

**Duke visits
Spitfire
Mark One**

....page 5

**Mynarski Trophy Awarded
to 442 Squadron**

..... page 9



TOTEM TIMES

19 Wing/Escadre Comox B.C.



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04 NOVEMBER 1993

COST: PRICELESS

A message from the Dominion President

Remembrance Day

Every Remembrance Day is important to members of The Royal Canadian Legion, but this year is especially significant because November 11, 1993 marks the 75th anniversary of the end of World War I.

Sometimes referred to as the "Great War," or "the war to end all wars," World War I was actually a time of terrible destruction and

incredible carnage. But it was also a time of tremendous personal sacrifice. It is that sacrifice we hope will be remembered this November 11.

Over 114,000 Canadians died during that war, in World War II and the Korean War, which followed far too quickly. They died to preserve the freedom and values we hold so dear.

*by J.W. Jolleys
Dominion President*

Current and future generations must take time to remember their sacrifice and honour their memory. In that way we can help to ensure their loss was not in vain. Only by "keeping the faith with those who died" on November 11 can we appreciate the price they paid.

This November 11, please take time to remember.

The Poppy Remembrance Campaign

"Service is our Way of Life"

Every year, for about two weeks prior to Remembrance Day, November 11, The Royal Canadian Legion conducts the Poppy-Remembrance Campaign.

The poppy has long been associated with remembrance of war dead. During the Napoleonic War a correspondent wrote of how thickly the poppies grew in the Flanders area over the graves of the dead; however, a Canadian medical officer was chiefly responsible for the poppy's association with remembrance.

In 1915 LtCol John McCrae came out of the line, following the Battle of Ypres, with 13 lines scrawled on a scrap of paper. Those lines were the poem "In Flanders Fields." It was first published in Punch magazine in December of that year.

The poem inspired the United States Legion to adopt the poppy as a symbol of remembrance in 1920. Although the poppy was first officially sponsored in Canada as a remembrance symbol in 1921 by the Great War Veterans Association at the suggestion of a French woman, Madam Guerin, there is no doubt that McCrae deserves credit for its permanent association with

remembrance.

Poppy emblems were first made by Vetcraft Shops in 1922 under the sponsorship of the Department of Soldiers Civil Re-establishment.

Poppy material is still made by disabled veterans and their dependents at Vetcraft Factories in Montreal and Toronto, operated by Veterans Affairs Canada. The work provides a small source of income and allows them to take an active part in maintaining the tradition of remembrance.

The Poppy-Remembrance Campaign is intended to remind Canadians of the debt they owe to the 114,000 men and women who died in the military service of Canada during two World Wars and the Korean War. Donations received during the campaign are placed in trust accounts and used throughout the year to assist needy veterans, ex-service members and their families. Former members of the Commonwealth and allied military services may also be eligible to receive benefits from these funds.

For every donation received, a symbol of remembrance is provided, either for personal or public display. These symbols include the lapel poppy, worn by individuals, and the wreaths laid

at cenotaphs and memorials across the country. Donations are not mandatory and, in some cases, as for example with school children, poppies are distributed by Legion members solely to perpetuate the tradition of remembrance among Canadian young people.

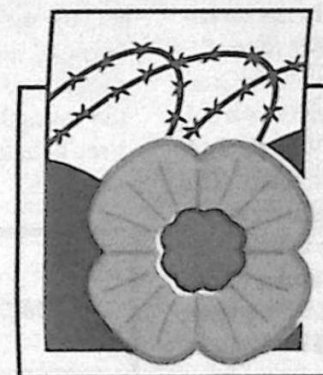
During the 1990 campaign over 15 million poppies were distributed across Canada.

Activities supported by donations to Poppy Trust Funds include:

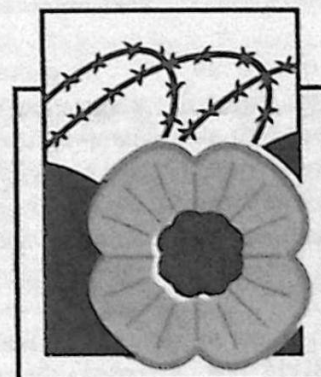
- Assistance to needy veterans, ex-service members and their families;
- Purchase of medical appliances;
- Provision of bursaries for children and grandchildren of veterans and ex-service members;
- Funding accommodation and care facilities for veterans, seniors and disabled persons;
- Operation of The Royal Canadian Legion's Service Bureau at Dominion Command in Ottawa. The bureau acts on behalf of veterans, ex-service members and their dependents with pension submissions and appeals.

For more information about The Royal Canadian Legion, call Greg Hogan (613) 235-4391.

"We Will Remember Them"



TAKE TIME TO REMEMBER



PRENEZ LE TEMPS DE VOUS SOUVENIR

On & Off the Base

S.C.A.N. Transition Tips

Job Search Techniques in a Tight Market

Times are tough. At least that is what some economists and elements of the media would like you to believe. Everywhere you look in the media there are stories about company downsizing, layoffs, lost government contracts and budget cuts. Unemployment soared in 1992, and the federal government has decreed that the military must lose even more uniformed members during the coming year. Anyone will tell you that finding a job in Canada is tough under these conditions.

For anyone planning a career transition in 1993, information such as this can create a real mental obstacle. You might start to believe all of the negative information and that belief could easily influence your job search efforts. Instead of putting forth a solid effort to land a significant position, you might be tempted to take the first offer that comes along, regardless of whether the job is really what you were searching for.

Now I am not proposing that you ignore the news. It may be true that we really are in recession. It may be true that un-

employment will stay high and even get higher before the economy takes a rebound. Don't start out believing that you are going to be part of the unemployed or you will put your entire job search on a negative track. There are jobs available.

Okay, recognize that employers are not lined up with applications in hand just waiting for you to appear. Acknowledge that there may be ten or twenty or even fifty percent more applicants for every available position. That doesn't mean that you can't be the successful candidate, but it does mean that you might have to work a little bit harder to land that job you really want.

Success in the job search comes from knowledge, preparation, and action. You have to be "pro-active" and not "re-active." First, you have to understand the market and then you must have a solid plan. You have to conduct a serious inventory of your assets and list your positive features. You must believe that you are better qualified than your competition. You must know you are going to bring a wealth of skills and trades to the work place that

the other candidates will not have.

Most military people with honourable service have a demonstrated record of accomplishments. They have developed the traits of loyalty, dedication, strength of character and unquestioned integrity. They are problem solvers and may even have some effective leadership and management training. They definitely have some solid work experience, and so these traits become a competitive edge. They allow you to stand head and shoulders above your competition and provide real value to an employer. Employers may not be standing in line, but they are eagerly searching for people with proven skills.

Just having the skills employers want is not enough. You are going to have to get out there and compete. The key to success in a tight job market is to make yourself stand out in a crowd. The advice of corporate recruiters and personnel managers is to market yourself just like a product.

The first step is prepare a resumé that will focus on your exact skills in a given field. If you

don't know what you want to do, spend some time in a library reference section and get some information on career opportunities in various fields. Eliminate all the extraneous or unrelated experience. Try to match your background and experience as closely as possible with the requirements for positions in your field. For example, if you are applying for a job in finance or administration, don't spend a lot of effort focussing on your truck driving background. Show the employer that you have solid work experience in the areas that you will be expected to perform in. Don't tell the company what to expect to GAIN from the job. Tell what you are going to CONTRIBUTE.

The second step is to go after as many interviews as can be scheduled. Very few job seekers doubt their ability to sell themselves if they once can get an opportunity to present their skills in person. The problem lies in the ability to get that face to face interview. Resumes do not produce jobs - interviews do! People involved in career transition must spend a considerable amount of time in identifying chances to sell themselves in person. Remember that prospecting for interviews is a numbers game, the job seeker in a tight market should go after

by
William G. Fitzpatrick,
Non-Commissioned Officers Assoc. of U.S.A.

every lead that appears. Sunday papers should be reviewed in detail. Trade journals and business magazines should be checked for leads.

Additionally, companies might be called, personnel offices visited and every old friend, buddy or acquaintance in industry should be contacted and asked to help. Resumes have to reach the desk of as many executives as you can get to. Don't give up after ten to twenty tries, keep going until someone agrees to talk to you.

Finally, understand that the interview is a sales presentation. No professional sales person would ever approach a client without significant advance preparation. Know your positive features and be prepared to present them at every opportunity. Be aware of your weaknesses and rehearse offsetting advantages if the subject should come up. Anticipate questions that you may be asked by drafting samples and practicing answers that will sell your abilities.

Success in your job search will come if you are willing to go the extra mile and take the extra step. Establish goals, know where you are going and don't let the predictions of doom and gloom affect your marketing plan. Pursue your goals in an energetic manner and you will be successful.

by
Charlie "The Chaplain" Massey,
Wing Chaplain (P)

The Supreme Sacrifice

"They shall grow not old, as we that are left grow old. Age shall not weary them, or the years condemn. At the going down of the sun and in the morning we shall remember them."

At the close of the first Great War the body of an unknown soldier was buried in Westminster Abbey in London, England. This man was buried there to represent all who died in that war who were from the British Commonwealth. This man was unknown by name or rank, and he found his last resting place beside the greatest of our Commonwealth, including its kings and queens. It was a dramatic gesture and frank recognition that in the final tally, the common man is a great man. Humanity is rich, not only in occasional and exceptional men and women, but because there are millions of obscure and unknown people who are brave and true and worthy.

We gather today in remembrance of soldiers, airmen, sailors, who are unknown to all but the few who knew them. They were humble men, obscure souls who lived heroic lives and only God knows the extent of their faithfulness.

Most of us are too young to remember the first World War. Some of us remember the second. I can still remember the victory parade in Montreal, where I lived, the day peace was declared. We remember the rationing. We remember the waiting. And in the remembering we hope and pray that it won't happen again. It is well that we remember them -

those who made the supreme sacrifice for us - those who went in jeopardy of their lives. We thank God for all military personnel, for their courage under suffering of mind of body. For their patience and endurance, and for the strength that went from their lives to help and to bless the lives of others.

Chaplains Chatter



We gather here today lest we forget... but all too often it is too far away, and too far in the past... and history has a hard time learning from itself, and we do forget. So let us not forget the sacrifice that has been made for us in the past.

Today is also a day to dream of peace - the peace as the prophets dreamed of long ago. The scripture in Isaiah 11:1-9 and Micah 4:3-4 are but two of the more beautiful expression of that dream - a dream of peace that is in the fullness of everyone being in the same family, a brother or a sister.

Shall it never be anything

more than a dream? Have we not yet learned the truth of beating swords into ploughshares - or the truth of Milton's words: "For what can war but endless war still breed?" - the old expression that violence begets more violence. I am bound to conclude that it shall remain an unfulfilled dream until we are prepared to pay the price of peace rather than the price of war.

Can we afford the price of war - the slaughter, the destruction? Hardly. But somehow human nature tends to be less inclined to pay the price of peace. Yet peace is the only price we can pay. It was not paid by the first, the second, the Korean, or by any other war. It still remains for us to pay it.

To maintain that peace means we must always be fully prepared to say "NO" to those whose only answer is grudge, greed and violence. And sometimes we have to say "NO" with strong action.

Isaiah had a dream of peace - one that can only be paid by those who have enough. Let us never forget the price that was paid by our brothers, sisters, mothers, fathers, uncles, aunts, friends, so that we might live in peace. For as soon as we forget, trouble returns... they shall grow not old as we that are left to grow old, age shall not weary them, or the years condemn. At the going down of the sun and in the morning we shall remember them. Let us make that a promise, and let us keep it.

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On & Off the Base

Argus Prints on Sale at 888 Wing Nov 7

On November 7, prints from the latest John Rutherford painting "Roll Out for the Record" go on sale at the RCAFA Wing. These numbered prints are going fast through advance sale reservations. Starting at 1 p.m. each of these magnificent prints will be autographed by crew members from the flight of Argus #711 that set the Canadian endurance record for non-stop flight without mid-air refuelling. Come on out and meet the crew!

Argus 711, from 407 Comox, took off 31 May 74 to shatter the existing record. Once airborne, the aircraft was flown at a very low altitude to maximize the fuel economy of the piston engines. The entire flight was flown below 500 feet, and for approximately 24 hours, the altitude was main-

tained at 100 feet! Power was monitored very closely to maximize the "T" effect, which is a cushioning phenomenon encountered when flying close to the ground. This stretched the fuel economy.

Off of Nanaimo, the aircraft was called upon to assist with a search and rescue mission south of Victoria. Maj. Stan Froehler and his crew continued their endurance work after the SAR mission, and landed 01 Jun 74 after completing 31.1 hours in the air. Shortly before landing, while in a right bank, an oil pressure light flickered on. During a left bank, the opposite engine's oil pressure light came on. It was time to land. This record still stands today.

"Roll Out for the Record," painted by aviation artist (and

former Argus radio operator John Rutherford), depicts Argus 711 as she is being rolled out of 7 hangar prior to engine start, and pre-takeoff checklists. The print will also be autographed by the artist.

Orders will also be taken for framing these limited edition prints, at the Wing on Nov 7. Proceeds from this fundraiser will be dedicated to the restoration and preservation of Argus 712 in honour of all of those who worked on and flew in Argus aircraft everywhere. They make an excellent Xmas present, right dear??

