



## A Ground Crew Saga

By Bert Linder

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## New C.O. for 386 RCAC Sqn

....page 5



# TOTEM TIMES



19 Wing CFB Comox B.C.

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COST: PRICELESS

## 407 Sqn Departs for the Adriatic

Members of 407 Squadron left for Sigonella, Italy on 9 Jan 94 to begin the unit's first deployment with a United Nations operation. Two CP-140 Auroras from the CFB Comox squadron will conduct maritime surveillance over the Adriatic Sea in support of a NATO operation to enforce a UN embargo of Montenegrin ports.

The deployment will involve 107 members of 407 Sqn from 15 Jan to 15 Mar 94. They will be based at U.S. Naval Station Sigonella, in Sicily, along with

the other members of the multinational force.

Since September, 407's sister squadrons, based at CFB Greenwood, N.S. have been participating; 407 will relieve their pilots, crews, technical staff and air resources.

The Auroras will be capable of carrying the MK-46 torpedo during missions. It will be the first time since the Second World War that 407 Sqn planes have carried ammunition during an operation.

## "Operation Sharpguard" begins for 407

by Capt David  
Krayden, Wing PAO

The first contingent from 407 Squadron to be deployed to the Adriatic Sea left Comox on Sunday morning this week. The warm sunny weather on this January morning was not unlike what awaits the pilots and crews in Sigonella, Italy; the political climate will be something else again. During the next two months, 107 squadron members

in total will take part in 407's first UN operation.

This will also be the first time during any operation that the Aurora planes will be carrying the MK-46 torpedo, although the planes do carry live ammunition on occasion.

Operation Sharpguard has until now been an East Coast operation, carried out by Maritime Air Group's Atlantic

Continued on page 3

### The Real Thing



407 Weapons Tech loads a live torpedo: weapons smuggling by submarine is one possibility.

## Sgt Ray VanDerMark - Serviceperson of the Year



## Serviceperson of the Year

Col T.B. Rogers was pleased to present the 1993 Service Person of the Year award to Sgt S.R. (Ray) VanDerMark from 442 Squadron during a recent ceremony.

This award was first initiated in 1990 and, as in the past, this year's choice was made from the personnel who had received Service Person of the Quarter awards for that year. The selection process was particularly tough as each of these meritorious benefactors were presented as equal competitors, however Sgt VanDerMark proved to be the epitome of the Merit Board selec-

tion criteria. He excelled as a highly motivated, superb leader whose outstanding performance was a substantial factor in the operational effectiveness of 442 Squadron and equally instrumental toward enhancing the overall professional appearance of the military community.

Sgt VanDerMark is a 40 year old Instrument Electrical Technician who is married with three children. His wife Jean (SCO WSUPO), son Danu age 12 and daughters Amber age 9, Brittany age 6, all reside in Comox. Ray is a native of Ottawa Ontario.

Following his school gradua-

tion, he worked with Taxation Canada and Canada Post; he even became a race-horse trainer in the U.S.A., and then continued training horses at Dwyer Hill Farms outside Ottawa. He soon realized he was qualified in the act of waiting and could be spurred into submission, making him an ideal subject for military service. From there he was enrolled in the CF in April 1976 and served at CFB's Portage La Prairie, Baden-Soellingen and two tours at Cold Lake; he joined 442 Sqn in July 1990.

Since his arrival he has amply

continued on page 3



# On & Off the Base

## Walls of Death

by Capt Bill Seymour  
& Capt Joy Klammer

The CO-140 Aurora makes a pass across the endless Pacific Ocean. Hundreds of feet below on the grey waters there is movement and a foreign vessel can be seen doing its intrusive work.

A submarine? No, a fishing boat. It used to be that 407 Sqn was only known for its anti-submarine warfare, an operational role that the CFB Comox maritime patrol squadron has pursued since 1952. Today, Maritime Air Group and its fleet of Auroras are looking for more than subs; of interest also is drug interdiction, pollution, and illegal fishing. Threats are not just military in origin and illegal driftnet fishing poses a direct threat to our environment, economy and sovereignty.

In late August of this year, 407 Sqn sent one of its Auroras to Adak, Alaska, a small island in the Aleutian chain, about halfway between B.C. and Japan. It was on the sixth and last deployment to be flown during the 1993 year in support of the UN's moratorium on all large-scale driftnet fishing on the high seas. The use of maritime patrol aircraft in a multinational effort to police the high seas is a relatively new, and increasingly important role for 407 Sqn, in keeping with the Canadian tradition of multi-tasking its defence resources.

Driftnetting is a method of fishing using a net, or combination of nets, several kilometres in

length. The nets are constructed of nearly invisible monofilament and were designed to catch salmon but are now being used to catch squid. These nets are intended to be held in a vertical position by floats and weights, and their purpose is to entangle fish by drifting on, or just below, the surface of the water.

It's a popular fishing technique as it is inexpensive: easy to set up and requiring little manpower to operate. If the driftnets caught only fish, their use would not be condemned. It is the high numbers of mammals, birds and fish other than squid trapped in the nets that have earned them the title of "Walls of Death."

The harvest of death wrought by these nets amounts to an estimated 1,700 dolphins, 90,000 albacore tuna, 80,000 blue sharks and 27,000 seabirds.

In addition to all the incidental marine life that is caught, driftnets also ensnare salmonoid and steelhead trout that are making their way back to North American and Asian rivers and streams. Salmon is now being harvested illegally not only by squid driftnetters, but by driftnetters specifically targeting salmon. In the past three and a half years, NOAA fisheries special agents have seized and subsequently sold almost 1.3 million pounds of salmon illegally imported into the U.S. from Singapore, Hong Kong and other Eastern ports to be "laundered" and exported to the European

community and Australia as a North American product.

The main pirate nations include Taiwan, Japan, North and South Korea, Thailand, China and Malaysia. Although Japan has the largest fleet, it is Taiwan that leads the pack in laundering an estimated six to eight thousand tons of salmon worldwide.

Efforts to manage Pacific marine resources date back to 1952 when Canada, the U.S. and Japan signed the International North Pacific Fisheries Commission (INPFC), formed to regulate catches of North American salmon. In 1978, the North American fishing boundaries were extended to the new 200 mile limit. Between 1978 and 1983, the number of vessels engaged in driftnet fishing grew from fewer than 100 to more than 700.

On 30 May, 1990 the Canadian marine life made a commitment to conduct high seas driftnet enforcement patrols with the Department of Fisheries. That same year, 407 Sqn conducted eight flights totalling 29 on-scene hours, providing radar coverage of over 888,000 tactical miles. To date, 407 Sqn has contributed more than 600 flying hours to driftnet enforcement.

The squadron's mission is to search the ocean north of 33 degrees North, beyond the 200 mile economic exclusion zones. Most of the patrols are based out of Adak, Alaska and are flown annually during the driftnet

season which falls between May and September. The squadron's job is to survey the area using radar, investigating all questionable vessels. Any ships that are suspected of being driftnetters are carefully photographed both by the Aurora's belly and 35mm cameras. The position of the boat along with all other pertinent information, including any photographs taken, is passed up through DND and the Department of Fisheries and Oceans, where all information is analyzed for possible prosecution. The Aurora, with its long-range capability, radar and high-resolution cameras is ideally suited for this mission.

Visual presence alone seems to have aided in the reduction of

driftnet vessels. In the last three years over 26 U.S. and foreign fish brokers and associated companies have been indicted and charged by Federal Grand Juries in San Francisco and Seattle.

In May of this year alone, one 407 crew detected two driftnetters working off the east coast of Japan. Information regarding their position was passed to the U.S. Coast Guard. The last crew to deploy in August found no driftnetters.

Because of prison terms, fines and growing international opposition, illegal driftnetting just isn't worth the economic return. The resources and vigilant crews of 407 Sqn intend to help keep it that way.



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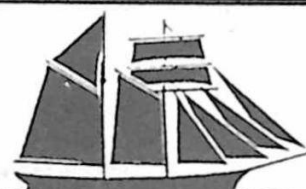
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# On & Off the Base

How it's done

## Non-Destructive Testing

As this is the first article submitted by the 19 AMS NDTAF this year, we'd like to take this time to wish everyone a happy, prosperous, and, more importantly, a SAFE 1994.

Last year the NDT section started submitting explanatory articles dealing with NDT, in hopes of letting you know just what our capabilities and limitations are. We managed to cover three of the five basic disciplines: radiography (RAD), magnetic particle inspection (MPI), and liquid penetrant inspection (LPI). That leaves us with eddy current inspection (EC) and the method we'll look at today, ultrasonics (UT).

Although there are those NDT techs (none in 19 AMS I might add), who would have you believe that ultrasonics is a mystical black art that requires years of self sacrifice and study under the gruelling tutelage of some wise old Master, in reality, ultrasonics is quite simple.

Work in the use of pulsed ultrasonic energy for testing of materials was disclosed in U.S. Patent 2,280,226 issued in April 1942 to Doctor F.A. Firestone. He called his instrument the "reflectoscope" as it located defects by means of the pulse/echo principle.

The basic principle of operation consists of the transmission of a pulse of vibration (sound energy) into the part to be inspected, and the measurement of the time intervals between the initial pulse (IP) and the arrival of the reflections from internal defects and from the opposite side. This method offers great possibilities in testing objects where only one face is accessible, objects are extremely thick, when the defects lie totally within the part, or when other NDT methods fail to detect the defects.

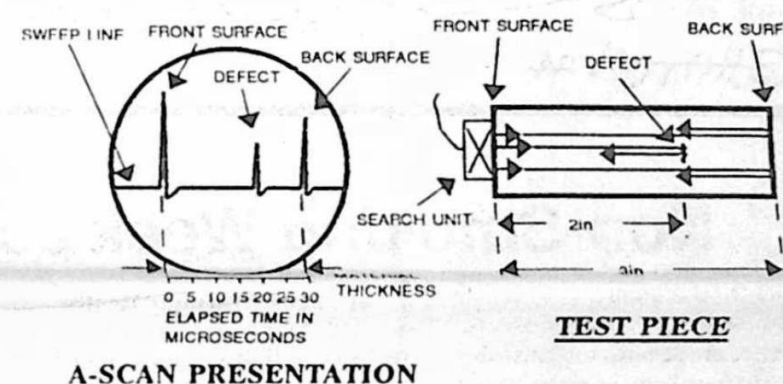
The formal UT techniques here at the 19 AMS NDTAF range greatly in complexity. A simple technique might be thickness measurement of accumulator tanks and boiler tubes for Construction Engineering or the wing jacking point area of the CP-140 Aurora. One of our more complex techniques is the shear wave inspection of the CH-124 Sea King pylon hinge assembly for

detecting stress corrosion cracking.

Let's analyze a simple UT inspection of an aluminum test piece three inches in length. An ultrasonic probe (referred to as transducer or search unit) is connected to the UT instrument via a thin cable, then placed in contact (acoustically coupled) with the test piece. Electric pulses are sent to the transducer and simultaneously displayed on the instrument's cathode ray tube (CRT). This CRT signal is known as the initial pulse and, in terms of contact testing, is referred to as the front surface signal. The crystal inside the transducer, upon receiving these electric pulses, undergoes slight mechanical deformations, producing mechanical energy pulses, (or sound pulses), of the same frequency as electrically received. This typically takes place between 2.25 to 15 million cycles per second (MHz) for aerospace

applications. This is well above the human hearing range of 20,000 cycles per second (KHz), hence the term ULTRASONICS.

Since the transducer is acoustically coupled to the test piece, these sound pulses travel through the material. In this case the mode of propagation is longitudinal, therefore the sound will travel 625,000 cm/sec (the longitudinal velocity of sound in aluminum). These sound pulses continue until they bump into a reflector or reflectors (any interface that presents a large acoustic impedance difference), then they echo (pulse/echo principle) back the way they came. Upon reaching the transducer, these sound pulses cause slight mechanical deformations of the crystal, which causes the crystal to generate electric impulses of the same frequency as mechanically received (the initial pulse process in reverse). This signal is also displayed on the CRT.



In our example, the sound needs 15 microseconds to travel through our test piece, then 15 more to travel back to the transducer for a total time of 30 microseconds. By calibrating the CRT horizontal sweep (known as the time base), we can adjust the back surface reflection to show this 30 microseconds where we want, and this will represent the thickness of our test piece - 3 inches.

You've no doubt noticed that this test piece has a defect in it. Now if the original sound pulse, only a small amount of this energy is reflected back from the discontinuity, the remainder continues on to reflect off the back surface, hence the signal amplitude differences displayed on the CRT. But the velocity

remains constant. Therefore our calibrated time base tells us that the defect is 20 microseconds, or 2 inches into our test piece.

That's ultrasonics in a nutshell. We do have a few little things to worry about such as sound coupling, refraction, mode conversion, near fields, null zones, skip distances, beam travel and the like, but the basic principle stays the same. Send out sound pulses, then measure the time delay and amplitude differences between the return signals.

So next time you see a NDT tech performing UT, you'll be able to ask more detailed questions about what's going on. And if he can't answer your questions right there on the spot, a quick call to the Master ought to do the trick.

## More Service Person Continued from page 1.

demonstrated his outstanding technical, administrative and leadership abilities and continued to be a strong influence in developing a strong esprit de corps and hard working spirit within the section.

Sgt VanDerMark's remarkable directorship and his fastidious concern for quality are consistently evident. He always knows how to get the best from his subordinates and his ability to work with others has made him one of the most respected members of the squadron. These traits made him the unanimous choice to spearhead the maintenance team for the National SAREX competition held from 12-17 Sep 93. His excellent team workup and aircraft preparation cumulated into a most accurate and flawless competition of SAREX ground-crew tasks that soon outdistanced the nearest competition. At the completion of the week-long activities, he and his crew were declared the best maintenance crew by far and brought home the prestigious trophy to 442 Sqn.

Although completely involved in his primary duties, secondary functions involved such responsibilities as the Squadron Entertainment chair-

man. Furthermore, his excellent ability to manage his time has allowed him to devote part of his energy to the local community, serving as a volunteer director for the Parent Teacher Association and also acting as an assistant coach of a mixed softball team. He is a strong believer in physical conditioning and his active involvement truly supports his fine character.

