

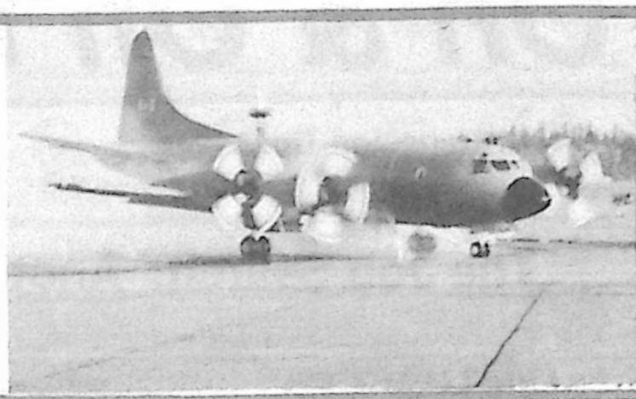


Pumpkin Carving Contest

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TOTEM TIMES

19 Wing CFB Comox B.C.



VOL 35 NO 20

18 NOVEMBER 1993

COST: PRICELESS

We Remembered



A bell is sounded during Remembrance Day ceremonies in Comox. Base Photo - Cpl Lafrance

Effective 1 Jan 1994

Military Rents to Rise

Increases in Basic Shelter Values (rents) for Married (MQ) and Single (SQ) Quarters have been received. Effective 1 January 1994, MQ rents are to increase 10 to 12 per cent with a coincident minor increase in utility charges; SQ rates will rise 1 to 3 dollars per month. In this time of fiscal restraint, and in the midst of a period of frozen wages, these increases at first glance

would appear to be excessive. This article will attempt to explain the methodology and rationale behind them.

By Treasury Board direction all Crown-owned living accommodation is appraised annually by Central Mortgage and Housing (CMHC) to establish Basic Shelter Values and parking charges. The CMHC appraisals reflect the size and livability of

the accommodation, taking into account such items as its layout, construction, adequacy of services, closet space, size of rooms, adequacy of lighting and storage, physical environment, proximity to traffic, noise or pollution problems, availability of schools, shopping, recreation facilities, insulation and ventilation, as well as the general standard of maintenance. It then reviews the charges for Crown-owned living

accommodation based on information provided by departments and a general review of market trends and physical inspection of some of the units involved.

CMHC does not consider items for which administrative adjustments are provided, such as: size suitability, job imposed occupancy, loss of privacy, offensive noise which originates

within the accommodation, or major maintenance problems which are to be corrected. It also does not consider whether the unit is fully or partially furnished, or supplied with fridge and stove. All units are considered as if unfurnished.

One of the policies guiding the provision of accommodation to

continued on page 3

On & Off the Base

S.C.A.N. Transition Tips

The Job Search: Another Military Operation

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

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

A common remark heard from many separating and retiring military people is, "I feel lost leaving the service. I don't know anything about finding a job!" The feeling seems to increase with years of service as well. Many people leaving the military have never had to conduct a job search, and for the first time are faced with the reality of finding a job.

Well, the whole task of finding a job is not as alien as many of us first thought. When you consider the facts, a job search is nothing more than another military operation. You have to develop a plan and then you have to execute that plan very effectively. Let's look at specifics: a military operations plan (or order) has several clearly defined parts and each can be adapted to the task at hand.

Mission

The mission has to be simple and focussed. Just as it is difficult to attack many objectives simultaneously, it is difficult to go after a whole range of professional goals at the same time. Decide a simple and focussed career objective and the rest of the plan should follow along. Start with "where do you want to be professionally in five years."

Situation

That's simple - you need a job. But let's look farther and consider: friendly and enemy.

Enemy

What do you know about the corporate world? Are you up on the latest trends in the industry? Do you know the "buzz words" recruiters and employment managers will use in evaluating your qualifications? If not, then perhaps you need to gather some intelligence information (research) at your local library and in the Sunday newspaper from the major metro area you plan to settle in.

Friendly

What help is available? Have you visited your Personnel Selection Office? You are not in the operation alone. Plan on spending some time with the Second Career Assistance Network Program and attend seminars and workshops well in advance of your leaving the military.

Concept of Operations

Decide how you are going to get your resumé in the hands of as many potential employers as possible. Develop lists of companies, scour employment ads in trade journals and call or write to everyone you know who has a job in the private sector. The more people who know you are available, the more the odds shift in your favour.

Command

You are in charge; don't wait

Freedoms

Since the crumbling of the Berlin Wall, people talk a great deal about freedom today, perhaps more so than at any time in history. Young countries want their freedom and minorities talk about freedom. LIBERATION and FREEDOM are words popular today.

Freedom is a complex ideal. We want to be free from oppression, free from restraint, free from want and need. But freedom is more than freedom from restrictions and limitations. Freedom is something positive as well. It is an inner quality. It is the ability to be yourself, to be all you are capable of being.

The actress Agnes Moorehead said one day in addressing a group of students: "You hear so much about freedom today, but there can be no freedom without discipline. If you do not learn to control your emotions, you are slave to them and to your every mood."

Sydney J. Harris, the popular columnist, wrote: "People who clamour to be free, which usually means to be rid of their obligations, forget that everything that frees our spirit without giving us control of ourselves is ruinous."

Alas, freedom from all authority, freedom to do as we will with our lives, freedom from any restraint, divine or human, is the new gospel of the permissive society. But, in fact, it is not new. This insidious doctrine teaches that we are responsible to nobody, nor to any power but to our own selves.

The only meaning they evidently find for being a few short years on this earth is to get all the pleasure, power and plenty they

Chaplains Chatter



can out of it. That pleasure and power is very limited and restricted. This philosophy must of necessity lead once more to the law of the jungle.

A permissive society is not a society in any sense of the word. A society means a group of people living in harmony, working together for the common good of each and all of its members. Rules must be drawn up and obeyed. Each individual's person and rights must be respected and protected, regardless of age and position.

This true form of democracy and freedom is not the norm that governs the agitators for the permissive society. They want freedom for themselves only. They do not care if others have to suffer as long as they get their own freedom to do what they will.

For a Christian, freedom means to be liberated from everything within us and outside us that is opposed to God. Freedom means to be liberated from ignorance, pride, selfishness, laziness and everything which makes the world less human and which causes us to be less effective instruments of the love of God.

Are you free? Anecdote à méditer J'aimerais vous révéler un "petit-fait" que m'a raconté une dame un jour. "Padre, me dit-elle, j'ai passé l'après-midi à faire des

for people to act for you, you have to make all the decisions yourself. Don't just seek advice. Use the information to take charge of your future.

Signal

You have to be able to communicate. Even if you are overseas, aboard ship or in the field frequently, set up some system for people to be able to reach you. If an employer can't contact you, they will move on to the next candidate. Set up an answering machine or get someone to take messages for you. Try to gain access to a FAX machine, (even if through a local mail box store or post office). Whenever an advertisement appears with the FAX number, take advantage of the opportunity to get your resumé on the scene first. Whenever possible, follow up every resumé sent with a phone call. Show the employer that you are interested and eager.

As you can see, a job search is really not much more complicated than any other military operation. The key to success is to see it that way and then take some time to think your way through the entire process. Just as you wouldn't run out on to a field of battle without a plan, you can't begin a job search until you know where you are going. So don't re-invent the wheel. Rely on a technique that you have used very effectively in your entire military career. Develop an operations plan.

By Fr. Conrad Verreault, Wing Chaplain (RC)

COMOX MILITARY FAMILY RESOURCE CENTRE

corner of Little River and Ryan Rd. phone 339-8290
Family Resource Centre Programs are open to all military families

November 1993

Precious Little People Childminding
When: Tuesdays 9:00 am - 12:00 pm
Where: Wallace Gardens Community Centre
For children aged 18 months to 5 years
For more information call Claudia at 339-8290

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

19 Wing "Zoo" Teen Club
Teen Dance Fridays 7-11 pm at the Wallace Gardens Community Centre next to Canex
Sports Night Wednesdays 6-8 pm at the Base gym.
Movie Night Sundays 6-9 pm at the FRC

For more information on Teen events contact the FRC at 339-8290



Telephone Networking List

The telephone networking program is an informal support system for spouses when the military member has been deployed or is on TD.

The list contains the names and telephone numbers of those spouses wanting to participate. Individuals may call people on the list for support, sharing of information and to arrange informal get-togethers ie: Family Picnics.

The list will be available through the Comox

Military Family Resource Centre and families not wanting to participate in the telephone networking will not be added to the list.

Updated telephone lists will be sent out as needed, with any other information which may be relevant ie: articles on deployment, information about upcoming community development meetings, new programs etc.

For more information please contact Mara at the CMFRC at 339-8290

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tartes... j'avais hâte de voir la réaction de mon mari à la vue de son met favori.

Il est arrivé à la maison très fatigué et jongleur. Au travail, il avait eu beaucoup de problème. Son officier lui a donné du "fil à retordre." Il est arrivé plus tard qu'à l'habitude. Il a pris son journal et n'a pas voulu manger. Il n'a pas dit un seul mot aux enfants. Mes tartes, il n'a même pas voulu y toucher. J'avais pourtant fait un spécial et ça n'a pas marché.

A l'intérieur de moi, il y avait des sentiments de colère, de déceptions et de reproche amers. Tout cela bouillonnait en dedans de moi.

Puis mon mari, ajouta t-elle, m'a dit en tournant la page de son

journal: "Une chance qu'il y a toi et les enfants parce que je ne tiendrais pas le coup."

Derrière cette petite phrase se cachait les motifs de son agir. Ma colère et ma déception se sont éteintes. J'ai alors compris que je lui apportais beaucoup plus que des petits plats succulents. Les enfants et moi, nous lui donnions une raison de vivre et le courage d'accepter les déceptions de la vie. J'ai compris qu'il nous aimait beaucoup. Je me suis souvenue de la parole de Jésus, me dit-elle: "Il n'y a pas de plus grand amour que de donner sa vie pour ceux qu'on aime."

C'est un peu ce que mon mari a fait aujourd'hui.

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On & Off the Base

Alcoholism ARC

The Most Treatable Disease

by Rhonda Roy

(This is the fourth 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.)

Patients begin addiction treatment six weeks before entering the CF's west coast Addiction Rehabilitation Clinic (ARC) with an educational program conducted through the base alcohol counsellor. They come into ARC scared, angry and in denial; they usually leave ARC as open, honest human beings. One ARC graduate says: "What I learned there became so real."

Patients are petrified when they first enter ARC, and the staff understands that. "If you're not afraid of the unknown, we question your resourcefulness," says the west coast facility's senior counsellor, Lyle Snedden. "Fear becomes a tool and a defence." There is a lot of work involved for those who enter the program; painful experiences are encountered and, if they're not afraid, they're too complacent," says clinical chief Capt Ray Mostowy.

According to one staff member, many patients have not developed emotionally throughout their adulthood, preferring instead to hide behind the mask of their addiction. Often in the top of their professional fields, these patients' emotional development has been curtailed at an earlier stage in their life. The military-style aggressive personality that some patients have developed as a

defence mechanism causes them to "deny their fear as a sign of weakness," says Mostowy. "It takes a great deal of courage to investigate themselves." The staff approach to these patients consists of a "confrontation of inappropriate behavior."

ARC is described by Mostowy as a "greedy program," where the patients finally learn to look after themselves. It is based on a 12-step program, the essence of which is "good living, good morals, and good principles," explains one counsellor. Basic family values - a tradition that has been stomped upon by our modern society, are resurrected at ARC.

Some ARC graduates relapse into drinking after treatment, but most find that such a relapse becomes therapeutic - a process by which the last stages of doubt and denial are removed as they surrender to a better life. But according to Lyle, "Some don't make it." Those that don't often suffer a premature death - dying of such things as alcohol-related illnesses or motor vehicle accidents. Abstinence must be replaced with positive life changes.

Clinic staff feel many service members avoid treatment throughout their careers only to have addiction rear its ugly head after retirement. Many men have short life-spans after serving their 25 to 30 years, having tied their productivity into their years of service. Some retired members feel they no longer have a contribution to make and that they have lost a significant part of their life - their service career having been not just a career but a way of life.

Ron is an ARC graduate now out of the Armed Forces. He

didn't enter the program to get help for an addiction problem. He didn't believe he had a drinking problem - he just drank like everyone else did. He entered ARC only at the suggestion of his lawyer - as a means to avoid a jail sentence after being picked up for impaired driving. Ron was surprised to discover that the program did not focus on drinking, but instead explored "the way you think about the world, the way you live."

Ron grew up in a family where the philosophy for men was "work hard, play hard and drink hard." He found that ARC gave him the tools to live his life, rather than just sitting around in bars endlessly philosophizing about life. A bosun with a grade 9 education at the time he entered ARC, he is now, seven years later, in the third year of a university degree program with an A-average. He has a boat, a home, a new car and truck. Where his relationships with people once consisted of "taking captives," Ron is now happily married to a school teacher and expecting his first child.

Ron credits ARC with the happy state of his life. Where alcohol was once the solution to all of life's problems, ARC principles are now the solution. "The road to get here was exciting and it boggles my mind to think of what could happen in the future," he says. Substance abuse remains "the most treatable disease" and the reward of treatment is the gift of serenity. A noticeable change becomes apparent in the patient's aura and self esteem throughout treatment says ARC counsellors: they learn to love themselves and, like Ron, come to have "a very wonderful life."

More Rents

Continued from page 1

members is that it cannot be perceived to provide a benefit to the member. Rents are tied to the prevalent local housing rates to ensure that this policy is maintained. Despite the relatively high level of rents in the valley, which produced the latest increases, rents in many other areas of Canada are still well above those in effect locally. Other programs are in place to assist members to cope with high rents, including the Accommodation Assistance Allowance (AAA), but we are still below the threshold at which they commence. Every effort is being made locally to reduce rents. A survey will be sent to each MQ shortly to identify any problems which have not been previously identified. The information received may well assist in ar-

ranging reductions for specific conditions within MQs.

The CMHC visit and inspections for 19 Wing were carried out in June of this year. An information copy of their recommendations was received in August. Application was made then made through higher headquarters, which supported our arguments, for reductions to, or phasing of, the recommended increases. These applications were unsuccessful.

Phasing of the rents continues as in the past. For members earning up to and including the rank of WO2 Specialist 2 Incentive 4 as of 1 November, increases shall be limited to \$50.00 per month applied once annually. For members above this rank, increases shall be limited to \$50.00 applied at six month intervals. For mem-

bers in the rank of Private Incentive 3, increases shall be limited to \$35.00 per month applied annually. Maximum shelter charges are set, for Privates from recruit to Incentive 2 and Officer Cadets, with \$20.00 per month maximum increases in effect until the maximum shelter value is reached.

Letters have been sent to all MQ residents stating the increases for their individual dwelling. The survey forms will be hand delivered to the door within the next two weeks. Your cooperation in completing and returning the survey forms would be appreciated.

Any queries relating to the increases can be addressed to the Wing Accommodation Office.

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 23rd, 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.

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Gerald (Jerry) Boucher
Res. 339-4929

Attention Branch 160 Members

It's "Early Bird" time. Pay your 1994 membership dues between 1 Sep & 30 Nov and be eligible for the early bird draw. You will also be helping out your branch. 1994 dues are as follows: Ordinary & Associate Members under 65 - \$30.00, over 65 - \$20.00. All Fraternal Affiliates - \$40.00. Dues may be paid at the branch office during working hours 8 a.m. - 12 noon and from 1 p.m. - 4 p.m. Mon thru Fri. By mail: send cheque of money order payable to Comox Legion Branch 160, 1825 Comox Avenue, Comox, B.C. V9M 3M3. New members always welcome. Come and join us!

