



Meet the Geeks

.... page 6

407 Family Day

....page 16



TOTEM TIMES



Canadian Forces Base Comox B.C.

VOL 35 NO 18

21 OCTOBER 1993

COST: PRICELESS

Rutherford Roll-out



Former Comox aviation artist John Rutherford generously donated this painting of Argus 711, rolling out of 7 hangar, to the Argus Restoration Committee. Large limited edition prints will be available. See article on page 3.

CSB Campaign Starts

The 1993 Canada Savings Bond campaign in the Public Service and the Canadian Forces is now under way.

Canada Savings Bonds provide a unique opportunity to save money in a convenient way at competitive interest rates. This year, Canada Savings Bonds will once again be available to CF members and DND employees through the payroll savings plan.

Unit canvassers will soon be approaching members and employees to explain the 1993 series and to assist in the process-

ing of payroll savings applications.

Over the years, DND personnel have recognized the attractive benefits of Canada Savings Bonds; they offer competitive compound interest rates, instant cashability and convenient savings through the payroll savings plan. In the last couple of years, DND personnel led the Federal Government with total payroll purchases of approximately 50 million dollars.

Canada Savings Bonds have a reputation as a sound investment.

It's been a while since the Argus Committee has written, but that is because we have been too busy stripping 712 in preparation for some serious corrosion removal.

No, that does not include scrapping the airframe as some of the non-restoration types continuously ask. What it does involve is removing all interior equipment and accessories so we can get at the ever-destructive corrosion bug.

If you have seen the aircraft recently you've noticed it does

look extremely different without props, bomb-bays, flaps and various antennas. The troop, MWO Gary (let's pull it) Boyd, Rob (what are CFTO's) Roy, Ted (I can build it) Dennis and Murray (the juice man) Smith are but a few of the colourful yet determined individuals who have been donating their time. Once the removals are completed the members will begin removing the external paint, hopefully eliminating any external corrosion before priming for its needed paint job.

Since we currently have no power on a permanent basis, our working hours are shortened during the week but Saturday is still the most productive as work begins 0900 hours and finishes whenever. As the weather deteriorates over the winter, the aircraft will be towed into 7 hangar as needed, so as not to extend our completion date past 7 Aug 94.

Three weeks ago our local cable station came out to the aircraft to interview some of the
continued on page 3

Argus Restoration Progresses

On & Off the Base

Second Career Assistance Network

The Resumé: Your Personal Advertisement

If you are thinking about leaving the military soon, and marketing your skills to industry, you are going to need a marketing vehicle.

Sure, you could walk up and down the streets, drive back and forth across town and fill out dozens of applications at various businesses. You can spend a lot of time on the telephone, prospecting for vacancies and you can file the appropriate forms with government agencies. You could even get dressed up in your suit, prepare a sign saying "I need a job," and stand in the middle of a busy intersection.

All of those actions might help to find a "job," but I doubt it will be much more than an entry level position. You have really limited your market to those employers you can actually reach in person. You are also going to expend a lot of shoe leather and a lot of energy for a very limited return.

You can improve your chances and open a much wider market for yourself. But in order to find those meaningful positions that offer substantial compensation and career options down the road, you need some other method to get your skills and abilities in front of prospective employers. That vehicle is called the resumé.

Some separating veterans don't feel a resumé is necessary, but most employment professionals disagree. A resumé is designed to get your skills and qualifications in front of employers and get employers interested in talking to you. An effective resumé can be the key to a successful job search. The resumé helps you to reach a lot more potential employers with a lot less effort. It also becomes the vehicle to translate your military

training and experience into terms that civilian employers will understand. A resumé won't get you a job, but it will get you interviews that will give you a chance to present your qualifications in person.

Develop A Marketing Plan

Your first step in getting interviews is to develop a marketing plan for yourself. The basis for your marketing plan should be to see yourself as a product and understand that you are going to have to market yourself in order to reach employers. In sales there is a rule that says in order to be successful you have to accomplish three things:

1. You have to talk to enough people;
2. They have to be the right kind of people; and
3. You have to tell them your story.

A successful transition from the military service to a meaningful career in the private sector work force is no different than selling a product. You have to let as many people as possible know that you are available and actively seeking work.

Most books on the job search refer to this task as "networking." Civilian job seekers are generally able to get right to work on the process, because they already have many contacts within industry.

Broadcasting - A Key To Success

I'm not sure that "networking" is the best technique for transitioning military personnel to use. The term implies that if you talk to one person, they will tell another person and they will tell more. In practice, I don't think that is how it really works. When

you talk to a single person concerning your job search, they don't generally pick up the phone and call several others just to tell them that you are looking. The message ends and the "network" ends. The responsibility to spread the word is left up to you.

If you want people to know that you are available for work, you are going to have to tell them yourself. Because of this dynamic, I prefer to call this process "broadcasting." You are broadcasting to as many people as possible that you are a viable candidate for those significant positions they hope to fill. The best way to broadcast is to use the two methods that will get you in touch with the maximum number of people quickly. Those are the telephone and the mail.

Research

Using the library, prospective lists of potential employers can be developed and a direct mail solicitation program should be started. Employment advertisements should be carefully reviewed and promising ones targeted for a quick response. Your mailing package should contain a covering letter and your resumé. The letter should explain why you are writing and the type of position you are seeking. Whenever possible, all mail contacts should be followed up with a telephone call. The reason for calling is to determine if they received your resumé and to emphasize your interest in employment with their firm.

Contact Your Buddies and Former Work Mates

You should also call and/or write to everyone you know who has left the military before you

and ask them to float your resumé throughout their company. (Many companies pay their employees a bonus if they refer qualified candidates. Your former buddies may now be in management positions and be excited about the possibility of hiring someone who can be depended upon.)

Talk To Defence Contractors

If you work on equipment in the military, write to the company that makes the equipment. Don't forget to target all of the companies who manufacture or service all of the components of the equipment. Enclose your resumé and offer your services.

Look For Leads

Review trade and professional journals and write to the authors congratulating them on their ar-

ticle and soliciting advice on making a successful transition into the field. Watch for articles in the Sunday business pages of your hometown newspaper concerning executives being promoted, companies winning contracts, organizational expansion or relocations into the area. Send out a letter with your resumé.

In short, be imaginative and innovative. The list can be endless and is only limited by the amount of effort you put into the job search. Find as many sources as possible and go after them for job opportunities. As you increase the numbers of people who know you are available, you increase your chances for success.

(Cited from an article written by William G. Fitzpatrick, Non-Commissioned Officers Association of the U.S.A.)

by Lt(N) L.J. McNally,
Wing Personnel Selection Officer

THURSDAY 21 OCTOBER 1993

TOTEM TIMES 3

On & Off the Base

More Argus

Continued from page 1

members for a half hour show to be broadcast within the next couple of weeks. Some of the locations for those interviews in and around the aircraft almost required the talents of an acrobat.

Not only is the Argus Committee involved in restoration but it has been gathering historical data on the aircraft type as well. This

has been in the form of written accounts, video and stills. 19 Wing Photo section having been helping out in this time-consuming work. The committee wants to thank Sgt Hal Fraser and his professional staff for an outstanding job in helping build up the history of an often overshadowed and forgotten work horse.

We would like to invite any individuals or groups who would like to get involved with this project to call, Karl Smith 339-7950, or drop us a line at Comox Heritage Aircraft Society, Argus Committee, Box 485, Lazo, B.C. V0R 2K0.

Rutherford Painting Presented



Fund-Raising for Argus Restoration

The Argus Restoration Committee is progressing well (close to "wet power") in their endeavours to restore Comox Heritage Park Argus 712 from the ravages of the Comox Valley weather. As part of their fund raising they have induced Mr. John Rutherford, noted aviation artist, to generously donate a painting depicting the roll-out of Argus 711, the Argus which set an endurance record of 31 hours 1 minute in 1974.

Limited edition prints of the painting will be offered for sale to all aviation enthusiasts for \$65.00, including GST, to support both the restoration costs and to allow Argus and other enthusiasts to collect prints of this memorable and venerable aircraft. The Comox Air Force Museum will, amongst others across Canada, offer the prints for sale.

Shown at the donation ceremony, with Argus 712 as a

backdrop, is Maj (Ret) Stan Froehler, the pilot of 711 during its record breaking flight, Mr. John Rutherford, LCol Peter Kendell, the CO of 407 Sqn, and Sgt Karl Smith who is the chairman of the Argus Restoration Committee. Also shown are MWO Boyd and Mr. Rob Roy, two very active members of the Committee. The original painting should eventually be displayed in the Comox Air Force Museum.

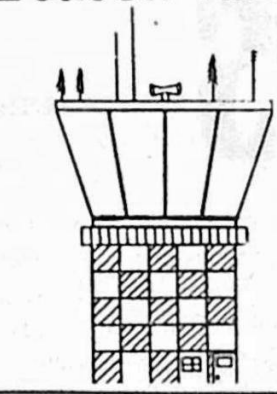
Only the Shadow Knows

Well, it's Fall again. Time for football, hockey and the World Series, and don't forget basketball is about to start also. Don't worry ladies, if you want your husband to do something, there are always the commercials. If that's not enough, Intersection Hockey is about to start. This year we are playing with the Firehall, so we should have lots of players. Yes Serge, you might have some decisions to make; but then, that's why you get the big bucks.

This past little while has been productive sportswise for the section. Kelly Olohan participated in the Canadian Amateur Golf Championships in Victoria. He finished a respectable 63rd. He was also a member of the CFB Comox Men's Golf Team that won the Regionals. Roger Guinan and Scott Middleton were on the Base Soccer Team which travelled to Chilliwack for the

Regionals. They returned with a Silver Medal and lots of sore muscles.

As the Beacon Turns



The section fought hard but lost out in the championship series for the Intersection Fastball title. This sports break has been brought to you by BIC, the proud makers of fine ATC pens everywhere, perfect for strip-

WO & Sgt's Mess

Oct/November 1993 Calendar

Friday 22 Oct.....TGIF: Chicken
Friday 22 Oct.....Octoberfest
All Ranks & Associates are welcome. Two days of events: 1700-0100 hrs Fri and 1300-0100 hrs Sat. (See ad in this paper.)
Friday 29 Oct.....TGIF: Lasagna
Friday 05 Nov.....TGIF: Subs
MCpls' Nite from 1530-2000 hrs.
Monday 08 Nov.....Wives Club Meeting, 2000 hrs.
Friday 12 Nov.....WSM Retirement Candle Light Dinner
Friday 19 Nov.....TGIF: Mix
Monte Carlo Night (check for flyer).
Note: Friday steak days will run as long as weather permits.

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- Emotional Support
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October's Breast Health Month

(Reprinted from an article which appeared in the Aug-Sep 93 issue of Nursing BC)

One in 10 women will likely develop breast cancer. One in nine won't. Yet all women live in fear of breast cancer and its consequences.

Nurses can help women reduce this fear by encouraging them to practice breast self-examination and get an annual medical breast examination. Women over 40 should also have an annual mammogram.

Nurses play an essential role in supporting women during diagnosis, treatment and recovery, say Anita Blanchard and Naomi Miller, two nurse volunteers with the Canadian Cancer Society, B.C. and Yukon Division. "Nurses in doctor's offices, in treatment centres and in the community told us how they did

it," say Blanchard and Miller. "They listen to patients' worries and fears. They answer, or find answers to, any and all questions. Furthermore, they acknowledge the difficulties women may have and know how to find the help they need." Seventy percent of women who develop breast cancer have no known risk factors in their lives. The most significant risk factors are being female and aging.

October is the Canadian Cancer Society's Breast Health Month. If you want to learn more about breast health, or would like to join other nurse volunteers teaching breast self-examination (BSE) to women, contact your local Canadian Cancer Society district office or call the Cancer Information Line 879-2323 or toll-free 1-800-663-4242.

Breast Cancer: The Facts of Life

(Reprinted from the Sep 93 edition of Breast Issue - the newsletter about breast health and breast cancer)

Every year some 14,000 Canadian women develop breast cancer. It rarely affects men, but approximately one in ten women living in this country will develop breast cancer in the course of their lifetime. Although curable, particularly when detected early, breast cancer is the major cause of cancer deaths among women. Nearly 600 women in BC will die of breast cancer this year. It is the leading cause of death in women between the ages of 35 and 54. Also, because it tends to occur earlier in life than other cancers and than other major causes of death, such as cardiovascular disease, it has been shown to be the greatest cause of years of life lost by Canadian women.

Clearly breast cancer is a major health problem. Research has not yet determined its causes, so early

detection continues to be our best protection against breast cancer. Successful treatment often depends on discovering the abnormality in the breast at the earliest possible stage.

The Canadian Cancer Society raises funds throughout BC and the Yukon to support scientists working to unravel the mysteries of cancer, funding prevention studies as well as research into improved detection and treatment. In hand with this, the Society's volunteers and staff provide a number of public education programs and services to patients and their families, such as emotional support, financial aid, lodging and transportation. Each year the Canadian Cancer Society designates October as Breast Health month providing support, information, and hope to women throughout Canada. Join us in our celebration of survival.

Together We Can Beat Cancer!

Chaplains Chatter

Communication is Important

In my military career I have gone from being a radio technician, who spent most of his time with the army, to a chaplain. Often I get asked about my change of vocation. My usual response is that I am still in the communications business but now it is at a higher level and I do not need antennas. Though I say this jokingly, there is a lot of truth in my response.

Communications are important to both the army and relationships. When communications break down, usually in the heat of a fight, everything else also starts to fall apart. When communications in a relationship start to break down, the entire relationship can fall apart.

The truth is that most couples argue but there is a fine line between a discussion and a fight. In the middle of a discussion that may build up a relationship, the shift to a fight that tears down the

love in a relationship is easily crossed.

It does not have to be this way and there are several steps that can be taken to prevent the line from being crossed. The first is to let God into the discussion. Before things get out of hand say a short prayer. Something like; "God, please help me support my partner even though we don't agree." Sometimes the question needs to be asked if the argument is doing anything to build up the relationship. If it is not then maybe it is time to stop and talk about the value of the relationship.

Discussions can grow into fights because of timing. The time to talk about problems is when both people are refreshed and have the time and energy to talk. The end of a long day is not a good time. A good discussion may take some planning ahead.

If a problem is not immediate, leave it until a time when you both are ready for it.

Finally, there should be some ground rules for arguments, written or unwritten. No name calling; use only affectionate names for each other. No past history; past arguments will remain buried. Stick to the topic; do not wander. Do not hit below the belt; do not point out the other's weaknesses. Maintain a sense of humour; stop every now and then, stand back and smile.

Married life can be the source of life's richest experiences. With good communication between each other and God, these experiences can be yours.