Sgt VanDerMark has certainly proven excellence in all aspects of his remarkable performance. We are very fortunate to have such an effective and sincere individual in our operation. He has used his knowledge and skill to plan and direct all his available resources to the utmost. His willingness to walk that extra mile and do the little extra, graphically proves his value to this squadron's ability to carry out its responsibilities quite efficiently. His mastery of professionalism, coupled with his boundless initiative and maturity have, without doubt, rendered him to be a superb and very deserving recipient of this award.

Congratulations Sgt VanDerMark from all members of 19 Wing Comox.

## More Sharpguard Continued from page 1

resources. Since 15 September 93 CFB Greenwood's 405 and 415 squadrons have been flying the missions.

Using two Aurora aircraft from CFB Greenwood (maritime patrol operations on the Pacific would suffer immeasurably with the use of only two CP-140s) the squadron will conduct maritime surveillance over the Adriatic Sea.

They will fly long hours. It will be physically and

psychologically taxing work. It is what they are trained so well to do.

The 10-hour flights are being conducted as part of a NATO operation to enforce a UN imposed blockade of Montenegrin ports. Only ships carrying food or medical supplies are being granted access to those ports.

Any interdiction of ships will be conducted by the multinational naval forces.



Wing Admin Sqn members were recently presented with Special Service Medals (SSM) for Alert and UN duties. Front row L-R: LCDr A.S. Garwood, Capt W.A. Phaneuf, LCol G. Van Boeschoten, W. AdminO (Presenting Officer), Capt W.A. Snow, Capt T.W. Potter. Back row L-R: WO L.L. Piper, Lt J.M. Nogue, Sgt J.M. Plante, CWO G.M. Murley, MCpl J.D. Cormier, Sgt L.V. Levesque.



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## 19 AMS Presentations



Rear row L-R: Cpl Rodger, Cpl Blackmore, MCpl Arcand, MCpl Reimer, Cpl Morin, Cpl Schneider, Cpl Jean-Louis, MCpl Mantha, Cpl Goulet, MCpl Carmichael, Cpl Lefebvre, Cpl Lair. Front row L-R: WO Goble, Sgt Mofford, MWO Gaudet, Maj Roos, Sgt Jura, Sgt Mackie, Sgt Jeffery.



# Editorial



Norm Blondel

## Dieppe Again

An untimely power outage cut off a discussion I particularly wanted to hear at the conclusion of the recent CBC-TV two-part series on 1942's (now) infamous raid on the French coastal town of Dieppe. Veterans of that "Reconnaissance in Force," were gathered to give their impressions of the CBC presentation and, I gather, they considered it fairly accurate. The scenes of carnage on Blue Beach focussed all of the agony, horror and futility of this ill-planned operation, and confirmed my own belief in the short memories of those involved in mounting the Dieppe raid.

The "Blitzkrieg," a campaign of heavy bombardment, followed by overwhelming force, swept the armies of Nazidom into France and the Low Countries little more than two years before Dieppe, and still, and yet, the planners learned nothing from this. Without prior bombardment, and in daylight, thousands of untried, unseasoned Canadian troops were dumped on an open beach, completely dominated by German gun emplacements. 900 Canadians died that day, and in the public relations aftermath, Canadian General Roberts became the scapegoat.

Since this was a "TV Movie" I wasn't expecting a documentary, so the treacly, romantic (and irrelevant) portions of the programme came as no surprise. They are stock-in-trade for almost any TV production, since there's only a little dialogue and inexpensive background music involved.

One startling omission was the cost in the air. The allies lost 106 aircraft at Dieppe, and the enemy half that number, yet the impression was given of little and belated involvement by the RAF and RCAF.

It's enough to make Duke Warren go for a Bicarb.

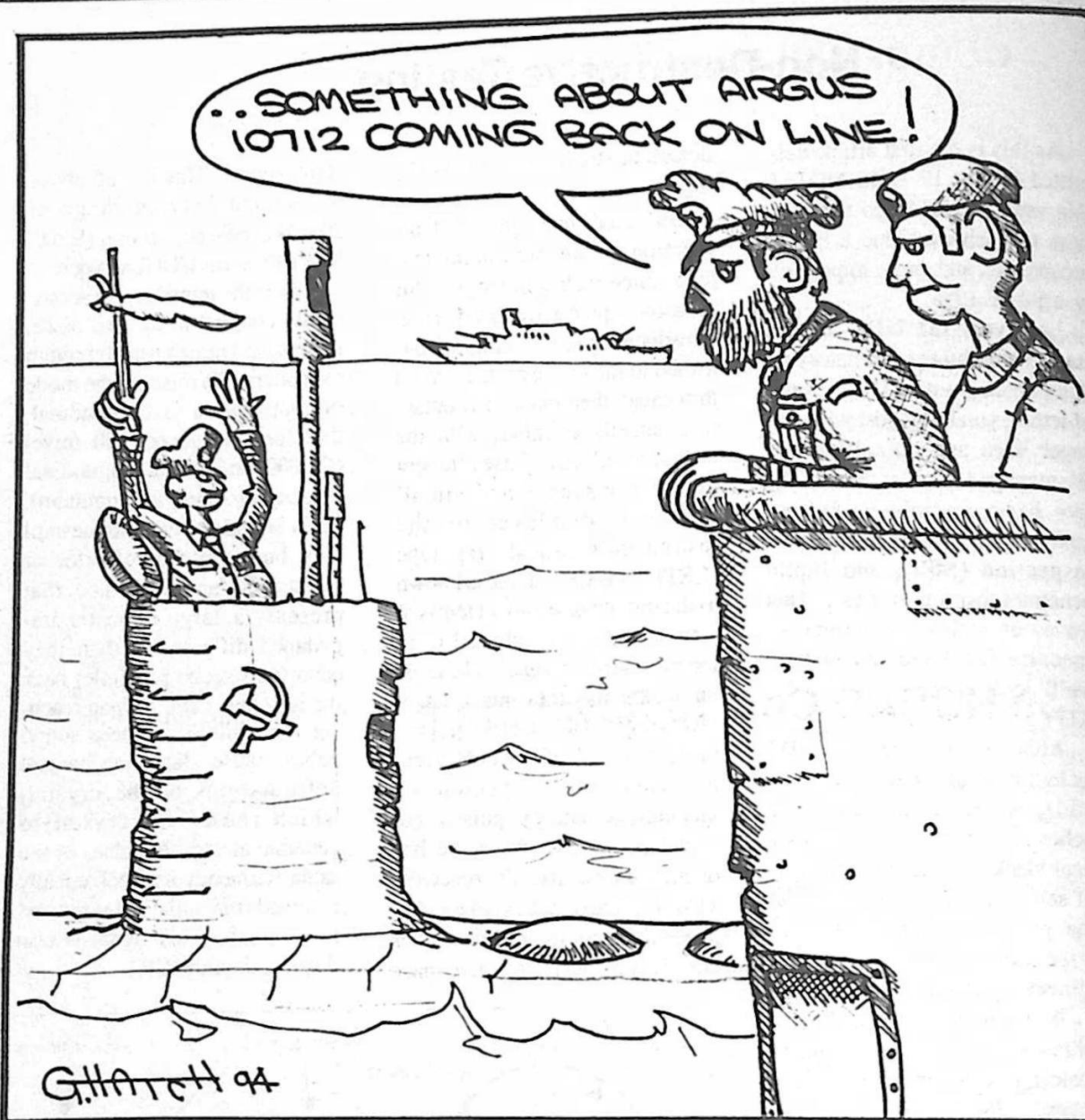
## No Smoking

National Non-Smoking Week, Jan 17-23, is timed nicely to take advantage of New Year Resolutions. If you have resolved to quit smoking and haven't yet reneged, thank you for your contribution to your own good health, and the health of people around you.

If you have fallen already, or have no intention of quitting this disgusting, dirty, inconsiderate, polluting, addictive habit, may the sidestream go up your nose.

## Branch 160 Members Note:

**ATTENTION BRANCH 160 MEMBERS:** 1994 membership dues are due and payable 1 Jan 94. To remain in good standing, dues must be paid not later than 31 Jan 94. Dues may be paid at the office, left at the bar. If you wish to mail dues in, please forward cheque or money order payable to Comox Legion Br.160 and mail to 1825 Comox Avenue, Comox, B.C. V9M 3M3. 1994 DUES RATES: Ordinary & Associate members under 65 - \$30.00. Ordinary & Associate members over 65 - \$20.00. All Fraternal Affiliates - \$40.00.



## Non-Smoking Week Jan 17 - 23

There are several reasons why many people are anxious about the issue of children and smoking in Canada today. Every year, 120,000 young people start smoking. The tobacco industry calls them "replacement smokers." Twenty years ago, the average smoker started as early as age 16. Today the average starting age is 12 and more than 90 percent of smokers start before they reach their 17th birthday.

And there is special concern about young women. In the 15 to 19 year age group, 20 percent of females smoke, as compared with 12 percent of males - nearly twice as many.

These new smokers join the

ranks of millions of other people who risk death or serious illness as a result of their addiction. Each year tobacco kills approximately 38,000 Canadians and about 4,300 people in British Columbia. Tobacco kills 45 times more people than AIDS and nine times as many people as traffic accidents. In fact, tobacco use kills more people in Canada than the total number of deaths caused by car accident, suicides, murders, AIDS and drug use.

Tobacco causes 30 percent of all cancer deaths (including 87 percent of all lung cancer deaths), 30 percent of heart disease (as a risk factor it is more significant than either high blood pressure or

high cholesterol), 15 percent of stroke and 60 percent of chronic obstructive lung disease.

"Some day, cigarettes will and should be regulated as a deadly, addictive drug," says Richard Pollay, Faculty of Commerce, UBC. "This may involve treating them as a controlled hazardous substance with very limited distribution and restricted access (e.g. by prescription only)."

Members of the B.C. Committee for Non-Smoking Week are: the B.C. Lung Association; Canadian Cancer Society, B.C. and Yukon Division; Heart and Stroke Foundation of B.C. & Yukon; and the Registered Nurses Association of B.C.

## NEXT DEADLINE 24 JAN.

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# Comment

## 386 RCACS Promotions



Capt Melançon, CO 386 RCACS, is pictured above with all the cadets promoted to the rank shown since Sep 93. Front row L-R: Cpl McQuillan, Cpl Kennedy, F/Sgt Douglas, WO2 Cathcart, Capt Melançon CO, F/Sgt Cochrane, F/Sgt Merchant, Cpl Doherty, Cpl Hendry. Back row L-R: Cpl MacMillan, Cpl Smith, Cpl Seabloom, Sgt Gedras, Cpl Mann, Sgt Newrocky, F/Sgt Barnes, Cpl Anderson, Sgt MacInnis, Sgt Shortman, Sgt Sullivan, Cpl Dunn, Cpl Chudleigh. Missing is Sgt Doylend.

## Comox Cpl says Thanks

This year he returned the favour. CFB Comox supply technician, Cpl William Slater, got a chance to say Merry Christmas again this year to a group that made the holiday season a little brighter for him in 1992. Slater was in the middle of a six month tour with the United Nations in Durovar, Croatia last December 25. Just after Christmas dinner the Canadian contingent received a 20-foot banner signed by all the girls in a Smithers, B.C. Girl Guide troop. It was a Christmas greeting for all the Canadian soldiers there.

Slater was the only one to write back to the girls, thanking them for thinking of Canadian Forces personnel serving far from home at Christmastime.

When the girls told their story to the local CBC Radio affiliate in Prince Rupert, a reporter asked to be put in touch with the CFB Comox corporal. He was then interviewed on-air 23 Dec 93 and said thank you again to the Guides who remembered Canadians serving in a war-torn country.

## Top NORAD Cdn. to Speak Here

Lt. Gen Brian Smith, the deputy commander-in-chief of North American Aerospace Defence (NORAD), will begin a cross-country speaking tour here. The Canadian general will go from one Canadian coast to the other, discussing Canada's future in NORAD with the public and media. Smith will depart NORAD headquarters in Colorado Springs on 14 Jan and arrive at CFB Comox the same day. He will meet with local media that afternoon.

The NORAD alliance was first negotiated between Canada and

the United States in 1958 to establish joint defence of the North American airspace. Since then, the agreement has been renewed at regular intervals.

Lt. Gen Smith will be available for interviews. He will participate in a CFPC radio hotline show and an editorial board is planned for 1 p.m. in the conference room of the Courtenay Municipal Hall where Gen Smith will meet and talk with local media. For more information call Capt David Krayden, CFB Comox/19 Wing Public Affairs Officer, at 339-8201.

## 888 to host RCAFA PAC Mtg.

### by A.R. Woodman, Publicity Chairman

As in the past, 888 (Komox) Wing will once again host the semi-annual Pacific Group meeting of the Royal Canadian Air Force Association.

Registration for the 2-day event will commence at noon Fri 28 Jan. The Officers' Mess has kindly extended an invitation to delegates, and those members of 888 Wing wishing to attend, to participate in TGIF in conjunction with their "Old Uniform Night." The event will commence at 6:00 pm. A cold buffet will be provided.

Sat 29 Jan the meeting will get under way at 9:30 am. Coffee and

doughnuts will be available. At noon the meeting will break for lunch which will be provided at the Wing. Cost to delegates and observers will be \$5.00.

The meeting will wind up Saturday evening with a dinner and dance - 6:30 for 7:30 pm. Food will be catered by The Old House restaurant and dance music by The Music Man. Cost per person - \$15.00.

Members of 888 (Komox) Wing RCAFA extend a hearty welcome to those out-of-town delegates attending the Pacific Group meeting and hope their visit to the Comox Valley will be an enjoyable one.

## Royal Canadian Air Cadets

### 386 Squadron

### Change of Command

by Ken Walsh, PRO



On Saturday, 19 Dec 93 the cadets took part in a change of command parade held at CFB Comox.

The new CO Capt Victor Simonson (R) and staff have a busy year ahead preparing for the 50th Anniversary. The squadron strength is now standing at 90 cadets. Capt Andre Melanson resumes duties with 386 Squadron.

