

**Safe  
Driving  
Week**

.... page 10

**1994 Printing Schedule**

for contributors & advertisers

clip & save

....page 13



# TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 35 NO 21

2 DECEMBER 1993

COST: PRICELESS

Looking back...

## Air Transport Auxiliary Remembered

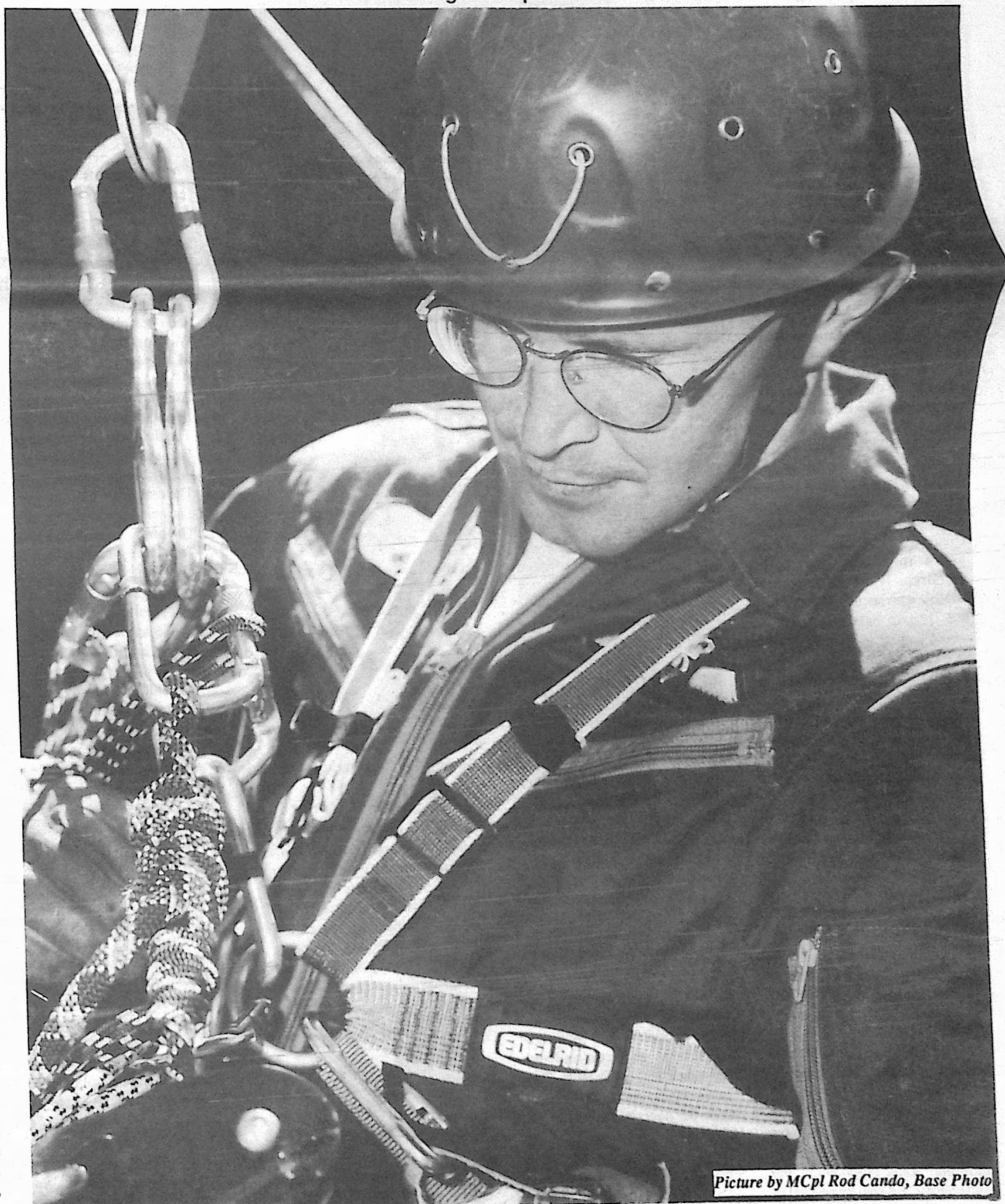
In September 1939 qualified pilots were in short supply with the demand for them growing. In order to free more pilots for military operations, it was decided that a civilian organization could take over the responsibility for flying support roles. Called the Air Transport Auxiliary, or ATA for short, the purpose of the group was to fly aircraft in support roles such as transport of mail, dispatches, medical supplies, and ferrying aircraft from factory to squadron and back. Nick-named the "Ancient and Tattered Aviators," the ATA employed those considered unsuitable for the Air Force. If you were too old, physically disabled, or female, but could fly, then the ATA had a job waiting. Over the course of the war the ATA flew 414,984 hours ferrying 309,984 aircraft of over 994 different types. Of the 1318 pilots employed by the group, 166 of them were women and four of these were Canadian.

The first Canadian women joined the ATA in 1942. Helen Harrison, with over 2600 hours experience and commercial licences from four countries, had attempted to enlist in both the RAF and RCAF but was turned down. Through a meeting with an ATA pilot in Washington in late 1941, she managed to land a position and by April 1942 found herself in England. Most of the ferry flights were routine, but there was always the possibility of unexpected problems since many of the aircraft were being returned to the factory for disposal or repair. Harrison had one such incident when a Lysander she was flying had had the ballast removed from the tail resulting in the aircraft having a severe nose-down attitude. She managed to return to the airfield, but crashed while attempting to land. The Lysander was scheduled to be broken up at a disposal site. However, Harrison noted that she "broke it for them."

The ATA streamlined their training procedure by teaching their pilots only enough to get a plane from one point to another. According to Violet Milstead, who joined the ATA in 1943,

Continued on page 17

Knowing his Ropes



Picture by MCpl Rod Cando, Base Photo

MCpl Nick Boutin, a SAR Tech with 442 Sqn, recently exercised his skills in the mountains around Squamish, B.C. More on page 2.



# On & Off the Base

## They Taught a Monkey to Fly

by MCpl Al Banky

I read somewhere that NASA once taught a monkey to fly! I wonder if it (he/she) was awarded pilot's wings?

Since a broken arm has left me able to do only the most menial of jobs: lifting coffee cups, changing TV channels, firing spit wads at the walls, and avoiding any meaningful work, I've had a chance to think of and investigate some of the little known facts about certain members of the snake clan - 442 Squadron. This information is often referred to as UFI (ask an army guy what it means).

Did you know that Sgt Walt Levesque's face has always been that shade of red? It's true! I saw a picture of Walt back in the days when he was a student Flight Engineer. I always thought it was caused by the stress of flying with those student pilots. I wonder what it's like flying with the CO as your student? Do you think that Capt Martin Turpin realizes that his next annual evaluation score could rest on his debriefings? Turps has this amazing ability: he can make it look like he's not enjoying it when he tears a strip off of his boss.

We were always told that MCpl Norm Boutin was the prettiest face in the SAR Tech section - I have recently learned that Cpl John Leclerc was chosen as one of the stars of an upcoming movie, "The Yellow Dog." I would imagine that if the scene required the removal of a helmet, then Norm would have been selected for the part; Norm still has the prettiest hair in the section.

We've all wondered why the Sqn WO, CWO Jim Livingston, is always smiling. It all came to me the other night while I was watching "One Flew Over the Cuckoo's Nest." Jim spent nine years in NDHQ arranging careers. It's rumoured that anyone who spends long hours in the "puzzle palace" comes out with a demented appreciation for the "real world." Obviously it's beginning to manifest itself on Jim's face.

Getting back to monkeys and aviation, I was recently told that a member of Lab Flight was once an integral part of the transportation industry. I don't know of anything that projects an air of authority better than the grey polyester suit of a bus driver. I can just imagine Capt Ray Grenkow cruising down the majestic blacktop of B.C. There are times when I'm sure I've seen Ray, his lips pursed together, sitting in the front seat the Lab imagining he was back behind the wheel of one of those sleek silver, orange and blue machines.

The CO is a criminal! I saw the photo with my own eyes. I think they got him for impersonating a Buffalo pilot. Many members of the squadron got a call from him a recent Saturday morning, some story about jail and charity. He said he needed to raise a few hundred bucks to



MCpl Norm Boutin is geared up to the holiday season. Merry Christmas from the SAR Techs. (Photo by MCpl Edith Carrier)



Cpl John Leclerc and MCpl Norm Boutin on a climbing exercise in Squamish. (Photo by MCpl Rod Cando)

make bail. I think it was all just a ploy. I think he wanted to arrive late for the start of the Commander's Conference in Winnipeg. It's a sure sign of a Lab pilot: always arriving late so he's noticed!

There's some strange guy wandering around the squadron. We think he's an Army guy impersonating an Air Force guy. Or is it a NCM impersonating an officer? Actually, after investigation, it turns out that it's a Padre impersonating a SAR Tech. Capt Fraser Harvey may soon be training on our new square parachutes. After a vote, (yes, SAR Techs are democratic) we decided that Fraser could jump with us as long as he misses the target, or at least lands further away than the



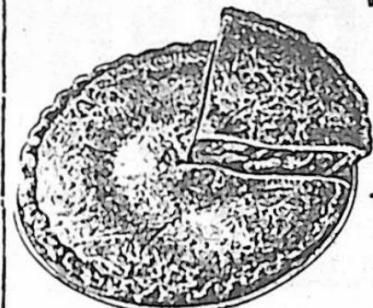
Former truck driver Capt Ray Grenkow

## The Heritage Restaurant

presents

TRADITIONAL  
TOURTIERE  
MEAT PIES  
(Homemade  
at The Heritage)

TAKE OUT ORDERS  
Please phone  
2 days in advance



Collingwood Inn Complex  
(corner of Cliffe Ave. & 17th St.)

•Rafter's Lounge 338-1464  
•Collingwood Inn/Cedar Room 338-9880  
•The Heritage Restaurant 338-9880



## Chaplains Chatter

### The Month Before Christmas by Charlie "the Chaplain" Massey, 19 Wing Chaplain (P)

'Twas the month before Christmas and all through the base  
Each branch and each section, with smiling face  
Was, for Christmas, preparing traditional ways,  
Many parties and dinners that lasted for days.  
All getting excited and hooked on the season,  
And in the great gala forgot the real reason  
For all of the hoopla, the turkey, the stuffing  
That left 'em all moaning and groaning and huffing.  
Great fun it was had by most of the people  
All within sight of the Wing Chapel Steeple.  
The reason we have this long celebration  
The story was one of great tribulation.  
The birth of a babe in a far eastern place  
That changed all the world and the whole human race.  
The Christ child came to forgive us our sins  
And to give us some peace in the noise and the din.  
The promise of God given to us in love  
Through Jesus the blessing of heaven above.  
It's so easy to leave the real meaning behind  
And in all the glitter, not easy to find.  
Sometimes the festivities just go too far  
We get into the booze and then in the car.  
The next thing we know is the chaplain gets called  
To pass on a message that someone's been mauled.  
It's not a great sight for a family to see,  
But it happens too often...and don't say "not me."  
"It just happens to others" we so often say  
Yet once in a while it's our turn to pay.  
We hope it won't happen so let's play it safe  
We don't want your child becoming a waif.  
We pray that when Christmas arrives at your home  
That Santa, his elves, and maybe a gnome,  
Will find you all ship-shape, as happy can be,  
Not forgetting the reason 'twas Mary's baby.  
Merry Christmas to each, from all of us here.  
Leave your work at the office, and have a good cheer.  
Keep yourselves well and healthy, and do not be troubled.  
Keep you sight true and right, and your fun will be doubled.  
It's time to shut up and get this to the press  
You've had a good year, now let's have a rest.  
Now during the holiday, away or at home  
God bless you, take care, and to all a Shalom.

NEXT DEADLINE 13 DEC.  
NOON

# On & Off the Base

## Alcoholism ARC

### "If he does it again, I'll leave!"

by Rhonda Roy

(This is the fifth 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.)

"If he does it again, I'll leave." This was Dianne's motto, and the unofficial motto of every practising alcoholic's spouse. The words echo bleakly through time and generations - empty words from the mouths of tired and resigned family members. "My serenity just went out the window," continues Dianne, "it's like jumping out of a plane, falling and hitting bottom."

This is a bad day for Dianne. Her husband had a dual celebration the previous evening. He decided to celebrate six months of sobriety and Valentine's Day with a few drinks. That old, familiar twisted knot is back in Dianne's stomach. It is a sickening feeling of lost trust and waning hopes. She clings to the hope that her husband is one of the ARC graduates whose relapse into drinking becomes therapeutic, a process by which the last stages of doubt and denial are removed.

The CF's Addiction Rehabilitation Clinic differs from civilian treatment programs in that family members of the addict also receive treatment. These people have often lived silent lives of hell, denying their own needs and repressing their true feelings as they covered up the havoc wreaked in their homes and their lives by the alcoholic.

Dianne gets "goose bumps" when she talks about ARC. Before ARC, she was the kind of wife who was happy when the ship sailed; who was thankful that she and her husband had no children to suffer with them. There were times when he came home that she ran through the house ahead of him, changing all the clocks hours ahead to convince her husband that it was time to stop drinking and go to bed. Sometimes when she put him to bed at night - or maybe in the middle of the day, the thought quickly crossed her mind to place him on his back, thinking maybe he would choke. For Dianne, a soft-spoken woman with a gentle nature, life was insane, ARC offered hope.

She and her husband were having a few beers at a club downtown when he broke the news to her that he was going into ARC's west coast facility for treatment. He wasn't very happy about this turn of events, but to Dianne there was finally "a light at the end of the tunnel" and the possibility for a better life. She believes her husband should have been "volunteered" for ARC a long time ago.

To Dianne and the other patients, ARC became "a safe house" that no one wanted to leave. She was always tired and drained at the end of the hectic days, but she learned a lot about herself and why she was living with an alcoholic. She experienced an indescribably closeness with the other women on the course. She learned to hug. She cried for the first time. She believed that someday she could be able to give her husband a genuine heartfelt kiss, rather than

a kiss to check his breath for alcohol.

During her husband's six months of sobriety, Dianne believed that ARC had changed her life at home. Her marriage was 100 percent better, she said. "I can go out with friends or to a movie, I don't have to be scared to go home." But the optimism was strained with caution as she studied her husband's reaction every time a beer commercial came on television. She worried that he was stockpiling for a future drunk when he returned from every deployment with a duty-free bottle to add to his collection. And he was still tending bar on the ship. But regardless of her concerns, fear, and anxiety, when asked what her and her husband's future plans were after ARC treatment, Dianne summed it up neatly and confidently: "We are going to stay together."

Life is not going as smoothly as Dianne had cautiously hoped. But she is different now. This time when she left work in tears to confirm that her husband was at home drunk, she didn't stay around to yell at him. Instead, she and a friend attended an Al-Anon meeting. Dianne says that she has "learned detachment, to walk out - to put my life in perspective." There were three other women crying at the meeting that night.

Dianne is trying to understand that alcoholism is a disease, trying to quell her bitterness and grief. She knows her husband's career is on the line, that life is always uncertain: "The circle is complete on the roller coaster now," a tired and resigned Dianne says, "but having the group (Al-Anon) is unreal."

CANADIAN FORCES



FORCES CANADIENNES

On behalf of the Service Insurance Board of Directors and all support personnel, thank you for the privilege of allowing us to serve you during 1993.

As we enter our 25<sup>th</sup> year, we are proud of the accomplishments we have achieved together.

Best wishes for peace, happiness and a prosperous and safe holiday season.

Au nom de tous les directeurs du conseil d'administration et de tout le personnel de soutien, merci de nous avoir accordé le privilège de vous avoir servi en 1993.

En ce début de notre 25<sup>ème</sup> année, nous sommes fiers de tout ce que nous avons réalisé en votre compagnie.

Nos meilleurs vœux de paix, de bonheur et de prospérité vous accompagnent. Soyez prudents.