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NEXT DEADLINE 29 NOV. - NOON

On the Base

for Safe Driving Week

Message from the Base Commander

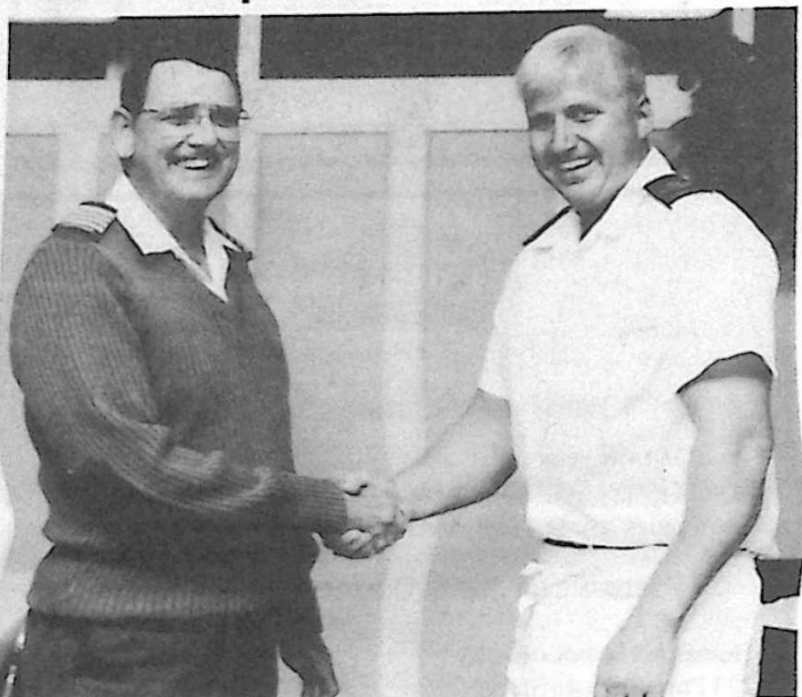


The first week of December will mark the 37th anniversary of National Safe Driving Week sponsored by the Canada Safety Council. Over the years these campaigns helped in saving countless people from serious injuries and grave suffering. However, traffic accidents persist and increase the precariousness of our streets and roadways for everyone.

The Canadian Forces actively support the National Safe Driving Week activities. Regardless of our occupation, we in the CF remain vigilant in all aspects of MSE and POMV safety.

I wish, therefore, to strongly urge all members of 19 Wing and CFB Comox to join the millions of Canadian drivers in their quest for a safe driving environment. Also, I would like to take this opportunity to remind everyone that although a special effort is made during Safe Driving Week, each and every one of us must be safety orientated 365 days a year to avoid the human suffering caused by vehicle accidents.

Serviceperson of the Quarter



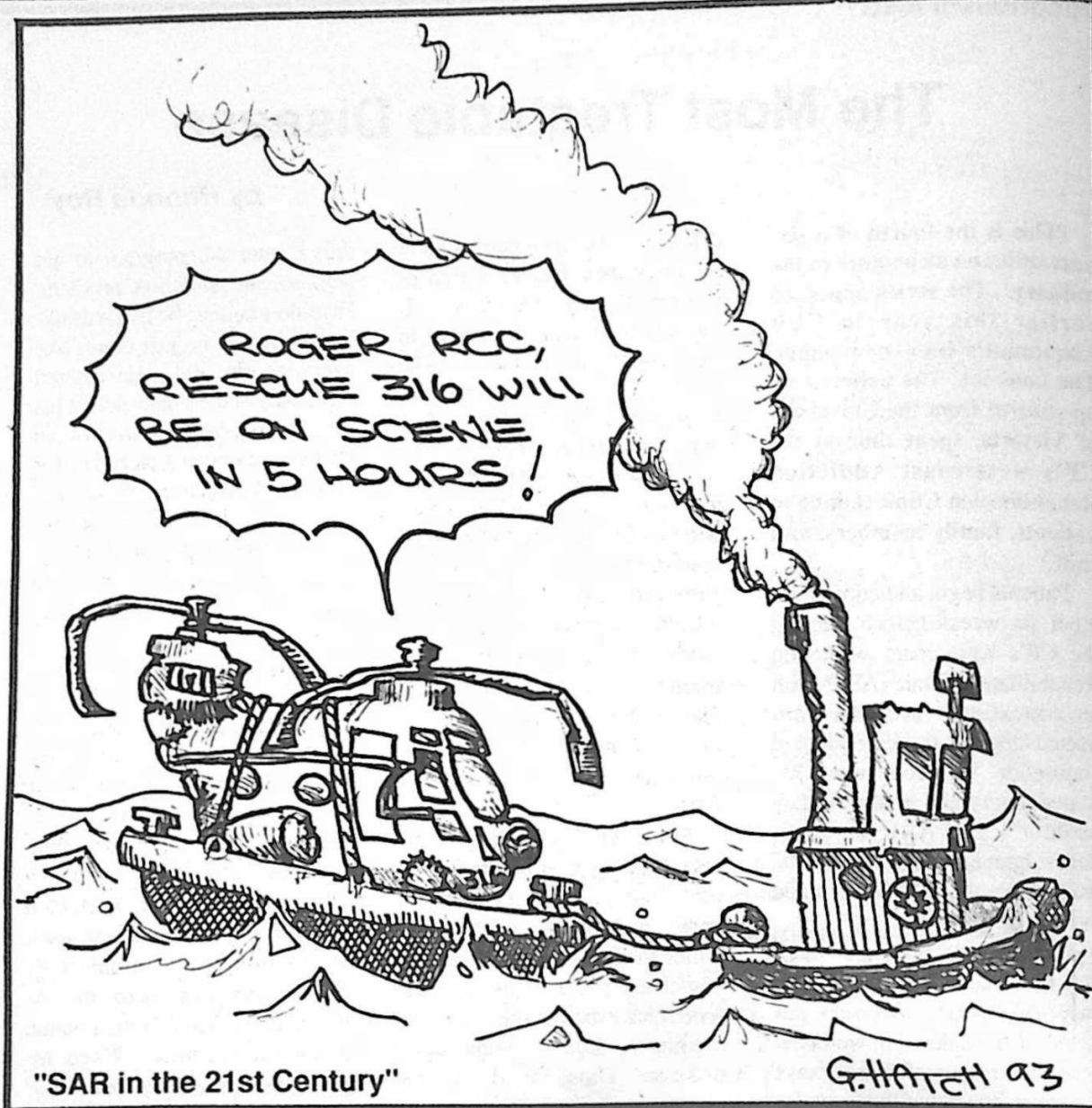
Col Rogers congratulates MCpl Seymour upon receiving Serviceperson of the Quarter.

Wing Food Services Flight was extremely proud when MCpl Steve Seymour was chosen as the Wing Serviceperson of the Quarter earlier this summer. MCpl Seymour received this honour in recognition of all the dedicated service he has provided to 19 Wing and the surrounding community.

He has prepared food for various luncheons, squadron and formal mess dinners for which he has received numerous accolades. During July, due to staff shortages, he was delegated the responsibility of i/c Combined Mess. He then coordinated refreshments for various Change of Command parades along with the regular administrative tasks required in kitchen management. In addition, MCpl Seymour volunteered to organize a food booth at the Filberg Festival for the YANA (You Are Not Alone) non-profit society. This involved many hours of work prior to the three days of serving, as well as clean-up.

In recognition of this honour, MCpl Seymour will be on a familiarization flight with 442 Sqn from 23-28 November, enjoying the warm weather at points south of the border.

From all the staff at Wing Foods, heartfelt congratulations and bon voyage.



My Baby Went to War

by MCpl Al Banky

They stand at attention in front of the cenotaph. Their heads bowed, silently remembering the friends who have not returned. Around the bar, amongst comrades, they recount their stories. The sights and smells of battle are vivid in their memories; it is a common scene on Remembrance Day. This year the scene is different. Amongst the valiant old warriors are young men. The battles they speak of are recent. In countless towns and villages scattered throughout the former Yugoslavia, places known to Canadians because of their news value, the cream of Canada's youth is fighting a war for peace.

The Comox Valley is a quiet place, its relatively small population supports a correspondingly small Reserve Army unit. Although a member of the forces, I didn't realise the extent to which the reserves were integrated into the regular army's peacekeeping

operations. Scattered amongst the two dozen or so reservists on one of the valley's three Nov. 11 parades were nine rainbow coloured United Nations peacekeeping medals.

I imagine she is much like the millions of mothers who sent their children off to war in the past. Her face showed the pain of waiting for a young man to return from a conflict she knew little about. As I talked to her she glanced nervously at her watch and looked around the room to see if he had arrived from the downtown parade. Although he had returned safely from war, he was still her baby. When he walked into the Remembrance Day reception she smiled and commented, "they grow up so quickly." He is a 20 year old member of the Canadian Scottish Regiment, a Canadian peacekeeper.

In 1914, 1939 and 1950, Canada sent volunteer armies off with a fanfare. When they returned, they returned as heroes.

The soldiers Canada is sending off to United Nations peacekeeping operations are every bit as good as those who went off to conflict in years past. When they return from six months of war and death, these young men and women are expected to quietly return to the lives they left behind.

The stories told in the company of friends bear little resemblance to those watered down for the news. As an Air Force SAR Tech, I am used to seeing death. I cannot begin to comprehend the horrors these young soldiers faced on a daily basis. Ethnic cleansing sounds ominous on the news, to a young Canadian it is just more death.

continued on page 17

TOTEM TIMES

EDITOR - BUSINESS MANAGER.....Norm Blondel
EDITORIAL ADVISOR.....Lt. Dave Krayden
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
COMPUTER CONSULTANT.....Gerry Peppard
CIRCULATION.....Julie Blondel - 338-0259
PHONE: 339-2541 (Office) 338-0259 (Res.) FAX 339-5209
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OUR NEW FAX 339-5209

Comment

Handley Page Hampden

By John Novak

Dear Editor,

The subject of your latest Trivia is unmistakably a Handley Page Hampden MK1 medium bomber.

The H.P. aircraft company was noted for its progressive development of bomber aircraft in both WWI and WWII, and its Hampden model first flew in June 1936. By September 1939, 200 of this type were in service with 10 RAF squadrons. Along with the Whitley and Wellington bombers, the Hampdens became the backbone of Bomber Command's offensive against Germany in the early years of WWII.

Initially engaged in daylight raids, they suffered heavy losses due to a serious deficiency in defensive armament. These losses were reduced after the aircraft's firing power was increased, and Hampden squadrons were utilised on night operations. Serving in Bomber Command from 1940 to 1942, they took part in the first raid on Berlin, and in the first 1,000 bomber raid on the city of Cologne.

In 1942 the Hampdens (being superseded by the H.P. Halifax and other four-engined heavies) were turned over to Coastal Command, where they continued to

serve as torpedo bombers. Three overseas RCAF squadrons were equipped with the Hampden; #408 (Goose), #420 (Snowy Owl) bomber squadrons, and #415 (Swordfish) torpedo bomber squadron. The last Bomber Command sortie by Hampden aircraft were flown by #408 Sqn on the night of 14-15 September 1942 against Wilhelmshaven.

A total of 1430 Hampdens were produced, 160 of them in Canada by Canadian Associated Aircraft Ltd. The first model off their production line flew on test at St. Hubert in August 1940. The aircraft destined for Britain were flown to Halifax, where the engines were removed. The engines were returned to CAA's plant, and the airframes shipped overseas.

Of the 160 Canadian-built aircraft, 84 went overseas, while 76 remained in Canada for operational and training purposes. When the Hampdens were withdrawn from combat operations in early 1944, they were relegated to a training role. Some 200 of them were flown to Canada, where the RCAF used them in bombing and gunnery training.

Throughout aviation history, various military aircraft acquired nicknames given them by both aircrew and ground crew. Some were praiseworthy, while other misnomers were less flattering. The Hampden was no exception, it being dubbed the "Flying Suitcase." This was due to the shape of its deep forward section of fuselage, which contrasted sharply with the rear section, a long narrow boom-like structure.

When I first saw a Hampden in 1941, I got the distinct impression that it was the end result of two aircraft designers who had worked independently of each other. It looked so mismatched!

Specs:	
Crew	4
Span	69 ft. 2 in.
Length	53 ft. 7 in.
Max. speed	254 mph
Power	2 x 1000 hp
Pegasus XVIII engines	
Armament	6 x .303
Brownings	
Bomb load	4,000 lbs.
Range	1,200 miles
Sincerely,	
John Novak	

WANTED



November 12 - December 22, 1993

Base Fire Department, 8250

Toy Drive 1993

For the 5th year the Base Fire Hall is organizing a Toy Drive to help the unfortunate and underprivileged at Christmas. We're asking for your generosity and your support. Collection boxes will be placed at the following Base locations between 12 Nov and 22 Dec: Hangar 7, CE Section, Rec Centre, Hospital, Base HQ, Canex, IFRCC, Base Fire Hall & MSE.

If one child's tears are replaced by happiness, we think we have contributed a little something.....best wishes.

More Vernon Reunion

Dear Sir,

One of the largest ex-military reunions to be held in Canada; probably the first ever of a cadet camp, will be held in Vernon, B.C. 22-24 July 1994.

Since 1949, well over 135,000 cadets and staff have attended the Vernon Army Cadet Camp from every province and territory in Canada, and they are invited back with their families. The Reunion Hot-line is (604) 268-9977.

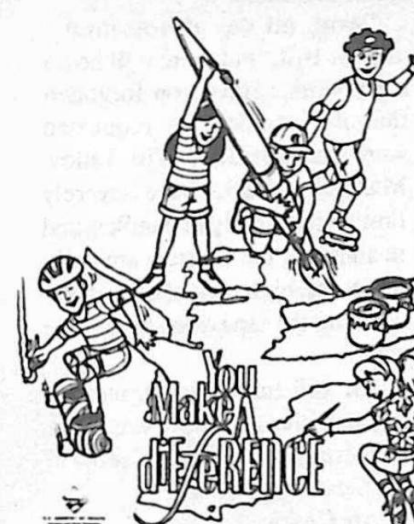
Invited guests are HRH The Princess Diana; US Vice-Presi-

dent Al Gore; The Prime Minister and the Governor General of Canada; the Lieutenant Governor of B.C. and the Premier of B.C.

It would be most appreciated if you could mention this event in your Base newspaper.

Thank you for your consideration.

Sincerely,
Cordell Cross, Chairman
The Vernon Army Cadet Camp Reunion 1994



Dependant Poster Colouring Contest

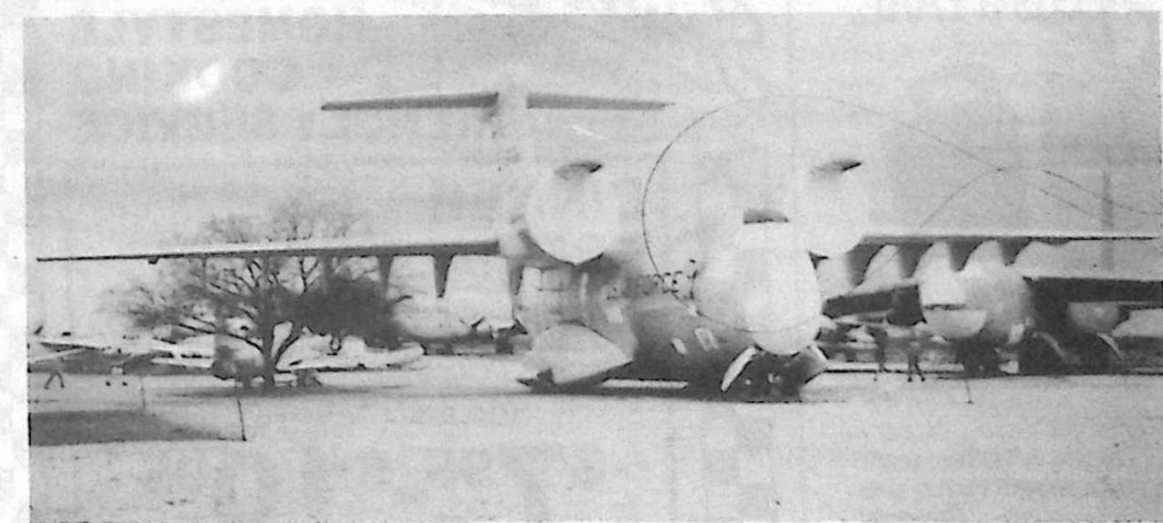
19 Wing Comox Christmas Counter Attack

19 Wing Comox's project for the 1993 Christmas Counter Attack drinking/driving campaign is to run a poster colouring contest. The contest is open to all of 19 Wing military and civilian employee dependants UNDER 19 years of age. Posters can be picked up/dropped off at the military Family Resource Centre, or at the various unit orderly rooms.

