a garage sale, but it's such a lot of work.....

We've got the answer for you. We're going to have a giant garage sale under one big roof, here at the Comox Community Centre. All you have to do is dust off your collectibles and bring them on down. For only \$35.00 you get your own table/area to market your goods at, we do all the advertising and keep you warm and dry while you see to the sale of your items, and you keep your profits.

All proceeds from the sale of the tables, door donations and on site concession goes to the Comox Community Centre Teen Centre.

A TEEN CENTRE FUNDRAISER

307 Garage Sale.

\$35.00/ table
Saturday October 9
8:00 am - 2:00 pm
CCC Gym



5th

Annual FAT CHANCE

Mountain Bike

Race & Poker Ride
Sunday
Sept. 26



THE POKER RIDE - for recreational riders

Start time - 12:30 pm
Pre-Registration (to September 24, 4:00pm) \$13.00
Race Day Registration \$18.00

Each participant will ride a course of approximately 12 km passing through 5 preset dealer stations, where they will be dealt a card. At the end of the course the riders will bring their hands to the judge at the finish line area - the best poker hand wins!! and many more. Registration is limited to 100 participants. All participants 12 years and under are automatically entered into a FREE BIKE DRAW

MOUNTAIN BIKE RACE - for those who want to race

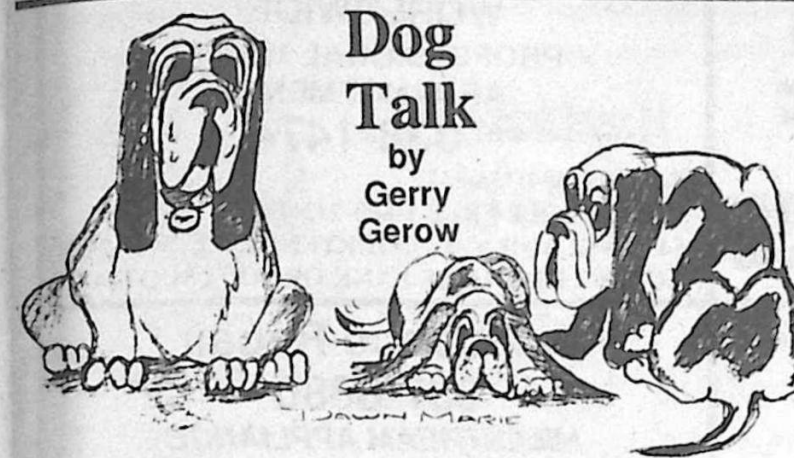
Start time - 12:00 noon
Pre-Registration (to September 24, 4:00pm) \$18.00
Race Day Registration \$23.00

A more demanding course of 15k or 30k for those who choose the thrill of competition. Categories for age groups and experience levels. Racers must be 10 years of age or older as of race day. All participants under 19 years of age must have parent/guardian approval. Registration includes T-shirt and draw prizes. Approved ANSI/SNELL helmets must be worn.

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Spokes Bike Shop

On & Off the Base



Dog Talk by Gerry Gerow

This week a breed book. *The Complete Basenji*, by Elspeth Ford, Howell Book House, New York, and Maxwell Macmillan, Don Mills, Ontario. \$31.95.

The small in size Basenji hound originated in ancient times, in Egypt. It is known as the "barkless dog" because they can't bark like other dogs. They can, however, make all other doggy sounds such as growling, whining, etc. They were originally a hunting hound but today are relegated to performing in shows and trials.

Elspeth Ford is well qualified as an expert on the breed. She has bred and raised Basenjis for over 30 years. She lives in Britain and, as a qualified judge, has judged the breed there and on the continent, as well as in North America. It is certainly to her credit that Canada has not been omitted as it so often is by many British authors. I found her description of the breed quite fascinating, particularly where she describes the many cat-like habits of the Basenji.

This is a large 160 page hard cover edition, well illustrated

with over 125 photos and illustrations. Canadians can order it from Macmillan by phoning 1-800-465-2288.

The latest issue of *Dogs in Canada* listed the top obedience dogs for 1992. Quite a variety of dogs made it into the top ten. There were two Golden Retrievers, including the top dog for the year. Three Shetland Sheepdogs, two Standard Poodles, a Miniature Poodle a Shih Tzu, and a German Shepherd dog make up the rest of the top ten. I find it a bit phony because it is based more on time and money than ability. For instance, the top dog was entered in 111 separate trials. This adds up to two per week for the entire year. Entry fees alone would total over \$2,000, and travel costs must also be astronomical, as you would have to travel quite extensively to find this many trials.