An Argus committee meeting will be held the same day, at the Wing, at 3 p.m. for anyone interested in helping with the project. Looking forward to seeing you then!



407 Squadron Argus surfaces sub.

19 Wing United Way Campaign Winding Down

by Lt E.A. Ritchie

The 1993 19 Wing United Way campaign is winding down as you read this article. The final results will not be available for another couple of weeks, but a good effort to attain our goal was put forth by all of the section reps. As of Oct 29, we raised \$23,472.00 (84% of our goal)! It is hoped that we will attain our goal of \$28,000 when all the sections have handed in their packages.

The Wing's campaign may be finished, but by no means has the Comox Valley's! Various activities to raise funds will be held in Courtenay, Comox and Cumberland by various businesses and volunteer agencies that are part of the United Way team. You, as a resident and possible utilizer of the various services, are encouraged to support these activities as the Comox Valley is our

home as well as our workplace.

One of these fundraising activities is the annual CUT-A-THON that is held at the Driftwood Mall. During this event the various hairstylists from the valley donate their services.

All proceeds raised go directly to the Comox Valley United Way. This year the CUT-A-THON will be Sunday, Nov 14 from 1200 hrs to 1600 hrs. The prices are as follows: Adult cut \$10, style cut \$15; Children's cut \$8, style cut \$12. A family of three can get their hair cut for \$24. A combination cut is \$8 for everyone of all ages.

A BIG thank you to all who donated their time and money to the 1993 Wing campaign! Don't forget to "Give where you Live" and support the Comox Valley United Way campaign.

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On the Base



Norm Blondel

Dying Young

*Here dead lie we because we did not choose
To live and shame the land from which we sprung.
Life, to be sure, in nothing much to lose;
But young men think it is, and we were young.*
A.E. Housman, 1917

When I was a boy of six, at the outbreak of World War II, I can remember thinking it was inevitable I would have to fight in a war when I grew up. World War I was only 20 years ago, and the same people were doing it again. Whitley bombers thundered off our airstrip on Guemsey, enroute for the Hun hinterland with their loads of leaflets, and troops marched and drilled in the narrow roads and lanes of my island home.

My older brothers came home on leave in their uniforms, my reaction to them a mixture of excitement and fear. What if they were killed, I thought; would that happen to me when I grew up? Would I only live until I was 20 when it came my turn to fight?

As things turned out, I did join the RAF and then the RCAF, but I never had to fight in a war. After 38 years in the Service and now in retirement, I'm conscious of having led a full and happy life so far, with most of my hopes and dreams fulfilled. A lot of 20-year-olds never had the chance.

I owe them.

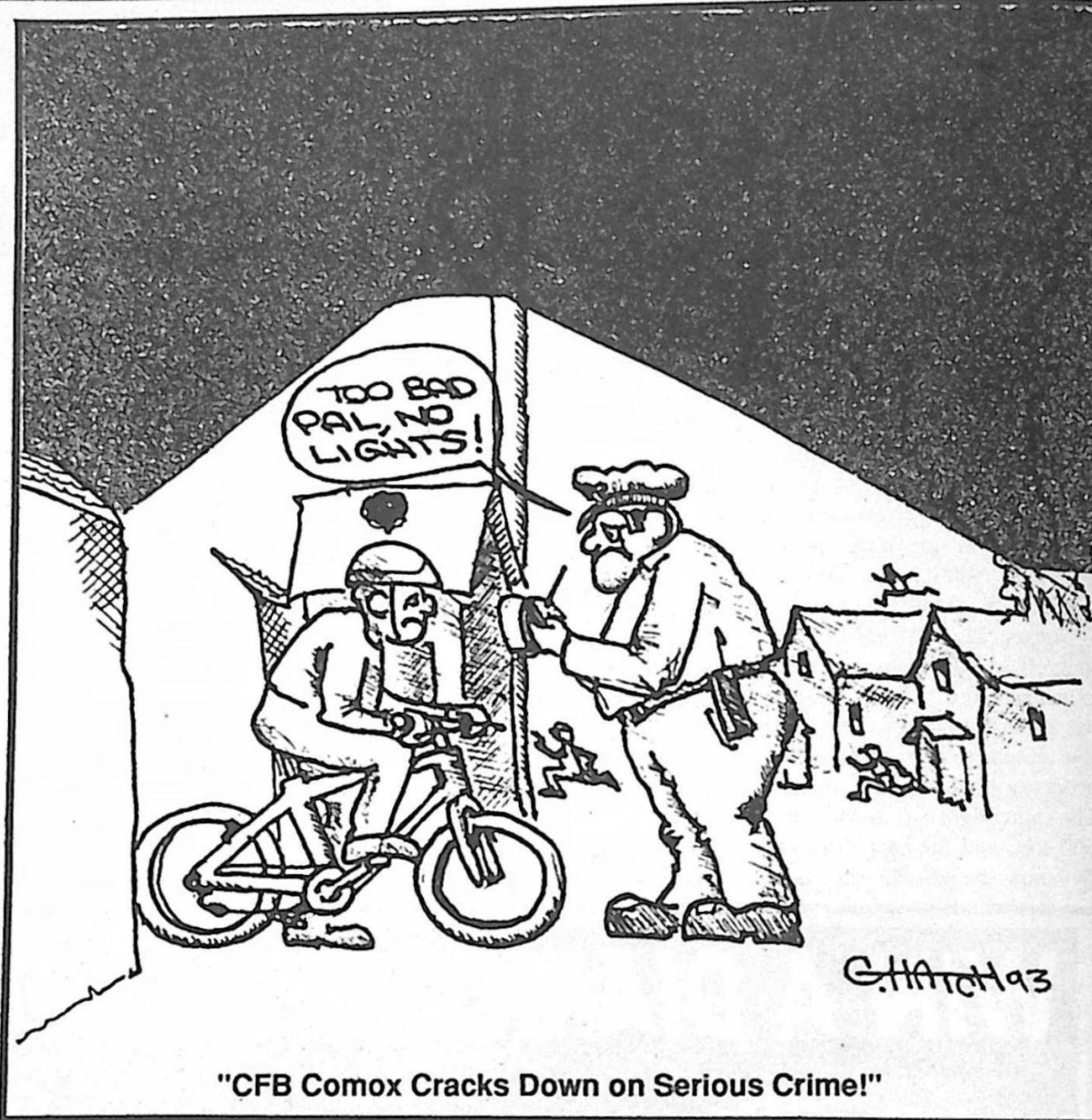
Music to Remember By

Despite its continuing popularity, the music of the Big Band Era, whether hot or sweet, will for ever invoke bittersweet memories of the war years when its melodies sparked romance and reminded war-weary troops of home. Appropriately, at the annual Remembrance Day gathering in the Wing Recreation Centre this November 11, at 1230 hrs, the CAMPA Big Band will be playing for one and all.

CAMPA is composed of members of the local community who get together for one practice session a week and give approximately 15 concerts a year. Their extensive swing repertoire includes most of the enduring songs made popular by bands like Glenn Miller, Tommy Dorsey, Artie Shaw and Benny Goodman. As well, three 19 Wing personnel, who are also members of the band, will be lending their respective instrumental and vocal talents. (No hints - be there on Remembrance Day).

RCAF Association Changes Title "Royal" dropped

By an 86% vote, delegates to the Royal Canadian Air Force Association Convention, held in Winnipeg in September, opted to remove the "Royal" prefix and henceforth refer to the central governing body as the "Air Force Association of Canada." However, provision was made for individual Wings to continue to go by the name "Royal Canadian Air Force Association." It was felt the acceptance of the name change would enhance the Association's capability to enrol members of Canada's Air Forces, past and present, as members of the Association, and to foster increased interest and support from Canada's aerospace industry.



"CFB Comox Cracks Down on Serious Crime!"

1993 Remembrance Day

Message

from
Chief of the Defence
Staff
Admiral J.R. Anderson

keep the transatlantic supply lines open, and to end the war.

On this November 11, 1993, exactly 75 years to the day after the "war to end all wars," Canada is paying tribute to those who gave their lives - in many cases, very young lives - to aid distant peoples whose peace and liberty were threatened.

This year also marks the 40th anniversary of the end of the Korean War, which claimed the lives of more than 500 Canadian soldiers. It was to Korea, "the land of the morning calm," that Canada sent its first large contingent as part of a United Nations operation. And in UN operations since Korea, over 90 Canadian peacekeepers have lost their lives.

These anniversaries remind us of the painful sacrifices that Canada has made to safeguard peace throughout the world. On this day, we remember the more

than 100,000 Canadians who perished in the two world wars and the even larger number of men and women who came home wounded. This year's Remembrance Day poster reminds us of the heavy price of peace and freedom, and commemorates the work of the Royal Canadian Army Medical Corps, which served the wounded in the First World War. We salute their dedication. And we salute the courage of the more than half a million Canadian veterans who saw action in two world wars and Korea.

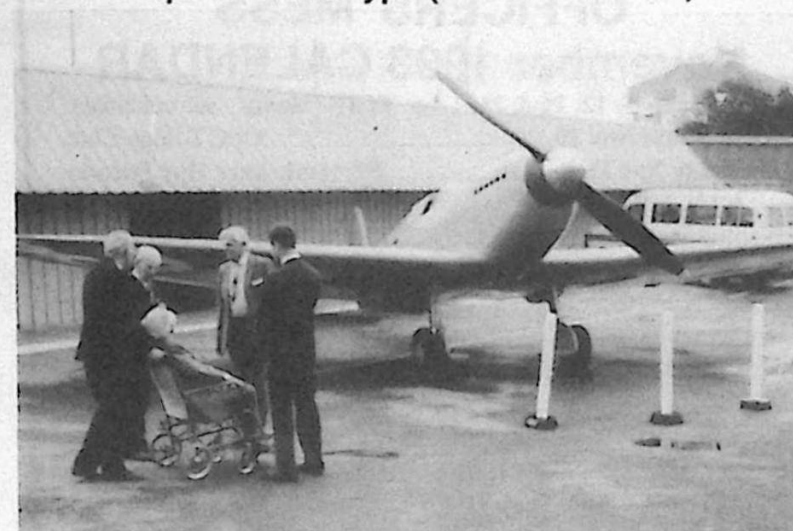
This year also marks the 50th anniversary of the Battle of the Atlantic. We honour all the sailors and airmen who experienced that long and terrible battle, including the members of the Merchant Navy. Their combined efforts made it possible to

From 1914, when an assassination in Sarajevo triggered the First World War, to the Sarajevo of 1993, where members of the Canadian Forces are risking their lives to deliver food and medical supplies to the civilian population, Canada has always been ready to come to the aid of others in the cause of peace. Over the years, members of the Canadian Forces have shown themselves worthy of the sacrifice made by the men and women whose memory we are honouring today.

Each Remembrance Day ceremony reminds us of and strengthens the values that bind Canadian society. As we reflect on this day and look beyond the sadness associated with it, we can be proud of being a link in this chain.

Comment

Spitfire Prototype (full-scale model)



Man in wheelchair is Jeffrey Quill, second man to fly prototype Spitfire K5054, which he did on 26 March 1936.

Duke Represents Canada



L-R: Col Reade Tilley, ex-USAF; Clarence Mitchell (no relation to R.J.) ex-US Army Air Corps, and Duke Warren, representing RCAF Association and Canadian Fighter Pilots Association.

888 Wing Honoured: Syd Burrows Elected National Director CAFA

888 Wing was named "Wing of the Year" and Syd Burrows was elected as National Director at the Annual Convention of the RCAF Association in Winnipeg. Syd won his race against a number of highly capable and competent opponents and, on doing so, exhibited a political flair to be envied in this particular period.

The Wing of the Year trophy was awarded to 888 for the overall outstanding efforts of Wing members, including the highly successful "Ident-a-Kid" program, Wing support for local charities,

and for the sponsorship of 386 Royal Canadian Air Cadet Squadron.

888 Wing was also recognized by receiving the AVM Curtis trophy for the greatest increase in membership and Al Scott, Wing Membership Chairman, was awarded the Vice President's trophy for his fine work in this field. Finally, Past President Bill Shields' literary talents were noted when the Wing received the 408/437 trophy for his 1992/93 annual report.

New National Director



888 Wing's Syd "Cyclops One" Burrows had the distinction of being the only one-eyed pilot in the RCAF in his service days. He lost virtually all the sight in one eye after a birdstrike while flying his F-86 Sabre in 1954. His real nickname is Woody.



The R.J. Mitchell Memorial

by Duke Warren

The unveiling of the R.J. Mitchell memorial took place at the Southampton Hall of Aviation on 6 October. R.J. Mitchell, the renowned aircraft designer of the Supermarine Spitfire of WWII fame, and the famous Schneider Trophy racers, became the chief designer of the Supermarine Aircraft Company at the age of 24. Although his early death, due to cancer, at the age of 42 cut his career terribly short, Mitchell left his mark on aviation for all time.

The Supermarine Aircraft Company was situated near Southampton so it is appropriate that the statue of Mitchell be located there. Furthermore, British Airways, a firm very supportive of the Hall of Aviation, has direct lineage to Imperial Airways, which started out operating Supermarine flying boats. Indeed, one of the most beautiful large flying boats of the pre-war era, made by Supermarine was called the Southampton.