NOTE:

7 Nov - 0900 hrs - Holy Communion (ACC)
7 Nov - 1100 hrs - Remembrance Sunday Service
14 Nov - 1100 hrs - Holy Communion (UCC)

by
Padre Fraser Harvey,
Assistant Wing
Chaplain (P)

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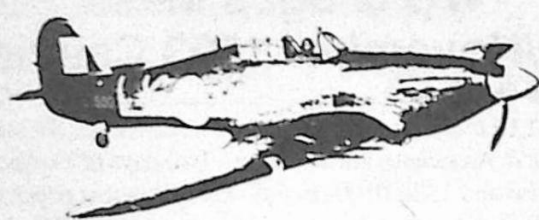
- Oyster Florentine
- Curried Tiger Prawns
- Chicken Polynesian
- Liver & Onions
- New York Pepper Steak

includes soup or salad & our special house dessert.

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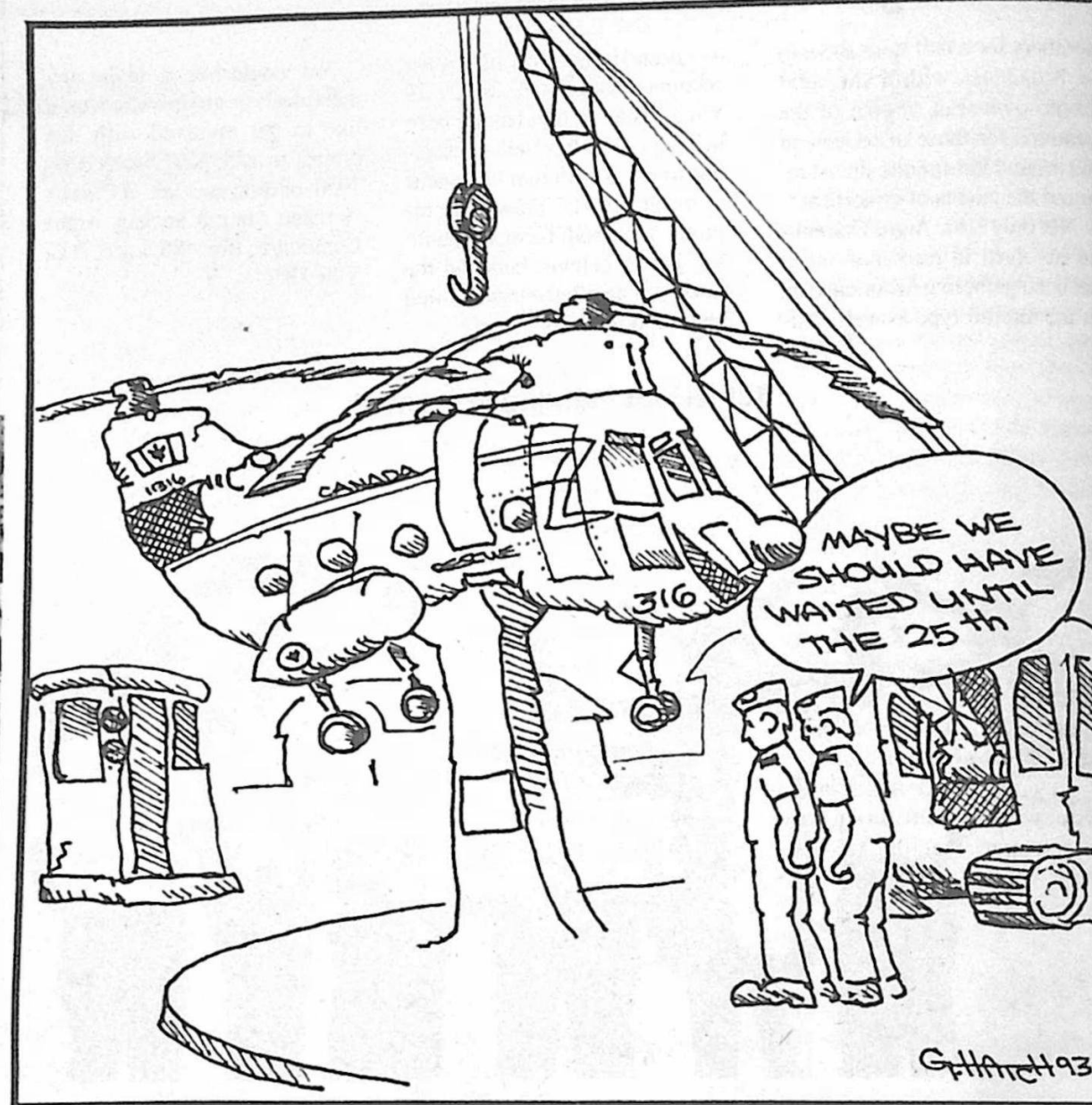
On the Base



Battle of Britain Remembered



Wing Commander and escort saluted the memory of "The Few" and (below) Legion members bowed their heads in prayer. Remembrance service was held at the Comox Heritage Air Park on September 26.



Give Where you Live!



by Lt E.A. Ritchie

The 1993 19 Wing Comox United Way Campaign is almost drawing to a close but the campaign is going well. Some sections are completed and the results have been most successful. Our campaign will run until 31 Oct, but if you have been missed or wish to contribute after that please contact one of the United Way reps.

Our combined Wing goal is \$28,000 and we are approximately 60% there (at the time of writing this article). The various unit/section reps have been and will continue to canvass all individuals.

The Comox Valley United Way plays an important part in raising funds for non-profit community organizations in the valley. This year the Comox Valley United Way will be distributing

the funds among 27 local agencies. By relying heavily on volunteer canvassers and administrators, the United Way is able to allocate almost all monies raised directly to the agencies.

All funds raised at the Wing will be distributed locally. In this way, all our donations will be helping everyone in our community. This year over 12,000 Comox Valley residents will benefit from donations to the United Way.

All DND employees of the base will be approached by a designated United Way canvasser. Everyone is encouraged to contribute either with a cash or cheque donation, or a monthly pay deduction. Any amount, no matter how big or small is most welcome. By giving a little you will be helping a large number of

people who rely on these agencies. Even those on an attached posting or TD may make a donation.

19 Wing Comox is a significant contributor to the Comox Valley United Way and has traditionally been successful in achieving its goal. Remember, the contributions you make have an enormous effect on those who live in the Comox Valley. Together, we can accomplish our goal.

If you think you have been missed by a canvasser or require more information please contact the Wing Coordinators; Lt E.A. Ritchie local 8204, or Capt N. Potvin local 8431.

This is our opportunity to help the Comox Valley community. **GIVE WHERE YOU LIVE!**

TOTEM TIMES

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OUR NEW FAX 339-5209



Comment

Letters

Vernon Reunion

Dear Editor,

We're writing to ask a small favour, and we really hope you can help us out.

Since 1949, at the rate of 1,500 each summer, well over 135,000 Canadian and 2,000 American teenagers have attended the Vernon Army Cadet Camp, in Vernon, B.C. The training they received has made them pretty good Canadian and American citizens.

These boys and girls came from, and still do come from every small village, town and city in Canada and Washington State. They're so spread out, we don't know where they are... and now, many of them are in their twenties, thirties, forties and fifties.

It would sure be appreciated if you would mention in your newspaper, that the first-ever

reunion of the Vernon Army Cadet Camp will be held 22-24 July, 1994 at Vernon, B.C. Originally, the reunion was planned for the year 1999 (50th year) but, unfortunately, the powers that be are planning on closing the camp down after the summer of 1994. We're going to try to keep it open, but it's rough going.

The Vernon Reunion Hotline is (604) 268-9977, or they can write to: Vernon Army Cadet Camp Reunion '94, P.O. Box 88560, 101 - 13753 72nd Avenue, Surrey, B.C. V3W 0X1.

With your help, this could be one of the largest reunions ever. Thank you for your assistance.

Sincerely,
Jeffrey H. Aitken,
Reunion Chairman

Hallowe'en Party

The Wallace Gardens Community Association will be holding a Hallowe'en Party on Saturday 30 Oct, from 6:00 to 8:00 p.m. at the Airport School gym, for children ages infant to 12 years. This event is FREE for ALL PMQ Association members, and will cost non-members \$5.00 per family. Please show your PMQ Assn membership card at the door. If you have not received your membership card, or have misplaced it, please contact Mrs. Linda Rose at 339-8211 (loc 8571) between the hours of 0900 to 1330 Monday to Friday.

Again this year we will be holding a Christmas Bazaar at Airport School on Saturday 4 December, from 0900 to 1500 hrs. Tables will be rented to interested crafters and organizations. Rental fees are \$7.49 for PMQ Assn members and \$10.70 for non-members, GST included. For table reservations or further information please contact Linda Rose at 339-8211 (loc 8571).

Just a reminder to all PMQ residents that all garbage must be

put in metal or sturdy plastic containers with secure lids, not just plastic bags. Garbage pick-up is Wednesdays and the containers should not be put at curbside until Wednesday mornings.

All pets must be registered for the 93/94 season. If you have not registered your pet(s) for this year, please contact Linda Rose at 339-8211 (loc 8571). Registration fees are \$20.00 for all non-spayed or non-neutered animals and \$10.00 for all spayed or neutered animals. Failure to register your pet(s) can result in a \$15.00 per animal fine on top of the registration fee.

NOTE TO CABLE TV SUBSCRIBERS: If you live in the following MQs - 1 to 101 Spruce Street, 26 to 33 Cedar Crescent or 49 to 65A Elm Street, you will be experiencing intermittent interruption of your cable service over the next six weeks as our technicians are replacing the junction boxes and cables to these residences. We apologize for the inconvenience, but it should provide you with better reception when the job is completed.

Watch for Yellow Fish

Sir,

I would like your readers to know about a project that my Grade 3 class at Airport School worked on.

We painted yellow fish on the roads by the storm drains. We did this to remind your readers and people everywhere not to pour oil and poisonous fluids down the

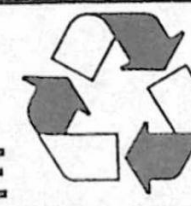
drains. These drains carry fluid to the fish and the fish die if bad, toxic fluids get to where they live.

So please remember the fish living in the water before you pour anything down the drain. Fish and other living animals will thank you for remembering them.

Kurt Shaw



**PITCH-IN
AND
RECYCLE**



Quality Drinking Water

Dear Sir,

Gail Dal-Santo, RN, in her health and fitness column of Thursday, 30 September, entitled **Quality Drinking Water**, suggests poor quality drinking water can be improved by one or two simple methods easily at hand. However, in so doing, what counter-effects are taking place?

Dal-Santo states that running the tap water for 30-60 seconds before drinking the water will remove unwanted lead and copper. That may be, but what about the gallons (litres?) of water being wasted. Most municipalities frown on such wanton waste of precious water. And, yes, our water is precious. Large communities routinely restrict water use during low reservoir and low rain fall periods. Running a tap for up to one minute, is a waste of water. Multiply that by the number of households, and the number of times per day this could occur and one senses the tremendous waste of our water.

A second idea put forward by the good nurse is to purchase a home water treatment system. The idea is sound, but her knowledge of filter systems appears to be rather limited.

In her recommendation, nurse Dal-Santo states "filters should be flushed for at least 30 seconds before use every morning and

changed as regularly as recommended..." (There's that 30 seconds of water wastage again.)

Homemakers who use filter units which use a disposable or cleanable filter often forget to either change the filter as recommended, or they overlook cleaning the cartridge. In either case, they are deceiving themselves; simply put, they do not have the protection they sought when they purchased the unit.

The old dodge about filling a jug and letting it sit overnight in the refrigerator in order to allow the chlorine to evaporate may bring some relief. But, as Canadians (and others) are urged to drink between six and eight (eight ounce) glasses of water per day, that system becomes a test in tedium. In a family of four, that's a lot of jugs that need to sit overnight.

Another suggestion is the purchase of bottled water(s). It is unclear from the column whether nurse Dal-Santo means bottled water such as is sold at most supermarkets, or flavoured bottled water. In either instance, they are expensive.

For those readers who are concerned about the quality of the tap water they drink, there is a better, more efficient, and certainly more certain method to ensure the

water they drink is free of chlorine and/or ammonia. And, over time, considerably less expensive than filter systems which use replaceable or cleanable cartridges. And, more convenient than having to lug home bulky, awkward-to-handle, containers of bottled water. (What does one do with those empty plastic jugs? Throw them in the garbage to end up in the landfill? Such containers are anything but environmentally friendly.)

For those who feel a need to flavour their water before gulping down a "coolie" there is a better and less expensive way to achieve their salvation.

Fortunately, both are readily available from independent businessmen knowledgeable in the clean, clear, fresh water needs of Canadians.

It is believed the **Taking Care of Yourself** column penned by nurse Gail Dal-Santo is probably syndicated. Therefore, comments such as those above are rarely seen by the column's author. However, the gist of the information contained in this letter is food for thought among your readership.

