

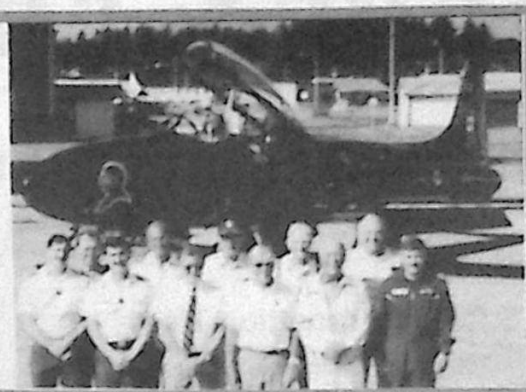


The Tabor Shell

.... page 3

Black Knight Vets Visit

.... page 6



TOTEM TIMES

Canadian Forces Base Comox B.C.

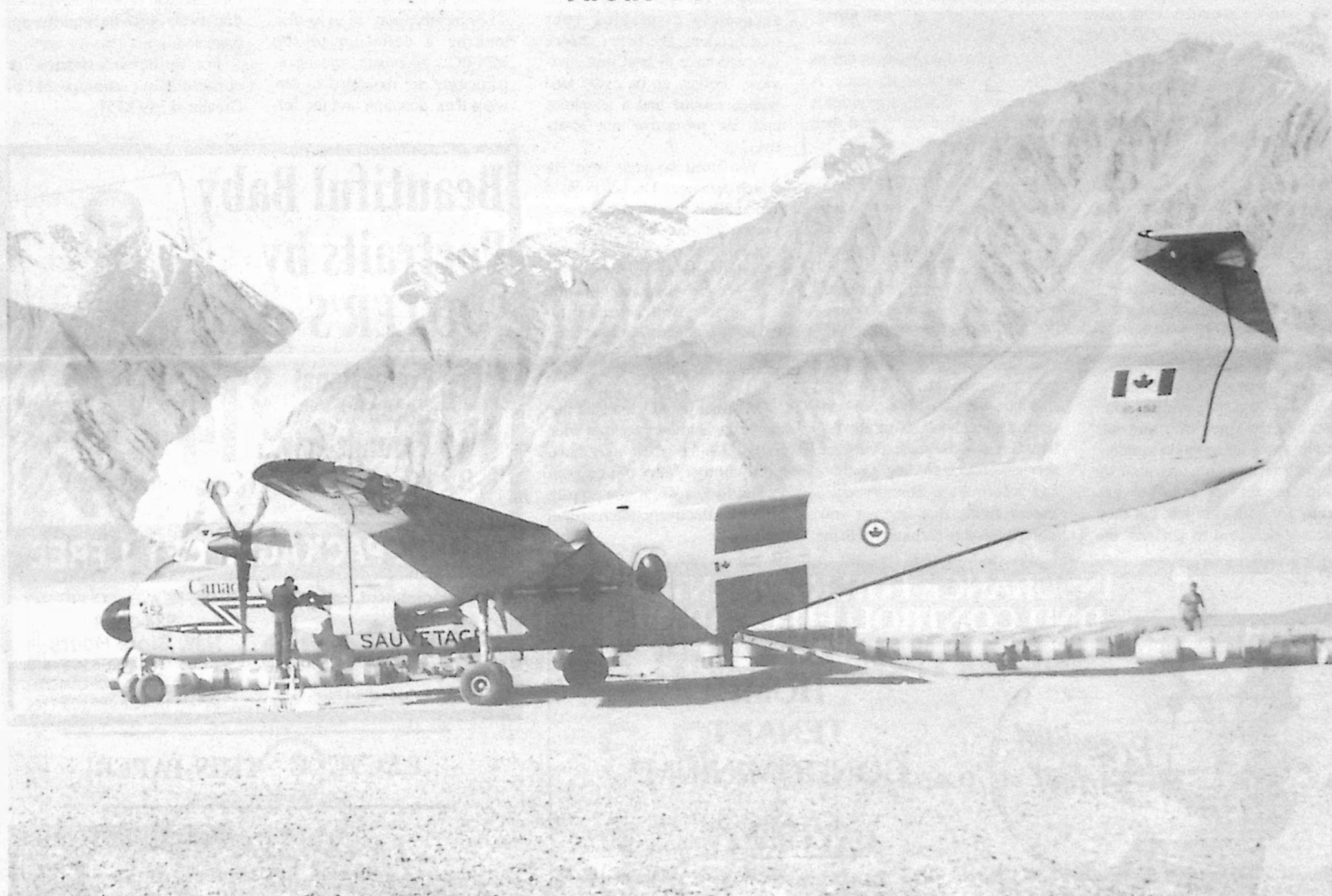


VOL 35 NO 17

30 SEPTEMBER 1993

COST: PRICELESS

Arctic Buffalo



Search and Rescue DeHavilland Buffalo at Arctic Base 442 Squadron is the only unit now equipped with this short take-off and landing aircraft (S.T.O.L.) its flight characteristics ideal for searching B.C.'s mountains and rugged fiords.

Operation Hurricane

Buffalo Roams Arctic Tundra

It was in the back of the minds of all the crew. No hotels. No pool. No entertainment. It couldn't happen. Maybe she was tired. After all, they had been working her pretty hard. But Tanquary Fiord of all places! Stuck 260 nautical miles south of CFS Alert with a bunch of cooped up scientists, researchers, and Buffalo 452.

Operation Hurricane

Originally tasked for Operation Hurricane, Buffalo 452 and its crew departed Comox June 13, to take part working with some

Twin Huey helicopters, a Twin Otter and an S61L helicopter from Canadian Helicopters. Operation Hurricane is an annual event to resupply remote microwave stations with fuel to run their power generators. The stations provide a radio relay from CFS Alert to other points in Canada.

The Buffalo's short take-off and landing ability made it an excellent aircraft for operating on the small gravel runways located in the Arctic. Able to carry 18 full barrels of fuel, the Buffalo made

many trips from Eureka to Tanquary Fiord, a remote research station manned by Environment Canada researchers located 260 nautical miles south of Alert.

Ancient Relatives

Breaking down in Tanquary Fiord wasn't on the list of activities for the crew of Buffalo 452. The Buffalo, near extinction, and already assigned a resting place in Mountain View Manor once again demonstrated who's the boss. After all, the crew had visited the RCMP relative of the flight engineer in Sachs

Harbour. Now it was her turn to show the crew some of her relatives.

Outfitted with borrowed four-wheeled all terrain vehicles, the crew went out in search of woolly mammoths. With no mammoths in sight, they settled for a group of musk-oxen butting heads to win the heart of a lone female. Film footage in hand the crew returned to Buffalo 452. After viewing the footage, and with some deliberation, rest, and soaking up Arctic sunshine, Buffalo 452 agreed to leave the Arctic

tundra.

Back to Paradise

By the time Buffalo 452 and her crew arrived in Comox, 13 days had passed. They had visited Whitehorse, Inuvik, Shingle Point, Sachs Harbour, Resolute Bay, Eureka, Tanquary Fiord, CFS Alert, Yellowknife, and Edmonton. WO Cashman saw his brother, Buffalo 452 saw her relatives, and the crew will never forget the beautiful scenery, the wildlife, or the interesting people they met during Operation Hurricane.

On & Off the Base

Become Your own Job Search Manager

S.C.A.N. Transition Tips

Okay, so it's time to take the uniform off and begin another career as a civilian. What now? Well maybe you can just visit the Wing Personnel Selection Office and they will help you find a job. Sound familiar? Well it is a very common opinion throughout the military. Service members seem to feel that transition programs such as the Second Career Assistance Network Program were designed to find them jobs, and if they fail to do that, they weren't very effective.

The military does a pretty good job of getting people ready to mount a job search. In reality, the service provides a lot more than private industry would ever provide for the rank and file. Sure, many companies provide outplacement assistance to executives and managers, but do almost nothing to help regular workers who are laid off. Any assistance provided comes from the federal employment agencies or is paid for by the individual.

The military, however, has a Second Career Assistance Network Program (SCAN) which is designed to assist military members make the transition to civilian life. Services include individual counselling, seminars and workshops on resume writing, interview preparation, job search techniques etc., and an employment information system. These services are provided to help the service member get ready for a civilian job, but they are not designed to perform the

actual job search, that is up to the individual. We provide the information, but the individual has to put this information into action.

The message appears to be clear. Military people leaving the service this year are facing a big challenge. With unemployment soaring and lots of candidates for every available position, the task of finding a meaningful position with some career options down the road is not an easy one. Although military trained workers have great qualifications, there aren't lines of employers waiting just outside the gate to hire them. There are a large number of employers who are still hiring, and there are lots of jobs available, but finding them is not as easy as walking out the gate. A successful job search requires a lot of careful planning and then must be effectively executed.

A job search is a three part process. First, learn everything you can about job search techniques. As soon as you are sure of the actual date that you will leave the service, arrange an appointment with the Wing Personnel Selection Office. Talk to a counsellor and find out what types of assistance are being offered.

Second, begin a serious research campaign. Visit the academic resource library or one serving a local college or university. Get to know the staff and the services offered and begin gathering information about various career fields that interest you, companies that do business in the

By William Fitzpatrick

area and the value of your services in the market place. Get up to date on the latest trends in your industry and learn the "buzz" words that are being used.

Finally, get busy placing a focussed resume in the hands of as many hiring managers as you can. Use every resource available through the library, newspaper and trade journal advertisements, and the provincial employment agencies. Remember, resumes gathering dust on your desk at home or in your briefcase are not going to land interviews. The more resumes that you can get on the street, accurately displaying your qualifications, the better chance you will have to land that interview. Follow up on every lead with a resume and a telephone call. Be "pro-active" not "re-active."

You must be your own job search manager. The key point to remember is that no one is going to do it for you. There is lots of help available along the way, but ultimately you are solely responsible. The job search is a full time job; therefore, you will have to effectively manage your time and your efforts just as you would to accomplish any task.

One final point: don't let the fear of the unknown hamper your efforts. Although it may have been many years since you looked for a job, if you prepare yourself effectively, the fear will fade away.

MP Fund for Blind Children Hosts Telethon 23/24 Oct

On the weekend of 23/24 Oct, the Military Police Fund for Blind Children (MPFBC) will be hosting a telethon which will be broadcast through Radio Canada. During this telethon all UN forces overseas (regular and reserve) will be asked to send messages to their loved ones at 19 Wing. These messages will be broadcast in both official languages on Radio Canada International. Each UN member wishing to have a message broadcast on the air will be asked to make a donation to the MPFBC.

As well, military personnel/dependants from 19 Wing wishing to forward a message to a UN member may do so by also making a donation to the MPFBC. Members wishing to participate are requested to forward their donation and the fol-

lowing information to W SAMP Squadron (Security Section) NTL 4 Oct 93: name of person attached to a UN mission, their unit, its location, the greeting message, the sender's name, location and phone number.

Canadian Forces Europe will be closing this year and as Canadian Forces Europe has been one of the major contributors to the MPFBC, the purpose of this telethon will be to increase the amount of revenue in the MPFBC. All donations will be used to purchase hospital equipment, computers, optical aids, sports accessories and excursions for Canadian blind children. All donations will be greatly appreciated.

For further information, or contribution, contact MCpl Grenier at 339-8751.

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On & Off the Base

Russian Shell Casing Returned to Next of Kin

By Susan Davis

On a rainy day, reminiscent of the day the Russian fleet arrived in Halifax harbour, an "international token of friendship and goodwill" was completed. On Monday, 23 Aug, Col Ernest Cable, Deputy Commander of Maritime Air Group, fulfilled his promise to locate, and present to the next of kin, the sole Canadian shell casing containing Russian soil from the grave site of F/Sgt Walter Tabor.

Cable was entrusted with a total of five shell casings on 2 July of this year when three Russian ships visited Halifax as part of a larger goodwill tour. The visit was a diplomatic success and local citizens welcomed the Russian sailors with open and warm-hearted enthusiasm. At this time,

Cable promised to do everything within his power to ensure that the shell casings were returned to their rightful place among surviving family members.

Robert Tabor and his sister Elsie Tabor-Taylor accepted the brass shell casing from Cable in front of the small crowd of family and friends. The ceremony, which took place in Thunder Bay, Ont., was accompanied by a colour guard display involving members of the Fort William Branch #6 Royal Canadian Legion and four cadets of the Royal Canadian Air Cadets. Padre John Jordan completed the ceremony with a closing benediction prayer.

Tabor said that the family "was honoured" to receive the shell

casing and is now in the process of deciding the best way to maintain its safekeeping. The family has discussed a number of options and may arrange for the shell casing to be embedded into the tombstone of Tabor's mother, where Walter Tabor's name has been engraved since her death.

The remaining shell casings contain earth from the grave sites of four British airmen. Cable, in keeping with his original promise, intends to transfer the shell casings to the RAF, for furtherance to next of kin. This will conclude the circle of friendship initiated by the Russian generosity and will go a long way toward easing any lingering pain associated with lost kin and sad wartime memories.

Sacred Shell



Col Cable, Deputy Comd Maritime Air Group, with Mr. Robert Tabor, Mrs. Elsie Tabor-Taylor, and Mrs. Anita Tabor. Colour Guard from Fort William Branch #6 Royal Canadian Legion in the background. Below: The Tabor Shell.



The brass shell casing containing earth from the grave site of F/Sgt Walter Tabor

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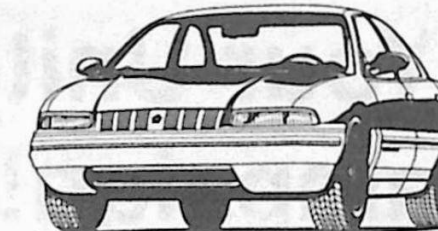
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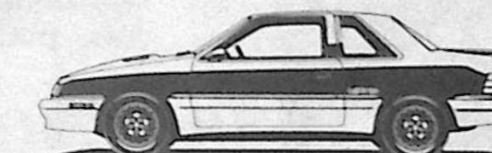
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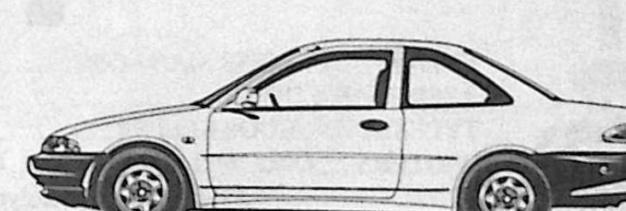
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NEXT DEADLINE 18 OCT.