**Smitty's** Comox FAMILY RESTAURANT

**DINNER SPECIALTIES**

- Oyster Florentine \$7.50
- Curried Tiger Prawns \$7.50
- Chicken Polynesian \$10.50
- Liver & Onions \$10.50
- New York Pepper Steak \$10.50

...Includes Soup or Salad and our Special House Dessert!

**KIDS MENU \$2.89**

Employee of the Month  
**MARIE QUINES**  
ACROSS FROM THE COMOX CENTRE MALL!  
339-3911

**HOMELIFE**  
HomeLife / Harbour Realty

"I Want your Listings"

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

Please call Jerry Boucher

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

Gerald (Jerry) Boucher  
Res. 339-4929

## 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.

## Forecast Centre Award



WOPSO LCol Paul Drover presents Cpl Jim Mottram of the Canadian Forecast Centre with his CD. Well done Jim.

**TOBACCO IS A DRUG**  
Protect your children.

**BREAKfree**



# On the Base

## Change at the Totem Times



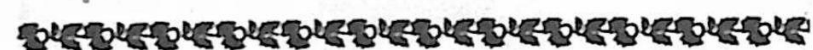
Capt. Bob Sealby



Lt. David Krayden

Capt Bob Sealby recently relinquished the position of Assistant Editor (now known as Editorial Advisor), upon his appointment as Executive Assistant to the Wing Commander. Lt David Krayden, an experienced newsman who doubles as Wing Public Affairs Officer, takes over.

Bob is also well-known as the former Mayor, PMQs. In his time at the Fishwrapper, he helped us with many ideas for improving our operation, and he continues to provide advice with the operation of our computer system. Thank you Bob, and welcome back to the newsworld, David.



### And The Lucky Winner Is...



Wing CWO Pat Sarty, assisted by Cpl Denise Littlewood-Grant, draws for the winner of two stained glass aircraft being raffled to support the 19 ARAF All Ranks Mess Dinner to be held on 25 Feb 94. The winner of this first raffle is Mrs. Bev Merchant of CMTT. If you missed out on the opportunity to purchase tickets on this draw there will be two other draws held. The next will be for a beautiful stained glass Christmas wreath, to be drawn on 17 Dec, and a final draw the night of the Mess Dinner for the Grand Prize of a 21 inch diameter stained glass rendering of a butterfly. These items may be seen in the ARAF Orderly Room, upstairs in the Rec Centre. Stop by to view them and purchase the potential winning ticket, or see an ARAF member in your section.



#### Reason:

- I'm a great driver
- The kids don't like them
- We might get trapped
- The kids like to move around
- We are not going far
- I've never seen what happens to a child who goes through a windshield

#### Local VC

### Thomas Orde Lawder Wilkinson

by Duke Warren

The name Wilkinson appears on the Honour Roll in the Comox Legion, along with 123 other names. These are some of the men from the Comox Valley who lost their lives in WWI and WWII. When the well-known member Frank Henderson carved the names no decorations were shown in connection with any name. But some members, chiefly Comrade George Coutts, felt that the winning of the Victoria Cross should certainly merit recognition.

The Branch President concurred and the Padre made arrangements for the letters VC to be carved after the name Wilkinson. The carving was done by David Blamire, a retired RCAF officer, who is a highly skilled woodworker and carver. Dave did the carving as a courtesy to the Legion, and out of respect to the winner of the Victoria Cross.

Thomas Orde Lawder Wilkinson was born in Bridgnorth,

Salop, (Shropshire) England on 29 June 1894. Educated in England, he moved to Canada and the Comox Valley with his family prior to the First World War. In 1914 he enlisted in the 16th Battalion, Canadian Scottish. After some time overseas he was granted a commission in the 7th Battalion, North Lancashire Regiment.

Lieutenant Wilkinson was killed in action on 5 July 1916, shortly after his 22nd birthday. Thomas Wilkinson has no known grave. His name is inscribed on the Thiepval War Memorial near Albert, France, in the Somme area. The citation, which appeared in the London Gazette on 26 September 1916, reads as follows:

*For most conspicuous bravery. During an attack, when a party of another unit was retiring without their machine gun, Lieutenant Wilkinson rushed forward and, with two of his men, got*

*the gun into action and held up the enemy till they were relieved. Later, when the advance was checked during a bombing attack, he forced his way forward and found four or five men of different units stopped by a solid block of earth, over which the enemy was throwing bombs.*

*With great pluck and promptness he mounted a machine gun on top of the parapet and dispersed the enemy bombers. Subsequently he made two most gallant attempts to bring in a wounded man, but in the second attempt he was shot through the heart just before reaching the man. Throughout the day he set a magnificent example of courage and self-sacrifice.*

Dave Blamire made a special effort to complete the carving of the letters VC to indicate the award of the Victoria Cross in time for the 11 November ceremonies. The members of Branch 160 are grateful to Dave.

# Comment

## 386 Sqn. Cadets

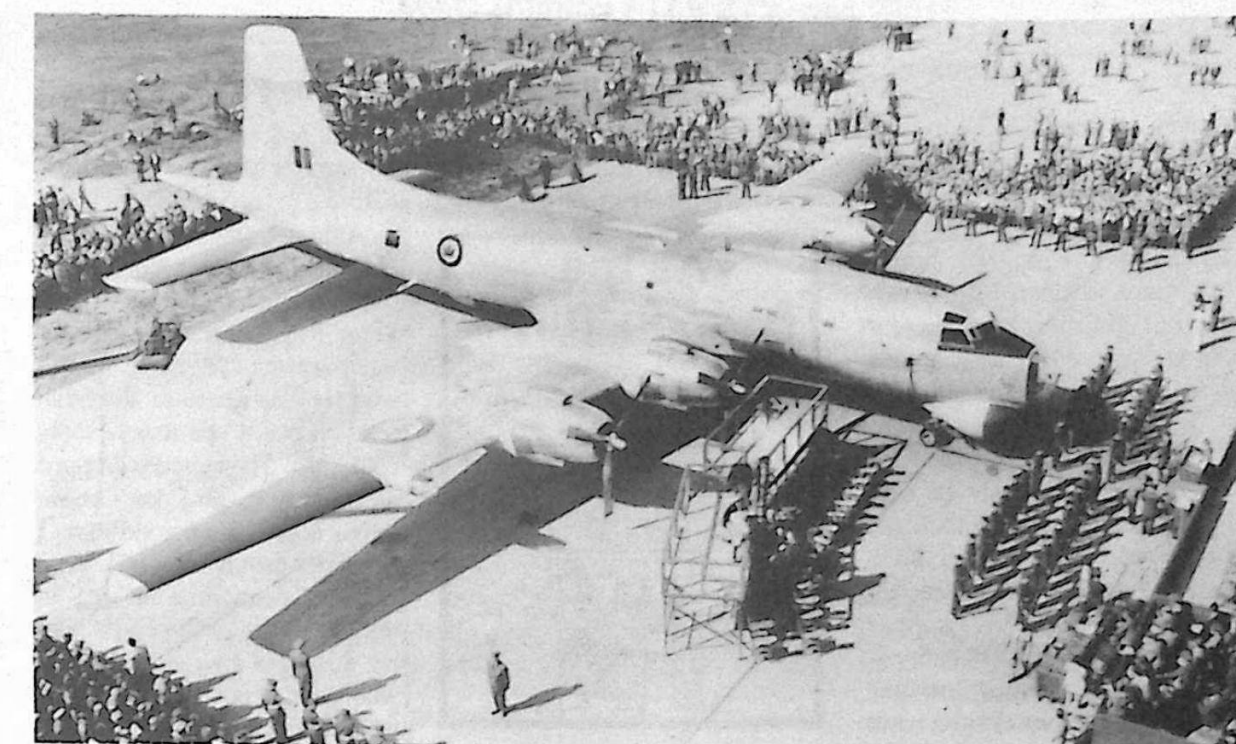
by Bert Linder,  
Chairman  
Sponsor Committee

The cadets of 386 Squadron took part in a Citizenship trip to Victoria on 28 October. Over a period of three days, they visited the Esquimalt dockyard, toured HMCS Saskatchewan, the Legislature Buildings, the BC Museum and Chemainus.

The squadron had a membership of over 93 cadets to date and we have room for more now we have our new buildings completed by 888 RCAF Wing.

The squadron military band is growing and getting better with practice. Practice nights are Thursday evening in Building "C" and any young musicians will be made welcome.

In 1994, 386 Cadet Squadron will be celebrating its 50th Anniversary so all cadets, and ex-cadets, keep this in mind. More information will be forthcoming in the near future.



First Argus rolls out at Canadair - December 1956 in Montreal.

## YC-14 (1)

Dear Editor,

Your latest "trivia" is the Boeing built YC-14 transport. The YC-14 was intended to become a replacement for the C-130 Hercules. However, due to development problems, only two models were constructed and the project was cancelled. One of these aircraft (minus its engines) now resides at the Pima Air Museum in Tucson, Arizona. This museum houses an excellent

collection of over 300 types of aircraft in a desert setting.

What struck me as a most unusual feature of the YC-14 was its almost zero ground clearance. If this type had gone into service, would it have necessitated the use of automotive style pits for inspection and maintenance of its lower fuselage?

Yours sincerely,  
John Novak

## YC-14 (2)

Dear Editor,

Re: Air Force Trivia - 18 Nov  
The aircraft is a Boeing YC-14 located at Pima County Air Museum, across the road from Davis Monthan Air Force Base in Arizona. Its serial number is AF72-01873. Her sister ship, AF72-01874, is located across the road at AMARC storage facility.

The two aircraft were in competition with two Douglas YC-14s for the C-130 replacement program in the seventies but it was cancelled when it was sup-

posed nothing could replace a Herc.

Eventually, one of each is destined for museums at Wright-Patt in Ohio and the Smithsonian in Washington, DC.

I had the rare privilege of seeing the YC-14 fly when it was demonstrated by Douglas to NATO commanders at Heidelberg, West Germany, in 1979 after the Paris Airshow.

Yours in trivia,  
Brian O'Cain

## YC-14 (3)

Dear Sir,

The aircraft shown in Air Force Trivia (18 Nov) is one of two prototype built by Boeing in response to a USAF proposal AMST (Advanced Medium Short Takeoff and Landing Transport) of 1972.

The two Boeing aircraft were designated YC-14s - this is the aircraft shown. In addition, Douglas built two other prototypes to meet the proposal - these machines were designated YC-15s. They had four engines.

The idea behind the AMST

was to produce an aircraft to replace the C-130 which, at that time, had first been flown 18 years before! The fact that only these four aircraft were built while the C-130 is still in production should send some sort of a message.

From the background in the photo it is most probable that the photo was taken at the Pima Air Museum located on the outskirts of Tucson.

Yours sincerely,  
H.G. Maxwell

## Argus Restoration

Paint stripping of Argus 712 will be in full swing in December in preparation for corrosion checks and fuselage sealing. The Grand Old Duchess will look very similar to her original condition in the late 50s. It is expected to take about two weeks of work (weather permitting) to remove all the layers of paint.

The Argus has had many different paint schemes over the years, including a double light-

ning rod in the sixties. The version we will apply next spring will match that of the latter years however, so 712 will resemble the Argus depicted in John Rutherford's "Roll Out for the Record" painting.

Sales from these prints have been steady. Framing, at special prices, is in full swing, and five have recently been picked up. It's not too late to order yours for pre-Christmas delivery. These

Rutherford prints are available from the Air Force Museum at CFB Comox (or through Karl Smith at 339-7950 if you wish to get it framed). Articles (and advertisements) have been sent across Canada to boost sales through mail orders.

Plans are on the drawing board for an Argus reunion next May, coinciding with the 20th anniversary of the record flight of 711.

## United Way Thanks

Dear Sir,

The Comox District United Way is fortunate to have representation from CFB Comox, serving a one year term on our campaign. We look forward to each new face, knowing he/she will contribute in a positive way toward a successful campaign.

This has been exemplified by Lt. Liz Ritchie. Liz's contribution to the 1993 campaign did not rest with fund raising. Liz was on call for every event we sponsored,

helping at every turn, whether it was setting up, cleaning up, cooking for a potluck dinner, attending board meetings, hours proofing by-laws and constitution, or programming a computer at the televised kick-off.

All of this was accomplished with a cheery smile and dedication, both vital to any successful campaign. Lt. Ritchie exhibited excellent leadership qualities that have left an imprint on the 1993

campaign. While we are sad to see Liz leave, we look forward to working with her replacement, Capt. Norm Potvin.

We wish Lt. Ritchie every success in her future with the Armed Forces. She has proven to be a sound link between our community and CFB Comox. On behalf of the CDUW, please accept our appreciation.

Sincerely,  
Steve Butcher

## NEXT DEADLINE 13 DEC. - NOON

### Air Force Trivia



Sure its a.....but whose?

#### Trivia Answer

One reader opted for an Antonov, three for the Boeing. Boeing won.

# TOTEM TIMES

EDITOR - BUSINESS MANAGER.....Norm Blondel  
EDITORIAL ADVISOR.....Lt. David 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  
Address correspondence to: Subscription rate \$20.00\* per year. The Editor, CFB Comox, \$40.00 per year outside Canada. Lazo, BC, VOR 2K0 \* Plus GST

The TOTEM TIMES is an unofficial publication of 19 Wing CFB Comox, B.C. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item.

Published every second Thursday, with permission of the Wing Commander, 19 Wing CFB Comox, B.C. Publications Mail Registration No.4098.

NEXT DEADLINE 13 DEC.

## Wallace Garden Community Council

presents  
its Annual Xmas Bazaar  
Airport School  
4 Dec. 93  
9 am - 3 pm





# Section News

## Mini-Grey Cup Time

Just as you got used to the noise, the F18s have returned home to "Cool Pool." Don't fret though, they're coming back again soon to bask in our beautiful Comox weather. They always seem to add some excitement to our and Vancouver's operations, whether we want it or not.

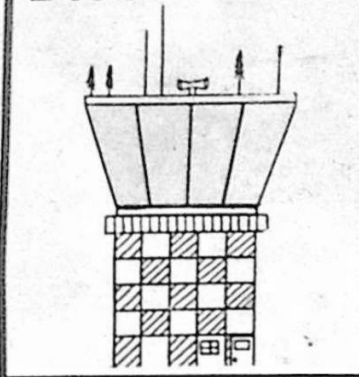
We recently had two more controllers qualify in Radar. The latest "007" controllers are Capt Dan Cenicola in Terminal and Cpl Scot Middleton in PAR. Congratulations! Now the real fun begins.

Recently we held a section car rally and, after much speeding around the countryside, (not literally - okay, maybe a little bit) the winners were Dave "Ayrton Senna" Masnyk and Rod "Alain Prost" Sjolie. I guess they're just better speeders than the rest of us.

A couple of weeks ago a few of us went to Vancouver to participate in the ATC Hockey Tournament. We played on a team with a bunch of guys from Vancouver ACC. After some hotly contested games we finished

fourth out of four... teen teams, yeah, that's the ticket. Needless to say, a great time was had by all.

### As the Beacon Turns



My first time down Granville Street and it was quite an experience. I've been offered many things while walking down city streets but no one has ever asked if I wanted to buy a coffee maker, and I was assured it worked. Go figure.

We put on our own Mini-Grey-Cup game this year and, like the real game, the West kicked b\*tt. I think we also ended up just as

by Cpl S. Middleton

bruised and battered as the pros. The Moose Milk afterwards sure helped us to recuperate.

Although we went though a cold spell (for here), it's all relative. One of our controllers, Capt Serge Roy, is presently in Winnipeg on the ICP course. I can't wait for him to return and I can tell him that it was unbelievably cold here. The mercury dropped all the way to, oh I don't know, minus eight. It's a good thing I run faster than him.