### Ex-Comox Air Cadet



Officer Cadet Mike Stefanson, Royal Military College, Kingston. Formerly of 386 Sqn RCAC Comox.

## Air Force Trivia



## ATTENTION FORMER PEACEKEEPERS

The Comox Air Force Museum is planning a peacekeeping display to open Spring 1994 to mark the many contributions made by base personnel through the years to UN operations. The museum needs badges, insignia, uniforms, flags, photographs and any other memorabilia relating to UN, ISCS, ICCS, and MFO service. Any assistance in helping with this display would be greatly appreciated.

For further information contact:  
Comox Air Force Museum  
(604) 339-8162

## NEXT DEADLINE 24 JAN.

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# Section News

Across the Moat

**Sir Keith,  
Sir Roger,  
Sir Norm, etc.**

Sir Bill surveyed the wreckage of wrapping paper strewn about the Great Hall and sighed quietly so as to not wake the Knights who had fallen asleep after the huge meal they had partaken of. In truth, some may have been sleeping as a result of the snowball, but that's another story.

Once again, the holiday season has come and gone and it is time to take stock and plan for the future. Some Knights shall leave (you know who you are) and some shall stay for yet another year (you *think* you know who you are).

A new Knight shall join the group, and he shall be the most junior, Sir Derek. Following familiarization with the faithful steed, he shall be in charge of many things. Sir Derek comes to us from The Land of Moose Jaws and Frozen Noses. Little is known of his past, but we will soon have things to report, we are sure.

Sir Richard, who prefers Sir Rich (a hint of wealth?) has a new device. Not a crest, but a device that allows him to pinpoint his position within a few furlongs. No longer does he wander the halls with a "Where am I, and where was I going?" look on his face. He can now be told exactly where to go, and can program his device to take him there. The only side effect so far is that he has seen the Castle doctor for what appears to be a calloused digit caused by punching in coordinates.

Sir Keith (the Bowman) has a new rack of antlers to fix upon his helmet. He has successfully brought down one of the forest's denizens and renamed it venison. Sir John (Chewbacca) has joined him in this pursuit and will soon wear the antlers of his conquest.

Sir Roger (the Benevolent) has taken it upon himself to gather a collection of lithographs for presentation to deserving Knights. When questioned as to what might make a Knight deserving, Sir Roger was quoted as saying "they must go away!" Not knowing if this was a qualification of deserving, or Sir Roger's purging of his personal demons, your faithful scribe quickly left the area in search of more things to report.

Sir Norm has left us for the Land of Moose and Frozen Noses, where he shall train as a Demonstration Bird. Not only will he demonstrate, he has been chosen to do it alone, known to his group as Solo. Those of you who are fascinated by trivia may know that their bird crest was made famous by Anne Murray. Now do you know the name of the group? The first two people who write in the correct answer will receive Sir Norm's autograph. All the Knights wish him well, knowing that his success is justified and that he has been chosen not only for his prowess, but also the character that he has demonstrated. A third

## A Moat full of Medals



31 members of 414 (CS) Sqn received their SSM on 10 Dec 93. LCol W.R. Cleland presented medals to, standing L-R: Capt J.G. Haugen, Capt L. Summers, Maj R.K. Howard, WO R.G. Bissonette, Maj D.A. Harrington, Capt A.K. Esplen (hiding), Cpl M. Sims, MCpl C.D. Creran, MCpl K.L. Gray, MCpl J.A.C. Ricard, Cpl R.K. Ferguson, Capt M.C. Bush, MCpl B.C. Timman, LCol W.R.R. Cleland (presenter), Cpl G. Foster, CWO E.A. Werner, Cpl D.G. Veitch, Cpl D.R.J. Scragg, Sgt R.D. Etches, Cpl J.R.M. Larochelle, WO D.G. Doucette, Capt J.B. Watkin, Sgt T.B. Wickins, MCpl R.W. Wyatt, Cpl J.D.H.R. Martin (Alert). Kneeling, L-R: Cpl W.G. Malouin, Cpl J.A. Sparkes, Cpl L.R. Barrow, Cpl J.G. Cross, Cpl E.F. Delorme, Cpl J.S. Bianco. Totis Viribus!



Cpl K.W. Hayward missed 414 (CS) Sqn's Medals Parade on 10 Dec for obvious reason. Following the parade in 7 Hgr, LCol Cleland and contingent proceeded to the Base Hospital and presented Kendal with his SSM. Totis Viribus from all the Black Knights!

consideration may have also been the lack of a ceiling on his Cards of Plastic, which will surely take a beating on the cocktail circuit.

Sir Larry (Leisure Suit) has been spending his time learning the intricacies of his new electronic device. He has successfully entered schedules, phone numbers and names. He will now attempt to enter aircraft recognition charts so as to prevent the accidental identification of a Spitfire as a Tomahawk during briefings. There is no truth to the rumour that he is also building a log of all the practical jokes he has pulled.

Sir Ted (of Tours) has conducted so many in the last year that he now proudly says he can talk to any tiny person on their level. Should he not be replaced in the near future, there exists the danger that he may be forever speaking in small words. Although selected Pole Hog on many occasions, there is some suspicion that he is logging time spent leaning in the simulator explaining switches to visitors. Ask him to show you his photo of the Bud girls.

Sir Mel has had such a bad time balancing the budget that he is practically broke. Future operations may have to be financed through bake sales and car washes if funding is not soon forthcoming from the Big People. There is no truth to the rumours

that he has taken to selling locks of his hair to wig salons in an attempt to remain solvent.

Sir Boots (The Bikerster) has demonstrated a new talent. In addition to being a frame builder of some renown, he has also been watching reruns of This Old House. As a result, he has taken his whole bathroom apart and rebuilt it. Part of this is to install a new tub, so if he should show up on your doorstep with towel in hand...

Sir Barry (of BWAT) has opened a new business. He will now run all over town for you to get those insurance estimates you can't be bothered to get. As part of the service, if you're in a far away location, he will even spend hours trying to figure out the fax machine so as to send you data that you need. He is continually meeting new friends with the opening line he has developed: "How the @#\$%\*+ does this thing work?"

By the time you read this, it will be 1994. The column was started in 1993, so took a whole year to go from keyboard to your door. Knowing you as we do, we are sure that you will provide much to write about in the new year. All the best to you from our staff of scribes, and keep turning in your fellow Knights to see their names in print.

Sir Cedric



Four proud Black Knights of 414 (CS) Sqn receive their CD 10 Dec 93. L-R: MCpl J.G. Arsenaault, Cpl J. Viel, MCpl L. Casanova, MCpl D.B. Smith.



Capt R.R. Pulman is presented with a Certificate of Achievement for completion of the Officer Professional Development Program by LCol Cleland.



Cpl B.D. Little is presented by LCol Cleland with an Award for Professionalism for his discovery of a crack in the CT-133 gun mounts.

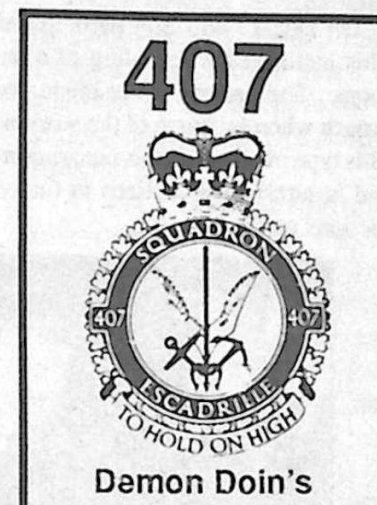
# Section News

## Demon Hockey Report

by Rob Scholte

Intersection Hockey League has started up again after a three week break for the holiday season. The Demons first game against the 442 Flyers proved to be an exciting, second half of the season, starter.

Top notch goaltending by Ray Girardi helped put the Demons up 4-2 despite the fine play of the Flyers. The intensity of play in the second period resulted in penalties handed out to both teams. However, the Flyers were able to capitalize on key opportunities. With just minutes to play the Flyers were able to score their third goal of the period. Despite the three point performance by Larry Reid the Demons were unable to score again and were defeated 5-4.



More exciting play to come in the future, come out and enjoy the game. Again, the Demons would like to thank their sponsors: Subway Restaurant and Brian Rice Courtenay Toyota.

## 407 Squadron Presentations



On 14 Dec 93 LCol P.J. Kendell, CO 407 (MP) Sqn presented a Warrant Scroll to CWO D.P. Landry, a Special Service Medal and 14 Canadian Forces Decoration Medals. Seated with the CO L-R: Cpl R. Bullis, Capt K.B. Almeida, Capt D. Nicol, CWO D.P. Landry. Standing L-R: Cpl R. Schnell, MCpl J. Gagnon, Cpl L. Olsson, Cpl R.G. Lewis, Cpl M. Prinzing, Cpl J. Laplante (SSM), MCpl P. Trevor, Cpl T. Steel, Cpl S. Parent, MCpl W. Laybolt, Cpl R. Gaudet, WO M. Schnabel.

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DAVID H. NICHOL

## CHAPEL CHIMES

### OUR LADY OF THE SACRED HEART CHAPEL (RC)

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

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

Changes will be announced in the bulletin

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

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

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in the Parish hall, preceded by Mass in the Chapel at 7:30 p.m. President: Bonnie Gillis, phone 339-3496.

CATECHISM CLASSES - September to May in the Chapel and Parish Hall every Sunday morning at 0900 hrs. Coordinator: Mary Rogers, 339-6181.

## ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

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

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

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

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

(any changes will be announced as early as possible)  
SUNDAY SCHOOL - In conjunction with 11 a.m. Service.  
NURSERY - during 11 a.m. Service for children under 3 yrs.  
CHOIR - 1900 hrs, Thursdays at the Chapel.

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

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

## Yipe!! My smoke alarm's screeching!

It makes you jump! It wakes you up! And lets you know there's smoke and probably fire around. Take a tip from the Old Lady. While smoke alarms can't prevent or extinguish fires, they can save your life and prevent injuries - yours and your family's. A reliable, well-installed and maintained smoke detector is a life-saver!

The Old Lady and your Fire Department have lots of other hints on how to prevent fires, how to make your home fire-safe and how to deal with arson, burns and getting out of a fire safely. For these hints, simply contact your fire department.



Sgt "JP" Hebert: Course certificate, honouring the successful completion of the DIAC Data Base Manager Course 9301. An AESOP and former member of MP 405 Sqn 14 Wing Greenwood, Sgt Hebert and family have resided in Comox since Jul 92. Sgt Hebert is a member of the Wing Ops Centre Computer Op Team.



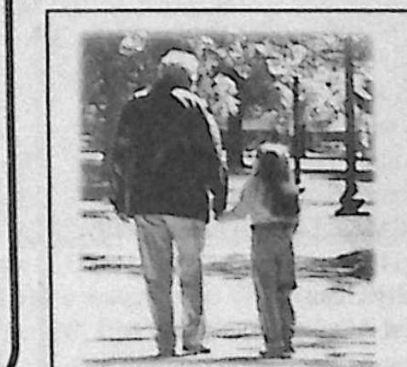
MCpl Desmond "Des" Ogilvie: Certificate of Military Achievement, attesting the completion of formal training and OJT as an AESOP DIAC Computer Operator. MCpl Ogilvie, a former member of MP 407 Sqn joined the Wing Ops Centre organization in Oct 93.



MCpl N.E. Wilhelm, Wing Intelligence Section: Special Service Medal.



Capt T.J. O'Toole, WIO: Special Service Medal.



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# Section News



CWO R.W. Jeffrey, Wing Op CWO, receiving his Special Service Medal from LCol P.A. Drover, WOpsO. Col Drover also presented the following:-

442 Sqn SAMEO Maj Pete Abbott recently sought assistance from Santa's elves (Cpl Vicky Smith 6 Sup Gp) to satisfy their IOR demands. Santa came through and rumour has it that he even delivered extra rubber bands and a few lumps of coal. This collaboration wasn't by the book but the reindeer delivery was sure cost effective.



## Squadron Members Awarded

Members of 442 Sqn received various awards during a parade held on 17 Dec. The following received Commander of Air Transport Group commendations for successful challenging rescues: Capt Roddick, WO Beatrice, MCpl MacGregor.

Canadian Forces Decorations CD were presented to the following personnel: Capt Turpin, MCpl Burley, MCpl Godin, MCpl Pyett, MCpl Sharpe, MCpl Soos, Cpl Birstonas, Cpl Lamontagne, Cpl Ripley, Cpl Smith.

The following aircrew received Boeing Flying Achievement Awards for having logged greater than 1,000 hours in the Labrador helicopter: Maj Clarkston, Capt Weissenborn, MCpl Burley.

## SCUBA

by Paul Harman

19 Wing Pacific Divers Scuba Club would like to welcome everyone back from holidays. Upcoming in future editions will be details of the proposed snorkelling club.

Our constitution finally got voted in by the general population of the club and now it awaits final approval from the "powers" above. We will be publishing our new price list in the next printing of the Totem Times, following the constitution's endorsement. The new constitution will be available for viewing in the club after its return.

All entries for the logo/crest contest have been collected. We'll have a decision on the winner as soon as the executives return from their holidays.

Thanks again to Bobby Wosowich for her work on the mural in the club. It's a fine job and all are welcome to come and view the final effect.

Just a reminder, our next trip to Victoria is this weekend. We'll be diving Ogden point and the wreck of the GB Church. Contact the club or myself, at loc 8417, for information.

There will be a meeting for those interested in the trip to Comox. To secure your name for this excursion, be at the club on 7 Feb, at 1900 hrs.

## 442 Hammers in the New Year

On Dec 17 442 Sqn participated in two ribbon cutting ceremonies. This included the revealing of a new canteen and a renovated briefing room. The projects were made possible by employing a self-help approach whereby much of the work was completed by squadron members. This type of construction/renovation process proved extremely successful and is surely to be utilized in future projects by the squadron and other sections on the base.



Participating in the ribbon cutting for 442 Sqn's new canteen are L-R: LCol E.W. Hardy, CO 442 Sqn; Honourary LCol Les Kerr, Pres. Conair Aviation Ltd; Honourary Col R.J. Lane, LGen (ret'd); Col T.B. Rogers, WComd.