An excellent introductory speech was delivered by Mr. Gordon Eldridge, Chairman of the Museum Board. Gordon Eldridge is well known in Canadian aviation circles, for he worked with Canadair for some years during the F86 Sabre days. Further, he served overseas with 107 Wing RCAF at North Luffenham as well as other units. His career began as a young man with Supermarine Southampton, and Gordon Eldridge is as knowledgeable as anyone about Spitfire aircraft.

Sir Colin Marshall, Chairman of British Airways, then spoke acknowledging the great debt owed to R.J. Mitchell for his contribution to the aviation industry. The design of the Spitfire which played such a decisive role in the Battle of Britain, and the Rolls Merline engine, may not have been available if it had not been for Mitchell's work on the Schneider Cup racers.

It is interesting to note, and very appropriate, both speakers gave recognition and suitable credit to the technicians and groundcrews who built and serviced the aircraft.

There were many important people who had been associated with Supermarine over the years in attendance. From all sectors of the operation. Jeffrey Quill, who was Supermarine's chief test pilot during development of the Spitfire, and one of only two men still alive who flew the original Spitfire K5054. Group Captain Sammy Wroath, the other man, an ex-RAF test pilot, was also present.

Alex Henshaw, a famous pre-war flyer who broke the record from England to Cape Town in 1938, joined Supermarine as a test pilot and, along with Quill, was responsible for a great deal of the development flying of the various marks of Spitfires.

British Airways, in recognition of the many units of various nations that had flown the Spitfire on operations, arranged for representatives to be present at Southampton. Col Reade Tilley, from Colorado Springs, as an American joined the RCAF in 1940, trained in Canada, then went overseas where after further training joined the Eagle Squadron in England. Tilley also served in Malta before transferring to the USA Army Air Corps. Col Tilley represented the Eagle Squadron Association.

Clarence Mitchell (no relation to R.J.) served with the American Air Force in the Mediterranean and although not flying Spitfires himself his unit was often protected by them. In addition Clarence Mitchell and family have been active in supporting the museum.

I represented the RCAF Association and the Canadian Fighter Pilots Association. The three of us from overseas were introduced to Sir Colin Marshall

prior to the ceremony and he chatted briefly with each one.

There were so many present who had contributed a great deal to their country during their association with Spitfire aircraft and Supermarine that it is impossible to name them all. However, of special interest is the fact that the son of R.J. Mitchell, Dr. Gordon Mitchell, was there.

The centenary of the birth of R.J. Mitchell, on 20 May, 1995, will be commemorated. It has been suggested the Royal Mail might consider it appropriate to commemorate this event by a special stamp issue. There is no provision for posthumous awards other than those for gallantry, so the outstanding achievements of Mitchell cannot now be officially recognized. If a special commemorative stamp, or series of stamps, were now issued by the British Post Office this deficiency would be overcome to some extent.

Dr. Gordon Mitchell is very supportive of this idea, and is in fact urging anyone who feels it a worthy suggestion to write to Stamp Programme Manager at the Royal Mail office in London. I am confident many of those present will do so.

This gathering, with many whose names are so well known for their contribution to their country while associated with Spitfire aircraft, was a very special occasion for me. I am well aware there are others who have done much more than I have as a Canadian flying Spitfire aircraft. However, many are no longer with us, and many who are find ill health and too many birthdays have caught up with them. Sad to say, this was obvious in a good number present at the ceremony.

Jeffrey Quill spends a good deal of time in a wheelchair, a very sharp mind, he jovially says - "I'm having trouble with my undercarriage."

Air Force Trivia



Trivia Answer



Grumman Goose

TOTEM TIMES

EDITOR - BUSINESS MANAGER.....Norm Blondel
ASSISTANT EDITOR.....Bob Sealby
TYPESETTER/BOOKKEEPER.....Jenny Cooper
WRITERS.....Duke Warren, John Novak, Gerry Gerow, Bob Orrick,
Gordon Wagner, Diane Osterholm, Tet Walston,
Jim Kirk, Norm Whitley
CARTOONIST.....Gord Hatch
PRODUCTION STAFF.....Julie Blondel, Ron Fisher, Katie Wiele
COMPUTER CONSULTANT.....Gerry Peppard
CIRCULATION.....Julie Blondel - 338-0259
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OUR NEW FAX 339-5209

Section News

IFF: Identification Friend or Foe

by Cpl Darcy Parker

In this edition of Totem Times I would like to give you some information about the IFF bench and the Techs who are employed on it.

IFF stands for Identification Friend or Foe and is just one of approximately 90 different types of equipment repaired in Navcom Labs. The IFF is a lightweight piece of airborne equipment whose purpose is to provide reception and transmission of various signals in the AIMS (Air Identification Mark XII System) thereby providing the ground or air control centre with the aircraft location information and identification (friend or foe). The IFF is used on most aircraft in the Canadian Forces and in a year we see an average of sixty transponders come in for repair.

Overall the IFF system is a very complex piece of equipment and requires detailed knowledge of how it operates in order to repair it. Our test bench is calibrated every six months to ensure that the equipment we repair is set to the proper standard.

In Navcom Labs there are six personnel qualified on the bench. Presently working on the bench are Cpl Shelley Deley and Cpl Barry Kazimer, who is receiving on the job training.

Shelley, who recently received her accelerated Cpl, is from Woking, Alberta and has been employed in the Navcom Labs since August 1991. Shelley is enjoying her stay at 19 AMS and obviously is expecting to be here for a while as she is the proud purchaser of a new home in Comox.

Cpl Barry Kazimer is a new addition to the Navcom Labs, coming to us from 412 (T) Sqn. Barry is from Nepean, Ontario, is married, and the proud father of two children. Barry and family also recently purchased a home and reside in Courtenay. He is enjoying his tour here in Comox so far.

Other additions to the labs this year include: MCpl Kwasnicki from Germany, MCpl Doug Kelly from Edmonton, Cpl Rob Isaacs from Greenwood, Pte Michel Caron, Pte Dave King, Pte Scott McPhalen, and Pte Michel Doyen, all from Borden. More will follow on these people in future articles.

Refinishing Section

The 19 AMS Refinishing Section has lost two individuals and gained two since our last report. WO Allie and family are off to Bagotville and Cpl Boutillier has moved on to Cold Lake.

We welcome the new boss, Sgt Bruce Doggett, and family to Comox, as well as Cpl Morin and family.

The work load, as usual for the REF section, has been hectic. Since our last report, MCpl Carmichael, Cpl Ferguson and Cpl Boutillier were tasked with painting a 414 Sqn T-bird in the Black

Canadian Forces Decoration



CO 19 AMS, Maj Roos, presents MCpl Middleton with his CD.

Knight colour scheme and, as a result of the final outcome, many favourable comments were directed this way.

Courses have left us somewhat strapped as of late with MCpl Arcaud off to Borden for the Challenger/Dash & Composite repair course; Cpl Hannas recently completed the CF188 Advanced Composite repair course and will be attending the CHIB Rotor Blade Composite repair course in mid October.

In addition to personnel attending courses, Cpl Hannas and Cpl Ferguson have been instructing the CP140 Corrosion Control course as well as carrying out normal duties.

Cpl Goulet has moved into his new home and is playing Mr. Mom as his wife has not fully completed her nursing course in Bagotville.

Rumour has it that Nicholson and Carmichael have been slaying the fish out in the strait - big fish too, or so the stories go.

Well folks, having said all of the above, that's about all that is new and exciting on this end... till next time.

19 WING - AMS workshops

As the coffee flows and flows and flows into Andre L's cup, Al G warms up his booster cables, Bill E's fish get bigger and BIGGER, Woody preps breakfast for the family, Billy T watches his toilets, Paul J-L rosins up his bat, Adrian L strikes a match on his last smoke, Al B reminisces with Russ Pover what good Budds they are and Russ A's alarm finally sounds, yet another day begins at 19 AMS Workshops.

It has been a while, but we are still here, looking better than ever, with a new name and phone number. No, we haven't moved to the CO's office, just our phone number went north.

Speaking of going north, we had a few people posted to the snowbelt this summer. A hearty farewell goes out to MCpl Grandmont and wife Louise, and to Cpl Chris Walker and wife Pam. May they have many days of happy snow shovelling.

Meanwhile, we welcome to sunny CFB Comox MCpl Andre Lauzon and wife Iona, and the ever-single Cpl Brian Daly. Look out - ski season is about to start. Also we would like to sincerely thank the augmentees from Moosejaw, MCpl Mike Skific and Cpl Rick Chevrefils, and from Trenton, Cpl Mark Legault, for all their help this summer. You are all welcome back any time.

A special congratulations go out to Cpl Adrian Luczanko and new wife Janet Kuzminski. The wedding was great, everyone had a wonderful time. Even Russ (I Stopped) Armitage. Best wishes from all the guys.

The weather this summer has been very poor, but the sun still shines on Cpl Doug Brown and wife Anne-Marie as well as Cpl Mike Long and wife Sally, who are expecting the second addition to their families. May your babies be healthy.

Every so often we have a milestone at workshops, such as Russ

Parker turning 61, Billy Tarbett reaching 40 and receiving his CD1, Andre Lauzon awarded the 125th Anniversary Medal, Brian Daly received his CD1, and Pte Mike Delong's promotion to Cpl. Congratulation to one and all from everyone in the shop. Now all has been told and Al B has sounded the 3:15 clean-up tone. So, until next time, remember the festive season is just around the corner and the Mexi dice will fall Party and enjoy, drink if you wish, but remember to THINK before you drive.

CLEAR THE AIR

Reduce air pollution from residential wood smoke and auto emissions with tips from the Association.

† B.C. Lung Association
Box 34009, Station D
Vancouver, B.C. V6L 4M2
(Advertising space is donated to this publication)

OFFICERS' MESS

November 1993 CALENDAR

Fridays Nov 5, 12, 19 & 26.....TGIF (Menus - see calendar)
Wednesdays Nov 10, 24.....OLC Bridge Club
Thursday Nov 11.....Remembrance Day Parade reception at Rec Centre

Wednesday Nov 17.....OMLC Christmas Crafts & Ornament Auction

Friday Nov 26.....Murder Mystery Dinner
Murder on the Paris Express, performed by Alouf & Trett Productions. (Full audience participation.)

MENU
Roast Beef with Yorkshire Pudding
Baked Potato with Sour Cream
Baby Carrots & Mint Peas
Dessert Buffet
Cost: Members \$10.00 per person + GST
Guests \$12.00 per person + GST
(Prices include meal and entertainment)

Time: 1830 for 1900 hrs. Dress: casual
RSVP Mess Manager 339-8295

Sunday Nov 28.....Grey Cup Double Feature
Flag Football match at Sports Field, followed by "THE GAME" on big screen at JRM.

Sunday Nov 28.....Family Dinner Night
Adults \$8.00, children \$4.00

Coming Soon

To A Location Near You
"The Christmas Toy Drive"



"Two Thumbs Up"
Saskill & Eggbert
A Must See
B. Generous
The Totem Times



CHAPEL CHIMES

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - Maj Conrad Verreault
CHAPEL - Our Lady of the Sacred Heart (on Base)
OFFICE - Headquarters, Bldg 45, Rm 48, Local 8274
MASS SCHEDULE:

Saturday.....1700 hrs
Sunday.....1000 hrs
Daily Masses.....Tuesday, Wednesday & Thursday evenings at 1900 hrs

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

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

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in the Parish hall, preceded by Mass in the Chapel at 7:30 p.m. President: Bonnie Gillis, phone 339-3496.
CATECHISM CLASSES - September to May in the Chapel and Parish Hall every Sunday morning at 0900 hrs.

Coordinator: Mary Rogers, 339-6181.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

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

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

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

SUNDAY SERVICES -

0900 hrs - Holy Eucharist (2, 3, 4 & 5 Sundays of month)
0930 hrs - Adult Bible Study
1100 hrs - Divine Worship (2, 3, 4 & 5 Sundays of month)
Holy Communion (1st Sunday of month)

(any changes will be announced as early as possible)
SUNDAY SCHOOL - In conjunction with 11 a.m. Service.

