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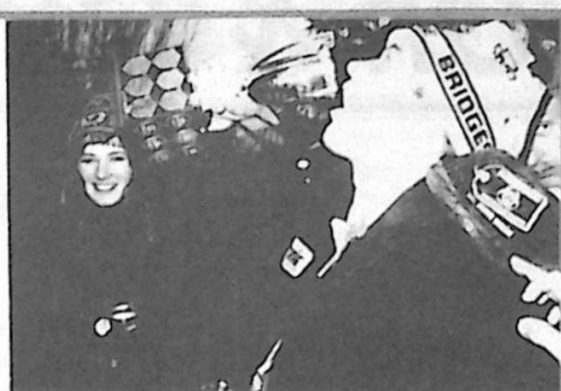
What's our local
LCol looking at?

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Hoser Ironman

Shack's 13th annual
games

.... page 10



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 36 NO 6

THURSDAY 24 MARCH 1994

COST: PRICELESS

Showing its Form



Zooming over a parched airforce golf course last summer, Aurora of 407 Sqn showed its form to watchers below.

Canada's Airforce celebrates 70 years

A mess dinner on 30 March at CFB Comox will officially mark the 70th anniversary of Canada's Air Force. On 1 April 1924 the Canadian Air Force became the Royal Canadian Air Force after receiving the official blessing of King George V.

The new military service adopted the uniforms and ranks of the RAF and rapidly adapted its

operational goals to the needs of Canada. Large portions of the Canadian north were charted by the RCAF and the organization was put in place for the eventual creation of a world-class air force.

By 1939 the world was in need of such an air force. Beside the British, Americans and other Commonwealth nations, the RCAF became a decisive factor

in winning the Second World War. Over 13,000 airmen died in that war, almost one half of total Canadian war deaths. By war's end, the RCAF was the fourth largest air force in the world.

The RCAF committed an entire air division to Europe in 1951. It contributed to NATO's efforts to contain the Soviet Union and NORAD's defence of North

American airspace throughout the tense years of the Cold War. A total of 22 Canadian pilots were attached to the United States Air Force during the Korean War.

Despite the onset of unification in 1968 and the official dissolution of the RCAF, the birth of Air Command in 1975 and the consequent rediscovery of Air

Force heritage has done much to reconcile the past and the present.

Now, the old motto of the RCAF belongs to the Air Force of today:

Per Ardua Ad Astra, which means, "Through Adversity To The Stars," something everyone in today's Air Force continues to strive for.

On & Off the Base

The Cycle of the Church's Year

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

The Church, throughout its year, uses a series of seasons, colours and days to teach us and to refresh our hearts and minds of the events in the life of Christ, and His effect on the lives of certain Christian men and women of the Church, which we call Saints.

When we are aware of these seasonal changes, the events they commemorate and the meaning of them, then they become part of us. In serving as they do to celebrate the anniversary of events and persons we are regularly reminded of our inheritance and obligations in regard to them.

The observance of the seasons and festivals of the Christian year is not only educational in that we learn some particular lesson from each one, but the Church seasons are also a means of providing, for the faithful worshipper, an opportunity of rejoicing each year in the commemoration of the events of our Lord's life, death and resurrection.

With most seasons there is a change of colour, and the hangings on the pulpit, lectern, and altar will reflect these changes.

The beginning of the Church year is ADVENT, from the Latin meaning "coming." This is four Sundays before Christmas and is the preparation for the coming of the Christ Child.

Next comes CHRISTMAS, followed by EPIPHANY. Epiphany is the celebration of the birth of Christ and His naming and His Baptism.

There are several weeks between Epiphany and Lent which concentrate on a number of

aspects of Jesus' life on earth. LENT is a six week period prior to Good Friday and Easter which the early church set aside for thought, prayer, meditation,

Chaplain's Chatter



penance, and spiritual discipline. It is a period of 40 days, not counting Sundays. (Every Sunday is considered to be a feast day).

LENT begins on Ash Wednesday. It is a reminder of our human frailty, mortality, sinfulness, and is an exhortation to faithfulness to Jesus Christ and His Gospel.

PALM SUNDAY, or PASSION SUNDAY, is the Sunday before Easter and is the beginning of PASSION WEEK, GOOD FRIDAY, and followed by EASTER. EASTER is considered the birth of the Christian faith.

ASCENSION follows 40 days after Easter and 10 days later is PENTECOST, or the coming of the Holy Spirit. The Sunday after Pentecost is TRINITY SUNDAY.

Advent to Trinity we concentrate on the life of Christ Jesus our Lord and Saviour. During the 22 or 23 Sundays following Trinity, up to the Sunday known as CHRIST THE KING, we concentrate on how to live a holy Christian life. Christ the King

Sunday is the last Sunday of the Christian year and is the last Sunday before Advent.

Different denominations celebrate other saints days, special days, such as Reformation Sunday, Whitsun (which is considered to be the celebration of Christ founding the Church), World Day of Prayer, Week of Christian Unity, World Wide Communion Sunday, and others.

The Christian year usually begins on the last Sunday of November, but fluctuates to be one of the four Sundays before Christmas. Easter moves about from the last week of March to the third week of April because it comes as the first Sunday after the first full moon after the spring equinox. This is due to the fact that it is placed in the same historical manner as the Feast of Pentecost, which is placed in the Hebrew tradition as laid down by scripture in the Torah.

Military Christian Fellowship Breakfast Meeting 29 Mar 94

19 Wing Military Christian Fellowship (MCF) will be holding a breakfast on 29 Mar 94 between 0615 - 0730 hrs. at "St. Michael and All Angels" (Protestant Chapel) Annex.

The breakfast is to introduce any interested military members (active or retired), DND employees and dependants to MCF. MCF is an organization for military affiliated personnel who have Christ as the centre of their lives.

Come out for a time of food, fellowship and prayer. For further information, please contact Padre Chuck Massey 339-8273 or Capt. Bob Sealby 339-8111.

MASS SCHEDULE for HOLY WEEK

Our Lady of the Sacred Heart Chapel (RC)

27 March - Palm Sunday: Blessing of the Palms as a memorial of the Crucifixion and Resurrection of Jesus at 1000 hrs.

31 March - Holy Thursday: First Communion at 1900 hrs. Reception organized by CWL at Parish Hall after Mass for all communicants, parents and friends.

1 April - Good Friday: Veneration of the Cross at 1500 hrs.

2 April - Easter Vigil at 1900 hrs.

3 April - Easter Mass at 1000 hrs.

HOLY WEEK AND EASTER SERVICES Protestant Chapel

27 March - Passion/Palm Sunday: 0900 hrs. Holy Eucharist 1100 hrs. Service of the Palms

31 March - Maundy Thursday: 1900 hrs. Holy Eucharist

01 April - Good Friday: 1500 hrs. The Passion

03 April - Easter Sunday: 0700 hrs. Sun Rise Service (Air Force Beach).

0745 hrs. Breakfast at JRM
1100 hrs. Resurrection Celebration

St. John's cert for Padre M



On 1 Dec 93, a very surprised Chaplain Massey received a certificate of recognition from the Most Venerable Order of the Hospital of St. John of Jerusalem, The Priory of Canada, for valuable assistance rendered.

407 Veteran to Cruise to Normandy

Due to the kindness of an anonymous benefactor, a former 407 Squadron navigator is planning to leave for Normandy this summer aboard the Queen Elizabeth 2 and observe the 50th anniversary of D-Day.

A West Vancouver resident, who has asked to remain anonymous, has donated \$7,000 towards the cost of the cruise, so the veteran and his wife can depart for England and the west coast of France late this May.

The recipient, Squadron Leader Fred Rowe (ret.), 72, didn't fly over the beaches of Normandy on D-Day. His job came before and after the Allied invasion of Europe, when, as a member of a bomber squadron, he faced German fighters and flak as part of Canada's contribution to the destruction of the Nazi war machine.

On 6 June 1944 Rowe was a flight lieutenant in England with the RCAF. He had joined 407 Sqn in 1942, shortly after the unit was formed, and flew in the Hud-

son bomber. The squadron was playing a decisive role in preparing Nazi-occupied Europe for the largest amphibious assault in history.

Fifty years later, Rowe lives in Maple Ridge, B.C., the squadron is based at CFB Comox and the Aurora aircraft it flies isn't equipped to drop bombs. But memories remain the same. It was the memory that made the trip possible for Rowe.

When the Second World War began in 1939, two Vancouver friends went separate ways. Jack Richardson joined the RCAF; John Smith (not his real name) remained in Canada, working with Boeing Aircraft, a vital war-related industry. Richardson went overseas, was assigned to 407 Sqn as a bomber pilot and flew missions over occupied Europe. Pilot Officer Richardson, 24, was conducting anti-submarine warfare against German U-boats when his Wellington aircraft was shot down over the Atlantic on D-Day. His body was

never found.

Smith has always wondered why he should survive and his best friend die. "To this day I've always felt guilty about being safe in Canada while Jack joined up and gave his life for his country. I hope by helping some other veteran, I am, in some small way, remembering Jack and saying thanks to all veterans," Smith says.