The top three in each of a variety of age categories will each receive a certificate and a prize. Entries must be received no later than 1300 hrs on Wed 08 Dec 93. Unit drug education coordinators will be responsible for delivering their unit's entries to the OPI Sgt Shackleton, 414 Sqn (Loc 8839), or Sgt Reynolds (Loc 8436).

So kids, why not have some fun. Colour a poster and maybe win a prize!

Air Force Trivia



-Trivia Answer

Handley Page Hampden.
See John Novak's letter.

Smoking Withdrawal Program

The Comox Valley Recovery Centre in Courtenay has added nicotine to its list of addictions requiring professional help. Evidence is mounting around the world that smoking is a contributing factor in many cases of premature death and disease; this has prompted the centre to investigate the latest scientific methods developed to assist those wishing to "kick the habit."

Each month an 8-session Maintenance Program will be offered Tuesday and Thursday evenings from 6 to 8 p.m. The program includes group support and individual counselling on a

crisis basis. The techniques involved are assisted by the "Habitrol Patches" which have proven extremely effective in easing withdrawal symptoms. Cost of the first two weeks supply of these patches is included in the total fee for the series, which is less than the average smoker would spend on tobacco over a two month period.

If you are sincere in your desire to stop smoking, call the Recovery Centre and speak with one of the counsellors on the team assigned to the project. Phone 338-7144 and speak to Linda Raycraft or Don Rollans.

Section News

Across the Moat

"It was a Dark and Stormy Night."

It was a dark and stormy night, and Sir Bill sat in front of the fireplace, watching the last few sticks of wood burn down.

Since the woodcutters had taken time off to vacation in the south of Spain, provision of wood had been severely curtailed. Prices had risen, and there was talk of agreement that would enable woodcutters to procure wood from a neighbouring kingdom. The castle wagon-master was against this plan, as he quite rightly pointed out that this would increase wear and tear on his equipment and be reflected in early replacement costs.

In addition, the poachers had amalgamated with the gamekeepers in an effort to save game that had been in danger of extinction. Recently there had been two protest marches organized by serfs who were against burning wood for heat. There was some suspicion that the castle contractors had played a part in this.

Stone for construction was in short supply, and the trend seemed to be to build of wood. The castle firemen were against this, and pointed out that in the event of a seige, pouring hot oil down the walls to repel troops could result in the burning down of the installation that one was attempting to save. The naysayers, who as yet had not formed a strong group, shouted this down as a traditional method of defense that bore re-examination.

Sir Bill called for his Keeper of the Coin, aka The Bean Counter, to come forth for a consultation on financial matters. Since the bell pull had been disconnected in response to noise complaints, one of the faithful staff had to descend into the depths of the castle in search of the money man.

Following a search of the dungeon area, the Bean Counter was finally found. Sir Bill had forgotten that he had sent him there as a

result of his inability to balance the remaining funds in the War



chest with the demands of maintaining a strong and trained army of Knights. The nasty phrase "mismanagement of funds" had come up; in spite of three hours on the rack and the torturer's best efforts, the Bean Counter maintained his innocence. The bright side of all this was that as a result of his time on the rack, he could now find employment as a basketball player, once the game was invented.

"Forsooth, what say you now as to our financial status?" demanded Sir Bill.

"It is as I said before, Sire. The treasury is almost completely depleted, and there is barely enough for a joust or two if the Knights travel not too far, and take a lunch from the kitchen. The practice of pillaging and eating off the land on deployment may have to be re-instituted."

"I am reluctant to order this, as you know," said Sir Bill, "the last time we did that resulted in some very bad PR for the castle staff. We had to hire a public relations Knight to convince the local people that it was all in jest, and that we had no intention of pillaging our way in the future. Insurance rates went up as a result of all the claims for burnt thatched roofs, that frankly, I doubt even existed. The three

hundred casks of mead that disappeared from the local Abbey has soured relations with the Monks, to the point where they now refuse to stop that Gregorian chanting in front of the ramparts. Truly this gives me a headache, and makes me wish that aspirin had been invented."

At this point, the Bean Counter tactfully interrupted with more good news.

"We have received a missive to the effect that we are to examine all spending in an effort to curtail the spiralling costs of maintaining a standing body of troops."

"The hours we currently allocate to using the horses is being looked at, as is the funding available for trips to neighbouring lands. Jousting will surely suffer a cut, but the unkindest cut of all may be to staff. We may have to do without jugglers, musicians and fools."

"We can cut the jugglers and musicians" said Sir Bill, "but the fools will remain."

The Counter pondered the significance of this, and decided that he had probably misunderstood the reference to fools.

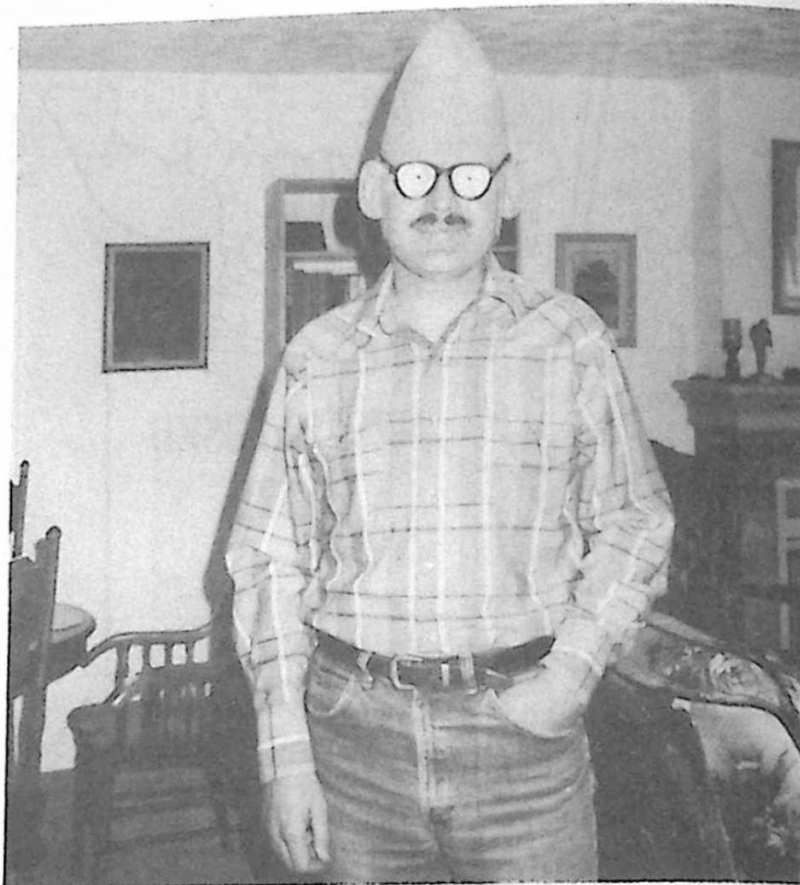
"I shall work night and day to find a solution to our current woes," said the Bean Man. "I will not rest until I am able to assure you that the light is visible at the end of the tunnel."

"Work all day if you must," said Sir Bill, "but there will be no night work. Have you forgotten that the candles we requested were not provided? The Tallow Makers' cutbacks have severely limited the supply of candles, and in addition, the cleaners are balking at the high cost of constantly washing the tapestries to remove soot."

Sir Bill turned away, indicating that the audience was over. Gathering his notes, the Keeper of the Coin shuffled off.

Sir Cedric

Research Scientists Announce Breakthrough



Ending a long period of secret testing, scientists today revealed a faster, more aerodynamic candidate for the next Olympics in the field of sprinting. Wind tunnel tests have led to a completely redesigned head which will allow more efficient penetration of the air, with resultant decrease in drag. Use of refraction ground glasses will enable the sprinter to quickly identify the finish line at the higher speeds anticipated, and thus prevent sonic bursting of the tape.

NEXT DEADLINE 29 NOV.

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.

Welcome to 19 Wing Supply

Hello, again. We would like to present a new team of writers. They are as follows: Sgt Debbie Humble joins us from Wainwright (the only place you can watch your dog run away from home for three days, unless it is a white dog and it's winter). MCpl Don O'Reilly joins us from his favourite fishing spot in his new boat where he is constantly jiggling for a posting home. Cpl Will Slater joins us from 3 PPCLI Victoria, his mind is PDO'd. Cpl Debbie Lavoie joins us as a full-time corporal as she needed a break from the teething baby. Mr. Jim Wilson joins us after an enforced vacation for a hopefully stress free future. Cpl Vicki Smith joins us after finding her way out of the data centre and into the world of aircraft supply. Cpl Al Greene joins us from his IOR duties and his higher education goals. LS Mike Kewell joins us from the world of investigations where he is presently investigating how to win the CRS hockey pool. Sgt Dwaine Neustaeter joins us from 7 CFSD, yes, they do let some of them out alive. MCpl Pierre Lavallee joins us from the maternity ward of St. Joe's. Mr. Calm, Cool and Exhausted. Congratulations and welcome to daughter Aimee. MCpl Judy Brown joins us from Quadra as golfing season is winding down.

Sadly, we must say farewell to some of our personnel: MCpl Diane Johnston, Cpl Mary Locke, and Cpl Monty Hurd have all left us for the civilian world and also to Cpl Dave (The Christmas party will not be the same without you) Sullivan who is on his way to Petawawa. Good luck and our best wishes to all.

We had a car rally with the following results: 1st to Cpl Will Slater and Cpl Maria Pickering, 2nd to Cpl P.J. Giese and MCpl Raymonde Fortin, and the hidden prize went to Sgt Debbie Humble and her husband, Ron. A good time was had by all, and some people actually found their way through the maze, while others couldn't even find their favourite PO's house (but then, who has a favourite PO). We also hear that Cpl Bob McMahon is all set to play BINGO. Do you have a lucky charm for your cards, Bob? MCpl Serge Huserau will soon be departing for his 6A's course in Borden. Good luck, and don't forget to study.

We would be remiss if we did not offer our congratulations to the Pelletier family. First they get married, and then he received an accelerated promotion to corporal. Congratulations!

For all those who are new to 19 Wing this year, we would like to introduce ourselves. Due to our numbers, this task will have to be accomplished in more than a few issues. The WSUPO heads up the Supply organization, which is separated into three branches: SAO - Supply administration, encompassing the Orderly Room, Stocktaking and Management In-



formation; MCO - Material Control, which is separated into two groups, SGO/D consisting of Clothing, General Stores, Commercial Receipts, Material Processing, and Quadra, and SGO/T consisting of CE, POL, Aircraft Support Group Transport Supply, and 442 Supply groups; and SCO - Systems Control including Purchasing, Customer Services and Data Control. The following poem provides a little more insight into the Supply world:

Welcome to 19 Wing Supply, please permit us to introduce our staff and say what is fit. Our motto is easy and we all follow it true always trying to help our customers, both old and new. Well, there's Major Bill Pipe, of Supply he's the boss and for words you will never find him at a loss. He likes skiing, line dancing and bungee jumping too.

Although, just to watch, as he doesn't have a clue. Capt Harold McKay is our MCO, who controls our material exceptionally so

Supply techs move much slower than planes. So this ex-ATC can handle the strains.

Lt. Leona Alleslev is her name, up until now, systems control has been her game, procurement and contracts and budgets galore customers and computers are never a bore.

Lt. Mike Fields will be the new SCO when the others finally decide to go

he'll run a tight ship, steer a course true with all the help from his SCO crew.

Our Admin man is MWO Mike Odo, who handles our problems without an OH, NO!

He gives all the news and prepares the briefs but he is still a fan of the Maple Leafs.

MWO Doug Korfman's domestic, of these he's in charge Quadra, Clothing, MPO, and General Stores at large.

He golfs, watches hockey, and smokes to relax and watches the news to catch all the fact.

WO Reg Lavoie handles tech stuff, like things in CE POL, Supply groups 1, 6, and 3 he does oversee.

He enjoys watching hockey and nukes a great meal then he goes for a walk and envisions hair that is real.

Warrant Default, or Claude to his friends, is the Systems Control WO who lends his fine expertise to all duffers and pros

and retirement for him will be buttons and bows.

Promotion



Congratulations to Cpl Pelletier shown here receiving his hooks from Maj Pipe, WSUPO.



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 19 NovDown Homers' Night starts at 1900 hrs
Tickets: \$5 members, \$7 guests.

See ad in this newspaper for further details.

Fri 26 NovTGIF Shufflecane (Pizza)
Sun 05 DecChildren's Xmas Party (ages 8 & under)
Registration deadline Wed 24 Nov.

Sun 12 DecChildren's Xmas Bingo (ages 8 & up)
Registration deadline Fri 3 Dec.

For further info on any of the above events call Local 8430

Section News

Dr. Gary McRae

is pleased to welcome

Dr. Emmanuel Karamanis

to his practice of Dentistry.
Dr. Karamanis is fluently bilingual and will be seeing patients on Saturdays and Tuesday evenings.

For appointments please call 338-5011

Dr. Gary McRae

a le plaisir d'accueillir

Dr. Emmanuel Karamanis

dans sa pratique Dentaire.
Dr. Karamanis est bilingue et il est disponible les Mardi soir et les Samedi.

Pour des rendez-vous svp appelez le 338-5011

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PHONE: 338-2715
DAVID H. NICHOL

DISTRICT OF CAMPBELL RIVER CONTRACT NO. 187.14.1 CLEARING, GRUBBING AND ROUGH GRADING OF WASTEWATER TREATMENT PLANT SITE

CALL FOR TENDERS

Sealed Tenders, clearly marked "District of Campbell River, Tender for Contract No. 187.14.1, Clearing, Grubbing and Rough Grading of Wastewater Treatment Plant Site," will be received by the undersigned up to 2:00 p.m., local time, Tuesday, December 7, 1993 and will be opened in public at that time and date.

The work consists of the grubbing and rough grading of approximately 10.4 ha, and the clearing, grubbing and rough grading of approximately 17.5 ha at the wastewater treatment plant site.

Contract documents may be obtained from Dayton & Knight Ltd., Consulting Engineers, 612 Clyde Avenue, West Vancouver, B.C., or at the offices of the District of Campbell River on or after 1:00 p.m., local time, on Wednesday, November 17, 1993 and upon payment of \$25.00 per set (GST included) which sum is non-refundable.

Technical enquiries regarding this project shall be directed to Mr. Kris Kingston, P.Eng. at Dayton & Knight Ltd., telephone 922-3255.

The acceptance of any tender shall be subject to funds being legally available for such purposes.

Mr. Lorne Anderson
Administrator
District of Campbell River
301 St. Ann's Road
Campbell River, B.C.
V9W 4C7

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Dave Masnyk
338-5179

Will Slater
339-1731

BREAKfree

Smitty's Comox FAMILY RESTAURANT
HOMESTYLE COOKING FRIENDLY SERVICE
DINNER SPECIALTIES
• Oyster Florentine • Liver & Onions
• Curried Tiger Prawns • New York Steak
• Chicken Polynesian
Includes soup or salad & our special house dessert!
\$7.95 - \$10.95
CONGRATULATIONS & THANKS
to Lynn Ryan
- Employee of the month of October
across from Comox Mall
339-3911

Section News

CP 140A Arcturus Arrives in Comox



On Oct 21 a CP140A Arcturus, pictured here taxiing through the "bird bath," made its first visit to 19 Wing Comox. The aircraft was flown by a crew from the Maritime Proving and Evaluations Unit (MP&EU) commanded by Maj Johnson. MPEU is conducting an operational evaluation of the Arcturus. Three CP104A aircraft were purchased by the Canadian Forces for use on Northern and Fisheries Patrols, pilot training, and as a utility aircraft. The aircraft will be based in Greenwood.