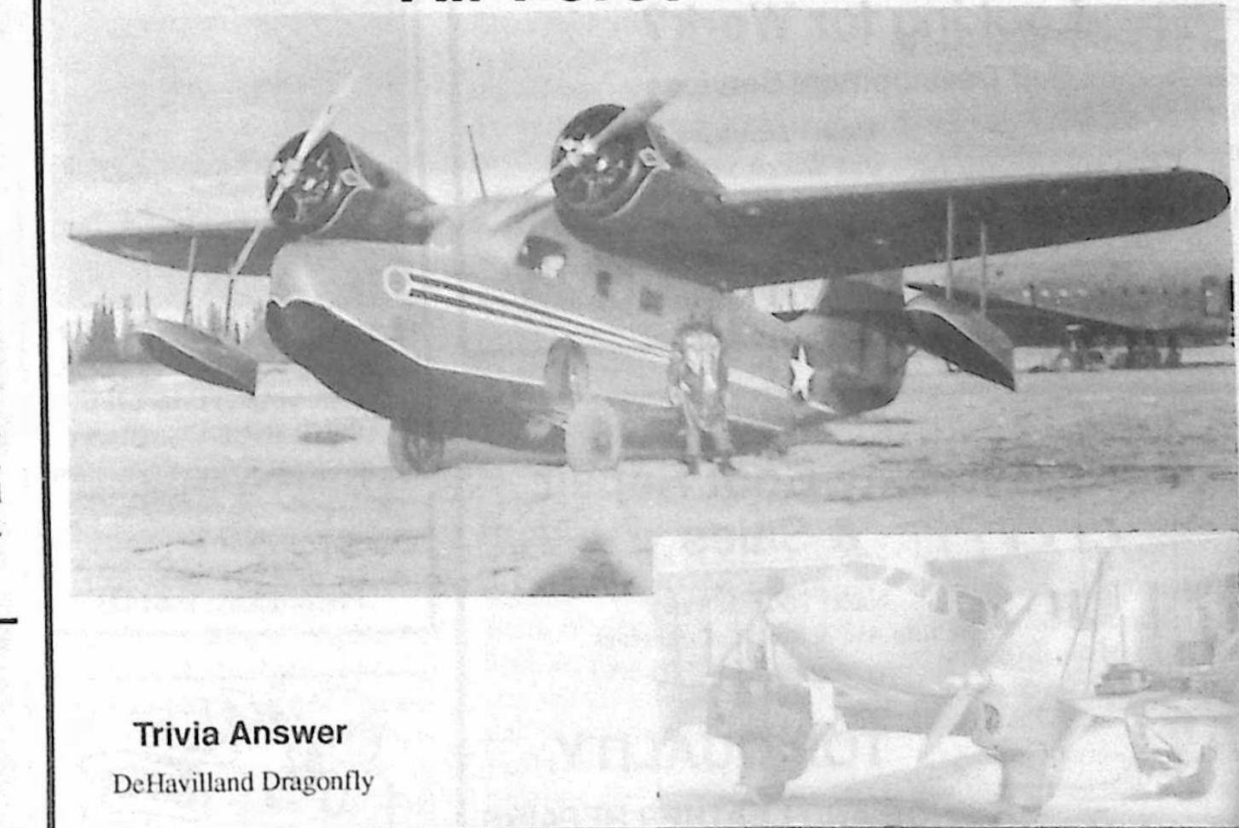
Sincerely,
Bob Orrick, CD

BComd. Commendation

Pte P.D. Hosegrove receives a Base Commander's Commendation from Col Terry Rogers. On July 28, Pte Hosegrove risked his life after being awakened by a fire alarm in his apartment complex. After finding the fire, he guided the groggy occupant out of his room; he then proceeded to extinguish the fire, burning his forearm in the process.



Air Force Trivia



Trivia Answer

DeHavilland Dragonfly

Section News

Commander Meets the Geeks

by MCpl Al Banky

SAREX 93, in Trenton, marked a special occasion for the Search & Rescue Technicians from 442 Squadron: the five west coast SAR Techs were given a chance to meet and discuss their views on SAR with their Group Commander, Brigadier General Brace.

Strain of Competition



Cpl Dale Robillard walks off the drop-zone after hitting the disc.

The members of "The Hollywood Squadron," not missing a chance for some free publicity, jumped when the General insisted on a group photo. Dressed in their best bib and tucker are, L-R: WO Paul Beattie, Cpl Dale Robillard, BGen Brace, Sgt Mike Vatheuer, Cpl Mark Glowach and MCpl Al Banky. The photo was taken by MCpl Steve Andrews.

In recognition of this auspicious meeting, the SAR Techs presented Gen Brace with an engraved copy of the photo.

Before the presentation, several captions were discussed: the six best dressed men at SAREX 93, the winner and the five runners up of the General Brace look-alike contest and lastly, the Commander of ATG meets the SAR



Tech-uniform selection committee.

It is hoped that many more such meetings can be arranged in the future. All of the 442 Snakes involved in SAREX 93 wish to thank the members of 8 Wing for their hospitality during the competition.

Snakes Slither to Victory

by MCpl Al Banky

The 442 Sqn SAREX team continued the squadron's winning tradition by bringing home two trophies from Air Transport Group's annual Search & Rescue competition. The maintenance personnel proved what the squadron's aircrews have always known: 442 has the best technicians in Canada. The techs, led by Sgt Ray Van der Mark, beat competitors from Gander, Greenwood, Trenton and two Edmonton teams.

The squadron also won the "Esprit de Corps" trophy. A bitter battle was waged for the ownership of the trophy that marks the ATG squadron recognised to have the best overall teamwork and spirit. The squadron members began the competition with their stirring rendition of the RCMP musical ride, suitably mounted on orange, green and tan snakes, and finished it off at the Awards Ban-

quet festooned with Hawaiian leis.

The SAR Tech team had the best score in the medical competition but lost the trophy after a penalty point was added to their score for going over time. The team from 103 Rescue Unit, Gander, finished the 45 minute competition 53 seconds quicker than the three Comox SAR Techs and was awarded the trophy. Throughout the competition, the morale-support given to the SAR Techs by the air and ground crews was unparalleled and was an example to the other competitors.

The top three parachutists were from the home team in Trenton. The fifth place was held by MCpl Al (Broken Wing) Banky, aided by a final jump by the team's trusty spare, Sgt Mike Vatheuer. A new trophy, initiated by BGen Brace, the commander of ATG, was presented to The Snakes'

SAR Tech Leader, WO Paul Beattie, in recognition of his ability to get things done at Headquarters. The "Brass Balls" award is to be presented annually to the member of ATG who manages to fit more feet in his mouth than anyone else.

The whole team, and the SAR Techs in particular, would like to thank all of the squadron and Wing personnel who assisted us in our training prior to the competition. If we can arrange it so that no boats sink and no airplanes crash during next year's training session, the squadron should be able to continue the tradition of bringing home the silver.

Next year's competition will be held in conjunction with the SAR Tech/Para-Rescue 50th anniversary in Edmonton.

Painted Snakes



Let's face it guys

Teamwork was the Key



Victorious 442 Team

There goes Banky!



LCol Hardy looks on as SAR Tech team leader Al Banky is loaded into an ambulance with a broken arm and bruised ego.

Hollywood Squadron

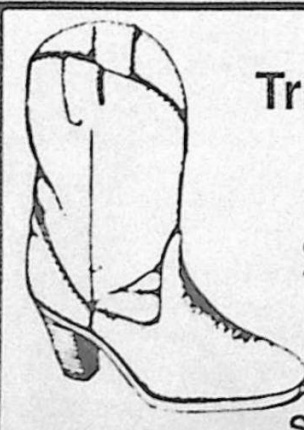


For L-R, read article above.

Looking for Work?

Self Development Services

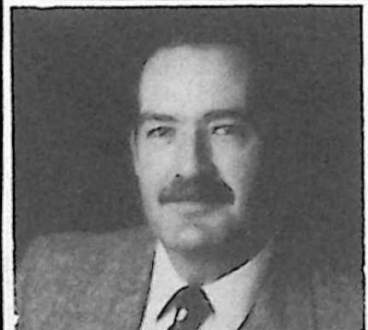
specializes in **Career Development and Job Search Skills**
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Section News

New Arrivals

by MCpl Rod Spurr

We, the old timers of 407 ArmPO, would like to welcome the following new armours to Comox: MWO Tom Nurse, his wife Sandy and their son Simon, arrived from CFB Trenton in August; Sgt Duane Akey and his wife Chris arrived from CFB Baden in March; Sgt Rod Hardy, his wife Andree and two kids, were detached posted to Comox with 441 Sqn. He came to 407 Sqn in July; Sgt Steve Maier, his wife Pierrette and one child, came to 407 Arm in July from 19 AMS explosive area; Sgt Jim Cole, his wife Celine and one teenage daughter, also came to us from 19 AMS in July; MCpl Richard Roy, his wife Joanne and two kids, hail from BFC Bagotville and arrived in July; MCpl Al Tilley, and his wife Leslie and child, were posted from CFB Greenwood in Aug; MCpl Tony Wells, his wife Karen and two kids, posted from CFB Greenwood to Comox; MCpl Thane MacNeill, his wife Kerstin and child, also came to us from Greenwood in Aug.

MCpl Craig Saunders has decided to return to us after an extremely short stay in CFAD Rocky Point. We would like to congratulate Craig and Sandy for their most recent addition to their family: a baby boy, Jesse, born 17 Sep.

Cpl Darla Periard-Lair, hubby Pierre and one munchkin, arrived in May from Germany. We hope their stay with us will be a pleasant one.

Pte Brett Olmstead and his wife Dale were pleased to have a little girl named Madison, born 26 Aug. Cpl Neil Boyes and his wife Roxanne were delighted to have a boy named Jeffery join their family on Jan 29. Pte Warren Wade and his wife Diana were recently delighted when Haley (a girl) arrived on July 11.

Good luck to the Armament Load Competition crew (Sgt Jim Cole, MCpl Al Tilley, Cpl Whitey Leblanc, Cpl Terry Restoule and the spare MCpl Rod Spurr).

407 Photo

Now on to the other side of the house, 407 Photo, we bid a warm welcome to: Sgt Val Berube, his wife Carole and two kids. They come from BFC Valcartier and arrived here in Aug. And last, but not least, Cpl Luc Germain and his recently wedded wife Ruth Keys. They hail from CFB Ottawa and also arrived in Aug.

With that we conclude this introduction to the new staff of 407 ArmPO. Until next time, To Hold Taz On High, Taz Reigns.

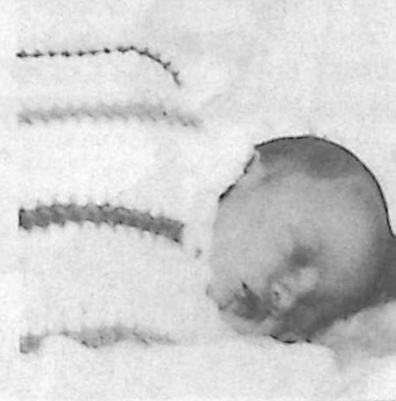
New Arrivals



Jessie Clark Saunders



Haley Wade



Cassandra with baby Jeffrey James Boyes

435 TRANSPORT SQUADRON 50TH ANNIVERSARY

Attention Chinthies!

Our proud Squadron will soon be celebrating its 50th anniversary. To commemorate this auspicious occasion, a grand reunion has been scheduled for the weekend of 6 - 8 May 1994 in Edmonton, Alberta. Former Squadron members wishing more information are asked to contact:

Major K.T. Oraziak
435 Transport Squadron
Canadian Forces Base Edmonton
P.O. Box 10500
Edmonton, Alberta
T5J 4J5

Tel: (403) 973-4172 Fax: (403) 973-4241

Certi Provehendil

In the Driver's Seat

When any group of professional drivers is asked to name the most common mistakes that they see you can be sure that failure to signal turns and lane changes will be high on the list. Drivers who neglect to signal their moves are collision-causing time bombs.

A skilled defensive driver can avoid this kind of hazard by anticipating turning and lane-changing movements. On multi-lane roads, expect a lane change from any vehicle at any time without a signal. If a vehicle slows down as it nears a turnoff or any kind of crossroad, be prepared for an unsignalled turn.

The key to avoiding the driver-who-don't-signal type of hazard is maintaining a safe following distance so you'll be able to brake safely, no matter what happens ahead of you.

It works both ways, of course. If you neglect to signal a turn or lane change because you just overlooked it or didn't bother

with it because you didn't see another vehicle close enough behind you to be involved, you're lighting that collision fuse.

The driver behind could be distracted, half asleep, drunk - reactions slowed, whatever the cause. Or he might be strictly on-the-ball and just not have had enough time to avoid your vehicle.

Even if you don't see a driver in your rear view mirror, one could zoom into view from nowhere. At least it's better to figure it that way. You need good judgement when there's risk involved.

It's a simple thing to do, but it can do so much for your safety. Signal where you're going and do it well before you get there.

Driver's Quote of the Day

I told the police that I was not injured, but upon removing my hat, I found that I had a fractured skull.



MSE Safety



Driver's Question of the Day

Question: When is it permissible to turn left on a red light?
A) From a two-way street onto a one-way street;
B) On a flashing green light;
C) From a one-way street to a two-way street;
D) Never.

Answer: (A) From a two-way street onto a one-way street.

Fall is in the Air

BRAKE & WHEEL

Fall is in the air and the strong northerly winds have begun to arrive into what is normally an area of beautiful sunshine. Now comes the liquid sunshine that we are so well known for and the new members to the area will soon enjoy its effects.

This may sound like I'm whining about the weather, however that couldn't be any further from the truth. I love the area weather and specially the fall. With the cold wind comes the great colour change of the trees. This, combined with the shoreline around here, makes for great walks. Also, I spent two very long years in Cold Lake and never really liked the idea of minus 35 celcius. Speaking of changes, the shop became the new home of two new members to Comox.

The first is Cpl Yvan Lamothe, a recent parolee from CFB Moose Jaw. He brought with him tons of wisdom on how to play badminton and how to teach his fellow English co-workers the French language. I wish him lots of luck on the latter as, so far, every time we try using our new-found language people laugh at us.

The second new guy is Cpl Brian (Brain) Scott. Talk about being on parole. Mr. Scott spent almost five long years in what some call 408 Tac Hel. Brian repeatedly calls it Tech Hell. I do notice he seems to miss the squadron a lot from time to time we catch him trying to "Cam up and dig in. Old habits are hard to break.

Speaking of old and breaking, Pte Hosegrove has been given his walking papers and 414 Sqn was lucky enough to be on the receiving end. However, before his demise from our location, Paul did perform a heroic feat by

saving the lives of all the members of his apartment complex when a fire erupted in the middle of the night. Paul singlehandedly fought the fire till the Fire Department arrived. For his effort, he received a Base Commander Commendation. Good show, Paul.

Cpl Rick Ries and new family are doing great and last week he informed us that he is volunteering to remain in the shop till its closure. I hope that doesn't mean that I once again will be posted due to base closure. Leaving Germany was hard enough, leaving here would be murder!

MCpl Ken "Around the World I Go" Reynolds was one of many highly trained and motivated persons picked to fly to the top of the world for a couple of weeks of box top. We hear he now knows the difference between a cold day in hell and a cold day in Alert. About ten degrees celcius warmer in hell! Anyway, he enjoyed his trip and had only one story to tell. Something about constant daylight and no curtains in his room. I guess Alert just isn't what it used to be.

Sgt Dan "The Maytag Repairman" Beaudreau finally got that much needed break from the shop by taking a three week vacation. In the process he grew a beard that looked really nice on him. However, upon his return to work, he shaved it off as he felt one bearded wonder in the shop was enough. As for Dan's hot tub, word has it that ever since the last article of clothing was retrieved from the inlet side of the pump, Dan and his wife Sylvia have installed a camera to catch any would-be natural dippers from removing any more... articles of clothing. Talk about invading

eyes. I just want to know what format the video is, 8MM or VHS? And where can I buy a copy? I guess Big Brother is watching.

That leaves me. I'm still here and really enjoying it. The Brake & Wheel is once again up to its eyeballs in work. The coffee pot sits cold as we don't find much time to actually use it these days. This may sound bad but busy hands are happy hands.

AMSE News

There have been a lot of things going on in the AMSE section of late. The APS saw a lot of old faces leave, and a lot of new faces arrive.