When Smith first heard about special cruises being organized to bring D-Day vets back to the beaches, he got the idea of sponsoring a veteran, who might not otherwise be able to afford the trip. He first contacted Oshawa travel agent Ray Lunn, whose Intra Travel Agency has organized a special D-Day cruise aboard Cunard's superliner the QE 2.

Lunn then contacted CFB Comox with the request to find a 407 veteran who was serving with the squadron during D-Day. It was no easy task to find such a continued on page 4

On & Off the Base

SCAN Transition Tips

Employers look for Value Added

by Lt (N) Linda J. McNally, WPSO

Finding a job after leaving the military ought to be easy. After all, many people have been telling us for years that the military provides training that can convert to civilian job skills later on. All you should have to do is march out the gate of your last posting, send out some resumes and most employers will immediately call you for an interview.

Unfortunately, it doesn't work that way. Employers in today's market are not in the social welfare business. Most do not immediately see how military training and experience will benefit their company. This means the job seeker is not only faced with the task of finding a vacancy, but must educate the employer as well.

The education process begins with understanding what employers are looking for. In industry today, every employee is a critical part of a team. Each team member must contribute to the goals of the organization or the company will have no use for

them. Companies have no reason to keep employees unless each member contributes to the overall mission of the company. Each employee must "add value" to the organization.

Step one in marketing yourself for a job after leaving the military is to decide what skills you have that you can market. Don't focus on the application of the skills, but rather on the skills themselves. Then, decide how those skills can benefit the "profit picture" of a company through research and observation. Review professional and trade journals as well as business pages of major metropolitan area newspapers and try to determine what specific goals (such as profit or growth) a company is trying to reach.

Try to see how your skills can apply to what the company is trying to accomplish. An example of this might be an article concerning a company that is anticipating a relocation to a new community. Knowing this, you could reflect on your own past


experience with the details of unit relocations, and receiving or training new personnel in a military environment. Once this information has been gathered and evaluated, you can develop a resume, and a sales presentation for interviews, that will allow you to demonstrate how your skills will be of value to the company in their move.

Success in finding a meaningful position after you leave the service, and then maintaining the position to grow with the company, are going to be solely dependant on your value to the company.


The bottom line - don't tell an employer what you hope to gain from the job, tell them what you are able to do for them. Show the employer that you "add value" rather than explaining your own hopes and dreams, and you will find that employers will give you the chance to excel.

(The above article is cited from author William G. Fitzpatrick of the Non Commissioned Officers Association of the USA.)

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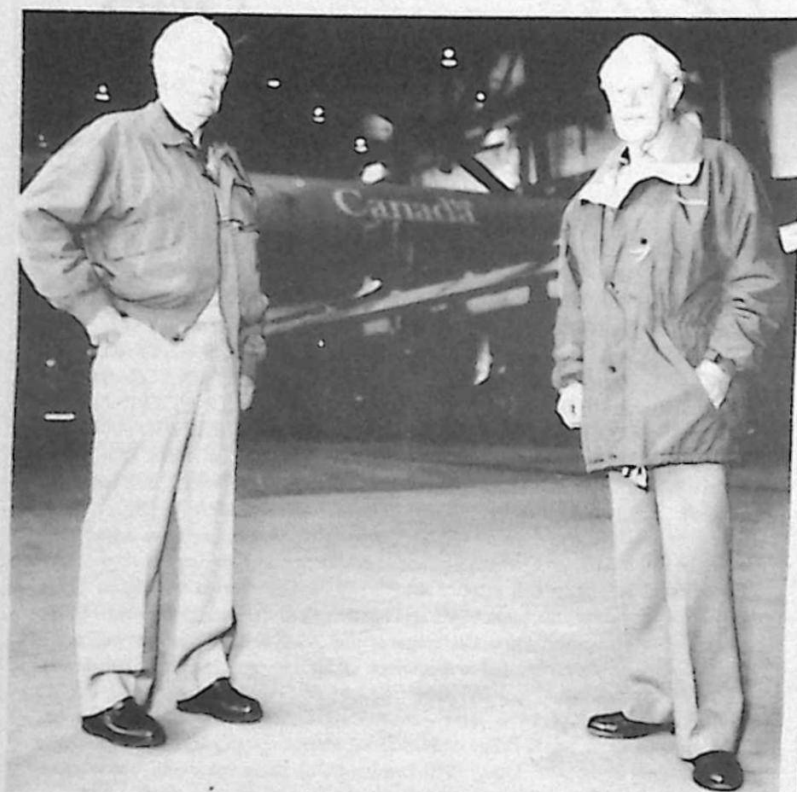
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Editorial

More Normandy

continued from page 2



L-R: Fred and Stan Rowe in front of CP-140 Aurora.

individual, as the squadron simply doesn't maintain active records on every person who has ever served. However a search was initiated and Rowe was located.

CFB Comox public affairs notified Rowe of his good fortune at the veteran's home. Ironically, he was planning to visit Comox the following day to visit his twin brother Stan, who also served with 407 Sqn.

Fred Rowe served with the RCAF from 1942-1968, leaving just as the three services were being unified.

"Morale was at its lowest ebb when we lost our uniforms, our ranks, our heritage; it's nice to see the Air Force regaining so

much of its identity," he says.

The 10-day return luxury cruise sails out of New York on 29 May. The QE 2 will serve as a floating hotel while in France and England. As well as offering some of the better cuisine in the world, the QE 2 cruise will include some special appearances from Bob Hope and Vera Lynn. The third attraction, the Glenn Miller Orchestra, is of some significance for Rowe, since he saw the legendary Glenn Miller's last concert before the band leader departed for France in December 1944. Miller's plane crashed en route and was never recovered. Rowe hasn't seen the band play in almost 50 years.

Snowbirds Bring Spring

From 8 - 23 April 431 Air Demonstration Squadron will visit Canadian Forces Base Comox for its annual spring training. The squadron is otherwise known to millions as the Snowbirds.

The aerobatic team flies the CT-114 Tutor, a small, aerodynamic jet that is used to train pilots in Canada's Air Force. The flexibility of this aircraft allows for a wide range of tightly controlled aerial manoeuvres, far more than possible with the F-18 Hornet, the aircraft used by the U.S. Navy's famed Blue Angels.

The Snowbirds are the descendants of the RCAF Golden

Hawks and Golden Centennaires. They were formed in 1971 and are based at CFB Moose Jaw. The annual workup period in Comox gives the pilots and ground crew a brief break from the severe Saskatchewan weather.

By 1992, over 70 million people had viewed the aerial poetry of the Snowbirds. Community tours have already been arranged to accommodate public interest in the Snowbirds. Any civic group desiring to see the Snowbirds may submit a written request to CFB Comox Affairs.

Days available for viewing are, however, limited.



Official Languages Act - an Overview

What is the Official Languages Act (OLA) and why does it exist?

First, let's begin by clearing up some common misconceptions by telling you what it isn't:

It is not about providing special benefits or rights to any specific group in society, the Department of National Defence (DND) or the Canadian Forces (CF); and

It is not about forcing Canadians or DND and CF personnel to learn a second language; and

It is not about making Canada or DND and the CF bilingual from coast to coast.

It is however about federal institutions (which includes DND and the CF) serving all citizens as well as their employees (members) with the respect and courtesy they deserve and in the official language (English or French) they feel most comfortable using.

It is just as much about human dignity and harmonious human

relations as it is about legal rights and obligations.

As is stated above, it is not intended for all provisions of the OLA to apply unilaterally from coast to coast. Therefore designated areas have been established for both the public and our internal population (see below).

Briefly stated, there are three major thrusts behind the OLA:

1) **Communications with and services to the public:**

Canadians have the right to communicate with the federal government and receive services in either official language in the NCR or other significant demand areas. (Speak to your Unit Coordinator Official Languages about these areas and regulations).

The following are activities or offices where DND and the CF generally interface with the public:

Certain Recruiting Centres, Civilian Personnel Offices, Contact Points (includes Commissioners, Military Police,

Telephone Operators), Public Affairs and Information Offices (includes national/international events such as air shows, etc.), Rescue Coordination Centres, Transport and Rescue Squadrons, and units dealing with Outside Contractors (Sr ADM(Mat) Group in particular).

2) **Equitable participation:**

Federal institutions are committed to hiring and promoting, within the merit principle, English and French speaking Canadians in numbers which reflect their proportion in the overall population (currently 75% Anglophone, 25% Francophone).

The location and various mandates of organizations as well as the trades and classifications of our workforce are vast and must therefore be taken into consideration.

Official Languages Basic Facts: Office of the Commissioner of OLs. It is important that we work together to remove barriers.

Continued on page 5

Comment

More OLA

Continued from page 4

riers which reduce opportunities for employment and advancement of both language groups - again always keeping within the principles of merit.