After mentioning the ILS in my last article, who should hunt me down but an irate technician who didn't appreciate my comments about the status of his ILS. It seems it will be ready now around the end of December. What's a couple of months between co-workers, smile John.

I just heard the latest in politically correct names. If you don't know the difference between a bit or a byte in IBM you're not "computer illiterate" any more, you are now "electronically challenged."

On that note, see you next article. You're cleared for take-off.

### United Services Institute

V/Adm (ret) Charles Thomas will speak on "Canada's Defence Dilemma" at the January 28 United Services Institute luncheon meeting, to be held in the Officers' Mess at Nanaimo Military Camp, 901 Fifth Street.

"Chuck" Thomas was born in Kelowna and now resides in Victoria with his wife Maxine, after a career that began in 1954 as an engineering cadet at HMCS Venture. His first sea duty was aboard HMCS Margaree and his last appointment was as Vice Chief of the Defence Staff at NDHQ. Since retiring in 1991, Chuck has been active in the RUS Institute of Vancouver Island, and at the recent annual meeting of the Federation of Military & United Services of Canada was elected Vice Chairman. FMUSIC is made up of 27 member USIs from coast to coast, with Nanaimo-North Island USI one of three new units expecting to receive their charters early in the new year.

The RUSIVI office in Victoria encourages officers who live up-island to participate in Nanaimo meetings. President, LCol Laurie Johnson hopes that distant members will find it convenient to attend the mid-island meetings and contribute to the pool of knowledge that is helping to define needs and formulate proposals to be considered in the development of an adequate defence policy.

The January 28 meeting will commence with a Meet & Greet at 11:30 hrs. Non-member officers, spouses and/or guests are welcome but, as space is severely limited, do make reservations early by sending your cheque to: Capt Ted Ethier, 5097 Laguna Way, Nanaimo, V9T 5L6. Cost \$6.00 per lunch. For more info contact Ted at 758-8640

## Coming Soon To A Location Near You "The Christmas Toy Drive"

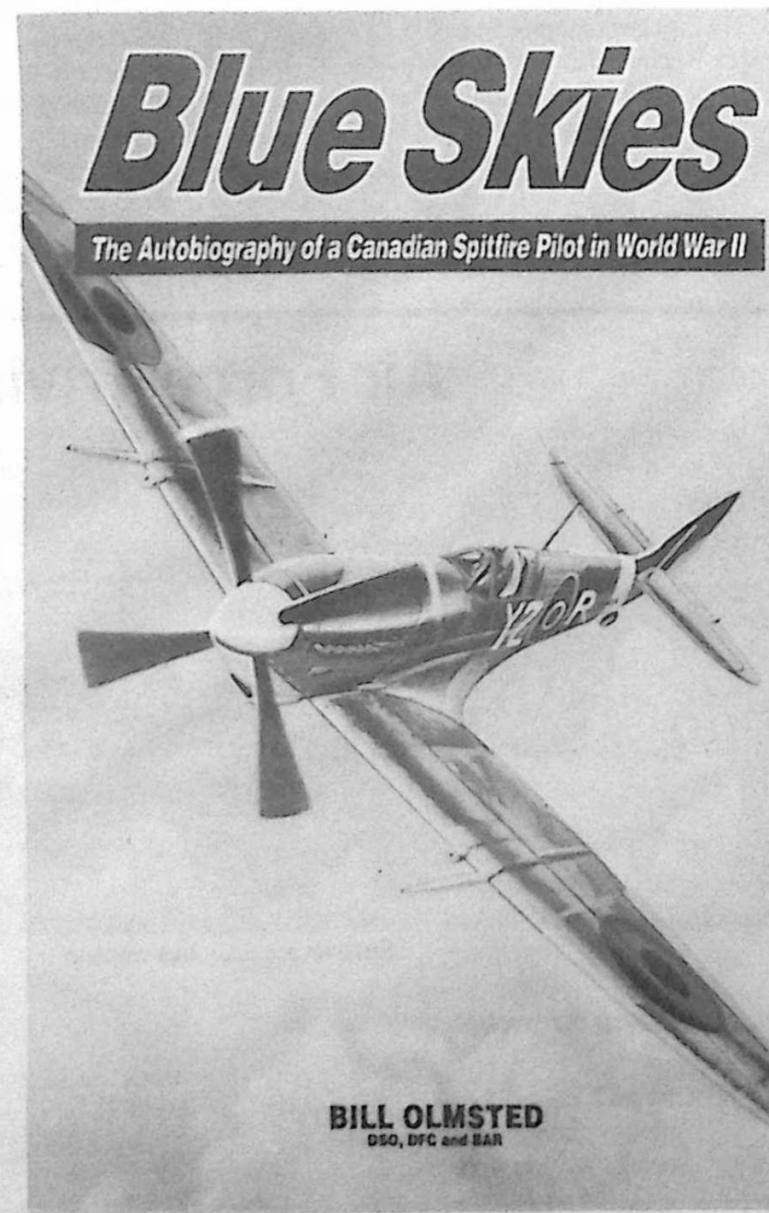


"Two Thumbs Up"  
Saskill & Eggbert  
A Must See  
B. Generous  
The Totem Times



\$6.95 at the Airforce Museum

### A Perfect Christmas Gift



## Hockey Start



The 1994 Inter-Section hockey season officially opened on November 6 with 12 teams at all levels of the competition. In the opening face-off are LCol King (WComd's representative) dropping the puck. Facing off are Capt George Roth (R), 407 Demons, and Sgt Tim Gale (L), 407 Devils. The referee is former Totem Times editor Gord Kruger.

## 19 AMS Awards



Maj Roos, CO 19 AMS, awarded Cpl Mailhot with his CD and Cpl Delong with his promotion. Congratulations to both from all at 19 AMS.



## YOU DESERVE A SECURE FUTURE!

BRAIDWOOD FINANCIAL

"Let me help you achieve that goal"

BRAIDWOOD CENTRE

204 - ISLAND HWY. NORTH  
COURTENAY, B.C. V9N 3P1  
PHONE: 338-2715



DAVID H. NICHOL



Neighbourhood Pub  
and Cold Beer & Wine Store

Book your  
Christmas Party now  
Groups & large parties welcome!  
(Reservations recommended)

649 Anderton, Comox 339-5400

## 19 AMS

## Armt. Sections Compete

by Sgt Reg Chauvin  
12 AMS, Arm't Sec.

The 19 AMS armament section yielded strong competitors in the Maritime Air Group (MAG) torpedo load competition held at Shearwater, October 18 to 20. Members of the 19 AMS team included Air Weapons Systems technicians Sgt Jim Cole, MCpl Al Tilley, MCpl Rod Spurr, Cpl Whitey LeBlanc and Cpl Terry Restoule, led by their coach MWQ Tom Nurse.

12 Wing hosted the 19 AMS team, as well as teams from Shearwater and Greenwood who put on a fascinating display of skill and determination. All teams were pumped and the judges had a difficult time declaring a winner. However, after three days of stiff competition, Shearwater's contingent were named MAG's "Top Guns."

The Maritime Air Group load competition has been an annual event since October 1991. Participating units include helicopter and maritime patrol load-crews from Greenwood, Shearwater, Comox and Pat Bay. Each year a different unit is responsible for hosting this event.

The load competition has been a much anticipated and welcome event for air weapons system techs. Not only is it a time to meet new friends and re-acquaint with old, but it is also a battle of skill, determination and team spirit. To be selected as a candidate to compete is a much sought after position and choosing team members is a difficult task.

Load crews are nominated on merit, pride, skill and a strong sense of team spirit. The desire to win and to endure the strenuous training are key elements in

producing a winning team. The competition promotes technical excellence, fosters morale and raises the visibility of the Air Weapons Systems trade. The schedule of events includes two static loads per crew, the installation of air-launch accessories, a 50-question examination and tool-kit inspection. The weapons involved in loading consist of two MK46 inert torpedoes configured for loading in their respective aircraft. Aircraft types are the CP140 Aurora and the CH124 Sea King helicopter. Points are awarded or deleted for each event.

Judges are selected from the load standards sections of participating units and staff members from MAG Headquarters. Each unit participating is authorized a four-person load crew and an alternate member as a spare.

Considerable effort is put forth by each load team. Prior to the competition, each load crew spends weeks in extensive training, usually assisted by a coach from load standards. These coaches are responsible for polishing up their respective teams in hopes of producing winners. Weapons loading is videotaped and the teams have the opportunity to review their performance and improve load after load. All of the crews striving to capture the trophy and hold the prestigious title of "Top Guns."

Congratulations to all participants. We at the 12 AMS Armament Section hope that this competition will continue to be a well-represented display of the pride, professionalism and esprit de corps of the armament trade.

## 19 Wing Torpedo Load Team



The 19 Wing torpedo load team from Comox loads up a CP140 Aurora during the MAG load competition held at 12 Wing, Shearwater, in October. (Photo by Cpl Woody Marcoux)

AHHH! Fall is upon us once more and with that comes the unmistakable smell of burning brain matter. Yes, the DIAC training year is back in full swing. With the FTAS 2 course completed, and the UYK-7 course well under way, things continue to run smoothly in the training world. The FTAS 2 course participants were MCpl Chase, Cpl Neville and Pte Clarke from Greenwood, and MCpl Roy and Cpl Gogan from Comox. All students graduated successfully.

This fall has seen a few changes to our section, the main one being the permanent staffing of the DIAC Training section. MCpls Middleton and Trimm and Cpl Tremblett are the three full time instructors tasked with teaching most of DIAC's training courses.

The ever-busy Sgt Andy De Vries continued to be swamped with work (mess dinners, course admin., jam trips to Halifax) and didn't seem affected at all by the sporadic growth on his face. It's

# Section News

## DIAC Training FTAS 2 Course 9301



Back row: MCpl Chase, Cpl Neville, MCpl Trimm, MCpl Middleton, MCpl Roy, Pte Clark, Cpl Gogan.

Front row: Sgt De Vries, Maj Roos (CO 19 AMS), Capt Ashcroft (DSO), Sgt McKee.

## DIAC Training UYK-7 9301



Back row: Pte Worthman, MCpl Arsenaault, Cpl Dean, Cpl Tremblett, MCpl Hamel.

Front row: MCpl Trimm, Sgt De Vries, Sgt McKee, MCpl Middleton.

## DIAC Maintenance Training

gone now, but not forgotten. Our newest member, Sgt Baxter McKee, who joins us from Europe, seems to be settling in nicely to his new standards job.

Up in maintenance Sgt Dave Mofford continued to astound and amaze all with his array of electronic widgets and gadgets. (I'm sure I heard a few OHHHs and AHHHs from Rod and Art). His latest project, a binary clock, is truly an electronic wonder despite the fact that telling time on it requires complete darkness, a set of high-powered bifocals and a thorough understanding of the octal numbering system. We said "goodbye" to MCpl Roy who has been posted all the way up to AMCRO to work on the VAX computer system. (Do they have windows up there Fern?) Good luck in the new job.

With hockey season under way and the NHL's referee strike in progress, rumours have it that MCpl Cobham has his car loaded, ferry ticket purchased, and whistle ready...just in case they need him in Vancouver.

On the entertainment front,

MCpl Middleton has graciously conceded to hold our second annual Grey Cup party. Sitting in front of his big screen TV should give us that "just like being there" feeling. Still I can't help but shed a small tear for the fact that the homemade chili with smarties will be missing from the menu this year.

And finally, our fearless leader Capt Mike Ashcroft has left for staff school, leaving WO Graham Vokey with the key to his office (at least now we know where he is). Good luck in Toronto sir, and give the Leafs a cheer for us. Till next time....

It's that time of year again for news from the secluded shop behind Nav Com labs, namely RTT Labs. Our main role is to maintain all cryptographic and teletype equipment for the Aurora aircraft and also for the T-33 aircraft from 414 Sqn. There are also several offices that require secure comms.

As for the rest of the news, we now have a new Task Master for the shop. Sgt Mike Jeffery replaced Sgt Al Doole this past

summer. Al and his family are now residing in Kingston, Ont. We would like to welcome Mike and his wife Belinda, who have come out here all the way from Ottawa. Mike has also taken on the task as director of our local SPCA.

MCpl Willie Oliver, our 21/C of the shop, is still keeping busy even though the golf season has come to an end. He is the secretary of Glacier Greens Golf Club, and he also plays for our 19 AMS hockey team.

As for the labourers (the backbone of the shop), we have Cpl Paul Rioux and Cpl-Pete Francey. Paul has just recently returned from a four week holiday in Kingston, Ont. Paul also volunteers his services at the base Auto Club. As for Pete, he is keeping busy attempting to improve on his computer skills.

Well, that's all the latest news from the "Shop Behind the Shop" for this year. At this time, we at RTT Lab would like to wish everyone out there a Safe and Happy Holiday.



# Section News

19 WPAO

## 442 Makes a Dream Come True

by Lt David Krayden

Curtis Toijonen is 13 years old. Like a lot of boys his age, he loves airplanes and helicopters. Unlike a lot of boys his age, he has musical dyslexia.

It has put him in a wheelchair but it hasn't taken the smile off his face. Curtis has plenty to smile about, especially as he gazes at the bright yellow helicopter in the distance.

The sunshine is brilliant on this November morning at 19 Wing. Pilot, co-pilot, flight engineer and SAR tech all proceed toward that yellow machine and prepare for action. Today, 442 Transport and Rescue Squadron will make a dream come true for Curtis.

Curtis is placed inside a Labrador helicopter by a SAR tech and given the left seat on the aircraft, directly behind the cockpit. He listens very carefully to the safety briefing and waits for

the helicopter blades to begin moving. Then the bird begins to rock and lifts off the ground.



Soon Curtis is flying over the Comox Valley and is able to see his home in Cumberland from a very different perspective.

Curtis is airborne for about an hour as the chopper drifts over the Comox Glacier in weather that

could only be described as perfect - not a cloud in the sky.

"This is really fun," says Curtis. He is busy searching the skies, as the helicopter's crew point out landmarks below and talk to the boy on headsets.

Curtis was joined by his father Paul, brother Chris and grandparents Bill and Doylean.

The trip was made possible not only through the active participation of 442 Squadron but the coordination of the *Help Fill a Dream Foundation*, which, as the name implies, seeks ways that children like Curtis can fulfill some of their wishes.

As Capt Doug Roddick, the Labrador's pilot, said after the flight, "On a day like this we are all made so aware of our service to the Canadian public, and the ability we have with these resources on hand to make somebody's dream happen."



Preparing for flight: Star passenger Curtis Toijonen observes SAR Tech Cpl Dale Robillard.

## 442 visits the Aleutians

by Lt Mackay

In the month of October, a historic flight was made by a 442 Sqn Buffalo. On the 22nd, Buffalo 451 and its crew set out on its annual Northern Trainer. As a part of ATG, Sqn members are required to remain proficient at flying throughout North America and, as such, an N Trainer is carried out to familiarize the crew with the necessary planning and procedures needed, as well as the geography and weather encountered during Northern Ops.

This year's trip was planned to correspond closely with the 50th anniversary of 14(F) Sqn's departure from Umnak Island, located in the Aleutians. On 22 and 23 Oct the Buffalo and its crew travelled the 2500 miles to Umnak Island via Sitka, Kodiak and Dutch Harbour. This same distance was covered just over 50 years prior by the 15 Kittyhawks and one Canso of 14(F) Sqn in a matter of 35 days.

14(F) Sqn was the predecessor to 442 Sqn, established on 1 Jan 1942 and stationed at Seal Island, B.C., the present location of Vancouver International.

After Japan's attack on Pearl Harbour, 7 Dec 1941, the defence of North America's Pacific coastline became all the more important. On 5 Jan 1943, 14(F) was briefed on its imminent deployment to Umnak Island, Alaska. This mission, to defend against the Japanese, who by this time had occupied Attu and Kiska, the two outermost islands in the Aleutian Chain.