The newest member of our AMSE family is Cpl Gilles Goulette. Gilles came to us from Winnipeg in August and has assumed the position of supply man in our section. He is presently trying out for a spot on the base hockey team. Gilles will be on the AMSE course in November. Speaking of the AMSE course, Cpl Bellaire is on the course right now. Bruce decided to make an adventure out of the course when he chose to drive to Borden. He will be visiting his Dad while in Ontario.

Other hot news had our very own Sgt Jura attending the AMSE conference in Shearwater. Along with 40 other AMSE reps, Sgt Jura discussed the future of AMSE equipment, finding ways to streamline our ageing equipment; as well as choosing equipment that can be used for a wider selection of aircraft.

The two MCpls in our shop, Bedford and Winsor, were tasked with the operation of AMSE equipment that was sent to the

Continued on page 12

Section News

407 Presentations



LCol P.J. Kendell, CO 407 (MP) Sqn presented Canadian Forces Decorations and a Commissioning Scroll to the following sqn members: Front row L-R: MCpl J.P.R.C. Marcotte, MCpl B.L. Wosowich, 2Lt J.R.P. Bourassa (Commissioning Scroll), Capt C.M. Straub and Sgt J.A. Sweet. Back row L-R: Cpl J.S. Bratrud, MCpl L.E. Buck, Cpl N.J. Boyes, Cpl D.R. Pillar, MCpl J.T. Bull, Cpl J.C. Lewis, Cpl R.A. Tessier and MCpl D.M. Graham.

Fincastle

It has been a magnificent autumn thus far. The sun shone well into September, the trees are adopting their patchwork of earth tones, and the fog has just begun to creep in, forcing aircrew to pay more attention to the weather reports.

Family Day was a smashing success as the photos and article included in this issue of the Totem Times will attest. Capt Terry Patterson's family pig was a big hit with children and pilots alike. Many thanks to everyone who pitched in and made it the best Family Day ever.

Fincastle '93, held in the lovely Annapolis Valley at, you guessed it, CFB Greenwood, was won by the Australians. It's the first time in years that Lady Luck has smiled on the Aussies. The Aussie crew members were reportedly overjoyed at having won, saying that the Fincastle Trophy would make a lovely cheese tray. Perhaps their victory had something to do with their two week stay in Comox during MARCOT, where they had the opportunity to watch the pros of 407 squadron at work.

Rumour has it that the Aussies narrowly edged out the Canadian team, represented by the normally lucky (as the Moosemen will confirm) "Pukin Dogs" of 405 Squadron. In a related event, the Brits are reported to have won the "Stiff Upper Lip" competition, which really wasn't a competition at all since the "Poms" are in a league of their own on that one. The Kiwis were in fine form at International Night, one of the highlights of Fincastle, where they managed to recreate a bit of New Zealand in the ZX arena - complete with a sandy beach. International Night was very well supported by the local community, and did much to foster the spirit of international cooperation.

The bi-annual series of FDS/OMS sessions is under way in ZX. As crews make their 18 hour pilgrimage via Service Air to the precambrian halls of CFB Jurassic Park, they are reminded

of why they chose to come to Comox in the first place.

Crew Two's turn in Greenwood was an excitement-filled five days. They lucked in and actually flew an Aurora down, exchanged it for another when their training was complete, and flew it back. It wasn't much of an exchange though, since they brought back "Christine" (A/C 116) with them. The crew's luck held out as on-base accommodations were unavailable due to the Fincastle competition. As a result, the Cowboys were treated to a stay at the Plywood Palace in lovely downtown Middleton.



In addition to a swimming pool, the motel featured paper thin walls, random scalding showers, and dial-o-matic rotating beds.

Capt Steve "Sasquatch" Wilson is in the news again, except that this time it isn't the cover of Cro-Magnon Quarterly. He accompanied Crew Two to Greenwood as part of the advance tour for the upcoming release of his new book entitled "How to Win Friends and Influence People by Threatening to Torp 'Em One More Time." The book is a novella, and is based upon knowledge he garnered during his first tour under the able tutelage of mister intense himself, the Toch meister. Steve gave the Cowboys a free demo one evening chez VPI. To their horror, he attempted to win the friendship of a randomly selected individual who shall go nameless. Way to go Steve.

Crew Five travelled to Kodiak

this past weekend as part of LT (USN) Jim Brown's MPCC checkride. While in Kodiak, a frontier town nestled in the periphery of the Alaskan panhandle, the crew was treated to the bus driving talents of Capt Brent "Barney" Maeland. It seems the bus was a bit of a wreck (kind of like an Adak-mobile) and the steering required considerable effort. Capt Brian "Woody" Clancy gave up his seat behind Barney the driver for fear that he would give up his lunch. Barney was so adept at manoeuvring the bus around the Kodiak hairpins, that he relinquished his driving duties to someone else.

Kodiak is renowned for its many attributes, notably the fishing, spectacular scenery, a Coast Guard base and it's restaurants. Lt Vic "Narcoplepsy" Castelli surprised the waitress at one of the local establishments when he ordered an entire beef carcass for dinner, and fell asleep halfway through. Like many of the newer computers these days, Vic's body goes into sleep mode (to conserve energy) when it detects inactivity - like during an MPAT. Crew Five's hosts for the visit were the fine folks of the Coast Guard station. Capt Andre "the Dating Game" Gloumeau's reputation with these people was well established prior to his arrival there.

On a lighter note, Capt Ernie Romans has lost twenty pounds since he left the acoustic station for ZX Base Ops. He has devoted himself to growing the best lawn in his subdivision. Those of us who know him will miss the scent of his Price Club cologne wafting down the hallway.

MCpl Robb "Riser" Scholte surprised no one with his recent appointment to AESOP lead status. Well done Robb!

Capt John Brennan and Rick Ihaksi are off to ZX for four months to attend the Tacnav course. In order to prepare themselves for what lay ahead, they both managed to learn to whistle the theme from Deliverance, newly retitled "Duelling Tacnavs." Good luck.

More 407 Presentations



LCol P.J. Kendell, CO 407 (MP) Sqn, presented Cpl Bob McCulley, Team Rep for the 407 (MP) Sqn Intersection Fastball Team with the 19 Wing Comox Intersection Fastball Trophy. The Demon team has won the championship for the second year in a row!



MCpl D.M. Ogilvie
Certificate of Appointment as
Lead AESOP



J.R.J. Martel promotion to
MCpl



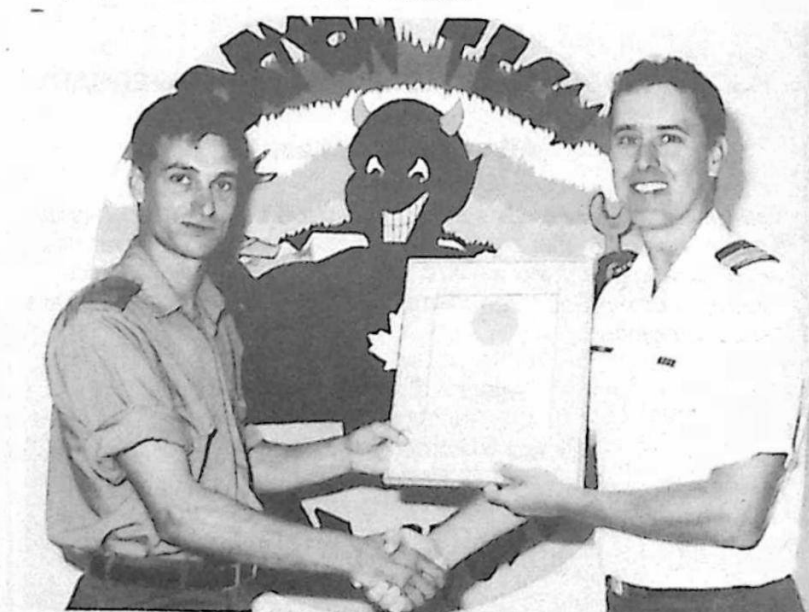
Capt S.J. Wilson
Officer Professional Development Program Diploma of Achievement



Capt B.D. Keene
Pilot Standards and Training Course Certificate



Capt John Cooper, ASO 407, is seen here congratulating Cpl Terry Restoule on his recent promotion to that rank. Terry is currently employed within 407 ARMPD section.



AE Tech Cpl Kevin Berry receives a certificate and cheque from Wing Suggestion Awards Coordinating Officer, Maj Donald Irvine, SAMO

Section News

New Arrivals, and a Trip to the Lake

We have a new Totem Times committee and we hope our endeavours are as good as our predecessors'. It will probably take us a short while to locate the newsworthy events and find all the good gossip watering holes (that was the one good thing about the old water cooler). Hopefully we will be able to emplace a strong "news" network and all interesting pieces will find their way onto the prestigious pages of our local paper. So don't hold back people!

We would like to take this opportunity to welcome all the new members to Wing Supply, of which there are quite a few. They are Lt Michael Fields, SCO (to be); WO Claude Dufault, SCO WO; Sgt Debbie Humble, 5 Sup Gp; Sgt Dwain Neustaeter, Gen Stores; MCpl Dan Martin, MIS; MCpl Doreen Moris, Clo Stores; Cpl Will Slater, Cust Svcs; Cpl Debbie Lavoie, Clo Stores; Cpl Joanne Houston (THE HAND), MPO; LS Kenny Kovacs, 1 Sup Gp; Cpl Suzanne Lapointe, 1 Sup Gp; Cpl Luton MacDonald, Gen Stores; Cpl Roy MacLellan, Gen Stores; Cpl Isabelle Picard, 1 Sup Gp; Cpl Alain Riendeau, Gen Stores. We are sure they bring with them all sorts of experience which we will, of course, utilize to the fullest extent. Welcome!

We also have the pleasure to welcome three new babies. Fortunately, they are all from separate households. They are, in order of appearance, Kathryn Boisclair, born 24 Aug, 6 lbs; Taylor Parsons, born 14 Sep, 9 lbs 3 oz; Yanick Huard, born 16 Sep, 8 lb. A warm welcome is extended to all these new arrivals and best wishes to their parents.

We would like to welcome MS McCluskey and Cpl Sullivan back from their tours of duty in the Golan. We certainly hope you both had enjoyable tours. Cpl Renwick is now in the Golan and we wish him an excellent tour and a safe return as well.

Operation Sunset '93, a Supply Adventure Training Exercise, was held in September and their saga follows.

Well, we made it back, minus a couple gallons of blood, some skin, and a few pounds. The weather was absolutely perfect; too bad our luck wasn't. We marvelled at the lake's beauty while we paddled to our first radio check. We had a problem with both (yes, plural) safety boats. Meanwhile, back at the base camp, two members were practising their aerobic routines, build-

ing up the biceps, and creating a storm; all in support of a futile exercise to repair the motors. We arrived at a lovely spot for a swim. The water and the blues of the swimmers were "enjoyed?" by all.

Ahoy, END OF THE LAKE SPOTTED AHEAD!! (but waaaay ahead, just around the bend). Finally we arrive...to nothing! We are not happy campers, nor relieved paddlers! Will we have to turn back? No! A campsite is found, as well as a good landing spot. Most of us waited until we were all out of the canoes except for one over-anxious paddler, "Yes Dear," who pulled his canoe in before his partner, "Pants in the Family," had disembarked.



We set up camp, ate and then began preparations for a food cache as certain undesirable wildlife might be attracted to our camp, especially the dreaded BEAR, whom we later found out was named John. Using (of course) the old 10 x 10 rule, we attempted to raise the cache, not an easy task considering that darkness, fatigue, and laughter were all against us. In comes John the Bear, (Yogi has already been used). "Boy, are these humans ever stupid. Nice of them to put the food at the perfect level for us bears." Once we gained control of our bodies, we decided to float a canoe out in the water with the food and this trick outsmarted John.

We arose early the next morning to another beautiful day and decided to hit the hiking trail. It was a gorgeous trail and we saw where John the Bear marked his domain. The scenery was absolutely captivating. One of the hikers remarked, "Ah Cascade, take me away." No one could understand why she wanted to do the dishes.

After 6 hours of hiking we returned to camp, one of us on our knees. Our only surviving motor

had quit working and a boat had to be rented at \$100.00 a day. A trip back to Comox was in order, a trip from Hades, as road construction held them up at every turn.

We began our journey back down to our "blue swimming spot" to set up for the next two days. Everything appeared to be fine, until we realized that the spot was infested with wasps. We decided to head up to the base camp early the next morning. Some retired early, while others listened to the "call of the wild" until it was gone. One poor soul brought new meaning to the term "Fire at Will," when he fell asleep by the fire and a burning ember landed on his head (an extremely rude and painful awakening to the sound of laughter).

Breakfast the next morning was a quick affair as the wasps seemed to be winning the food fight. After awakening "Fire Woman," "Mr. Awesome," and the other night owls we quickly ate and loaded the canoes for the trip back. Everything was working fine, including the wide angle lens, until we rounded a bend in the lake and ran into a wind. A much longer trip following the shoreline was required. It brought us all a lot CLOSER.

Base Camp! A beautiful sight! Cold water! We unloaded our canoes with the help of a kindly Sgt, and proceeded to relax with a Capital R.

Once again we had problems with our fire but "Stop, Drop and Roll" fixed that. Those in bed, like "Hip Fella," didn't get much sleep and those on the runway didn't either, but we were all extremely relaxed and a good time was had by all.

The next morning we swam and joked about the upcoming Mess dinner being prepared by the base camp personnel, "Julia Child," Betty Crocker, "the Galloping Gourmet" and "Wok with Yan," who took special leave from his Invitational Wok with Yan Tournament. Although we had steaks, they hammed it up. With their white bow ties, white table cloths, and our white nameplates, it was like a high class restaurant (NOT). The food was excellent, the company was great and the entertainment was positively hilarious.

A job well done by all involved and there were great lessons learned by all as well. When asked if we would do it again, the answer was Yes! "Servitum nulli secundus!"

Supply Promotion



Congratulations to our SGO-D, MWO Korfman, shown here receiving his new rank from LCol King, WLogO.



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22-23 OCTOBER 1993

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Enjoy our cosy fireplace

Groups & large parties welcome!
(Reservations recommended)

649 Anderton, Comox 339-5400

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AVIATION MEMORABILIA HATS,
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SHIRTS, PINS, PATCHES AND MORE!



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Sat, Sun & Hols:
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Closed Mon thru Fri.

Golden Treasury of Memories
1943 - 1993

PHONE 339-8162

Feature

PARTY OF THE YEAR!