The RCAF Women's Division

In January 1941 the Second World War entered its seventeenth month with the various branches of the Canadian military expanding at an unprecedented rate. The growth of the services resulted in a demand for young men that quickly began to alarm the policy makers in Ottawa. How, they pondered, could they find the necessary numbers of recruits to man the new ships, squadrons and divisions?

Manning difficulties were also exacerbated by the requirement to build up vital war industries at home. However, the civilian industries had decreased the impact of the lack of manpower by turning to a virtually untapped source - womenpower! The military planners began to actively consider recruiting women directly into the military and it was the Royal Canadian Air Force that took the first step.

Since the start of the war, the RCAF had examined the possibility of enlisting women into the Air Force. The British RAF had enlisted women from the beginning into an organization entitled the Women's Auxiliary Air Force (WAAF). Despite attempts by women to join the RCAF, including several female pilots with impressive experience, all requests were turned down. The Canadian government was reluctant to enlist women and could see no reason to do so.

But all of this changed in 1941. Until that time, Canadian women wishing to "do their bit" had to travel to foreign countries to enlist and many of them took this option. By the summer of 1941, the RCAF informed the government that it was facing a severe shortage of personnel due to its operation and training commitments. The requirement to provide trained air and ground crews for the British Commonwealth Air Training Plan (BCATP), even with RAF assistance, was proving exceedingly taxing.

The government found itself faced with a situation where the recruitment of women was rapidly becoming the only option open to it, short of conscription, and that was one issue that Mackenzie King would not touch.

To an extent, the government's hand was also forced by the very participation of the RAF in the BCATP. Part of the assistance that the RAF was willing to provide came in the form of members of the WAAF. Facing the possibility of an angry female electorate demanding to know why their British counterparts could serve and yet they could not probably brought shivers to the toughest politician. Regardless of the reasons, the government acted on the advice of the Chief of the Air Staff and on 2 July 1941, Order in Council 4798, authorized the formation of the Canadian Women's Auxiliary Air Force (CWAAF). It was the first women's military service to be formed during the war.

On the day that the CWAAF came into existence, Kathleen Oonah Walker from Montreal was enrolled as a Flight Officer (F/O). She was followed in mid-August by Section Officer (S/O) Jean Platt Davey, a doctor. Her Royal Highness, the Princess Alice, Countess of Athlone and wife of the Governor-General was made the Air Commandant of the branch.

Walker and Davey faced a daunting task for it fell to these two officers to select the first 150 members of this new organization. Walker had been married to Group Captain Walker, RCAF, and had followed her husband overseas. With his death in 1941, she had returned to Canada. Her experiences made her familiar with the RCAF and her work with volunteer organizations stood her in good stead. Her managerial skills, combined with Davey's medical expertise, allowed for the selection of the 150 candidates in record time. From the start, they set out to create an organization that would be both "useful and

dignified, military yet feminine" and they succeeded well beyond their expectations.

The CWAAF women's training depot, situated on the site of Haverhill College, a former girl's school in Toronto, opened its doors in October 1941. To assist in instructional duties, four WAAF officers from the RAF were "lent" to Canada and arrived in early November. These four officers formed the backbone of the staff at the depot and spent many long hours turning the recruits into competent airwomen.

The first intake of CWAAF personnel graduated on 1 December 1941. Of these, 68 were immediately commissioned as officers and the remaining 92 were promoted to corporal. Many of the new graduates were retained as staff, but the vast majority were dispatched to undertake their duties at various stations across the country.

Recruiting for the CWAAF continued apace. By July 1942 there were over 5,000 women enrolled and this number grew rapidly until November 1944 when there were 15,000 Canadian women wearing air force blue. With the large numbers of women entering the RCAF, it was decided in January 1942 that they would no longer form an auxiliary branch but would become a function part of the air force.

On 3 February, their name was changed to the RCAF (Women's Division) or "WDs" for short. From that date, the WDs were subject to the same regulations, discipline and service as their male counterparts. Originally, there had been only seven trades open to WDs, however, this soon grew to over sixty and WDs began to do everything from preparing meals to operating heavy equipment. Eventually, they would serve in a wide variety of occupations in many different countries, including England at the RCAF Overseas and 6

407 Sqn Crew Two Chicken Hosts MPEU



The crew two chicken and its band of merry men played host to MP&EU on Oct 21 on their arrival in Comox. MP&EU arrived in the CP104A Arcturus, the first visit of this new aircraft to 19 Wing. The aircraft captain, Maj Johnson, is pictured here receiving a warm, clucking welcome from the chicken.

Coming Soon
To A Location Near You
"The Christmas Toy Drive"
"Two Thumbs Up"
Saskill & Eggbert
A Must See
B. Generous
The Totem Times

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Self Development Services

specializes in Career Development and Job Search Skills

call 338-6722 for information about

* Job Finding workshops (sponsored by CEC)

* Private consultations for Force Reduction personnel



407 SQUADRON HISTORY BOOK

497 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.



Section News

What the heck is going on at W'Arm't?

19 AMS W'Arm't

All 19 AMS personnel are asking, "What the heck is going on at W'Arm't?" Well this article should bring everybody up to date.

Cpl Linda Cahill is finally able to fly after going on her HAI course. Now if we can only get her a flight. We're trying Linda.

Cpl Kurt Staples and Cpl Terry LeDrew recently finished their Land Survival Course. Three days, all alone, with no food, in the snow, with no tent and a small fire. Sounds like all kinds of fun guys, wish we had been there, NOT!

Hockey fever has taken over W'Arm't (we do carry both 19 AMS teams you know). Cpl Mark Scott has already been on three teams, he'll tell you that all the teams want him, but the rest of us will tell you the truth if you

ask us. MCpl Dunn got the boot from one game already in this very young season. He's going for a record.

The guys in the explosives area made it through their MAG inspection and were told that their area would be used as the standard for others. Well done!

Now you know what is going on at W'Arm't. Always remember and never forget, TAZ REIGNS!

Safety Systems

Another season of fishing, and all the lies that go with it, is fading away, just in time for hockey to take its place around the coffee table.

July saw the Safety Systems first annual fishing derby with Sgt Spragg getting the largest Spring at 19 lbs. and Cpl Briand from 414 Sqn catching the largest Coho, weighing in at 6 lbs. Their

fishing secrets are very well guarded, but maybe next year the rest of us will find out which store they go to.

The postings are all over for another year, leaving the section with two people fewer than it started with. Cpl Randy Desjardine and family to Trenton, Cpl Tony Passoli to Moose Jaw, Cpl Patu Briand along with husband Paul and family to Cold Lake, and Cpl Roger Belanger to Bagotville. They should all be getting re-acquainted with the use of their snow shovels once again! MCpl Johnston took FRP this summer and is staying in Comox, having joined the ARAF and spending his time at Goose Spit with the Sea Survival School.

We welcome our two new people to the shop, Cpl Wayne Martin and wife from Edmonton and Cpl Kathy Ivany from Cold Lake.



WO Marc Ouellette receives a "Thank You" caricature from Maj R. Roos, CO 19 AMS, at 19 AMS SNCMs luncheon on 27 Oct.



New Cpl Lonigro.

Cpl Fricker, accelerated Cpl.

Wing Admin Sqn - CD Presentation



The WAdminO, LCol G. van Boeschoten is shown presenting MCpl Tracy Barton with his CD. MCpl Barton has left 19 Wing Comox for the untamed frontier of Air Command Winnipeg. Good luck Tracy in your future endeavours. Service Armatis.

belt use is increased.

"...but my driving is just around town."

While the chances of serious injury are much greater at higher speeds, the total number of accidents is far greater at low speed. Research shows that the majority of traffic accidents happened at speeds of less than 50 km per hour and that two-thirds of all injuries and half of all fatalities occur at these low speeds.

"...but I'd rather be thrown clear of an accident."

Current research shows you are 25 times more likely to die if thrown from your car in an accident. Less than one half of one percent of all crashes which cause injuries involve fire or water submersion. Wearing a seat belt gives you a better chance of staying conscious and escaping.

Buckle up...whenver you are in a car! It's a snap!

Driver's Quote of the Day

I was backing my car out of the driveway in the usual manner when it was struck by the other car in the same place it had been struck several times before.

Driver's Question of the Day

Question: Steering control must be maintained at all times. This is best achieved by:

- A) Gripping the steering wheel tightly;
- B) Both hands on the wheel except when performing other driving functions;
- C) Both hands on the wheel except when shifting gears;
- D) One hand on the wheel and one on the gearshift lever.

Answer: (B) Both hands on the wheel except when performing other driving functions.

Seat Belts & the Law

The Law

British Columbia's seat belt law protects you and your family. Here's how it works:

• Both drivers and passengers must use seat belts while in a vehicle.

• In vehicles having separate lap and shoulder belts, use of the complete system is strongly recommended, even though the law only requires the use of the lap belt.

• Where lap and shoulder harnesses are a fixed combination, both must be worn.

• Drivers are responsible for seat belt use by passengers up to 15 years old. Younger passengers must be secured with seat belts and/or child safety seats.

Peace Officers throughout BC may check drivers and passengers for seat belts and/or child safety seats.

Seat Belts for Adults

Seat belts must be used properly to be effective. Here are some basic rules:

a) **Buckle lap belts across hips.** In a collision, your seat belt restrains you against a violent force, so it's important that the belt presses against the solid portion of your body. Lap belts should fit snug and low on the hips so the pelvic bones can provide solid resistance. Loosely worn belts over the stomach can cause injury.

b) **Adjust seat belts to suit your own body.** When getting into someone else's car, take the trouble to re-adjust the belt. A loose belt will not properly restrain you in a collision. Shoulder belts should be snug yet loose enough to allow an inch or two between the belt and the chest. Seat belts don't have to be uncomfortable and some seat belts can be extended by approved attachments.

Seat Belts for Children

Automobile crashes kill more

children than any other cause.

You can reduce the risk of injury and death by taking time to show them how to buckle up properly, or by fastening them in a child safety seat. Remember, they learn from your example.



There are three types of child safety seats:

- infant seats for infants;
- convertible seats for infants and toddlers;
- toddler seats just for toddlers.

The child safety seat is anchored by a lap belt and the child is held in the seat by a harness. A tether strap is used to fasten the top of the seat to the body of the vehicle when the child safety seat is facing forward. Ensure you follow the manufacturer's instructions when installing and placing your child in a child safety seat. All child safety seats sold in Canada meet federal standards.

Infants

(under 20 lbs / 9 kg)

The child must be properly restrained in a child safety seat facing the rear.

Toddlers

(20 lbs / 9 kg and less than 40 lbs / 18 kg)

The child must be properly secured in a child safety seat facing forward when travelling in a vehicle driven by the parent or guardian. If they are in a vehicle driven by anyone else, a lap belt

must be used, but a child safety seat is strongly recommended.

Preschoolers

(40 lbs / 18 kg and over)

The child must wear a properly adjusted lap belt, no matter whose vehicle they are in. A full seat belt assembly can be used if the shoulder harness doesn't lie flat across a child's face and neck. If it does, tuck the shoulder harness behind the child's back. Parents may choose to buy a booster seat to position the lap belt in the proper place and improve the child's view from the back seat.

Over Six Years Old

The child must wear the complete seat belt assembly, properly adjusted and securely fastened.

Seating

The safest place for your child is in the back seat. That's where the child safety seat should be installed. If you are driving alone, it can be put in the front seat so you can keep an eye on the road and your child.

If you plan to rent or buy a secondhand seat, be sure it has never been in a collision, that it meets government standards and that the seat comes complete, including instructions. The seat you choose must fit your child and your vehicle. Check it. And check it again.

The Facts

Wearing seat belts is the law in B.C. Why?

- reduced personal injuries and fatalities
- reduced costs to the public

Year after year, in countries around the world and other Canadian provinces, it's proven that injury and fatality rates drop significantly when seat belt use is mandatory. And that's not the only reason seat belt laws make good sense. Here in BC, taxpayers save millions of dollars in health and court costs when seat

Tom Proctor's Realty Report



Tom Proctor

(The writer is a practicing realtor with ReMax Ocean Pacific Realty, and a retired 407 Sqn navigator in both RCAF & CAF).

Dear Friends and Clients,
It being almost Christmas time again I felt it timely to report back to you on the real estate market in the Comox Valley.

1993 has simply flown by and, with the festive season approaching, I would like to wish you all a very sincere season's greetings of health, happiness and good fortune for 1994.

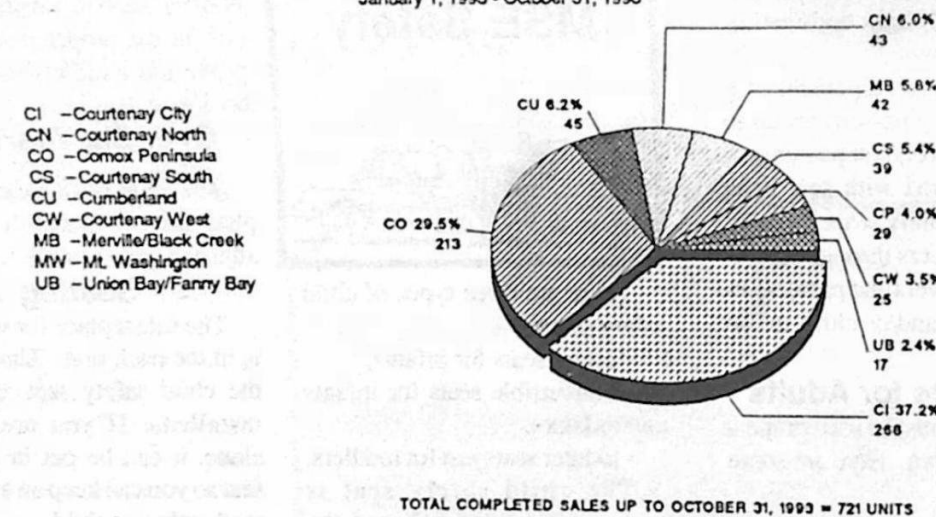
To the personnel who cannot be home with their loved ones for Christmas, a special greeting. The veterans back home will be remembering and saying a special prayer for you.

Now down to realty business. 1993 is a bumper year for the amount of money spent and the number of sales. The tables below, supplied by the Vancouver Island Real Estate Board, provide in detail data which may be worthwhile cutting and adding to your realty file.