Their deployment lasted approximately six months, during which hundreds of sorties were flown. After the retreat of the Japanese, the Sqn was stood down and redeployed to Sea Island on 6 Sept 1943. Following Christmas leave that year, the Sqn members were shipped overseas where 14(F) Sqn was equipped

with Supermarine Spitfire Vs and renumbered 442 (Fighter) Sqn. The crew enjoyed beautiful weather over the Aleutians, offering numerous views of both active and inactive volcanoes, as well as a clear look at the uninhabited remains of the base at Umnak Island. The desolation and isolation made it easy to picture our predecessors from another era, at war a short 50 years before.



Crew Members at Dutch Harbour



L-R: Cpl Ferland, Lt Siemens, Cpl Maillee, Lt Cooper, Capt Sippola, MCpl Smith, Capt Favre, Lt Mackay, MCpl Gough.



Curtis Toijonen and SAR Tech Cpl Dale Robillard watch the scenery. (Photo credit: MCpl Edith Cuerrier, 19 Wing Photo)

Buffalo Team



A happy group of Buffalo students and instructors, CO 442, LCol Rick Hardy in centre.

# Section News

MSE Safety

## National Safe Driving Week 1 - 7 Dec 1993

In keeping with the intent of the National Safe Driving Week, MSE Safety, in conjunction with Wing Electrical and Mechanical Engineers (WEME), 19 Wing Comox Canex, and Motor Vehicle Branch, will be holding numerous events.

On 1 and 2 Dec, from 1830 to 2130 hrs there will be a dependants' Defensive Driving Course held at MSE Safety.

On 3 Dec from 0800 to 1700 hrs, a representative from the Motor Vehicle Branch will be at the Canex to answer any questions concerning the regulations applicable to this province. WEME will be holding a free headlight alignment and the Canex has a special on windshield wiper fluid at the Gas Bar from 1 - 7 Dec.

This year's slogan for National Safe Driving Week is "The Hidden Faces of Impaired Driving."

### The Quietest Room in Town

They are ready for you!  
They expect you!!  
You'll never know, so I'll give you a few details before the drunk starts.

The beginning (for you) will be when you stagger happily to your car.

The beginning (for them) will be when the police radio announces where you piled up your car.

You won't hear the sirens coming. The ambulance and police car will arrive together. They will check you over and pronounce you dead. A few curious people will stop and gaze at your torn, dirty remains. Some of them will get sick.

The ambulance driver will roll a leather-covered stretcher to your side. The attendant will stuff your hands under your belt and they will place you on the stretcher and cover you with a sheet.

They will drive you to the Coroner's office, and there a Deputy Coroner will wheel you to the big scale. He will remove the sheet. You will be weighed and measured. He will make note of any scars or other marks. Then, he will cover you again and take you to a small room, with walls of white tile.

They have hoses in the room - to give you a bath - traffic victims are always bloody. They will clean you up an embalm you. You couldn't get better care at a mortuary.

Next, you will be moved to a long hall with many stretchers lined against its pale green walls. There are 41 crypts. If things are dull, you will have a stretcher and a crypt - all to yourself. BUT, if it's like the Christmas holiday, you may have company. They will leave you here, in the quietest room in town.

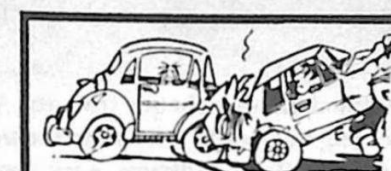
In an hour or so they will come back and move you again. This time, they will take away the white sheet and cover you with a blanket. You will be placed be-

hind a large glass window as someone has to identify you....  
Yes.....they are waiting for you:

the police,  
the ambulance,  
the coroners, at the morgue,  
the morticians.

They are expecting you.  
Remember that - tonight - when you toss down that last drink, and climb behind the steering wheel.

**Don't Let This Happen To You As Someone Else Is Waiting Too "Your Family"**



### MSE Safety



### FIRST CALL



### LAST CALL



### Drinking and Driving

Here are some facts which can explode some of the myths and misconceptions about alcohol.

The drinking and driving problem is one of the major factors contributing to motor vehicle accidents in Canada. This fact is borne out by many studies of fatal accidents. Special studies have shown that as many as half of the drivers involved in fatal accidents had been drinking. A special holiday study by the National Safety Council showed that 55 percent of a Christmas season's fatal traffic accidents involved a drinking driver.

### Who is the culprit?

The drinking driver is too often misleadingly referred to as a "drunken driver." The term is misleading because a driver does not have to be obviously drunk to be under the influence of alcohol. There are drinkers who have mastered the technique of being able to walk straight, talk intelligently and coherently, and

give every appearance of sobriety while they are in an intoxicated condition. These people are not called "drunken drivers" because they do not exhibit the stereotypical behaviour of the drunk - the staggering gait, the slurred and unintelligible speech, etc.

Nevertheless, these are the people who cause most of the trouble.

The social drinker, not the drunk, is the biggest problem on our streets and highways. Remember, the social drinkers vastly outnumber the actual drunks.

Although the social drinker shows little or no sign of being under the influence, his driving ability is definitely impaired because everyone loses some clearness of mind and self-control when small amounts of alcohol are taken.

Most people have the misguided idea that a few drinks will not affect their driving ability. This is a mistake. Drinkers themselves are never the best ones to judge their own ability after a few drinks. The scientific fact is that the critical judgement of a driver and his ability to react quickly in emergencies are seriously impaired after only a few drinks.

It is true that even a very intoxicated person can perform the mechanical functions of driving. He can start the car, get it going and steer it (all badly), but the important point is that he doesn't have the judgement and the reflexes to do these things safely. This is true after even a few drinks.

### Don't Fool Yourself!

Some people have the mistaken notion that a drink gives a lift or stimulates the drinker, thus making him, or her, a better driver. Alcohol does not stimulate, it depresses. It depresses the central nervous system and removes inhibitions and social restraints. This is the so-called "lift" which gives the impression of stimulation.

Contrary to popular belief, coffee or other stimulants will not overcome the effects of alcohol; only time and body processes will accomplish this end.

A full stomach tends to slow the rate at which alcohol is absorbed into the blood stream, but it doesn't keep the alcohol from reaching the brain. It only delays it.

### Enter the Villain

When alcohol enters the stomach in the form of a beverage, it is absorbed through the walls of the stomach and the small intestine into the blood stream. The blood carries the alcohol to all parts of the body which contain water, including the brain.

In the brain, alcohol first depresses the area of higher functions, which includes judgement, social restraints, etc. Next, it at-

tacks the simple motor functions, reaction time and vision. Balance, coordination and sensory perception are the next facul-

ties to be impaired. Concentrated drinking will eventually lead to stupor, coma and even, if continued steadily, death.

### Free Headlight Alignment

In support of Safe Driving Week, the WEME Maintenance Flight, from 1 - 3 Dec and 6 - 7 Dec, is offering free headlight alignments to POMVs owned by military and DND civilian employees of 19 Wing Comox. Alignments will be performed (approx. 15 minutes per vehicle) in the north-west corner of building #101, between 0800 and 1500 hrs, on a first come first served basis.

The following information is required by the WEME technicians in order to expedite a headlight alignment per vehicle:

- make of vehicle.....
- model #.....
- year of manufacture.....and,
- recommended tire pressure:
  - front.....lbs or kps, and
  - rear.....lbs or kps.

POMV owners are required to sign a waiver of liability at building #101, prior to any tests and adjustments being carried out to their vehicle headlights.

### 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.

### SAFE DRIVING WEEK 1 - 7 DEC 93

#### 19 WING COMOX CANEX

#### GAS BAR

#### SHELL WINDSHIELD WASHER

4L REG \$1.99 SALE \$1.47

### GLACIER GREENS SOCIAL CENTRE

On the Golf Course  
Open daily 8 am - 6 pm  
All ranks welcome

Drop in for breakfast, lunch or after work. We have a snack bar & bar for your convenience.

Call ahead and pre-order for lunch, so it is ready when you arrive.

Banquet room available for your Christmas parties

For more information call Angela at

Local 8163





# Feature

## 19 Wing Raises \$27,090.81 for UW

by Lt E.A. Ritchie,  
1993 United Way  
Chairman

The 1993 19 Wing United Way Campaign was officially over on 31 Oct 93. The final results are in and the Wing raised \$27,090.81 which will be used to support the 27 local agencies in the Comox Valley supported by the United Way. Although we did not attain our goal of \$28,000 everyone put forth a good effort in supporting our community. All of the agencies greatly appreciate the support that the Wing gives them in the annual campaign.

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

The vice chairman, Capt Norm Potvin, and the section representatives deserve a great amount of credit for doing an outstanding job of canvassing for the funds in this campaign. They were a group of enthusiastic and conscientious individuals who donated their time and energy for

this very worthwhile cause. I would like to thank them for their assistance and support in this year's campaign.

Special recognition should go to the Base Auto Hobby Club who, on their own initiative, sponsored a Road Rally with all proceeds going to the United Way. The support shown by the club was very much appreciated by the United Way Comox Valley Board of Directors.

Recognition should also go to the editor and staff of the Totem Times. Each year they support the campaign by publishing these and other articles, as well as running advertisements for the various events taking place during the campaign.

Most importantly you, the members of 19 Wing, should be proud of the support you have given to the United Way and its agencies here in the valley. Through your support the quality of life for numerous residents in our community has been improved.

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

### The Final Tally

	GOAL	RAISED	DONORS
407 SQN	7,200	6,958	98
442 SQN	3,800	2,890	36
414 SQN	2,500	3,066	42
WADMIN/WCOMPT	3,000	2,921	54
WLOGO	4,500	3,811	82
WOPSO/740 DET/AFIS/ABATS	5,000	5,069	77
19 AMS/409 SQN	2,000	1,912	39
AUTO CLUB	-	464	-
WING TOTAL	\$28,000	\$27,091	428

### Glacier Greens

### Winter Golf Results

by Rose McCliesh

Sun 21 Nov 93  
1st L.G.: Bob Marshall, Bob Frenette, Rex, Joyce Merrill.  
1st L.N.: Nick Stolarchuk, John Holley, Don Linekar, Judy Fellbaum.  
2nd L.G.: John Webber, Ron Carter, Pat Verchere, Lori Cameron.  
2nd L.N.: Rob Eagan, Rick Verbeek, Mary Kelly, Ann Johnston.  
Sun 28 Nov 93  
1st L.G.: Bing Shearer, Bob Frenette, Moe Morrison, Rosalie Lloyd.  
1st L.N.: Dave Lloyd, John Webber, Dwane Shearer, Irene Marshall, Rick Verbeek.  
2nd L.N.: Duke Dutrisac,

Chuck Perry, Shirley Shearer, Joyce Merrill.  
K.P. was won by the Duke Dutrisac team.  
Please Note: Turkey Shoot (members only) will be held 12 Dec. 9:00 am sign up for 9:30 start. \$5.00 entry fee.

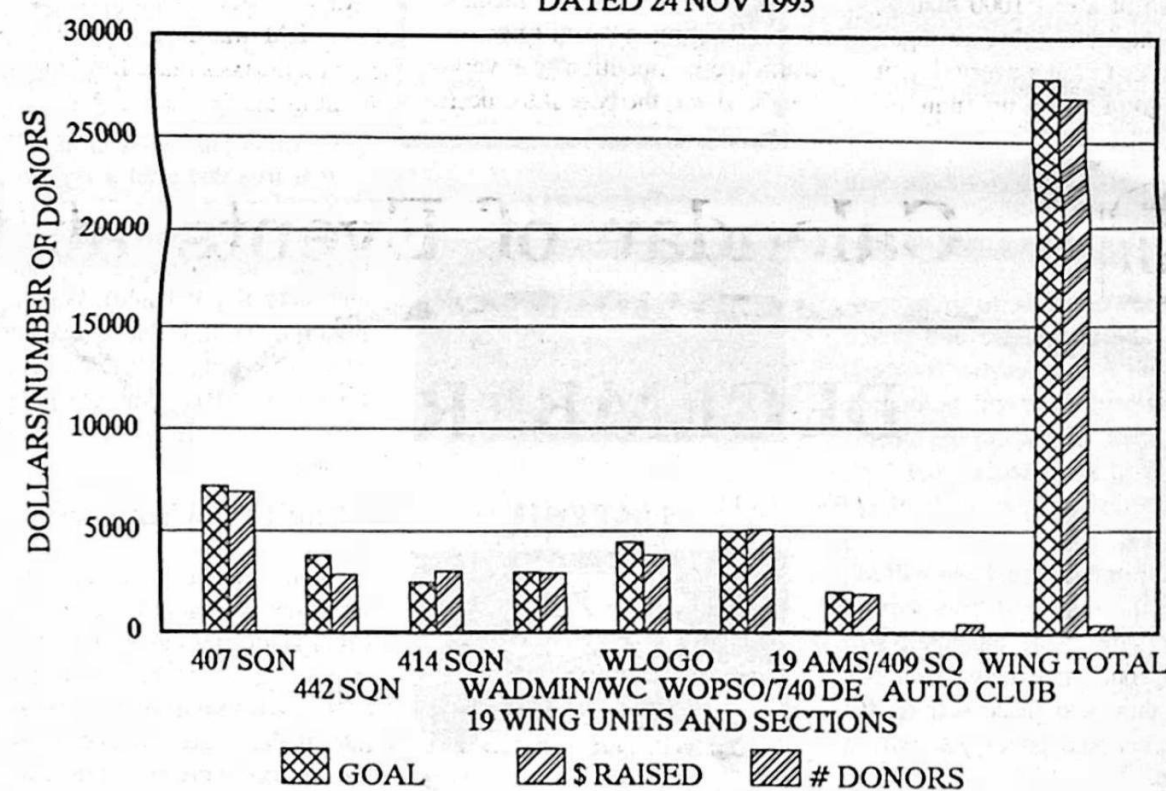
GGGC Ladies Annual Christmas Luncheon will be held on Tues 14 Dec at 1:00 pm at The Leeward Inn. Each member may bring a gift suitable for a boy or girl (age and sex may be indicated on outside of package). These gifts will be delivered to the Salvation Army for distribution.

### Auto Hobby Club supports UW



1994 19 Wing UW Chairman Capt Pilon hands a cheque from the Auto Hobby Club to the WComd., Col T.B. Rogers. Auto Club supporting businesses were represented by L-R: Pete Bracci, Big-O Tires; Steve Flawith, Mazda Motors; and Brian Williams, Kirk Auto Parts. R: Auto Club rep Cpl Rob Dumelie.

### 19 WING 1993 UNITED WAY FINAL REPORT DATED 24 NOV 1993



### Pagans Pip Powell River

12-10 win for Base rugby team

by Lt Mackay

On Sun 21 Nov, the Pagans took on the leaders of the North Island Rugby League. Powell River arrived in town Sunday morning expecting to walk over the struggling CFB Comox Rugby Club. Fortunately for the base team, most of their players were present for the first time in over a month, able to field a strong 15 and hungry for their second win of the season.

As the newest team in the league, the Pagans were expected to have a rough go of it their first season out. With many inexperienced players on the team there has been much room for development since the beginning of the season. Over the past two

months much improvement has been seen, both as a team and in individual skills. From the opening kick-off, it was clear the Pagans were playing to win, dominating the physical play from the outset.

The Pagans struck first, scoring near the touch line, followed shortly with a brilliant conversion by Brook Willis. Strong tackling was the keynote of Pagans' play while the pack, led by the front row of Chris Bard, Vince Horne and rookie import Jim Brown, dominated the rucks and loose play.

Behind 7-5 going into the first half, and after a courageous goal line stand by the Comox pack,

Powell River countered with a try of their own mid way through the second half. Undaunted, the Pagans continued their relentless tackling and, with 15 minutes to go, Tim Steel crashed through to intercept an errant pass, putting the Pagans ahead to stay. Comox continued to apply pressure through the final whistle, hanging on to win 12-10.