In the group performance statistics, the sporting and herding dogs were so far above the rest in qualifying scores that the others weren't even in the running.

Obedience trials are broken

Dogs in Canada

down into three divisions. The first is the Novice trial, where the dog must walk at heel both on and off leash, come to the handler when called, stand for examination by the judge, and do a one minute sit and a three minute down, with the handler across the room, in order to qualify. After qualifying in three separate trials the dog is awarded the title "Companion Dog" (CD) by the Canadian Kennel Club.

After attaining it's companion dog degree, the dog can go on into open competition where it must heel off leash, and drop on command during the recall exercise. In addition, they must retrieve a thrown dumbbell in the ring, a thrown dumbbell over the high jump, demonstrate a broad jump on command, and do a three minute sit and a five minute down with the handler out of the room. Again, after qualifying in three separate trials, the dog is awarded the title "Companion Dog Excellent" (CDX).

The third level is the Utility Degree where the exercises involve scent discrimination, directed jumping, and other difficult exercises. After three qualifying scores the dog is awarded the title of "Obedience Trial Champion." Very few ever reach this pinnacle.

Base Library: New Books are In

LIBRARY HOURS
Monday 6:00 pm - 9:00 pm
Tuesday 11:15am - 12:15 pm
& 6:00pm - 9:00pm
Wednesday 6:00 pm - 9:00 pm
Thursday 11:15am - 12:15pm
& 6:00pm - 9:00pm
Friday 11:15am - 12:15pm
Saturday 1:00pm - 4:00pm
Sunday 1:00pm - 4:00pm

(We are located next to Base Accommodations.)

New Books by Colleen Gagnon, Base Librarian

Forward the Foundation by Isaac Asimov. For nearly 50 years Isaac Asimov thrilled millions of readers with his internationally best-selling Foundation Series, a spell-binding tale of the future that spans hundreds of years and dozens of worlds. Here now is Forward the Foundation, the seventh, and final, volume in the series. Completed just before his death, it is the Grand Master's last gift to his legion of admirers.

Diana vs Charles Royal Blood Fued by James Whitaker. The explosive story and full details behind Diana and Charles' relationship have never been revealed...until now. Their breakup sent shock waves around the world as growing suspicions were officially confirmed: their fairy-tale marriage was just that - a fairy tale. Not only was the lily-white veil stripped away from their private lives, but the

British monarchy itself was suddenly under searing scrutiny. After all the headlines, the whispers, the rumours, the damaging claims and counter-claims by intimate friends of each, the full inside story of Diana, Charles, and their doomed union is now revealed - by the one person uniquely qualified to tell the lurid, fascinating tale of royal romance, rivalry, and scandal.

Healing and the Mind by Bill Moyers. In the tradition of the bestselling *The Power of Myth* and a World of Ideas comes the companion volume to a groundbreaking new PBS series from journalist Bill Moyers and his longtime colleague, producer David Grubin, exploring the healing connections between our minds and our bodies.

Chains of Command by Dale Brown. Dale Brown has hit the mark with six consecutive best-sellers. His legion of loyal readers grows with each new adventure and their praise is unanimous. Clive Cussler has called him "The best military adventure writer in the country today," while Larry Bond raves that he is "a master of mining technology and action - he puts his readers right into the middle of the inferno." Now with *Chains of Command*, Dale Brown delivers his most provocative and explosive novel to date: a gripping story about the future of the U.S. Airforce and new political and military realities - and a world still poised for war.

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7:30 - 4:30, Mon to Fri

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Mailing Address:
Family Support Centre, CFB Comox
Box 310

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Lazo, BC VOR 2K0

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Emergency accommodation Drop in anytime or call
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1st Lazo Scout Group

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Saturday 11 September 93
between 11:00am and 2:00pm

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Pac Reg X-Country Run

The late noonday sun and a beautiful Royal Roads Campus made for perfect conditions Friday, 20 August, as participants representing Vancouver, Esquimalt, Comox, and Chilliwack gathered to compete at the PAC Regional Cross-Country Run.

Competitors endured a vigorous 10 km trek through hills and trails in an effort to qualify in the Nationals and a trip to Kingston, Ontario on 1 October.