3) Language of work:

Allows federal employees to work in the official language of their choice in the NCR and other designated regions (New Brunswick, parts of Northern and Eastern Ontario, the Montreal area, and others parts of the province of Quebec). For DND and the CF these regions have been expanded to include bases such as CFBs Halifax, Trenton and Borden, which are designated Bilingual Units (i.e. the language of work is English and French).

The chain of command within

these regions/units has an obligation to create and maintain work environments which are conducive to the use of both official languages and accommodate the use of either official language by its personnel.

In all situations common sense should prevail. Although there are times when the letter of the law must be respected, the spirit and intent should be the guiding light.

If you are interested in learning more about the OLA or any other aspect of the OL program, please contact your Unit Coordinator Official Languages or Director General Official Languages at NDHQ Ottawa.

Women's Aglow Fellowship Spring Retreat 1994

Once again the North Vancouver Island Women's Aglow Fellowship will hold their Spring Retreat. The theme is "Draw Water Joyously from the Springs of Salvation."

Rev. Earma Thompson from Orange, California will be bringing words of love and encouragement, ministering in a unique and moving way. This exciting event

will take place at the Washington Inn, in the heart of the beautiful Comox Valley. There is limited space so register early. For more info please contact Darlene Smith (604) 485-6876.

Aglow is an interdenominational network of caring women-reaching out to women from every walk of life.

DH9A

Dear Sir,

Re: Mar 10 Air Force Trivia
I believe this to be the Airco DH9A. It was a refined version of the DH9 with a more reliable engine and a larger wing area.

It was delivered to RAF squadrons in France from June 1918 onwards, where it served in the Independent Bombing Force

in raids over Germany. Known as the Ninak, it had a remarkably long and successful career in the RAF, until 1931.

It was armed with a forward-firing Vickers gun and a Lewis gun in the rear cockpit and could carry up to 50 lbs. of bombs.

Yours truly,
Frank Steven

Mt. Washington Ski Days

The Comox Valley Ski Club will be providing a bus to Mt. Washington on the following days: 8 Mar, 23 Mar, 5 Apr (last trip of the year).

The bus will operate on the following schedule:

Dep Base Arena.....	07:30
Dep Cnty Curling Club.....	07:40
Arr Mt Washington.....	08:30
Dep Mt Washington.....	16:00
Arr Cnty Curling Club.....	16:45
Arr Base Arena.....	17:00

For 5 Apr only:
Dep Mt Washington.....17:00
Arr Cnty Curling Club.....17:45
Arr Base Arena.....18:00

Registration: You must be a member of the Comox Valley Ski

Club to register. All registrations must be made through Fred Kirtz (Bus: 339-8211 ext.8695, or Hm: 338-0480). Please have your membership number available at time of registration.

Cost: For 8 & 23 Mar, vouchers will be available on the bus at a cost of \$27.00 for adults. Student (13 - 18 yrs.) and children (7 - 12 yrs.) lift tickets must be purchased at the Lodge for \$25.00 and \$18.00, plus GST.

For 5 April the cost will be \$25.00 regardless of age. This price includes lift, lesson, fun races, prizes and a hot buffet dinner on the hill. This will be the last trip of the year so don't miss it.

The DeHavilland DH9A

Dear Editor,
Re: DH9A, etc.

The latest "trivia" aircraft is one of the many creations that emanated from the design board of Geoffrey de Havilland, whose career began in 1910. The model shown is a DH9A - a two seater day bomber of 1917 vintage. Easily recognised by its large tractor type radiator, and the typical DeHavilland tail fin design, it also had the innovation of carrying a spare wheel on the underside of its fuselage.

The DH9A was an offspring of the DH9 Airco bomber, which was a failure due to the unreliability of its Puma engine. This fault led to heavy losses being inflicted on the RFC during operations in WWI. The shortcomings of the Airco were rectified with the introduction of the DH9A, which was equipped with the U.S. designed Liberty 12 engine. This combination of engine and airframe design was so successful that it remained in RAF service throughout the 1920s. No fewer than 31 squadrons were equipped with it, and the DH9A was destined to serve on many fronts.

On 1 April 1918 the Royal Air Force was founded by the amalgamation of the Royal Flying Corps and the Royal Naval Air Service. In May of that year a bomber group was formed, in order to attack German industrial and population centres. Known as the Independent Force RAF it employed DH9A's in daylight raids on these strategic targets.

During the spring of 1919 a counter-revolution developed in Russia, where a number of White Russian armies were formed to fight the Red Bolsheviks. The Red government, who had let down its allies by signing a separate peace pact with Germany, was hostile to Britain. As the White forces were gaining some significant successes in the south of Russia, the British government decided to despatch an air force contingent in support

of General Denikin's army. DH9A's and Sopwith Camel fighters were the aircraft chosen for this campaign. The RAF's duties consisted of recon patrols, attacks on Red cavalry, and river crossings by the enemy, plus the defence of strategic towns. Despite the valuable aid given the White armies, they were eventually overwhelmed by the Red forces and, in March 1920, the RAF contingent was withdrawn.

In 1920 DH9A's were engaged in the north of Persia, (now known as Iran), in the preventing of Russian expansion in that area. British forces left northern Persia in 1921, and RAF squadrons went on to see action in Iraq, operating out of Baghdad. Britain had been granted a mandate over Iraq by the League of Nations, and was responsible for maintaining peace in that country.

When King Faisal I was placed on the throne in 1921, his rule was supported by a small minority of Iraqi Arabs. Friction soon ensued between the king and some rebellious tribesmen. The RAF was called upon to take punitive measures against the rebels and, with the DH9A's were able to cover remote and inaccessible regions where rebel villages were situated. The rebellions were quickly put down, with little loss of life, as the villages were pre-warmed of an attack and therefore evacuated prior to any bombing.

The commander of the RAF's campaigns in South Russia and the Middle East was a Canadian, Raymond Collishaw. A native of Nanaimo, B.C., he entered the Royal Naval Air Service in 1915. Considered one of Canada's greatest aviators, he became a top scoring allied fighter "ace" in WWI. By war's end he was credited with 31 enemy aircraft destroyed, and 38 possibles.

Remaining in service with the RAF after the war, he proved to be an outstanding leader. During the 1930s Collishaw was commanding officer of several RAF

stations in Britain and, in 1935, took a five-squadron force of bombers to the Sudan, at the time of the Italian invasion of Abyssinia.

At the outbreak of WWII he became Air Officer Commanding of the Western Desert Air Force, which consisted of RAF, Australian, South African, and Fleet Air Arm squadrons. After a long and highly distinguished career in military aviation, he retired at the end of 1943, as Air Vice Marshal. Throughout his lengthy service he was awarded many prestigious decorations, including the C.B., D.S.O., O.B.E., D.S.C., D.F.C., French Croix de Guerre, and three Russian orders.

Shortly after WWI the Canadian Air Force was established. Its aircraft were DH4s and DH9A's sent to Canada from Britain as a gift. Twenty-two planes were registered with the Air Board and put into service on forestry patrol, and survey and aerial photography duties in Western Canada. In that same year, 1920, the first trans-Canada flight (Halifax to Vancouver) took place. Several aircraft types were used in a relay form of crossing. Three DH9A's participated in the western legs of this historic event. They were registration G-CYAN from Winnipeg to Regina, G-CYAJ from Regina to Calgary, and the last leg from Calgary to Vancouver was completed by G-CYBF.

The DH9A was a remarkable aeroplane, a veritable military workhorse, which gave sterling service in its day!

Stats:

Wing span: 45 ft. 11 ins.

Length: 30 ft. 3 ins.

Power: one Liberty 12-367 HP engine.

Max speed: 115 mph.

Crew: two - pilot and observer/gunner.

Bomb load: 460 lbs.

Armament: 2 or 3 303" Browning MGs.

Sincerely,
John Novak

Air Force Trivia



Trivia Answer:

DH9: see letters from John and Frank. We apologise for picture quality (above) but we'd like to stump John Novak just once!

NEXT DEADLINE

11 APR.

TOTEM TIMES

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CF News

Local MP Visits 19 Wing



Comox-Alberni member of Parliament Bill Gilmour toured the Wing recently. With him is Col T.B. Rogers, 19 Wing Commander and LCol W.R. Cleland, CO 414 Sqn.

Commendation



When working with MSE, Cpl Matthew Burton discovered the wrong grade of turbo fuel being used on CF aircraft. His action prevented a hazardous situation from developing. He is shown receiving a Base Commander's Commendation from Cdr 19 Wing, Col. T.B. Rogers. Cpl Burton is now serving with the UN in the former Yugoslavia.

SSM Presentation



LCdr Verreault receives his Special Service Medal from LCol van Boeschoten.