On the Base

Pacific Region Golf Championship

19 Wing Comox held the Pac Region Golf Championship 14-17 Sept 93. 67 Golfers from around the region converged on Glacier Greens to vie for the Pac Region Large, Small Base and Ladies Golf crown.

Larger Base Winner 19 Wing Comox



L-R: MCpl Mark Kalbfleisch, MCpl Mark Middleton, Capt Kelly Olohan, Capt F.W. Webster, Sgt Chris Parris.

Champion Ladies



Col Rogers presents 19 Wing Comox Ladies with the championship banner. L-R: Col Rogers, WO Irma Piper, Cpl Annette Hurtubise, MCpl Judy Brown.

To Be Ordinary

By Fr. Conrad Verreault, Wing Chaplain (RC)

Bing Crosby, who died 16 years ago, is still well known today but was extraordinarily well known in North America when his songs were on the "Top 40," or the "Hit Parade" as it was called then. Bing had an extraordinary voice. When he sang "White Christmas" or some of his favourite songs, everybody stopped to listen. He also had an extraordinary talent for humour and teamed up with Bob Hope in many road pictures.

However, when this man with the extraordinary talent was relaxing, he dressed very casually and looked very ordinary. On one occasion, after fishing for several days in the rivers and lakes of B.C., he appeared at a hotel looking tired, with a growth of beard, and smelling a little fishy. Because he could afford it, he naturally went to one of the best hotels where people are very careful about their image. To make a long story short, it turned out that the desk clerk did not recognize Bing Crosby and refused him a room, thinking he probably couldn't afford the room and, even if he could, he would probably chase away the customers.

Today organizations like Golden Credit Cards recognize this problem and advertise that extraordinary people are not mistaken for ordinary with their card.

As we know from our faith, from the teaching of the church, from history, from scripture readings, Jesus was an extraordinary man. He was the Christ, the Son of God, Saviour of the world. But He had a problem. He didn't look like what people were expecting. One of the reasons He had a problem convincing people who He was, was the fact that He looked



Comox Trinity?

Don't worry - they are not selling used cars. The one in the middle is not under arrest. From L-R we have a model railroader, a tennis player and a computer wizard. That is their altar egos. In real life they are the new 19 Wing Chaplains - Padres Massey, Verreault and Harvey. Hair is on the endangered species list this year.

so ordinary and was so ordinary in His humanity. They expected a superstar, instead they got an ordinary baby. They expected a king living in a palace, instead they got a carpenter's son born in a stable and living in an ordinary out of the way town called Nazareth.

The Christ who wept at the death of his friend Lazarus, who got hungry in the desert, who got thirsty on the cross, and was afraid in the Garden, has the power to help us with our healthy human needs as well as our healthy spiritual needs. And this is good news. Think about it....

Pourquoi Porter un Masque?

Avez-vous observé que les autres ne sont pas aussi imbéciles qu'on le pense? En effet, ils sont capables de nous aimer pour ce que nous sommes. De fait, si nous voulons être aimés des autres, il faut enlever nos masques. Autrement, ils aimeront nos masques et nous ne nous sentirons pas aimés. Seul

nos masques seront aimés. Par exemple, si je me présente aux autres comme un dur-à-cuire alors que je suis sensible, ils aimeront le dur-à-cuire et ce qui est vrai en moi, ma sensibilité, ils ne l'aimeront pas. Je me sentirai alors frustré et rejeté.

Tant que je porte un masque, l'autre n'aime que mon masque. Pourtant, je n'ai qu'à regarder comment moi j'accepte les autres. Je ne piétine pas celui qui se montre à moi sans un masque. Je comprends et j'accepte le triste, l'inquiet, le sensible, le malade etc... Les autres ne sont pas plus stupides que moi. Ils m'accepteront eux aussi comme je suis.

Vous direz peut-être: "Oui, mais je porte mon masque depuis plusieurs années." D'accord, tu as travaillé 5-10-15 ans pour te faire une façade. Ça te prendra peut-être un an ou deux pour redevenir toi-même mais ensuite tu te sentiras aimé et respecté dans ce que tu es. Deux ans de

façade de moins dans une vie, c'est égal à deux ans de plus de vraie vie. Ça en vaut la peine. Pensez-y....

Let's Go Comox!



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TOTEM TIMES

EDITOR - BUSINESS MANAGER.....Norm Blondel
ASSISTANT EDITOR.....Bob Sealby
TYPESETTER/BOOKKEEPER.....Jenny Cooper
WRITERS.....Duke Warren, John Novak, Gerry Gerow, Bob Orrick, Frank Steven, Carolyn Haight, Gordon Wagner, Tet Walston, Jim Kirk, Norm Whitley
PRODUCTION STAFF.....Julie Blondel, Ron Fisher, Katie Wielie
COMPUTER CONSULTANT.....Gerry Peppard
CIRCULATION.....Julie Blondel - 338-0259

PHONE: 339-2541 (Office) 338-0259 (Res.) FAX 339-5209
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OUR NEW FAX 339-5209

Comment

Why Sep 26?

Dear Sir,
Two short points, one a query, the other an observation.

Why is Battle of Britain Sunday being observed on 26 September? I have attended these services for many years and have always believed that they were held on the Sunday before or after 15 September. If the change this year is due to Wing operational commitment no one can object, but could we please have a brief explanation on the pages of the Times?

In connection with the same battle, the Gremlins have got hold of the captain on the corner photo of your 16 September issue: Petit Brogel, Belgium may have been an air base during the Battle of Britain but, if it was, it was certainly not an RAF operated establishment.

The print probably refers to the operation of Spitfires (of a later mark) from that airfield in 1944.

Per Ardua ad Astra
R.I. Sibbald

P.S. Air Force Trivia, 16-09-93: Perhaps a Vickers Warwick MkIII?

Editor responds: Right about the Spitfires, and Air Force Trivia. Duke Warren also pointed out our error on the Spits, indeed a 1944 picture.

Sep 26 was observed as Battle of Britain Sunday at the request of Air Command, due to ceremonies in Winnipeg held earlier.

MSM for Ron Collette

On 20 May 93, R.O. (Ron) Collette was presented with the Meritorious Service Medal at the General Meeting of Comox Legion Br.160. This is the highest honour awarded by the Royal Canadian Legion.

Ron is a 48-year member of the Legion and has served almost 40 of those years on the Executive of four branches: The Pas, Man. Br.19 - 6 years, two as Sec-Treasurer; Nipawin, Sask. Br.120 - 30 years on Sports and Youth Committee and as Chairman; Port McNeill, B.C. Br.281 - 5 years as Finance Chairman, Sports Chairman, and Sec-Treasurer; Comox Br.160 on Poppy Bursary Committee and as Chairman, Publicity Chairman and Branch Photographer. He is now also the Editor of the Comox Legion LOG, a monthly newsletter of Br.160. In two years he will become a 50-year member of the Legion.

The MSM was presented to Ron by G.A. Terris, President



Br.160 and A.R. Smith, Honours & Awards Chairman, along with a plaque, certificate lapel pin and new membership card.

Golfers thank 19 Wing

Dear Sir,
19 Wing Comox hosted the 1993 Large, Small Base and Ladies Golf Championship 14-17 September, at Glacier Greens.

The championship was a complete success thanks to the support of the WFOODS, WACCNO,

Glacier Greens, WTNO, WPhoto and the WOR. The support of these units is always needed, very welcome and greatly appreciated.

WPerO
Capt A.G. Stoddard

Suggestion Award



Maj Don Irvine, SAMEO 407 Sqn, congratulates Cpl Kevin Berry on his receipt of a suggestion award and cheque in recognition of his proposed modification to an Aurora tail pipe stand. Cpl Berry is currently employed in the ARO Section of 407 Sqn.

Aurora Crew to Adriatic

By Susan Davis

hour day for each crew every other day

The Aurora aircraft has flown countless surveillance missions over national and international waters and it is recognized as one of the best maritime patrol aircraft in the world. MAG is confident that the Aurora aircraft will perform well over the Adriatic. "We believe we can make a truly significant and worthwhile contribution to the UN's trade embargo effort. Our personnel are trained and ready for the operations and the aircraft have been selected for these sustained flying periods," said Horseman.

Approximately 60 members of Maritime Air Group (MAG) depart during the second week of September for Sigonella, Italy for a six-month mission over the Adriatic Sea. The Sicilian sun may shine and the skies may be blue, but this will be no summer holiday.

Brig.Gen Brock Horseman, Commander Maritime Air Group, made the announcement at 12 Wing Shearwater, N.S. on Tuesday 31 Aug. Horseman indicated that two Aurora aircraft would be used to "support NATO forces in the Adriatic for a period of up to six months." The aircraft would be responsible for providing surface surveillance information on

merchant vessels operating in areas where the United Nations trade embargo against the former Republic of Yugoslavia is in effect.

The mission will involve all three operational maritime patrol squadrons including 405 and 415 Sqn, based out of 14 Wing Greenwood, N.S. and 407 Sqn of 19 Wing Comox, B.C. The rotation of crews will take place approximately every two weeks to allow for crew fatigue, equipment maintenance and provide a balanced training opportunity for squadron members.

The Auroras are scheduled to fly ten-hour days on a rotating basis. This translates into a 15-16

Short Trips, Big Risks

The driver, dazed and glassy-eyed, explains that "I was only going a short distance and I wasn't driving fast."

Spoken to a police officer, these words are often delivered in the aggrieved tones of someone who has just been caught not wearing their seat belt, someone who will soon be \$75.00 lighter in the pocketbook.

When spoken to an ambulance attendant, these same words are often bewildered, frightened and agonized, the reaction of someone facing weeks or months of recovery from injuries suffered in a collision between their face and head and the inside of their car.

These scenes are played out daily in cities and towns throughout B.C. Each year, thousands of people learn, sometimes the hard way, that it always pays to wear seat belts whenever they get into a motor vehicle.

The seat belt awareness campaign being conducted by ICBC

and police throughout the province from October 1 to 9 is designed to alert motorists and their passengers to the risks they face on our city streets if they're not wearing a seat belt.

Some people feel it's unnecessary to buckle up when they'll only be driving on city streets at speeds of 50 to 60 km/h, or are just going a short distance. However, more than 80 percent of all traffic crashes occur at speeds of 60 km/h or less, and unrestrained occupants have been killed in crashes at speeds of less than 15 km/h - about the speed you'd drive in a parking lot. In addition, three-quarters of all fatalities happen within 30 kilometres of home.

Sometimes, though, people aren't impressed by statistics. If you're one of them, consider this.

If you're in a crash going 50 km/h and you're not buckled up, you'll hit the steering column, the dash or the window with the same

force as a fall from a three-storey building. Your car will take 1/10th of a second to crumple and stop, and you'll start your human collision with its interior in just 1/100th of a second.

To appreciate the damage you could do to yourself in a crash at "just" 15 km/h, imagine how it would feel to run full tilt, face first, into a steel lamp post. Some people think they could brace themselves against the impact of these collisions, but superhuman strength would be needed. The instant your car crashes and decelerates, you'll effectively weigh several thousand pounds. It's all over in a fraction of a second. One moment, you're on a short trip to the store, the next you're at the start of a long road to recovery. The next time you don't think it's necessary to buckle up, just ask yourself: "If you're not wearing a seat belt, what's stopping you?"

NEXT DEADLINE 18 OCTOBER - NOON

Air Force Trivia



Trivia Answer

Vickers-Armstrong Warwick Mk3, 1943-44. The Warwick story will appear in a later edition of the Totem Times.

Section News

414 Sqn War Vets Tour



Front row L-R: Sgt Brian Shackleton (tour OPI), Maj Martin Lavoie (SAMEO), WO (Ret) Roy Held, Flt Sgt (Ret) Jim Gordon, Sgt (Ret) Frank Dunlop and LCol Bill Cleland (CO).
Back row L-R: Steve Gordon, CWO Ed Werner (SWO), LAC (Ret) Art Bowman, Sgt (Ret) John Downey, Flt Lt (Ret) Charlie Johnson.

Tex/Mex & Duster

It was a warm fall day, as promised by the Weather Wizard, and Sir Bill was sitting on the parapets. He had been working very hard of late planning various jousts, and he had taken a moment to relax in the warm sun.

"I wonder what life will be like around here in a few hundred years" he thought to himself. Thus musing, he drifted off into sleep....

"Saturday night and I just got paid!" blasted out of the radio as guests begin to arrive chez Sir Bill's (even in dreams some things remain constant!) for the second annual Tex/Mex night. The neighbours had been given the appropriate heads up and most had left for the Baja.

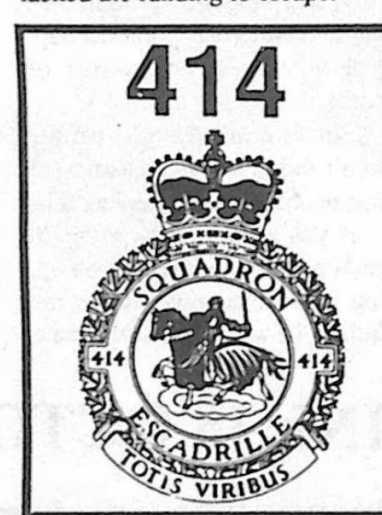
As before, the theme was Tex/Mex. In the back bar the blender was grinding away with a sound that most closely represented a Husquavarna chain saw in full song. Despite predictions to the contrary as smoke emitted from its innards, the trusty blender would live to fight another day.

Entering to the sounds of good Duster music, the guests begin to arrive dressed in theme costume. Larry T in his jean outfit looked like a beardless Willy Nelson clone, while Reg sported a hat that was as large as the rings around Saturn. Almost everyone wore jeans and ... kickers, while Judy wore a worried expression. Clearly the guests were much more relaxed than last year when they had struggled to impress the new boss. There was no telling where the evening might end up.

As the margaritas took effect, some of the guests began to speak in tongues. There were claims that it was Spanish, however a linguist would dispute that. Others gathered around the piano where Chris (Elton John) began to pound the keys like a demented Tchaikovsky rewriting the 1812 Overture. Others would later refer to his performance as more like a Billy Joel concert run amok.

All agreed that he sure could tickle the ivories.

He was quickly joined by Sir Bill (Cowboy) who strummed mightily on a defenceless guitar and bounced between Hank Snow, Marty Robbins, Billy Rae Cyrus and Paul McCartney. Later, in an astounding display of musical brilliance, our two musicians would reverse roles. This would prove their talent was not restricted to only one method of torturing the neighbours who lacked the funding to escape.