The teams from Comox and Vancouver did not hesitate to take full advantage of the over-night trip to Victoria. Our illustrious team driver and organizer, Gary Swyers, had it all planned out. "Okay gang, we'll do pasta at Pagliacci's to carbo-load, followed by a group strategy session and warm-up on the dance floor of the...Tudor House?!"

By mid-morning the follow-

ing day the team was packing on the power bars and raring to go. Representing Comox were Capt Skuja, Capt Reid, Sgt Swyers, Sgt Seguin, Cpl Procure, Cpl Grondin and Lt Wyers.

In the Open Men's division, Grant Reid captured first place with a time of 34:52 as Darren Skuja strided casually across the finish line in second place with an easy 36:33. Mary Wyers grabbed first place in the female division with a 47:50 finish. The three runners will be part of Pacific Region team competing in October. Good luck.

Both Sgt Swyers and Cpl Grondin took third place finish in their division.

Best of luck to next year's team, and remember - easy on the cheesecake. It doesn't taste too good coming back up on the hills, eh Paul?

DON'T WAIT TO READ IT IN THE PAPERS.



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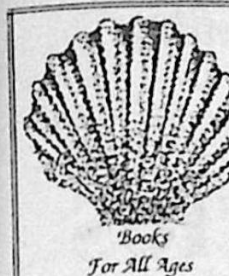
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5. The English Patient.....Ondaatje
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8. Blood Brothers.....Lumley
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Manager

"The shade of Mark Twain must have winced at the low estate of tall story-telling in America when, out of 5,000 entries, the judges had to award the prize to such a pallid and pusillanimous prevarication as the one about the fellow who put too much chili powder in his shoes to warm his feet and popped his corns!"

Well, I don't know if the following are any better, but try these on: "An Alberta farmer took a load of grain into town and with part of the proceeds bought some ducks. He placed the crates of ducks in the wagon box, then drove to the general store for some supplies. As he was leaving the merchant said, 'Looks like rain, Cy. You'd better head home pronto. You know how fast and heavy it can rain in these parts.' Cy replied, 'Oh, I'll make it, I got a good team.' He left the town just as it

began to rain. The rain came blowing in from behind him and he whipped up his team to run faster and faster. He just managed to keep ahead of the rain. He laughed as he entered the barn yard and drove his team right into the barn. He and his team were still dry. He turned around to find the crates of ducks floating on top of a wagon box full of rain water!"

The same farmer told us that a windstorm blew up one day. It was so strong it blew one of his calves up against the barn and held it there so long the poor calf almost starved to death! Another time it started raining while his team of horses were dragging a large log in from the woods. When he drove the team right into the barn he and they were soaking wet. He put the horses into their stalls and hooked the leather "pulling straps" over a beam. As he was leaving the barn

he noticed the log wasn't in sight but saw the leather straps stretched out across the farm yard. It was raining too hard to bother about it then. The next morning the sun was out bright and hot. When the farmer arrived back at the barn he found the log right by the barn door. He figured the warm sun must have shrunk the leather straps and pulled that log right up to the barn!

Then how about the chap out on the west coast who was shingling the roof of his new cabin. While he was shingling, the famous west coast fog rolled in but he just kept on shingling until he had used up his supply of shingles. The next morning when he went out to survey his handiwork he was startled to find the shingles extending about three feet over the edges of the roof! He figures the fog was so thick he must have been nailing the shingles into the fog!! Oh sure....Ed.



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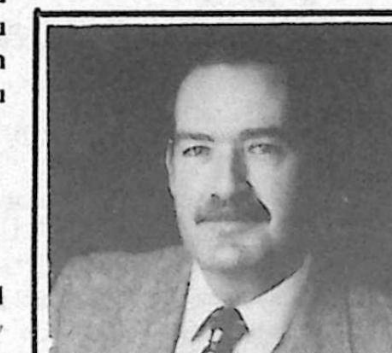
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Retirement Income Planning

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

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

Feature

93

Terry Fox Run Request for Volunteers

This year's event will see 19 Wing Comox joining the Comox Valley in raising money for cancer research.

An event of this magnitude requires volunteers to assist in many different areas of organization, such as spotters on the road-way, registration tables, water stations, tent set-up and tear down, and general public assistance. If you are able to help, please contact: Sgt J.B. Plante at loc 8783.