The Junior Ranks, Wos' & Sgts' and Officers Mess are proud to present

OCTOBERFEST 93

Friday 17:00 to 01:00, Saturday 13:00 to 01:00
22 & 23 October

Location: Underneath a 5000 square ft beer tent located in front of the Junior Ranks Mess

Entertainment: Bavarian Band and two DJ's

Food and transportation will be available

Tickets on sale now at all messes. (One night: \$10 members, \$15 non-members. Weekend: \$18 members, \$25 non-members)
(Free mug and beer ticket with every admission)

JUNIOR RANKS MESS HALLOWEEN PARTY

Friday, Oct 29th
Starts at 19:00

Put your best costume and get a chance to win:
Best costume, best couple, most original or the ugliest.
We will have cash prizes, food and DJ!
Admission: \$3 members, \$5 non-members

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

October 1993

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

Menopause Information Group

This is an open group that meets once a month at the FRC to share information and offer support. The next meeting will be Monday October 25th 4-6 pm at the FRC.

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!

Precious Little People
Child Care Programs

will be offering a

Preschool Program

(Licensed for children 3 - 5 years old)

Starting

November 1st, 1993

Preschool Winter Session

November 1st, 1993 to February 28th, 1994

Location: Wallace Garden Community Centre

Time: Monday and Friday from 1:00 - 3:30 pm.

Registration: at the Military Family Resource Centre
Monday Oct. 18th and Monday Oct. 25th
from 9 am - 4 pm.

Cost: \$50.00 per month or \$25.00 payable on the
1st and 15th of every month. Fees are due at time of
registration.

For information call Claudia at 339-8290.

WORKSHOP LIVING WITH ANGER

This workshop will look at identifying feelings, in particular anger; healthy versus unhealthy ways of expressing anger, with an emphasis on communication skills.

DATES: 5 sessions Nov. 2, 3, 8, 9 & 10

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

GUEST SPEAKER:

Jürgen Jung

CALL THE FRC @ 339-8290 TO REGISTER

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

Enviro-Cleanup for FFT Area

by R. (Bob) Allan,
Wing Environmental
Protection Officer

LCol King, Wing Logistics Officer, announced this week that the Fire Fighter training area has been cleaned up in accordance with federal and provincial environmental standards.

The Fire Fighter training area (FFTA) is used by the Fire Department to practice emergency response techniques. In the past, one of their exercise simulations was created by igniting a pool of flammable liquid surrounding a mock aircraft fuselage. This practice was discontinued several years ago and the FFTA is now only used to test emergency equipment such as fire extinguishers.

In 1992, 19 Wing Comox conducted a study to determine the impact of this use on the environment. The study confirmed that the nearby surface and groundwater was not affected, but the soil in the FFTA was contaminated with fuel.

In May 93, the Mobile Repair Team from 8 Wing Trenton and our Construction Engineering Squadron jointly developed an action plan to remediate the site. The plan included cleaning twenty disused fuel tanks, decontaminating two large waste oil tanks and restoring the FFTA to meet environmental standards.

In preparation for the clean-up project, the CE Squadron's Engineering Flight designed and constructed a landfarm to treat the contaminated soil. The landfarm consists of a lined pit that will allow bioremediation of the contaminated soil without permitting further contamination to the environment. This project required the combined skills of Vince Gilson for structural design, Gary MacGregor and Cpl Wayne Alaby for survey and drafting, Cliff Pilon for sign painting and MWO Mike Grondin and Ed Kingston who supervised the contractor.

Throughout the summer, Cpl Benjamin, WSPOL Tech from 19 Wing, handled the logistical preparations from taking sludge samples for chemical analysis to the unusual task of getting 800 pounds of dry ice to Comox at the right time. In mid September, WO Tom McMullin and Sgt Hal Sanderson from the MRT joined Cpl Benjamin in cleaning up the FFTA.

The clean-up project excavated a large amount of contaminated soil. All of this soil will be treated in the landfarm in a batch process that takes several months. This means that a covered stockpile of contaminated soil will be stored on site before placement in the landfarm. Throughout this time, a comprehensive water monitor-



Sgt Hal Sanderson of 8 Wing Trenton uses a photo-ionization detector to identify contaminated soil.



Cpl Mark Benjamin, WSPOL Technician, discusses the cleanup project with WO Tom McMullin from 8 Wing Trenton.



The contaminated soil was placed in the landfarm where it will be treated to environmental standards.



MCpl Mark Benjamin discusses the management of the landfarm with Wing Environmental Protection Officer, Mr. Bob Allan.

ing program will be conducted to ensure that the environment is protected.

L Col King stated that the clean-up project demonstrates Canadian Forces' commitment to

environmental stewardship.

For information on this and other environmental projects, please contact the Wing Environmental Protection Officer, Mr. Bob Allan, at 339-8187.

Health & Fitness



TAKING CARE OF YOURSELF

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

Truce at the dinner table

Eating with kids can be a challenge. Too often kitchen tables can turn into battlegrounds over issues like trying new foods, eating vegetables or finishing a meal.

Isn't there a better way to deal with these issues besides open warfare?

Yes, there is. But if you want to try, nurses caution that you'll need to change the way you think about children. Above all, realize that kids don't need to be forced to eat the right things. Nutritionists say that with the right support, children will regulate their own food intake according to what they need.

Your job is to make the food available. Choose foods that are right for your child's age and offer a nutritional balance. Also offer a balance between new foods, favorites, and foods that previously produced a "yuk".

Once you've done that, it's up to your child to decide how much of the meal she'll eat—if anything at all! That may vary greatly from day to day but try to have faith that, over time, if given balanced meals in the right setting, a child will take in what she needs.

Probably the hardest part of a routine like this is what it requires: *YOU* not to do. Don't force—or even encourage—a child to taste or finish something on her plate.

And don't celebrate when they do agree to try that spinach. Kids who are pushed to eat often end up turning off food even more.

Toddlers are perhaps the most difficult age group to feed because fear of new foods is at its peak. However, through careful planning, you can use food to help your child become stronger as an individual and also learn how to behave well in a social group.

A snack, for example, can be a solitary activity which provides your child the opportunity to make choices within limits. Allow her to decide whether she would prefer a snack of cheese and crackers or just carrots. Also give her the choice whether to eat right away or to delay her enjoyment until after her favorite TV show. Providing these choices for your child helps to build self reliance.

At mealtimes, though, the issues are different. Then choices should be more limited because your child needs to learn how to integrate her own needs with those of the rest of the family.

If you've had a tough time with kids and eating, I hope I've shown how you might "turn the tables". For further information, talk to a Community Health Nurse or a nutritionist at your Health Unit. Or call Dial-A-Dietician at 1-800-667-3438.

When children need help to talk

As a young community health nurse, I was once visiting a new baby and her mother when her four-year-old daughter arrived in the room and squirmed onto the sofa between her mother and myself. The little girl chattered happily away to me. But while her mother seemed to comprehend her daughter's conversation, I couldn't understand a word she said.

Her mother was, in fact, concerned but had hoped her daughter would outgrow the problem. I persuaded the Mom to bring her daughter to the health unit for an assessment by the speech therapist. The little girl began speech therapy immediately.

It turned out she was one of the most serious cases the therapist had helped.

Sometimes a speech problem is not so obvious. But there may still be reason for concern. Here's a good rule of thumb: If you can't understand 50 per cent of what your child says at three years old, you should refer your child for assessment.

Here are some other kinds of speech "bumps" you should watch for: Does your child repeat certain sounds a lot? Or hold onto a sound for a more than three seconds?

Other signs: Does your child seem to struggle when speaking? Appear fearful? Avoid eye contact

or blink a lot? Or stamp their feet when trying to get control?

If you notice one or more of these problems, speak directly to a speech therapist or locate one through your community health nurse. Often children between two and six years of age pass through a normal period of "bumpy" speech and then their speech smooths out. A speech therapist can reassure you during this period.

Even if you're worried about your child's speech, don't scold or display your concern. Don't make a practice of completing what your child is trying to say. Don't frequently recommend that he or she "take more time" or "start over". Quite simply, if your child is having trouble getting words out, do nothing. Just be patient and accept the problem as a normal, and temporary, part of development.

If the problem persists, your child will benefit from speech therapy. In therapy, they learn ways to handle the problem and how to smooth out their speech.

Learning how to speak so that they can be understood is invaluable to a young child. They want and need to be understood. As they discover that their words and language have meaning to others, they grow in confidence and excitement about the world around them.

NEXT DEADLINE 1 NOV.

info health

Dr. Bob Young



Head Restraints

motor vehicle injuries in B.C.

Most whiplashes are due to rear-end collisions which cause the head to initially roll backwards, damaging neck structures. The intent of head rests is to limit the amount of this roll.

Drs. Stan Lubin and John Schermer of Vancouver's University Hospital examined these and other questions in a report published in the July 1993 issue of *Canadian Family Physician*.

Passenger vehicles have required head restraints since 1969, for the front seats. Some pickups and vans have been similarly equipped since that time, but a good number do not have them.

Head restraints are of two types, fixed and adjustable. The former are basically a higher than usual seat back, with the top portion padded and perhaps perforated. The adjustable ones attach to the seat with one or more posts, and can be lifted or dropped. Both are intended to reduce whiplash injuries, which comprise about 68 per cent of

The top of the restraint should be at least as high as the rearmost part of the skull. Also important is the distance of the restraint from the head. While closer is better (up to a point), as this prevents too much acceleration of the head before it strikes, the ideal distance has not been determined. In this study a distance equal

to one-half the diameter of the skull was felt to be acceptable.

This is about 10 or 12 cm. Other studies suggest 2 to 3 cm is safer. Some adjustable restraints cannot be set in the ideal position; a few number of fixed ones are incorrectly placed, design faults in both instances.

In addition, the position may be incorrect because the seat has been tilted back or because the driver has a curved back or hunches over while driving. Women drivers, presumably because of their shorter stature, are more likely to be properly matched to their head rests.

In spite of these faults there is ample evidence that head restraints do significantly reduce the chance of injury. Proper adjusting and better designs would improve the odds further.

Take a minute to examine the ones in your vehicle.

Multiple Sclerosis

to come and go, especially early in the disease - as though the body was trying to heal itself.

Yes, the cause of the symptoms is clear; yet the cause of MS is a mystery, although a defect in the immune system is in current favour. This lack of knowledge makes predicting outcomes difficult and treatment an unscientific and essentially useless exercise. Management consists largely of crisis control, handling problems as they occur. Weakness, tremor, spasticity, contracted muscles, uncoordination, skin sores, and bladder dysfunction are all common. Pain seems to be less so, at least in my experience.

Cognitive functions such as thinking, memory, and judgement are severely impaired in many patients. Others, perhaps because of the location of the plaques,

retains near normal mental abilities. Depression is common, but so is euphoria, a state of contentment or cheerfulness that seems unreasonable under the circumstances.

While MS, for many patients, is a slowly progressive disease, for others it moves quickly, with profound disability after a few years. The need for support and care increases with time. The burden on the caregiver, usually the spouse, grows as the patient's physical and mental abilities decline. Institutional care is usually necessary, initially for respite, eventually for good.

Unfortunately, MS in a family often means the end of the family. Unremitting stress leads to marital breakdown, abandonment, deterioration in care, and so on. But some couples seem to bond even closer as the need for support increases.

But it is a miserable disease.

continued from page 7

in the Canadian Ironman Championship. Approximately 1600 elite athletes from around the world attempted to complete the 2.4 mile swim, 112 mile bike and 26.4 mile marathon. In Rob's first attempt at the Ironman he finished the race in 12 hours 47 minutes and placed 649th overall. That's all from AMSE. Remember we're between the Firehall and #7 hangar!

BBQ. Ken says the pig roast was a huge success as over 200 people from many areas attended.

If you've been anywhere near the local rivers lately you've probably seen Cpl Chipil looking for the elusive Steelhead. Bob will have to hang up his fly rod soon though as he is off to Penhold for his JLC. Good luck Bob! Finally, we're all proud of Cpl Dumonceau for his participation

On & Off the Base

Staying Together

Talk, Listen, Then Compromise

All couples have arguments. The conflict may have to do with money, in-laws, sex or how to rear the children. But why are some couples able to work through these conflicts while others seem to be stuck in them or even torn apart by them? There are many answers, but one way that successful couples deal with their differences is through a combination of honest expression, clear communication and compromise.

Talk Openly

In the first stages of romance, we're caught up in the euphoria of early love. We think our partner can do no wrong. Over time, however, reality sets in and each of us realizes that our views or habits are different from the other's. This may be hard to accept. But learning to talk about these differences openly, without accusation or blame, can be productive.

Communicate Clearly

Practice clear communication. Instead of jumping to conclusions about what you thought you

Alcoholism ARC

"Black Mark on Career" - a Myth

by Rhonda Roy

(This is the second 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.)

You need a cigarette to relax your nerves, a coffee to get you going in the morning, a pill for your headache, a weight-loss program to lose 5 kg in 10 days without even trying. There is a product on the market for your every need. Satisfaction and happiness, beauty and self-esteem can be bought - just fill out this coupon, buy this book, attend this seminar. We lead artificial lives, convinced by the media that we are not meant to suffer or feel pain. But many of us do feel and suffer, masking emotions and pain in a haze of alcohol or drugs. According to staff at the CF's west coast Addiction Rehabilitation Clinic (ARC) the disease of alcoholism is a disease of perception - what is normal anyway?

Capt Ray Mostowy, clinical chief of ARC, and his staff stress the important role Canadian Forces supervisors play in the successful treatment of addicted service members. Often supervisors don't react until the addiction has become very evident, thinking the service member is too young and has everything going for him, or that receiving treatment at ARC could be a negative experience and a black mark on the member's record.

A few supervisors have waited until the charge sheet is pages long before recommending a member for treatment. But consequences are always devastating if the addicted person remains untreated for too long. Success rates among patients improve dramatically when they enter the clinic with something left to lose - whether it be their family or their job. Success rates accelerate when patients have something in their life other than a pile of debts waiting at home for them to return to.

Bob was a high-ranking supervisor when he went into ARC. The younger patients were at first intimidated by his rank; but he now counts some of them among his good friends. Going into ARC was a "shocking" experience for Bob as he didn't believe he needed treatment. He was a binge drinker, going at it for four or five days until his money or his body gave out, or an important meeting was pending. He now describes ARC treatment as "the most saving grace of my whole life."

During Bob's binge drinking, he lost touch with all the basics of

Avoid asking "why" questions, which also sound accusatory and can put your partner on the defensive. "Why do you go to your mother's house after work?" can quickly escalate and the point of your complaint ("I feel ignored") will get lost in the process.