Drawn to the cacophony, Keith (Mick Jagger) gave a stirring rendition of songs that some would remember as Stoned at their best. Others thought it was more like a Led Zeppelin concert for a favoured few. Twice his imitation of the moves of David Lee Roth almost caused his clothes to be torn off by screaming fans. His gravelly rendition of blues ballads brought tears to the eyes of many. The following day it was recorded that he had to write his thoughts on paper, being unable to communicate by voice.

Sensing that musical history was being made, most of the Tex people gathered around the piano to harmonize. Norm and Mel easily drowned out the others with sheer Db, skillfully leading them to places where their lack of knowledge of the words caused them to falter. They, of course, did not realize that the words were being made up.

In a defensive manoeuvre, Daryl and The Doo Daws shifted to a harmony that only they understood. The stirring rendition of the grand finale and mostly adult oriented Rodeo song was filmed for posterity. If you're reading this Judy, now you know why your church group was so shocked when you showed them what you thought was going to be videos of your garden achievements.

Keeping with the theme, all food was from south of the border. Clearly ya'all had a good feed, as little was left for breakfast for those who almost made it until then. There is absolutely no truth to the rumour that the black chips were left over from last year's party. The meatballs that were all gobbled up were so hot as to be self cooking. Preventing E-coli is one thing, however the side effect is to increase the intake of cooling liquids.

Circulating through the crowds in search of grist for the mill, your faithful reporter noticed that all were having a good time. Animated discussions were being carried out, in some cases with an absent listener. Steely eyed fighter pilot stares, in some instances, had changed to a glassy and myopic feeble attempt at focussing.

Lest the reader get the wrong impression, let it now be stated that the above account uses editorial licence to spice up what would have been an account of the normal staid party. Any resemblance to persons... is purely coincidental and does to reflect the decorum with which they normally comport themselves. This was, after all, only a dream.

.....Sir Bill was abruptly jarred out of his reverie by the slamming down of the drawbridge. His guest were beginning to arrive for the feast. Descending towards the Great Hall, he prepared to greet them. All that remained was to arrange for the musicians.
Sir Cedric

414 Vets Tour

F/Sgt (Ret) Jim Gordon, an original member of 414 Sqn from 1941, was an honoured guest speaker at 414 Sqn's first Comox Mess Dinner last spring. During the dinner Jim asked the CO, LCol Cleland, about the possibility of a tour of the squadron by a group of former squadron members. Jim is a ham radio operator and has bi-weekly contacts with a net of 414 Sqn war vets (all in their seventies). Five of the vets and their wives, coming from as far away as Toronto, were on the island to celebrate Jim and his wife Eve's 50th wedding anniversary at their home in Duncan. Of interest, five of the six wives (including Eve) were English war brides.

On the evening of 18 Aug, several current members and wives of 414 Sqn met the six former members and their wives at the Griffin Pub where everyone thoroughly enjoyed a most delightful evening. A delicious meal and relaxed atmosphere provided a superb setting for a wide variety of conversation including real war stories.

LCol Cleland presented each former member with an honorary Certificate of Black Knighthood.

Jill Shackleton also made a presentation to the wives. The evening was brought to a close with everyone raising their official "Black Knight Shooter" to a toast of 414 Sqn's past and future achievements.

At 0900 hrs the next morning the visiting group were met at the main gate by Capt Colleen Zavislake and Tour OPI Sgt Brian Shackleton. Colleen escorted the ladies to the Officers Mess for coffee. Brian escorted the former members to the 414 Sqn briefing room where LCol Cleland, after a warm welcome, provided an informative briefing on the history of 414 Sqn and its current role in the CAF.

The members were then taken on a tour of the squadron and had a photo taken in front of the "Black Knight" aircraft. The vets rejoined their wives and then proceeded on a tour of the Comox Airforce Museum where several heartfelt memories were recalled. A good time was had by all and the tour ended just before lunch.

414 Sqn was proud to host important founding members of the squadron and LCol Cleland proposed that the tour become an annual event.

CURLERS

Still a few openings in these leagues

Senior Mixed League •
Mon & Wed 10 am • 12 noon • 2 pm

LADIES SILVER BELLS
50 plus 1 pm Tuesday,
Thursday afternoon 1 pm
Wednesday Evening 7 & 9 pm

MIXED
MENS Thursday Evening 7 & 9 pm
SUNDAY MORNING HANGOVER 9 & 11 am

COMOX VALLEY CURLING CLUB

CURLERS CLINIC
Sept., 28, 29, 30th Register Now
League Play Starts October 3rd

PHONE
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338-8324

ALL CURLING SUPPLIES AVAILABLE AT
COMOX VALLEY CURLING CLUB

Base Curling Meeting
Rec Centre 8 Oct. 11:30 hours

Looking for Work?

Self Development Services

specializes in Career Development and Job Search Skills

call 338-6722 for information about

* Job Finding workshops
(sponsored by CEC)

* Private consultations for
Force Reduction personnel

GLACIER GREENS BAR AND GRILL

Having a Wedding, Anniversary
or just a fun Party?
Come to the best location in the Valley
at the Glacier Greens Golf Club's
Bar and Grill

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

Section News

Certificate of Service



LCol King presents a Certificate of Service to MCpl Yokum, Wing Supply.

Wallace Gardens Community Council

Fall Garage Sale
Comox PMQ Area
Sat. Oct 2 1993, 9 am to 2 pm

Keeping a Cool Head

How Your Moods Affect Your Driving

We all have good moods and bad moods. Those are the facts of life. But, when you're driving, you have to keep those moods under control - especially the negative ones. Keeping cool, calm and collected under all circumstances is important to your job. A conscientious driver maintains self control.

Temper, Temper

It's inevitable that you'll lose your temper once in a while. Other drivers may do risky things and frustrating circumstances are bound to occur. But learning to handle your anger is important because angry people become dangerous people when they're driving motor vehicles.

It may be difficult to keep your anger under control but it can be done. Your own attitude is a starting point. For instance, you may be tempted to "get back" at another driver who does something foolish. But, as a defensive

driver you make a wiser choice. You know the other driver has created a dangerous situation and you could make it even worse if you reacted in anger.

Take some deep breaths, keep your lid on and remind yourself that your own safety is more important than an urge to react. Instead, you choose to set a good example for other drivers - including the one who made you angry. As long as you stay in control, the chances are that the situation won't escalate into something more perilous than it already is. It's alright to acknowledge your feelings. But the danger comes when you act them out on the highway.

Learning how to anticipate other drivers' mistakes and how to react quickly and appropriately are among the ways you can make your driving life safer and easier. You need good judgement when there's risk involved. Emotional responses only make the risk greater.

Impaired Driver

If you start your day in a bad mood, it can actually impair you physically. That's because your normal reactions may be clouded by anger, anxiety or grief. Starting out under stress will cause you to become tired early and can lead to a headache, upset stomach or other problems.

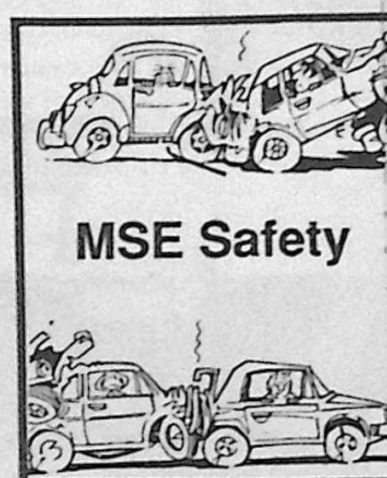
It's a good idea to know how you may respond to stressful situations and, if possible, to avoid them. If you can't (and sometimes that's the way it is), make sure your driving is orderly and careful. Your good habits will carry you through.

Learn to Relax

If your mood really has you stressed out, try some relaxation techniques. Stop if you can. Get out, stretch and walk around a little. Put some soothing music on the radio. Do some deep breathing while you're at the wheel.

Keep an Even Keel

On the other hand, it can be dangerous getting overly relaxed when you're driving. A blissful mood may be pleasant but it can cause you to daydream. Your



mind may wander and, in a tight squeeze, your reactions may be too slow. Keeping an even keel, not too much up and not too much down, is your best bet.

Keep in Shape

The condition of your body plays a big role in the control of your moods. Avoid fatigue when you're on the road. It's easy to fall into a negative mood when you're tired.

The food you eat also plays a part in your moods. Avoid junk foods and too much sugar. Eat balanced meals, eat moderately and go easy on coffee, caffeinated beverages, as well as spicy foods that can upset your stomach.

There's no doubt that your state of mind governs the way you drive. Make sure your mind is in a positive mode before you start out - and do your utmost to keep it that way. It'll make your day a lot easier.

Driver's Quote of the Day

Coming home, I drove into the wrong house and collided with a tree I didn't have.

Driver's Question of the Day

Question: Which one of the following factors is most likely to impair the driver's ability to concentrate on his driving?

- A) Ignorance of the law.
- B) Emotional disturbances.
- C) Traffic density.
- D) Light conditions.

Answer: (B) Emotional disturbances.

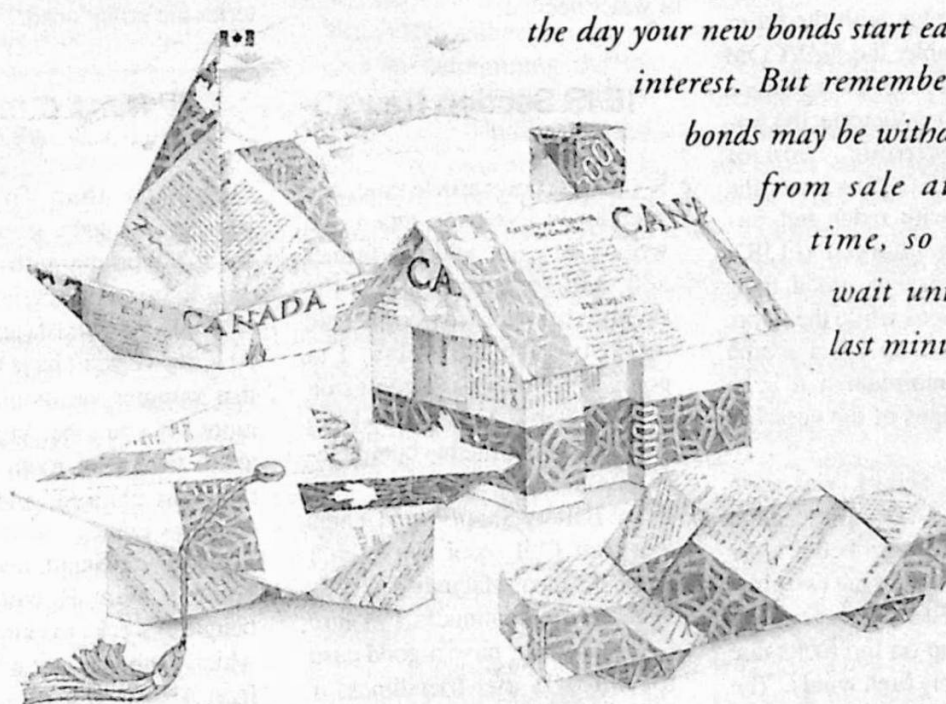
For 47 years, millions of Canadians have relied on Canada Savings Bonds to help build their dreams.

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Canada Savings Bonds also offer a competitive rate of return. This year's interest rate and purchase limit will be announced in mid-October.

The sales period is from Monday, October 18 to Monday, November 1. You may date your payment November 1, the day your new bonds start earning interest. But remember, the bonds may be withdrawn from sale at any time, so don't wait until the last minute.



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Section News

Demon Tech of the Year



L-R: Co of 407 (MP) Sqn, LCol P.J. Kendell, WO Gus Mullaley, LCol George A. White, CD (Ret), Demon Association President and Col Hugh Miller, CD (Ret). WO Mullaley is being presented with the Demon Association Tech of the Year award for 1993.

On 7 Sep, at a 407 (MP) Sqn luncheon, WO Gus Mullaley CD was awarded the Demon Association Tech of the Year Award for 1993. He was accorded this honour by LCol George A. White CD (Ret), President of the 407 Demon Squadron Association.

Each year the Demon Association presents an award to the 407 (MP) Sqn technician who, through outstanding performance and dedication to the mission, has contributed most to realizing 407 Sqn's objectives. All technicians are eligible for this award and the winner is selected by the SAMEO, based on input from the entire maintenance organization.

WO Mullaley hails from Northern Bay, Nfld. He joined the Canadian Forces in 1969.

407 2 Crew Cowboys

To the Lady's Rescue

The following is Capt John Brennan's account of Crew 2's involvement in the rescue of the passengers and crew of the Lady Selkirk. Auroras on patrol can be called upon to perform search and rescue duties at any time, and frequently intercept radio calls from ships in distress. The aircraft's speed, sensors and communication equipment make it ideally suited to the role. Aurora crews conduct SAR training on a regular basis. Indeed, it is one of the squadron's most important roles. Typically, the Aurora is employed as a command and control platform, in cooperation with the SAR experts at 442, directing activities on-scene and relaying up to the minute information to the rescue coordination centre.

On Saturday, 11 Sep 93, 407 Squadron's Crew 2 Cowboys were conducting a standard crew training flight while carrying out annual proficiency checks for the Tactical Navigator (TACNAV) and the Navigator Communicator (NAVCOM). Little did they know that a simulated Search and Rescue scenario would not be required as part of their training scenario. The crew would have the opportunity to put their SAR skills to work.

Shortly after noon hour, while the crew was in transit to their assigned area, the NAVCOM heard the Tofino Coast Guard sta-

tion transmitting UGENCY traffic concerning the motor vessel Lady Selkirk. She had lost her steering just off the shore of Vargas Island, north of Tofino. The NAVCOM notified Tofino Coast Guard that



the Aurora was in the vicinity and would be available to provide assistance.

No more than 15 minutes later, Tofino called the Aurora directly and asked them to proceed to the location to provide top-cover and communication assistance. Tofino then declared a MAYDAY by transmitting a DISTRESS message to all traffic in the area.

Immediately the crew ceased all training exercises and prepared to provide assistance. The Aurora was 15 minutes away from the Lady Selkirk. During that time the crew were able to

pressive contributions to 407 (MP) Sqn and the community. As WO in charge of a demanding servicing support section he has shown impressive enthusiasm and thoroughness in all his undertakings. In addition to his primary job, he has several secondary duties, including Unit Ground Safety Officer, ATAT and course coordinator, senior tech inspector and Deputy STA for IE technicians. In spite of his busy work schedule, WO Mullaley still finds time to donate to the community as executive officer in the Knights of Columbus.

The stand-up luncheon on 7 Sep in WO Mullaley's honour was highly successful. It was a great pleasure for all involved to be able to recognize the efforts and dedication of one of our own.