888 (KOMOX) WING

RCAFA

CALENDAR OF EVENTS - 1994

March

Mar. 26.....Pub Night, 7:00 pm

April

Apr. 06.....General Meeting - Election of Officers, 8:00 pm
Apr. 09.....Bingo, 8:00 pm
Apr. 14.....AFIS, 7:30 pm
Apr. 30.....Charter Ball, 6:30 pm
(Old House Catering, Campa 8-piece Band)

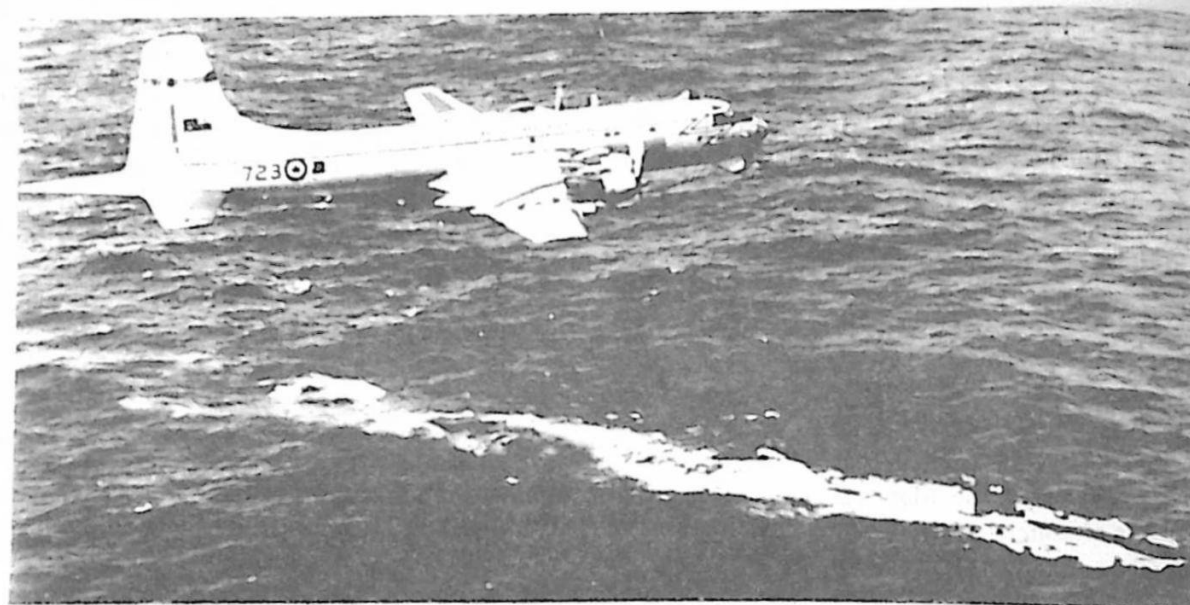
DND AND MILITARY PERSONNEL WELCOME

HOURS OF OPERATION:

Wednesday 1300 - 1800 hrs
Thursday, Friday & Saturday 1200 - 0100 hrs
Sunday 1300 - 1900 hrs

PLEASE SUPPORT WING SOCIAL EVENTS MAKE NEW FRIENDS

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



One of the earlier photos of CP107 Argus #723, the first of the Mark 2 versions with the smaller chin radome housing the ASV-21 radar. Note the RCAF markings with the Red Ensign flag and double lightning rod. Argus aircraft were delivered from Canadair with very little paint on them. In one of many paint scheme variations that occurred throughout the years, the lower fuselage remains untouched, and only the upper surfaces are painted. During the ongoing restoration of Argus #712, our head blasters are literally digging through history as the layers of paint are removed one by one.

Argus Reunion June 1

In commemoration of the 20th anniversary of 407 Sqn's record breaking endurance flight, an ARGUS REUNION will be held at the 888 Wing RCAFA on 1 June. As this event is open to the general public, radio silence is no longer necessary.

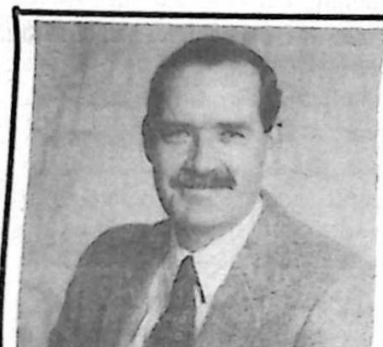
All former ARGUS Air and Ground crews in particular are invited to join with the Endurance crew and Restoration crew and

participate in what promises to be an afternoon and evening of fun and merriment, all for a very reasonable \$10.00. Don't forget your personal squadron funds for the suds.

Limited Edition prints from John Rutherford's "Roll Out For The Record" will be available for sale, and we sincerely hope that all members from that crew will be "On Station" for this mission.

We regret that the BBQ steak dinner planned for this feast will not be prepared in the galley of ARGUS #712 this time. And, finally, as not all the tales and horror stories you may hear about the Grand Old Duchess are expected to be true, parental guidance is advised.

Watch for us in the DRIFTWOOD MALL on 9 and 10 April.



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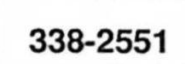


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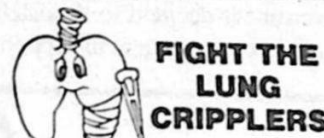
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2nd ANNUAL 12 WING SYMPOSIUM

This year's theme:

Joint and Combined Operations - The Way Ahead

The aim of the Symposium is to promote professional development through discussion of current issues involving 12 Wing members and their counterparts in all three operational commands.

Symposium events will be held in the Hampton Gray Centre, 12 Wing Shearwater, on 14 and 15 April, 1994. This event will feature presentations by prominent military and defence industry personnel.

All are invited to participate in this event, which includes several social activities. This is an event that should not be missed!

For more information, contact Capt Mike Savard, 434 (CS) Sqn, at (902) 460-1952/ Autovon 479-1952.

Shearwater: The Place to be 14-15 April 1994



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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.

19 AMS

Is Cold Lake ready for Jim Clark?

Life in Safety Systems is pretty quiet these days - nobody transferred or promoted.

We had a proud moment on 28 Jan when one of our section members was honoured with the award for the air person of this quarter from Maritime Command. Sgt Spragg (Keith) was awarded this honour in recognition of his valuable contributions in the military and civilian communities. Congratulations from everyone in the section.

On a similar note, the new SSM medal was awarded to the following personnel: W.O. Goble, NATO; Sgt Spragg, NATO; MCpl Reimer, NATO; Cpl Browne, NATO and Cpl Konning, NATO.

On an intellectual note, Cpl Heitanen (Terry) came back from a T-33 course in the hazardous sub-zero temperature of Shearwater, N.S. Cpl Dykeman (Tim) visited the same town for the same reason, in late February. (Don't forget your "friends" who haven't had lobster for a long time). Finally, Sgt Spragg is off to CFB Borden for a six week SLC (Senior Leader course). Don't forget your left hand is the one you wear your watch on. This information will come in handy for drill sessions. We know that you will do well on this course.

Until next time, think safety.

19 AMS Arm't

19 AMS Arm't here with lots to catch up on. Let's start with the Wing Commander's inspection, our professional people carried us through without a hitch.

MCpl Pat Dunn is going on an HRS course. There was only one position but Cpl Terry LeDrew also wanted to go. After a fair and square draw it will be Pat packing his bags to leave on Saturday.

414 support was presented with a real challenge. They were sent seven Delmar tow target reels that had been in storage for four years. Their mandate: MAKE THEM SERVICEABLE. The reels are over 40 years old, but we are the Delmar experts and we'll get the job done.

The EOD section is travelling the island from tip to tip picking up ordnance. They have got to like that job.

There is a disputed issue in our Arm't section. It involves that goal scored by Cpl Terry LeDrew in one of the hockey games. Contrary to what Cpl Mark Scott says, he insists that he picked that corner. MCpl Pat Dunn also makes hockey news. He says he broke his collarbone in a vicious neutral zone check; we all think a blonde girl named Tonya clubbed him.

Arm't would like to take this opportunity to welcome a new member to our section. MCpl Bernie Corrigan is a reservist on full time till the end of March. Another new arrival will be coming this summer, MCpl Pat Dunn and his wife will have their first child. Although Pat seems very



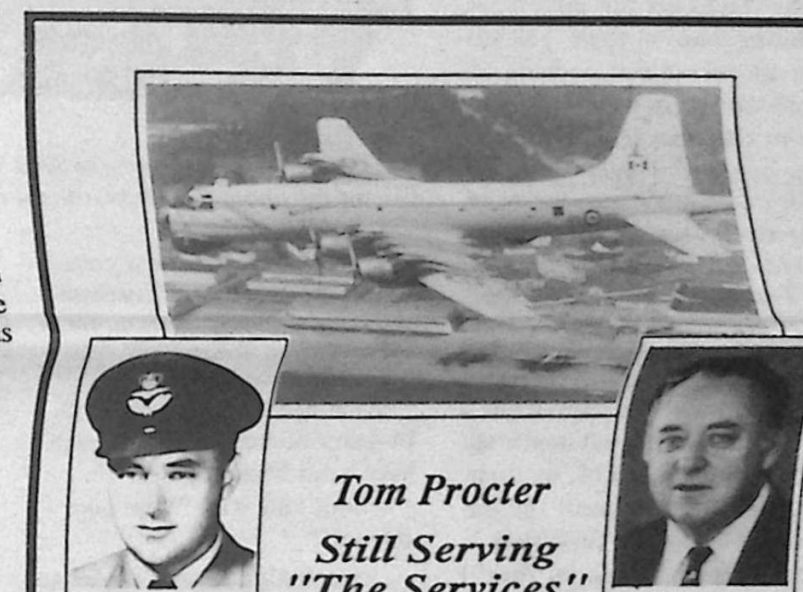
Cpls Smit and Morency received their CDs recently from CO 19 AMS, Maj Ron Roos.

calm and collected, we see right through him.