Learn to Compromise

Once you're able to talk openly about differences, it's easier to work out compromises. Through clear communication, you'll be able to establish together what is or isn't important to you and to your partner, and then decide on compromises accordingly. In a healthy communicative relationship, both partners are able to compromise some of the time. Compromise is productive and enhances the respect you feel for each other.

The EAP is a joint UNION/MANAGEMENT program

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

386 Squadron Royal Canadian Air Cadets

We have the opportunities

by Jeff Jedras

Air Cadets offers youth aged 12 to 19 a wide variety of activities such as trips, survival training, shooting, gliding, summer camps, pilot training, and sports. "We currently have 91 members," says Capt Andre Melancon, commanding officer of 386. "They learn subjects such as airframes, aero engines, theory of flight, citizenship, and first aid." There are lots of events outside the regular meetings that cadets participate in. "We have a citizen trip to Victoria coming up. The cadets will tour the Legislature, have a tour of a ship at CFB Naden, tour the Royal BC Museum, and have some free time in the city," says Melancon. "We also have survival training coming up on January. They'll learn how to survive in the bush in winter, cook food, and make a hoochie."

The cadets also tour CFB Comox, visiting the radar station, and the control tower. They also get to meet the members of the Snowbirds air demonstration team each year as well as go gliding and rifle shooting.

With cadets you have a chance to go to summer camps. If you are 16, you can earn your glider pilot's wings. If you're 17, you can try for your pilot's license, free of charge, as are all cadet activities. You can even get paid to go to some camps! Other camps include leadership and survival.

The cadets also have a sports program. "This year we'll be participating in the Canada Fitness

Training Program with the Air Cadets from Campbell River," says Melancon. "Cadets will have a chance to earn merit badges ranging from bronze, silver and gold, to excellence." One thing 386 is proud of is its band. "It's a mixture of Air and Sea Cadets from Comox, Campbell River and Ladysmith," says Sgt Steve Nawrocky, a member of the band. The band currently has 35 members. "We participate in parades, such as Battle of Britain and Empire Days. You can also go to summer camps," says Nawrocky. "Our instruments are woodwinds, brass and percussion." The band meets every Thursday. Nawrocky advises "Don't worry if you can't play an instrument, we'll teach you all you need to know!" "We're very active in the community," says Melancon. "We sell poppies for the Royal Canadian Legion, and participate in Remembrance Day, Battle of Britain, and Empire Day parades."

The squadron is sponsored by 888 Wing RCAF Association, which provides funds and input. They are also sponsored by CFB Comox, which provides supplies and facilities.

"We're always looking for new people," says Melancon. "Cadets will teach you discipline, but you'll have fun and meet new friends too!"

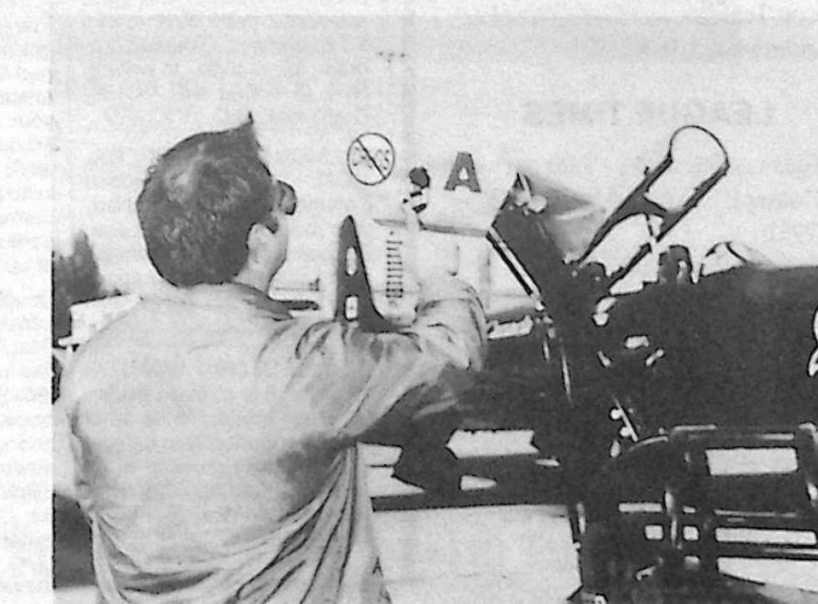
The cadets meet every Tuesday at the building on Little River Road, near the 888 Wing building at CFB Comox.

WTraffic Promotion



Cpl Pam Russell receives her new rank from Maj Couture, the WTND, while WTFLO Capt Kirtz looks on.

Be-Knighted Dragster



**NEXT DEADLINE 1 NOV.
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 Bety at 339-1024.

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

Masters Pan American Track & Field Championships

The Masters Track & Field Championships will be held in Edmonton, AB from 03 - 07 Aug 94. Events include track (up to 1500 m), most field events, road races, cross country and race walk.

Categories - men 35 and over and women 30 and over.

Eligibility - no qualifying times are necessary to enter games.

All applications and further queries are to be forwarded by phone to Edmonton Athletics Club members Liz McBain 438-2911, Bruce Thomas 474-8928, or Don Thomson 435-5270.

CFB COMOX BOWLING LANES

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 loc 8351, or call Scott Teasdale at 334-1937, or Pat Andrews at 338-8317.

LEAGUE TIMES

Tues Ladies: 6:45 - 9:00 pm
(Contact: Alice Marriot 339-2793)

Weds Ladies: 1:00 - 3:15 pm
(Contact Pat Verchere 339-5829)

Weds Mixed: 6:30 - 9:00 pm
(Contact Lanes staff)

Thurs Mens: 6:30 - 9:00 pm
(Contact Lanes staff)

CASUAL BOWLING

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

YOUTH BOWLING LEAGUE SATURDAYS AT 9:30 AM

Anyone interested in registering their children for the Saturday league can contact the coordinator, Harry Lavoie, at 338-8101. The kids have a lot of fun and get professional coaching at the same time.

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

NOTE

Our bowling lanes are now a non-smoking establishment. If dislike of cigarette smoke has caused you to quit bowling, come on back and enjoy your favourite sport! Smokers are, of course, very welcome to step outside for a puff between frames.

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.

Co-Ed Evening Aerobics are now offered at the Base Gym, 6:45-7:45 p.m. Mon, Wed, Thurs & Sun. Please contact Teri-Lee at 335-1504 or Diane at 339-0484 for more info.

Reunion

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

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.

Car Wash for Canadian Blind Children

The Military Police Squadron will be hosting a car wash to raise money for Canadian Blind Children. The car wash will take place, rain or shine, on 23 Oct between 1000 hrs and 1800 hrs at the Canex parking lot. BBQ hot dogs and pop will be available and may be purchased for a small fee.

All donations received from the car wash will be used to purchase hospital equipment, optical aids and sports accessories for the blind children. Your donation to our car wash will be greatly appreciated.

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

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

C'est gratuit et c'est amusant.

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

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

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.

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.

Avis

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

NEXT DEADLINE 1 NOV.

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Exterior Renovation Business. Compl. showroom, solariums, patio covers, etc. W. Kootenays. Training program, terms avail. In writing: R.R. 2 - Site 18 - C-59, Cranbrook, B.C. V1C 4Y7</p> <p>SALMON FISHING OPERATION. Secret Cove, British Columbia. Well established, year round, large client base, 52 foot yachts. All equipment, contracts, moorage will train. \$145,000 (604)431-8214.</p> <p>DISTRIBUTORS WANTED for a full line of fresh frozen gourmet foods. This is a unique opportunity to be part of the fastest growing businesses in Canada. Information call Dave Ward (604)273-9493 Days.</p>	<p>KAMLOOPS THRIVING TAXI COMPANY. 25 Licenses, fully equipped dispatch office in city center. 20 years in business owner retiring. 1-372-3792 or 685-4444.</p> <p>BUSINESS PERSONALS ADD A Little Spice! Lovely roommates - Karen, Linda, Cheryl - have exciting personal photos to share. Free info: Karen, Box 67-GB, Kelowna, B.C. V1Y 7P4. Adults Please!</p> <p>EDUCATION Train to be an Apartment/Condominium Manager. Free job placement assistance. Government Licensed correspondence course. 2,200 graduates working. For FREE brochure: R.M.T.I. 681-5456 or 1-800-665-8339.</p> <p>A NEW CAREER! Learn Income Tax Preparation or Basic Bookkeeping. Tax deductible certificate courses. For free brochures, no obligation: U & R Tax Services, 1345 Pembina Hwy., Winnipeg, MB R3T 2B6, 1-800-665-5144. Enquire about exclusive franchise territories.</p> <p>PSYCHIATRIC NURSING. In B.C., there is an ongoing shortage of Registered Psychiatric Nurses. As a graduate of Douglas College's Psychiatric Nursing Program, your skills will be in demand. The Psychiatric Nursing Program blends classroom with real-life, hands-on training to ensure you're ready to start your new career right after graduation. Graduates find work in a variety of settings, including Hospitals, and Residential and Community Care Settings at starting salaries of up to \$30,000 per year. Douglas College in New Westminster, offers B.C.'s only Psychiatric Nursing Program. For more information - call (604)527-5478. Leave your name and mailing address and we will mail you an Information Package. Apply Now - Spaces are limited. Douglas College... A tradition of excellence.</p>	<p>LEARN THE SECRETS OF CHORDING ON GUITAR. New home study course. Fast, easy method. Guaranteed! FREE information. Call 1-800-667-0050 Extension 770. Studio G10.</p> <p>TAXIDERMISTRY TRAINING - Learn the trade of Taxidermy from professional Taxidermist Jim Penn. 25 years' experience training successful taxidermists. Call Kerry (403)291-0460, Penn School of Taxidermy, Calgary.</p> <p>EMPLOYMENT OPPORTUNITIES AGES 18-30 WITH agricultural experience to live/work with family in Australia, New Zealand, Europe, Japan. Costs & details contact 1-800-263-1827, #206-1501-17 Ave. S.W., Calgary, AB T2T 0E2.</p> <p>REPORTER/PHOTOGRAPHER: Top award-winning weekly requires experience. Top award-winning weekly requires experience. Competitive salary commensurate with experience. Own car and camera must. Reply in writing with resume to Curtis Pollock, editor, 100 Mile Free Press, Box 459, 100 Mile House, B.C. V0K 2E0.</p> <p>FABRIC FABRICS BY MAIL: Swatches 6 times/year. For Free introductory swatches send name and address to: Foxglove Fabric Finders, Dept.G, #709-810 W. Broadway, Vancouver V5Z 4C9.</p> <p>FOR SALE MISC. STEEL BUILDINGS FROM FUTURE - QUONSETS 25'X40' \$6,946., 30'X50' \$8,234. STRAIGHTWALL QUONSETS 25'X40' \$7,730., 30'X50' \$8,470. Endwalls, Sliding Doors, GST, Freight to Vancouver included. Call 1-800-668-5111.</p> <p>Five Loaders, 3 Graders, Lowbeds, 3 Excavators, Ambulance, Mechanics Trucks, 6 Dozers, Hiab, 10 Backhoes, Water Trucks, End and Belly Dumps, Fuel Trucks, Fire Trucks, Gensets. Call: (604)493-6791.</p>	<p>ONE STOP GREENHOUSE SHOP. B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby, B.C. V5E 2R1. FREE BROCHURE.</p> <p>Aluminum/Glass or Aluminum/Polycarbonate SDP, Double-walled Greenhouses, Solariums & complete line of Greenhouse Accessories. Telephone (604)433-4220, FAX: 433-1285.</p> <p>The Ultimate Gardener's Store. 1,000's of Products, Greenhouses, Hydroponics, Rip Irrigation. Huge Book Selection. 80 page, photo filled 1992 catalogue \$4. refundable on order. Western Water Farms, #103-20120 64th Ave., Langley, B.C. V3A 4P7.</p> <p>HEALTH Specialized Dietary Foods. Prepared foods, supplies & recipes. Gluten free, diabetic, yeast, egg, milk free, etc. Specific individualized products according to clients' needs. (604)864-0772, 864-9400. Annie's Home Bed & Breakfast, 30511 Sandpiper Drive, Matsqui, B.C. V2T 5N2 Canada.</p> <p>HELP WANTED North Vancouver Island Logging Company needs experienced operators for the following: American 7280 grapple yarder, American 7220 line loader and 90' Madill Tower. Apply by phoning (604)956-3123.</p> <p>KITCHEN CABINETS CABINETS 1/2 PRICE. In stock, countertops/vanities also. KitchenCraft Factory outlet. Cash and Carry Cabinet Warehouses, 4278 Lougheed, Burnaby 298, 9277.1868 Spall Rd., Kelowna 860-6638. 800 Cloverdale, Victoria 389-1114.</p> <p>MOBILE HOMES PARK OWNERS SPECIAL. 1-1972 & 1-1976 14'X70' manufactured home. 2 bedrooms, 1 bath. Large living rooms. \$27,500 takes both. Call Homes Canada (403)266-2488.</p>	<p>MOBILE / MODULAR HOMES Factory direct. "Custom Built" top dollar for trades. Many used units available. Noble Homes (403)447-3414.</p> <p>REAL ESTATE ISTOPI</p> <p>THE GRANDE ISLES RESORT overlooking the marina on beautiful Sabine Lake is now almost 50% sold. Strata residential/resort suites priced fr. an incredible \$14,900 (studio) and \$19,900 (1-B.R.) with 3-B.R. townhouses at \$34,500 (rent for \$450/mo.).</p> <p>DO NOT MISS OUT! call 1-800-661-6577</p> <p>THE GRANDE ISLES RESORT LTD.</p> <p>RECREATION PROPERTY 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.</p> <p>SERVICES Major ICBC motor vehicle injury claims. Joel A. Wener, trial lawyer for 24 years. Call free: 1-800-665-1138. Contingency fees available. Simon, Wener & Adler.</p> <p>VACATION SPOTS BEST PRICES IN WHISTLER. Best condo & hotel rooms. As low as \$59/night. Swimming pool, Jacuzzi & Sauna. SEA TO SKY 1-800-667-5529.</p> <p>VIDEO GAMES MORTAL KOMBAT. SNES \$75 GENESIS \$70. Hundreds of video games for ALL systems. Call or write for free listing. SuperVision Games, Dept. 253, 1857 West 4th Avenue, Vancouver B.C. V6J 1M4 (604)737-1081.</p> <p>WANTED Cash for gold. Any quantity, any form. Same day transaction. Phone (604)286-3035 FAX (604)286-9698.</p>