407 Demons offer their congratulations for a job well done.

By Capt Bill Seymour

make the necessary preparations for SAR duties: the TACNAV developed a plan with the information available; the NAVCOM called the Rescue Coordination Centre (RCC) in Victoria; the Airborne Electronic Sensor Operators (AESOPS) scanned the search area with radar and forward looking infra-red (FLIR); and acousticians assumed their lookout positions while the pilots set the aircraft up for a search profile and maintained a keen lookout for signs of the vessel in distress.

The Lady Selkirk was soon spotted and the Aurora descended to 300 feet to have a better look. The vessel was carrying two crew members and 13 passengers and had washed up on the rocks due to the extremely high winds. The Aurora measured on-shore winds in excess of 50 knots at 300 feet. The combination of high winds and proximity to land forced the aircraft to climb and maintain an altitude of at least 1500 feet.

There were three rescue craft in the area and they managed to pull alongside the Lady Selkirk and off-load the crew and passengers. While this was taking place, the Aurora crew maintained a top cover profile ensuring all agencies, including RCC Victoria and Tofino Coast Guard, were kept informed about what

continued on page 9

Base Fire Prevention Office

Protect Yourself

A Burning Issue

The death rate from fire in Canada is the second highest in the world at approximately 500 a year. Every year in the USA and in Canada, approximately 6,500 people die in building fires. Another 120,000 are injured or permanently disfigured.

The keys to home fire safety are education, prevention and protection. The following information can be used to help reduce fire deaths and injuries in Canada.

How can I protect myself and my family?

Installing automatic fire sprinklers and smoke alarms, keeping at least one fire extinguisher in the home, developing and practising a fire escape plan, eliminating potential fire hazards, and observing basic fire safety measures can help prevent more fire tragedies.

Look Up for Safety

Approximately 85 percent of fire deaths occur in homes. The installation of automatic fire sprinklers in your home can help reduce fire fatalities.

How do sprinklers operate?

Automatic fire sprinklers are activated by heat, not smoke. When the heat of a fire raises the sprinkler temperature to its operating point, usually 165°F (74°C), a solder link will melt or a liquid filled glass bulb will shatter to open that single sprinkler, releasing water directly over the source of heat.

What about water damage to my home?

During a fire, only those sprinklers closest to the fire will activate, limiting the total amount of water needed.

IE/IS Section News

It's section news article time, and once again I've been roped into writing it. So, without further ado, and in keeping with the rigorous principles of journalistic integrity blah blah blah, I'm going to report on the goings-on in IE/IS Labs. Feel free to keep any critical comments completely to yourself.

In the Battery Shop/Wing Generator Test Cell (cool name, eh?) realm the great Macintosh vs MS-DOS debate continues. I'm sure Greg B. would have a good case for MS-DOS user-friendliness if he weren't so busy taking a DOS course. Ask him how friendly his computer is when he's studying for his DOS exams. And no, the ADAM system terminals are not Macs!

Among last month's other exciting events was the addition of Ted Cornell to Batt Shop. He's now running the place. Ted, whose previous posting was in Germany, brings with him much technical experience and lots of diplomacy, which we can never have enough of in the Batcave.

Speaking of caves, Vic Kassay and Mike Beland - two ATAT dis-



Can sprinklers discharge accidentally?

Loss records of Factory Mutual Research indicate that the probability of a sprinkler discharging accidentally due to a manufacturing defect is only one in 16,000,000 sprinklers per year in service.

Why are sprinklers important for life safety?

Sprinklers do not rely upon human factors such as familiarity with escape routes, or emergency assistance. They go to work immediately to reduce the danger.

Get (Smoke) Alarmed! Will installing smoke alarms help to protect me?

A smoke alarm will warn you of a fire in time to let you escape. Alarms should be installed outside each sleeping area and each additional level of your home, including the basement.

How do I know when to replace my smoke alarm's battery?

Battery-powered models generally beep or flash a light for several minutes daily for a week or more to signal that their batteries are going dead.

By Hans Gassner

principles on loan from their squadrons - have gone back to theirs. Working with those two was a mixed experience - we worked, they mixed (just joking!) At least we don't have to listen to that summer vacation story any more. If you meet Vic, ask him about that hotel room in Spain, the roast chicken, and the two gorgeous twins. Speaking of Spain, also back at home is Kim F, who spent a couple of weeks working in Alert, which is nowhere near Spain. In fact, Alert is at least as far from Spain geographically as it is alphabetically. Anyway, even though she didn't bring us any bull fight souvenirs, we're happy to have her back (and the rest of her, too!)

As for what went on in the Lab upstairs - I haven't a clue. I don't work there, so I don't know. (See para 1 "journalistic integrity" and all that.) I do know that Pete Quatralle is our new Warrant. Everything else seems to be on a need-to-know basis.

And so the technical juggernaut that is IE/IS Labs marches on.

Cook Nook Promotion



Cpl Natalie Martel (Base Foods) receiving an accelerated promotion from WLogO LCol King.

Time never stands still, which is certainly indicative with Wing Foods. Visitors, (American National Guard), kitchen maintenance, more visitors, staff changes and still more visitors. After all is said and done, it's been an extremely busy summer. Biggest change of all was the unexpected posting of Capt Bob Pitcher to Trenton for greater challenges and responsibilities. His smiling face (and Santa Clause routine) will be missed.

Mrs. Chris Ross retired after numerous years of service in the Officers' Mess kitchen, Heather Smith returned after a nine month vacation via the Maternity Ward, Maureen Bell (Boone) tied the knot and LS Ed Smith, not to be outdone, did the same. Cpl Susanne Benjamin returned after a restful vacation in Halifax!! (That city will probably never be the same.)

LS Larry Joy asked why he couldn't stay longer in Thunder Bay and Cpl Frank Szabon is appreciating Comox after two months in Goose Bay. However, our greatest pleasure was seeing

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NDT: The X-Ray Story

19 AMS

The Non-Destructive Testing (NDT) shop within 19 AMS utilizes a variety of techniques to examine structure. This article is provided to describe one of the techniques.

Within the NDT specialty, the one discipline which demands the most of the inspector, in terms of paying attention to setup details, is radiography or, as many refer to it, X-ray.

X-rays were discovered in 1895 by a Bavarian professor named Wilhelm Konrad Roentgen. Roentgen was experimenting with a highly evacuated glass bulb, called a Crookes tube, through which an electric discharge was used as a source of high voltage. He noticed that crystals of barium-platinocyanide spread upon a paper screen in the vicinity of the tube became brilliantly fluorescent while the discharge was passing in the tube, even though the visible light from the tube was completely screened by a black cardboard mantle.

Much study has been carried out since that time, and here are a few facts that you may not know about radiography:

- X-rays are generated whenever high speed electrons decelerate rapidly by colliding with any solid body
- X-rays travel at the speed of light (186,000 miles per second)

- all substances are more or less transparent to X-rays
- the wavelength of X-ray photons are approximately 1/10,000th the wavelength of light, and shorter
- ionizing radiations (X-rays) are hazardous to living tissues.

We (NDT) utilize the use of X-rays in determining the integrity of structures that would be too labour or cost intensive to dismantle. One present example is the inspection of the horizontal stabilizers of the CT-133 (T-Bird) for cracking of the ribs. To carry out a radiographic inspection, the technician must have access to both sides of the area to be inspected. One side from which the X-rays pass through, the other side for the recording medium, in this case 4.5" x 17" AGFA D4pDW film.

As the radiation passes through the aircraft structure, it is attenuated (absorbed) to various degrees according to the corresponding thicknesses of the structure, the remainder to pass through to expose the recording film. Thicker material more absorption, thinner material less absorption, no material no absorption. The film is then processed and read. The density of the recording film depends on the amount of radiation it is exposed to. More radiation, most dense, less radiation, lighter density. Therefore cracking in the rib

Cook's Nook

Pumpkin Carving Contest 28 Oct

By the Happy Cooker

Cpl Natalie Martel receiving her accelerated promotion from LtCol King.

New arrivals entering the confines of the kitchen are Lt Gary Guymer, from Petawawa via Mount Saint Vincent College in Halifax, WO Chris Desilets from Germany, Cpl Art Samuels from Gagetown and Croatia, Mr. Chuck Giles and family from Ottawa.

Plans are under way for the annual Halloween buffet luncheon on Thursday 28 Oct in the combined mess. It promises to be our biggest and best ever; a pumpkin carving contest between different sections is scheduled. Rules and prizes will be announced soonest.

Must run - soup is boiling over. Remember, at Food Services "we may doze - but never close."

More 407

Continued from page 8

was happening. Soon everyone was safely aboard the rescue craft and the Aurora was released from the location to continue on with crew training.

Although the Aurora did not have any direct involvement with the rescue of the people aboard the Lady Selkirk, the crew was at

the ready should the situation have taken a turn for the worse.

As well, the very presence of the aircraft seems to put those on the water a little more at ease knowing there is someone looking out for them should the situation become more life threatening.

A Golden Award



L-R: Co of 407 (MP) Sqn, LCol P.J. Kendell, along with Mrs. G. White, and LCol George A. White, CD (Ret). LCol and Mrs. White are being presented with a photograph of 407 (MP) Sqn aircraft on the occasion of their 50th wedding anniversary. LCol George A. White, CD (Ret) is President of the 407 Demon Squadron Association.

CT Scan Baton



LCol Kendell (CO 407 Sqn) receives the Wing Comd's Baton from Col Rogers (Wing Comd) for most pledges contributed by a Base team. L-R: Capt Sullivan and Cpl Laroche, 407 team captains, and WO Mundy, Chairman of the 24 hour relay.

407 Sqn relay team, on 14 and 15 Aug, ran for 24 consecutive hours, and by doing so raised \$1,174.50 toward St. Joseph's CT Scan Unit Fund. The fund will help the hospital in the acquisition of a CT Scan unit.

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

Comox, Comox 339

NEXT DEADLINE 18 OCTOBER - NOON

On & Off the Base

Seat Belts - More Enforcement Coming

Although most British Columbians wear their seat belts most of the time, many continue to believe the myths that there are occasions when it just isn't necessary to buckle up.

Sadly, many of them are killed or seriously injured every year because they were involved in a traffic crash on one of those occasions when they didn't think they needed the protection of a seat belt.

One popular myth is that you don't need to buckle up if you're only going a short distance and won't be driving fast. However, three out of four fatal crashes occur within 30 km of home and unrestrained occupants have been killed in crashes at speeds of less than 15 km/h - about the speed you'd drive in a parking lot.

Another favourite is that wear-

ing a seat belt isn't necessary in the back seat because the front seat provides protection. The fact is that, in an accident, unbelted rear passengers become projectiles that can crash into the driver, other passengers and the vehicle interior, often causing serious injury to themselves and others.

To remind the driving public that it's important to buckle up every time you get into a motor vehicle, ICBC, and the community groups will raise awareness of the issue through advertising and special events, while police will step up enforcement of seat belt laws. Drivers who fail to buckle up face fines of \$75.00, and so do drivers who allow passengers under 16 years of age to ride without a seat belt.

In addition, highway patrols in Washington and Oregon will also step up enforcement of the state seat belt laws during the October 1 to 9 provincial campaign period.

The purpose of this province-wide media and enforcement blitz is to raise the provincial wearing rate from its present level of 91 percent to 95 percent by 1995. Achievement of a 95 percent wearing rate nationally would save about 1300 lives and prevent 34,000 injuries in Canada each year.

CFB COMOX BOWLING ALLEY

WE ARE NOW OPEN FOR THE 1993-94 SEASON!!
Any individuals, couples, or teams interested in league bowling please contact the bowling alley at 339-8211 local 8351, or call Scott Teasdale at 334-1937, or Pat Andrews at 338-8317.

League Times

Tuesday Ladies 6:45 - 9:00 p.m.
Wednesday Ladies 1:00 - 3:15 p.m.
Wednesday Mixed 6:30 - 9:00 p.m.
Thursday Mens 6:30 - 9:00 p.m.

Casual Bowling

Friday 6:00 - 9:00 p.m.
Sunday 1:00 - 4:00 p.m.

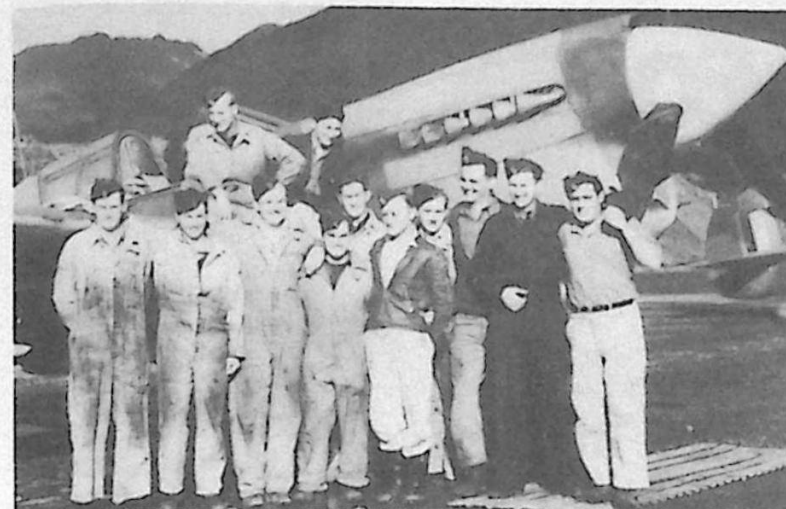
We also book parties for sections, sports afternoons, organizations, birthdays, etc.

ARAF Promotion



MCpl Pete Brice receiving his promotion from 19 ARAF Flight Commander, Maj Preus, effective 1 Sep. Sgt Brice is a member of the Wing Nuclear Defence staff. Congratulations Pete!

Trivia Extra Answered (At last!)



111(F) Sqn servicing crew with P40E Kittyhawk at Kodiak, Alaska
111 Sqn later became 440 Sqn RCAF

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

September 1993

19 WING "ZOO" TEEN CLUB
Fridays 7:00-11:00 Teen Dance at Base Community Centre next to Canex
For more information on Teen events contact the FRC at 339-8290

Playground Equipment Wanted

Have you noticed the wonderful new fence at the Wallace Garden Community Centre?
Now we need outside toys and playground equipment to fill it up.
If you have toys and/or equipment that you are no longer using and would like to donate please give us a call at 339-8290 and we will come and pick it up!



Junior Ranks Mess October 1993 Calendar

New Bar Hours: The bar will be open every Friday afternoon on a trial period until the end of November (11:30 to 01:00).

Friday 01 Oct......Comedy Night
Tickets \$5 members, \$7 non-members (available in advance by cash or acquaintance at Mess office or at the door).