MCpl Gale recently returned from Winnipeg. She was sticking up for the armourers in the trade restructuring program. She says we are in store for some serious training.

We also have an unconfirmed but possible departure. WO Jim Cook is ready for Cold Lake, if only that posting message would come in.

Until next time, always remember, TAZ REIGNS.



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Section News

442



672

Peg-Legged Pirates

by MCpl Al Banky
(442 Sqn SAR Tech and self-professed boot expert.)

Note from the CO 442 Sqn, LtCol Hardy

When the squadron's 24 SAR Techs are not busy maintaining one of their 128 different currencies, packing the thousand or so pieces of equipment they use, training, rescuing people, or just changing their boots, they spend a lot of time at the local schools telling the kids about what they do.

The squadron spends so much time educating the public that we often overlook an even more important audience: the people on base who support us. If you want to find out anything about the SAR Techs, or their boots, don't wait until the air show. The door to their shop is always open. Walk in, they'll probably be in the middle of changing their boots.

I remember eight years ago, when I first encountered Search and Rescue Technicians. They looked larger than life walking around base in Edmonton; their red berets stood out like beacons. My first thought was, "Hey, cool looking boots!" A 22-year-old artillery sergeant, fresh off my air observers course, I was easily impressed. I don't know if that's when I decided that I was going to become a SAR Tech; I do remember thinking that I'd like a set of those boots.

I've been a SAR Tech for five years now and have a collection of boots that rivals Imelda Marcos'. I've been issued 14 different pairs of boots. Let me see, 14 pairs of boots, 24 SAR Techs

in Comox; that comes to a grand total of 336 pairs. That's enough for 672 peg-legged pirates or, for the farmers in the crowd, 224 three-legged sheep.

What does anyone need with 14 pairs of boots? They each have a different purpose.

Boot rule #1: "One boot - one job."

Parachuting seems obvious; use the big jump boots, right? Wrong! What if you have to parachute into the water? Good anchors. What about when it's minus forty? Popsicle toes.

Rule #2: "Different terrain - different boots."

Three different boots for parachuting, four if you want to pack your chute. After each jump we have to change into running shoes for the 45 minutes it takes to pack a chute. Last year the guys did almost 1,000 jumps - 2,000 boot changes.

Hoisting from the helicopter seems easier. Not so - seven different pairs. Let's see, where do we hoist to? Mountains - mountain boots. Ships - operational boots or immersion suit boots. Snow - back to the old army mukluks. In and out of the water -

wetsuit booties and dive fins. Hey, we're in B.C. - what about when we want to hoist down to an injured logger? Cork boots (they look like golf shoes with an attitude). 1,500 hoists last year, another 3,000 boot changes.

Climbing only requires two different pairs of boots. Twice a year we go off to the stunning town of Squamish and practice mountain rescues. Assuming we do three climbs per day, that's another 2,000 boot changes. Actual rescues add to the total because we usually change plans ten times on the average rescue; that translates into at least five more changes per mission. 300 missions last year, 1,500 more laces and unlaces.

Diving is simple, wetsuit booties and fins. We did 300 training and operation dives last year. After each dive we had to change back into boots while we filled tanks, cleaned up the gear and did the mountain of paperwork; a 40 lb. tank or a 20 lb. weight belt would do quite a number if dropped on an unsuspecting, unprotected foot.

Rule #3: "Safety in boot selection."

The many roles of a 442 SAR Tech



21 of 442 Squadron's 24 SAR Techs pose for a section photo wearing an assortment of their equipment and boots. At the centre of the photo is CWO (still not retired) Bill Krier - The "God Father" of SAR. (Photo by MCpl Edith Currier, 19 AMS Photo.)

Boot selection around the shop is usually easy. The four SAR Techs who work in our medical shop maintain 12 kits. Each kit breaks down into eight components which in turn break down into roughly 30 vacuum-sealed bags. The vacuum sealer has a foot activated mechanism; it will work with anything but a dive fin.

Rule #4: "No wearing dive fins in the medical shop."

Assuming they were wearing their dive fins, the medical guys would have to change boots 800 times, twice a year to repack all the kits.

The scheduler spends so much time figuring out last minute tasks, schedule changes, who's injured and who's not, who's due for one of our four annual check-rides, and who's going on course, that he doesn't have time to change his boots.

As strange as it sounds, we spend a lot of time trying to avoid parades; one less parade is two less shoe or boot changes. We do, however, have a never-ending trail of VIPs visiting the shop. Each visit we haul out a mountain of gear for display, including several pairs of boots. The two guys giving the briefing usually

try to coordinate their boots.

Rule #5 is the boss' rule: "When there are any Big Wigs around, try to wear the same boots as everyone else."

Rule #5 usually fails miserably. I won't add up the total number of boot changes we do each year; I'm sure you get the picture.

Our boots, berets, uniforms, and attitudes set us apart from everyone else on base. We were elected as SAR Tech candidates because of the aggressive attitudes we demonstrated in our former trades. Instructors cultivated and developed the aggression during our basic course. Our commanders reward aggressive decisions which result in lives being saved. The same aggressive attitudes make it easy for us to forget that we each came from another branch of the military, branches where they all wear the same kind of boots.

With a few exceptions, I no longer see SAR Techs as the larger than life individuals I first saw in Edmonton. They are aggressive and dress differently but, just like everyone else, they put their boots on one foot at a time.

ALL EX-AIR CADETS "BE AWARE"

386 Royal Air Cadet Squadron (Komox) invite all ex-air cadets to help celebrate their

50th ANNIVERSARY 6 & 7 May 1995

Registration/Meet & Greet will take place at 888 Wing RCAF 1298 Military Row (Little River Road), Comox, B.C.
Saturday, 6 May, 1995 at 11:00 hrs.
The Anniversary Parade will take place at the CFB Comox Arena Sunday, 7 May, 1995 at 11:00 hrs.
Ending with a B-B-Q at 13:00 hrs.
COST: \$15.00/person
For confirmation contact: Capt Melançon (604) 339-7768



CFB Comox Family Resource Centre

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

Stores Sagas

6 Supply Group and General Stores

Supply personnel enjoyed the No Snow Festival and brought home a fifth place finish in the lip sync contest and an overall finish of seventh place. The Major was found guilty and sentenced to 50 minutes in jail. He tried to buy his way out but he had no wallet, no dice, no lunch, and the MP's wouldn't accept any IOU's. Cpl Vicki Smith and Lt Mike Fields set a record for the quickest time in the honeymoon race.

Personnel should take care if going to visit POL tank farm as the golf course renovations are in progress and the route to POL is hazardous due to falling trees, rocks, and logs on the roadway. Keep your eyes open for any logging equipment as well.

We welcome back our log curlers who travelled down to Victoria for the Logistics Bonspiel. They curled well, but the luck of the draw wasn't theirs this time.

The Supply MCpl's have begun their annual migration with the following moves taking place: MCpl Judy Ireland to MPO, MCpl Don O'Reilly to 1 Sup Gp, MCpl Dean Battersby to Clothing Stores, MCpl Doreen Morris to 3 Sup Gp, MCpl Pierre Lavalley to Gen Stores, and MCpl Raymonde Fortin to Cust Svcs. We have heard that all the MCpls that are taking part in this year's migration are happy with the changes.

MCpl Martin Trekofski is retiring after 25 years service and we wish him all the best in his future endeavours. We understand he will be leaving the island for the Princeton/Penitence area. Good Luck.

We want to wish good luck to the following supply personnel who are all leaving to attend various courses. MS Sandy Stavenjord is on JLC, Cpl Jannick Pelletier, and Cpl Holly Parsons are going on the TQ5, L/S Lorene Cooper and Cpl Will Slater are going on their POL course, and Terri Hyde will be attending a spill control course.

We would like to offer our best wishes to the men and women's group which will be attending the broomball regionals next week. Good Luck!

This month's section highlights are General Stores and 6 Supply Group. They house many different types of office supplies including stationery materials, cleaning materials and paint stores. It is also home to the Contract Receipts Section, Publications, Hazmat and Laundry sections. It is a busy area and an important cog in the wheel of supply. General Stores staff will answer your questions and look after many of your supply needs.

The following is a verse on the characters in the section:
There are many things done
And we do have some fun
With a team of Supply Techs
And some civilians too - We
Always know how to look after you.
Our building is complete with
A few added feet

It was a whirlwind of movement
and shuffling
But it was fast and neat and done
in

Supply Signals



Less than 3 weeks at Building 171.