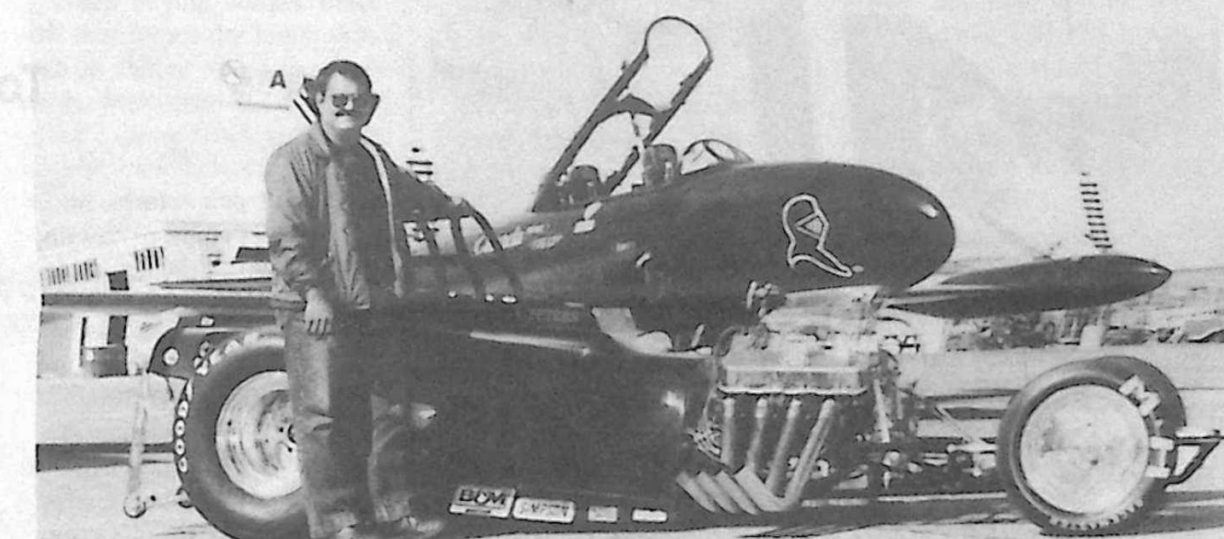
On the Base

Pre-JLC Seminar



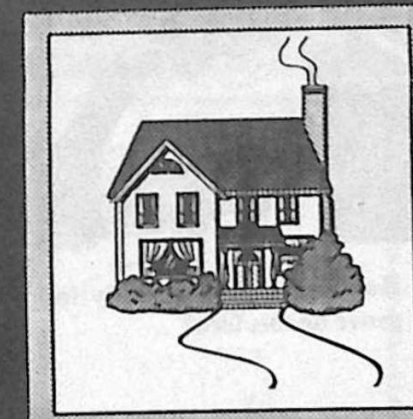
The staff of the Pre-JLC Seminar would like to wish the candidates of CFJLS Serial 8505 the best of luck on their course in Penhold. Back row: Cpl Benoit, Cpl Kazimer, Cpl Chipil, Cpl Lazarowich, Cpl Rusk, Cpl Horkey. Front row: MCpl Descarie, MCpl Horwill, WCWO Sarty, MCpl Wyatt, MCpl Oliver.

Faster than a T-Bird?



Some people will do anything to get close to a Canadian Forces fighter jet! Donald Gryte of Surrey B.C. drove his hot rod over from the mainland just to have it photographed sitting next to a 414 Sqn T-33. The fuel-injected car, which can attain speeds of 170 miles/hour in eight seconds, did not go unnoticed by anyone within earshot. Below: Gryte acknowledges his debt to the Black Knights.

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Prizes for best costumes..... Music by the Frontiersmen
8:30 p.m. to 12:30 a.m.
Lower Lounge

EVENTS

Nov 11.....Remembrance Day Breakfast
9:00 a.m. Upper Hall

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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

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BRANCH 160 COMOX 339-2022

ENTERTAINMENT

Nov 05.....Music by ALLEYCATS
Nov 12.....Music by HIGHWAY 19
Nov 19.....Music by WESTWIND
Nov 26.....Music by WILD RIVER
Wednesday, 10 Nov....."Members Night" 8:00 PM

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

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

Section News

Family Day Photo



Dependents were treated to a tour of an Aurora interior.



Hearty Breakfast



The CO introduced his best friend and Family Day guest speaker, "Col. Sow."



Tossin' Pierre



A Magician was on hand



How could you possibly improve on this face?



Graham (Frank Russo Jr.) checked out a mule.

407 Squadron Family Day

On 12 Sep, 407 Sqn had their annual Family Day. On this day the sqn members take the opportunity to introduce their families and loved ones to the workings of the sqn, and to basically give them an idea as to what they do when they are on the job. The event was a total success. The morning started off like a ball of fire. We could not have ordered a better day weatherwise, and the activities immediately heated up with the pancake breakfast orchestrated by Sgt Frank Russo. While the participants slurped and sipped they were, at their leisure, treated to a formidable static display involving safety systems, engine bay, armament shop, photo shop, and a guided tour of DIAC. In addition, Capt John Brennan arranged for a static tour of the interior of an Aurora with equipment powered up. With all appetites satisfied, it was time for the Flight of the

Phoenix. Two Auroras had been standing by to roll with the roll and pitch with the pitch in the hopes of entertaining anyone who wished to fly. The demand soon outstripped supply and WO Mulalely pressed a third airframe into service. With the assistance of Capt Brian Keene, and Lt Mike Seville on manifest with WO Barry Yhard, the grey monster leaped into action. The technical expertise of Servicing ensured that all missions were met. After we churned and turned the stomachs of the more than willing aviators, we then herded them down to the Airforce Beach to replenish any voids that might have occurred as a result of the flying. Again, Frank Russo and his gang of happy chefs came through with more edibles. Any more of this kind of treatment and we would have to change the C of G for the aircraft. The beach front was not all food and drink. Cpl Pauline Laroche

organized and supervised a very entertaining day for both the young and old. She arranged for a clown to oversee the many and varied games. Both a musician and magician were on hand to perform, and make-up artists were available for face paintings. In short, the day was a ball of fun. For those of you who participated, it was our pleasure just having your presence. Those who missed out, for whatever reason, will have a chance to get involved next year when we aggressively attempt to make this annual event even bigger and better.

To the organizers and assistants, we thank you very much for the special day. An event such as this, understandably, requires much planning and hard work. Your involvement made the day very special. From all the members of 407 Sqn our sincere thanks.

Totally Truthful Tales

The poison pen returns once again with yet more **Totally Truthful Tales** of the goings on in the 3 Crew Aurora world. Firstly, now that the APS is behind us, we must welcome all the newest additions to the crew.

Hailing from the F18 unreality comes MS Martel, or so his fuzzy features would dictate. Darrel is presently employed in Greenwood battling the instructors of 404 Sqn, apparently trying to teach them their first line courses - good luck Darrel. Going down the list, we have Jeff Hamilton posted in from Trenton, as it goes with him, he apparently had just returned from Somalia only to be welcomed home to a posting message to Comox...so he has now been officially designated the token crew vagabond. Our most recent Europeans are Sgt Gary Gasper and Cpl Vivian Holmes, these two seem to be attached at the hip. They were posted together and now they're sharing experiences with MCpl Martel in Greenwood. These F18 people sure seem to be tight!!!! In from our nation's capital is Cpl Kazimer who has taken refuge in our CFTO library. Not only is she starting to go a little cross eyed, but rumour has it she's actually enjoying the arduous task of amending the books - sounds like some form of psychosis is setting in!

2 Crew has graciously gifted us with Cpls Brensen and Tessier. Don, with his numerous tall tales of bouncing down at Jiggers, has the entire crew on their best behavior when in his presence. DON'T TEE THIS GUY OFF!!!! Ray Tessier is so clean he squeaks! However, it appears that he'll be joining the poison pen on the upcoming FLEETEX so I'm sure we'll return with a bit

of dirt on him - watch your back in Diego, Ray, because I'll be taking notes!!! And, finally, we have Cpl Chris Vicau. Just the man's presence is totally "awe inspiring!"

Anyway, on a serious note, a very warm/hot Demon welcome to all those newcomers. Hope your transition into the real world is an easy one! We have an update on this year's hunting scores; the grand tally stands at deer 7, hunters 0! Our 3 Crew great Bambi seekers just recently returned from a week-long excursion in the great outdoors, apparently working harder on their tans rather than bagging the big one. The present rumour circulating is that our chief cook and bottle washer, Capt "how do you like my aftershave" Cooper was scaring off any prospective freezer fillers. A little helpful hint to those unsuccessful adventurers. They say you'll increase your chances of dropping a deer if you bury yourself in the dirt a week before you go out...or was that bury your clothes? Either one would be equally effective I'm sure! Anyway, welcome back to all those who tried their luck. Glad to see we didn't have to dispatch 442 Sqn to find you.

This reporter is in the process of exposing an apparent criminal conspiracy headed by ringleader Cpl Martin Sylvestre. As the story goes, there are suspicions filtering out of the Military Police section that Cpl Sylvestre, Cpl Richard, and MCpl "I'm not taking the rap for this" Graham have been witnessed climbing poles in the PMQ area, apparently stealing Cable TV signals. As Base Cable Technicians, I must say that this particular public servant is appalled at their actions,

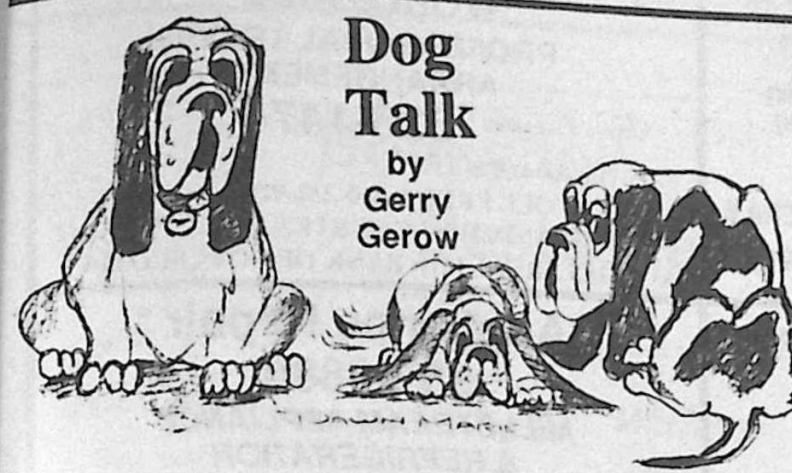
For those who are still in the dark, it seems these three were interrogated by our "Boys in Blue" (and Brown) as to the reason why they were caught climbing the Base cable poles. My only question would be, exactly how long did it take to explain to our "Top Cops" that you are authorized to carry out this activity as Base Cable Techs, and are there any plans for a guest appearance on America's Most Wanted?

Have you noticed that over the past few weeks the Cpl activity has increased, even with the decrease of flying? Now forgive me for being presumptuous, but either everybody has started eating their Wheaties or we've started the PER season again. All the MCpls are running around with Protected B folders, and WO Gus "I'm after forgetting more about PERs than you guys will ever know" Mullaley is buried in his office under mounds of draft narratives until sometime next spring. Maybe that's the real reason production is up. What do ya think?

To tie up this edition of 3 Crew happenings, I have a word of caution to all applicable readers. Cpl Greg Fleet, I have been informed, will soon be back off his "I want to be a MCpl course" so junior techs stand fast and prepare to receive your warning orders because he'll be gunning for you! That just about wraps it up for now. I'll leave you with one last thought. Just remember I'm protected under the Constitution of Canada - something to do with the freedom of expression...U.N.T.I.O.O.H.



FIGHT THE LUNG CRIPPLERS



Dog Talk
by
Gerry Gerow

The Complete Yorkshire Terrier

This week a breed book.. *The New Complete Yorkshire Terrier*, by Joan B. Gordon, Howell Book House, New York, and Maxwell Macmillan, Don Mills, Ont. \$31.95.

I thoroughly enjoyed this book on the diminutive little Yorkie, as they are affectionately called. This appealing little terrier has been around throughout modern history and is one of the most popular of the little companion dogs.

Ms. Gordon has been breeding and showing Yorkies for over 40 years and is certainly qualified as an expert on the breed. Everything you will ever need to know as an owner, or prospective owner, of one of these little dogs is here in her excellent book.

You will find information on showing, obedience training, special care, health, choosing a puppy, grooming and more. It's all here in easy to read and well illustrated text. This is a hard cover, 237 page edition which came off the press in June of this year. An excellent gift for your Yorkie loving friend or family member. You can order it by phoning Macmillan's toll free number 1-800-465-2288.

For the past five years I have taken a few days off at the end of September to attend my real estate convention. Always I look forward to the fact that a colleague from the Okanagan attends with his wife who is completely blind and uses a guide dog. This year was extremely interesting because the convention took place on one of the larger cruise ships operating on the west coast. I took the time to talk to Eleanor about her guide dog Fanny.

Eleanor told me that when they called to say it was her turn

to receive a guide dog she asked if she could have a male Labrador retriever, as she was familiar with the breed and loved them. The guide dog people always try to honour preferences if possible, but in this case they decided that a male Labrador would be over protective, and assigned her a female German shepherd dog named Fanny. She has never had cause to dispute their decision.

She told me that Fanny is much more attentive when her husband is not with them. She senses that her attention is more important at these times. Eleanor related an interesting happening on the ship, when they started to go up a flight of stairs which was metal rather than the usual carpeted stairs one encounters on these vessels. She said that Fanny laid down at the foot of the stairs and whined, seeming to be afraid that her mistress would injure herself on these stairs and refusing to go up them. No amount of coaxing by Eleanor and her husband would convince Fanny to go up the stairs.

Watching these dogs at work is fascinating. I watched Fanny lead her mistress to a seat at a formal reception, then lay quietly at her table while her owner was dancing. Never flustered, she would lead Eleanor into a crowded dining room, around the deck, or anywhere she wished to go.

Guiding the blind is probably one of the most worthwhile things that dogs do. The next time you see someone with a guide dog, take a few minutes to observe the dog working. It is really interesting. But never, ever, pet or otherwise attempt to make friends with these dogs. They don't like it, and it is a distraction from their duty.



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 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. See ad in this newspaper for further details.

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

Friday 29 Oct.....Hallowe'en Dance

Tickets \$3 members, \$5 guests, available in advance at Mess office or at door. See ad in this newspaper for further details.

Tuesday 2 Nov.....Children's Christmas parties meeting
1930 hrs. See article in this newspaper for further details.

Country Kitchen

The Noble onion à la Mode

by Diane Osterholm

Hello CFB Comox!

As the new food columnist for the Totem Times, I hope I can share with you my love of food and cooking.