Comparative Activity by Property Type
as at October 31, 1993

	CURRENT MONTH			YEAR TO DATE		
	THIS YEAR	LAST YEAR	% CHANGE	THIS YEAR	LAST YEAR	% CHANGE
SINGLE FAMILY:						
Units Listed	79	79	0%	1,051	1,036	1%
Units Reported Sold	49	49	0%	681	725	-6%
Sell/List Ratio	62%	62%		64%	69%	
Reported Sales Dollars	6,931,999	5,976,597	15%	95,580,098	88,267,924	8%
Average Price/Unit	141,469	121,971	15%	140,352	121,748	15%
Median Sale Price	137,000			135,000		
Price Ratio	98%	97%		98%	97%	
Days to Sell	65	55	18%	52	61	-14%
Active Listings	240	180	33%			
LOTS:						
Units Listed	37	33	12%	455	427	6%
Units Reported Sold	32	46	-30%	386	394	-2%
Sell/List Ratio	86%	139%		84%	92%	
Reported Sales Dollars	2,005,700	1,958,100	2%	20,589,498	16,154,012	27%
Average Price/Unit	62,678	42,567	47%	53,340	41,000	30%
Median Sale Price	54,000			47,000		
Price Ratio	99%	99%		98%	97%	
Days to Sell	38	51	-25%	57	95	-40%
Active Listings	124	77	61%			
CONDOMINIUM (apartment):						
Units Listed	18	2	800%	89	71	25%
Units Reported Sold	4	1	300%	50	62	-19%
Sell/List Ratio	22%	50%		56%	87%	
Reported Sales Dollars	587,950	120,000	389%	6,439,656	5,345,304	20%
Average Price/Unit	146,987	120,000	22%	128,793	86,214	49%
Median Sale Price	174,950			137,950		
Price Ratio	99%	97%		99%	98%	
Days to Sell	52	836	-93%	58	98	-40%
Active Listings	25	17	47%			
CONDOMINIUM (townhouse):						
Units Listed	41	25	64%	222	110	101%
Units Reported Sold	14	8	75%	141	66	113%
Sell/List Ratio	34%	32%		63%	60%	
Reported Sales Dollars	1,264,400	757,850	66%	19,641,041	6,016,673	226%
Average Price/Unit	90,314	94,731	-4%	139,369	91,161	52%
Median Sale Price	85,900			115,900		
Price Ratio	99%	99%		98%	98%	
Days to Sell	79	51	54%	66	84	2%
Active Listings	72	42	71%			

The above table is particularly interesting showing a slight decline in number of sales (43 houses) this year whilst dollar spent is up 8% for a seven million dollar increase. Note also the condominiums (both apartments and townhouse) data is included for your information.

Completed Single Family Sales
for Comox Valley - by Subarea
January 1, 1993 - October 31, 1993

I will conclude my report by covering the three following items:

1. The realty industry's latest news. At the end of October there were 11 agencies and 218 licensed salespeople in the

Comox Valley. Starting in the near future, full disclosure in writing is expected to come into effect laying out to purchasers and client/vendors who the salesperson is working for and by whom they are being paid. This

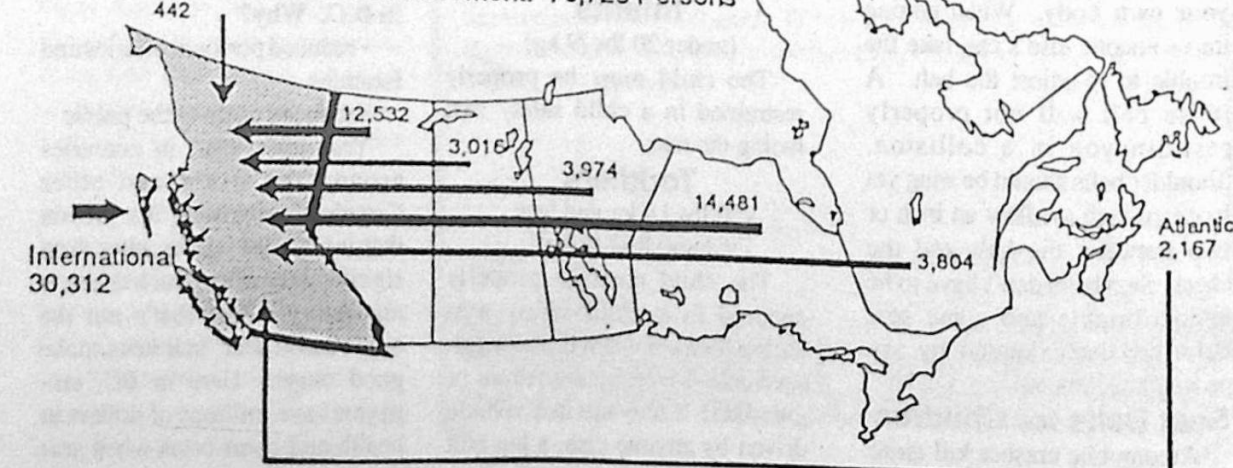
documentation, it is believed by the writer, will be completed at the initial appointment.

2. The outlook for the future. The graph below showing our BC population growth paints the picture more eloquently than words.

Net Population Movement for British Columbia

January 1, 1992 to December 31, 1992

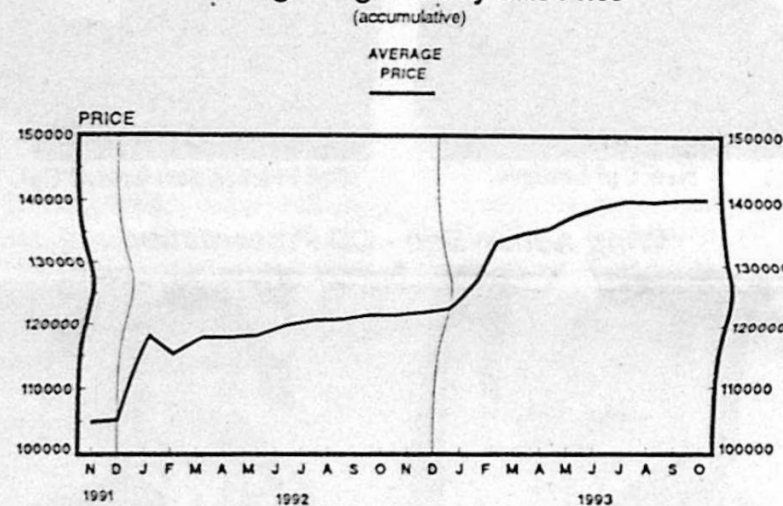
Total Net Movement: 70,728 Persons



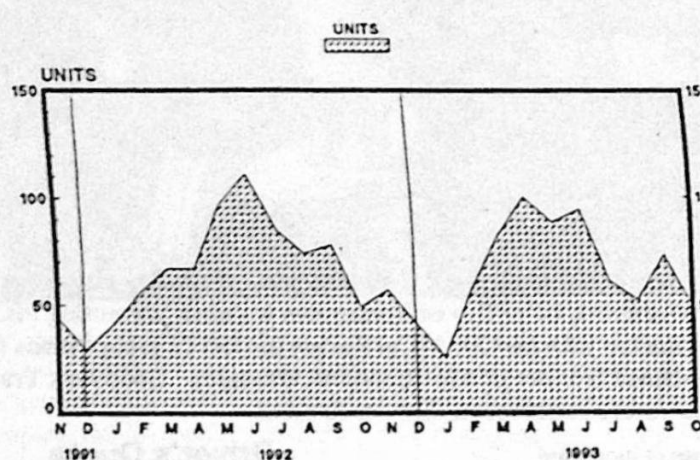
COMOX VALLEY

December 1993

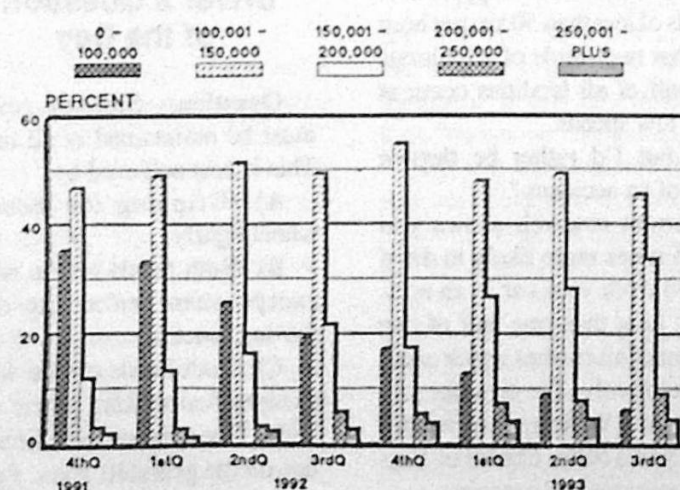
Average Single Family Sale Price



Single Family Units Reported Sold



Prices have continued to rise steadily throughout 1993 whilst the number of house sales have followed the traditional midsummer peak pattern.

Percentage of Market Share by Price Range
Board Area

Price ranges where purchasers buy and the areas they buy in.

Pumpkin Carving Contest

Halloween Buffet

The Wing Food Services Flight recently held a pumpkin carving contest in conjunction with our annual Halloween Buffet. The contest was well supported and the 19 entries showed some "imagination" to say the least. When the dust finally settled the judges chose the RTT LABS as the overall winner. Congratulations guys! A special thanks goes out to our dedicated judges, LCol van Boeschoten (A/Wing Comd), CWO Sarty (Wing Chief) and Mr. Knox (WCPO).



"The Winner"



MCpl Seymour with the Demon Head ice sculpture - some thought it was a self portrait.

More Realty

3. With 1997 and the turnover of Hong Kong, the British Crown Colony to China fast approaching the inflow of migrants is likely to continue into the larger centres, i.e. Vancouver and Victoria. Residents in these larger centres will sell and move to the country towns and cities such as Parksville, Comox Valley, etc, so I forecast a stable winter market with increasing sales and increasing prices through 1997.

We have at present a sound good market in the Comox Valley, despite the introduction of the

GST on new homes and the 1% provincial property purchase tax. Offsetting this somewhat, we have low interest rates on mortgages and, most of all, we have reasonable prices. If you doubt my word, buy a Toronto or Vancouver paper and study the realty section prices. How lucky we all are who live here in the valley.

A Merry Christmas and a Happy New Year. God Bless you all.

Sincerely,
Tom Proctor

Feature



Food Service Flight Wait Staff - just waiting to dig in.



The Entries.



Judges hard at work.

**NEXT DEADLINE 29 NOV
NOON**

Health & Fitness



TAKING CARE OF YOURSELF

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

Alcohol abuse—making a difference

It can be very painful to live with someone who has a drinking problem. Are you often worried about how much your partner drinks? Do you struggle with money problems as a result of the drinking? Are you afraid your partner will hurt you or your children while drinking or drunk? Do you cover up for your partner?

If you're troubled by any one of these problems, you're probably living with a person who abuses alcohol. Fortunately, though, you CAN make a difference! You might not be able to stop your partner's drinking, but you can change how you react to it. And that in itself can lead to other, important changes.

Like many others who live with people who abuse alcohol, you might feel ashamed or embarrassed to discuss it because you feel at least partly responsible for the problem—or for your own failure to control it. But "breaking the silence" is a beginning and the best person to do it is you.

Nurses advise that you talk to someone who is sober and trustworthy—a friend or family member, your family doctor, a community health nurse or an alcohol and drug counselor. If you wish to speak with someone who has learned how to cope with a heavy drinker through personal experience, call Al-Anon.

Look under alcoholism information and treatment centres in your phone book's yellow pages.

Those who have been involved with heavy drinkers know that there are some important "do's" and "don'ts" that make a difference. You may or may not feel ready to follow them but do keep them in mind.

Let the drinker stop drinking. Don't try to control it by checking how much your partner is having or by trying to keep alcohol out of reach. Leave your partner alone while drinking. Don't nag, scold or argue with him or her. Most importantly, don't allow yourself or your children to be abused—either physically, verbally or emotionally.

Let your partner deal with the consequences of alcohol abuse. If a suspended driving license means he or she has to take the bus to work, instead of driving—so be it. Don't compensate by offering to drive yourself. If you take care of problems created by your partner's drinking, he or she won't need to take responsibility for them.

Do encourage your partner, when sober, to think about their drinking and to do something about it. For example, you might say: "When you drink, I feel angry because you yell at me and the kids. I would like you to find a way to get help to stop drinking."

Be realistic about your weight

How can we develop healthy attitudes about our bodies in North America?

Every day we see images of successful people on television, movies and in magazines. Because these people are almost always slim, we tend to associate a slender body with success and attractiveness. Our children, too, must cope with exaggerated and impossible ideals of body weight represented by popular toys like Barbie dolls.

Is it any wonder that many of us react to all of this by an unhealthy obsession with our bodies and our weight? Or that a multi-million dollar industry of diet foods, diet magazines and weight-loss programs literally feeds off this obsession?

Nurses understand that it's no easy challenge to free yourself from this cultural conditioning—but it can be done. You should first tempt to honestly deal with the issue of whether your body weight is truly over or under accepted standards for good health. Because the cultural pressures tend to create distorted perceptions about body weight and image, this is not so simple as it might seem. Victims of anorexia nervosa, for example, always see themselves as fat—even when they are near death from starvation.

This is why you should not

attempt to measure up to some "ideal" notion you might have about your body weight. Instead, you will find it more helpful to accept scientific standards for healthy body weight so you can make an OBJECTIVE assessment about your own body.

You can do this by checking your weight using the Body Mass Index (BMI). This index can show you a range of weight considered healthy for you. If you don't know how to use this index, a community health nurse or nutritionist in your local health unit can help.

If this index indicates that you are overweight you can then consider what, if anything, you wish to do about the issue.

Forget short-term schemes that promise a 10 pound loss in 10 days. Put together a realistic eating and exercise plan and share your progress with at least one other person who is interested in what you are doing.

A support group like Over Eaters Anonymous or a professional counselor can be very helpful. Again, a community health nurse or nutritionist at your local health unit can help you discover the support best for you. If your problem is very serious, call the Eating Disorder Resource Centre of B.C. at their toll free number: 1-800-665-1822. Good luck!

info health

Dr. Bob Young

Prostatic Hypertrophy

BPH - one more medical acronym or abbreviation. This one means benign prostatic hyperplasia (or hypertrophy), an enlargement of the prostate (please, not prostate!) gland that is not due to cancer. While cancer of the gland is more dramatic and more deadly, BPH is considerably more common.

The prostate, present in males only, surrounds a segment of the urethra, the tube that drains the bladder. When it enlarges, as it almost always does as a man gets older, it narrows the urethra, slowing and sometimes stopping the urinary stream.

In addition, the bladder does not empty well or completely; the man thinks he is done before he is. This leads to urinary frequency, urgency, and nocturia, or having to get up several times at night to go to the washroom. As enlargement increases there is dribbling, incontinence (uncontrolled loss of urine, known as overflow incontinence), and often infection of the stagnant

urine. The growing gland may stretch and rupture overlying veins, leaking blood into the urine.

The symptoms certainly suggest the diagnosis. A rectal exam usually confirms it, but not always; the prostate may enlarge inwardly more than on the outside and therefore feel near normal to the examining finger. The channel can be visualized using a cystoscope inserted in the penis. This clinches the diagnosis.

The cause of BPH is not known, although "hormonal changes" are usually implicated. Treatment is traditionally surgical. Often a catheter must be passed initially to drain the distended bladder - it is usually left in until surgery can be arranged. While the prostate can be, and often is, removed through an incision made just above the pubic bone, removal from inside, through the penis, is more comfortable and much easier on the patient.

There are definite indications

for each approach. Results are excellent, as a rule, although subsequent sterility (usually not a concern) and impotence (a definite concern to many) are common, especially with the open operation.

New, and still being evaluated, is a drug that shrinks a large prostate gland. It is now available on prescription (trade name Proscar) and is being used for earlier stages of the disease. It is being offered to men whose symptoms don't yet warrant surgery, in the hope that its use will postpone, or even remove the need.

The downside is that is must be used for six months before its effectiveness can be assessed, and the probability that it must be used continuously thereafter when it does work. It also modifies the results of the prostatic specific antigen (PSA) blood test for prostate cancer, reducing by half the levels suggestive of cancer.

Heart Failure

are most common.

The disease may be mild or severe. Providing the onset of CHF is not the result of a catastrophic cardiac event, most patients can be helped, at least initially. Treatment decisions depend on the exact diagnosis. The age of the patient, presence of other disease, and history of previous episodes (sometimes implying late failure of treatment) modifies management and outcome.

We have many modes of investigation. Ultrasound allows valve function to be assessed, angiography views the coronary arteries, nuclear scans check heart muscle, catheter studies measure pressure gradients between heart chambers. On it goes, but in spite of the elaborate and sometimes expensive tests, mortality stays high.

Some defects can be fixed. Valves can be replaced, arteries

can be reamed out or by-passed, hearts themselves can be transplanted - all, often, beneficial to patients over long periods of time. The patient has to be young enough or healthy enough to withstand the surgery, but the knife is often the best option.