Sg. Neustaeter likes coffee a plenty

His mug is the size of twenty
Volleyball he can play,

Although, a jock "I am not" he
will say

He's in charge of this place, with
much new space.

Our good Master Corporal -
That's Dean Battersby

Likes all things put away.
Just ask where it is and he'll say

"Over there out of everyone's
way."

And MCpl Trekofski, our sticky
bun man

Tells many jokes as part of his
plan

However, many of them are older
than Stan.

Cpls MacDonald and McLellan
have left to be one groupers

And for the sake of poetry
Replaced by Cpl A'Hern and LS

Cooper
Welcome to both.

Cpl Lane with the No.1 cut is in
charge of the MSA

And can be found on the job on
any given day

The Camouflage streak that you
see

Is not a T-bird or missile
It's Kevin on his adult tricycle.

Cpl Giese is our resident
downhome

She puts through demands and
answers the phone

Please don't hassle her -
You may face Big Brian after.

Cpl Al Riendeau is quiet and
reserved

Although when he's interacting
with the driver

He's not as shy, I've observed.
Our notorious driver by the name

of Keith
Delivers the gear and much good

cheer
Many opinions has he, and he'll
gladly

Feel free to help you see a
trucker's reality.

Pt Eckhardt can load up a pallet in
the blink of an eye

Daryl is one dedicated and de-
pendable supply guy.

Cpl Suzanne Lapointe is new and
deserves mention too

And will definitely help our
whole section through.

Moving to the back of the build-
ing so new

We encounter the civilians and a
few

Military folk too.
Our charming CRS Supervisor is
older than

Most and much wiser
Stan Stevens is the man

Receiving everything,
From software to an O-Ring

Ooops...that's 1 group materiel
But it rhymes at this time

Sort of.
His 2 i/c, LS Leask drives an old
car both near and far

The "Landshark" a bright shiny
blue vet and lots of power, I bet

With a good sense of humour and
many a dry wit

He adds much to the place, not
just a bit.

The new addition to CRS, Cpl
Joyce Mills

Is productive and keen
To most places in supply she has
already been.

Our Laundry-receipts man Mr.
George Orbell, alias Quork

Is renowned for his neatness here
at work

He likes to travel to exotic loca-
tions

This year the Cook Islands will be
his vacation.

Our publications person (Lil
Davis)

Fondly known as the librarian
Is also a part time Hawaiian

Lil likes to have good trips
When she doesn't have to worry

about the flips.
Gen stores always gets them
through here

Just like they did last year.
And Terri Hyde our Hazmat

Guide
Handles WHMIS matters with
pride

Terri's job sometimes subjects
her to danger

As long as she doesn't glow we'll
never change her.

That's us, the whole bunch
A good group of people who on
occasion go out to lunch.

Supply Promotion



Congratulations to Cpl Joyce Mills seen here receiving her books from Maj Pipe, WSupO.

Hauled into the Hoosegow



Maj Bill Pipe in jail?? Bill who??

at Old 442.
The Labs they all listen when
she hollers "stop"

The techs all adore her cause
she tells them she runs the shop.

Ballroom dancing with hubby

does she
Fred and Ginger they long to
be.
Six years in Comox she has
been
To the field is yet to be seen.

Wallace Gardens Community Council's



Celebration!

April 2nd

10:00 AM - Airport School

Egg Hunt
Games!

\$5.00 per family for non-members

Hot Dogs 'n Hamburgers

Ice Skating:

1:30 to 3:30 pm

**NEXT DEADLINE 11 APR.
NOON**

Feature

Earmuff Team Wins Again!

Fourth Trophy at 13th Annual Hoser Games

by Brian Shackleton

Shack's 13th Annual Hoser Party and Hoser Olympic Games was held on Sat. 26 Feb. Brian (Shack) and Jill Shackleton hosted "The Hoser Event of 1994" at 593 Crestview Drive, Comox. There were 91 registered active participants, topping last year's record of 84. Including spectators, we had a total of over 100 people.

Hoser Day started with registration from 1200-1245. The judges and organizers were briefed by the Head Hoser (Shack) at 1250. Team captains were summoned and the Hoser Olympic Games were underway at one o'clock sharp. Event winners are as follows:

Event 1 (Donut Eating): Rob Hunt, Earmuff (Blue) team.

Event 2 (Down Under): Marco Rekrut (C) and Mike Simms, Backbacon (Yellow) team.

Event 3 (Donut Relay): Richard Jomha (C), Elaine Fradsham, Chris Ouellette, Bruce Bellair, Marnie Ellis and Moe Gerritsen, Beer (Green) team.

Event 4 (Team Beer Race): Marco Rekrut (C), Mike Simms, Mike Baker and Pierre Dionne, Backbacon (Yellow) team.

Event 5 (Hoser Golf): Chantelle Smith, Randy Fradsham, Phil Perfit and Glen Arsenault, Touque (Orange, formerly White) team.

Event 6 (Beer Relay): Chris Vrabel (C), Wayne Robertson, Rod Wiseman, Walter Morris, Carl Ljungberg and Rob Hunt, Earmuff (Blue) team.

Event 7 (Strainer Relay): Wayne Robertson, Walter Morris, Debi Perfit, Marla Thompson,

Ron Trarback and Rob Hunt, Earmuff (Blue) team.

Event 8 (Hoser Wheel Barrows): Kevin Dawson, Wayne Erskine and Moe Gerritsen, Beer (Green) team.

Event 9 (Hosery SockHop Relay): Eric Rheume (C), Billy Barker, Judy Sparkes and Guy Ouellette, Donut (Purple) team.

Event 10 (Hoser Traithalon, The Ironman Event): won by the Buns (Pink) team member Paul Hoserogrove who out-muscled the 93 Ironman, Carl Ljungberg of the Earmuff Team, who had to settle for the silver medal, and Beer (Green) team rookie Bruce Bellair who earned a hard-fought bronze medal. Paul's name and time of 47 seconds will be inscribed on the prestigious Ironman Cup. Paul was also awarded a hat, courtesy of HiTec Screen Printing. Congratulations Paul Hoserogrove, Mr. Ironman 1994!

Chris Vrabel, an Earmuff team member since 1991, was awarded the team captain title. He masterfully chose his line-up for the 10 events selecting a good mix of experience, heart and talent for each event. They used team effort to beat out the 1993 Overall Hoser Olympic Champion Earmuff members are Chris Vrabel (C), Wayne Robertson, Rod Wiseman, Walter Morris, Debi Perfit, Karla Thompson, Carl Ljungberg, Ron Trarback, Rob Hunt, Kurt Staples, Nancy Davenport and Martin Lavoie. Congratulations on an excellent team effort.

Final Point Standings for 1994

1. Earmuffs (Blue) 52
2. Beer (Green) 48
3. Backbacon (Yellow) 43
4. Buns (Pink) 38
5. Touques (Orange) 38
6. Donuts (Purple) 33

After all winning team members and judges still present were awarded a hat, courtesy of HiTec Screen Printing, each of the sponsors were mentioned and thanked. It was now about 5:30 and the party was officially ended. People either walked, utilized designated drivers, or took taxicabs home to ensure everyone's safety.

I would like to thank the following people and/or businesses for their donations, discounts, or extra efforts:

HiTec Screen Printing (art work, hats, T and sweatshirts, and ribbons).

H & L Meat Processing (delicious backbacon).

Buns Master Bakers (fresh and tasty buns and donuts).

Dairyland (mild cheddar cheese).

Marge Easley of NRS (Ironman Cup).

The Trophy Den (engraving of trophies).

Laidlaw Portable Services (Hoser and Hosette toilets).

Ron The Barber (48 cans of pop).

Bar staff, Comox Legion (saving beer keg and bottle caps for Hoser medals).

Katie Wylie and Judy Bradel (typing of letters and articles).

Rod Cando (official photographer).

THURSDAY 24 MARCH 1994

94 Overall Champions



Pictured from top (L-R): Chris Vrabel (C), Carl Ljungberg, Karla Thompson, Wayne Robertson, Rob Hunt, Debbie Perfit, Kurt Staples, Ron Trarback, Walter Morris, and Brian Shackleton (Head Hoser). Team members not shown, Rod Wiseman, Nancy Davenport and Martin Lavoie. The Earmuff Team also won in '87, '88 and '91. (Photo by Rod Cando.)

Ironman 1994



Paul Hoserogrove is shown hoisting the Hoser Olympic Ironman Cup. (Photo by Rod Cando.)

Dan Martin, Ron Fortin, Chris MacNeil, Doug O'Brien, Rocky Cameron (judges).

Jill Shackleton, Carol Nickson and Ann Harris (backbacon chefs).

John Haugen and Marc Pilon (transportation assistance).

Dan Martin, John Haugen, Judy Sparkes (medal construction).

Totem Times (advertising).

Most of all, I want to thank the Hoser Olympic Games participants for their efforts and donations to the Hoser cause. Take care and see you all next year at the 14th Annual Hoser Party Eh!

Arizona Bound

Part 2 - Surely they'll stop!

truck."

"Where are we?"

"Your car is just past the Alger overpass. They'll likely send a tow truck from Burlington."