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

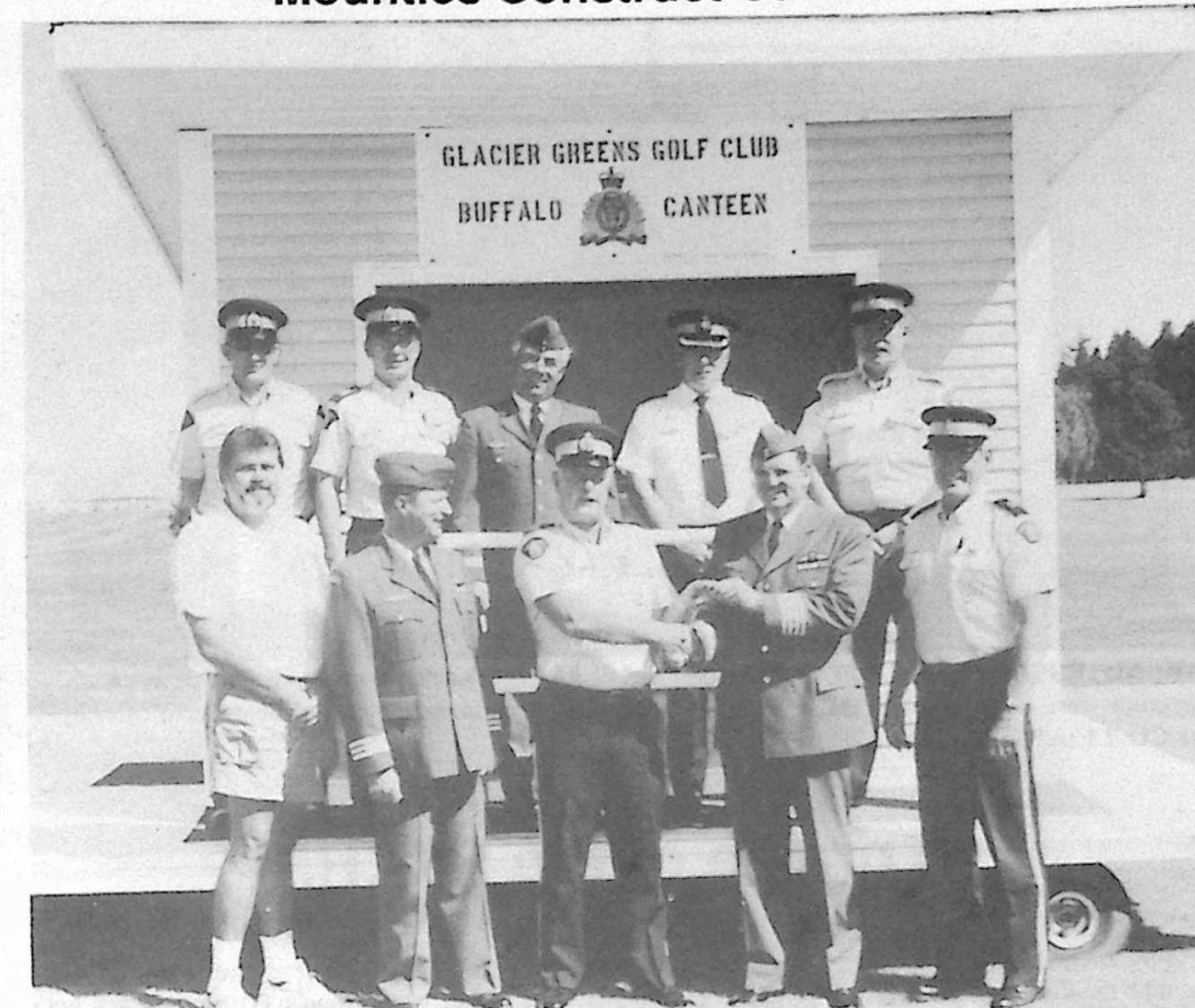
CHOIR - 1900 hrs, Thursdays at the Chapel.

CHAPEL GUILD - Meets the third Thursday of the month.
President Gail Rodger 338-2162.

BAPTISM AND MARRIAGES BY APPOINTMENT,
90 DAYS NOTICE IS REQUIRED.

Section News

Mounties Construct Canteen



Front Row L-R: Sgt Ron Hunchiak, LCol Gerrit Van Boeschoten (WAdminO), S/Sgt Len Doyle, Col Terry Rogers (WComd), S/Sgt Don Douglas. Missing from photo, but involved in construction of canteen: S/Sgt Bernie Johnston, Cpl Gary Galenzoski, Const Greg McNeivits, Cpl Rod Nichol, Cpl Bob Plankenhorn, C/M Al Bayles.

Top Row L-R: Const Gary Usher, S/Sgt Reg Warne, Capt Bill Snow (Pres. GGGC), Insp Ian Parsons, Const Mike Currie.

When the Going Gets Rough

Poor Visibility

Every driver needs to see the road clearly at all times. When anything cuts down on your visibility, the job gets a lot harder.

If conditions are bad enough, you may decide to get off the road and wait until they improve. But sometimes you'll feel the need to keep going. If so, you have to make the best of a bad situation.

Know what to do when changing circumstances interfere with your ability to see where you're going.

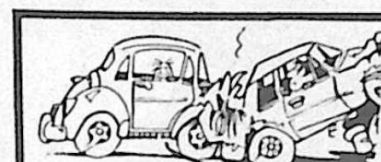
Driving in Fog

When fog obscures landmarks and other points of reference there is a tendency for a driver to lose all sensation of speed. So, when you reduce speed in a fog take a quick look at your speedometer to make sure you're actually slowing down to a safe speed.

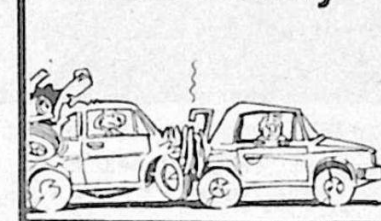
Keep your lights on low beam. High beams will cause the light to bounce back at you from the water particles. Your taillights will help others to keep track of you. You should also turn on your windshield wipers. You're driving in a cloud, and your windshield will soon be covered with mist.

Your speed is dictated by how far you can see. If you can see six vehicle lengths ahead, you can go 30 or 40 km/h. If you can only see two vehicle lengths, reduce your speed to 15 or 20 km/h.

If you decide to get off the road and wait out the fog, turn your flashers on. With your lights off,



MSE Safety



you're a sitting duck for some other driver who might decide to pull off the road, or the driver who steers off the road by mistake. If you leave your regular lights on, other drivers might think you're on the road and follow your lights off the pavement.

Whatever the weather, don't compromise your ability to see or be seen. Keep your windows, mirrors, and lights clean at all times.

Driver's Quote of the Day

I knocked over a man. He admitted that it was his fault as he had been run over before.

Driver's Question of the Day

Question: Good drivers, travelling in heavy fog, always use the:

- A) Low beam;
- B) High beam;
- C) Parking lights;
- D) No lights.

Answer: (A) Low beam.



Junior Ranks Mess November 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).

Fri 05 Nov.....TGIF Pool (Kentucky Fried Chicken)

Fri 12 Nov.....TGIF Euchre (Chinese Food)

Fri 19 Nov.....Down Homers' Night (more details to follow)

Fri 26 Nov.....TGIF Shufflecan (Pizza)

DJ positions are available at the Junior Ranks Mess. Applicants must be members of the JRM and previous experience would be an asset. Application forms are available at the JRM office.

Form must be completed and returned by Friday, 12 Nov at 1300 hrs. For more info call 8430.



Buy a Poppy

Help a Vet

STEPPIN' with Style

Warm up your winter with a hot new ensemble and the latest accessories from DRIFTWOOD MALL

Don't Miss our Holiday Wear Fashion Show.

Sat. Nov. 6 - 1:00 p.m.

Look for Driftwood Mall's new Gift Certificates coming November 1st

Driftwood Mall
40 STORES TO SERVE YOU

Mall Hours:
Weekdays
9:30 a.m. - 6 p.m.
THURSDAY & FRIDAY
9:30 a.m. - 9 p.m.
SATURDAYS
9:30 a.m. - 6 p.m.
SUNDAYS
12 noon - 5 p.m.

CANEX
3.13 NOV 1993

BRAND NAMES FOR LESS

DOORCRASHER!
MAXELL AUDIO TAPES 7.97 pk.
4 PK. 90 MIN. CASSETTE TAPE ON CARTRIDGE
2 PK. 90 MIN. CASSETTE TAPE ON CARTRIDGE
SUPER PRICE! + GST 17.94

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PORTABLE COMPACT CD PLAYER
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CLOCK RADIO
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PORTABLE AUDIO SYSTEM
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SANYO
8 MM CAMCORDER PACKAGE
699.97

SANYO
SUPER COMPANDER CORDLESS PHONE
119.97

SANYO
SUPER MINI AUDIO SYSTEM
499.97

PAY NO INTEREST FOR UP TO 12 MONTHS
WITH NEW CREDIT CARD FROM CANEX
See us for details and application form.
We are not responsible for late payment or non-payment.
Interest will be charged on the unpaid balance from the date of purchase.
If you do not pay by the due date, your credit will be affected.

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PRIDE • SERVICE • SATISFACTION

OPEN/TOUR
408-11-341
9:30AM-6:30PM
339-11-523-5-1994

Section News

407 Squadron Presentations



L-R: Maj R.P. Dubois, Maj K.D. Wrenn, Capt G.J. Reid, Capt J.R.S. Plourde and Capt W.F. Seymour were presented with their Maritime Patrol Crew Commander Appointment Certificates by the CO, LCol P.J. Kendell.

In praise of the S.O.R.

by Lt Liz Ritchie

"I'm here to pick up the bulk claim for the trip going to Elmendorf." "Can you type this up for me now? I needed it yesterday." "I'm trying to find a copy of a message that MAGHQ sent out last week, can you help me out?" These are just some of the situations that occur in a squadron orderly room. The squadron orderly room? Where is it? What is it? Let me explain.

There is a small but very integral section of 407 Squadron that perhaps not everyone is aware of. We at the 407 Sqn Orderly Room would like to introduce ourselves. We are part of the Squadron Administration Organization. Maj Perron, the Deputy Commanding Officer (DCO) is our section head and Lt Liz Ritchie, the Personnel Administration Officer (PAdminO), supervises the overall operation of the Orderly Room or "SOR" as we like to call it.

Sgt Ernie Bugutsky (just transferred in from the Wing Orderly Room this summer) is the Chief Clerk. He gets to run the show in the SOR. Sgt B. has quite a sense of humour and keeps his clerks very busy and amused at the same time.

The four administration clerks who work for Sgt Bugutsky are known for their efficiency and quick wit. Cpl Cheryl Trescher (just posted in from CFB Petawawa this summer) is presently working at the Typing/Posting Clerk position.

She's the one with the smoking computer and she will also answer your enquiries at the counter. Cpl Rob Millaire just, and I mean just, arrived in from CFB Baden. Rob is quiet and keeps a low profile while distributing the mail and filing a lot of correspondence in the Central Registry. Pte Tammy Campbell, when not entertaining us with her Cape Breton humour, is busily

ges that come with it) for everyone's TD trips. When not doing that she'll talk about her love of housekeeping!

You may have noticed something different about our uniforms, apart from the fact that two of us wear army uniforms. We are the only squadron personnel who do not wear an Air Operations cap badge. The PAdminO and the administration clerks are members of the, you guessed it, Administration Branch. This probably explains why there is that second march played at the squadron mess dinners. Our branch motto is "Servire Armatis" (Serving the Forces) and the squadron, with an establishment of about 350 personnel, keeps us very busy doing just that. To dispel any myths, we are posted to the squadron and not the base, but we do liaise with the other support sections on the base as is the nature of the administration business (remember OPDP 3).

For most of us, this is our first time working with an Air Operations unit and we find it quite a change from a base orderly room; it is like being on the other side of the fence. Well, I hope I've given you a good overview of the SOR. By the way, we are located on the first floor of 7 Hangar beside the Commanding Officer's office on your way to the DIAC. Drop by if you have any administrative enquiries, we are here to support you. We're proud to be part of the 407 Squadron team.



Demon Doin's

doing all of our supply ordering. She also originates Flight Feeding demands so that the aircrew doesn't go hungry while flying those ten hour missions over the ocean. Last, but not least, is Pte Tammy Ross, our esteemed Temporary Duty (TD) Clerk. She is normally in constant touch with Pers Traffic, making air bookings for the squadron's 350 members. On top of that she does all of the paperwork (with all of the chan-



Cpl D.K. Brenson, an AE Tech at 407 (MP) Sqn was presented with the First Scroll and Seal in the CF Award of Aerobic Excellence program by the CO, LCol P.J. Kendell.

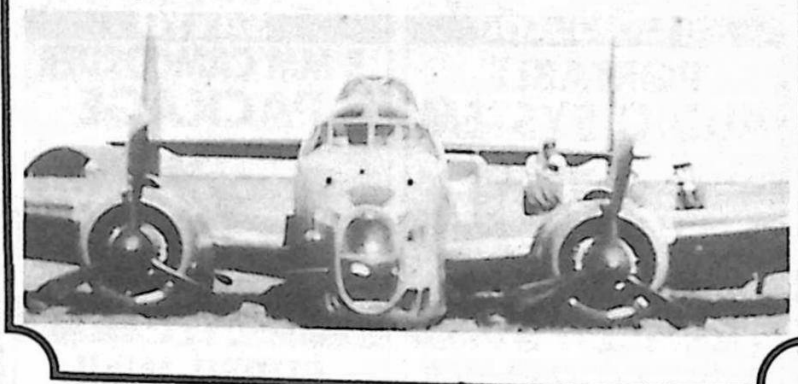


Maj F.G. Reed, 407 (MP) Sqn Training Flight Commander was presented with Levels III, IV, V and VI Seals for his 3rd Scroll in the CF Award of Aerobic Excellence program by the CO, LCol P.J. Kendell.



407 SQUADRON HISTORY BOOK

407 Squadron is currently putting together a book of its history. It is a colourful rendition of the squadron at war and during peace. A limited quantity of books will be available in June 1994, at approximately \$25.00 each. If you are interested in reserving a limited edition copy, please contact Capt Gavlas or Lt Sorensen at 339-8211, local 8626.



Buy a Poppy
Help a Vet

Section News



Entire SAR Techs section showed up as an Indian tribe.