Friday 08 Oct......TGIF Cribbage
food and prizes

Friday 22 Oct & Saturday 23 Oct......the biggest ever
Tri-mess **OCTOBERFEST**

Tickets will be available after Wed 6 Oct at all messes, by cash or acquaintance.

Cost: Members 1 night \$10 2 nights \$18
Non-members 1 night \$18 2 nights \$25



WORKSHOP



ENCOURAGING POSITIVE SELF-ESTEEM IN CHILDREN

**THIS WORKSHOP WILL LOOK AT WAYS TO
RAISE CHILDREN SELF-ESTEEM.**

DATES: 3 SESSIONS OCTOBER 4, 5, & 6

TIME: 6:30-8:30 PM AT THE FRC

GUEST SPEAKER:

KATE WEITZEL
CHILDREN'S SERVICES
MENTAL HEALTH

CALL THE FRC @ 339-8290 TO REGISTER



Feature

Dick's Accident

By Gordon Wagner



Gordon Wagner

I became a country bumpkin in 1919. That is the year our family left the sophisticated city of Regina to live in the small Saskatchewan village called Markinch. Why my father chose Markinch I never did know, nor did I bother to ask. All I recall is that we moved to Markinch in the fall of 1919. We lived in an apartment over one of the two general stores that supplied Markinch and the surrounding countryside.

My father had a garage and farm implement business a few doors down the street. In 1919 the village had a population of 125 people. It never did have more than 150. It boasted the two general stores, a lumber yard, a three-story hotel (The Maple Leaf), a bank (The Bank of Quebec), a blacksmith, a livery stable, a Chinese restaurant, a new four-roomed brick school, my Dad's garage, four grain elevators, a flour mill, a post office, a telephone office, a fire hall with a big bell and hand operated fire engine, a railway station and the office of the Rural Municipality of Cupar. A modern village that had no place to go but up.

The CPR (Canadian Pacific Railway) ran two trains a day, one westbound from Brandon to Saskatoon, and another eastbound from Saskatoon to Brandon. The train from Saskatoon arrived in Markinch at 1:30 p.m. It made connection with a train from Regina to bring us our daily paper, the *Regina Leader*, and mail-order parcels from Simpsons-Sears. The train from Brandon arrived at 3:30 p.m. with mail-ordered goods from Eaton's in Winnipeg. At Bulyea, three stations down the line, you stayed on the train to go to Saskatoon or you changed trains to go to Regina.

The postmaster met all the trains. So did Walter Jackson's dray with his team of bays, King and Queen. So did Jeff Germain and his team of percheron grays, Ted and Dick. The drays delivered the express and freight to the stores and other businesses in the village. We loved to help just to have a ride. Sometimes we got to drive the horses. We held the reins as the team of horses walked from store to store.

There was a constant argument about which team was the stronger. The smaller team loved to pull! Especially Queenie. Germain's team was two or three hands taller than Jackson's bays and five hundred pounds heavier. I will never forget the day of Dick's accident!

The village fathers were building a golf course in the community cow pasture. They had found a huge boulder in the centre of an oiled-sand green. It had to be moved. They wrapped a couple of logging chains around it. Both Jackson's bays and

Germain's grays were there and ready. The grays were bigger and probably stronger. They would move the boulder. Walter Jackson took his bays home.

They hitched Ted and Dick's whippetree to the logging chain. The horses sensed the challenge. Dick, the older, had lost most of his boyish gray. His near-white coat glistened in the midday sun. Ted's dappled gray coat gleamed over his trembling muscles. The horses were ready.

Bill Germain tightened the reins. "Giddy up," he hissed. Then a loud "tsk, tsk, tsk," sizzled through his curled up tobacco stained lips.

Each horse leaned into his harness. Leather creaked. The traces tightened. The chain slipped screeching its agony against the granite rock. The chain grabbed again. We cheered as the huge rock began to move.

A piercing child-like scream chilled our cheers. Dick stumbled and fell. "Come on, Dick. Giddy up, Dick," Jeff hollered.

Dick pawed the prairie sod with his front hooves. He got part

Dick the Gray



way up and flopped heavily to the ground almost pulling Ted with him. "Unhook the neck yoke," yelled Jeff as he grabbed Ted by the bridle, unsnapped the cross reins, unhitched the traces and led Ted away and tied him to a telephone pole.

Dick lay on his side, his legs straight out with his head resting on the ground. Only the white of his eyes showed. His front legs trembled. His back feet never moved! Great gasps of breath rushed through his nostrils blowing dust from the prairie sod. The small crowd stood in shocked silence!

Jeff rubbed Dick's long white head. "What's the trouble Dick, old boy?"

Tom Bradwell, the village's would-be horse doctor was there. He rubbed his hand along Dick's back. He took the blade of his jack knife and pricked Dick's thigh in several places. Not a muscle twitched.

"Jeff, I'm afraid your horse has a broken back."

"Are you sure, Tom?" Jeff said as his well-tanned face turned white.

"Absolutely! You'll have to do him in!"

"I can't do that, Tom. I love that horse. I raised him from a colt. If we could get him on his feet he might come around."

"Not a chance. You can feel the rupture in his spine. Your horse will never stand again."

"Damn it, Tom, I can't afford to lose Dick. He feeds my kids."

"You don't have any choice, Jeff. I got a shotgun in my buggy, I'll put him down for you," said Tom. "Better take as much of the harness off him as we can. He'll be hard to move once he's dead."

I watched the tears roll down Jeff's cheeks as he undid the bridle and slipped the bit out of Dick's mouth, undid the belly strap and loosened the hames and the collar. There were sniffles all around!

Tom Bradwell got his sawed-off shotgun. I watched as he placed the shotgun six inches from Dick's head and shot him right between the eyes. His front feet gave a few dying kicks and his head thrashed about. His hind legs never moved! A trickle of blood flowed down his white cheek into the prairie grass and puddled against his nostril.

They sent for Walter Jackson. It took a while. Dick was real dead when King and Queen arrived and his harness had been removed. The horses didn't like the smell of death and kicked up a fuss but Walter calmed them as only a good teamster would. They joined two logging chains together, hooked one end to King and Queen's whippetree and wrapped the other end around Dick's lifeless neck.

The town nuisance ground was on the other side of town, about a mile or so away. The little team of bays dragged Dick to his final resting place amongst the broken bottles, the rusting tin cans and the rotting manure piles. They unhooked the chain from around his neck and left him there.

That night as I curled up in bed and said my evening prayers I wondered if the God I knew, knew that Dick was dead. I wondered about the hell and heaven Grandma Wagner always talked about and if there was one for horses! I wondered if Ted would miss Dick as much as I would. I wondered where Jeff Germain would find a mate for Ted!

In the quiet solitude of my darkening room I hid my head beneath the covers and let the tears flow. I cried as if my heart would break. Dick was dead. I had lost a friend!

NEXT DEADLINE 18 OCT. - NOON

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Health & Fitness



TAKING CARE OF YOURSELF

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

Quality drinking water

How can you ensure that your drinking water is the best quality possible?

This is a serious issue because water is a very important part of a healthy life. We can get some of the water we need when we drink beverages like tea, coffee or juice. But we should all drink an additional four to five glasses of straight water a day to help our body do its best. So the water we drink should be as good as it can be.

For a significant improvement in water quality that doesn't cost a dime, most people need only turn on their kitchen tap every morning before anyone has a drink. If you let the water run for 30 seconds to a minute, you'll remove unwanted lead and copper.

If you live in the country and your drinking water comes directly from a lake, stream or well, you may have reason to be concerned about your risk of infection from contaminated water. A variety of water treatment devices are available for this purpose. But conditions vary, so check with your local health unit for a solution that is most effective for you.

If you live in a city, your risk of catching a disease from drinking water is very low because of water treatment systems. Some people, though, are concerned about chem-

icals, like chlorine, in the water. Others worry about the muddy appearance.

You can easily do something about both. If you don't like the taste or smell of chlorine in your water, run a large pitcher of water and let it sit for a while. The chlorine will evaporate into the air. If your water is muddy, as it might be after a heavy rain, let it sit in the fridge until the silt settles out.

You may also wish to purchase a home water treatment system. But if you choose to use one of these devices, be sure to use it correctly.

Filters should be flushed for at least 30 seconds before use every morning and changed as regularly as recommended because bacteria tend to grow on the trapped organic material. If bacteria collect and are released back into your water you will have created a worse problem than you tried to solve.

If you have any reason to be seriously concerned about the safety of your water supply contact your local health unit rather than trying to solve the problem alone.

In addition to doing everything possible to ensure safe water from your tap, you may also wish to try bottled waters from time to time. Their different flavours may encourage you to drink more water, but there are not really any other health benefits.

Childproofing your home

The average home can be a real danger zone for toddlers. But you can do a lot to protect kids by being aware of the dangers and by taking precautions.

Nurses say the main cause of injury for children under age five is falling. Even a fall from a low level like a sofa, bed, or table can seriously injure a baby's head.

High-chair accidents cause thousands of injuries to children every year. When you buy or borrow one, check for three things:

- The legs should be set wide apart so the chair is stable
- Restraint straps should be easy to fasten
- The tray should lock firmly.

If you have a folding model, be sure it can't collapse by accident. When you're using the chair, place it well away from furniture or walls that little legs could push against, tipping over the chair and baby.

Even with these precautions, a child should not be left alone in a high chair. Ask another caregiver to watch them or take them out of the chair.

Cribs, too, can be dangerous. When shopping for one, make sure it has all of the following:

- Double locks for securing the sides
- No missing slats, or bars, and none that are cracked

- A space between slats that is no more than 6 cm or 2 1/2 inches
- At least 66 cm or 26 inches between the mattress support and the top of the rails—to discourage climbing over the sides

As soon as the baby can stand, remove any large toys or ledges that could serve as steps for climbing. And when the child can climb out, it's time to stop using the crib at all.

Safety gates are needed—both at the top and bottom of stairs—as soon as a baby begins to crawl. Make sure they're in place securely and that the opening between slats is smaller than the child's head. And, don't leave a child alone in a room with safety gates. Children want to see what's on the other side so they push and pull and the gate may open.

Don't use baby walkers. They cause thousands of accidents yearly, including severe head injuries. Babies aren't really meant to walk at 6-12 months. They'll walk when they're ready. In the meantime, they are happy exploring the world around them by crawling.

Make sure to install child-proof latches on balconies and windows. Also, the area under windows should be free from furniture that could invite a child to climb up.

info health

Dr. Bob Young

Burps & Bubbles

Burps in the belly and bubbles in the bowel. Gas, belching, bloating and flatus. Call it what you will, intestinal discomfort characterized by gasiness and relieved by expelling is a common complaint. Patients describe their symptoms in terms ranging from barely-understandable drawing-room euphemisms to anglo-saxon basic.

There are two sources for gas in the bowel. The first is swallowed air. Small amounts are normal. Large amounts are possibly related to anxiety and tension closing the valve at the top of the stomach, forcing the air to take the long way out.

The second source is fermentation of undigested sugars, the basic fault being the inability of certain people to digest the sugars completely. What isn't absorbed into the blood is used as nourishment by the normal bacteria in the bowel. This is a gas-producing process. The sugars involved are usually the simple ones - sucrose,

lactose, and fructose. Other, more complex carbohydrates, often found in things like beans and high-fibre foods, also produce gas in many people.

Going back even further in the chain of events we find that the reason some individuals have trouble with sugars is hereditary, and strongly associated with the ethnic group to which they belong.

Almost no African black, and only 75 per cent of North American blacks, can tolerate lactose, the sugar in milk. Western hemisphere Indians and Mexicans are highly lactose intolerant, at around 80 per cent. Mediterranean and Northern Europeans, have no trouble with lactose.

Lactase is the enzyme needed to digest lactose. There are some diseases that, unrelated to heredity, also cause a lactase deficiency.

Folk Medicine

The veritable Merck Manual, now in its 16th edition and the most widely read medical textbook in the world, is my source for this article. It is about ethnomedicine.

Ethnomedicine is similar to folk medicine, but from further afield. It is part of a population's culture and reflects that culture's philosophy of health and disease - and the definition of these words may vary around the world.

Canadian physicians should be aware of ethnomedicine now that large numbers of individuals have moved here from non-traditional source countries. While it is too much to expect that we will learn the nuances of disease theory and treatment held by members of other cultures, some knowledge of beliefs foreign to us may make our treatment more effective.

Even more important is the need for western physicians, serving in other parts of the world, to be cognizant of local attitudes toward illness and its treatment. Whatever the locale, the doctor should be non-judgmental, accepting that, while medical activities, taboos, and philosophies common in other cultures may be strange, they are not necessarily wrong.

Sometimes straightforward things (to us) have deep meaning for others. The colour of a pill may clash with, say a "hot-cold" theory of disease. A red pill, no matter what it contains, would not be appropriate for a "hot" disease. A blue one would cool it down. Liquid medicine, not tablets is indicated for digestive troubles - tablets are "hard" to digest.

Taking blood for tests is threatening to cultures which



A Pumpkin Patch

Carolyn's Last Column

On a recent outing I noticed a pumpkin patch on the roadside, and my mouth started to water as I thought of all the delicious desserts made from pumpkins.

It's true that the pumpkins' notoriety comes from the Halloween jack-o-lantern, however pumpkin makes excellent pies and cakes.

As well as being a scary face at Halloween, and delicious in desserts, pumpkin is a highly nutritious squash. It is great pureed to use for baby food.

Fresh pumpkin is far more economical to buy than canned pumpkin. You can always have fresh pumpkin on hand as it can be frozen. However, be sure to cook the pumpkin before freezing it. Also, if using fresh pumpkin in pies or cakes, blend it in the blender to avoid them being lumpy.

So, before you dismiss the pumpkin as just a scary face, try the tasty recipes below.

PUMPKIN PIE

- 1-3/4 cups pumpkin
- 1 cup brown sugar
- 1 T. flour
- dash salt
- 1-1/2 tsp. cinnamon
- 1-1/2 tsp. ginger
- 1/2 tsp. nutmeg
- 3 eggs
- 3 T. orange juice
- 1-1/2 cups canned milk

Put all ingredients in a large mixing bowl and beat at medium speed with electric mixer until well blended. Pour mixture into an unbaked pie shell. Bake in a large pie plate at 400° for 15 minutes; then turn down oven to

350° and cook for 35-45 minutes, or until knife inserted comes out clean.