Pictured during the briefing room ribbon cutting ceremony are the volunteers and contributors who made the self-help projects possible. L-R: MCpl Rodrigue, construction leader; CEO Maj M. Fraser; Capt Castonguay, cabinet/shelf maker; 2Lt Mercer, artist; Capt Dowler, picture framer; Cpl Joyes, construction; Keith Mackenzie, CE foreman; LCol E.W. Hardy, CO. Missing: Cpl Mike Hambley, construction.

ATG Flying Achievement Scrolls were presented to the following individuals for obtaining 1,000 flying hours in Air Transport Group: Capt Weissenborn, Sgt Levesque, MCpl Burley, MCpl Lewis, MCpl MacGregor, MCpl Neave, MCpl Poirier, MCpl Smith, MCpl Soos, MCpl Wilson.

A Flight Safety Award was presented to Capt Adebear from Air Command Headquarters for achieving 1,000 hours of accident free flying instruction during his previous tour at 2CFFTS Moose Jaw. A Commissioning Scroll was presented to Capt Grenkow.

Congratulations to all!

Diving activities got off to a slow start in December, but picked up toward the end of the month. In the beginning of the month, the weather put a hold on the activities of the club for safety concerns (it's rather hard to dive in hurricane force winds). Fortunately, this only caused the cancellation of one trip; the one to Rock Bay. Look for Richard's comments and debrief of the Big Rock trip in a future article.

Two divers arrived from Shilo, Manitoba on 23 Dec. They originally contacted us earlier this fall, in order to coordinate some diving during the Christmas holidays. Both Mike Besnard and his girlfriend Tracey Emms were treated to some local BC diving for four days at the hospitality of 19 Wing PDSC.

The sites visited consisted of Comox Harbour, and both Quadra and Hornby Islands. Between

them, they logged 20 dives over a one-week period. Conditions remained relatively consistent with an overall water temp of 43°F and somewhat overcast days. The weather also remained lenient; raining for less than half the time, with the wind causing rough seas only on occasion. An average dive for the duo resided around 50 feet, for 30 - 40 minutes.

From 30 - 31 Dec, Mike, Tracey and I, took the opportunity to experience some of the best diving this area has to offer, with a local charter company: Hornby Island Diving. Although we did have the offer of five dives, including three boat trips, proposed to us for this excursion, we only made three. We were very pleased with the ones we made. The time we spent was well worth the money and we

Continued on page 19

# Section News

## Blue Berets on the Way

A CD for Dan



Congratulations to MCpl Martin, shown here receiving his CD from LCol King, WLogO, who also presented CDs to

Remember, this is the year for change, so let's not waste any time.

We would like to sneak in this opportunity to pass on some information about the new Air Force blue berets soon to be available. The esteemed Military Police members will be issued first and the rest of us will have to await the arrival of more berets. Remember, as soon as the berets are available, Clothing Store personnel will arrange for issue to all.

Good luck and best wishes to Cpl Neil Hooge, who has joined the United Nations Forces in former Yugoslavia.

POL would like to thank the crew who helped move the drums from the old runway to the drum ramp at the tank farm. Gen Stores will soon be moving into the new extension although the exact date is unknown at this time as the final CE inspection and approval are still forthcoming.

Our introductions to supply personnel continues with the wonderful world of CE Sup and Quadra, both customer oriented sections, which simply means that if they need it, we find a way to get it, within all approved guidelines, of course, and abiding by all regulations. CE Supply's mission is to provide all material requirements for all the different technicians within the CE world, enabling them to achieve their ever-changing missions. We work with DSS and attempt to arrange standing offers to cover

our every need. Of course, this is not always possible and we inevitably receive a request for some obscure filter for an outdated piece of equipment and we must find a source. We stock often-used items such as paint, screws, and light bulbs, although a work order is required to draw stores from us. We are expecting change in the very near future and will be working closely with CE assisting wherever required. Customer service and satisfaction is, and will continue to be, our mission.

Welcome to the world of CE Supply

Continued on page 10

## Much Medals for Supply



Back row L-R: MCpl Martin (CD); MCpl Frandsen (CD); Cpl Cormier 10-yr Safe Driver Award; MCpl Donovan 10-yr Safe Driver Award; Cpl Warner (CD). Front row L-R: LS Ross (CD); MCpl deDennis 10-yr Safe Driver Award; Cpl Berubé (CD); LCol King; Cpl Houston (CD); Cpl Brohart (CD); LS Walker (CD).

## MSE Safety

## Fatal Collisions

The drivers of 19 Wing Comox deserve a pat on the back. The months of November and December were accident free, while the total number of preventable accidents - 13, remained the same as in 1992.

Hopefully, 1994 will continue in the same way as 1993 ended, with an increase in accident free months and a decrease in preventable accidents.

### Half of all Fatal Collisions Happen After Dark

Only one third of all driving is done after dark, but Ontario statistics indicate that 50% of all fatal traffic collisions happen after dark.

The most obvious is limited vision. Out on the highway, with just your headlights to light the way, you're boxed into a visual area that extends only about 90 metres ahead of you. We depend on those headlights and reflected light to see.

When an object appears that does not have a light or does not reflect ours, we can be in trouble. Studies show that drivers see unexpected objects only half as far away as expected objects.

The fact that our vision is limited to around 90 metres means that if we are travelling faster than 95 km/h in the dark, we can't possibly stop in time to avoid an object - even if we see it. For heavy two-axle trucks and buses, the maximum speed for stopping within 90 metres is 75 km/h. And that's with clear, dry roads, perfect weather, perfect brakes, good tires, etc. A change in any of these factors and the equation doesn't work - you just won't stop in time.

Because vision is so tricky at night, it's essential to keep the windshield as spotless as possible. Distances are very hard to judge - what may look like something small, at a distance, can suddenly loom up as a dangerous obstacle in the road. Even a light film of dirt can reduce your visibility as much as 40 percent without you being aware of it.

Other studies show that the faster we're moving at night, the shorter the distance we can see ahead. That's because our eyes get confused from constantly trying to adjust themselves to rapidly changing distances and conditions. For example, a driver going 30 km/h at night can see and identify objects 25 metres farther away than a driver going 95 km/h.

So drive within the limits of what your lights can show. Go slowly enough to allow your headlights to show you any hazard while there is still time to react.

Widen the gap between your rig and the vehicle ahead. Tailgating is worse at night than it is in the daytime. You need to allow more stopping room since it takes longer to react.

Always lower headlight beams when an oncoming vehicle is about 300 metres away. The driver of the approaching vehicle may be blinded by your lights and sideswipe you. If the other driver doesn't lower his, don't retaliate and put your brights back on. You're only putting yourself in danger by confusing him. And



it's always possible that mechanical failure, rather than lack of courtesy, keeps him from lowering his lights.

Even when the approaching driver lowers his lights, keep looking at the right side of the road, so you aren't blinded. Even lowered lights can cause glare on parts of the road. Of course, while looking at the right side of the road, don't lose track of the other vehicle.

Take curves a lot slower at night. Your headlights pointing straight ahead will shine off the road, leaving you with much less than the usual 90 metres of vision. Depending on how sharp the curve is, your view of the road ahead can be cut to less than 30 metres.

Distances are harder to judge when it's dark. Objects that in daylight help you to relate to other objects can't always be seen. Don't use small objects such as taillights and far-away signs or posts to try to figure how far you are from another vehicle. Small objects will change very little in size as you approach from a distance, and can be deceiving.

Take extra care during the half-light of dawn and dusk. That's when neither headlights nor daylight may be enough to give you a clear view. Shadows make things look bigger and give a false idea how fast something may be moving. The glare of the rising or setting sun may blind you or drivers of approaching vehicles, so always be careful when you're going into or away from the sun.

## GUIDE - SCOUT WEEK



February 20 - 27, 1994



# Feature

19 AMS

## "Maytag Repairman," "Brain," and the Rest

I woke up this morning to the radio chattering about an upgrade of the current weather warning from gale to storm warning. I, at first, was a little upset about the rain, but one quick glance at the picture of friends on top of my bedroom TV soon snapped me out of that silly thought. They're posted to Cold Lake and are really enjoying the sunny weather there. So there it was - my first lesson of the day, things can always be, in this case, much worse.

The old broken spoke has almost finished its training cycle of the "new guys" and will soon be back to normal operation procedures in a couple of weeks. But I feel it necessary to update you on the latest of the news on our 7-man team of highly motivated technicians. (I wonder how many people will buy that line).

The first tech to be talked about is our leader, Sgt Dan "The Maytag Repairman" Beaudreau. Dan was a good boy last year and we are sure that Santa was good to him. Word has it from the North Pole that a new inlet pump for his hot tub has been manufactured and is on its way via Canada Post. I sure hope it gets here for the spring party. Clothing optional?

Anyway, the big bad bossman has finally done his PER's and shows signs of stress recovery. Even now he's stopped bugging

me about my beautiful ability to sing. In fact, I'm now considering a complete day of singing him all of Brian Adams' songs.

Next is Cpl Rick Ries. Christmas came early for Rick and his family. Accommodations was able to get him that new PMQ he's been looking forward to. And guess what Rick? I just bought a new set of skins for my drum kit. Enjoy!

MCpl Ken Reynolds headed home for the holidays and we wish him a safe return.

Cpl Yvan (Leon) Lamothe is becoming more functional in slang English. We hope to continue with his training and soon will be teaching him the proper way to hit on women without continually getting hit himself. So much for Ken's helpful English pick-up lines!

Cpl Brian "Brain" Scott has now fully adapted himself to the Air Force way of life. He no longer has dreams of digging into the dirt of Wainwright Alberta and singing those Tac Hel sing-along songs. He now admits to not really liking the function of scrubbing dirty pots in the field. Now if we could only find a way for him to stop calling the Labrador Helicopter a sad version of a Twin Huey. One step at a time, Brian.

Once upon a time there was a posting that everyone prayed for

More medals for 19 AMS



Maj Ron Roos, CO 19 AMS, presented Special Service Medals to members of 19 AMS during a parade on 14 Dec 93. Back row L-R: Cpl Parker, Cpl Janelle, MCpl Kelly, Sgt Stewart, Cpl Browne, Cpl Koning, MCpl Gale, MCpl Winsor, MCpl Cornell, MCpl Dunn, Cpl Cahill, Sgt Ashbee, Cpl Mailhoit, Cpl Francey, Sgt Spragg. Front row L-R: WO Cook, WO Quatrala, MWO Bradley, Maj Roos, WO Vokey, Sgt McKee, Sgt Fraser.

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Local 8163

THURSDAY 13 JANUARY 1994

19 AMS Presentation



Maj Roos, CO 19 AMS, presenting Cpl Cecchin with a Suggestion Award for his input towards the development of a new Eddy Current Probe. While at Moose Jaw, Cpl Cecchin developed a new probe that saved thousands of manhours on a fleet-wide inspection of the vertical stabilizer on the CT114 Tutors.

## More Supply

Continued from page 9

In answer to 5 Sup Group we'll say HI!

We have lots of stuff for many a tech and what we don't we'll buy in a sec.

Here we will find Fred Kennedy, the giant of Supply. When it comes to CE, he is one heck of a guy.

He's been here a long time, and as gruff as can be but since he quit smoking, gentle is he.

Wally Berger is our CE buyer when it comes to buys he will never tire.

But please BEWARE if you hear him mutter, you might have to duck a flying putter.

Sgt Debbie Humble, from the COLD prairies she is in escaped from Land influence, Oh what a sin.

She walks to work and steps at the gym, soon to be filled with vigour and vim.

Pte Joyce Mills is our private for now, soon, like tomorrow CRS will show her how.

Between work, sports, French and Supply canteen a job well done, her trademark can be seen.

Cpl Rob Boisclair handles the money we need he will pay for stuff like nails, glass or seed.

He likes family, computers, and eight ball. A great guy, who tackles everything, big or small.

Soon to join us is Pte Peter Morneau, about him there is little we know.

On sporting events he will quietly bet. Maybe one day he'll win and for life be set.

The poem that follows tells all about Quadra so without any further ado....

For those of you who don't know where Quadra Supply is Believe me it is not far out of reach.

Just go to the end of Goose Spit, and stop when you run out of beach.

We look after Sea Cadets here the camp runs all summer long.

We supply about 1500 of them and re-order when they're all gone.

From life jackets to clothing and they go through a lot of rope, too.

We even exchange their clothing and if they need one we also have a portable loo.

They keep the kids awfully busy here morning, noon, and night.

So, in summer, we go to shiftwork

just to keep our workload light.

So now you know where we're located and a little bit about the job, too.

So let us introduce you to the people and we'll tell you what they do.

In the winter there is one guy working here Bill Chikki is his name, and for those of you who don't know him

golfing is his game. He's got the best of both worlds

we know this to be true. He works through the winter rainy season

and in the summer tries to shoot 82. Bill's counterpart, Gary Thompson is not quite so lucky.

He works all summer long and is off when the weather is yucky.

During the summer Gary is one busy guy doing issues, receipts and even giving repairs a try.

The supervisor is MCpl Judy Brown. Guess what? She enjoys golfing, too.

You may have seen her driving around in her yellow jeep number 742.

Everyday she makes a trip to base, she says the drive is kind of long.

So now we hear she's asking to get her own cellular phone.

THURSDAY 13 JANUARY 1994

## A Ground Crew Saga

or, Life in the Lower Classes

by Bert Linder

After leaving the "Brat" school at Halton, Buckinghamshire, U.K. life as a Fitter 2E took on a more serious aspect of service life. After stints of service at Central Flying School, Upavon, the Battle of Britain, a Hurricane O.T.U. and Coastal Command, Chivenor, the inevitable Overseas Posting came. We were kitted out for the Middle East and posted to West Kirby, for embarkation. Ten NCOs were re-assigned to a Canadian draft, which really annoyed me as I wanted to see the Mysterious Middle East (tongue in cheek)...