Wild West Night at 442

It's that time of year again, the end of the active posting season and, with 53 postings in, there are a lot of new faces to get to know around 442 Sqn. In order to get squadron personnel familiar with everyone, a Fall Meet and Greet was held on Sat. 16 October.

Cpl Bill Anglin, 2 Crew Servicing, and Cpl (Charlie) Lamontagne, 1 crew Servicing, were tasked with the organization of the event and chose the Wild West as a theme.

To help add authenticity to the occasion, Cpl Anglin hired the Pacific Production Company of Burnaby, which provided Can Can dancers and the Thunderbird Fast Draw Club of Langley. Can Can dancers Stacey Grey, Kelly Fobert, Caroline Reid and Kristie Wild provided the dance entertainment, both before and during supper, and the Thunderbird Fast Draw Club entertained us with a fantastic display of quick-draw demonstrations and stunts.

Cpl Lamontagne organized



the remainder of the evening which included line dancing lessons, an excellent chicken and rib supper, followed by the casino and dance.

With the Wild West as a theme a lot of interesting people in costumes showed up. There were two cacti, Dave Rainbird as the contented milk cow, Mike Mar as an Old West bum, complete with barrel, the whole SAR Tech section as a band of Indians, and a bunch of Cowboys and Cowgirls.



Juan (Spic) Trecher and wife Cheryl man the Crown & Anchor table.

When the evening was finally over, the 190 people who attended fully agreed that it was a great evening and fun was had by all.

The committee would like to thank the following for their assistance: Buffalo Maintenance and AVSO for the excellent job of setting up the hangar, Spic, Greg, Al, Jim and Dave for running the gambling tables.



Thunderbird Fast Draw club members Bob Edmiston, Dan Boyd, Annette Edmiston, Trish Koresec and Dennis Robinson. Club was formed in 1959 and is third largest in the world.



Organizers Charlie Lamontagne and Bill Anglin.

Mike Mar - the Wild West Bum.

Have the Kids Home for Lunch

\$173,800.



3 bedrooms up & 1 down. Games room & family room. Lovely view of the Comox Glacier & ski hills. Close to CFB Comox.

Delightful Modular Home

\$68,000



2 large bedrooms, 2 baths with soaker tub in master bedroom. Rented pad \$205.00/mo.

Please call Jerry Boucher

Free CMAs at your convenience
Gerald (Jerry) Boucher, ex-442 Sqn, Search & Rescue for 18 years (SAR Tech)

"I Want your Listings"

Homelife Harbour Realty
238 Port Augusta Street
Comox Mall, Comox, B.C. V9M 3N1
(604) 339-SOLD (7653)



Gerald (Jerry) Boucher
Res. 339-4929

CFB Comox Family Resource Centre

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

Address:
119 Little River Road

Mailing Address:
Family Support Centre, CFB Comox
Box 310

All Services are
Confidential

Lazo, BC VOR 2K0

Ongoing programs:

Services available:
Volunteer training
Community information
Financial counselling referrals
Babysitter list - adults and trained teenagers
Cleaner list
Welcome package

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



On the Base

Rally Champs



Dennis Bainbridge from Courtenay Mazda presenting 1st place to Team #1, who also garnered trophies for Section and Pit Crew, presented by LCol Drover, CO 442 Sqn.

1st Annual Road Rally - Big Success

by
Michel Ouellette,
President, Auto Hobby Club

On 25 Sep LCol Drover gave the official start to the Auto Hobby Club's first Annual Road Rally. The event was part of the Base United Way Campaign and involved 36 participants in nine different vehicles. The competitors travelled through the Comox Valley by way of Comox, Cumberland, Courtenay and Merville. They collected points along the way by answering questions about their surroundings. The course took two hours to complete and some teams proved highly resourceful and imaginative in finding the answers, sometimes to the amazement of the officials.

Courtenay Mazda was represented by Dennis Bainbridge. Mazda provided support in the form of four cars to use on the check points as well as an assortment of new vehicles on display, including the new B4000 and RX7. First prize was also provided by Courtenay Mazda. Kirk Auto Parts provided second prize and Big O Tires donated the third prize. Representatives from each sponsor were present during the event. T-shirt are still available and profits will go to the United Way.

The rally was followed by a reception at the WO & Sgt's Mess where the winners received their awards. Team #1, composed of members of 407 servicing crew #3, collected all the honours by



Pete from Big O Tires presenting 3rd place to Team #2



Darren from Kirk presenting 2nd place to Team #8.

winning the road rally, pit competition (they were the only participants) and section trophy. They walked away with a fishing charter, and \$50 each in tools.

Second place Team #8 won a dinner for eight at the Gaff Rig restaurant. Finally, third place was awarded to Team #2 along

with \$1,500 in gift certificates. Music and free pizza were provided and a good time was had by all.

The executive committee thanks all our sponsors, volunteers and participants. Next year's rally promises to be even more eventful.

Base Library: New Books are In

By Colleen Gagnon,
Base Librarian
loc.8351

LIBRARY HOURS

Monday 6:00 - 9:00 pm
Tuesday 11:15 am - 12:15 pm
& 6:00 - 9:00 pm
Wednesday 6:00 - 9:00 pm
Thursday 11:15 am - 12:15 pm
& 6:00 - 9:00 pm
Friday 11:15 am - 12:15 pm
Saturday 1:00 - 4:00 pm
Sunday 1:00 - 4:00 pm
(We are located in Building 10, next to Base Accommodations).

NEW BOOKS

Baysitters Club
Boxcar Children
Violent Word - Len Deighton
Hammer of God - Arthur C. Clarke
Forward the Foundation - Isaac Asimov
The Cat Who Wasn't There -

Lilian Jackson Braun
Born for Love - Leo Buscaglia
Peacekeeper, The Road to Sarajevo - MajGen Lewis MacKenzie
Honour Among Thieves - Jeffrey Archer
Canadian Living Cookbook
Canadian Living Microwave Cookbook
Homeland - John Jakes
The Stars Shine Down - Sidney Sheldon
Angel - Barbara Taylor Bradford
Night Manager - John LeCarré
Thunder Point - Jack Higgins

We have these books, and many more. Also magazines, Base papers, children's books and pocketbook exchange. Please drop by to have a look and also give me your request for books you may wish me to buy.

THE TOWN OF COMOX NOTICE OF ELECTION BY VOTING

Public Notice is given to the electors of the Town of Comox that an election by voting is pending, and that the persons nominated as candidates at the election, for whom votes will be received, are:

TERM OF OFFICE - THREE YEARS			
SURNAME	OTHER NAMES	OFFICE	RESIDENCE
MAYOR (1 to be elected)			
BURNS	Alicia	Mayor	Town of Comox
VAN DUSEN	Barry	Mayor	Town of Comox
COUNCILLOR (6 to be elected)			
BREER	Don	Councillor	Town of Comox
DENO	Craig	Councillor	Town of Comox
FARNELL	Calvin	Councillor	Town of Comox
GRANT	Tom	Councillor	Town of Comox
HUGHES	Matt	Councillor	Town of Comox
JANCIC	Dan	Councillor	Electoral Area B
MACK	Gwyne T.	Councillor	Town of Comox
MARINUS	John J.	Councillor	Town of Comox
PIERCY	George	Councillor	Town of Comox
ROBINSON	Peter Edward	Councillor	Town of Comox
TURNER	Marcia	Councillor	Town of Comox
VINCENT	Bill	Councillor	Town of Comox

SCHOOL TRUSTEE (1 to be elected)

KNOX	George Edward	School Trustee	Town of Comox
VAN BARNEVELD	Peter	School Trustee	Town of Comox

GENERAL VOTING DAY

Saturday, November 20, 1993, 8:00 am to 8:00 pm.

Comox Community Centre, 1855 Noel Avenue, Comox, B.C.
Airport Elementary School, CFB Comox, Comox, B.C.

ADVANCE VOTING OPPORTUNITIES

There will be advance voting opportunities at the Town Hall, 1809 Beaufort Avenue, Comox, B.C. at the following dates and times:

Monday, November 8, 1993, 9:00 a.m. to 5:00 p.m.
Wednesday, November 10, 1993, 8:00 a.m. to 8:00 p.m.
Monday, November 15, 1993, 9:00 a.m. to 5:00 p.m.
Wednesday, November 17, 1993, 8:00 a.m. to 8:00 p.m.
There will also be an advance voting opportunity at St. Joseph's General Hospital, 2137 Comox Avenue, Comox, B.C. on Friday, November 19, 1993, 2:00 p.m. to 6:00 p.m.

DATED AT COMOX, B.C. OCTOBER 29, 1993

Mark Brennan
Chief Election Officer

Comox Military Family Resource Centre

Canadian Forces Base Comox, Box 310 Lazo B.C. V0R 2K0 (604) 339-8290

ODD JOBS REGISTRY

We, at the FRC, are initiating an 'odd jobs registry' If you would like to offer any services through the registry, please fill in the form below and return it to:

Comox Military
Family Resource Centre
119 Kinnikinnik
(corner Little River and Ryan Rd)

These are examples of services available through other agencies, please let us know if you are interested in providing another or similar service.

-Appliance Repair	-Snow Shoveling
-Car Maintenance	-Dog Walking
-Assembling/Installing	-Pet Taxi
-Tutoring	-House Cleaning
-Facials	-Yard Work
-Sewing	-Mowing Lawns
-Typing	-Knitting
-Baking	-German for Beginners
-Ironing	-Pet Boarding & Grooming
-Gift Wrapping	

If you would like to use any of these services, please call the Family Resource Centre at 339-8290.

ODD JOBS REGISTRY

Name: _____ Phone: _____
Address: _____ Postal Code: _____
Services Offered: _____ Fees:(perhr/perjob): _____
Times Available: _____

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

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.

Feature



MPs in Thunderbird Challenge

If you've seen these MPs running around the Wing while you were on your way home from work, it wasn't remedial PT. It was the 19 Wing Comox, SAMP Thunderbird Challenge.

The Thunderbird Challenge is a competition open to Air Command Military Policepersons, designed to measure physical fitness, teamwork, and shooting skills of SAMP. The competition involves practical pistol shooting, a combat rifle competition, and what can only be described as a gruelling obstacle course, followed by a run.

The pistol shooting phase was done with the 9mm Sig Saur, model 226, which is a double-action, automatic pistol that has been newly acquired by the SAMP branch. LS Bruno Beaudoin, wowed the onlookers when he devastated the hostage-taker target with one correctly placed shot.

The combat rifle competition entailed timed exposure to figure 11 targets at ranges from 25m to 500m, which were engaged with the C-7. The competitors were required to run from the 500m firing point to the 200m, then engage numerous targets and run

to the 400m, where they engaged more targets, and so. At 32 degrees, and in full fighting order, we were then gassed, and required to sprint 475m to the finish, where we promptly collapsed on the grass.

Now comes the obstacle course, the toughest phase of the competition, which was comprised of 20 (very original) obstacles, and followed by an all-out sprint to the finish line.

The purpose of the Thunderbird Challenge was an elimination round for the Peacekeeper Challenge, which 12 Air Command MPs will attend. Training for the competition was held in Nevada, with the competition being held in New Mexico.

Both Cpl Tony Porter and Cpl Steve Smith from 19 Wing Comox are among the 12 persons representing Canada in the competition. We'll keep you updated.

Comox MP places Second



Cpl Porter receiving medal and plaque for a 2nd place finish in the Thunderbird Challenge 93 Obstacle Course from BGen Diamond.

Seniors Golf New Courses for 1994

The Zone 6 Seniors (North) Golf Association held their fall executive committee meeting on 8 Oct at Qualicum Beach. Attended by the various club reps, the bulk of the meeting was devoted to setting up a tentative schedule for the 1994 season.

Of significant note is the new season will commence in early May (a two week delay from previous seasons) and run through to mid-September. The primary reason for the change was expectation of better playing weather for the early tournaments.

Representatives from Salt Spring Island and Crown Isle

were in attendance and it is planned that these courses will be added to our 1994 circuit.

Each rep gave a short summary regarding their activities over the past season. Several voiced concerns regarding a drop in attendance at senior tournaments and speculations were varied as to the cause of the drop. The costs of entering tournaments has always been of concern and in most cases, the reps were optimistic that last year's rates would prevail. The new schedule and rates will be finalized in April 1994.

Members are reminded that

our association is focussed on participation, so if you cannot attend all our tournaments, then offset your obligation by recruiting a few new members each year. New members are also needed to replace losses to "normal attrition." Any golfer reaching age 55 in 1994 and belonging to a BCGA Golf Club who is interested in joining the association should contact his local rep. Remember the deadline for joining is 31 Dec 93.

Seniors Tip: A sure-fire method of lowering your scores is to simply one putt all greens!

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TAKING CARE OF YOURSELF

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

Diabetes—reduce your risk

Does a close relative of yours have diabetes? It wouldn't be surprising since over a million Canadians do. But have you thought about what that means for your own health?

You can't inherit diabetes but a family history of the disease does increase your chances of getting it yourself. And diabetes brings with it a much greater risk of heart attacks, strokes, kidney disease, and adult blindness. While diabetes can now be controlled, it's still the most common illness nurses see in hospital. As far as diseases go, it's the third largest killer—right up there with heart attacks and cancer.

Even if you don't have a family history of diabetes, you can still become a victim of the disease. But in either case, you can swing the odds in your favor, depending on how you look after yourself.