The flood-lit weigh station looked like a Christmas card waiting for Santa Claus. The gingerbread building, covered with a foot of white icing, was nestled between the prongs of the wishbone tracks of two big rigs parked on either side with their Christmas tree tail-lights tinting the snow.

My Good Samaritan pulled his pickup truck to a stop alongside a panting rig. "The entrance is just around the corner. I hope you don't have to wait too long for a tow truck."

"Thanks for the lift."

I entered a warm, brightly lit, chairless anteroom of the weigh station. Two glass wickets and a half-door divided it from a long, dimly lit room completely surrounded by smoked glass. A TV monitor, focussed on the freeway, caught a faint image of the headlights on a screen blurred by real

snow. Two-way radios crackled with frozen messages. Three grey-uniformed highway patrolmen moved in the semi-darkness like spooky shadows. The fourth, perched on a stool at the far end, looked like the helmsman of a space ship headed for a snowy moon.

My watch said 5:30 a.m.

A tall, slim, immaculately uniformed patrolman, with a smooth, white scar where his right ear used to be, asked me what my trouble was.

"My car is in the ditch about five miles north of here. The fellow who picked me up said it was near the Alger overpass. I'll have to phone to get a tow truck."

There's a phone just outside the door.

"I won't be able to use it. I don't have any American coins."

"You can use our phone. Here's the phone and the phone book."

"I have a hearing problem. I wonder if you would phone for me. Here is my BCAA card."

"That's the same as our AAA."

Do you know any tow trucks in this area? We aren't allowed to recommend whom you should call."

"Just call the nearest one."

I gave him my card, a description of my car and the license number and watched him phone. "I got through okay. They're awfully busy. They'll call back and give you an approximate time"

My watch said 5:40 a.m.

At 5:50 a.m. the one-eared officer came to the half door. "The towing company is on the line. Come in and use this phone."

"Would you mind talking to them?"

I studied the earless side of his face. There's a small hole where his ear should be! I wonder if it still works? Whoever did the plastic surgery did a great job. He's still a handsome man.

He hung up. "They'll meet you at your vehicle at 7:30. Do you have any way of getting back to your car?"

"Not really."

"I'm off duty at seven. I live

continued on page 11

THURSDAY 24 MARCH 1994

More Arizona

Continued from page 10

back that way and I'll give you a ride," said the officer on the stool.

My watch said 5:48 a.m.

I sat on the hard tiled floor of the anteroom, wrung the water from my socks and drained my shoes. I tried to sleep. I watched the dawn erase the floodlights from the Christmas card. I read the three pamphlets neatly pigeon-holed on the counter about how to become a highway patrolman, the safety of seat belts and load limits. The time dragged. My watch seemed never to move more than five minutes, no matter how long I waited.

AT 6:58 a.m. the "helmsman" left his stool and I watched him go outside and peel the foot of snow off his four-wheel drive. He disappeared for a while, but I kept my eyes glued on his exhaust-snorting Bronco. He gave me the high sign and I climbed into the cozy cab. We headed south to the first overpass and then north. It was still snowing and blowing. Despite his heaters going full blast and the wipers sweeping snow at high speed, the windshield iced up so badly that we had to stop and clean the wipers twice before we reached the Alger overpass.

We found the Cressida with its nose still full of snow and covered with a new four-inch blanket. I cleaned the windows, thanked my "helmsman" and crawled in.

The clock said 7:20 a.m.

I turned the key. The motor purred softly and I soon felt the soft caress of warmth from the heater. Warm and comfortable, I wondered how long I would have to wait, or if the tow truck would ever find me in this white wilderness. Then through the white sheet shrouding the freeway peeped a flashing amber light. I could see it slowing down. He must be looking for me! The tow truck stopped behind me.

It took a little juggling to get the Cressida back on the edge of the freeway but we made it. I backed up to a freeway entrance, then, going the wrong way, coaxed her up the grade to the Alger overpass, got turned around, and headed back down the same entrance.

I signed whatever my rescuer required, tipped him generously and said a silent prayer for AAA and BCAA.

Heading south on the freeway I watched for a motel. The big green signs, announcing the exits and services, were hidden under a coating of blizzard-blasted snow. Suddenly a group of buildings broke through the white screen. I saw Esso, Burger King and Motel. In the white-out I almost missed the exit.

I broke trail into the Comfort Inn. A snow-covered vehicle was parked in front of every door. I found the canopy-protected office. There was no vacancy! Well, someone had checked out of 105 but the room wasn't made up. I took it, but got stuck trying to park.

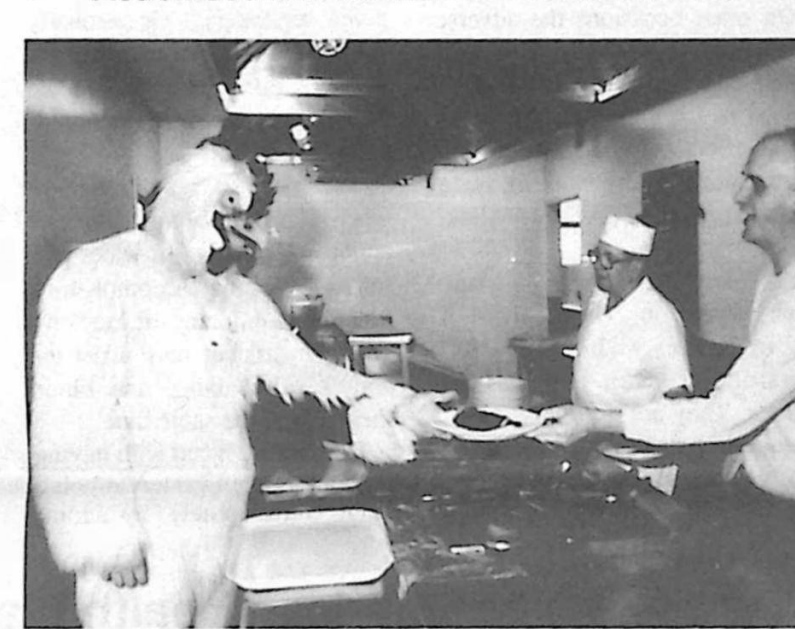
I inspected the damage from



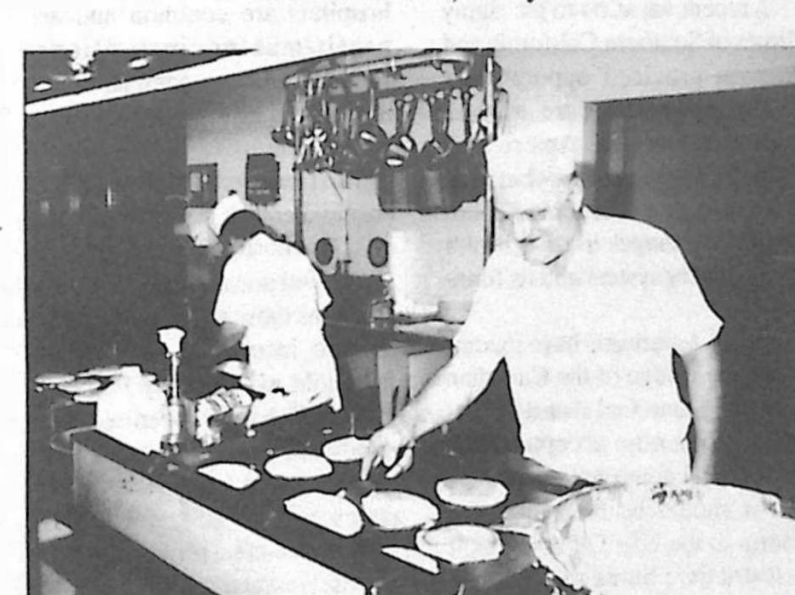
"I give you this trophy, you give me back my coat!"

Carnival Capers

Action scenes from the no-snow Carnival



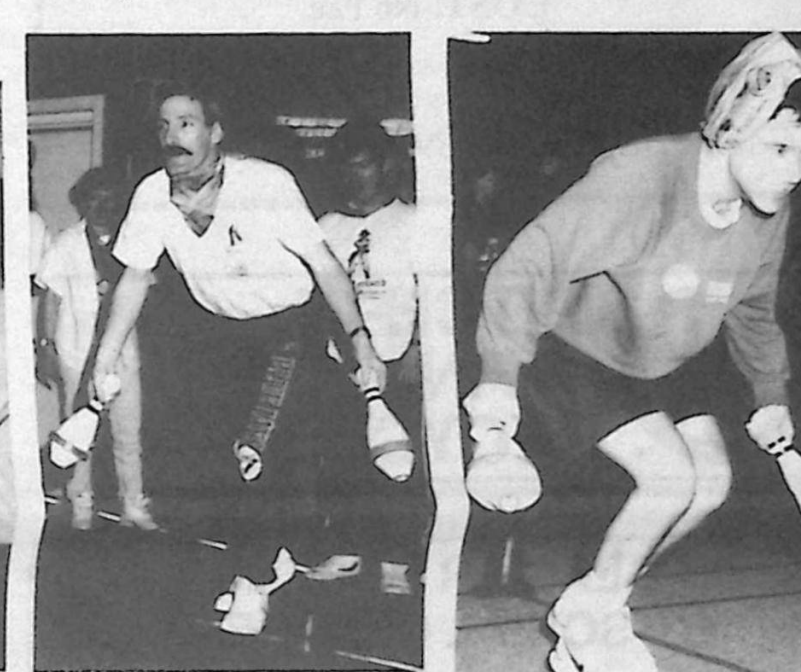
"It ain't birdseed, buddy!"