The Pagans practice Tuesday and Thursday afternoons at 1600 and have two remaining games before the Christmas break: Dec 5 in Nanaimo and Dec 12 at home against Victoria Velox, at 1300 on the base field.

# Feature

## Peacekeeper Challenge

Cpl Steve Smith and Cpl Tony Porter, both of 19 Wing Comox SAMP Flt, and Capt Rob Dimmer of 19 Wing ATC, have just returned from the 1993 Peacekeeper Challenge held at Kirtland AFB, Albuquerque, NM.

The Peacekeeper Challenge is an annual competition that tests the combat readiness skills of Security and Military Police personnel in a variety of team and individual events. The team events consisted of the Fitness Challenge (obstacle course), Combat Rifle, Defender Challenge (tactical patrol exercise), Handgun and Machine Gun. The Grenade Launcher and the Chief's Challenge (obstacle course) comprised the individual events.

Prior to the Peacekeeper Challenge, the Canadians spent three and a half weeks of demanding training on the unforgiving terrain of the Indian Springs Desert Warfare Training Area, Nellis AFB, Las Vegas, NV. With an elevation of about 1000 metres, and a temperature that averaged 40 degrees Celsius every day, it was a good warm-up (pun in-

tended) for Albuquerque.

During our stay in Indian Springs, we learned American tactics and patrolling skills, and how to fire their M-60 machine gun and M-203 Grenade Launcher. We also spent lots of time firing our own C-7 rifles and Sig Sauer pistols and, of course, running through the 2.4 km (with 21 obstacles) obstacle course.

While Cpl Tony Porter and Cpl Steve Smith were establishing themselves as the team leaders for the Canadian team, Capt Rob Dimmer was graciously volunteering his time to be the piper for the team. Piping the Canadians wherever they went, Capt Dimmer did an excellent job. He was easily the most popular person there, and was an integral part of the Canadian team which won the Chief's Award. This award is presented to the team that demonstrates unity of effort and the most outstanding esprit de corps.

With the Canadian Forces Air Command (CFAC), the RAF, the RAAF, and 13 USAF commands each fielding an eight-person team, the competition was very tough. It was the best of the best



Peacekeeper challengers at Albuquerque, NM. The Bagpiper is Capt Rob Dimmer.

pitted against one another in a intense week-long championship.

Air Combat Command (ACC) of the USAF was the overall winner, with the Canadians finishing 8th out of the 16 teams. A very

good showing for the Canadian team, this being the first year they have participated in this annual event. Especially when you consider that the ACC has over 14,000 personnel from which to choose a team, and the CFAC has

a complement of about 400 Security and Military Police personnel.

An excellent experience for all involved. Everyone is looking forward to Peacekeeper Challenge 1994. We'll see you then.



## Calendar of Events at the Mall 1993

### DECEMBER

HAPPY HOLIDAYS FROM ALL  
OF US AT DRIFTWOOD

- Dec. 1 \$50.00 - A - DAY GIVEAWAY...starts today
- Dec. 1 - 23 (Monday thru Friday ONLY) the first FIVE shoppers to find "SNOWFLAKE" our Christmas Shopping Bear will receive a \$10.00 gift certificate.
- Dec. 1 It's never too soon to WRAP IT UP! Gift Wrapping Services available.
- Dec. 4 HE'S HERE.... YES, JOLLY OLD SANTA ARRIVES TODAY AT NOON, COME ON DOWN. HE'LL BE LOOKING FOR YOU!
- Dec. 6 LATE SHOPPING STARTS 9:30am - 9:00pm
- Dec. 8 SENIORS & DISABLED DAY AT DRIFTWOOD Discounts All Day Long - Entertainment & Refreshments 2pm - 4pm LAKE TRAIL SCHOOL - Christmas performance
- Dec. 17 ROYSTON ELEMENTARY SCHOOL 7:00pm - Christmas performance



- Dec. 18 THE GREAT DONALDI - THE HAPPY HOLIDAY MAGIC SHOW Show times 1:30pm, 3pm and 4:30pm
- Dec. 24 SANTA presents "SNOWFLAKE" at NOON to some lucky girl or boy to take home for Christmas. Be There, it could be YOU! Mall closes at 6:00pm
- Dec. 25 MALL CLOSED
- Dec. 26 BOXING DAY SALES 10am - 5:00pm

Visit Santa and enter the draw to win SNOWFLAKE, Driftwood's Christmas Shopping Bear - Santa will be presenting him to the winner on Christmas Eve.

### December Mall Hours

Late Shopping starts  
MONDAY, DECEMBER 6 ..... 9:30am - 9:00pm  
ALL SATURDAYS IN DECEMBER ..... 9:30am - 6:00pm  
ALL SUNDAYS IN DECEMBER ..... 12 NOON - 5:00pm  
CHRISTMAS EVE - DEC. 24 ..... 9:30am - 6:00pm  
CHRISTMAS ..... CLOSED  
BOXING DAY ..... 10:00am - 5:00pm  
DEC. 27 - 31 ..... 9:30am - 6:00pm  
JAN. 1 ..... CLOSED





# Health & Fitness



TAKING CARE OF YOURSELF

## Beating the blues at Christmas

Do you enjoy Christmas? Or do you find the "Holiday Season" to be an unhappy, stressful experience?

If so, you're not alone. Psychological studies have shown that Christmas can be hard for many people. That's because many of us have high hopes and expectations for happiness at this time of year.

Unfortunately, the reality we experience may be very different and very disappointing.

Maybe this is the year to make some changes. As a first step, try talking with other people about Christmas.

Sharing your problems may not solve them, but by bringing them out into the open you can at least plan how to make changes in the future.

What's hard for you? Are you fed up with Christmas shopping? Do you feel trapped by family traditions? Do you wish your family got along better?

If you know the problem, at least you can take steps to change. But sometimes it's hard to pinpoint the problem when you're upset. If so, you might need to talk with a health care professional, such as a nurse. A professional can offer an objective viewpoint and help you decide how you might handle a problem.

## Do you have an eating disorder?

If you feel as if your life has been a constant battle with food you may have an eating disorder. But how can you tell the difference between an eating disorder and an ordinary concern about your personal appearance and your weight?

If you notice the following behaviors and attitudes in yourself, you may be developing an eating disorder:

- You start to weigh or measure yourself daily or more than once a day.

- Your mood swings with the scales. A good or bad day may depend on what you weigh in the morning.

- All your feelings about yourself become based on the size of your body. You often feel that if you were thin enough you would be a more successful, attractive or intelligent person.

- Although you strive for "perfect control" over your body, your air of "losing it" grows. You feel guilty and overwhelmed by your life, your eating habits and your weight.

The actual eating disorders—*anorexia nervosa*, *bulimia nervosa* and *compulsive overeating*—show up first in these kinds of indicators.

People who develop any one of these disorders share distorted

Maybe you just need to change your approach to Christmas. For example, stop saying, "I always overdo it," and do it differently. If you are booked up to the last minute, take less important items off your "To Do" list. Then make sure you have lots of spare time for unplanned fun, relaxation, and those you love best.

If you want to make changes in the way your family celebrates Christmas, do try. After all, nothing can possibly change unless someone like yourself makes the first move.

Begin with one specific suggestion about what you would like to have happen. Avoid blaming anyone or anything for the way things have been. Describe what you would like to do differently and ask others for their ideas. Listen carefully to their thoughts and feelings about your suggestion and alter your proposal if necessary. Be patient. It may be too soon to implement your suggestion this year but it may take root in 1994. And realize that some changes may work and others will not.

You can't be blamed for everything that doesn't work. But you can take credit for trying to actively shape your Christmas season so that it better fits your own needs and aspirations.

ideas about their body images. But, depending on the disorder, they behave in different ways.

If you develop *anorexia nervosa*, you will suffer extreme weight loss from dieting and, probably, too much exercise. But no matter how much you lose, you will soon feel fat again and believe you need to lose more weight. In your own eyes, you will always look fat.

If you indulge in binge-eating followed by some form of purging such as self-induced vomiting or forced bowel movements caused by abusing laxatives, you are probably suffering from *bulimia nervosa*. You may feel more control over your weight if, for example, you make yourself vomit after dinner. But that feeling of control will be temporary and you will soon experience a feeling of loss that may trigger yet another episode of bingeing.

You're a compulsive overeater if you go through periods of uncontrolled eating or bingeing, despite constant attempts to diet.

If you see any of these problems in yourself, nurses advise that you seek professional help. The earlier you act on an eating disorder the easier it is to treat it. For more information call the Eating Disorder Centre of B.C. The toll free number is 1-800-665-1822.

## info health

Dr. Bob Young



## Womb Stones

Womb stones, they once were called. Fibroid is the popular term today for a leiomyoma, a common non-malignant tumour of the uterus. Very common, in fact—one woman in four will have one or more by the age of 40, one woman in two at 50.

They form in the muscular wall of the uterus, for reasons unknown, and they are lumps of altered muscle, not fibrous tissue. Their size and presence appears to be related to the patient's estrogen (female hormone) metabolism.

Most women are unaware that they have fibroids unless their doctor has discovered them on a routine pelvic exam. A fibroid uterus feels like a thick leather bag filled with marbles of various sizes. Fibroids are usually multiple.

If found, they should be checked every year or two. In the majority of cases there are no symptoms, and they all stop growing at the menopause. But

they can cause problems, sometimes serious ones. Bleeding is common, frequently severe enough to require surgical removal of the uterus, although medical treatment or repeated D & C's (scraping the lining of the uterus) may carry the patient to the menopause.

New drugs in the GnRH group (too complex to explain here) seem able to shrink fibroids and control bleeding. Their safety has not been fully defined, and they are expensive—up to \$600 for a two month course. When approved, they may have a part to play.

Fibroids may cause infertility through a number of mechanisms, accounting for up to 10 percent of barren marriages. Even if pregnancy does occur it can be complicated by the tumours. Sometimes a fibroid or two is dissected out of the uterus in an attempt to overcome infertility. While one-third of women do become pregnant after this is

done, the operation is a difficult one and a formal hysterectomy is still often required later.

A uterus loaded with fibroids (or with a few large ones) may attain the size of a term pregnancy. This is very uncomfortable and interferes with bladder and bowel function. Fibroids may degenerate and liquify; they may fill with blood and even become infected; a very few undergo malignant change.

The presence of pain, excessive bleeding, or a bulky fibroid-loaded uterus are all indications for hysterectomy. Nearly one-third of all hysterectomies are done because of problems caused by fibroids making them the most common reason for major surgery in women.

Old fibroids often calcify and turn bone-hard. They are sometimes found in the pelvis of skeletons of long-dead women, and, in the distant past, someone called them womb stones.

## Reluctant Men

Men, I have found, are more reluctant to express their sexual concerns with their physicians than is the case with women. Both genders unabashedly request HIV testing; women seem far more likely to ask for tests to exclude other sexually transmitted disease.

Impotence and loss of libido are topics many men find hard to discuss with anyone, doctor or not. Whether they are embarrassed, feel guilty, or think they are weakening a macho image is hard to say. And this is a shame as, in many cases, help is available.

Libido is interest in, and enjoyment of sex. While often related, it is not the same as potency, which is the ability to achieve and maintain an erection. Impotence becomes common as men age, with 25 per cent or more having the problem after they reach 50. This is not surprising, as impotence is often a complication of

other diseases that afflict older men. Among these are narrowing of the arteries that supply blood to the penis—part of a general atherosclerosis or hardening of the arteries. Vascular problems in the penis can be checked out using ultrasound tests.

Thyroid disease, diabetes, multiple sclerosis and other neurological diseases such as stroke, and numerous other physical conditions may adversely affect potency.

At least as common is impotence related to psychological problems. Stress, depression, and anxiety (sometimes over being impotent—seen in widowers as they start a new relationship) are common causes. Some medications (diuretics, blood-pressure pills, digitalis and tranquilizers) and alcohol and tobacco are culprits: the last two also decrease libido after prolonged use.

There are a number of ways to combat impotence. When found, physical or emotional disease should be treated first. Erections can be stimulated using vacuum devices (often quite effective), or by self-injections of the veins of the penis with one of two available drugs. These are used just prior to intercourse.

The point to be made is that men who can no longer cut the mustard, and are bothered, or find their partner is upset by this, should talk to their physician and possibly request a referral to a urologist.

# On & Off the Base

## Holiday Blues

## How to Survive the Holidays

Has the holiday season arrived without you? Since we can't control the season's arrival, it's not unusual for adults to feel out-of-synch with the holiday crowd. These tips might help you pick up your spirits and see you through.

### Start New Traditions

Since the carrying on of "tradition" is one of the hallmarks of the holidays, you might feel most acutely sad if it's not possible to carry out some of your usual traditions. If you've recently lost a loved one, if the holiday season is the anniversary of such a loss, or if your living situation has changed in the past year and you are away from loved ones, remember that you can start new holiday traditions. They may not seem like much at first, but if you are able to repeat them over the next few years, they'll begin to feel comfortable.

### Participate When You Can

If you're feeling blue, it's difficult to have much enthusiasm for social expectations such as gift-giving or party-going. Par-

ticipate at a level that feels comfortable to you, but try not to isolate yourself entirely. A little participation might pick up your spirits.

stead of sending cards. By staying involved in some activity you might find your mood lifting a little.

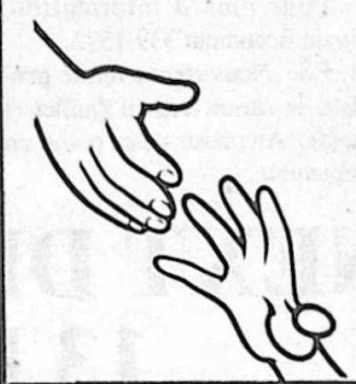
### Volunteer Your Time

There are many social service programs for people in need over the holidays. Taking time to participate, if only for a few hours, can be a good way out of the holiday doldrums and help bring season's greeting to others.

### Talk Things Out

Many adults experience holiday blues. If you're not able to compensate for it in some other way, or feel that the "blues" might be drifting into depression, get professional help through your physician or your community mental health agency.

### Employee Assistance Programme

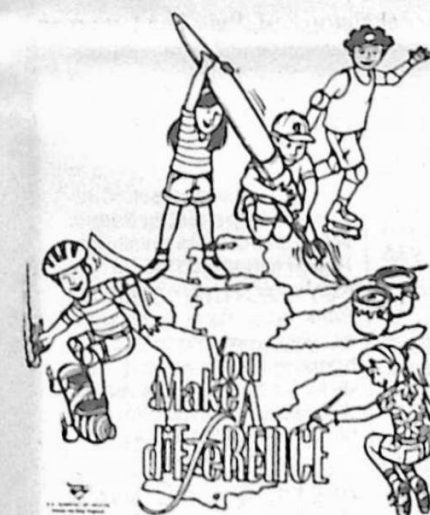


### Take Care of Yourself

Holiday media messages can be overwhelming at the height of the season. This might be a good time to spend evenings with a good book or quiet music instead of watching television. Write letters to friends and loved ones in-

## 19 Wing Comox Christmas Counter Attack

## Dependant Poster Colouring Contest



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!