Some faults can be controlled with drugs, at least for a while. While diuretics (water pills) remain the mainstay, several newer drugs, especially those in a class known as ACE-inhibitors, are proving very effective. The old standby, digitalis, still has its place. Oxygen eases the load on the heart, especially during the acute phase of CHF.

Sadly, while medical therapy usually provides a respite, the beat does not go on. The heart usually again becomes weak and ineffective. At some point the doctors run out of ammunition and the patient becomes a statistic.

Winter Hours (Sept. - May)

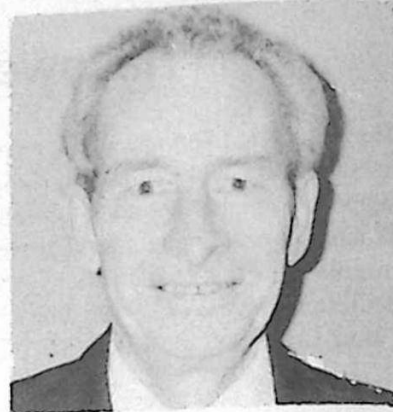
Sat, Sun & Hols:
10:00 a.m. - 4:00 p.m.
Closed Mon thru Fri.

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On & Off the Base

A Resource Guide

Finding and Using Legal Help

If you've come upon a domestic, financial or other matter you can't handle alone, it makes good sense to seek the advice of a reputable attorney. But if you're like most people, you probably don't know where to go to get a referral or how to use an attorney once you've found one. This guide will tell you how to get a referral, what to do before the first appointment and what you can expect from an attorney.

Ask Friends for Referrals

Ask friends or co-workers for the names of attorneys they can recommend. A satisfied client is the attorney's best advertising. If you can't obtain a referral through social contacts, call the bar association of the biggest city near you. Not all attorneys are members of the local bar association, and membership in it is not an indication of the skill of a particular attorney. The local bar association is a good place to start, however, if you have no other referrals.

A Free Consultation

Most attorneys will give a potential client a free consultation. The attorney can help you determine what kind of help you need or refer you to someone else who might be more appropriate

for the type of problem you have.

Before Your Appointment

If you've kept notes with specific dates and incidents, gather them together. The attorney will ask you many specific questions to determine how best to help you. If you don't have notes, sit down and write out the sequence of events. Gather together and attach any related paperwork. The more information you can provide at your first meeting, the easier it will be for the attorney to help you.

the laws of your province. Once he or she has reviewed your situation, the attorney can decide the best course of action to relieve or solve your problem.

Fee Arrangements

If you decide to hire the attorney, your financial agreement with the attorney should then be presented to you in writing so that it is clear to both parties. The agreement should also spell out the type of work to be done and the estimated amount of time it will take to do it.

Finding a Solution

Your communication with your attorney is confidential. Be prepared to be honest about the situation and cooperative with the attorney. Together you'll find a solution to your problem.

Stress Video

A "brown bag" information session with a video will be presented on Fri. 19 November at 1130 - 1230 hrs. in Bldg. 22 classroom, upstairs. Subject: Living with Stress.

The EAP is a joint UNION/MANAGEMENT program

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

Employee Assistance Programme



The First Appointment

The attorney can help you determine if you have a legal problem and help you understand

Canadian teens falling prey to tobacco:

■ **Most 15 year olds have tried smoking.** Recent data indicates that 55% of boys and 62% of girls have tried smoking at least once.* Experimentation with tobacco is estimated to have occurred by age 12 for one half of Canadian school children.**

■ **More girls smoke than boys.** In 1966 girls made up only 34% of smokers aged 15 to 19, today they comprise 60% of that group.**

■ **The addiction starts early.** 13 is the average age at which teens start smoking on a daily basis. 75% of young smokers become addicted users before age 17.**

■ **Teens do smoke.** Of all youth aged between 15 and 19, 16% smoke. Approximately 20% of the females are daily smokers, and approximately 12% of males are daily smokers.*

■ **Teen smoking is big business.** Two billion or more cigarettes are consumed each year by children under age 19, resulting in retail sales of cigarettes worth more than an estimated \$400 million in Canada annually.**

■ **Smoke young — die young.** 36,000 out of every 100,000 smokers now age 15 will die from tobacco related diseases before they reach age 70. That's eight times the total number of deaths projected for this group from other drug abuse, car accidents, suicide, murder and AIDS all combined!***

■ **Parents can make a difference.** In households where both parents smoke, 33% of teens aged 15 to 19 also are smokers. In households with one adult smoker this percentage drops to 21%, and with no adult smokers to 13%.*

■ **What about the law?** Since 1908 it has been illegal to sell tobacco products to persons under age 16. But the median age for becoming a daily smoker is 15.*** The new Federal Tobacco Sales to Young Persons Act will soon replace the outdated Tobacco Restraint Act. When approved, the new Act will raise the legal age for buying tobacco products to 18, will remove tobacco vending machines from most public places, and will increase the penalties for selling tobacco to minors from a current maximum of \$100 to a new maximum of \$50,000.

*National Clearinghouse on Tobacco and Health, 01/93
**The Heart and Stroke Foundation
***The Lung Association
****Health and Welfare Canada

A La Mode

Hot Stuff for Colds

by Diane Osterholm

Well, I guess by now most of you have had your first cold of the season and, of course, generously shared it with your family and friends. Sometimes it seems nothing will give you any relief: your nose is sore, the pills only make your head feel like a cotton ball, and you just want to curl up and die. Well, before you do, try a nice hot bowl of soup. Not only does it help you feel a bit better, it's often all you want to eat when you're sick. It can be a hearty chicken soup or an interesting variation, but it doesn't have to be boring.

The Stracciatella soup is an Italian favourite, its name means "little rags." Although easy to prepare with common ingredients, it is considered a specialty soup and a Roman classic. The recipe can be cut in half for one person or doubled for four. Children seem to like this soup, and it provides lots of easily digestible protein. Serve it with toast or crusty bread. It also makes a nice, light, first course to a hearty Italian meal.

Buy a 500 gram bag of grated imported parmesan in the deli section. It's much better quality than the shaker jars, and cheaper too. Keep some out to use and freeze the rest of the bag, it will keep for months, and remains "pourable."

Hot and sour soup is one of the best known soups in northern and western China, served both at home and in restaurants. Though not intended to, this soup does a great job of clearing out your sinuses.

Adjust the vinegar and hot sauce to your liking (more is better!) and serve with a box of tissues.

As for the chicken broth: when using cubes or powder, be careful about adding more salt as they are mostly salt themselves. I prefer canned, homemade or liquid concentrate. Canned broth is easy to use and always on hand. Homemade is nice, but I don't always have the time.

Hearty Chicken Soup

4 cups chicken broth
1 small onion, peeled & sliced
2 med. carrots, sliced
1 stalk celery, sliced
1 cup diced cooked chicken

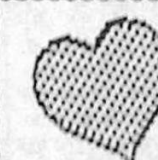
1/2 cup small pasta (shells, spirals, etc.)
2 potatoes peeled and diced into 1/2" cubes
Pinch savory
Pinch thyme
Salt and pepper to taste
1 T. chopped parsley
1 tsp. butter or veg. oil
Sauté onion, celery and carrots in a heavy bottom soup pot for 1 min. Add chicken broth, potatoes, thyme, savory and pepper. Bring to a boil, reduce heat and simmer 5 mins. Add pasta and chicken, cook 10 mins. or until pasta is done. Check for salt, then add parsley. Serves 4.

Stracciatella Soup

2 cups chicken broth
2 eggs
2 T. grated Parmesan cheese
Pinch white pepper
Small pinch nutmeg
Salt to taste
Beat eggs in a small bowl and add cheese, nutmeg, pepper and 2 oz. of the chicken broth. Mix well. Heat remaining broth to boiling. Add the egg mixture, whisking all the time. Return to boil, then turn off heat. Check for salt, whisk once more and serve. Serves 2.

Hot and Sour Soup

2 cups chicken broth
1 small carrot, diced
2 oz. mushrooms, diced
2 oz. diced ham, chicken or pork
2 T. sliced green onion
2 oz. salad shrimp (optional)
2 oz. tofu (optional)
1 T. cornstarch
1 T. cold water
1 egg beaten with 1 T. water
Pinch black pepper
1 tsp. soya sauce
2 T. white vinegar
1 tsp. tabasco sauce
Salt to taste
Bring the broth and carrots to a low boil, then simmer 3 mins. Add the mushrooms, meat and optional ingredients if using. Simmer 5 mins. Mix the cornstarch with the cold water and stir into soup. Pour the egg mixture in, stirring constantly. Add the pepper, soya sauce, vinegar and tabasco, check for salt. Simmer one more minute. Check to see if it needs more vinegar or tabasco (it should be spicy). Garnish with the green onion. Serves 2.



TGIF

MONTE CARLO NIGHT
WO & Sgt's Mess

19 Nov 93
at 1700 hrs.

Regular & Assoc. Members FREE
guests \$2.00 each
Food: TBA

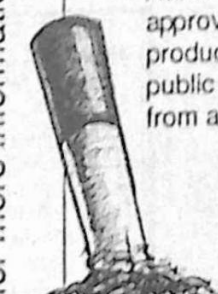


NEXT DEADLINE 29 NOV.

URGENT HEALTH BULLETIN

Shirley Thompson, Health Educator
B.C. Lung Association (604) 731-4961

for more information, contact:



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 338-1200.

Avis

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

Western Line Dancing

For all ages. Call 339-6016 for more information.

339-6016

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.

Dependant Use of Base Gym Facilities

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

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.

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 11:30-12:15 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.

L'Ecole Français des Petits

Accepte maintenant les inscriptions pour le mois de Janvier/94. Programme français et immersion française (3 - 5 ans). Pour plus d'info contacter Gervaise Bety, 339-1024.

L'Ecole Français des Petits

Is now accepting registration for Programme Cadre and French Immersion programs (3 - 5 year olds), starting in January/94. For more info contact: Gervaise Bety, 339-1024.



NEXT DEADLINE 29 NOV. - NOON

Network Classifieds

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

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

334

\$225 for 25 words

\$4.00 each additional word

ANNOUNCEMENTS

CHRISTMAS SKI SPECIAL from \$199-3 days Skiing & Lodging! Panorama Resort, North America's 2nd highest vertical. Call 1-800-663-2929 Free Brochure/Information 8:00 a.m. - 5:00 p.m.

AUTO

ENGINES rebuilt from \$795. ENGINE remanufacture from \$995. 6 months to pay. 6 Year 120,000km warranty. Bump Mechanical building engines for 28 years. 672-0641, 8-8, 7 days.

CANADA ENGINES LTD. Quality Guaranteed Rebuilds. 6 Cyl from \$995. - V8 from \$1,095. 6 yr. 120,000 Km limited warranty. 580-1050 or 1-800-665-3570, 12345-114 Ave. Surrey. BCAA Approved.

1983 Cadillac Limousine, White, 54" stretch, Maloway conversion, TV, Bar, Divider Window, Leather Interior. Government safety inspected. \$8,495. Call Brian Libin 328-9020. D5489.

F-250, 4X4's, Cummins Diesel, Explorers, Rangers, Trucks. Up to 15,000 cash rebate. 'O' down O.A.C. Payments from \$189/month. Phone Grant collect 538-9778. Dealer #8367.

BUILDING SUPPLIES

HARDWOOD FLOORING. Prefinished, high quality 3/4" solid or laminated floating floors. Buy direct & save! Do it yourself tools supplied. Metropolitan Hardwood Floors. Richmond 270-7750 or 1-800-667-0377.

BUSINESS OPPORTUNITIES

DISTRIBUTORS WANTED for a full line of fresh frozen gourmet foods. This is a unique opportunity to be part of the fastest growing businesses in Canada. Information call Dave Ward (604) 273-9493 Days.

RETIRED BUT NOT tired. Demonstrate product designed for Seniors. Substantial passive income as distributor. Full/part-time. No inventory. No selling. Free information package. 1-800-565-5280.

New breakthrough in the food industry. Make your own vegetable chips in just seconds. \$6. for samples/information. Dutchy's International, 1688 Alberni Hwy., Box 402, Coombs, B.C. V0R 1M0.

LAKESHORE RESTAURANT FOR LEASE. Douglas Lodge in Fort St. James 105 seats, licensed, completely equipped with dwelling house. Excellent family business. Phone: (604) 996-7917.

BUSINESS OPPORTUNITIES

LEASE OPTION: Did you know that you can drive any vehicle you want with NO DOWN PAYMENT and still use it as a tax deductible expense for your business? Example: Ford Explorer from \$349. per month. Phone: 328-9211. D8367.

BUSINESS PERSONALS

ADD A Little Spice! Lovely roommates - Karen, Linda, Cheryl - have exciting personal photos to share. Free info: Karen, Box 670-G8, Kelowna, B.C. V1Y 7P4. Adults Please!

EDUCATION

Train to be an Apartment/Condominium Manager. Free job placement assistance. Government Licensed correspondence course, 2,200 graduates working. For FREE brochure: R.M.T. 681-5456 or 1-800-665-8339.

CERTIFICATE COURSES! Learn Income Tax Preparation or Basic Bookkeeping by correspondence. For FREE brochures, no obligation, contact U & R Tax Services, 1345 Pembina Hwy., Winnipeg, MB. R3T 2B6. 1-800-665-5144. Enquire about exclusive franchise territories.

HOMESCHOOLERS - Complete support. Internationally recognized Christian curriculum. Individualized mastery learning. Canadian Computer Enrichment. Image Extension School, 407 Aspen Rd., Kimberley, B.C. V1A 3B6 (604) 427-4343.

INTERIOR DESIGN TRAINING now available in Canada. A correspondence course created by well known design school in London, England. For further information please write or phone: London Studio of Interior Design, 13750 Bow Button Trail S.E., Calgary, AB T2J 6T5. PHONE: 278-5162, FAX: (403) 278-6411.

CHEF TRAINING Full-time. 17 Week Diploma Programs offering the best training in Cooking/Pastry & Desserts. Student loans and job placement. DUBRULLE FRENCH CULINARY SCHOOL, Vancouver (604) 738-3155 or 1-800-667-7288.

EMPLOYMENT OPP.

N. Vancouver Island logging company needs an experienced off-highway log truck driver who can also run a grader and an auto. mach. with tire experience. Apply by phoning (604) 956-3123.

FOR SALE MISC.

STEEL BUILDINGS FROM FUTURE - QUONSETS 25'X36' \$5,962.. 30'X40' \$6,593. STRAIGHTWALL QUONSETS 25'X36' \$7,130.. 30'X44' \$7,593. Endwalls, Sliding Doors, GST, Freight to Vancouver included. Call 1-800-668-5111.

Five Loaders, 3 Graders, Loadbeds, 3 Excavators, Am. 8' Graders, 10 Backhoes, Water Trucks, End and Belly Dumps, Fuel Trucks, Fire Trucks, Generators. Call: (604) 493-6791.

EUCALYPTUS \$11 per lb. Below wholesale prices. Craft supplies, floral, baskets, lace, kits. 72-page catalogue \$2. Crystall Crafts, R.R.#3, High River, AB. T1V 1N3.

LET'S COOK FOR OUR DOG: 256 Pages of nutrition and recipes by veterinarian E.R. Dorosz. \$19.95. Our Pet's Inc. P.O. 2094, Fort Macleod, Alberta. T0L0Z0.

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 SDO, 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, Huge Book Selection, 80 Page photo filled 1992 catalogue \$4. refundable on order. Western Water Farms, #103-20120 64th Ave., Langley, B.C. V3A 4P7.

FUN AND MONEY! Become a Home Party Fashion Consultant for the best casual clothing company in the universe. Training provided. Great earnings. LA Cool 1-800-665-1176.

Well established Silviculture Company accepting resumes from experienced TREE SPACERS for Fall, Spring contracts on Vancouver Island and Coastal Mainland. Box 848, Port McNeill, V0N 2R0.