Terry Fox

Meditation

It's good to be back home...

by Fr Conrad Verreault, Wing Chaplain (RC)

Summer holidays are over, we are all refreshed and ready to work till the next winter holidays. We see now many new faces around us. The staff, civilian and military, we all live in a close face to face. Because our Base is a small world we need to help each other. Let's see how we could improve our relationship with God and our fellow neighbours.

God says: "Love your neighbour as yourself." Only love can improve our relationship with others. The human personality responds marvellously to love. We know this from our own experience. When we are loved by others, especially by those who are dear to us, we tend to feel vibrant and enthusiastic about life. We want to become a better person, to do good for others, to help make this world a better home for the human family.

Responding to God's love

Reflexion en Cette Période Fin des Vacances d'Été

J'ai lu un jour cette anecdote qui porte à la réflexion. "Un homme d'affaires décida de marier une jeune actrice." Mais comme en affaires, on se base sur des certitudes, il envoya un détective pour faire enquête sur la vie et les mœurs de ladite actrice.

Deux semaines plus tard le détective fait rapport: "Rien d'anormal à signaler, dit-il, sa conduite est irréprochable, sauf que depuis quelques mois, elle rencontre souvent un homme d'affaires dont la réputation est douteuse. C'est un ancien..."

means loving HIM with all our being. This also includes loving our neighbours. Loving our neighbours means making the effort to be really available to people showing our love and concern - displaying a sincere attitude which says, "Yes, I am really interested in you and I have time for you." Such an attitude is usually burdened with the harshness of human existence.

Every time you bring in our Base, in our midst, some gentleness, you are building a new more human world.

Every time you show concern and help your neighbour, you are making the world less of a cynical rat-race!

True love and delicacy of heart could make our wonderful Base a better place to live.

Think about it....

est dans ton oeil, tu ne la remarques pas?"

C'est plus facile d'enquêter sur la vie des autres que sur la nôtre. Il faut accepter de se faire voir par les autres si nous voulons la certitude sur soi.

Que de souffrances nous pourrions éviter aux autres et à soi-même en ne jugeant pas, en pardonnant et en faisant confiance. Pourquoi ne pas passer notre vie à créer un milieu de vie où tous se sentent aimer-respecter-valoriser. Nous disons souvent: "La vie est bien courte," pourquoi ne nous efforcerons-nous pas à bâtir un monde meilleur où il fait bon vivre. Pensons y....

RELIGIOUS EDUCATION PROGRAM: (RC) CHAPEL

The religious education program for children Grade I to Grade VI will start on Sunday, 26 September.

This program will start at 0900 hrs and will finish at 0945 hrs. The classes will be held at the

Comox Military Family Resource Centre



Volunteer Opportunities

Training Provided

Four times a year the FRC provides training in assertive communication skills, problem solving techniques and active listening for new volunteers.



Child Care

Child Care Volunteer

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

Toyshop Volunteers

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



Teen Club

Gym and Outdoor Activities

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

Special Events

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

Office Support

Responsible for answering telephone, taking messages, typing and other basic office duties as required.
Time commitment: 3-4hrs/wk



Welcoming Volunteer

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

The next Volunteer Training Workshop will be
September 20, 21, 22 from 4-6pm at the FRC.

For more information call Mara at 339-8290.

Programme d'Éducation Religieuse: Chapelle Catholique

chapel and at the parish hall. Parents interested in having their children registered for the religious education instruction will find the registration form at the entrance of the chapel.

In the past years, the Canadian Forces were helping financially with our religious education. Due to restrictions in their budget, they cannot help any more. Consequently, a \$5.00 fee will be charged for the books and the material your child needs.

If you need more information, you can call Fr. Conrad Verreault, B.Chap (RC) at 339-8274.

Le programme d'instruction religieuse pour les enfants de 1ère à 6ième année débutera dimanche, le 26 sept. 93.

Ce programme commencera à 0900 hrs pour se terminer à 0945 hrs. Les classes d'instruction religieuse auront lieu à la chapelle et à la salle paroissiale. Vous trouverez les feuilles d'inscription à l'entrée de la chapelle.

Dans le passé, les Forces

Canadiennes aidaient financièrement ce programme. Du aux restrictions budgétaires, ils ne peuvent plus aider. Alors nous sommes forcés de demander une cotisation de \$5.00 pour defrayer les livres et le matériel nécessaires à l'enfant.

Si vous avez besoin de plus d'information, vous pouvez communiquer avec l'aumônier, Conrad Verreault, au 339-8274.



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