## TOTEM TIMES 1994 PRINTING SCHEDULE VOLUME 36

### 1994 PRINTING SCHEDULE - VOLUME 36

Number	Deadline (Noon)	Publication Date
1	JANUARY 10	JANUARY 13
2	JANUARY 24	JANUARY 27
3	FEBRUARY 07	FEBRUARY 10
4	FEBRUARY 21	FEBRUARY 24
5	MARCH 07	MARCH 10
6	MARCH 21	MARCH 24
7	APRIL 11	APRIL 14
8	APRIL 25	APRIL 28
9	MAY 09	MAY 12
10	MAY 30	JUNE 02
11	JUNE 13	JUNE 16
12	JULY 04	JULY 07
13	JULY 25	JULY 28
14	AUGUST 15	AUGUST 18
15	AUGUST 29	SEPTEMBER 01
16	SEPTEMBER 12	SEPTEMBER 15
17	SEPTEMBER 26	SEPTEMBER 29
18	OCTOBER 17	OCTOBER 20
19	NOVEMBER 07	NOVEMBER 10
20	NOVEMBER 21	NOVEMBER 24
21	DECEMBER 05	DECEMBER 08
22	DECEMBER 19	DECEMBER 22



EASY TO Mail T-shirts & SWEATSHIRTS with AIRCRAFT, Wildlife & Ski Designs

HITEC SCREEN PRINTING  
Custom Artwork & T-shirt Design Specialists  
830F Cliffe Ave. Courtenay, B.C.  
Phone/Fax 334-3656

## A La Mode

## Party Pickin's

by Diane Osterholm

"Christmas is coming, the geese are getting fat..." and, so it seems, are most of us. Statistics show the average person gains 7 - 15 lbs. over the holiday season. It's the time to party, visit your family and friends and indulge in the "spirits" of the season. Sometimes you just can't help yourself, with all the goodies and home-baked treats being offered. Although the focus in the 90s has been on lighter, healthier eating, the holidays are still a time for heavier, traditional foods. You know you're going to eat them anyways, so enjoy them now and you can feel guilty after New Year's when your pants don't fit any more.

When the entertaining is up to you though, you can make healthier choices available to your guests. Serve platters of raw vegetables and dip, low fat cheeses and whole grain crackers. An assortment of fruits, cut up and brushed with lemon juice to prevent discoloration, will disappear pretty quick!

Use yoghurt, light sour cream, mayonnaise, and cream cheese for your dips. Serve corn chips with salsa, topped with grated cheddar and green onions instead of regular chips and dip (salsa has no fat).

Make sure you have plenty of low or non-alcoholic drinks available too. Offer fruit juices, soda water or make up a bowl of punch.

Try and get everything ready well in advance so you can sit back and relax before your guests arrive. After all, it's your party - enjoy!

### Blue Cheese & Olive Ball

1 8 oz. pkg. cream cheese  
3 T. butter or margarine  
1 T. brandy  
4 oz. blue cheese, crumbled  
1 T. chopped chives or green onion  
1/2 cup finely chopped olives  
1 cup chopped pecans or walnuts

Bring cheeses and butter to room temperature. Mix first 3 ingredients together in a bowl or

food processor until smooth. Add the blue cheese and mix well, but not until smooth. You should be able to see bits of the blue cheese. Stir in chives and olives. Shape into a ball and roll in the chopped nuts. If too soft, refrigerate until easier to shape. Chill several hours, or overnight. To serve, remove from fridge 1 hour before guests arrive. Place on a large plate or tray with an assortment of crackers around it and a few small cheese knives.

### Vegetable Party Dip

1 whole round dark bread  
1 cup light sour cream  
1 cup mayonnaise  
1 pkg. Knorr Swiss Vegetable soup mix  
1 pkg frozen spinach  
1 tsp dill

Cut top off bread, rip out bite-sized pieces from inside, leaving a shell. Cut top into pieces, set aside. Thaw spinach, squeeze out the water and chop finely. Mix with remaining ingredients and spoon into the bread shell. Refrigerate a few hours before serving. Place bread pieces around the dip to serve. When the dip is gone, cut the bread shell into small pieces and serve these as well.

### Vegetable Wreath

1 head broccoli  
1 head cauliflower  
1 pint cherry tomatoes  
1 cup ranch or cucumber salad dressing, or your own dip

Cut broccoli and cauliflower into small bunches, leaving a 2" stem on each. Soak in cold salted water for 1 hour, then rinse and drain. Blanch broccoli in boiling water for 10 seconds and immediately immerse in cold water. Place bowl of dip in centre of a round platter. Arrange the broccoli and cauliflower around, tucking the stems under so it looks like a wreath. Decorate with the cherry tomatoes. This can also be served as a hot vegetable dish. Cook the broccoli and cauliflower through, then warm the tomatoes at the last minute before arranging, without the dip.



888 (KOMOX) WING

RCAFA

CALENDAR OF EVENTS - 1993

December

Wed. 8.....AFIS Night, 8:30 pm  
Sun. 12.....Wing Christmas Dinner, 6:30 pm  
(CAMP 3-piece band)

DND AND MILITARY PERSONNEL WELCOME

HOURS OF OPERATION:

Wednesday 1300 - 1800 hrs

Thursday, Friday & Saturday 1200 - 0100 hrs

Sunday 1300 - 1900 hrs

PLEASE SUPPORT WING SOCIAL EVENTS

MAKE NEW FRIENDS

Cancellation of Events Costs Your Wing Time and Money  
For information about events please call the bar, 339-0888.

NEXT DEADLINE 13 DEC

NOON

Comox Air Force Museum

MUSEUM GIFT SHOP  
AVIATION MEMORABILIA HATS,  
BOOKS, MODELS, POSTERS,  
SHIRTS, PINS, PATCHES AND MORE!



Winter Hours (Sept. - May)

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

Golden Treasury of Memories  
1943 - 1993

PHONE 339-8162



# 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.

## 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.

## 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.

## 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.

## CFB COMOX BOWLING LANES 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.

## Bowling Roll-Off

The Wing Roll-Off will be held 6-10 Dec 93, in preparation for the Pacific Region Bowling Championship to be held at CFB Chilliwack 24-28 Jan 94. All personnel interested in participating contact Sgt Plante or MCpl Cormier, local 8315, for registration. Meeting will be held 06 Dec 93 at 0800 hrs. Roll-off to begin at 0900 hrs, 06 Dec 93.

## WPerO Christmas Open House & Charity Mini-Putt

During this year's Christmas Open House, 17 Dec, the WPerO section will be doing something different.

What: A charity mini-putt course will be set up.

When: 17 Dec, starting at 1130 hrs in the Rec Centre.

"Putt in" and give to a good cause so others may enjoy the festive season too!

## 90th Anniversary

722 (Saint John) Communications Squadron, formerly 5 Indep Sigs Squadron, will be holding its 90th Anniversary celebrations on the weekend of 10-12 Jun 94. All former members are cordially invited to attend. For planning purposes, those members who plan to attend this event are requested to contact Sgt Locke at the Squadron Orderly Room 506-636-4977 ASAP.

## Aerobics

Co-Ed Aerobics are available at the Base Gym aerobic room Mon thru Fri 1130-1215 hrs. For further info contact Karen at local 8442.

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

## 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

## 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.

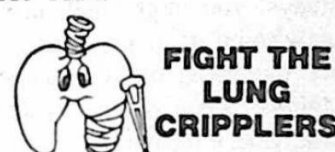
P.S. Nous serons fermé pendant la saison estivale (juillet et août). Au plaisir de se revoir en septembre.

## L'Ecole Française des Petits

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

## L'Ecole Française 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: Gervais Bêty, 339-1024.



# NEXT DEADLINE 13 DEC.

## Network Classifieds

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

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

336  
\$225  
for 25 words  
\$4.00 each additional word

## ANNOUNCEMENTS

B.C. GOVERNMENT SPY-ING? Files on you exist! Discover how to access, correct and delete. 3rd Party searching available 1(604)244-6989 (24 hrs).

## AUTO

ENGINES rebuilt from \$795. ENGINE remanufacture from \$995. 6 months to pay. 6 Year 120,000 warranty. Bond Mechanical building engines for 28 years. 872-0641, 8-8, 7 days.

CANADA ENGINES LTD. Quality Guaranteed Rebuilds. 6 Cyl from \$395. V8 from \$1,095. 6 yr. 120,000 Km limited warranty. 580-1050 or 1-800-665-3570. 12345-114 Ave. Surrey. BCIAA Approved.

F-250, 4X4's, Cummins Diesel, Explorers, Rangers, Trucks. Up to \$1500. cash rebate. 'O' down O.A.C. Payments from \$189/month. Phone Grant collect 538-9778. Dealer #8367.

AUTO HOT LINE-Free Service! Looking for a used vehicle in B.C.? Call 1-800-567-5535 with year, make & model - we'll tell you which dealer has it, instantly.

## 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.

CONTEMPLATING SELF-EMPLOYMENT? Successful Entrepreneurs outline viable business ventures in monthly publication. Free details to serious enquiries. Success Marketing 2000, Box 133, Regina, SK, S4P 2Z6.

Full or partial interest in profitable computer dealership, B.C. Central Interior. Annual Gross Sales \$500,000. Enquiries: Box 462, c/o The Tribune, 188 North 1st Ave., Williams Lake, B.C. V2G1Y8.

Well Established Recreational Sales and Service Shop in heart of B.C.'s best Alpine Snowmobiling area. Priced to sell. For particulars call Ron at 566-9836, eves.

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 OPPORTUNITIES

EARN UP TO \$20/Hr from Home! Limited positions. For free details rush S.A.S.E. to: Work at Home Industries, Ste. 20, 11735-89A Ave. N. Delta, B.C. V4C 3G8.

USED RUBBER TIRE-BUSINESS OPPORTUNITY- Gov. recycling tax apply - \$2.50 per tire. \$125,000 area patent protection. Small processing equipment (tire granulator) included. Close included (100 lbs). Moulds included (6). Product Patent included for your area also. 2 days training included. Paragon Environmental Products Inc. (604)885-6249.

## BUSINESS PERSONALS

ADD a Little Spice! Lovely roommates - Karen, Linda, Cheryl - have exciting personal photos to share. Free info: Karen, Box 870-GB, 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. 1-881-5456 or 1-800-665-8339.

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

EARN EXTRA MONEY. 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 2B5. 1-800-665-5144. Enquire about exclusive franchise territories now available.

## EMPLOYMENT OPP.

GENERAL MANAGER - Building Supply: Requires ambitious experienced general manager. Reply to: Box 457, c/o Williams Lake Tribune, 188 North 1st Avenue, Williams Lake, B.C. V2G1Y8.

## REAL ESTATE

RESIDENTIAL COUNTRY LOTS in Chilliwack from 1/2 to 1 Acre. 10 minutes east of Chilliwack. Priced from \$69,900. Call Corney Les, Remax Realty (604)792-7175 Collect.

## EQUIPMENT

UNRESERVED TRUCK and EQUIPMENT AUCTION, Monday Dec. 06, 1993 9:00 a.m. C.P.A. - Canadian Public Auction Ltd., 1605-34 Ave. S.E., Calgary, Alberta. Selling on behalf of Alberta Transportation & Utilities Corp., The City of Calgary, Transalta Utilities Corp., & other consignors. Cat D6D & C; 92 Case 580 Super K; (2) Hitachi 122LC's; 91 Bobcat 753; 5'X12' screen deck; graders; loader backhoes; forklifts; (2) 89 Ford L9000's; 89 white Volvo; 90 Ford Aromax & box; gravel & refuse trucks; buses; Highway & Utility Trailers; Tank trailers & trucks; Service trucks; etc. For more information please call (403)269-6600.

## FOR SALE MISC.

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

LET'S COOK FOR OUR DOG: 256 Pages of nutrition and recipes by veterinarian E.R. Dorosz. \$19.95. Our Pet's Inc. P.O. 2094, Fort Macleod, Alberta. TOL 020.

Five Loaders, 3 Graders, Loaders, 3 Excavators, Ambulance, Mechanics Trucks, 6 Dozers, Hiab, 10 Backhoes, Water Trucks, End and Belly Trucks, Fuel Trucks, Fire Trucks, Gensets. Call: (604)493-6791.

STEEL BUILDINGS - QUONSET and STRAIGHTWALL DESIGNS. "Pre-engineered" for fast construction. B.C. based company. (Guaranteed lowest prices). Full Specials! Dealers throughout B.C. Western Builders (Kelowna) 1-800-565-9800.

Visions Of...From Nature to Needle Craft. Cross-stitch kits and needlepoint patterns from nature photographs. Call 1-800-567-3353 for your FREE introductory brochure.

## 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 S.D.P. 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.

## HEALTH

ARTHRITIS SUFFERERS Incredible new product relieves you from all aches, pains, sore muscles, Lumbago etc. \$7. to Dutchy's International, Box 402, Coombs, B.C. V0R 1M0.

## HELP WANTED

Full-time position available for reliable, self motivated person(s) to work on mixed farm operation in Pemberton. Some experience an asset. E.R. Dorosz. \$19.95. Our Pet's Inc. P.O. 2094, Fort Macleod, Alberta. TOL 020.

## 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.

GREAT SEX...no age limit. Overcome impotence caused by diabetes, prostate surgery, aging etc. Get the facts from: Performance Medical, Box 418, Valemount, B.C. V0E 2Z0. 1-800-663-0121.

ADOPTERS, BIRTHPARENTS, SIBLINGS. Looking for each other? Call The Long-Lost Connection. Mon-Fri 11:00 a.m. - 6:00 p.m. at (403)493-2224.

## SERVICES

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

## TRAVEL

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

## 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.

## MACHINERY

Pacific Forklift Sales Ltd. (Est. 1972) Dozens of good used forklifts available. LP, Gas, Diesel, Electric. We Buy Tool (604)533-5331. FAX: (604)533-4563. Eves. Terry Simpson (604)535-1381.

## MISCELLANEOUS

HOST FAMILIES NEEDED! Exchange students from Australia arriving January for school year in your community. Please open your home and heart. Call EF Foundation: 1-800-263-2825.

## 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 recommended 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.

GREAT SEX...no age limit. Overcome impotence caused by diabetes, prostate surgery, aging etc. Get the facts from: Performance Medical, Box 418, Valemount, B.C. V0E 2Z0. 1-800-663-0121.

ADOPTERS, BIRTHPARENTS, SIBLINGS. Looking for each other? Call The Long-Lost Connection. Mon-Fri 11:00 a.m. - 6:00 p.m. at (403)493-2224.

## SERVICES

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

## TRAVEL

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

## 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.



# LEGION LOG

BRANCH 17 COURTENAY  
334-4322

## \*\*\*EVENTS\*\*\*

Fri Dec 03.....Tony Pollen  
Sun Dec 12.....Westwind  
Fri Dec 17.....Alleycats  
Thurs Dec 23.....Pub Night  
Thurs Dec 30.....Pub Night  
Fri Dec 31.....New Year's Dance

Free corsage, door prize, cold buffet 9-11 pm  
Free transportation after midnight  
Dance to Silver Spring. Tickets \$20.00 each

## \*\*\*REGULAR ACTIVITIES\*\*\*

BINGO.....Thursdays, Fridays & Sundays at 7:00 PM  
MONDAY.....FUN EUCHE  
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\*\*\*

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. Mtg. Upper Hall, 8:00 PM  
\*1st L.A. Executive Meeting (as required)  
\*2nd L.A. General Meeting, Upper Hall, 8:00 PM  
\*3rd Branch 160 General Meeting, Upper Hall, 8:00 PM

FRIDAYS.....TGIF in Lounge  
Meat Draws in Lounge, 2:00 to 6:00 PM  
Dance (normally downstairs unless advised)  
SATURDAYS.....Meat Draws in Lounge, 2:00 to 6:00 PM

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

## 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!

# On the Base

## WINTER FESTIVAL NOTICE

•Do you have drawing talent?  
•Would you like to win a prize? \$50.00  
•The CFB Comox Winter Festival Committee is holding a contest to select the best logo to go on this year's button.  
•The theme this year is the sequel "No - Snow Festival."  
•If you have an idea and feel a little creative then why not submit a design to your unit rep or to Capt Cameron in WCE.  
•Deadline for all designs is 15 Jan 94.

## BASE LIBRARY

Bldg. 10 next to Accommodations  
HOURS  
Monday-Thursday 6-9 pm  
Tues, Thurs, Fri 11:15 am-12:15  
Sat & Sun 1-4 pm  
We have bestsellers, pocket book exchange, childrens books, Base newspapers, and magazines.  
Base Librarian  
Colleen Gagnon

## 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.

## LABRADOR MILITARY MUSEUM

A new military museum is in the works at 5 Wing Goose Bay. There is a great need for any old photos, slides, books, magazines or any memorabilia pertaining to military life at the Goose. Especially wanted, are any items dating from the very beginning through to the late sixties.