Ten NCOs were required to act as flight engineers to ferry aircraft from Dartmouth, N.S. to Calgary, Alberta. As I always had aspirations to be aircrew, I volunteered (the last time). Arriving at Halifax, we asked where the aircraft were and found out that they were Airspeed Oxfords and they were still in crates! Oh horrors! We now had to assemble them and, not only that, we would be flying them in the harsh Canadian winter, but these were English aircraft with a very poor heating system in minus 35° weather.

We started to assemble them in late October and started our epic journey on 13 December 1941, which must have become the longest Trans Canada flight on record. We landed in Calgary on 1 January 1942 after many adventures, including being arrested for low flying, one aircraft crash and, of course, inevitable Christmas celebrations on the journey.

Our first stop after leaving Dartmouth N.S. was Megantic, Quebec, temperature minus 35°F. Airspeed Oxfords had no oil dilution systems and very little internal heating system for the

comfort of the crew. Naturally, when the aircraft is left in the open all night it is going to be hard to start.

One aircraft of our flight of three had lost its way the day before and landed in Jackman, Maine, in the Excited States of America, and reported engine trouble, so one of us engine fitters had to go back in one of the other aircraft and fix it. "Stormy" Gale and I tossed a coin to see who would go: Stormy won...

We had to heat the oil in a 5-gallon drum and pour it in the oil tank to get the engines started. We managed to get Stormy's kite going and I was heating more oil over a hot pot as they taxied out. I was watching them take off and, as they became airborne, one engine cut out and they ploughed in off the end of the runway.

Have you ever tried to run one and a half miles in heavy winter boots, airforce parka, P.Pot hat, and long underwear in one-and-a-half feet of snow? How I wish I could do it now! Anyway, a vehicle finally arrived and we got Stormy off to the hospital in town with lacerations and a broken nose. However, the pilot was apparently unhurt and wanted to walk back to the Trans-Canada Airlines hangar. I walked with him; he kept talking and talking and, as I looked at him, I saw a trickle of blood running down the back of his neck from under his flying helmet. Now, I had heard stories about a crewman taking a helmet off a pilot after a crash and the top of his head had come off in the helmet and he dropped dead, so I didn't say a word: anyway, it didn't happen.

I have previously mentioned our low flying incident. It was Christmas Eve 1941 and it was



Bert Linder and fellow crew members of 37 SFTS on an Airspeed Oxford, Calgary 1942.

turning to dusk. Bert Wheeler (pilot) and I were flying into Kenora: we came down the main street at 50 feet high and I was hanging out the side window waving to the Christmas shoppers.

To show them how fearless we were we did it again and then landed at the airport, oil diluted the engines by pouring half a gallon of gas in the oil tanks, and took a cab into the hotel. We were getting cleaned up when a heavy knock came on the door. It was a burly great Mountie, who grimly asked "Are you the guys who just flew in?"

I immediately introduced him to Bert Wheeler and explained that I was only the crew and therefore innocent; he then said "The Sergeant wants to see you down at headquarters".... Into the patrol car and down to the Cop Shop.

As we were ushered into the presence of this large sergeant, the cop said "Here's the guys who just flew in." The tough looking sergeant looked us up and down and said "Anybody who flies that low has to have a drink with me." He then poured us several tots and we spent the next three days in a very happy frame of mind.

On this epic journey across Canada we made 14 landings between 13 Dec '41 and 1 Jan '42: some were forced by weather, others for fuel. We received an advance of \$20 at Montreal as we had received no pay since landing in Canada. Can you imagine what it was like to be 20 years old in this great Land of Plenty and have very little money to spend on the good things that keep Erks on top of their jobs and put up with the ignominy of letting girls pay for everything? (Yeah...sure - Ed.)

The places we landed at after leaving Dartmouth, N.S. were Megantic, Quebec, Jackman U.S.A., Sherbrooke and Montreal, Quebec, Ottawa, North Bay, Kapuskasing, Armstrong and Kenora Ontario, Winnipeg Manitoba, Regina and Swift Current Saskatchewan, and, finally, Calgary Alberta.

This is when I first heard the phrase "When you have Time to Spare go by Air"... and no truer words were spoken in this case.



Bert, entrusted with the controls (on the ground)



Christmas Day at Kenora



Cpl Bert Linder in 1941

If the pilot wanted a break we, "the Lower Classes," were allowed to fly the aircraft. On one occasion over the Prairies near Medicine Hat we were down on the deck and, as we came over a hill, suddenly there was a cowboy herding a bunch of cattle. When I looked back he was on his rear



Flight Sergeant (Retd) Bert Linder today

end and his horse and cattle were going in every direction and he was waving his fist at us... Life then took on the maintenance duties of 37 SFTS and the turning out of our aircrew for final victory. This lasted till most of us returned to not so Jolly Olde England, for "D" Day.



# Health & Fitness



## TAKING CARE OF YOURSELF

By Gail Dal-Santo, RN

Health Promotion Consultant  
REGISTERED NURSES ASSOCIATION OF B.C.

### Teenagers and eating disorders

Are you worried that your youngster gains or loses too much weight or seems obsessed with food? If so, your child may be suffering from an eating disorder.

Among adolescents and young people, eating disorders are actually fairly rare. However, it is during this period of life that these disorders usually develop so parents should keep a careful watch.

Anorexia nervosa is one of the common eating disorders. About one per cent of teenage girls and a much smaller number of boys are diagnosed with the disorder.

It usually begins with rapid weight loss and continues until victims are far below a healthy body weight. Yet no matter how much weight they lose, anorexics are never satisfied—even when they appear very, very thin to other people.

Anorexic girls who lose a lot of weight will stop menstruating. Male and female anorexics eventually display signs of starvation such as hair loss and dry, pasty skin. At this point, without prompt medical attention, they can die.

Bulimia nervosa is the other eating disorder that commonly occurs in adolescence. About three to five per cent of adolescent girls and young women and occasionally some young men are diagnosed with the disorder.

Bulimics can eat normally in public and usually maintain an average body weight. However, they will secretly gorge on large amounts of food. Afterwards, they make themselves vomit or abuse laxatives to force bowel movements. These "binge and purge" cycles can occur one or two times a week or as often as daily.

Even though bulimics are usually not underweight, their weight goes up and down frequently. As well, they are more likely to develop dental cavities and sores in their mouth and on their lips. Glands under their jaw can also swell from frequent vomiting.

If your youngster suffers from either one of these disorders, be careful about how you tackle the issue. Your child may deny that a problem exists, or get angry.

As a best first step, nurses recommend that you learn as much as you can about eating disorders. The public library has lots of good information. Ask for the book, *Portrait of an Anorexic, A Mother and Daughter's Story*, by Maureen Ardell and Corry-Ann Ardell. You might also wish to try a support group for parents of children with eating disorders.

The Eating Disorder Resource Centre of B.C. can help you find more solutions. The toll free number is 1-800-665-1822.

### Brita Pure Water Humidifiers

Brita (Canada) Inc. is servicing select models of Brita Pure Water Mist Humidifiers with Batch Codes starting with the number "2" to "2328" because of a potential electrical shock and fire hazard. Consumers can locate this Batch Code on the bottom of the unit's base.

The heating element may undergo advanced corrosion which

could expose the internal wiring with potential for electric shock and fire hazard. Authorized Brita service centres will upgrade the heating element free of charge.

Consumers who own a Brita Humidifier with the above Batch Code are asked to immediately contact the 24-hour toll free number at 1-800-387-6940.

### Glacier Greens Sunday Winter Golf

#### 9 Jan Results

by Rose McClish

1st L.G.: Denny Freemont, Glen Caslake, Len Doyle, Liz van Boeschoten.

1st L.N.: Lloyd Billings, Rick Verbeek, Ray Cossette, Ann Blake.

2nd L.G.: Norm Fellbaum, John Holley, Jim Trask, Ray Belanger.

2nd L.N.: Wayne Ogilvie, Tom Fallon, Rick Forster, Rose McClish.

K.P. #4 was captured by Gerrit van Boeschoten for the Dave Lloyd team.

K.P. #7 was Norm Fellbaum for his team.

A reminder by Sunday Winter Golf Coordinator, Mr. Ron Carter, that members must have played a total of five Sundays to compete in the wind-up of 18 holes scheduled for 13 Mar 94.

### GUIDE - SCOUT WEEK



February 20 - 27, 1994

## info health

Dr. Bob Young



### The "Art" of Medicine

Obtaining a sexual history from a patient sometimes stretches the "art" of medicine to the limit. Physicians vary in their ability to combine tactfulness with the need to obtain the data required to provide treatment. Many patients are reluctant to discuss their personal lives in any detail, and some doctors are hesitant to inquire although they know they should.

Aside from the obvious (obstetrics), there are two areas of medicine where an accurate sexual history is important. First is the broad field of sexuality, encompassing a vast array of sexual hang-ups, inadequacies, mental attitudes, lost libidos and other problems encountered in intimate relationships with (usually, but not always) members of the opposite gender.

The second need for a sexual history, and our topic here, is when there is concern over the presence of a sexually transmitted

disease (STD). There are a number of these, and it is not unusual for a patient to have more than one.

Germ cause infection. They enter our throats and lungs as we breathe, our intestines when we eat, our skin if we are cut or wounded. They also may infect the genital tract through both normal and other sexual activity.

But while patients have no problem discussing the diarrhea they got in Mexico, or the cough picked up in a theatre, some are reluctant to discuss such things as vaginal or penile discharges, genital odour, or rashes. I must admit, however, that these topics are much more freely tackled by patients today than they once were.

A physician, by taking even a minimal sexual history, lets the patient know that discussion of items of sexual concern is not "off limits." This allows the patient to ventilate freely, and the doctor to

get on with his or her job.

Sexual preferences, partners, frequency, protection (condoms), and the presence of an STD in a partner are among the questions that need to be asked. The answers will aid the physician as the equally necessary physical examination is performed, and the scope and selection of laboratory tests are considered.

While many STDs are a nuisance rather than dangerous, several have potential for causing infertility and serious internal infection. Others, such as syphilis, herpes, and especially HIV (AIDS) are of major concern. No sexually transmitted disease should be ignored - remember, you may have more than one.

You will not shock your doctor by providing a detailed sexual history. Your "private parts" are just another portion of your body to a physician, to be discussed, examined, diagnosed, and treated.

### Women want More

Women want more results in the battle against breast cancer. They have recently accosted researchers in an organized manner, reminding them that there are real people attached to the cancer cells that are doing the killing. The goal of the demonstrators is to increase the amount, and particularly the effectiveness of breast cancer research.

They certainly have a point. Virtually all studies indicate that in spite of all the research and a wide variety of treatment methods, the course for the disease for the individual patient, and the incidence of breast cancer itself, is little changed. The disease seems to be more common than ever.

To be fair, the oft-quoted 10 percent or 11 percent chance of a woman getting breast cancer is a little misleading, although it does serve to attract donations. The figures are based on analysis of cases from birth to age 110. Many of these occur after the age of 75.

The risk of a white woman dying of breast cancer is about 3.6 percent. In other words, when the cause of death of 100 women is looked at, between three and four will have died of breast cancer. While still much too high, this figure is less frightening than 10 percent. Some women who develop breast cancer are treated effectively. Others, generally older, may die with, but not of, the tumour, because some other disease carries them off first.

Cancer research has been excruciatingly unproductive. With the notable exceptions of such things as leukemia and Hodgkins disease and some others, really effective treatment has been elusive. Most gains have been made through stressing early

diagnosis, but, discouragingly, even this has failed to significantly improve outcomes. Often all it means is that the patient knows they have cancer for a longer time.

Somewhere out there there must be an answer. It may be lurking in the recesses of a researcher's mind, or in the bark or berry of some exotic tree. Nature's secrets are often hard to extract, and those surrounding the cause, prevention and treatment of cancer are particularly so.

So women are to be commended for their efforts in spurring on the research in breast cancer, although we are sure that the researchers are well aware of the chagrin and anger of all cancer patients. The scientists deserve encouragement. It seems unfair to chastise them merely because their work has, as yet, not been as fruitful as we would like.

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**NEXT DEADLINE 24 JANUARY - NOON**

# On & Off the Base

## Behaviour Change

### Changing for the Better

If you've ever made a New Year's resolution on January 1 and abandoned it on January 2, you understand how reluctant human beings are to change. Our habits are something we can count on and they give us a sense of certainty about life. Attempting to break a bad habit or acquire a new one, even if it's for the better, can make us feel uncomfortable and lead us back to the familiar. Let's see what we can do to help guarantee successful change.

#### Take One Small Step

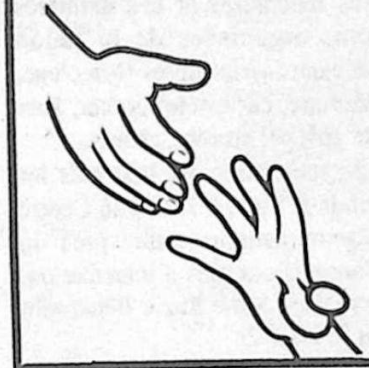
Thinking about the work involved in changing a habit can stop us before we start. Instead of picturing the project as overwhelming, remember that change happens with that first small step. It is with the accumulation of all those little steps that you'll reach your goal.

#### The Key To Change

Habits take some time to acquire and it takes some time to revise, eliminate or add new habits. The key to behaviour change is to define exactly the behaviour you want to change, set

realistic goals to change it, take small steps toward those goals and reward yourself for every movement toward change.

#### Employee Assistance Programme



#### Be Specific

The statement "I want to get some exercise" is a start toward defining the behaviour change, but doesn't set forth exactly how you're going to accomplish it. On the other hand, "I will set aside 20 minutes on Monday, Wednesday and Friday mornings to take a walk" is a much more specific plan with a realistic goal. Later,

if you want to increase the time you spend walking, you will have already taken the first small steps toward your goal by getting in the habit of taking a short walk three times a week. After one week of meeting your commitment, you might want to reward yourself with something you enjoy, such as buying a book or going to a movie.

#### Record Your Progress

Another way to make habit change fun is to keep a diary and record your accomplishments, or post a chart on a wall where you can see what you've done. That kind of positive feedback does wonders for motivation. Most of all, show enthusiasm for what you're doing and keep a sense of humour. Before you know it, you will have gained a positive habit and skills to take on new ones.