The most important factor is weight. Along with family history, it's the other big factor when it comes to developing diabetes as an adult. A weight of 20 per cent over your healthy range doubles your chance of getting diabetes.

The reason is that diabetes is a condition in which the body can't properly store and use energy. That's because glucose, a simple sugar which is the body's fuel, can't find its way to the cells as it

should. Normally, insulin is produced by the body to help with this job. But with diabetes, there's either too little insulin, or the body isn't able to use what there is very well.

If you're overweight, your body has an added challenge. Insulin doesn't work well around fat. Even if your weight is within the normal range you may still be in danger because if your muscles are out of condition your body will still have excess fat.

So by keeping your body within a normal weight range and exercising regularly, you can make it easier for the insulin in your system to do its job. Walk, swim, cycle, or enjoy your favorite exercise at least three times a week. And make sure you eat well-balanced meals that are low in fats and sugars.

If you need more information, the Canadian Diabetes Association has a booklet on healthy eating and active living. For a copy, or for more information about reducing your risk of getting diabetes, call their Resource Centre Information Line in the Lower Mainland at 732-4636 or anywhere else in the province at 1-800-268-4656. You can also talk to a nutritionist or a community health nurse at your local health unit.

Making wise sexual decisions

For the sake of our own future health and our children's health, it's important to make wise decisions about sexuality. But in North American culture, this can be difficult.

Every day and night we are bombarded with pictures and messages about sex in hit songs, TV commercials, magazine ads and movies. And almost all of these pictures and images portray sex as exciting and glamorous.

But what about the consequences of sex? How often do the sexy models or rock stars discuss the possibility of pregnancy? Or sexually transmitted diseases? What happens when the flashy pictures stop and reality begins?

Surprisingly, despite all the hype about sexuality, it can still be difficult for many people and not just teenagers to talk about sexual choices. Parents often don't know how to help their children make good decisions about sex. Other adults, re-entering the world of dating after being widowed or divorced, often find it hard too.

So how DO you decide about sex when you're in the middle of a relationship?

Begin by being honest with yourself. Are you worried about pregnancy or sexually transmitted diseases? Do you think that you're being pressured into doing things

you don't want to do? Do you really WANT a sexual relationship? Maybe your religious faith, your conscience, or your own feelings would make sexuality outside of marriage unpleasant for you. That's okay, too.

If you don't feel you have enough information about sex, sexual infections or birth control, find out more. Sexual issues are complicated today. If you need help to find out more, talk to a community health nurse, visit a library, a women's centre, or a teen drop-in centre.

Don't try to make sexual decisions while drinking anything alcoholic or using drugs. Go for walks or find quiet places where you and your partner can pay attention to each other. And don't try to cover everything in one conversation. If you're feeling pressured, the last thing you need is a conversation where your partner is demanding immediate answers.

Share your thoughts and your feelings and let your partner know exactly what is and isn't okay for you. Expect your point of view to be respected and respect your partner's in return. If you are able to reach an understanding, you are both probably ready to make a comfortable decision about whether you should or should not become sexually intimate.

info health

Dr. Bob Young

Sick Season

The calendar, if not our recent local weather, tells us that Fall is here and Winter is coming. Winter is the "sick season," the time of year when we are most likely to be visited by a wandering germ or virus. How can we minimize the risk?

There are some things we can do. Most obvious is getting a flu vaccination. Virtually without risk, this injection protects against the most severe forms of influenza, the killer strains.

Get it if you are over 65, have heart or lung problems, work in health care, look after ailing parents, or meet other criteria that your doctor can tell you about.

Pneumonia vaccine is also available. It is given only once, and is important for people who have had their spleen removed or who have immune system problems - HIV patients or after organ transplant.

Cold vaccines, usually sold over-the-counter in tablet form, have not been shown to be effective. Don't bother with them.

Few people are aware that there is a useful medication that prevents and treats illness caused by influenza A virus. Called amantadine, it is worth considering if you have been exposed to the flu and can't afford to get sick. It may let you keep working or avoid cancelling your winter vacation.

Start the pill as early as possible after exposure or first symptoms; the local health office may be able to tell you if the community "bug" is indeed the influenza A virus.

Avoiding crowds and people with colds makes sense but is often impractical. Wearing a mask, popular in Japan, is considered; whether it is effective in keeping your germs to yourself

and filtering out others, I just don't know. Washing hands, dishes and used handkerchiefs well, and disposing of tissues properly will help prevent colds spreading to family members.

What else? Mom's advice about wearing your sweater and rubber boots, and keeping dry won't prevent infections, if germs are around, but they may be less likely to take hold if you are not cold, wet, and shivering, so do as she says.

Finally, try and keep fit. Eat properly, avoid fatigue and overwork. And sure, take vitamin C if you believe in it.

Don't forget to stock up on honey and lemons, because the odds are that you will get a cold or mild flu even if you follow the above advice. Two "colds" per year per person is average in Canada.

Lab Tests

A doctor with a fast pen and good memory for abbreviations can order laboratory tests at a rate that will generate costs faster than the increase in the national deficit. There are literally hundreds of tests available, a veritable alphabet soup of ANA, Hgb, IgG, HIV, Na and K, T4 - I could fill the column.

Used wisely, most of them are valuable. Modern medicine could not be practiced without data gleaned from the laboratory - your blood, urine, bone marrow and spinal fluid can divulge information that the most astute clinician can only guess at. The tests are, however, meant to supplement, not replace, taking the history of the illness and doing a thorough physical exam.

They are not to be used as a fishing expedition - persisting in ordering tests until "something shows up" is frowned upon.

Many lab tests are being re-examined - or at least the rationale for ordering them is being scrutinized. In BC this is an on-going cooperative venture between the BC Medical Association and the government. The aim is to cut costs without compromising patient care. Reducing the use of even one average-priced test may save "millions" if it had previously been used on "every" patient.

Thyroid gland function and cholesterol levels are examples. In both instances one test is almost always enough to demonstrate a possible problem.

If the total cholesterol is normal there is little need to know the fractions, if one thyroid test is normal, the other will be too, in most cases. So now we do the subsidiary tests only if the first ones are abnormal. The routine multi-test screens are gone.

Some doctors are uncomfortable with this, unconvinced, in spite of assurance by experts that nothing will be missed. Old habits die hard.

Others are pleased with the change. We now have an effective way to dissuade the insistent 80-year-old from demanding a useless (to them) cholesterol test. Rules limit the use of the PSA test for cancer of the prostate (which is not all that dependable) to patients who qualify, and save us from ordering it just because the newspaper says it should be done and the man wants it.

Protocols are here to stay, and there will be more. Labs are not paid for doing tests ordered "outside the rules;" policing is automatic.

Already the savings are significant and will increase, an important consideration these days.



WtEO Promotion

Cpl Hupman receives an accelerated promotion, presented by WtEO Capt Lagace, with WO Coffin, Tel Filt OPI.

On & Off the Base

A La Mode

Pizza Please!

by Diane Osterholm

We recently moved into our house in Comox and, in the time honoured tradition, our first meal was a pizza delivered to the door. Now, this was necessary as I was in no position to cook a meal that night, but it bothered me to pay \$20 for six slices of soggy pizza. This was only a medium with two toppings, so I know that a larger family would be dishing out quite a bit more. Normally, I make my own pizza for about \$5. It's a little more work than picking up the phone, but well worth it. Once you have the basics down, the toppings are only limited by your imagination, or whatever you can find in the fridge. Kids love to pick their own toppings and create a masterpiece.

The pizza, of course, originated in Naples. All through Italy each region has their own version. When we were in Italy, I was pregnant and constantly looking for a snack. Luckily, pizza is sold on almost every corner, fresh out of a big pizza oven. They tend to put very few toppings on them, relying instead on the flavour of the sauce and a good crisp crust. I had one in Pisa with only garlic and parsley and it was delicious! Pizza is not "junk" food as some people think. Unless you load it up with high fat meats, it is actually a balanced meal of carbohydrates, vitamins and protein. The Flammenküche is an Alsatian specialty, served in restaurants and street fests in Germany. While technically not a pizza, it suits the purpose when you want a snack. The quark cheese is available in the deli section, but cream cheese will also do fine.

Pizza Crust

For one round 12" pan. (Double recipe for a cookie sheet)
1 cup all purpose flour
1 T. olive oil
1/2 tsp. salt
1/4 cup warm water
1-1/2 tsp. dry yeast
1/4 tsp. sugar
Mix the yeast and sugar in warm water until dissolved. Set aside in a warm place for 10 mins. Place

the flour, salt, and oil in a bowl or food processor. Add the yeast mixture and mix with your hand, or use the dough hook on your machine. Add more warm water, as necessary, to make a firm ball. Turn out onto a floured surface and knead vigorously for 10 minutes. Shape into a ball and put back in a bowl, lightly oil the top and cover with plastic wrap. Leave it to rise somewhere warm for 30 minutes. Turn back out and roll out to fit pan. Transfer to a slightly oiled pan, forming a raised edge with the dough. Top with the sauce and desired toppings. Bake on the bottom rack at 400° until the crust is brown and the top bubbly.

Pizza Sauce

1 - 28 oz. can plum tomatoes
1 - 5 oz. can tomato paste
2 cloves garlic, crushed or minced
1 T. olive oil
1 tsp. basil
1 tsp. oregano
1/2 tsp. sugar
salt & pepper to taste
Sauté the garlic in olive oil for 30 seconds. Crush the tomatoes or use a processor (leave a little chunky). Add the tomatoes, paste, and spices to the pot. Simmer 10 minutes and cool. This will keep in the fridge for 4 - 5 days and freezes well.

Flammenküche

One pizza crust recipe, made with only 1 tsp. yeast.
4 oz. skim milk quark cheese, or cream cheese softened
4 oz. whipping cream
1 medium onion
4 oz. smoked shinkenspeck, or smoked bacon
Salt and pepper
Mix the cheese and cream together until smooth. Spread over the prepared dough. Sprinkle with salt and pepper. Halve the onion and slice thin. Dice the meat and arrange on top.

Cover with the onions. Bake on middle rack in 425° oven until crust is brown and cheese mixture and onions are starting to brown, 15 to 20 mins.

Facts about Over-the-Counter Drugs

What It Is

Names: Antihistamines, decongestants, cough syrups, pain relievers, mouthwashes, reducing aids, sleeping aids, stimulants, alcohol, caffeine, look-alikes, act-alikes.

Type: Psychoactive.

Forms: Tablets, capsules, powders, solutions, sprays, chewing gum.

Combinations: Cold and cough preparations with codeine and/or alcohol, with antihistamines and decongestants or with PPA. Mouthwash with alcohol.

Aspirin with caffeine and/or acetaminophen.

Amphetamine (speed) look-alike with caffeine, PPA, ephedrine. Quaalude (lude) look-alike with acetaminophen or aspirin.

Cocaine (coke) look-alike with caffeine, PPA, ephedrine and benzocaine, lidocaine, procaine or tetracaine.

Usage: Swallowed, injected, sniffed (snorted).

Legal status: Legal.

What It Feels Like

Varies from mild single drug effects to extreme combination drug effect. Alertness, anxiety, restlessness, confusion, dizziness, numbness, lightheadedness, mild euphoria, drowsiness, relaxation, nausea, headache, hostility, delirium, excitement, body tension. Look-alike amphetamine: agitation, hallucination. Look-alike cocaine: rush of euphoria, anxiety.

What It Does

To Your Mind: Stimulates or

depresses central nervous system, especially respiratory centre.

To Your Body: Alters heart rate, blood pressure, and breathing, interferes with control of body movements and reflex actions.

Special Characteristics: Depressant effect is intensified if antihistamines, alcohol, tranquilizers, and like drugs are combined. Nose sprays effect "nasal

aspirin. PPA can cause heart palpitations. Indocin and PPA can raise blood pressure to life-threatening levels.

How It Can Hurt You

Hypertension. Inability to sleep. Changes in blood pressure and heart functions. Respiratory depression, individual allergic or psychotic reactions, kidney and liver damage. Coma, vomiting, tremors, ulcers, colitis. Needle related infections and AIDS.

When To Get Help

- Do you take more medication than is prescribed?
- Is your work or school performance affected by your drug use?
- Are you having problems with family and friends?
- Are you spending more on drugs than you can afford?
- Do you use a variety of drugs?

One "yes" and your common sense tells you it's time to get smart about drugs and the rest of your life.

Fact: Aspirin is one of the top five drugs involved in emergency room visits for poisoning. **On the street, off the shelf, or from your pharmacy - wherever you get your drugs - beware and take care.**

The EAP is a joint UNION/MANAGEMENT program
Your EAP Referral Agents:
Carol Anderson - 8356
Bev Chadderton - 8857
Evelyn Femia - 8336

rebound effect" and addiction. Cold pills combined with cough-syrups can double dose and side effects of all drugs. Small children are strongly affected by alcohol-based drugs. Aspirin should be avoided before surgery. It interacts with various prescription drugs and can cause internal bleeding when combined with alcohol. Aspirin use for children under age 16 with chickenpox or flu can bring on Reye syndrome. Aspirin is the most common cause of accidental poisoning in children. Ibuprofen may have side effects for those allergic to

The Safe Road Back

by Rhonda Roy

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

The CF's west coast Addiction Rehabilitation Clinic (ARC) sometimes gets people entering the program who don't believe they suffer from addiction, but these people are described as speeders with radar on - all of their defence mechanisms are in place as they cruise at breakneck speed down a dangerous highway about to kill themselves or others. Staff at ARC don't care how or why service members suffering from addiction enter the program, or whether these people think they are there for the right or wrong reasons.