MOBILE HOMES

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

BUY FACTORY DIRECT. Book now. Save thousands on your new manufactured home (mobile/modular). Top dollar for trades. Many reconditioned units available. Noble Homes (403) 447-3414.

PERSONAL

WESTERN CANADA'S LARGEST Stock of Fruit of the Loom Activewear. Unbeatable Wholesale Prices!! Tees, Sweat-tops, Pants, Hooded-tops, Jackets & Lots More!! Minimum purchase \$75. Toll-free 1-800-665-5432.

HANDLE STRESS. Gain control over the reactive mind. Read the book "Dianetics" by L. Ron Hubbard, \$7.50. Hubbard Dianetics Foundation, 401 West Hastings, Vancouver V6B 1L5. 681-0318.

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

DID YOU ATTEND MALASPINA? Register now for 25th Anniversary celebrations, reunions. 1-741-2724 or write: Alumni Office, Malaspina University-College, 900-5th Street, Nanaimo, B.C. V9R 5S5.

Your Personality affects your success. Come in for a free personality analysis. 401 W. Hastings, Vancouver V6B 1L5. 681-9121. 9 a.m. to 10 p.m.

PETS

Reg. standard poodles, 2 Females, 6 months. One year old male and one year old female, black. Open or pet Reg. \$500 or \$1,000. (604) 858-5488.

REAL ESTATE

Revelstoke Mountain Paradise - Invest Residential Strata lots from \$14,900 - \$18,900 in Revelstoke. Underground services, Tennis, 34 Acre Park, Walking/Ski Trails. 200 Acre Farm, 7 separate titles, 1500 feet river frontage adjacent to Hwy #1 c/w farm equipment, good golf course location, city water supply. Offers to Remax Revelstoke Realty 837-5121.

RECREATION PROPERTY

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

SERVICES

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

Alternatives to ICBG's rate increases! Save \$\$\$ through insurance options. STAY AHEAD! Information package \$5. Send self-addressed envelope to: DBM Services, RR2, S77, C19, Summerland, B.C. V0H 1Z0.

TRAVEL

AUSTRALIA/NEW ZEALAND - Oct, Nov, Jan, Feb. AUKLAND \$1,199 to \$1,485. SYDNEY \$1,289 to \$1,599. Frequent flyers we book land. Call ANZA Travel 734-7725 Toll free 1-800-667-4329.

DARE TO DREAM! - of your exotic vacation in the Sun. CAMBRIDGE TRAVEL specializes in quality tours to the fabulous Orient. Malaysia, Thailand, Singapore & Hong Kong. For information 323-9600 or 1-800-665-1119.

COMING TO VANCOUVER? Special Winter Rates - Daily, Weekly, Kids stay FREE! Collect Club 2 points for every stay. Present this ad and get \$6 daily rate. VANCOUVER CENTRE TRAVEL LODGE, 682-2767.

VACATION SPOTS

BEST PRICES IN WHISTLER. Best condo & hotel rooms. As low as \$59/night. Swimming pool, Jacuzzi & Sauna. SEA TO SKY 1-800-667-5529.

WINDOW COVERINGS

VENETIAN BLIND SERVICE CENTRE established 1969 repairs & washes 1" & 2" venetians (tapes, cords, slats & parts) verticals, rollerblinds. Manufacturers of custom blinds. 331 W. 7th Ave., Vancouver. V5Y 1M2. 874-1121.

NETWORK CLASSIFIED ADS

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

On the Base

Spragg's Springs



A couple of big Springs (38 lb. and 33 lb.) were caught by Sgt Keith Spragg recently. He won the Safety Systems fishing derby with a nineteen pounder. What's your secret Keith?

Glacier Greens

SUNDAY WINTER GOLF 7 November Results

by Rose McCleshey

1st L.G. Floyd Merrill, Lorraine Courtemanche, Doug Cull, Bill Krier, Mary Kelly.

1st L.N. John Webber, Dave Kelly, Bob Lamb, Jill Iddiols.

2nd L.G. Bob Johnston, Ted Sauvé, Irene Marshall, Ed Schiller, Richard Wand.

2nd L.N. Al Walsh, Tom Fallon, Jim Hume, Lori Cameron.

14 November Results

1st L.G. Floyd Merrill, Glen Caslake, Lorraine Courtemanche, Heather McNivits.

1st L.N. Nick Stolarchuk, Fred Horvath, Paul Drover, Martha Campbell, Stan Falconer.

2nd L.G. Bob Marshall, Trevor Jones, Fran Hume, Cec Donovan.

2nd L.N. John Webber, Tom Fallon, Warren Campbell, Kay Banks.

Turkey Shoot - 14 Dec.

Mounties Construct Canteen

The RCMP Courtenay detachment recently constructed and presented a mobile refreshment stand to CFB Comox. The presentation was made in appreciation for allowing the RCMP membership at Glacier Greens Golf Club and for the use of other base facilities. The refreshment stand will be kept at Glacier Greens Golf Club and may be acquired for other base activities by contacting the president of GGGC.



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

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

NEXT DEADLINE 29 NOV.

GLACIER GREENS BAR AND GRILL

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

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

LEGION LOG

BRANCH 17 COURTENAY 334-4322

EVENTS

Nov 19.....Alleycats
Nov 26.....Highway 19
Dec 03.....Tony Pollon
Dec 10.....Westwind
Dec 17.....Alleycats
Dec 31.....Silver Spring Band

REGULAR ACTIVITIES

BINGO.....Thursdays, Fridays & Sundays at 7:00 PM
MONDAY.....FUND ECHRE
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 19.....Music by WESTWIND
Nov 26.....Music by WILD RIVER
Dec 03.....Music by ALLEYCATS
Dec 10.....Music by WYLIE & THE OTHER GUY
Dec 17.....Music by WESTWIND
NOTE: We will be closed XMAS EVE & XMAS DAY.

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. Mig. 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.

NEW YEAR'S PARTY/DANCE
Friday, 31 December
9:00 p.m. - 3:00 a.m.
Branch Upper Hall.....Music by THE ALLEYCATS
Admission: \$24.00 per couple. Open to all Branch 160, L.A. members and their bona fide guests. Reserved seating. Make up your own party and book early. Tickets on sale commencing Monday 15 November at the office.
FREE TRANSPORTATION! WE WILL PICK YOU UP AND DRIVE YOU HOME!
Call the Bar at 339-2112 for arrangements.

Good Food Good Fun Party Favours

GET YOUR TICKETS NOW!

Junior Ranks Mess Children's Xmas Party Ages 8 & Under

This year dependants of Jr. Ranks members, age 8 or under, will be invited to the Mess on Sun. 5 Dec. from 1:00 - 4:00 p.m. for an afternoon of fun, games, food, movies, colouring contests and, of course, Santa.

Parents are asked to contribute \$5.00 towards a gift for their child, and the Mess will match that amount and purchase a gift to be given out by Santa on the day of the party. Children must be registered at the Mess Office NLT Wed. 24 Nov. (Please pay at time of registration).

Junior Ranks Mess Children's Xmas Bingo Ages 8 & Over

As the Bingo was such a success last year, we have decided to try again this year.

The Bingo will be held Sun. 12 Dec. from 1:00 - 3:00 p.m. Each participant will receive a six card booklet for 20 games. Dabbers will NOT be supplied. Prizes will consist of toys and gift certificates, and pizza will be served after the 10th game. A donation for the Food Bank will ensure entrance to a special door prize. Children must be registered at the Mess Office NLT Fri. 3 Dec.

NOTE: Those parents who have 8 year old children can choose to send their child to either the party or the Bingo, but NOT both. Remember, registration is a MUST, and children will need tickets in order to be admitted to either event. Anyone interested in helping out at either the party or the Bingo (or if you have any suggestions or comments) please contact Linda Ryan at the Jr. Ranks Mess Office, 339-8211 Local 8430.

TOWN of COMOX RECREATION DEPARTMENT

RACQUET COURTS

339-2255

COURTS OPEN 7 DAYS A WEEK • RACQUETBALL • SQUASH • WALLEYBALL •

Court Bookings may be made by telephone by those who have racquet court pass cards on file



TIMES:

Monday - Friday 7:00 am - 10:00pm
Saturday 9:00 am - 9:00 pm
Sunday 9:00 am - 9:00 pm

*Please be advised that those who book the final court hour of the day must vacate the building immediately at 10:00 pm (Mon - Fri.)
9:00 pm (Sat - Sun)

COURT RATES

DROP IN

Per Hour Based on 2 person use

ADULTS.....	\$3.50/Person + GST
SENIORS (65+) Special Needs.....	\$2.00/Person + GST
JUNIORS (15 - 18 yrs.).....	\$2.00/Person + GST
YOUTHS (under 15).....	\$2.00/Person + GST

EQUIPMENT RENTALS

Per Hour

RACQUETS.....	\$2.00/ GST
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NOTE: Goggles are included with racquet rental.
RULE: Goggles are mandatory

RACQUET COURT CARD PASSES

(10 visits - Save 10%) Based on 2 person use

ADULTS.....	\$31.50/Person + GST
SENIORS (65+) Special Needs.....	\$18.00/Person + GST
JUNIORS (15 - 18 yrs.).....	\$18.00/Person + GST
YOUTHS (under 15).....	\$18.00/Person + GST

RACQUET COURT CARD PASSES

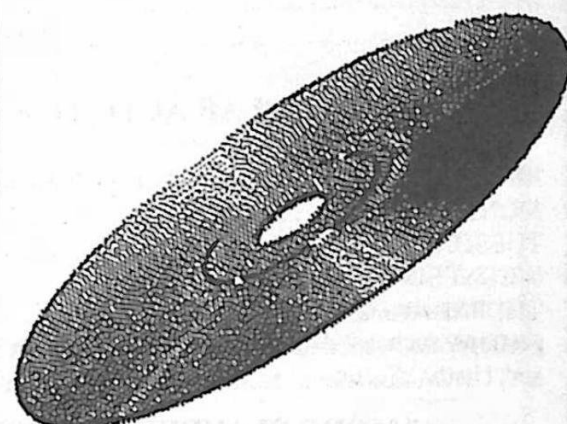
(20 visits - Save 10%) Based on 2 person use

ADULTS.....	\$63.00/Person + GST
SENIORS (65+) Special Needs.....	\$36.00/Person + GST
JUNIORS (15 - 18 yrs.).....	\$36.00/Person + GST
YOUTHS (under 15).....	\$36.00/Person + GST

LET'S DANCE

416 Line Dancing with Shirley

\$35.00 + GST/10 sessions or Drop In \$4.00 inc. GST all ages - No partner required
Sunday 1:00 - 3:00 pm
September 26 - December 19
CCC gym B

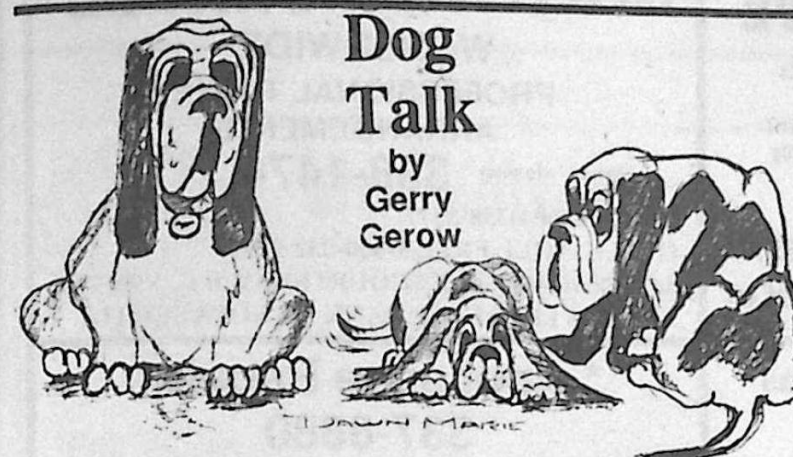


No Program October 3, 31, Nov 28

Line Dancing is the hottest thing on two feet!!!

Featuring "Achey Breaky Heart" and other chacha's and waltzes - GET IN LINE! Please wear leather soled shoes and dress comfortably. Bring the whole family along for an afternoon of Fun and fitness.
CANCELLED NOV. 14/DEC. 12

On & Off the Base



Dog Talk by Gerry Gerow

Two books this week; first, a very different and interesting book titled *When Rover Just Won't Do* by Danny Scalisi and Libby Moses, Howell Book House, Macmillan publishing company, New York, and Maxwell Macmillan, Don Mills, Ont. \$12.95.

This book contains over two thousand suggestions for naming your puppy. Section 1, titled "A Pup with Meaning," contains names such as Amigo, Opal and Captain. Section 2, titled "Tall Tails," includes names such as Barfly, Chief and Dustmop. Section 3, "Names Fit for a King, Queen, or Pauper," has name suggestions such as Argus, Brutus and Heidi. Section 4, "Back to Basics," lists names like Leo, Missy and Toby. The last section is devoted to names for a brace of dogs, such as Frankie & Johnny, and Ham & Eggs.

Interesting reading, and certainly an aid when you are trying to name that new pup. It is a 242 page paperback, economically priced, and you can order from Maxwell Macmillan at 1-800-465-2288. Just the thing for a Christmas gift.

Trout Tales & Salmon Stories by W.A. (Bill) Mac-

Donald, Oolichan Books, P.O. Box 10, Lantzville, B.C. V0R 2H0. \$14.95.

Bill MacDonald has written over a thousand articles and stories during his 87 years on this earth. He has been an ardent fisherman since he was five years old and still is, despite his advanced age.

MacDonald's book is divided into two parts. The first is a collection of "me and Joe" stories, many written during his younger years. Part two is titled "Let's Talk Fishing" and that is just what he does. Equipment, techniques, species and seasons, it is all here. There is something for everyone to learn, and a lot of entertaining reading to boot.

The book wraps up with a profile of MacDonald written by Bob Jones, which appeared in BC Outdoors in 1992. This is an economically priced, 238 page paperback which is well worth the sticker price. Order it from Oolichan.

What do you feed your doggy? How do you know if the dog food you buy has all the required nutrients? There really is only one way, and that is to always buy quality. In Canada, that means paying a regular price of \$30.00

What's in a Name?

or more for a 40 pound bag. This price is unbelievable to Americans where the same dog food is available for around US\$16.00. However, the cheaper foods on the market just don't have it. I like to supplement my dogs' diet with milk bones or other similar treats. This helps them to keep their teeth clean and avoid that terrible doggy breath.

Dogs need a balanced diet just like people. They need cereals, vegetables, meats and other proteins. If they don't get it, not only will they be unhealthy but they may grow up deformed, or at least with a confirmation less than ideal, just like humans. Come to think of it, my dogs think they are humans. They don't know they're dogs.

All the experts say dogs should only be fed once a day, when they become adults. This is because their digestive process takes around 16 hours to happen. Well, nobody told this to my two, and if they didn't get fed twice a day somebody would be in trouble. It doesn't seem to hurt them to eat morning and night, and they seem to know when feeding time is.

And don't forget to always have a dish of water available for your dog. This is especially important during the warmer part of the year. Dogs perspire just like we do, only they do it through their mouths by panting. This moisture needs to be replaced, just as it does with human beings.



Baby Animals



The Baby Animals' debut disc set their musical world in motion when it won three Aria Awards and went quadruple platinum in their native Australia. They were the opening act for Van Halen on a U.S. tour and Bryan Adams in Europe. Their sound is fluid and explosive with ringing guitars and solid percussion. In *Shaved & Dangerous* (Imago) they open with the low key *Don't Tell Me What To Do* and explode musically through *Buputa*, *Lovin' Lies* and *Nervous At Night*.

Central point of this group is Suze DeMarchi whose on-target vocals are the focus. Solid workout on *Be My Friend* and *Stoopid* add depth. Suze says "We shaved this album down to our eleven best songs and it's truly dangerous."

Chyp-notic



German trio Chyp-Notic drew raves and solid club response when they added a groove to Sinead's *Nothing Compared 2 U*, which is included in *I Can't Get Enough* (Ariola). Group's pop/dance groove clicks with title track single along with *I'm Sorry, If I Can't Have You* and *U & I*.