#### The EAP is a joint UNION/MANAGEMENT program

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

## A La Mode

### Easy Tex-Mex

by Diane Osterholm

Now that the holidays are over and the last of the turkey has been camouflaged into some interesting new dish, I find myself wanting something a little different, a little spicy. Tex-Mex food is great when you need a change from the ordinary. It can be as mild or as hot as you like, and doesn't require fancy ingredients. While traditional Mexican food is composed of ingredients unavailable or unfamiliar to most people, Tex-Mex dishes are easy to prepare. The tacos, burritos and fajitas you get at the local take-out are good examples of this. Tasty, and prepared with a Mexican flavour, but not authentic.

The best Tex-Mex meal I had was in Amsterdam, of all places. This is where I got the recipe for the beef-corn burrito, a great one-dish meal.

I make up batches of the salsa and bottle it like preserves. This way I can control how hot it is and have plenty on hand for recipes or snacks. Fry some chicken, pour half salsa and half tomato sauce over top and simmer for 5 mins. Serve with rice for a quick, tasty entre, or add some oregano for a spicy chicken cacciatore style dish. Pour some in the next time you make chili, or use it as a sauce for fish instead of tartar sauce. You can make 2 lt. of salsa for about \$6.50, or buy the 1.9 lt. plastic jug of thick 'n' chunky salsa for \$7.99. This is far less than the glass jars and keeps for weeks in the fridge.

**Consumer Tip:** When comparing prices on meats and other items, be careful on the large bulk packages. Often, the larger size is not the better buy. Last week in a popular "Super" market, the boneless chicken breasts were \$2 per kilo more for the bulk pack. The meat manager explained that because they meet or beat the competition, the regular packages were priced lower, but the bulk packs could not be marked down any. Keep an eye on these things and keep your dollars in your pocket.

#### Beef & Corn Burritos for Four

1 lb. ground beef  
1 small onion diced  
1/2 cup taco sauce or salsa  
1 - 12 oz. can whole kernel corn, drained  
1/2 tsp. chili powder

Salt & pepper to taste  
Tabasco to taste  
10 oz. plain tomato sauce  
4 oz. shredded cheddar or Monterey Jack cheese  
4 - 10" tortilla shells  
2 cups shredded lettuce  
1/4 cup sour cream

Fry the beef in a large deep pan or skillet, adding the onions near the end. Drain off the fat and add the salsa, corn, chili powder, salt, pepper and tabasco. Stir well and heat through. Spread 1/3 of tomato sauce in a square or oblong pan. Divide the meat into the tortilla shells and fold up into a square package. Place burritos, edges down, in pan. Spoon remaining tomato sauce over top and sides. Arrange cheese on top and bake for 20-25 mins at 350°. Serve on lettuce and top with the sour cream.

#### Salsa

1 - 28 oz. can plum tomatoes, crushed  
1 clove garlic, crushed or minced  
1 medium onion, diced  
1 pepper diced (red, green or yellow)

Pinch of sugar  
Salt to taste  
2 T. chopped cilantro OR  
1/2 tsp. oregano, plus 1 T. parsley  
Tabasco to taste  
Optional: 1 banana pepper diced OR jalapeno diced  
1 T. vegetable oil  
Sauté the onions and pepper in the oil until almost soft. Add the garlic and sauté for 1 min. Add the rest of the ingredients, adjusting seasonings. Simmer until it thickens up, about 1 hour. Cool and store in fridge or process in glass jars. Makes 4 cups.

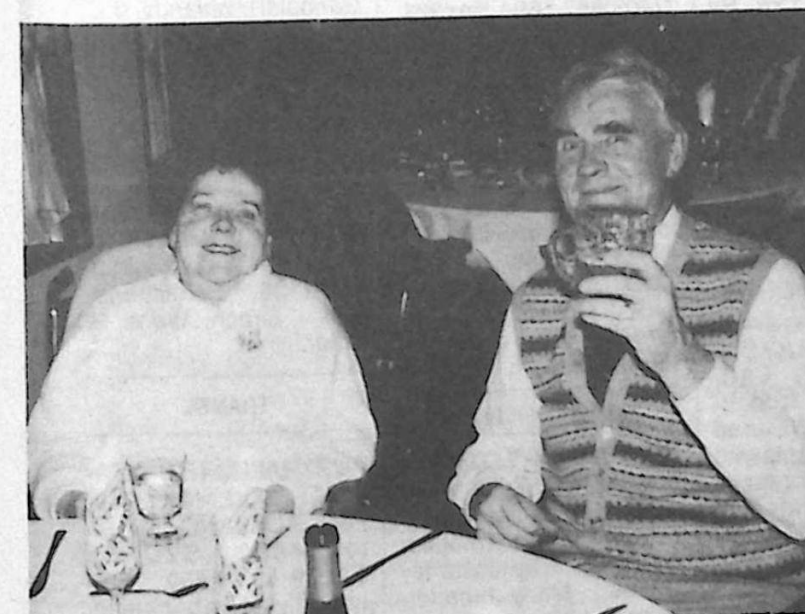
#### Fajitas for Two

2 chicken breasts cut in strips OR  
1/2 lb. beef cut in strips  
2 - 10" tortilla shells  
Dash of salt and pepper  
1/4 tsp. paprika  
1/4 tsp. tabasco  
1/2 small onion, thinly sliced  
1/2 sweet pepper, thinly sliced  
1 tsp. lemon juice  
1 T. vegetable oil  
Place everything but tortillas in a bowl and toss well. Let marinate 10 minutes. Drain off any liquid and stir fry in a hot pan until meat is done (3 - 5 min). Serve in warm tortillas with garnishes on top.  
Garnishes: grated cheese, salsa, sour cream, guacamole, green onions, diced tomatoes, shredded lettuce.

### Dr. Susan Hunter & Dr. Stephen Matous

are pleased to announce the opening of their practices in Family Medicine and Maternity as of January 4, 1994  
For appointment call:  
**338-1391**

### A Toast from 888 Wing



Capt (ret) Doug McKean and wife Bev enjoyed the 888 Wing Christmas party. Doug is one of the pillars of our local RCAF Association, the largest and most active in Canada.

Whether you are a first time cruiser attracted by the promise or a seasoned veteran captivated by the product, a cruise vacation is an experience you will never forget. Here's why!

**RELAXATION:** You will relax! Cruising provides for a total escape from workday cares. You can't begin to imagine how they have cancer for a longer time.

**WORLD CLASS SERVICE:** The care and attention you will receive from the ship-board crews is first class. You will be pampered far beyond your expectations by crew members who graciously give attention to every detail.

**A PROBLEM-FREE AND SECURE VACATION:** Once aboard, you have that feeling of total security. Unpack only once. You don't even have to carry any

cash if you don't want to. In fact, there really isn't anything of importance to worry about at all.

**SUPERB CUISINE:** Ship-board chefs will fill your days with delicious adventures. Breakfast in bed, if you wish, or full service in the dining room. And then, how about lunch pool-side. Topping it all off are multi-course dinners, first or second sitting, in an elegant dining room. And, as if that's not enough, there's always the late night buffet. Every night!

**DAZZLING ENTERTAINMENT:** At night its world class entertainment with singers, dancers, comedians and illusionists giving their all in glittering show lounges for your enjoyment. And then there's dancing to big bands, orchestras, combos and disco. There's movie action as well with

current hit movies. And if that's not enough, how about some casino action, followed by a late night retreat to the pleasures of a quiet piano lounge.

**RECREATION GALORE:** Set the pace as lively or as leisurely as you like. Table games, table tennis, skeet shooting, shuffleboard or, for the more energetic, fitness and exercise. And then for total relaxation, how about a sauna, a massage, a well-stocked library, and a comfortable deck chair.

**WONDERFUL ACCOMMODATION:** You will find comfortably furnished state-rooms. Amenities invariably include full-length double closets, individually controlled air conditioning, illuminated makeup vanity, television, multi channel music, and, of course, bath and shower.

**EXCITING PORTS OF CALL:** The Caribbean, Panama Canal, Mexican Riviera, Alaska, Hawaii, Orient, South Pacific, Europe - and just about anywhere else in the world you want to be.

Have I convinced you yet that cruising is really the ultimate holiday? Let me close by telling you that it's probably the best vacation value around as well. It's an all-inclusive vacation. You get handsome accommodation, exquisite meals, a diverse program of entertainment and a variety of intriguing ports. It's something new every day. It's the best in resort living coupled with the most elegant means of travel. Try cruising - it's the greatest!

(Gord Kruger is a Cruise Consultant in Courtenay.)

**NEXT DEADLINE 24 JAN.**



# 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 Dependents Pass in order to enter the gym. Dependents 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.

## Attention Baden Senior High School Students

Anyone who attended Baden Senior High School in the years 1970-1976 is welcome to attend our 20 year reunion, to be held in Montreal in July '94. For further information contact: Ginette Muckle-Vezina, 745 Corbin, Beauport, QC. G1C 5W6. Phone or Fax: 418-667-6319.

## NATO Met. Reunion

Calling all Meteorological Officers and Technicians who served with Canada's NATO forces in Europe over the past 40 years. A reunion is planned for 8 Wing/CFB Trenton 22 - 24 April 1994. For further information, please contact the Organizing Committee, Canadian Forces Forecast Centre, 8 Wing/CFB Trenton, Astra, ON, K0K 1B0. Phone: (613) 965-2760. Fax: (613) 965-3359.

## 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.

## No-Snow Festival '94 Mustache Growing Contest

Must sign up (clean-shaven) 20 Jan 94 (AM) with Lt. Parsons, WNPFO (BHQ). Local 8464. Late entries will be accepted. Judging to take place 4 Mar 94, 1900 at Base Gym.

## 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.

## 19 Wing Pacific Divers Scuba Club

Hours of Operation Mondays & Thursdays, 1830 - 2000 hrs, at new building in Wing Gymnasium (next to Wing Pool).

## Wanted

Airport Elementary School Grade 6 class is looking for a free, or very cheap, comfort old couch or chair to use in their classroom reading centre. We can pick it up. Contact Dan at 339-3732.

## Mini Franco-Fun

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

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

Les parents doivent accompagner leur(s) enfant(s) et doivent parler français. Chaque parent contribue à sa façon aux préparatifs des rencontres et ces dernières sont organisées de la façon suivante: jeux libres (bricolage, peinture, casse-tête) goûter, jeux de groupe, histoire, chants... Les rencontres ont lieu tous les lundis de 9h00 à 11h00 au Centre Communautaire, situé près du Canex. Pour plus d'information, contactez Mme Suzie Beaumont au 339-1372. A chaque mois, nos tous petits ont beaucoup de plaisir. Ils apprennent à reconnaître différents choses, tout en cuisinant, peignant et en bricolant.

## Avis

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

## Officers' Mess Ladies' Club

will be featuring a COOKING DEMONSTRATION by PRANZO chef and owner, Vincent Stufano, on 19 January, 7:00 p.m. for 7:30 p.m.

COME ON OUT AND ENJOY!

Tickets will also be available for the BUFFET DINNER on 16 February. Members: \$6.00. Non-members and guests: \$11.00. Contact Shauna Baillee at 339-4360 (answering machine). The theme for the dinner will be a "CRUISE."

## Royal United Services Institute Meets Jan 28

V/Adm(ret) Charles Thomas, former Vice Chief of the Defence Staff, will be guest speaker at the Jan 28 United Services Institute luncheon meeting. Rendezvous 11:30 hrs in the Officers' Mess at Nanaimo Military Camp.

Non-member officers, spouses and/or guests are welcome, but as space is severely limited do make your reservation early.

For further info and reservations call Capt Ted Ethier, 758-8640.

## POOL IS CLOSED UNTIL MARCH 94

See you in the Spring, PERI Staff.

# On & Off the Base

## Comox Valley Ski Club

## Ode to Silver Star

by Russ Wreggit

Two weeks before Christmas and in many houses Our skiers were saying goodbye to their spouses. Then five days off to Vernon to ski Silver Star Our first trip this season; not the last though, by far. The bus ride was fine, both comfy and quick Up on the mountain to the land of St. Nick. The snow was so wonderful, powder and dry We hardly could wait to get up and fly.

Just One More Run, the cry filled the air Who could resist so tempting a dare? Regardless of hurts, no matter how sore, We gathered our courage and made "Just One More." Barb is a skier who challenged the slopes She skied till she hurt, was right on the ropes. She headed for home, her day's skiing done Then found extra strength for Just One More Run. One of our group never known to be lax Works hard at his job at beating Rex:Max.

A skier of skill who helps others improve Ray's always seeking Just One More Move. Neil is a skier whose style is unique Following his tracks is not for the meek. Go for the gusto! is his normal chant Which often results in Just One More Plant! A skilled Telemarker was Lantzville Dan Who mastered the slopes as few of us can.

Always seeking the edge, getting close to the wall Game for adventure and Just One More Fall! Call him Brian or Wiener it doesn't much matter He keeps us amused with scatological chatter. He skies like the wind; he really can soar And always is eager to run Just One More! Taimi is quiet, hardly know she is there But out on the hill she skies with a flair.

Game to try anything, racing gates too Improving her style with Just One More Time Through! Bev and Rick had a most comfortable spot A room to themselves which pleased them a lot. Imagine a bedroom with ensuite there too Those were the digs given Graig and our Sue.

But ten other folks used their john in a rush 'And the chalet resounded with Just One More Flush! A skier for years, Jeff is our Meister Known far and wide as a prodigious heister. Able to party then ski with the crew Leading a chorus of Just One More Brew! One of life's pleasures was after our runs To sit in the hot tub and soothe our sore buns.

Relaxing by tubside with a tall rum and Coke Wishing forever for Just One More Soak! Our last afternoon the mountain lost power With more of us stuck on the chair for an hour. But the staff there is friendly and came up to say Here's a free pass for skiing Just One More Day! This gives you a look at our Silver Star trip Composed while relaxing and having a sip.

So jump on the next one to be part of the lore Of skiers from Comox who want Just One More!