I had been cooking most of my life for pleasure when I decided to make a career of it. After college and a few years working in T.O. I got the chance of a lifetime - we were posted to Germany! When I wasn't working in the Officers' Mess in Baden, I was travelling Europe; going to markets and restaurants and tasting everything in sight. I came home with a wealth of knowledge, many happy memories and 15 extra pounds!

My first column is about onions. Common, yes. Lowly, no. The onion has been cultivated for over 5,000 years and is a major ingredient in many different cuisines. Low in calories, rich in Vitamin C and sulphur, it can be eaten raw or cooked, as a vegetable, a seasoning or an ingredient.

When buying onions, make sure they have a dry brittle skin, with no dark or soft spots underneath. Store them in a cool, airy place. In a bowl under the counter is fine (not near a stove or heating vent).

For the soup, you will need thick slices of French bread. Cut the whole loaf and freeze the rest for another time. (Pop them in the toaster frozen and spread with garlic butter the next time you have spaghetti.) Lightly toast the bread for the soup and then leave on the counter to dry out (overnight if possible). This is the classical version of onion soup, and still served in Europe today.

Onion Soup for Two

2 thick slices dried French bread
1 cup shredded cheese (Swiss & Mozzarella)
2 medium yellow onions, cut in half and sliced thin
1 clove garlic, use a press or dice fine
1 T. vegetable oil
1 T. butter
2 T. flour
20 oz. chicken broth OR
1 can broth and 1 can water
4 oz. dry white wine
Pinch white pepper
Salt to taste
1 tsp. chopped parsley, dried or fresh

Heat oil and butter in a heavy bottom pot. Sauté onions until soft and starting to colour. Add garlic and cook half minute

longer. Stir in flour and cook for 1 minute. Gradually add broth, then wine, pepper and salt, using a whisk or a spoon until soup is simmering. Cook 5 mins. Stir in parsley and check for seasonings. Place bread in overproof bowl and ladle soup on top. Push the bread down to get it soaked through. Top with cheese and broil 1 - 2 minutes until cheese is bubbly.

Onion Flan

1 - 9" pie shell, uncooked
2 cups sliced onions - about 4 medium
2 slices bacon, diced
2 T. butter
1/4 tsp. salt
Pinch black pepper
3 tsp. flour
4 oz. heavy cream
2 eggs beaten
1 oz. Gruyere or Swiss cheese, grated (optional)
Sauté the onions and bacon in the butter until soft. Add the salt, pepper, and flour and stir well, then slowly add the cream. Remove from heat, add eggs and cheese, pour into pie shell. Bake at 400° for 30 mins, or until golden and firm. Can be served hot, warm, or cold.

Great Weather for Golf

by Swede Olohan

Olohan winning the His and Her Low Gross - Bing and Shirley Shearer winning the Mr. and Mrs. Low Gross.

His and Her field low net was won by Rose McCleslie and Roy and Elsie Downey won the trophy, carding a net 60, beating out the Wreggitt's Marg and Russ by two strokes. Bing Shearer (here's that name again), Rose Jacobson, Ralph Glass, Addie Limin, Fran Hume came in with a net 61 winning the Mixed Closing

Glacier Greens



event. K.P. were won by Yvonne Morrison on #4, Dave Lloyd on #7, Stu Mohler closest to the pin on #13, and Doug Black was within two feet of the flag with his second shot on #18.

The Jones boy was seen walking around the clubhouse with a grin on his face that was almost obscene. Apparently he had just finished a round of golf during which he actually reached the #4

green in one masterful stroke. Swears he had reputable witnesses - Nick the Stick, Arnie The Smooth (if you wish to believe they are reputable).

Don't forget **WINTER GOLF** starts on 24 OCT. Members only. Come early for the breakfast special, sign up early, 9:00 for 9:30 o'clock.

Other notable happenings... On Sept 13, our own Lori Ross set a new ladies course record with a dazzling 76. Well done Lori.

Summer long match play was won by Kelly Olohan besting Larry Berry to take the "A" side. John Holley eked out a very close win over Len Doyle to take the "B" event.

So what happened??? Once again (four straight years) the lefties were triumphant in the Annual Lefty/Righty contest. For a bunch of limited talent people, they managed to end up beating the righties by 1/10 of a stroke. Word around the clubhouse has it that the lefties did the calculating of the scores then immediately tore up the score cards. Now I don't wish to sound as if there have been any nasty deeds done by the scrutineers, BUT "Wally" feels that a righty or two should be allowed near the table when the scores are tallied. (SOUR GRAPES?)

Remember, there is more to life than breaking par...but not much.

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On & Off the Base

Welcome Block Parents

BC Block Parent Program



Hello, and welcome to all the new families who have arrived over the past few months to the Comox Valley. This is usually a quiet Base and a good place to raise a family. Unfortunately, once in a while something happens concerning our children; whether it be a disagreement between children, or a child who just lost their way. That is where the Block Parent Program takes effect.

Block Parents is an organization implemented by parents to make that "big world out there" a little more comfortable and safer for our children, thus giving parents a little peace of mind. Block Parents is not a time-consuming volunteer project, but it is a very important one.

Being a Block Parent requires you complete an application form allowing the Military Police to conduct a background history check. Upon completion, successful applicants will be issued a Block Parent sign which provides information on the use of the sign and assistance required by you in reporting incidents to the proper authorities.

When you are home, all you have to do is display your sign in a window. If you leave, all that is required is to take the sign down. Should a child come to your residence, simply call the phone number on the back of your Block Parent sign - that's it! No commitment of time at all.

Three Block Parents per street are required; that way, chances are one out of the three would be available to provide assistance should the need arise.

Times are changing quickly and, unfortunately, we have to watch our children more closely than ever. So if you are interested in becoming a Block Parent, or wish to have more information about the program, feel free to contact the Military Police Community Relations representative at 339-8237.



DAVID H. NICHOL
Manager

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7. Red Days.....Kimble
8. Falling Stars.....Mills
9. For Ever in Your Embrace.....Woodiwiss
10. Gerald's Game.....King

Bulletin Board

All insertions will be \$5.00
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Payment in advance at the office.

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New 2 Bedroom apartments
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appliances. Phone: 338-5580.

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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.

FOR SALE
1991 Honda Civic DX 63K white hatchback. 5 speed. Excellent condition. Phone: 339-1733 (message) or 339-1725.

HELP WANTED
Wallace Gardens Community Council is seeking a person to act as our Animal Control Officer. If you live in MQs, possess the ability to communicate effectively, enjoy and can handle animals, and are interested in filling this position please apply in writing to: Mayor, Wallace Gardens Community Council, P.O. Box 460, Lazo, B.C. V0R 2K0. You can also drop your letter of application off at the PMQ Association office located in the Canex Building.



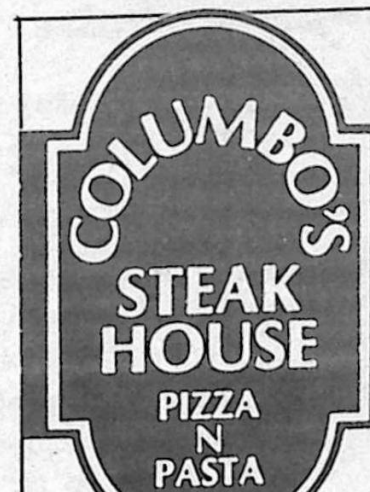
LOOK WHO IS 33
AGAIN!
Happy Birthday Mitch
love
All your friends

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On the Base



Junior Ranks Christmas Parties

Yes, it's that time again. Time to start planning for the Jr. Ranks Mess annual Children's Christmas parties.

Last year the parties were divided into two groups; the under 8's had a traditional party with Santa Claus and entertainment, and the 8 & over group held a Christmas Bingo, which worked out quite successfully.

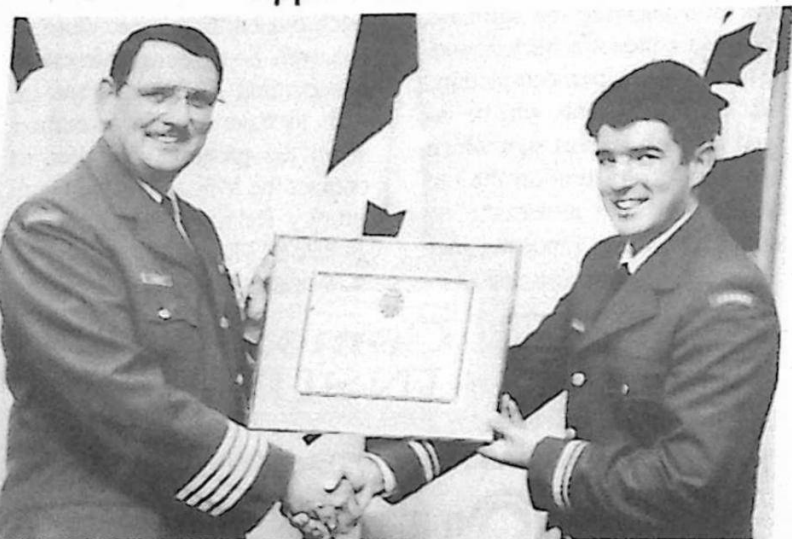
This year the format will be the same, with the under 8's party on

Sunday 5 Dec and the 8 & over Bingo being held Sunday 12 Dec.

We would like your input into the planning and operation of these functions. If you would be interested in helping out and/or giving your ideas, a meeting will be held Tuesday 2 Nov at 6:30 p.m. at the Junior Ranks Mess.

For more information please call Linda Ryan at the Mess office, local 8430.

Appreciation for Dave



Congratulations to Lt Dave Krayden, who was presented a Certificate of Appreciation by the Wing Commander, Col Rogers, on behalf of the Assistant Deputy Minister of Policy and Communications. This certificate was in acknowledgement of the work Lt Krayden performed while posted in Ottawa.

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

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 of money order payable to Comox Legion Branch 160, 1825 Comox Avenue, Comox, B.C. V9M 3M3. New members always welcome. Come and join us!

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CD Presentations

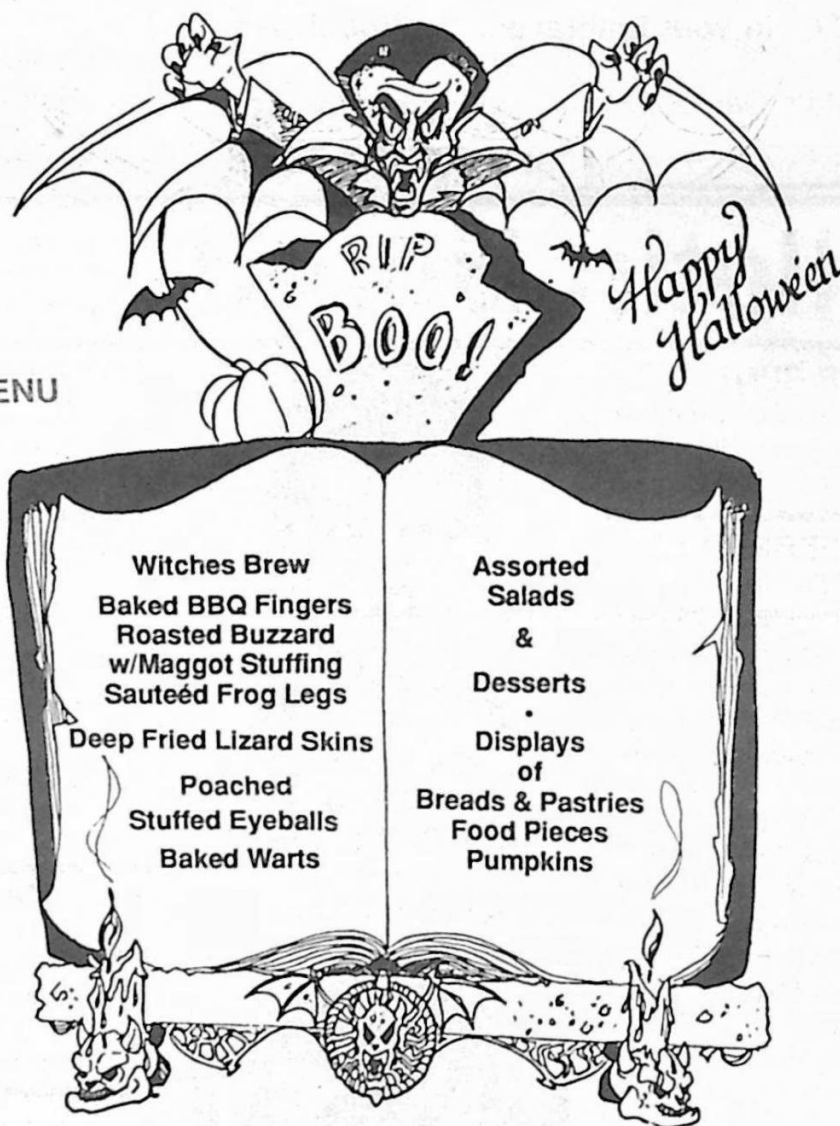


Congratulations to the following personnel who were presented their CD1 and CD2 medals by the Wing Commander on 13 Oct. Back row L-R: Capt Potter CD2, WO Ouellet CD2, Cpl Daly CD1, WO Schauer CD1, Sgt Bain CD1, Sgt Lacasse CD1, Capt Potvin CD1. Front row L-R: LCol van Boeschoten CD2, Wing Commander Col Rogers, Maj Preus CD2.

19 WING COMOX COMBINED MESS KITCHEN

HALLOWE'EN HOT & COLD LUNCH BUFFET

Special Hallowe'en Menu \$7.50 a plate
on 28 October from 1115 hrs to 1330 hrs.



MENU

Witches Brew
Baked BBQ Fingers
Roasted Buzzard
w/Maggot Stuffing
Sauteed Frog Legs
Deep Fried Lizard Skins
Poached
Stuffed Eyeballs
Baked Warts

Assorted
Salads
&
Desserts
Displays
of
Breads & Pastries
Food Pieces
Pumpkins

PUMPKIN CARVING

Special Hallowe'en Pumpkin Carving Contest based on originality, design and workmanship. Open to all 19 Wing Comox Sections.

PICK UP PUMPKINS: (Supplied by the kitchen only)

Combined Mess Kitchen Weds 27 Oct, 1300 to 1500 hrs. First come, first served. Only 24 entries.

RETURN PUMPKINS BY 0930 HRS: (Supplied by the kitchen only)

Combined Mess Kitchen Thurs 28 Oct. Set-up at 0930 hrs. Judging at 1100 hrs. Display 1115 to 1330 hrs.

FIRST PRIZE

To the winning section (20 persons max) - All ranks **FREE LUNCHEON**. Menu & date to be coordinated by I/C Combined Mess Kitchen.

For more info call: WO Desilets, loc 8405, Combined Mess Kitchen