Scott went into the program just to keep one step ahead of the sheriff and to avoid facing his shipmates and "the old man" after a particularly embarrassing drinking incident. He believed ARC participation would "minimize the trouble I was in." Bankrupt emotionally, spiritually, and mentally, Scott felt there was nothing left for him in life but an indescribable pain. Booze did something for him every time, but the price tag was getting higher as the binges got closer together.

Scott lost whole periods of his life waiting for the next drink and the next foreign port, borrowing money to drink until he was \$40,000 in debt. His wife and kids left him as the charges, the abuse, and the binges grew closer together. He felt he was ready for "something" - he just didn't know what.

A self-described suicidal binge drinker, Scott spent many nights at the side of the ship staring into the cold, black waters, tormented by despair, fear, self-loathing, and thoughts of throw-

ing himself overboard. He described his drinking style as "suicide on the installment plan" - killing himself a little bit each day. And he was ready to take someone with him. (He recalls one angry night in a truck, a gun in the back, ammunition in his pocket, looking for some guy.)

Unknown to him at the time, there were two recovering alcoholics among his shipmates who recognized his destructive behaviour. They were gently "twelve stepping" him into recovery.

Scott claims to live in an unnatural state now - sobriety. In his natural condition, he has a drink in his hand. Sobriety has brought many rewards - he now has a good relationship with his ex-wife and kids - but for Scott "life has not changed, it's not a bed of roses. I've changed. I have the same problems as everyone else, but I don't run away now. And I'm not scared to answer the phone any more."

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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

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 339-1200.

Aviss

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-ïe Fortin 339-6377.

Comox Valley Skating Club

Glacier Gardens open now. Cansate session: Fridays 3:30-4:15 pm. Children must be 5 years old as of Dec 31/93. Register at Cansate session or call Lori Novelli at 336-8175 for more information.

Wo & Sgt's Ladies Social Club "Line Dancing"

Ladies, get in a country mood, put on your jeans and cowboy boots and come out for a night of the latest craze, "Line Dancing." Place: WO & Sgt's Mess Date: 08 November at 8:00 pm. For more info: Robin Lirette 339-1616, or Karen Boudreau 339-4623.

Upcoming events: Psychics, Christmas shopping trip, fashion shows & gardening tips.

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.

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.



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Experienced forestry personnel wanted: Development Planning Forester; Timber Layout Technician; Silviculture Technician; Inventory Classifier. Resumes to: Silvatech Consulting Ltd. Box 1030, Salmon Arm, B.C. V1E 4P2 Fax 832-1939. FOR SALE MISC. First and second crop. Straight Allfalfa - top quality, no rain. Large round bales. \$110 per ton. Will deliver. 573-3320 or Fax 573-4814. FIVE Loaders, 3 Graders, Lowbeds, 3 Excavators, Ambulances, Mechanics Trucks, 6 Dozers, Hiab, 10 Backhoes, Water Trucks, End and Belly Trucks, Fuel Trucks, Fire Trucks, Gensets. Call: (604)493-6791. GARDENING ONE STOP GREENHOUSE SHOP. B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby, B.C. V5E 2R1. FREE BROCHURE. Aluminum/Glass or Aluminum/Polycarbonate SDP, Double-walled Greenhouses, Solariums & complete line of Greenhouse Accessories. Telephone (604)433-4220, FAX: 433-1285. The Ultimate Gardener's Store. 1,000's of Products, Greenhouses, Hydroponics, Drip Irrigation. 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Hastings, Vancouver V6B 1L5 681-0318. PACIFIC FORKLIFT SALES LTD. (Est. 1972). Dozens of good used Forklifts available. LP, Gas, Diesel, Electric. We buy tool (604)533-5331, Fax (604)533-4563 Eves. Terry Simpson (604)535-1381. MISC. 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. MOBILE HOMES MOBILE/MODULAR HOMES Factory direct. "Custom Built" top dollar for trades. Many used units available. Noble Homes (403)447-3414. PARK OWNERS SPECIAL. 1-1972 & 1-1976 14' X 70' manufactured home. 2 bedrooms, 1 bath. Large living rooms. \$27,500 takes both. Call Homes Canada (403)286-2488. WHOLESALE PRICES TO PUBLIC. All preowned homes reduced to clear. Prices starting from \$9,900. No GST!! Dealers welcome. United Homes, Calgary, Alberta. Phone (403)250-3636. PERSONAL ORIENTAL LADIES SEEK correspondence with gentlemen for friendship, marriage. \$2.00 for postage, handling brings free infopak. The Friendship Office, Box 5248, Station A, Calgary, T2H 1X6. How would you like dream messages from GOD? Our Bridge to Heaven. Learn a simple spiritual exercise and more. Call ECKANKAR'S Information Line 1-800-667-2990/G.V.R.D. - 268-6325. HERPES HELPLINE. Free. Confidential 24 hour recording. End outbreak sores with herbs, vitamins, stress management. Privacy assured. No obligation. 1-923-3543. Call now! It's worth it! 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. 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. Mini Francophone (Parents et Enfants) "JEUX, PEINTURE, LECTURE, CHANSONS, ETC..." RIRE ASSURÉ POUR VOS ENFANTS. VENEZ-VOUS JOINDRE A NOUS Tous les lundis: de 9:00 am à 11:00 am au centre communautaire (près du Canex). C'est gratuit et c'est amusant. Pour plus d'information: Suzie Beaumont 339-1372. P.S. Nous serons fermé pendant la saison estivale (juillet et août). Au plaisir de se revoir en septembre. Comox Glacier Wanderers Volkswalk Club The Annual General Meeting will be held on Tues. Nov 16 at 7:30 pm at the RCAF 888 Wing, Little River Road. Wine and Cheese to follow. For more info: phone 339-3945 or 339-4145. Guided Volkswalk The Comox Glacier Wanderers are having a guided Volkswalk through rural west Courtenay starting from "Obbies," 1996 Lake Trail Road on Sun. Nov. 14. Register: 9:30 - 10:00 am. Start at 10:00 am. Everyone is welcome to join us for a nice Fall walk. For more info phone 339-3945 or 339-4145.				

On the Base



LEGION LOG

BRANCH 17 COURTENAY
334-4322

EVENTS

Nov 11.....Remembrance Day Breakfast
9:00 a.m. Upper Hall
"Lest We Forget"

REGULAR ACTIVITIES

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

"MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

NOW OPEN SUNDAYS.....12 - 7 PM

Dress Code in effect 8 PM Fri & Sat

Building is Handicapped Friendly

BRANCH 160 COMOX
339-2022

ENTERTAINMENT

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.

MILITARY POLICE BLIND FUND CAR WASH

On Oct 23, the Security and Military Police Squadron conducted a car wash in the Canex parking lot on behalf of the Military Police Fund for Blind Children. As a result of having spent eight hours under extremely wet conditions during the car wash, the MPs received \$439.41 in donations from concerned citizens. On behalf of the Security and Military Police Sqn, and the needy children, thank you very much to all personnel who contributed to this car wash.

NETWORK CLASSIFIED ADS

For only \$225 + GST your classified ad can appear in over 100 community newspapers throughout B.C. and the Yukon.

For more information please call this newspaper or the BCYCNA at (604)669-9222.

BARB WIRE TALKING BLUES

KOREA 1953, author unknown
submitted by Moe Legeas
Through the hills of Korea to old Pusan
I've laid barb wire from dusk to dawn
I've cut my hands, I've torn my clothes
But that's the way the darn job goes

Why its concertina and tangle foot
Doubled around all over the hook
From hill to hill, the next one higher
Just the same old story - lay more barb wire

Now I get up in the morning, four thirty the hour
I reach for the bottle to give myself power
The hammer's getting heavy and my throat's all a-fire
And forever I'm hoping we run out of wire

Asahi beer and cold ham chunks
Pitch black coffee and milk with lumps
Heat by day and frost by night
Shrapnel flying left and right

In the shade its a hundred, gets hotter later on
I'm sure I don't deserve it, must lead my life wrong
But here in Korea I'll always desire
To see that day when we run out of wire

Now I've missed my supper, didn't get no dinner
Why its got to end soon, I can't get much thinner
Now I've had my laugh and done my crying
But forever I'm hoping there's no more wire

Now winter's coming I'll get cold in the knees
My nose will turn blue, I'm sure to freeze
Oh there's tuckson cold and scotie heat
This darn Korea has me beat

Now my boot lace is broken, my shirt is all torn
There's tears in my eyes. Oh why was I born!
The Sergeant's a-howling, the hills getting higher
I'll hang myself yet with this darn barb wire

But just a few months more and my time will be up
Then across the Pacific and home to my Mum
Where a man can sit down and rest
Where he don't climb hills or string barb wire

So until the day I come out of the hills
I'll put up with flies and malaria pills
But here in Korea I'll always desire
To see the day when we run out of wire.

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NOV 19 6PM-9PM
NOV 20 9AM-2PM

at
FAMILY RESOURCE CENTRE
119 KINNIKINNICK

COST \$17.00
AGE 11 Years
Phone Colleen at 339-8290
for registration



With the PPCLI in Korea

"Breezeway Barber" Remembers

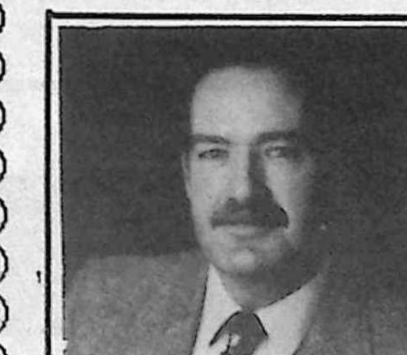
Remembrance Day is a poignant occasion for Korean War veteran Maurice "Moe" Legeas, (see poem) who left many friends behind when he returned to Canada in 1953. Moe was a very popular member of 409 Sqn in the '70s. When he wasn't packing CF101 Voodoo dragchutes in his section, located in the breezeway of 7 hangar, he found time to exercise his talents (learned in Korea; see photo above) as the "Breezeway Barber."

With his set of well-earned medals (see below), Moe Legeas is typical of the veterans - the lucky ones perhaps - who have done their duty and returned to a country made more secure by the efforts of him and his comrades.

Remembrance Day, Moe remembers, is also for the living.



Moe Legeas Today



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NEXT DEADLINE 15 NOVEMBER - NOON



TOWN of COMOX RECREATION DEPARTMENT



YOUR FITNESS PROGRAM SCHEDULE

Sept. 20 - Dec 17

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6:30 AM Early Bird		6:30 AM Early Bird		6:30 AM Early Bird		
9:00 AM* Slim & Trim	9:00 AM* Big Step	9:00 AM* Slim & Trim	9:00 AM* Big Step	9:00 AM* Slim & Trim	9:30 AM* Step, Strength and Stretch	
10:15 AM* E-Z Cise	10:15 AM* First Step	10:15 AM* E-Z Cise	10:15 AM* First Step	10:15 AM* E-Z Cise		
5:45 PM* Combo Cardio	5:45 PM* Combo Body Class	5:45 PM* Combo Cardio	5:45 PM* Combo Body Class	5:00 PM Friday at 5:00		
6:30 PM Ski Fit		7:00 PM Ski Fit	7:00 PM Ski Fit			

Please note that this schedule is subject to change.

EVENING CHILDCARE

Monday - Thursday
5:30 - 7:00 pm

Ensure you have the opportunity to:

- join the 5:45 Fitness Class; or
- play a game of squash; or
- workout in the Fitness Studio; or
- relax in the steam bath

and
Ensure your children are in good hands.

\$2.00/Child
for
1 Hour
20 Minutes

DROP IN SQUASH

MENS

SUNDAYS

9:00 - 11:00 am

\$3.50 + GST includes racquet/2 hrs.

Court time is reserved for Men ONLY to drop in and play squash with others. This is a great way to get off of the couch and meet other squash players, improve your game and get some good physical exercise.

LADIES

WEDNESDAYS

9:00 - 11:00 am

\$3.50 + GST includes racquet/2 hrs.

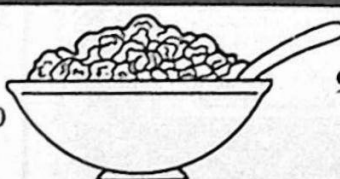
Court time is reserved for Ladies ONLY to drop in and play squash with others. This is a great way to get out of the house and meet other squash players, improve your game and get some good physical exercise.

*Childcare is available at this time.

ONE NIGHT AFFAIRS

907 Cooking with Tofu
Wednesday November 10
7:30 - 9:30 pm
CCC Kitchen

If meat is not your treat, try TOFU. It's a healthy alternative, that can be used in many different ways.