## 1994 Comox Valley Running Clinic

Would you like to begin a successful jogging or running programme? Have you ever started a programme but quit because it was too hard or because you suffered aches, pains or injuries? Learn how to avoid these "Painful Pitfalls" and get started on the right foot. Participants of all levels are welcome.

You will enjoy 12 sessions with motivational topics, followed by a jog/run at a pace suitable for you. The clinic will focus on the importance of realistic goal setting, injury prevention, right types of shoes, and information that will ensure long term success.

Dates: Saturdays, 15 Jan - 2 Apr. Time: 9:30 am - 11:00 am (rain or shine) Location: Courtenay Rec. Association Centre Cost: \$15.00 (includes running clinic T-shirt and manual) Registration: At CRA or on location first day. For further info call Al Munday at 334-1936.

## PUSH IT!

Sales of old-fashioned push lawn mowers have risen during the past two years. Not only are they less expensive and less likely to break down, they don't pollute the air. They also provide good exercise.



Pushing a manual mower burns between 420 and 450 calories an hour - the equivalent of a game of tennis.

Participation

## Pump Iron

- not protein, to build muscle

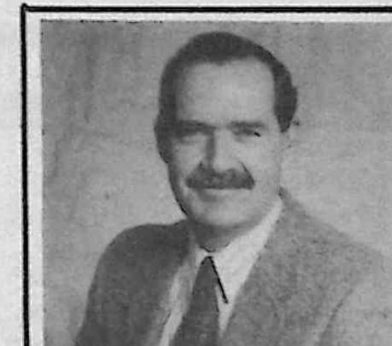
Don't be fooled by ads that promise to make you look like Arnold Schwarzenegger or Jane Fonda by eating large quantities of protein powders, tablets, wafers, bars or liquids. Studies on men and women who want to increase their strength show that taking protein supplements or eating big steaks does not build muscles.

Muscle building requires strength training exercises such as lifting weights combined with a slight increase in overall food intake. The best source of those extra calories is a healthy diet that is low in fat and includes lots of whole grains, cereals, fruits and vegetables.

"Protein supplements can be a waste of money," says Marielle Ledoux, a sports nutritionist from the University of Montreal. "They usually contain less protein than 2 to 3 ounces of meat or fish. Besides, most Canadians already get more than enough protein. Any excess is likely to be stored as fat, not muscle."

So, if you want to build muscle, head out to your local fitness centre. Protein supplements were never a part of Tarzan or Jane's diet!

Participation



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



## LEGION LOG

BRANCH 17 COURTENAY 334-4322

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

Fri Jan 07.....Country Spirit  
Fri Jan 14.....Sidewinder  
Fri Jan 21.....John MacKenzie  
Fri Jan 28.....Westwind  
Dancing starts at 8:30 PM

Sat Jan 29.....INSTALLATION OF OFFICERS  
Cost \$10.00/ticket. Cocktails 5:30 PM.  
Dinner 6:30 PM. Function 8:00 PM. Music by Westwind

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

BINGOS.....Thursdays, Fridays & Sundays  
at 7:00 PM - Upstairs

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

## "MORE PLAYERS WELCOME"

Phone 334-4322 (days) for more information

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

\*\*Dress Code in effect 8 PM Fri & Sat\*\*

\*\*Building is Handicapped Friendly\*\*

BRANCH 160 COMOX 339-2022

## \*\*\*ENTERTAINMENT\*\*\*

Jan 14.....Music by ROCK CODS  
Jan 21.....Music by HIGHWAY 19  
Jan 28.....Music by WILD RIVER

\*\*\*ANNUAL "BURNS DINNER" - Branch Upper Hall, Saturday 22 January. No Host Bar 6 - 7 PM. Dinner at 7 PM. Dancing to New Music Man following the dinner and ceremonies. Tickets now on sale at the Bar/Office at \$25.00 per couple.\*\*\*

Feb 04.....Music by ALLEYCATS  
Feb 11.....Music by WILD RIVER  
Feb 18.....Music by HIGHWAY 19  
Feb 25.....Music by WESTWIND

\*\*\*JOINT INSTALLATION OF OFFICERS - Branch & L.A. - Upper Hall - Saturday, 5 February. No Host Bar 6 - 7 PM. Dinner at 7 PM. Ceremonies and dancing to the Alleycats to follow. Tickets now on sale at the Bar/Office at \$7.50 per person.\*\*\*

## \*\*\*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.

## Network Classifieds

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

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

341  
\$225 for 25 words  
\$4.00 each additional word

AUTO	BUSINESS PERSONALS	EMPLOYMENT OPPS.	HELP WANTED	MOBILE HOMES
<b>ENGINES</b> 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.  <b>CANADA ENGINES LTD.</b> Quality Guaranteed Rebuilds. 6 Cyl from \$995. - V8 from \$1,095. 6 yr. 120,000 Km limited warranty. 580-1050 or 1-800-665-3570, 12345-114 Ave. Surrey. BCAA Approved.  <b>F-250, 4X4's,</b> 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.  <b>AUTO HOT LINE-Free Service!</b> 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!  <b>BUILDING SUPPLIES</b>  <b>DOORS! WINDOWS!</b> Interior and exterior wood, metal and French Doors, wood windows, skylights. WAKE! Call collect to MORKER DOOR and WINDOW in Vancouver at (604)266-1101.  <b>BUSINESS OPPORTUNITIES</b>  <b>YABBA DABBA DOO!</b> Now you can live 100% income tax FREE! Proven. Legal. Over 10,000 Canadians already satisfied. Research Canada (604)893-5850 24 hr hotline.	<b>PHOTO FANTASY</b> Packages By Mail. Spicy fun to warm up your winter. For free, no-hassles info write: Karen, Box 670-GB, Kelowna, B.C. V1Y 7P4. Adults only please.  <b>EDUCATION</b>  <b>Train to be an Apartment/Condominium Manager.</b> Free job placement assistance. Government Licensed correspondence course. 2,200 graduates working. For FREE brochure: R.M.T.I. 681-5456 or 1-800-665-8339.  <b>COUNSELLOR TRAINING INSTITUTE</b> of Vancouver offers correspondence courses for the certificate of Counselling Studies to begin on the 15th of the month. For a brochure Phone Toll-free 1-800-665-7044.  <b>FREE "CAREER OPPORTUNITIES" GUIDE.</b> Train at home for careers in: Accounting; Air conditioning; Bookkeeping; Business; Electronics; Law Enforcement; Medical Secretary; Paralegal; Travel; etc. 404-999 Canada Pl. (1A) Vancouver (604)685-8923.  <b>HOW TO PLAY POPULAR PIANO.</b> New home study course. Fast, easy method. Guaranteed! FREE information. Call 1-800-667-0050 Extension 770. Studio A29.  <b>EMPLOYMENT OPPORTUNITIES</b>  <b>EDITOR NEEDED</b> for weekly paper in Fort Smith, N.W.T. starting soonest possible. Fax resume to Don Jaque 1(403)872-2754. Award winning paper, excellent staff, nice community. Call (403)872-3000 for details.	<b>FAMILY CARE SERVICES CO-ORDINATOR REQUIRED.</b> Cariboo-Chilcotin. Tshilqot'in and Carrier Chilcotin Tribal Councils. Will provide support, leadership, co-ordination for Tribal Council, Band Child Care Workers, Family Support Workers, Social Assistance Workers. Will facilitate professional development. Co-ordinate the development of family care program. Must be familiar with First Nations issues, Provincial/Federal government social programs. Must be experienced in social work services, community development, program administration, social program development, government. BSW or equivalent and B.C. Driver's License required. Apply to: Box 479, c/o The Tribune, 188 North 1st ave., Williams Lake, B.C. V2G 1Y8. By January 21, 1994.  <b>HEALTH</b>  <b>OSTEOPOROSIS INFORMATION.</b> Write us to learn about the Society and the condition. OSTOP, Osteoporosis Society of B.C. Suite #203-2182 West 12th Ave., Vancouver, B.C. V6K 2N4.  <b>CANT DRINK MILK? Discover VITAMITE.</b> LACTOSE FREE MILK SUBSTITUTE manufactured for lactose intolerant who suffer bloating, cramps, diarrhea when milk is consumed. VITAMITE looks, cooks, tastes like milk. Send self addressed stamped envelope to: Canuk Sales, RR#3, Duncan, B.C. V9L 2X1.	<b>COMBINE AN EYE FOR FASHION</b> with a head for business. Earning potential unlimited. Part-time or full-time. Seeking Fashion Consultants. Call 1-800-463-8659 LANTANA Affiliate of Cotton Ginny.  <b>KITCHEN CABINETS</b>  <b>CABINETS 1/2 PRICE.</b> In stock, countertops/vanities also. Kitchen Craft Factory outlet. Cash and Carry Cabinet Warehouses **4278 Loughheed, Burnaby 298-9277 ** 1868 Spall Rd., Kelowna 860-6638. ** 800 Cloverdale, Victoria 389-1114.  <b>LIVESTOCK</b>  <b>CLASSIC CRITTERS MAGAZINE.</b> Canadian Rare Breeds Information. Llamas, Ostrich, Dogs, Goats, Venison, etc. 1 Year Of Colourful Information \$26.75: 1(403)887-5694, Box 324, Sylvan Lake, AB. T0M 1Z0.  <b>MACHINERY</b>  <b>PACIFIC FORKLIFT SALES LTD.</b> (Est. 1972). Dozens of good used forklifts available. LP, Gas, Diesel, Electric. WE BUY TOO! (604)533-5331, Fax: (604)533-4563. Eves. Terry Simpson (604)535-1381.  <b>MOBILE HOMES</b>  <b>BUY FACTORY DIRECT.</b> Book now. Save thousands on your new manufactured home (mobile/modular). Top dollar for trades. Many reconditioned units available. Noble homes (403)447-3414.	<b>BUY FACTORY DIRECT. SAVE THOUSANDS!</b> B.C.'s #1 selection of Manufactured Homes. Several pre-owned available. Call Ridgewood Homes for free info (604)962-9114.  <b>PERSONAL</b>  <b>GREAT SEX/no age limit.</b> Overcome sex problems caused by prostate surgery, diabetes, aging etc. Get the facts from: Performance Medical, Box 418, Valemount, B.C. V0E 2Z0. 1-800-663-0121.  <b>500 Poems needed for anthology.</b> Free-verse, rhymed, haiku welcomed with SASE. No pornography, hate-mongering. Michaelann Dahlmon, 1910 Diamond Rd. Garibaldi Highlands, B.C. V0N 1T0.  <b>SERVICES</b>  <b>WE TAKE THE FEAR OUT OF ICBG.</b> Major ICBG injury claims. Joel A. Wener, trial lawyer for 25 years. Call free 1-800-665-1138. Contingency fees. Simon, Wener & Adler.  <b>TRAVEL</b>  <b>AUSTRALIA/NEW ZEALAND - Oct, Nov, Jan, Feb.</b> AUKLAND \$1,199 to \$1,485. SYDNEY \$1,289 to \$1,599. Frequent flyers we book land. Call ANZA Travel 734-7725 Toll free 1-800-667-4329.

NEXT DEADLINE 24 JAN.



## TOWN of COMOX RECREATION DEPARTMENT

### THE TOWN OF COMOX RECREATION DEPARTMENT

Invites applications for relief receptionists at the Comox Community Centre. Duties would consist of general clerical, attending front office counter, telephone reception, registration, bookings and other duties.

Applicants should be extremely flexible with scheduling as hours would possibly require weekends, nights, early mornings and/or days. Applicants must be proficient in typing and familiar with Macintosh programs such as Microsoft Word, Pagemaker and Excel. Applicants must be able to interact with public of all ages-children, teenagers and adults in a friendly, familiar manner. Applicants should present a healthy, energetic, enthusiastic manner which is reflective of this environment. Send resumes to Comox Community Centre, 1855 Noel Ave., Comox B.C. V9N 2H4.

### HEALTH & FITNESS

339-2255

Please note that this schedule is subject to change.

#### YOUR FITNESS PROGRAM SCHEDULE JANUARY 4 - APRIL 2

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:30 AM Early Bird		6:30 AM Early Bird				
9:00 AM* Slim & Trim	9:00 AM* Big Step	9:00 AM* Slim & Trim	9:00 AM* Big Step	9:00 AM* Slim & Trim	9:30 AM* Step, Strengthen and Stretch	
10:15 AM* E-Z Cise	10:15 AM* First Step	10:15 AM* E-Z Cise	10:15 AM* First Step	10:15 AM* E-Z Cise		
	5:00 - 5:45 pm STEP ON *		5:00 - 5:45 pm STEP ON *			
5:45 PM Combo Cardio	6:00 PM Combo Body Class	5:45 PM Combo Cardio	6:00 PM Combo Body Class			
7:00 - 7:45 PM Start STEP	7:00 - 7:45 PM Start STEP					

\* Child care is available for these \* programs - \$2.00/child  
\* 50% discount each additional family member \*  
\* STEP programs have a maximum capacity of 25. Registered participants have priority \*  
\* Drop Ins are taken as a first come - first SIGNED in basis \*

**DROP IN RATES**  
ADULTS.....\$3.20/person inc. GST  
\*JRS (15-18)/SRS (65 yrs. +) /  
SPECIAL NEEDS.....\$2.14/person inc. GST  
\*Must be accompanied by an adult.

**STUDIO PUNCH CARDS**  
(10 VISITS FOR THE PRICE OF 9 DROP INS)  
ADULTS.....\$27.00 + GST=\$28.90  
\*JRS (15-18)/SRS (65 yrs. +) /  
SPECIAL NEEDS.....\$18.00 + GST=\$19.26  
\*Must be accompanied by an adult

**800 Active Living Pass Card**  
Jan. 3/94 - April 2/94  
The ultimate in convenience, for those who truly live an active lifestyle. This pass will allow unlimited access to the Fitness Studio, Racquet Courts, Drop In Fitness programs and Open Gym. Participants will use the facilities and participate in programs according to our rules and regulations.  
\*Unlimited Use when the Fitness Studio/Racquet Court is unscheduled  
Adults - \$108.00 + GST = \$115.56  
Special Needs/Sr./Jrs. - \$72.00 + GST \* if applicable  
NOT TRANSFERABLE

#### 422 YM/YWCA FITNESS INSTRUCTOR COURSE

\$240.00 This fee includes handouts, manual and peer teaching experience. National certification ticket requires a CPR ticket and an Instructor Competency Evaluation, both of which are available through the Comox Community Centre.