For further information, contact:

The Curator  
Labrador Military Museum  
Sgt Tim Brodie  
C/O 5 Wing Goose Bay  
Goose Airport  
Station "A"  
Goose Bay, Newfoundland  
A0P 1S

OR CALL

902-89



The Comox Community Centre Staff wishes you and your family a Merry Christmas and a Healthy New Year!

# WELCOME TO A COMOX VALLEY CHRISTMAS

Come Celebrate the True Meaning of Christmas...

something for everyone!

Live Nativity Scene  
Carolling  
Nativity Plays  
Story Telling

SUNDAY, DEC. 12TH, 1993  
1:00-4:00 P.M.

COMOX COMMUNITY CENTRE

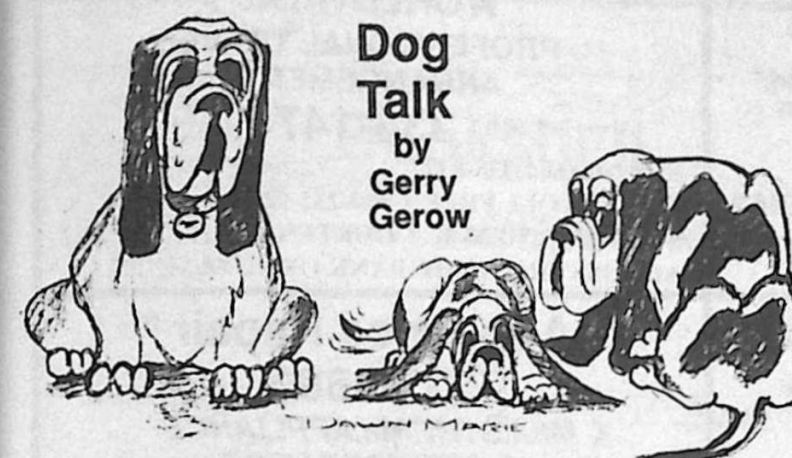
Sponsored by  
Town of Comox Recreation Department  
The Kiwanis Club  
Comox District Free Press  
Comox Builders Supplies  
Coca-Cola

**\*\*Admission is FREE but HAMPER DONATIONS\*\*  
ARE GRATEFULLY ACCEPTED**

For more information, call 339-2255

**Look for our winter brochure in the North Island news on Dec. 19/93.**  
First day of registration is Dec. 20/93 and Classes commence on Jan. 17/94.  
**Membership required for participants.**  
**Everyone is welcome to our new facility! Come and see us soon!**

## On & Off the Base



Dog Talk  
by  
Gerry Gerow

This week an interesting training book: *Surviving Your Dog's Adolescence* by Carol Lea Benjamin, Howell Book House, New York, and Maxwell Macmillan, Don Mills, Ont. \$25.50.

When I received this book a couple of months ago, I put it on the shelf with others awaiting my attention, and I didn't notice until I picked it up recently that it was written by Benjamin, one of my favourite doggy writers. This becomes the fifth of her books in my library.

One of the pleasures of reading Benjamin's books are the cartoons she draws, and this was not omitted here. In fact, I think they are some of her best yet. The book is also well illustrated with photographs of training techniques.

Any dog lover knows that the period from about six months of age to three years is the toughest part of raising a dog. Benjamin points out the pitfalls, and how to avoid them to help your pet over this rough period of his/her life. This is a hard cover, 210 page edition, which is economically priced. You can order it from Macmillan at 1-800-465-2288 if you can't find it in the book stores.

If you want to see a doggy person turn red and puff up in anger, just say the words "puppy mill" to him or her. What is a puppy mill? Simply defined, a puppy mill is a breeding kennel which exists purely to mass produce puppies for wholesaling off to pet shops. For a number of reasons, it is difficult in Canada, although such establishments do exist. The majority of them are in the United States. The regulations there are simpler. The American breeder registers the litter, and then off they go at seven weeks of age to a pet shop in Canada or the United States. The breeder is in it for profit. He/she doesn't give a hoot about genetic defects, let alone attempting to improve the breed. Most of these establishments specialize in smaller animals - cocker spaniels being about the largest. They are cheaper to feed, cheaper to ship, and you can keep more of them in the same space.

Almost all puppies you will find in Canadian pet stores are the produce of American puppy mills. Despite all the warnings passed out, people still go into pet stores and buy a puppy, often on impulse. What are some of the questions you should ask the shop

### Puppy Mills

keeper? First, will they provide you with Canadian registration papers as required by law? Second, will they permit you to take the puppy to a veterinarian for examination? And will they pay for the exam if the pup shows a defect? Will they provide you with a copy of a three-generation pedigree for the pup? After all, if it is purebred this must exist.

Remember, that when you purchase a pup in a pet store you are paying top dollar. Yes, breeders will charge more for breeding show stock, but when it comes to pet quality most responsible breeders will charge you less than the pet store. If you are paying top dollar, you should ensure you are receiving top quality.

That means registration papers and pedigrees. Incidentally, that blue piece of paper you get from most pet shops with your puppy is a copy of the American Kennel Club litter registration, not an individual registration. Yes, you can use this to get AKC registration papers and a pedigree for the pup but as the pet shop, and not you, imported the puppy to Canada, you will never be able to obtain Canadian papers.

So, after you have discussed things with the pet shop, go home and sleep on it. You can't trade a puppy in like a used car if it doesn't live up to your expectations.

### More Air Transport

"there were a lot of knobs and dials you ignored." Standard ATA policy stated that pilots would proceed to more advanced types of aircraft based upon demonstrated ability. The pilots came to depend upon a special set of instructions call the "Ferry Pilot Notes." In a nut-shell, these notes provided the information required for a pilot to deliver a type of aircraft that they had never flown before. Contained on one 4 x 6 inch card, the 24 Marks of the Spitfire/Seafire required two cards. The Ferry Pilot Notes allowed the ATA maximum flexibility. According to Milstead "a plane is a plane; what's a few extra feet in front of you or behind you? If you can fly at all, your hands and feet will do the right thing."

When ferrying aircraft between air bases, the female pilots often shocked the male counterparts in the Air Force. At first it took the men an instant to grow accustomed to the idea that the ferry pilot was a woman, and when she indicated that she had never flown a particular aircraft type before, there was a moment of shocked disbelief. To military pilots accustomed to strict procedures for qualifying pilots on new types of aircraft, the thought of

climbing into a strange cockpit with no more preparation than a few glances at a "crib sheet" seemed utter lunacy. Yet the ATA pilots did it time and time again.

Aircraft assignments were detailed through Central Ferry Control which was responsible for matching pilots to aircraft and to the needs of the various squadrons. Responsible for numerous daily flights between aerodromes in England, Wales, Scotland and Northern Ireland, Central Ferry Control was a beehive of activity making sure that the correct plane arrived at the correct squadron at the correct time. Although there was a constant threat of enemy action, the main danger to the ATA pilots was the weather. The ferry flights were to be under visual flight rules (VFR) only and since they were restricted in their use of the radio, there was a war on after all, the weather forecast became very important. Nevertheless, there were always instances when the weather took an unexpected turn for the worse, then it was up to the pilot to cope as well as he or she could.

When the Allies landed at Normandy on 6 June 1944 the ATA was not far behind. By September, they were ferrying aircraft to

the advancing allied squadrons on the continent. Female ATA pilots were originally excluded from serving outside of the United Kingdom but, by January 1945, the demands on the organization were so great that female pilots had to participate. Their mandate expanded to include returning "walking" wounded to England, and flying VIPs and supplies to as far away as Algiers and Cairo. Nor did their mission stop with VE day in Europe. It was not until 30 November 1945 that the ATA was officially disbanded.

The Canadian women who had flown with the ATA were Helen Harrison, Marion Orr, Elspeth Russell Burnett, Violet Milstead, Vera Strodl Dowling and Gloria Large. Several of them had tried to enlist in the regular Air Force but were denied due to their gender, not to their experience and skill. They all found a way to contribute to the war effort through flying. The record that the female pilots of the ATA established was an enviable one and the service that they provided invaluable. Most of them pursued various careers in aviation after the war and are forever a part of our aviation heritage.

Military Family Resource Centre

**Precious Little People**  
**Child Care Programs**

Location: Wallace Garden Community Centre  
Registration: at the Military Family Resource Centre

**Preschool Program**  
(licensed for children 3-5 years old)

Monday and Friday from 1:00 - 3:30 p.m.

Cost: \$ 50 per month or \$ 25 payable on the 1st and 15th of every month. Fees are due at the time of registration.

**Childminding Program**  
(licensed for children 18 month - 5 years old)

Tuesday and Thursday from 9:00 a.m. - 12:00 p.m.

Cost: \$ 6 per child/ per morning  
Monthly registration, limited drop-in spaces.

For information call Claudia at 339-8290.

### COMOX MILITARY FAMILY RESOURCE CENTRE NEW LOGO CONTEST



The CMFRC/CRFMC is looking for ideas on a new logo. A prize will be awarded for the logo design selected to represent the Resource Centre. Entries will be accepted at the Resource Centre until January 31, 1994.

All entries should:

- Clearly indicate the full name or initials of the CMFRC/CRFMC in both English and French.
- Be equally legible in black on white as in colour.
- Be submitted on an 8 1/2" x 11" sheet of paper.
- Be in some way representative of the CMFRC/CRFMC and its mandate.

Please note: The CMFRC/CRFMC reserves the right to use any part or combinations of winning submission(s) in final design.

### Chapel buys Toys



WO Ken Rodgers (right) on behalf of St. Michael & All Angels Chapel is seen presenting \$300.00 to 19 Wing Deputy Fire Chief, WO Dave Staples (centre) for the Toy Fund. Appearing with the two WOs is Padre Fraser Harvey. Behind the camera is Padre Massey.



**NRS** *Diamond Club*  
NATIONAL REAL ESTATE SERVICE

**KEN STEWART**  
bus. (604) 334-3111 dir. line 684-2931 fax 338-8315  
res. (604) 338-0868

**NRS BLOCK BROS. REALTY LTD.**  
1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8

**NRS** "Easley done, Easley SOLD"  
NATIONAL REAL ESTATE SERVICE

**MARGE EASLEY, C.G.A., R.I.B.C.**  
bus. (604) 334-3111 dir. line 684-2931 fax 338-8315  
res. (604) 339-7910 pager 1-978-2263

**NRS BLOCK BROS. REALTY LTD.**  
1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8

**COAST COUNTRY INSURANCE**

\* DRIFTWOOD MALL 338-8318  
\* COMOX MALL 339-7774  
\* DOWNTOWN COURTENAY 334-3443

HOME OWNERS & AUTO PLAN INSURANCE

**Metropolitan Life**  
Life/RRSP

Please call for a complimentary computerized financial needs analysis.

**S. E. (STEVE) NEUMANN**  
Account Representative  
Office 338-9344

**Country Village Kitchen Bin**

Beans to You  
Our new gourmet coffee bar  
We serve the Service

190 Port Augusta Mall, Comox, B.C. V9N 5H5  
Don Gates "Our Business is a Grind" 339-7313

**COMOX AIR FORCE MUSEUM GIFT SHOP**

GIFT IDEAS  
AVIATION  
MEMORABILIA  
BOOKS, FLAGS, MODELS, POSTERS,  
HATS, SWEATERS, SHIRTS, PINS, PATCHES  
AND MUCH, MUCH MORE!  
PHONE (604) 339-8162

**888 (Komox) Wing  
Royal Canadian Air Force Association**

Buy Christmas Dinner Tickets Now!

Regular Membership: Who is eligible?

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

Associate Membership: Who is eligible?

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

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

**FRANCIS AUTOMOTIVE**

COMPLETE AUTOMOTIVE SERVICES  
OWNER-OPERATOR  
COMPUTERIZED & MODERN EQUIPMENT  
IMPORT & DOMESTIC, 4 WHEEL DRIVE  
WHEEL ALIGNMENT SERVICES.

**330 ISLAND HIGHWAY NORTH COURTENAY  
B.C. V9N 3P2 Ph. (604) 338-9660**

**THE GRIFFIN** Book your Christmas Parties now!

\* Darts  
\* Pool  
\* Section parties  
**339-4466**

**PUB** 1185 Kilmorey Rd. Comox

**HARTMAN AUTO SUPPLY LTD.**

**338-7261**  
480 Puntledge Road We've Moved!  
Parts, Accessories, & Tools

**BRUCE TRAINOR**  
SALES ASSOCIATE

**Holland and Associates Realty Limited**

Business (604) 338-1334 Residence (604) 338-0740  
Facsimile (604) 338-0896

625 ENGLAND AVENUE, COURTENAY, B.C. V9N 2N5

**ROYAL LEPAGE** MEMBER Associate Broker Network

**LINENS and LACE**

Battenberg Lace in Bedding, Tablecloths, Runners & Victorian Lace  
Much More, incl. table accessories

Earn \$s off your purchases; have a home presentation, or call for a catalogue. Great gift ideas for Christmas.

call: Valerie Bergey, 107B Maple Crescent  
P.O. Box 85, Lazo, B.C. V0R 2K0 Tel: 339-9266

This space available  
\$15.00 per edition  
Ph. 339-2541, 338-0259

**MARKET TRAVEL**  
WORLDWIDE  
PROFESSIONAL TRAVEL  
ARRANGEMENTS  
(Area Code 604) **338-1474**

FAX No. (604) 338-8377  
OR B.C. TOLL FREE 1-800-232-9294  
549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2  
ACROSS FROM THE BANK OF NOVA SCOTIA

**\* Appliance Repair \***  
**337-8880**  
**MILLSTREAM APPLIANCE & REFRIGERATION**

Inspection & Service for Military Moves or Storage  
- Fully Stocked Service Vehicle  
- 10 years Experience  
- All Work Guaranteed  
- All Makes & Models  
- Used Appliance Sales

**Ithai Café**

Sleepy Hollow Inn,  
1190 Cliffe Ave., Courtenay, B.C.

**Authentic Thai Cuisine**

Thai herbs & spices imported weekly from Bangkok.  
Evenings 5:00 - 8:30 pm Closed Mondays  
Thai Chef Reservations Recommended  
phone 334-3812

Invest in the Comox Valley and Invest in Your Future.

**REALTY WORLD**

**Maureen Davidson**  
Sales Associate

**REALTY WORLD** - Coast Country Realty  
576 England Ave., Courtenay, B.C. V9N 5M7  
Bus. (604) 334-3124 / 339-5501  
Fax: (604) 334-1901 Res. 339-9987

Each office is independently owned and operated.

**SERVING THE SERVICE'S REALTY NEEDS**

• Over 1000 Sales in the Comox Valley  
• 12 Years Realty Experience

Member RE/MAX 100% Club  
RE/MAX Ocean Pacific Realty  
282 Anderton Road  
Comox  
tom procter 339-2668

**NEW BUSINESS IN THE VALLEY!**

**Fix&Fab**

Repairs & Fabrications in Metal or Wood  
• FIX OR FABRICATE WOOD ITEMS  
• FIX OR FABRICATE METAL ITEMS  
• SMALL ENGINE REPAIR

830-8th St., Courtenay, B.C. **338-4398**

**Harvest Valley Foods Ltd.**

**BACK TO SCHOOL SPECIAL**

When you place a freezer order you will receive at no extra charge:  
**15 lb. turkey, 5 lbs. sirloin steak & 10 lbs. ham**

CHOOSE FROM TOP QUALITY BRAND NAMES ALL 100% UNCONDITIONALLY GUARANTEED!  
BEEF • PORK • VEGETABLES • POULTRY  
STAPLES • FREEZERS • CASE LOTS  
We accept post-dated cheques  
**CALL TODAY 384-3592**

**NEXT DEADLINE 13 DEC.  
NOON**

# On & Off the Base

## Drive Safely Every Week

In 1991, drinking and driving was the major contributing factor in 1,800 motor vehicle deaths, 60,000 injuries, and a cost to Canadian society of \$20 billion. Safe Driving Week, held this year from 1-7 Dec, is about reducing all of those figures. The theme for the 38th campaign is The Hidden Faces of Impaired Driving.