908 Christmas Cone Wreaths
Wednesday November 17
7:30 - 9:30 pm
CCC Lounge

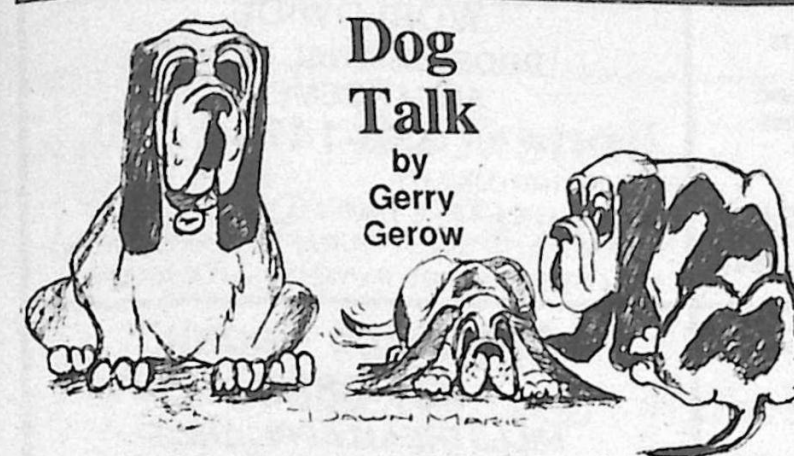
Learn to make that beautiful Christmas cone wreath in one night. Collect fir, alder, and small pine cones now and dry them. Bring assorted decorations that you care to use, glue gun/glue sticks.



909 Making Sushi
Wednesday November 24
7:30 - 9:30 pm
CCC Kitchen

Learn the basics of sushi making, and delight all your Christmas guests with treats from the Far East.

On & Off the Base



Dog Talk by Gerry Gerow

Obedience & Trials Training

This week a training book. I haven't had one of those for a while. *Advanced Obedience* by Joel M. McMains, Howell Book House, Macmillan Publishing Company, New York. \$31.95.

I found McMains' book very interesting and picked up a few new ideas from reading it. If I have a criticism, it is that the title is misleading. The information in the book is only "advanced" to very novice dog people. Anyone who has done any amount of dog training will find it very basic. However, it is well written, and sets out in step by step fashion how to train your dog. It will lead you through from basic novice exercises such as heeling, to the advanced utility training work.

The book is a 221 page, hard cover edition, beautifully bound and containing over 70 separate instructional photos. All in all an exceptional Christmas gift for your dog loving family member or friend. My copy came direct from Howell in New York, but your best bet is to order it by calling Maxwell Macmillan in Toronto, at 1-800-465-2288.

I notice an article in the latest *Dogs in Canada* magazine about English Springer Spaniels. It seems like the American bred variety has been beating the pants off the ones developed in England, and the English breeders just plain don't like it. In true Brit fashion they have suggested that the breed be split in

two, like the cocker spaniels, into American and English breeds.

The breed is already split in two, into show and hunting varieties. The hunting instinct has been completely bred out of the show dogs in the quest for beauty. This is all too common with our various breeds of sporting, herding and working dogs. I much prefer the system used by the German "Kurzhaar Verband" (the German Shorthaired Pointer club). This club, which is the sole authority for registering GSPs in Germany, and which is recognized by the Canadian Kennel Club, has very simple rules. Your dog may be registered, and may come from a long line of champions, but it cannot be bred, and offspring registered, until it has been to both a hunting trial and a conformation show, and it must get a rating of good or better at both, from experts in the breed.

Will we ever see the day when a Collie or a Shetland Sheepdog, for example, will be denied the title of champion until they prove they can herd stock? I think we will some day, when the glitter wears off the present beauty show pageants which masquerade as dog shows. Eventually people are going to get tired of this and want something different.

Obedience training and trial-ing can be a lot of fun, and it doesn't matter what your doggy looks like. Try it, and I think you'll learn to like it. I did.

Rawlins Cross: "Kings of Celtic Rock"

With members from Newfoundland, Nova Scotia and Prince Edward Island, Rawlins Cross has been called "Canada's innovative kings of Celtic rock" due to the exciting way the band fuses the Celtic folk music of Atlantic Canada with rock and roll.

Highland bagpipes, mandolin, accordion and bodhran drum combine with electric guitar, bass and drums for an exhilarating blend of highly danceable original rock and stirring instrumental arrangements of traditional Celtic melodies.

Rawlins Cross will be returning to the Comox Valley for a concert-dance on Sunday, Nov. 14 at the upper Courtenay Legion Hall.

The concert will have an early starting time, 6:30 p.m., to allow everyone to get home in plenty of time to get ready for work and school on Monday.

This will be Rawlins Cross third visit to Courtenay, and to celebrate the occasion, concert sponsors (Courtenay

Legion Junior Pipe Band) are keeping ticket prices low, and throwing in a light supper of chowder and sandwiches prior to the concert.

All ages are welcome to join in the fun. Tickets are \$10 adults, \$8 students and are available at the Courtenay Legion, or at Bop City Records in the Comox Centre Mall.

Rawlins Cross has just completed a third new album of original and traditional tunes - and have added an exciting new lead singer, Joey Kitson, to their line-up. He is said to have a powerful blues voice that is a perfect addition to the music of Rawlins Cross.

The band's first recording, *A Turn of the Wheel*, contained the hugely popular single "Colleen". In 1992, the band released *Crossing the Border*, which featured the hauntingly beautiful instrumental "Memory Waltz", which received considerable air play on MuchMusic.

Due to the success of that album and the video, Rawlins Cross was awarded three 1993

East Coast Music Awards - Best Recording Band, Video of the Year, and Pop/Rock Artist of the Year.

Shortly after the band's concert in Courtenay last November, they went on to New York City where they had been invited to participate in the Dewar's Bagpipe Festival at the trendy Knitting Factory club. They wowed the New York critics.

"... the freshest party band I've seen this season ... The band's never less than charming, and sometimes unexpectedly transcendent" - *The Village Voice*.

"Rawlins Cross ... took the stage and promptly won the crowd's heart. Judging by the crowd's response, the group could become a fixture on the neo-folk circuit," - *Ann Powers, The New York Times*.

Courtenay is fortunate to be included in the group's B.C. tour again, and the Legion Pipe Band welcomes everyone to come out, dance up a storm, and enjoy the music.

Rawlins Cross



TRIVIA EXTRA

UNITED WAY CUT-A-THON!

In the Driftwood Mall
Services donated by hairstylists in the Comox Valley. All proceeds to the Comox Valley UNITED WAY

Sunday, November 14, 12 noon to 4 p.m.

Prices: Adult Cut \$10.00 Children's Cut \$8.00
Style Cut \$15.00 Style Cut \$12.00

Family of three, haircut \$24.00
Combination cut \$8.00, all ages

WO & Sgt's Mess November 1993 Calendar

Friday 05 Nov.....TGIF: Subs
MCpl's 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.

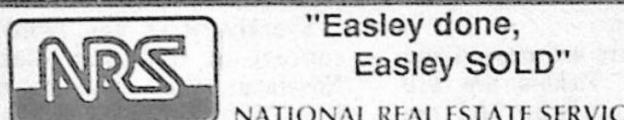


May 1975 Yellowknife N.W.T. Prince Charles visited Argus 407 Sqn which was on the tarmac. The Yellowknife Air Cadet Sqn was being shown the A/C by L-R: Cpl Al Cameron, Cpl John Davis and Cpl Clay Goodman (all in flying suits). Prince Charles stayed for approximately 1/2 hour and was escorted through the aircraft by Cpl Al Cameron.



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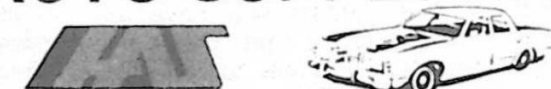
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L'Association Francophone de la Vallée de Comox
ENCHAN CHINOIS ET SOUPER SPAGHETTI
Samedi 20 nov. 19h00

Centre communautaire (à côté de Canex)
6.00\$ membres, 8.00\$ non-membres

ADULTES SEULEMENT

Vous devez acheter votre billet à l'avance.

Date limite, Jeudi 18 Nov.

Prix à la porte, 2.00\$ de plus.

Pour infos: 339-3990 ou 338-2976

Francophone Association of the Comox Valley
CHINESE AUCTION AND SPAGHETTI DINNER
Saturday, Nov. 20, 7:00 pm

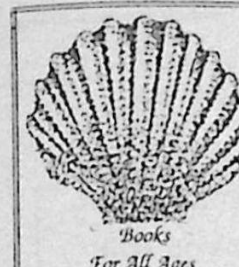
Community Centre (next to Canex building)

\$6.00 members, \$8.00 non-members

ADULTS ONLY

You must buy your ticket in advance. Last day
Thursday, 18 Nov. Cost at the door \$2.00 more.
For info: 339-3990 or 338-2976

On & Off the Base



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Week Ending 6 November

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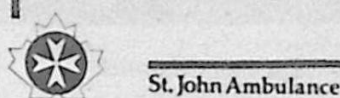
1. General's Daughter.....DeMille
2. The Children of Men.....James
3. In Still and Stormy Waters.....Tannahill
4. The Tale of the Body Thief.....Rice
5. Day of the Delphi.....Land
6. The English Patient.....Ondaatje
7. Dragon Tears.....Koontz
8. The Witching Hour.....Rice
9. Pelican Brief.....Grisham
10. Gerald's Game.....King

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Shivering, slurred speech, stumbling
and drowsiness after cold exposure
are indications of hypothermia. Con-
dition is severe when shivering stops.
Unconsciousness and stopped breath-
ing may follow. • Remove gently to
shelter. Movement or rough handling
can upset heart rhythm • Remove wet
clothing; wrap in warm covers •
Rewarm neck, chest, abdomen and
groin — but not extremities. Apply
direct body heat or safe heating de-
vices • Give warm drinks if con-
scious • Monitor breathing; give arti-
ficial respiration if needed • Call for
medical aid or transport gently.



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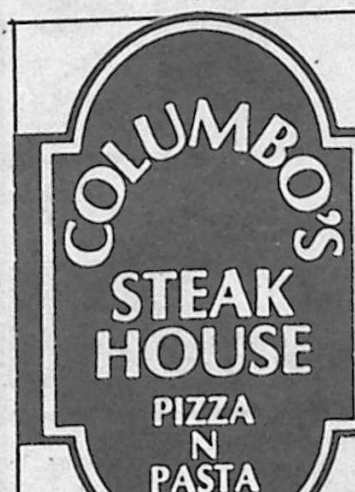


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Sun. 28.....Grey Cup, 1:00 p.m.

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

Associate Membership: Who is eligible?

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

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

On the Base

Attention Br.160 Legion
Members!

19 Wing Peacekeeper Returns

by Lt David Krayden
Wing PAffO

Capt Tim Campbell reflects the attitudes and qualities that so many Canadians think of when the subject of peacekeeping is discussed: professionalism, dedication and, ultimately, understatement. The air navigator recently spent eight months in Croatia, a land of war, chaos and incredible instability. He took part in body exchanges, watched while shells exploded to his left and right and stood between armed factions that would sooner shoot than talk.

He was an unarmed observer in the middle of an armed camp. But Campbell seems non-plussed when describing his role there: "We had a job to do."

Despite working in an area where it is often difficult to determine on whose side of the fence you are standing on, Campbell described the role of the interna-

tional force as "vital and positive."

Now working at 19 Wing Operations, Campbell returned to Canada in September after a tour of duty with the European Community Monitor Mission. Along with about 400 others on the multi-national force, Campbell was responsible for monitoring the activities of the fighting Serbs and Croats.

While ethnic hatred has fuelled the war in the former Yugoslavia, Campbell notes that the average citizens are hardly caught up in any militaristic fervour. "Overall, I got the impression that the average civilian was very tired of the war," he said.

Campbell was in at least one threatening situation. During one attempt to establish a truce between the warring factions, the Serbs began shelling a pontoon



Capt Tim Campbell

bridge where Campbell just happened to be standing. He was able to find a nearby bunker and run for cover.

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NEXT DEADLINE 15 NOV.



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19 Wing Yacht Club CFSA

The Club has two mobile homes sited at Quadra, awaiting hook up of utilities. As soon as that is completed, work parties will be required for skirting, cleaning, minor fix-ups, steps, patio, etc.

The Rear Commodore will be organizing a haul out for the newly acquired summer docks in the near future. Work on upgrading these docks will commence in the early Spring when all the materials have been stockpiled.

Meetings will now be held quarterly, with the next General Meeting Tue. 1 Mar. 94. Time and place T.B.A.

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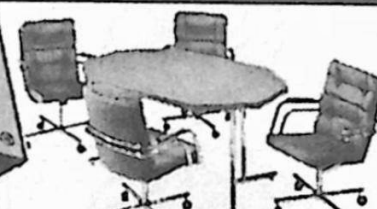
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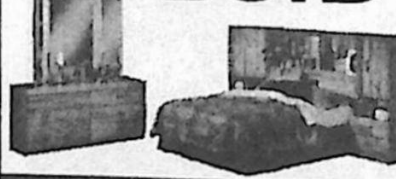


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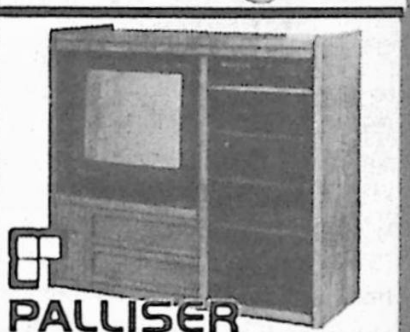
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