16 years +  
Saturdays and Sundays  
Saturdays 9:00 am - 5:00 pm  
Sundays 9:00 am - 1:00 pm  
February 19, 20, 26, 27 and March 12, 13, 19, 20  
Comox Community Centre

The YM/YWCA Fitness Instructors course is a nationally certified program that provides the theoretical knowledge and the practical experience required to become a competent, qualified fitness instructor. This 44 hour course will provide you with the knowledge of anatomy, biomechanics of movement, exercise physiology, nutrition, exercise technique, leadership skills, lesson preparation, choreography, patterns, cueing and use of music.

#### COURSE CONDUCTORS:

**Karen Berezon:** Karen is the YM/YWCA Fitness and Lifestyle Manager in Victoria. She has 12 years experience as a fitness and dance instructor. She is a BCRPA Trainer of Fitness Leaders and a registered Fitness Appraiser. Karen holds a diploma in Community Recreation Leadership from YCC.

**Brannan Petrie:** Brannan is the Victoria YM/YWCA Fitness and Lifestyle Coordinator. Brannan has been a Fitness Instructor for the past 6 years, and is a registered Fitness Appraiser. Brannan holds a BSc in Kinesiology from SFU.

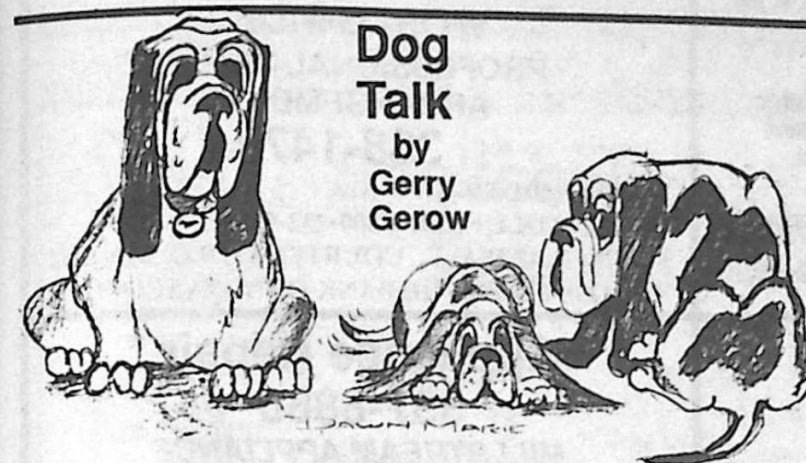
## CHILDREN

### LEISURE LIZARDS

Are LEAPING into the New Year with more fun and games for after-school time. Children are given some physical activity time, as well as, some quiet time, craft time, game time and tv time. This down home caring environment provides a safe, sensitive, friendly opportunity for you and your child to feel good about. Children are responsible for getting to the Comox Community Centre from their school. Registration is available on a minimum monthly basis and a maximum of 3 months.

Jenny Kennedy/Edith Shaw  
Grades 1 - Grades 6  
Monday - Friday  
2:30 - 5:50 pm  
CCC Teen Centre

**222 January 4 - January 31**  
\$120.00/20 sessions  
**223 February 1 - February 28**  
\$120.00/20 sessions  
This program will be offered on Pro D Day February 18, 3:00 - 5:50 pm. We will offer a Pro D Day program from 9:00 am - 3:00 pm  
**224 March 1 - March 31**  
\$108.00/18 sessions  
This program will not be offered during Spring Break March 21 - 25.



### Dog Talk by Gerry Gerow

This week's book is a little different. **Dogs & Kids, Parenting Tips**, by Bardi McLennan, Howell Book House, New York, and Maxwell Macmillan, Don Mills, Ont.

This book deals with the complicated subject of raising a dog and a child together. How to introduce one to the other, and how to ensure they will get along. It also explains how parenting techniques can apply equally to puppies and children. I found a lot of interesting stuff in it.

This is a 204 page hard cover edition which is well illustrated with photographs and very well indexed for quick reference. If it is not on the shelves yet, you can order it from Macmillan at 1-800-465-2288.

I just gave my veterinarian a lump of money for a very necessary procedure that must be carried out before any responsible person would breed a dog. This is an X-ray to check the animal for hip dysplasia, a very hereditary disease. It is important to ensure that any animal being bred is not going to pass this debilitating disease on to its offspring. The X-rays are done under a mild anaesthetic to ensure the dog is relaxed and remains quiet to ensure the best possible picture of the hip joints. These X-rays are sent to the Orthopaedic Foundation for Animals in Missouri. There they will be examined by several certified veterinary radiologists who specialize in this field. The results are recorded on a certificate and returned to the owner. The procedure must be carried out on both the sire and the dam before breeding is contemplated.

It is also important to have the dogs' eyes examined by a qualified ophthalmologist for genetic defects. These standards are set by the Canine Eye Registration Foundation and all examining veterinary ophthalmologists are certified to carry out these examinations. Only by ensuring their breeding stock is healthy can breeders be assured that the puppies they produce will be as free as it is humanly possible to establish from genetically induced disease. Every responsible breeder takes these precautions, and that is why you should ensure that the source of your new puppy is one of these breeders and not a puppy store, whose owners are only interested in profit. Most dog breeders recover some, but not all, of their costs by the sale of the puppies they produce. The thanks is in knowing you have produced something worthwhile, rather than monetary gain. Personally, I've lost money every time I've bred, but I'll still do it again, just for the love of my breed.

### New Clubhouse Opens

#### 19 Wing Yacht Club

proval stage include water/sewer hookup, grid rebuilding, anchoring and skirting trailers, patio deck construction, dinghy floats, mooring field, '94 sailing program, renovation of trailer 45, etc. As approvals are obtained, work parties will be the order of the day.

A notice board is on the wall in the clubhouse (trailer 41). Any contribution of dishes, cutlery, et al, will make the clubhouse a little more hospitable. The key is at the Guardhouse and can be signed out by members whose names are on the nominal roll held by the commissionaire.

A marine VHF course will be conducted over two evenings on 14 and 17 Feb at 1900 in the AFIS

theatre. The course is given by Carol Krinks of Comox Coast Guard Radio, and will provide you with your marine VHF license. Put your name on the list at the clubhouse, or call loc 8560. Club dues of \$35.00 + GST (\$37.45) per family are due even as you peruse this script. Cpl McElwee (8353) or 338-6924 accepts cash, cheque or money order. See Ray Uhl 339-0454 for dock space and foreshore fees.

If sailing is your forte, stop by and check us out, or call Sgt Moford 339-6924 (8640), Maj Hoppe 339-7208 (8209), or Capt MacDonnell 338-8957 (8560). The next General Meeting will be on 1 Mar at 1900 hrs.

#### Wallace Gardens Report

### Beautiful PMQ Pics in Canex

Many things have happened since I last wrote. The summer was beautiful and, for me, busy. I returned from a course in Borden to find a new fence around the Community Centre. Just recently we had major maintenance done on the building, with many people commenting on how much better it looks. Thanks go out to the Wing CE officer and the Wing Accommodations officer for making this happen.

Throughout the summer holidays we ran the summer program providing swimming and fun for the children. We had the Family Fun day in September, which gave MQ residents a chance to get together, have fun, meet old and new neighbours, and check out the base clubs available to them.

October was busy with Halloween activities in Airport School and, of course, December brought the Christmas Craft Bazaar, Santa's visits to the MQs, and the Best Decorated MQ contest. Your councillors worked very hard to make each of these events a success and they deserve a special Thank You, especially Mrs. J. Eckhardt, our Controller of Special Activities.

The winner of our Beautiful MQ contest this summer was MCpl Anderson, and the winners of our Best Decorated MQ contest were: 1st Lt Barton (\$75), 2nd MWO Petipas (\$50), and 3rd shared by Sgt Smith and MCpl Johnston (\$35). Two houses from each ward also received \$10 awards. Even if you didn't receive an award, you may find a

picture of your home in our photo display in the Canex building.

1993 was a very successful year due to the support received from our Town Clerk Mrs. L. Rose, the WLogO Branch, the Military Police, Canex and Goods Groceries store. 1994 looks promising with a challenging agenda, and excellent people working to promote the Military Family Spirit. The New Year is an excellent time to remind parents to ensure their kids play safely.

We have updated our Animal Control by-laws, so if you don't have a copy, see your councillor. Also, as it gets warmer and the days get longer, odours from pet droppings will become a problem, so collect those droppings daily.

# On & Off the Base

## Comox Military Family Resource Centre Volunteer Opportunities

Training Provided

Several times a year the CMFRC provides a general orientation and training in assertive communication skills, problem solving techniques and active listening for new volunteers.



#### Child Care

**Child Care Volunteer**  
Supervision of young children in playgroups.  
Participation in program planning.  
Time Commitment 3-4 hours per week.

**Toyshop Volunteers**  
Repairs and checks safety of toys and equipment.  
Time Commitment 2-3 hours per week.

#### Creative Assistant Volunteer

Working primarily with the CMFRC child care programs in preparation of craft projects. Some planning involved, but mostly preparation. Work may be done at CMFRC or in your own home.  
Time Commitment: 2 hours per week

#### Deployment Support & Information Volunteer

We are looking for caring, energetic individuals who are interested in working with us to implement and develop our Deployment Support & Information Programs.  
Time Commitment: 2-4 hours per week



#### Office Support

Responsible for answering telephone, taking messages, typing and other basic office duties as required.  
Time commitment: 3-4 hrs/wk



For more information call Mara at 339-8290.

#### Military Family Resource Centre

### Precious Little People Preschool Program

(licensed for children 3-5 years old)

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

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

Cost:  
Mon. and Fri. Session: \$ 50 per month  
Mon., Wedn. and Fri. Session: \$ 75 per month  
Fees are due at the time of registration.

Registrations are taken now for our new session:

**March 1st - June 30th, 1994**

For information call Claudia at 339-8290.

#### LIBRARY HOURS

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

### New Books By Colleen Gagnon, Base Librarian loc.8351

Memoirs - Pierre Trudeau  
The Downing Street Years - Margaret Trudeau  
Nightmares & Dreamscapes - Stephen King  
Maybe (Maybe Not) - Robert Fulghum

Finnegan's Week - Joseph Wambaugh  
The Hope - Herman Wouk  
A Dangerous Fortune - Ken Follett  
Encyclopedia of Modern Body Building - Arnold Schwarzenegger  
Horpy Thyme - Piers Anthony  
Streets of Laredo - Larry McMurty

#### Self-Esteem Workshop

This workshop will provide participants with opportunities to strengthen their self-esteem through increased self awareness and skill building.  
Dates: 4 Sessions - Jan 31, Feb. 1, 2 & 3.  
Time: 6:30 - 8:30 PM at the FRC.  
Cost: NO fee.  
Call the FRC at 339-8290 to register.



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



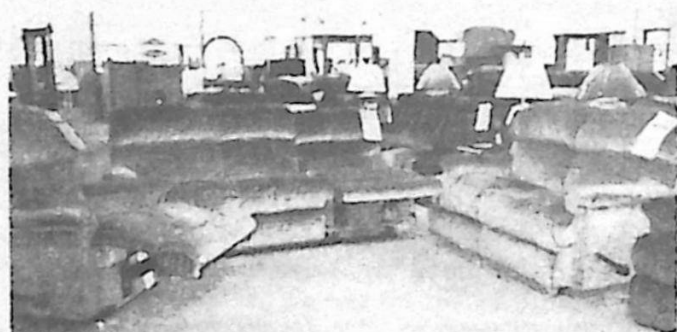
# THEY ARE HERE 1994 MODELS



- NEW MODELS
- NEW FABRICS

## RECLINING SOFAS RECLINING LOVESEATS RECLINING CHAIRS

ALL UNITS PURCHASED BEFORE JANUARY 15TH WILL BE  
PROFESSIONALLY SCOTCHGARDED FREE



SOFA LOVESEAT RECLINER  
\$1499 \$1399 \$799



SOFA WALL RECLINER  
\$1499 \$929

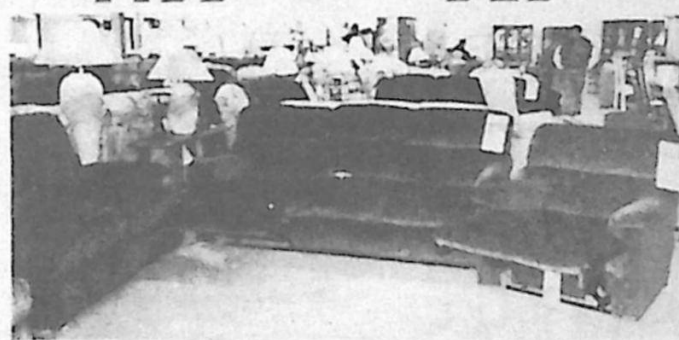
ALSO  
MANY  
STYLES  
OF  
RECLINING  
CHAIRS  
TO  
CHOOSE  
FROM

\$349

**BONUS**



SOFA WALL RECLINER  
\$1499 \$929



SOFA LOVESEAT RECLINER  
\$1499 \$1249 \$929

ENTER IN OUR STORE TO WIN A TRIP FOR TWO ANYWHERE IN  
CANADA OR 15 OTHER EXOTIC LOCATIONS

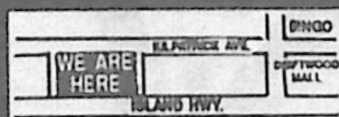
### LOWEST PRICES GUARANTEED

Some Items Limited Quantity • Some Items Not Exactly As Illustrated • Financing OAC  
Floor Models (As Is) • Some Items as is • Some Items Floor Only (No Interest) • C&C (Cash & Carry) • Items Prices Below \$499.99 C&C Only • Appliance Trade-Ins Welcome

OPEN 7 DAYS A WEEK



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