Keyboards highlight *When I Dream* while group's dance appeal is in full swing via *Still In Love With You* and *Guilty of Love*. Easy to listen to and great for dancing.

More RCAF WDs

(Canadian) Group Headquarters.

Although they did the same work and were subject to the same service conditions as the men, they were not paid the same. The RCAF had calculated that it took three women to do the equivalent amount of work as two men. Therefore the WDs were paid two-thirds of the equivalent male salary. Needless to say, this caused resentment and was a point of discussion in Parliament. Political pressure finally caused the WDs' salary to be raised to 80 percent of a male's and there it remained until the end of the war.

The end of the war brought rapid demobilization and a sharp reduction in RCAF personnel. The WDs were regarded as a successful, but strictly wartime, program and as such were phased out. The RCAF(WD) ceased to exist on 31 December 1946, the last of the wartime women's services to be disbanded. During the five and one-half years that the Women's Division had existed, 17,038 women had been enrolled and 28 were killed or died on active service. At their peak, they accounted for approximately eight percent of total RCAF strength and although their work was not glamorous, it certainly was important.

From beginning to end, the WDs were pioneers in an area of

endeavour that had been restricted to women. They joined the RCAF for exactly the same reasons as did the young men: a job, adventure, a chance to travel and patriotism. Their efforts, for the most part, were well received and eventually they came to be regarded as a normal part of RCAF life. Although they were paid less, there was no doubt as to their skill and ability.

Initially, WD officers and senior NCOs were placed in charge of other females only, but this soon changed. In 1942, a newly promoted Squadron Officer Walker was assigned command of #7 Manning Depot at Rockcliffe, Ontario, with both men and women under her direction. The senior NCO at the RCAF records section in Ottawa was WO2 Sylvia Simm, with 500

Continued from page 8

men and women calling her "Sergeant Major" and, in May 1945, M.E. Lawrence was promoted to WO1 (the only woman to hold that rank in the wartime RCAF) and became the Unit Warrant Officer in the Personnel Administration Branch, AFHQ, Ottawa.

The motto of the Women's Division was "We Serve That Men May Fly" and, given the social context of the time, the WDs lived up to that motto in fine fashion. However, they accomplished so much more. They stretched the boundaries of what was considered "acceptable" employment for women within Canada and the military services and commenced the long history of women in air force blue.

They were pioneers in every sense of the word and are a proud part of our air force heritage.

More Baby

The death of an innocent child is the hardest thing I have ever had to face. I can't imagine facing it so much that it becomes common place.

We all owe our freedoms to the veterans who fought the major wars of this century. We owe our continued freedoms to the young men and women who continue to

fight for a more peaceful world, youngsters who come from every city and town across Canada. Despite the defence cutbacks, Canada is still maintaining its commitment to world peace. It is still providing the manpower necessary to prevent further conflict and there are still Canadian mothers sending their babies off to war.

Continued from page 4

The Game of Badminton...

HOW FAST IS IT?*

Pavel Bure Slapshot 150km/h	
Nolan Ryan Fastball 154km/h	
Boris Becker Tennis Serve 220 km/h	
John Daly Golf Drive 270km/h	
Head-first Freefall from Plane 296km/h	
Shuttlecock (maximum speed) 320km/h	
Kilometers per hour	125 160 175 200 225 250 275 300 325

* For Comparison Purposes Only - Adapted from Jaime Cituentes, The Journal

411 Evening Badminton

\$35.00 + GST/10 sessions or Drop In \$4.00 inc. GST
14 years +
Monday 8:00 - 10:00 pm
September 27 - December 6
Highland Senior Secondary School Gym

412 Afternoon Badminton

\$35.00 + GST/10 sessions or Drop In \$4.00 inc. GST
16 years +
Wednesdays 1:00 - 3:00 pm
September 29 - December 8
CCC Gym

No Program November 17

Calling all ladies and gentlemen to an afternoon on the courts. All levels of ability are welcome. We're going to have a smashing good time!

A recreational program for all levels of ability. Come out for an evening of exercise and enjoyment.



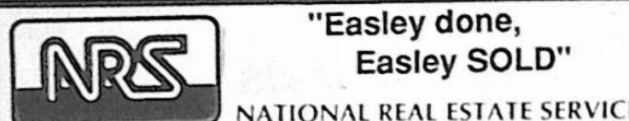
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NEXT DEADLINE 29 NOV.



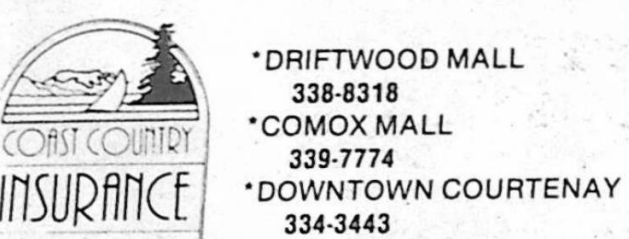
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Office 338-9344



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We serve the Service

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Don Gates "Our Business is a Grind" 339-7313

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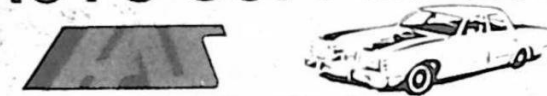
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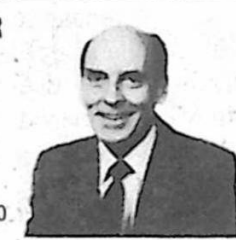
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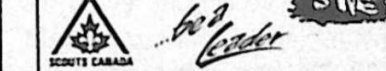
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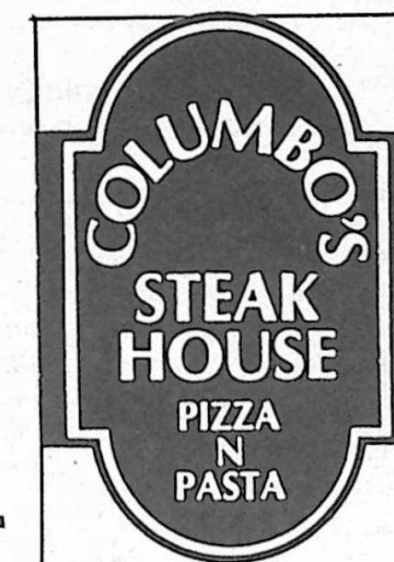


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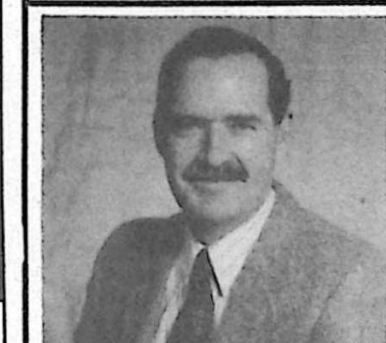
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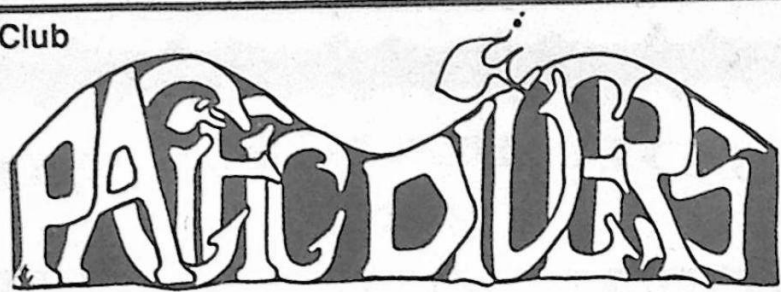


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On the Base

Base Scuba Club



Sixty and Below

Oct 18 of this year marked the re-opening of the Base Scuba Club, with the convening of a general meeting. This was more of an unofficial meeting, designed more for current and potential members to get to know both the club, and the executive committee. However, the meeting did follow the format of an official one. Members, both new and familiar, had the opportunity to meet the newly reformed executive committee. At the helm is Club President Richard Mailhoit, with Russ Ackland as Vice President. Balancing our budget is Treasurer Brian Scott, and Ann Gale as Secretary. Members were also informed of the club's new name: **19 Wing Pacific Divers Scuba Club**.

Nov 18 will be our first official general meeting, and if the last one was at all indicative, it should prove to be a good turnout. Pacific Divers to date has 34 members, including a current four member executive committee. On the 18th two new positions are being put to vote; those of the Equipment Manager and Public Relations Executive. Also being voted in will be the recently revamped constitution. The meeting will be held in the Wing Gymnasium's conference room, starting at 1900 hrs, Nov. 18.

At present the club has plans to run one official club trip, falling on the third weekend of every month. Included will be at least one major dive vacation per annum, organized by the club. Monthly trips will be done in the local area, which extends from northern Washington State to the Queen Charlotte Islands, including all of Vancouver Island and its archipelago. The duration for these trips will be either a day or weekend trip. Trips requiring significant travel will be reserved to regular or long weekends accordingly. Day trips will be based on one day's return travel, with enough time for meals, two tank dives, minimum, and respec-

tive intervals. The only restrictions on major trips, as far as cost, duration, and location are concerned, are those set forth by the club and all its members. Trips are also continuously being planned and executed by the members themselves. Since Oct. 18, there hasn't been a weekend yet when someone hasn't gone diving.

Currently there are two major excursions planned for Pacific Divers. The first will be in the spring to Maui, for 10 days, with the second proposed for early June to Monterey Bay, in California. So far there has been a lot of interest expressed by the general body of the club, in both of these trips. They have also met with the approval of those outside the club.

In Oct, our first official monthly club dive went as planned. Four divers met with Russ Ackland, our VP, and did a small excursion off his boat to some islands around Nanaimo. All enjoyed themselves and expressed a desire to return to the dive sites visited. Pacific Divers will be returning to the area for another trip in the near future.

Nov 5 & 6 saw an overnight visit to Victoria by eight members. Arriving at CFB Esquimalt at 2030 hrs left ample time for quarters to be obtained and settled, thanks to some pre-arranging with the local accommodations staff. The night staff were extremely helpful and efficient in seeing to our needs, which left us with enough time for a willing few to try a night dive at Ogden Point. The remainder tried their luck at some sightseeing of the local nightlife. All were up around 0800 and anxious to start diving with more than enthusiastic vigour.

Ogden Point's breakwater proved to be a good opportunity for all to assess their weight requirements and rehone their skills. Considerable aquatic life was encountered at depth, unfor-

tunately the resident octopus and wolf eel eluded observation. At noon it was off to Boston Pizza for lunch, and then to McKenzie Bight for dive #2, #3 for the adventurous night divers of the previous evening.

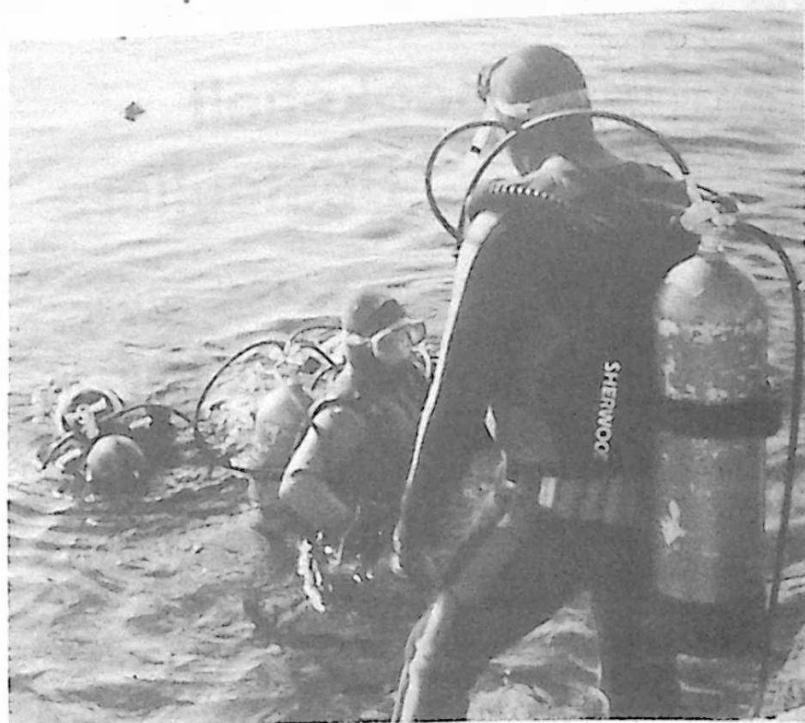
At McKenzie Bight all were more than anxious to enter the water. This was partially due to the 45 minute turned 2-hour scenic tour. It was during this leg of the trip that both Russ and Brian improved their proficiency in making U-turns in a Ford Supercab. See what happens when a pilot is left to navigate?

McKenzie's first dive proved uneventful, yet enjoyable. There were even enough tanks and time remaining for a second dive on the Bight. Both Paul and Rob managed to see the local populous of fish and crabs emerge to feed, during what became a twilight dive. After all were out of the water and changed, it was time to load the gear, head back to Comox and call the trip over.

Once again everything went as planned, with the exception of some missed timings, and all enjoyed the trip. So far we're two for two on the trip success scale.

Jan 2 is not going to be our official dive for the month, but it will be our first of the new calendar year. We are making this one local to Courtenay/Comox, so as to invoke maximum participation. As an added bonus, all gear rentals will be at half price to all members. Details will follow in a future issue of the Totem Times, and in the form of bulletins that will be distributed around the base. Please look for them and come out, as it should prove to be a good time for all.

The next official monthly dive will also be in January, forecast is for the third weekend. Good news to those who expressed a desire to accompany us on the Ogden Point/McKenzie Bight trip, but were unable to attend: January's monthly trip is back to Victoria. The club is returning to



"I lost my contact lens!"



"I said, NGFMMNF!"



"Neck's a bit high."

Ogden Point, but we'll also be diving the CV Church. The latter portion of the trip is a wreck dive on a purposely sunk vessel, that is now an artificial reef and recognized dive site. The "Church" lies upright and level, roughly in ninety feet of water; is easily accessible, and is an exceptional dive for all levels of divers. This trip will be over the course of a complete weekend, where we depart Friday afternoon, and return on Sunday. Mark your calendars and watch for details.

Our new facilities are really starting to take shape. The "Scuba Hut" and equipment room are nearing completion, and the mural is really looking sharp. If you are interested in seeing the progression, or are unsure of our location, we are situated in the Wing Gym across the floor. We also have an outside entrance near

the Wing swimming pool; just look for the signs. Our phone number is 339-8211, local 8588, and hours of operation are Mondays and Thursdays, 1630 - 2000 hrs. Also, look for our new price list elsewhere in this article.

Pacific Divers is contracting basic open-water courses through Divers Den for those wishing to join the sport. Cost is \$199.00, and more information can be obtained through us. Effort is currently being put forth for gear purchases through the club at reduced rates, in conjunction with local dive shops. "Wish lists" are available at the club.

As can be seen, there is a lot going on within the club, from a new name, to a complete restructuring of staff, procedures, and attitudes. It promises to be a fun and professional club for all those interested in the sport of diving.

19 Wing Pacific Divers Scuba Club Rental & Membership Price List

	NGR	GR
Complete set (day) 1 tank.....	\$25.00	\$
Complete set (wkend) 2 tank.....	\$35.00	\$30.00
Complete set (week) 2 tank.....	\$80.00	\$70.00
Club trip complete rental.....		\$60.00
Wet suit, hood, gloves.....	\$10.00	
BCD.....	\$ 7.00	
Reg.....	\$ 8.00	
Tank (full).....	\$ 6.00	
Belt/lead.....	\$ 3.25	Total: \$34.25
Tank returned empty.....		\$ 5.25
Return of unwashed equipment.....		\$ 7.00

Membership

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	Ordinary member.....	\$40.00
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Special rental rates apply for group arranged dives only

All prices include taxes

Any dive with 3 or more members constitutes a group rate dive



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