PUMPKIN CAKE ROLL

- 3 eggs
- 1 cup sugar
- 2/3 cups pumpkin
- 1 tsp. lemon juice
- 3/4 cups flour
- 1 tsp. baking powder
- 2 tsp. cinnamon
- 1 tsp. ginger

1 8-ounce package cream cheese

- 4 T. butter
- 1/2 tsp. vanilla

Combine ingredients and mix until smooth. Unroll cooled cake; spread with filling to within 2 inches of edges. Roll back up and chill. Dust with additional icing sugar.

PUMPKIN CHEESECAKE BARS

- 1 16-ounce package pound cake mix
- 3 eggs
- 2 T. melted butter
- 4 tsp. pumpkin pie spice
- 1 8-ounce package cream cheese softened
- 1 can Eagle brand condensed milk
- 1 16-ounce can pumpkin
- 1/2 tsp. salt
- 1 cup chopped nuts.

Mix together at low speed the cake mix, 1 egg, butter and 2 tsp. pumpkin pie spice until crumbly. Pour into 15x10x1 inch jelly roll pan. In large bowl, beat cream cheese until fluffy. Gradually beat in Eagle brand milk, then remaining 2 eggs, pumpkin, remaining 2 tsp. pumpkin pie spice, and salt; mix well. Pour over prepared crust; sprinkle with nuts. Bake at 350° for 30-35 minutes, until set. Cool. Chill; cut into bars. Store in refrigerator.

Editor's note: We regret this is Carolyn's final article for the Totem Times. Are there any Julia Childs out there? Call 339-2541 or 338-0259, and we'll make you a star.

Country Kitchen



Carolyn Haight

- 1/2 tsp. nutmeg
- 1/2 tsp. salt

Beat eggs in mixing bowl at high speed for 5 minutes; beat in sugar until blended. Stir in pumpkin and lemon juice. Combine flour, baking powder, spices, and salt; fold into pumpkin mixture. Spread in greased and floured 15x10x1 inch jelly roll pan. Bake at 375° for 15 minutes. Remove cake from oven; turn out on clean tea towel, liberally dusted with icing sugar. Beginning at narrow end, roll towel and cake together. Cool.

Filling:
1 cup icing sugar

Comox Valley Ski Club



SILVER STAR MOUNTAIN

Trip Dates: 11-15 December. The Comox Valley Ski Club has organized a five day ski holiday with on-mountain accommodation. The total cost includes travel, four nights accommodation and three days (Sun, Mon & Tues) and one night (Tues) skiing. The total cost does not include meals. The following information is provided so that interested members have sufficient time to make personal arrangements for leave, child care, etc.

The Mountain: A vast, varied terrain mountain, Silver Star is a wonderful experience for the alpine skier; friendly and inviting to the beginner, intriguing to the more advanced. Any nordic skier would be very impressed with the World Cup class cross-country area. Night skiing operates Tuesday through Saturday and is included in the cost of your day ticket.

Accommodation: After in-

vestigating various options, the following accommodation has been reserved for 26 persons: **The Pinnacles** (Suites #1, 3 & 4). Located on the crossroads of several ski runs. Suites are multi-bedroom (and lofts), multi-bath (2), full sized condominiums. Each suite features a well-equipped kitchen, fireplace, sun-deck, outside entry and individual ski lockers. Guests reserve private times in the rooftop hot tubs and share barbecues, TV room and ski waxing room. Complimentary videos are provided in the TV room and a meeting room is available for group functions. The variety of sleeping arrangements lends itself well to a mixed group (singles/male or female, and couples).

This will be on a first come, first served basis: private bedroom (double/queen beds) - couples; lofts and bedrooms (bunks & single beds) - singles.

Transportation: Cost has been based on a price quoted by a civilian firm. However, if military transportation is available the total cost will substantially decrease; this method of transport will be confirmed no more than 10 days prior to departure. Any refunds due will be made at time of departure.

Method of Payment: (cash or cheque). Total cost may be paid in full, or by three installments: Deposits, immediately - \$100
2nd installment, 30 Sep - \$100
Balance, 30 Oct - \$145
Total Cost.....\$345
Plus applicable membership fee as follows: Family \$25, Single \$15.

Registration: Registration forms are available from Susan Gibbs, Room 35, Headquarters Bldg. Telephone: work 339-8211 local 8980, residence 339-3518.

Leisure



Harry Sweeney
music reviews and
syndicated columnist

Basement Tapes

Loaded with Hits

Every once in a long while a tape, or CD, of past gold comes along that is so good you just play it over and over again. Such is the case with Wayne's **World The Basement Tapes** (Attic). This 14-song outing is an absolute delight that ranges from **Mountain** (Mississippi Queen) and **Thin Lizzy's** rock standard **The Boys Are Back In Town** to BTO's b-b-b-baby **You Ain't Seen Nothing Yet**.

Many of the tunes have become pop classics. The "big man" Meatloaf revives his **Paradise By The Dashboard Light** and Chuck Berry clicks with his only #1 hit **My Ding-A-Ling** while Trooper Raise A Little Hell. All songs are full length (Meatloaf checks in at with over eight minutes of Paradise) and Nazareth (This Flight Tonight), Ram Jam (Black Betty), Golden Earring (Radar Love) and Blue Oyster Cult (Don't Fear The Reaper) round out what has to be considered as one of the finest pop/rock collections and a definite must for collectors.

Garth and Wayne figure this is truly excellent dude!

Nazareth



Nazareth offer This Flight Tonight for their part in Wayne's World The Basement Tapes.

For the past half-dozen years, on the first Tuesday of every month, a Toronto night club sets the stage for some of the area's best know entertainers. Backed by the house band **Big Sugar** the **El Seven Nite Club** (Hyponotic/A&M) features a vast array of singers and musicians. The talent line-up includes hard rockin' **Lee Aaron** (In The Dark), Tyler Stewart (of Barenaked Ladies fame) covering **Early In The Morning** while **Infidels' Molly Johnson** serves up the soulful **How Long Blues**. **Rebecca Jenkins**, **Chantal Aston**, **David Sereda** and **Gordie Johnson** are among the many of today's "stars of tomorrow." Recorded live (and lively).

FAST FACTS:

Chicago-born **Minnie Ripperton** recorded under the name of **Andrea Davis**, she was lead vocalist in **Rotary Connection**, worked in **Stevie Wonder's** back-up group and then clicked with the solo hit **Lovin' You**, in 1975. Her career was definitely in full swing. Regrettably, cancer claimed her life four years after her #1 hit.

Remember to support your local food bank.

WO & Sgt's Mess October 1993 Calendar

Friday 01 Oct.....	Associates Luncheon
	TGIF: Pizza
Tuesday 05 Oct.....	WSM Golf Tournament
	"4 balls best ball."
	Sign up 1130. Tee off 1230 hrs.
	Info: Sgt Fraser 8528
Friday 08 Oct.....	TGIF: Chinese meal
Friday 15 Oct.....	TGIF: Bratwurst
Monday 18 Oct.....	Wives Club Meeting, 2000 hrs.
Note: Friday steak days will run as long as weather permits.	
Don't forget the "Octoberfest" 22 & 23 October. More to follow.	



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1943 - 1993
PHONE 339-8162

NEXT DEADLINE 18 OCT. - 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

Casual Swim

Starting 11 September, 1300-1600 hours, Saturday and Sunday, til end of October, weather permitting. Cost: \$1.00 per person.

French Preschool

L'Ecole Française des Petits will offer a French preschool for children 3-5 years old starting the first week of October, at 624 Knight Road, Comox. If you are interested and would like to register your child please contact Gervaise Bély at 339-1024.

L'Ecole Française des Petits débute son programme de prématernelle mardi le 5 oct prochain, au 624 Knight Road, Comox. Pour inscrire vos enfants, communiquer avec Gervaise Bély au 330-1024.

19 Wing Yacht Club CFSA

The October meeting will be held in the Community Centre, next to Canex, Tuesday, 5 Oct at 2000 hrs.

Plans for a Fall Cruise are well under way. For more info call Ray Uhl at 339-0454. The cruise dates are 1-3 Oct.

Tuesday, 5 Oct is the pancake breakfast and Wing activity display in the Rec Centre. A few bobs will be required to set up on Monday afternoon and take down later on Tuesday. Call Capt MacDonnell at 8560

Club elections will be held at the 2 Nov meeting. Several positions will become vacant so here is your chance to make the changes you want and help us chart the club course.

Glacier Greens Burger Night

The Thursday Men's Night closed out the season last week with 90 golfers participating in a team scramble format. The team of Roy Downey, Larry Blais, Frank Gibson and Jim Langeville were hotter than the BBQ, carding a record gross 26 for the nine holes, including nine straight birdies along the way!

Word going around the clubhouse is "if you allow those four guys to stand in the same place for any length of time you end up with an instant Sand Trap."

A hearty thank you to the "Duke" and his many helpers for making the Tuesday Burger Night a success throughout the season. See you all again next year.

Avis

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

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.

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 Melvor Avenue, Victoria, B.C. V8P 4E8

CFB SCUBA Club

The CFB Comox Scuba Club is open in the new building, next to the Base Pool, with new hours: Mon-Wed-Fri 08:00 - 12:00. Basic courses..... equipment rentals.

Volkswalk

The Comox Glacier Wanderers will be holding an Octoberfest Volkswalk in Cumberland on Sunday, 17 October. Start time 9:00 - 10:00 a.m. from the Cumberland Hotel. Join us for a German-style lunch afterwards.

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

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

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

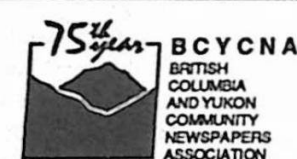
P.S. Nous serons fermés pendant la saison estivale (juillet et août). Au plaisir de se revoir en septembre.

Personal Exercise Program

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

Dependant Use of Base Gym Facilities

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



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\$5 OPPORTUNITY \$5 1 hour per day for 5 days can make you approx. \$18,000 over the following 30 days. For Details send a S.A.S.E. to R. Publishing, Site 6, Comp. 17, RR#1, Winfield, B.C. V0H 2C0.

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FLYING FABRICS OFFERS outdoor fabrics. Selection includes Ultrax - \$9/M, Microfibres - \$8/M, notions, patterns. For mail order sample package contact, Box 20020, Red Deer, AB, T4N 6X5 or (403)340-1533.

NORITAKE CHINA SALE. Our lowest prices for 1993! Major price increase coming in 1994! Order Now! (Recent patterns only). For price list on your Noritake pattern Call Alexander's 1-800-263-5896. (Clip & Save).

Outdoor enthusiasts understand the weather. Take the mystery out of it. Learn basic concepts and principles and apply them to simple forecasting. Basic Weather package - \$12.95. KGV Industries, Box 488, Princeton, B.C. VOX 1W0.

LET'S COOK FOR OUR DOG: 256 Pages of nutrition and recipes by veterinarian E.R. Dorosz - \$19.95. Our Pet's Inc. P.O. 2094, Fort Macleod, Alberta. TOL OZO.

HEALTH

BIG SAVINGS on Vitamins and Health Products. Outstanding Selection. For catalogue call 1-800-663-0747, In Vancouver 321-7000, ask for Dept. 23.

HELP WANTED

ASSISTANT SERVICE MANAGER. S. Madill Ltd., Nanaimo B.C. manufacturer of forestry equipment, requires an assistant service manager. The successful candidate will be a motivated team player possessing good verbal and written communication skills, effective organizational and problem solving skills, with a commitment to detail and follow-up. The preferred individual will be an engineering technologist or equivalent and have background in the forest industry and/or heavy duty mobile equipment. Qualified applicants should submit resume with handwritten cover letter to: S. Madill Ltd., P.O. Box 4300, Nanaimo, B.C. V9R 5M6.

Engine Machinist required immediately in Vernon B.C. Phone: 542-2685, Fax: 542-0492. Must be able to do "ALL" machine work on Automotive Engines.

KITCHEN CABINETS

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

MOBILE HOMES

MOBILE/MODULAR HOMES Factory Direct. "Custom Built". Top dollar for trades. Many used units available. Noble Homes (403)447-3414.

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

VACATION

7 DAY HORSE DRIVE. Help drive a herd of horses from Pemberton to Lillooet over old gold rush trails. Leaves Oct. 9. For further info (604)932-6623.

PERSONAL

Handle Stress. Gain control over the Reactive Mind. Read the book "Dianetics" by L. Ron Hubbard \$7.50. Hubbard Dianetics Foundation, 401 West Hastings, Vancouver V6B 1L5. 681-0318.

REAL ESTATE

PROPERTIES TO BE SOLD for unpaid taxes. Crown Land availability. For information on both, Write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa K2C 3J1.

ISTOPI LESS THAN 1/2 REPLACEMENT! The Grande Isles Residential/Resort overlooking the marina on beautiful Babine Lake has strata tiles studio and one-bedroom suites with prices starting at an incredible \$14,900...and now we have a limited number of three-bedroom townhouses at \$34,500. An "ace in the hole" for your future with tax advantages now. DON'T MISS OUT! D. Frederiksen 1-338-6622. The Resort 1-800-661-6577.

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B.C. Land. For Sale by Owner, 100 Properties. Oceanfront, Lakefront, Streams, Ranchland located throughout B.C. 1/2 Acre to 300 Acre parcels. Terms available. Free brochure. Niho Land & Cattle Company 433-5545.

SALES

ECOWATER requires two technicians. Training provided. \$2400 plus per month. Requirements: Transportation, good reputation in community, self starter, bondable. Call Mr. Eco at 1-800-667-4401.

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

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VACATION

7 DAY HORSE DRIVE. Help drive a herd of horses from Pemberton to Lillooet over old gold rush trails. Leaves Oct. 9. For further info (604)932-6623.

On the Base



LEGION LOG

BRANCH 17 COURTENAY
334-4322

ENTERTAINMENT

Oct. 01.....Music by Country Spirit
Oct. 08.....Charlie Wells Band
Oct. 15.....Linda Jones

EVENTS

Oct. 16.....Veterans Dinner & Dance, Upper Hall
No-host bar 6:00 p.m. Dinner 7:30 p.m.
Dance 9:00 p.m. - 1:00 a.m.
Tickets \$10.00/person - Legion members & guests only.