Driving while impaired is a crime. By not drinking and driving, or by convincing someone else not to drink and drive, you are doing everyone a favour: you, your loved ones and all Canadians.

Sober drivers may not all be safe drivers, but it's a good place to start.

It just makes good sense.

## POSTED Do you want information FAST?

You deserve the best! We will refer you to only the TOP REALTORS. At NO COST to you we will have a TOP REALTOR from your new location call. They will quickly follow-up with a full package of helpful information. Working with PROVEN PROFESSIONALS can make your move ALMOST fun! Call Len TOLL FREE today!

**1-800-463-7653**  
**Len Harris, CD**  
One of CANADA'S Top Sales Representatives  
RE/MAX metro-city realty ltd.

## Four Common Myths about Exercise

### 1. IT'S SUPPOSED TO BE FUN

Sometimes it is; sometimes it isn't. Fun really isn't the point. The point is how good you feel after you've put your body through its paces.

### 2. SIT-UPS FLATTEN YOUR BELLY

They'll tone your stomach muscles, but they won't do much to any fat you have down there. You can't spot-reduce with exercise; if you could, people who chew gum a lot would all have thin faces.

### 3. MORNING IS THE BEST TIME TO EXERCISE

There's no evidence that exercising at a particular time of day is significantly more beneficial. The best time to exercise is when you most feel like exercising. If you're not a morning person, you're not going to stick with an AM workout program for long. The only caveat is that exercising too close to bedtime may make it more difficult for you to fall asleep.

**4. NO PAIN, NO GAIN**  
Ignore pain, no brain. You can get very fit without feeling any serious discomfort, so don't strain when you train. If it hurts, stop.

**NEXT DEADLINE 13 DEC.  
NOON**

**Comox Valley Insurance Service Ltd.**  
- INSURANCE BROKERS - CONSULTANTS

**Autoplan**  
SERVING THE VALLEY FOR OVER 24 YEARS



**COMOX** 339-4847  
Next to the Lorne Hotel

**COURTENAY** 338-1401  
Opposite the Court House

SERVING THE VALLEY FOR OVER 24 YEARS  
"INSURANCE IS OUR ONLY BUSINESS"

**COMOX VALLEY FINANCIAL Services Ltd.**

Our team of Insurance Brokers, Investment Advisors and Financial Planners have over 60 plus years of combined experience.

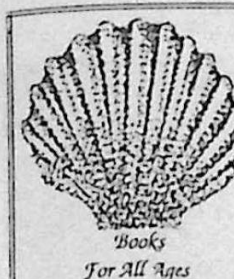
We offer a relaxed and consultative style to providing advice. Feel free to call us for an appointment.

## RELOCATING ?

We Offer:  
• GICs - RRSPs  
• Investment Funds  
• RRIFs & Annuities  
• Life Insurance  
• Retirement Income Planning

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

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



## Bookshelf Bestsellers

2751 Cliffe Ave.,  
Driftwood Mall,  
Courtenay, B.C. V9N 2L8  
604-338-5943

**Pat Bolen** Proprietor  
**Debi Williams** Manager

10% off for mil pers - show ID get your Totem Times here  
**Week Ending 4 December**

### Bookshelf Bestsellers Softcover

1. Delores Claiborne.....King
2. Mixed Blessings.....Steel
3. Private Pleasures.....Sanders
4. Hand of Chaos.....Weis
5. Chanur's Legacy.....Cherryh
6. Dragon Fly in Amber.....Gabaldon
7. Red Square.....Smith
8. King Javan's Year.....Kurtz
9. The Joy Luck Club.....Tan
10. Uh-Oh.....Fulghum

## Bulletin Board

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

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

**CHRISTMAS TREES**  
Table top to 30-feet. Comox Valley grown and NO GST! Scotch pine, fir & balsam cut daily for freshness. Decorative & memorial wreaths. 15-ft. front door garland reg. \$12.00, sale price \$10.50. 1/2K south of Driftwood Mall. Open 11 am - 9:15 pm. C.V. Murray CD. Family business since 1947. Be proud, buy Canadian! **334-2571**

**BUILDING MATERIALS**  
Lumber & Plywood  
Panelling - Arborite  
Doors & Windows  
Builders Hardware - Tools, etc  
Electrical & Plumbing Supplies  
Paints & Finishes  
Roofing - Siding  
Cement Department  
Truck Delivery  
Customer Financing

**CENTRAL BUILDERS**  
610 Anderton Avenue  
Phone: 334-4416

**TREES N' THINGS**

Fresh Cut Christmas Trees Locally Grown  
\$6-18 (No GST) best prices in town

Ryan Rd  
Near CFB Comox  
between Terry's Meats & Airport Petro Can  
10am till dark daily  
We Deliver, 338-0495

Frozen Christmas Treats  
Prawn tails \$9/lb  
Whole Salmon \$2/lb  
Smoked Salmon \$1/lb

**COLUMBO'S STEAK HOUSE**  
PIZZA N PASTA

Luncheon & Dinner  
Pickup Available  
Italian & Greek Dishes  
Banquet Room for Parties  
Open 7 Days a Week  
1-450 Ryan Rd. Courtenay  
**338-1488**

**Larry T. Summers, CD**  
FINANCIAL COUNSELLOR  
THE MARITIME LIFE ASSURANCE COMPANY

- Insurance without a war or flying clause  
- RRSP, spousal pension plans  
- No penalty education plans  
- Investments in GIC, Mutuals, etc.  
PH. OR FAX: 334-1833



# On the Base

## New Exec at Scuba Club

by Lt Russ Ackland, Vice-President

In the beginning of October, a new club executive took charge of the direction of the CFB Comox Scuba Club. Since then, new policies have been created, with the hopes of creating a safe group activity for all members of the military community, and the civilians in our area. There are several goals that the new executive hopes the club will meet: safe diving, group participation in diving, and more diving opportunities.

Club members are entitled to an explanation of past problems, why these changes will help the club reach these goals, and how they are proposed in the Constitution By-Laws.

Every club has its high and low times. The Scuba Club is coming out of a "several year low." This low point includes losing safe diving practices, turning the club into a rental agency, enduring some problems with personal gain, and the loss of group and club activities. The most important loss in the club is, without a doubt, the safety aspect.

Diving is an inherently dangerous activity, much like skydiving or mountain climbing. There are provisions in the CFAO's for the CF to sponsor such activities, but they have clearly spelled out guidelines regarding safety procedures. For CF Scuba Clubs, you may refer to CFAO 50-10. There is also another CFAO governing the general operation of a CF club, but the pertinent safety guidelines come from CFAO 50-10.

Every club diving activity must be carried out following the safety precautions outlined in CFAO 50-10. In the past, these guidelines have not been followed. Furthermore, there has not been any provision within the club to facilitate a safer diving operation. In response to the lack of inherent safety features, proposed in the by-laws, there are forms and instructions that will help club divers maintain safe diving practices.

Scuba shops rent out, sell, and service equipment for a profit. The club is not a shop, it is a non-profit organization that exists to benefit members of the CF. We will not sell equipment to members nor service their equipment. There is also NO provision in the CFAO's that allows the club to simply "rent out" equipment. Also, because of the lower prices offered on club rentals, situations may arise that cause conflict with local scuba shops. Unfortunately though, it seems that, in the past, most of the club rentals have been purely a rental transaction by one or two members going off on their own.

There was an excellent effort earlier by the club to put on a "River Clean-up Dive." There were six hard-working club members who enjoyed their afternoon and brought some recognition to the club. Even though many

more were organized, this was the only club activity carried out. The equipment presently held in the club is for club activities, much like the "River Clean-up Dive."

A purely rental type agency is not what a club is all about, especially one where group participation enhances the safety of the activity. By not renting out equipment to individuals, the club will enjoy certain benefits, even at the cost of some rental income:

a) Most importantly, and in reference to club equipment use, club members will not be in contravention of CFAO 50-10. This will also mean that your diving will be a safer activity.

b) Individuals wanting to dive will be persuaded to find, and dive with, other club members. This will foster a "club" mentality and allow members to meet other people.

In the by-laws there are proposed directives that will help make the club more than a "rental agency." There are paragraphs that define what a club dive is, where dives can take place, who is required for the dive, and how to conduct the dive. It should be remembered that, although the new constitution is presently just a proposal, it does include key safety directives from CFAO 50-10 that were not previously in the club constitution.

If implemented, all it would take is a couple of minutes to fill out the required forms and your dives will be safer. You will also help out other members wanting to dive, and you may even find yourself diving more often. Most likely, members will find that there are lots of others in the club that wish to dive but can't find a partner.

On 8 December there will be a general meeting of the club to discuss and vote on a new constitution. There is presently a copy of the proposed constitution at the club, available for your perusal. As well, all members and non-members are invited to come to the club during normal operating hours (1830 - 2000) to discuss any point with executive members.

The new life at 19 Wing Pacific Divers Scuba Club is not just a life exclusive for the "Old Boys Club." It is safer diving for every club member, more often.

### Sucking Air on the Chaudiere

Well, it's been two weeks since our last article appeared in the Totem Times and, as promised, 19 Wing Pacific Divers Scuba Club has been very active. It was mentioned in the last article that in January, Pacific Divers would be diving again in Victoria, but this time on the wreck of the CV Church. What wasn't mentioned, however, was that another trip was being planned for

February. Proposed for Feb 18 through 20, will be our first mainland excursion. The dive sites we are considering are in the Sechelt region. Another wreck dive is planned during this period - the HMCS Chaudiere.

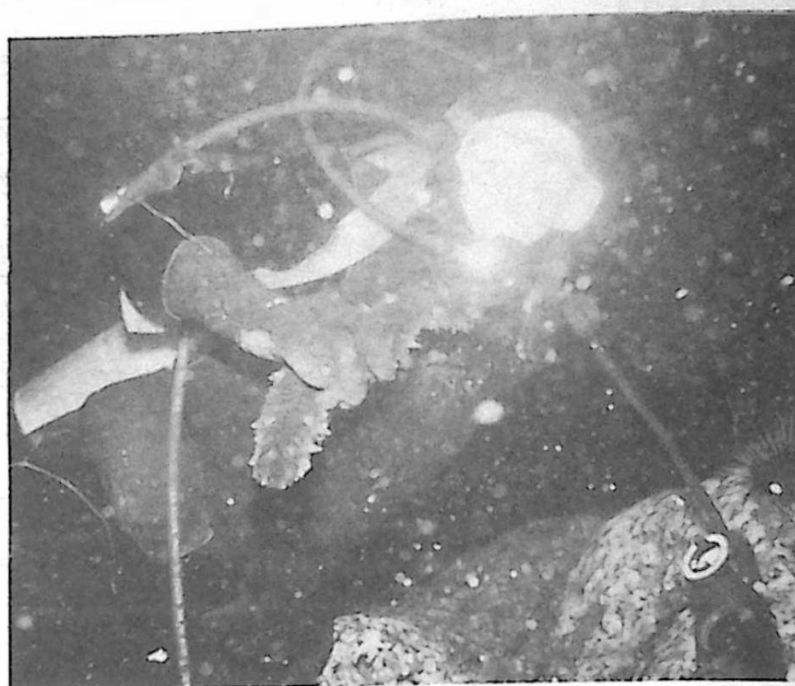
For those of you unfamiliar with the details of this wreck, its background is similar to that of the Church. The Chaudiere is also a stripped and prepared vessel, purposely sunk to form an artificial reef, much to the enthrallment of local divers. She differs, however, in the fact that HMCS Chaudiere is de-commissioned warship from the Canadian Navy. Her sinking also received the attention of the media, when a videotape of the event was sent to I Witness Video, and broadcast on American national television. Amongst the diving community in the Pacific Northwest, the Chaudiere has become a well sought out dive site. Local resorts are also riding the recent wave of interest, by offering dive packages to this newly recycled piece of military hardware.

In preparation for upcoming trips, Pacific Divers members have already attempted to "recce" both the Church and Chaudiere with, unfortunately, unsuccessful results on the former. Russ Ackland, our illustrious yet sometimes notorious vice-president, set out for Sechelt Inlet, along with Charley Lamontagne, in order to attend a great dive charter to the Chaudiere. For the low fare of \$65.00 Cdn, they sailed to the wreck site on a typically cool and rainy West Coast day.

Departing the 10 degree surface air temp, they penetrated the calm waters and descended to the superstructure, amidships. During the descent, they were able to view the entire frigate's length resting on her side, at 60 feet. Apparently it was quite a view since they still had another forty some odd feet before reaching the ship. It now became time to enter the sleeping leviathan. Their description upon entering the bridge - WOW! After this exceptional survey, they moved aft toward the stern line buoy. The time spent on this stately ship must have been "breath-taking," as they found themselves ascending to the surface a little low on air. Fortunately no markable incidents were encountered. Parameters for this dive were 25 minutes and a maximum depth of 103 feet.

Russ and Charley followed the stern buoy marker line down for the second dive of the day and ingressed through the mortar bay. They proceeded to the engine room and, after a sufficient look, returned topside. As the stern of the ship rests in 90 feet, as opposed to the bow's 140, max depth was 97 feet; with a time of 30 minutes.

### Divin' (1)



"Please Mom, can I keep him?"

### Divin' (2)



Caught between a rock and a hard place.

In consideration of the recent sinking, not much life has formed on this man-made "reef." Although we do expect to see a greater abundance on future dives, especially given the track record of reef formations on other wrecks in this area.

As it turned out, visibility for both dives resided between 70-80 feet. The charter staff was also most helpful during both dives. Ferry schedules and a video of the location are available through Russ.

Despite the relative success of the Chaudiere trip, the expedition to the Church was a little less lucky. Once again, Charley and Russ, our unofficial "recce" team, were off, this time for the Church, just north of Saanich Peninsula, on Nov 20. This time they took on Bruce, possibly as a "breathing efficiency expert."

Although disappointing, but for safety reasons, the intended dive on the Church had to be aborted as the day's 15 knot winds formed waves that proved too great for a safe entry off Russ's boat. Instead, an alternate spot was found in the calm waters of Cowichan Bay, on the northern outskirts of Nanaimo. This 45 minute dive exposed the location of a couple of sunken fishing boats.

Hopefully, the club will have better luck on the Church come Jan 16. Nevertheless, keep your attention focussed on upcoming issues of the Totem Times for debriefs of our trips to both the

Chaudiere and the Church.

Speaking of articles, I'd like to take this time to mention a couple of errors, without pointing any fingers (especially at myself). First, we are open Mondays and Thursdays from 1830 - 2000 hrs, not 1630 - 1800 hrs. Second, the rental fee of our equipment for one day, for a group, is \$20.00. After our new constitution has been voted on at the next general meeting, at 1700 hrs on Dec 8, we will publish our new price list.

Also being discussed at this general meeting, are details for upcoming trips, amendments to the "Club Dive Buddy List," details of info distribution, and the details of our logo/crest contest, including the prizes available. Don't forget entries must be turned in prior to the commencement of Wednesday's meeting. For more info about the contest, or future events, contact Cpl Harman at 339-8211, local 8574.

Lastly, there will be some bulletins circulating regarding upcoming dive trips in December. Although there was nothing initially planned, we felt it might be nice to set up some local day excursions over the holidays. If you're going to be around, look us up. We may even do a trip to God's Pocket, near Port Hardy, between Christmas and New Year's - depending on interest. Please let us know soon if you're keen on the idea, so we can make any necessary arrangements. A video of God's Pocket is also available.