REGULAR ACTIVITIES

BINGOS.....Thursdays, Fridays & Sundays at 7:00 PM
MONDAY.....FUN EUCHRE
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

Oct. 01.....Music by ALLEYCATS
Oct. 08.....Music by HIGHWAY 19
Oct. 15.....Music by WESTWIND
Oct. 22.....Music by WILD RIVER
Oct. 29.....Music by Wylie & The Other Guy (Halloween)
Sunday afternoon, October 31.....Music by WYLIE & THE OTHER GUY

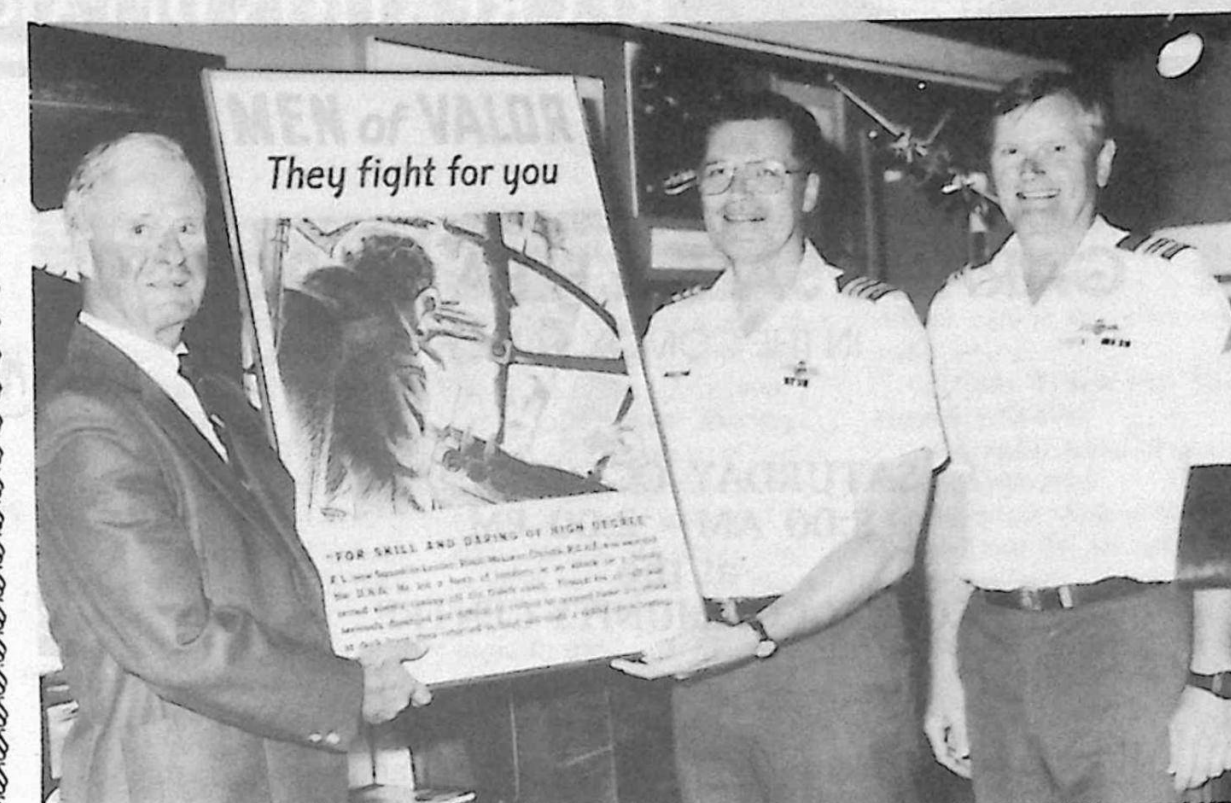
REGULAR ACTIVITIES

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 PM
MONDAYS.....L.A. Drop-In Bingo, Upper Hall, 7:00 PM
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, 2:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 2:00 to 6:00 PM

DATE TO REMEMBER

Annual Veterans Dinner, Branch Upper Hall, Saturday, 23 October. Open to all Branch 160 and L.A. members who are veterans of WW11, Korea, or the Gulf. Spouses (who are also veterans) are most welcome to attend. ADMISSION IS FREE. No host bar 6-7 p.m. Dinner 7 p.m. Entertainment to follow. Registration book available at the bar, or call 339-2112. Cut-off date for registration will be Wednesday, 20 October. Come out and enjoy a pleasant evening with your comrades.

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



AF Museum Gains Valuable Poster

Mr. George White, WW11 407 Sqn member and current president of the 407 Sqn Demon Association, recently donated a WW11 poster to the Comox Air Force Museum.

The poster was part of a series commissioned by the Canadian government during WW11 depicting heroic deeds by Canadian airmen, sailors and soldiers.

The donated poster was discovered at a Moose Jaw railroad station by Mr. White and restored and framed by the Demon Association. Mr. White recognized the action as one in which 407 Sqn, flying Hudsons, attacked a heavily defended enemy convoy in May 1942.

To give an indication of the highly deserved "for skill and

daring of high degree" (a caption on the poster) only four of nine attacking aircraft returned. F/L Ralph Christie, singled out in the poster, was a member of 407 Sqn at the time of the raid and received the DSO for his actions.

Accepting the poster is the CO of 407 Sqn LCol Peter Kendall and the Chairman of the Museum Committee Maj Wes Postma.

CFB Comox Family Resource Centre

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

Address:
119 Little River Road

Mailing Address:
Family Support Centre, CFB Comox
Box 310
Lazo, BC V0R 2K0

All Services are
Confidential

Services available:

Volunteer training
Community information
Financial counselling referrals
Baby-sitter list - adults and trained teenagers
Cleaner list
Welcome package

Ongoing programs:

Teen programs
Tuesday morning discussion group
Confidential short-term counselling services
Parenting programs
Emergency accommodation Drop in anytime or call 339-8290



888 (Komox) Wing Royal Canadian Air Force Association

Regular Membership: Who is eligible?

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

Associate Membership: Who is eligible?

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

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

NEXT DEADLINE 18 OCT.



TOWN of COMOX RECREATION DEPARTMENT



RAIN OR SHINE

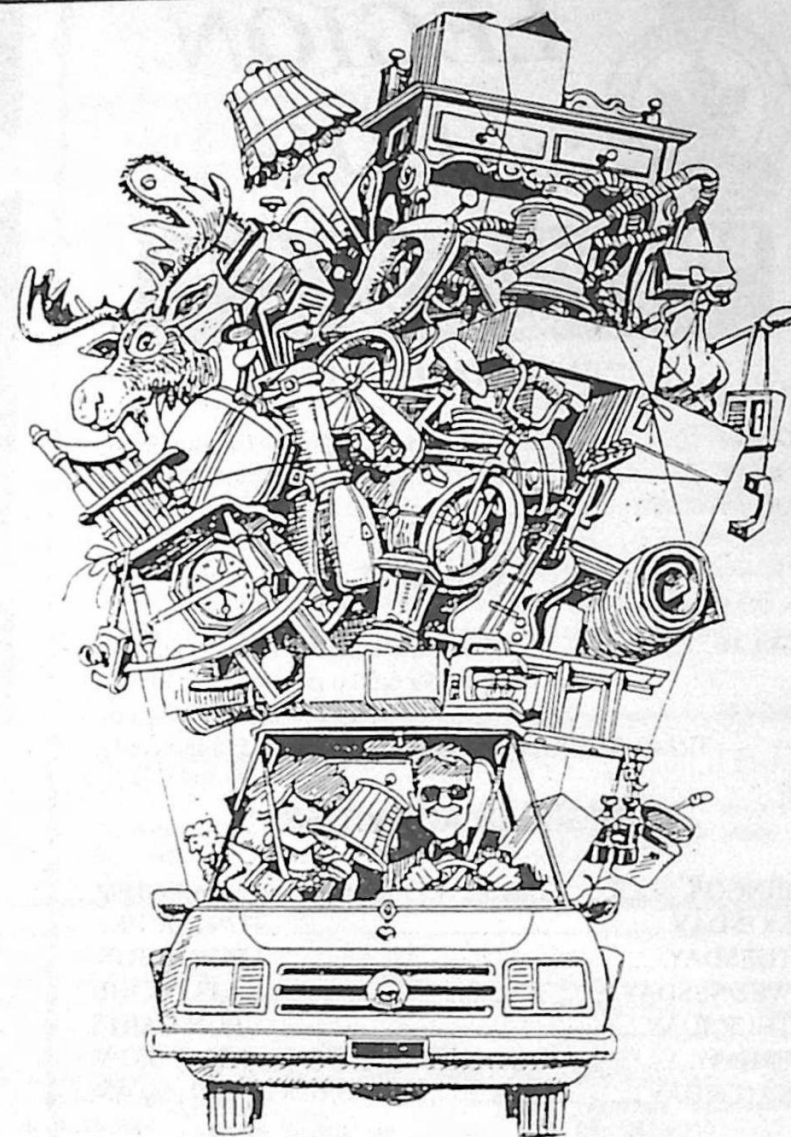
The LARGEST INDOOR GARAGE SALE & FLEA MARKET IN THE COMOX VALLEY

SATURDAY OCTOBER 9
8:00 AM - 2:00 PM
at the
COMOX COMMUNITY CENTRE

Book a table NOW for only \$10.00 and have the garage sale/flea market table you've always thought about. We'll do all the advertising for you, and come sale day we'll keep you warm and dry, while you sell your goods.

All proceeds from table purchases goes to support the Comox TEEN Centre. All proceeds from table sales goes to the owner of the table.

For all good garage sale snoopers here's your one stop centre, warm and dry and the coffee is ON!



ONE NIGHT AFFAIRS

WHAT'S WALLEYBALL?

Yes we mean WALLEYball. Everyone knows how to play volleyball, but isn't it time you found out about WALLEYball, just for the fun of it!

Date: WEDNESDAY, OCTOBER 20
Time: 7:30 - 9:30 PM
Location: CCC WALLEYBALL COURTS
Cost: \$8.00
Ages: All Ages

Register at the Comox Community Centre
Call 339-2255 for details

Comox Recreation
1855 Noel Avenue, Comox, B.C. 339-2255

WHAT'S PICKLEBALL?

If you like tennis, or ping pong, or badminton, then you're going to love pickleball.

Date: WEDNESDAY OCTOBER 6
Time: 7:30 - 9:30 PM
Location: CCC GYM A
Cost: \$8.00
Ages: ALL AGES

Register at the Comox Community Centre
Call 339-2255 for details

Comox Recreation
1855 Noel Avenue, Comox, B.C. 339-2255

IDENTIFYING WILD MUSHROOM

An autumn stroll can be a delicious or deadly experience - if you know what to look for. Register now for one of our most popular Fall affairs.

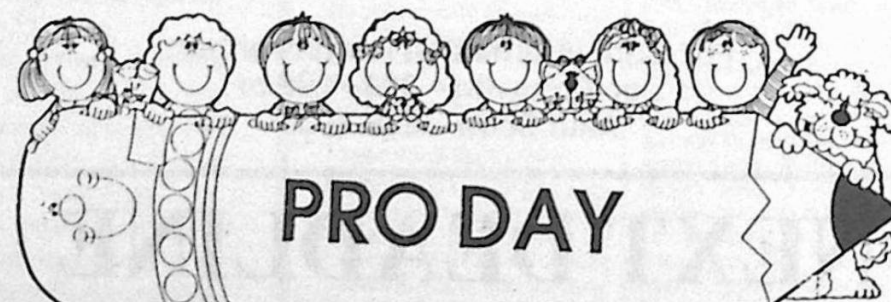
Date: WEDNESDAY, OCTOBER 13
Time: 7:30 - 9:30 PM
Location: CCC LOUNGE
Cost: \$8.00
Ages: ALL AGES

Register at the Comox Community Centre
Call 339-2255 for details

Comox Recreation
1855 Noel Avenue, Comox, B.C. 339-2255

Hey Kids

come to the
COMOX COMMUNITY CENTRE



PRO DAY

231 OCTOBER 15
\$15.00/day
Kindergarten - 12 years
Friday
9:00 am - 3:00 pm
CCC Teen Centre

Meet new friends, play some games in the gym, do some crafts, take a walk and have some couch potato time as well.

232C SCIENCE WORLD
OCTOBER 15
Get out of town... and head to Science World and the Omnimax Theatre in Vancouver for the day.
\$49.00/under 11 yrs*
\$52.00/11 yrs. +
Friday
6:45 am - 8:00 pm
*under 8 must be accompanied by adult.

On & Off the Base

ARC (Addiction Rehabilitation Clinic)

by Rhonda Roy

(This is the first of a six-part series on alcoholism in the military. The series appeared earlier this year in CFB Esquimalt's base newspaper, The Lookout. The writer, a co-op student from the University of Victoria, spent time at the CF's west coast Addiction Rehabilitation Clinic talking to patients, family members, and staff.)

The waitress isn't fast enough so you order doubles. Finally, you just get up and go to the bar yourself to get decent service. The bartender knows you by name. He also knows your drink. You don't have a problem, your family is the problem! Everyone drinks like you do - but the people willing to drink with you are dwindling in number.

According to current statistics, which fluctuate geographically, alcohol is the contributing factor in most fatal auto accidents and in 70 percent of marital disputes. Eighty per cent of all murders, rapes, incest, and other violent crimes occur when the perpetrator or victim has been using alcohol. Ten per cent of all who drink will become addicted, yet it remains the number one drug of choice.

Alcoholism is a slow, insidious, and destructive disease in which the bottle first brings the drinker pleasure and escape before becoming a devastating prison. Like death, alcohol remains the great equalizer. It doesn't care if you are black, white, male, female, rich, or poor. And age is no longer assurance against alcoholism - babies have been placed in detox on birth, children have been diagnosed as alcoholics as young as three years old.

The patients who enter the CF's west coast Addiction Rehabilitation Clinic (ARC) come from all walks of life. Many are from alcoholic or dysfunctional families and have experienced long years of abuse: sexual, physical and emotional. Others come from wholesome and happy middle-class homes. Regardless of the origin of their problems, all patients suffer from addiction and are now experiencing problems in relationships or at work.

The staff also come from all walks of life. Some are recovering alcoholics, others have experienced the pain of alcoholism through family members, co-workers, or friends. But all staff,

according to clinical chief Capt Ray Mostowy, share a "common tendency to want to help make things better." One counsellor describes ARC as "a good family...not just a working environment...the relationships of people here represent how a family works."

ARC is a program of self-discovery and lifestyle change - a reality, not a cure-all, the staff emphasize. After the second or third day, alcohol or drugs are seldom mentioned. Patients explore sexuality and spirituality, and get into a lot of areas of their life neglected while abusing alcohol or drugs. They study nutrition, physical fitness, financial management, relaxation techniques, and resume abandoned hobbies. The talents displayed by some of these people in recovery are "amazing" according to staff, who see the compulsive behaviour of their patients channelled into creative forms and once-dormant emotions released through art and poetry.

The percentage of military people with addictive problems does not differ significantly from the civilian population. But the military program differs from civilian treatment as it also treats family members. These people have often been at wits' end for years trying single-handedly to help their loved ones - their emotions and feelings disregarded until this point when they too enter treatment.

The ARC program has changed constantly during two decades of treating service members and their families. All staff are continually upgrading their skills as knowledge about addiction changes. But one thing that will not change, according to Mostowy, is the concept of openness and honesty in the program. "We tell them that some will drink again," he says. "We accept that." Half of all patients achieve total abstinence. The other half return to their addictive behaviour. Most of those who do enter such a relapse return to a recovery program. "Some don't make it," says Lyle Snedden, ARC's senior counsellor.

There is no cure for addiction and the staff don't claim to have any easy answers. Patients are simply given the tools necessary to live their lives. They have the answers within them, says Lyle: "We provide them with the appropriate questions."

Base Library: New Books are In

By Colleen Gagnon,
Base Librarian, 8351

Without Remorse by Tom Clancy - Two missions, two wars, one man - and time running out. Over the course of seven novels, Tom Clancy's "genius for big, compelling plots" and his "natural narrative gift" have mesmerized tens of millions of readers and established him as one of the pre-eminent storytellers of our time. Without Remorse, however, goes beyond anything he has ever done.

Its hero is John Kelly, a man familiar to Clancy's readers by his code name, Mr. Clark. In The Sum of All Fears he hunted down nuclear terrorists. In Clear and Present Danger he led aerial raids against drug lords. In Cardinal of the Kremlin, he spirited away a KGB chief's family by submarine. But nothing will ever be as deadly - or as personal - as the danger he must face in Without Remorse.

Peacekeepers - The Road to Sarajevo by Major General Lewis MacKenzie. In this riveting memoir, MacKenzie describes how he created Sector Sarajevo and, with a 30-nation UN force, set out to liberate the airport to receive desperately

needed food and medicine supplies. MacKenzie's outstanding and unorthodox leadership catapulted him to the status of an international celebrity as he used the media - "the only weapon I had" - to maximum advantage. Against the daily drama of shelling, sabotage, murder and shameless propaganda, motivated by ethnic hatreds, MacKenzie's adventures in Sarajevo read like a war novel - except that it is all tragically true.

Angel by Barbara Taylor Bradford. Barbara Taylor Bradford, the internationally beloved best selling author of A Woman of Substance, The Women in His Life, Remember, and other novels, now captivates us once again with Angel.

A contemporary, compassionate drama, Angel probes the lives of four unforgettable characters. All were orphans when they met in their teens in the late seventies, and they vowed to be a family, bound to one another by a loyalty fiercer than friendship. Having entered adulthood with nothing, each of them has earned prominence, three in a dazzling world of international show busi-

ness. But as the story unfolds, all of them find that they have broken their promises to one another, each in his or her own way.

Chiltons Truck and Van Manual 1988-1992

Chiltons Auto Repair Manual 1989-1993

A Marriage Made in Heaven or **Too Tired for an Affair** by Erma Bombeck. "I now pronounce you husband and wife." There are few phrases as sobering, with the possible exceptions of "We have lift-off" and "This country is at war." Yet, as they have done for centuries, millions of men and women continue to walk down the aisle every year without so much as a job description. Now, in her most autobiographical book, Erma Bombeck puts it all in loving and laughing perspective as she looks back on her own 43 year-but-who's-counting marriage. With timeless passages that make the honourable estate of matrimony the highest risk, highest reward, profession of all.

We have these new bestsellers and more. Also a pocket-book exchange, Base papers, magazines, etc.

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BASE CHAPLAIN (RC) - Maj Conrad Verreault
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OFFICE - Headquarters, Bldg 45, Rm 48, Local 8274
MASS SCHEDULE:

Saturday.....1700 hrs
Sunday.....1000 hrs
Daily Masses.....Tuesday, Wednesday & Thursday evenings at 1900 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 Chapel and Parish Hall every Sunday morning at 0900 hrs. Coordinator: Mary Rogers, 339-6181.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj Charles Massey (UCC) 339-8273
Capt Fraser Harvey (ACC) 339-8275

CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88

OFFICE - Headquarters, Bldg 45, Room 48,
Telephone 339-8273/339-8275
Secretary - Mrs. Anita Spurrell

SUNDAY SERVICES -
0900 hrs - Holy Eucharist (2, 3, 4 & 5 Sundays of month)
0930 hrs - Adult Bible Study

1100 hrs - Divine Worship (2, 3, 4 & 5 Sundays of month)
Holy Communion (1st Sunday of month)
(any changes will be announced as early as possible)

SUNDAY SCHOOL - In conjunction with 11 a.m. Service.
NURSERY - during 11 a.m. Service for children under 3 yrs.

CHOIR - 1900 hrs, Thursdays at the Chapel.

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Hamish says:

From the encyclopedia of useless information, we came across the following:

The frog are a funny bird,
When he sit he stand almost.
When he hop he fly almost.
He ain't got no sense hardly,
He ain't got no tail hardly either.

When he stand he sit on what he ain't got almost.

(To which I might add: Spring has sprung over here and the frogs down in the swamp are sure letting us know with their nightly choral overtures.

When they sing they croak almost!)

On a more complicated subject: As I was going to St. Ives, I met a man with seven wives. Seven wives had seven sacks. Seven sacks had seven cats. Seven cats had seven kits. Kits, cats, sacks and wives; how many were going to St. Ives? (If you don't know the answer, contact Ye Editor; he knows where St. Ives is.)

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Week Ending 30 September

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7. Such a Good Boy.....Birnie
8. Needful Things.....King
9. Wages of Sin.....Greeley
10. Princess.....Sasson



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at bat.



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V9N 3P1

Hours of Operation
Monday to Friday 9-5
Saturday 9-4

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Bulletin Board

FOR RENT
New 2 Bedroom apartments
for rent. Complete with four appliances. Phone: 338-5580.

TRANSFERRED TO OTTAWA?
Consider Rockland: 25 min. to Ottawa, many amenities, Eng/Fr. schools. Average home \$115,000. Call Lawrence Sovey, salesman, at Remax Riviera Realty Inc. (613) 446-6031 office, or (613) 446-7468 residence. Move once and work with a professional retired service member who knows your needs.

Space still available at New Pre-School

Comox Little Children Nursery School is still accepting registrations for classes beginning Oct. 4.
Classes: 9:00 - 11:30 a.m.
Mon. Wed. & Fri. \$98.00
Tues. & Thurs. \$70.00
Location: Dusty's Den, Beaufort Avenue (between Town Hall and d'Estier House).
To register your 3-5 year old call Lynne, anytime, at 338-7948.

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Environmentalists Start Here

INTERSECTION HOCKEY LEAGUE MEETING
07 Oct 93 - 1430 hrs
Rec Centre
MSE Classroom
All team reps are urged to attend.

WHAT'S YOUR HURRY, B.C.?
YOUR LOCAL POLICE [ICBC]

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- No penalty education plans
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PH. or FAX: 334-1833

On the Base

Mini Franco-Fun

Groupe de rencontre parents-enfants en français. Les buts de ses rencontres sont:

- permettre aux enfants de jouer entre eux dans une atmosphère francophone
- permettre aux parents de rencontrer d'autres parents parlant français.

Les parents doivent accompagner leur(s) enfant(s) et doivent parler français. Chaque parent contribue à sa façon aux préparatifs des rencontres et ces dernières sont organisées de la façon suivante: jeux libres (bricolage, peinture, casse-tête) goûter, jeux de groupe, histoire,

chants...

Les rencontres ont lieu tous les lundis de 9h00 à 11h00 au Centre Communautaire, situé près du Canex. Pour plus d'information, contactez Mme Suzie Beaumont au 339-1372.

Pendant le mois de septembre, nos tout petits ont eu beaucoup de plaisir. Ils ont appris à reconnaître différents fruits et légumes, tout en cuisinant, peignant et en bricolant.

Le thème du mois d'octobre sera "Les feuilles," sans oublier, bien-sûr, la citrouille de l'Halloween.

Shipwreck Lectures for Courtenay

By Joseph Ruttle

An international speaker is coming to town in early October to tell engrossing tales of mutiny and disaster, storms and shipwrecks, from the time of the great sea voyages of the 18th century.

Ron Coleman, curator at Queensland Museum in Australia, expert diver and maritime historian, will be speaking at Florence Filberg Centre's Conference Hall on 6 October about the major shipwreck excavations he has overseen during a long and fascinating career.

They include the important dive for the remains of HMS Pandora, the British warship that chased after the mutineers of Captain Bligh's infamous *Bounty* in 1791: Pandora took several

of the Bounty crew prisoner at Tahiti before crashing into Australia's Great Barrier Reef on her return voyage, and sinking with several men still held in leg-irons.

Coleman will discuss this and many of the other significant shipwrecks of the Age of Discovery, and relate all the intrigue, romance and danger of his fascinating work.

Advance tickets (\$5) may be obtained from Courtenay Museum (Info: 334-3611), The Book Shell in Driftwood Mall and The Inkwell in Comox Centre Mall. Admission will be \$6 at the door. The evening is sponsored by the Courtenay Museum, with assistance from the Collingwood Inn.

Attention Br.160 Legion Members!

It's "Early Bird" time. Pay your 1994 membership dues between 1 Sep. & 30 Nov. and be eligible for the early bird draw. You will also be helping out your branch. 1994 dues are as follows: Ordinary & Associate Members under 65 - \$30.00, over 65 - \$20.00. All Fraternal Affiliates - \$40.00. Dues may be paid at the branch office during working hours 8 a.m. - 12 noon and from 1 p.m. - 4 p.m. Mon. thru Fri. By mail: send cheque or money order payable to Comox Legion Branch 160, 1825 Comox Avenue, Comox, B.C. V9N 4A3.

New members always welcome. Come and join us!



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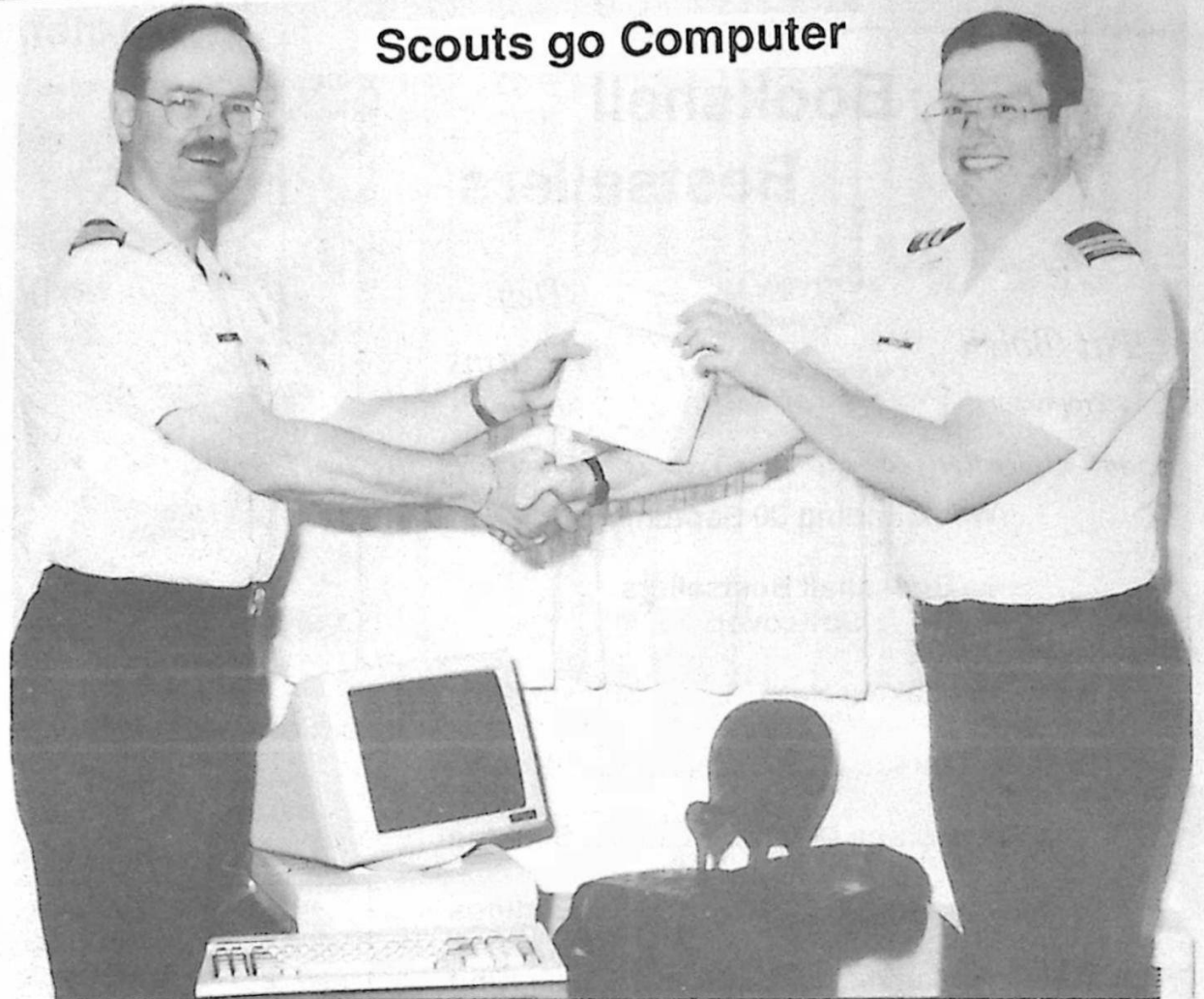
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NOON**

Scouts go Computer



His Feathership (Wing Log O, LCol King) presents 1st Lazo Scout Group Chairman Capt Bob Sealby with a Brand Name PC donated by the 19 Wing's Kiwi Klub. The computer will allow group leaders to track dues and do other useful admin for scout activities. The Kiwi Klub is the Wing Tech Officers' Club and is open to all "Wingless Birds."

BACK TO SCHOOL

LOW WAREHOUSE PRICES

 Home Office Secretary from \$99 ⁹⁵	 Steno Chairs from \$39 ⁹⁵	 Computer Work Station from \$109 ⁹⁵	 Bookshelves from \$34 ⁹⁵
 Bunkbeds from \$169 ⁹⁵	<h2 style="transform: rotate(-10deg);">HUGE SELECTION!</h2>		 Wall Units from \$159 ⁹⁵
 Coil Mattresses from \$79 ⁹⁵ to \$699 ⁹⁵	 Desks from \$59 ⁹⁵ to \$499 ⁹⁵		

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OPEN TO THE PUBLIC: Mon-Wed & Sat: 10 am - 6 pm • Thurs & Fri: 10 am - 9 pm • Closed Sunday. (Individual store hours may vary)