"What's in these flapjacks? Heh-Heh: don't ask!"

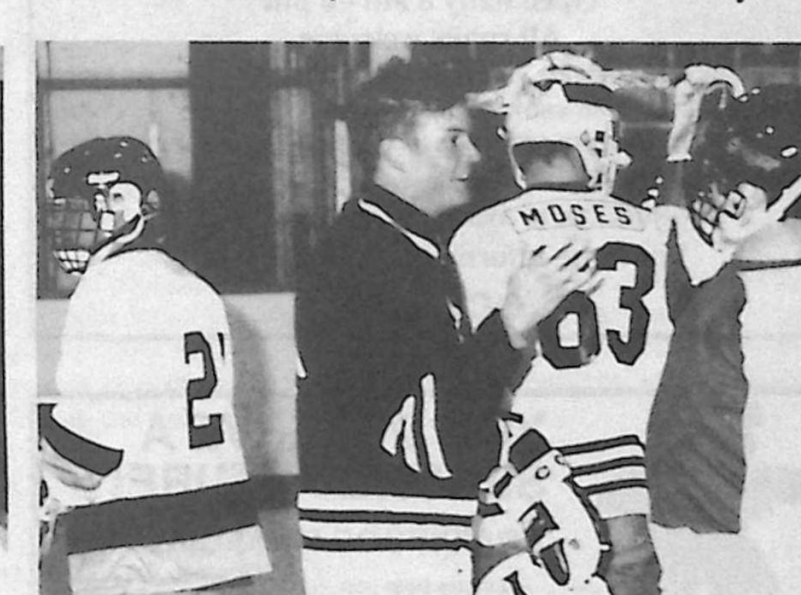


Local LCol (the WAdmO, LCol van Boeschoten) in Little League lid with cup, tries to catch incoming Badminton Birdies.



"You do it this way."

"I do it this way."



"With this guy on the team, how could we lose?"

being in the ditch. The front left fender was bent and came close to rubbing the tire on a sharp turn. The headlights were buried under an inch of ice. If I was lucky, the car would get me to Phoenix.

I turned up the heat in my room, decorated the forced-air heater with my wet shoes, socks and pants. I ran myself an extra hot bath, and after soaking for ten minutes, crawled in between the coldest cotton sheets my skin had ever felt.

My watch said 9:08 a.m.

I awoke at noon. Outdoors the day had started to warm. The blackout was showing in the ruts in front of my room. I could see the cars whizzing up and down the freeway. If all those cars can travel, why can't I? Somebody

must have a weather report of the area south of here. I tried the police. They were no help. Then I called a Mount Vernon radio station.

"Can you tell me what the weather is like in Seattle and the areas south?"

"Just a moment, I'll find out." He switched me to some rock and roll. "It's slushy in Seattle but it's raining in Tacoma and Olympia."

I'll give it a whirl. I'll go nuts waiting around here. Lightning doesn't strike twice in the same place. I've got five or six hours of daylight left. I'll be well past Olympia before dark.

The freeway was slushy and bare in the ruts on both lanes. Traffic was moving about thirty-five to forty m.p.h. I'd be okay as

long as I stayed in my lane. I began climbing up a long grade. The slush disappeared. I could feel the ice under the wheels.

I topped the rise. A long gentle grade stretched ahead. I felt the car slip to the left. Back it came to the right. My God! It's happening again! Lightning can strike twice! I veered left once more, did a complete turn-around and I was going backwards down the freeway. I was on a high grade. Ye Gods! I'll roll a mile if I go off here. But there's nothing I can do. Thank God I fastened my seat belt.

Suddenly I stopped! My front wheels were a couple of feet from the edge of the grade. A big transport rig roared by, quickly followed by half a dozen cars.

Somehow I have to turn this thing around. I waited for a break in the traffic and tried to back up. I'll have to be damn careful. The car wouldn't budge. The back wheels spun against a small rut. How do I get out of this mess? Nobody will ever stop to help me! I waited for a break in the traffic and got out and had a look. I was about two feet from the break in the bank. There was room to go ahead if I could get some traction. I'll try it. By Gosh! I'm moving. I got squared around facing the oncoming traffic.

There is plenty of room to turn. I'll just wait for a break in the traffic. I could see at least half a mile up the long grade. Here's our chance, Cressida old girl.

continued on Apr 11

TOTEM TIMES 11

Feature



by Gordon Wagner

Surely they'll stop! I waved my arm. They didn't even slow down! Here comes the Christmas tree lights of a big rig. He didn't slow down either! Maybe they can't see me.

A dozen vehicles whizzed by. I'll freeze to death standing here! I'll sit in the car until daylight. I'll at least be warm. Cripes! There's a set of brake lights. The guy's stopping. There's his back-up lights. I started to run, stumbling through snow for a hundred yards. I had to get there before he changed his mind. Damn it! I didn't lock the car and I don't have my wallet. Better go back. Don't want to plough through this snow twice.

I slivered back to the Cressida and swung the door open. I lost my balance, grabbed the steering wheel as both feet slid into the foot of water. I got my knees on the edge of the seat. I found my gloves and the Visa I'd used for an ice scraper, but no wallet. It's got to be in the car! I searched again. It's not here! I wonder if it could have fallen out when I opened the door. I found it just clear of the door with half of it resting on the snow and the other half floating in the water. Somebody must be looking after me. I would have had a hell of a time finding my wallet in that icy water.

I was out of breath when I pulled open the door of the one-ton truck and hoisted myself into the warm, wide cab. "Thanks for stopping. It's damn cold out there."

"How long have you been in the ditch?"

"About twenty minutes."

"There's a weigh station about five miles down the freeway. You'll be able to phone for a tow

Health & Fitness

STRESS SURVIVAL WORKSHOP

This workshop looks at the causes of stress in peoples lives and provides participants with opportunities to develop the tools required for reducing the harmful effects of stress.

DATES: 4 EVENINGS - April 5th, 6th, 12th, 13th.

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

COST: No Fee

CALL THE FRC @ 339-8290 TO REGISTER




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EASTER

WHERE.....AIRPORT SCHOOL
WHEN.....APRIL, 2ND
10.30AM START TIME

MORE TO FOLLOW



info health

Dr. Bob Young



Allergic Reactions

Just as simple diseases sometimes become complicated, straightforward treatment sometimes goes awry. It then becomes necessary to treat the results of treatment.

I'm not referring to incorrect or ill-advised management of a disease, but to uncommon and unexpected responses on the part of the patient to drugs or procedures. On other occasions the adverse reaction represents a recognised side-effect of a drug that must be used in the situation. Here the side-effect may demand its own treatment if the patient is to benefit from the primary medication.

Allergic reactions to drugs are fairly common. These consist of skin rashes, wheezing, occasionally even generalized shock. They are not the same as intolerance, where a drug causes such things as nausea, diarrhoea or lightheadedness. Allergic or

sensitivity reactions also occur with blood transfusions and occasionally vaccines.

More common, at least in hospitalized patients, are drug interactions and inadvertent responses. The first of these may occur when a variety of pills, perhaps six or eight different ones, are required. The sum of their effect may be different than when given separately. Occasionally this is beneficial but more often it is not. Pills may have to be changed or cancelled, or dosages adjusted.

Inadvertent responses are when a drug has more than one action. A diuretic, or water pill, for example, may accomplish its function of reducing the load on a failing heart, but may upset the body's salt balance and blood chemistry at the same time.

Doctors are faced with having to counteract unwanted effects - often, unfortunately, by adding

yet another pill or injection. If the patient is lucky the offending medicine may have done its job and can be stopped.

When it can be safely done the patient might prefer to put up with whatever the initial pill was prescribed for rather than take a second pill to "cover" the side effects.

Physicians are challenged daily by the need to juggle drug choices and doses to obtain the greatest possible amount of benefit with the least number of side effects. Scientific knowledge is required to do this properly; good judgement and skill in the art of medicine are also helpful.

Fortunately, particularly for seriously ill patients, ways and means can usually be found to "treat the results of treatment," giving the drug of choice (antibiotic, chemotherapy, morphine) a chance to do its job.

American Health Plan

A recent vacation to the sunny climes of Southern California and Arizona provided opportunities to discuss health care matters with a variety of Americans. Citizens there are somewhat confused and even concerned about proposed changes in their health care delivery system and its funding.

Many Americans have incomplete knowledge of the Canadian system. Some feel that it is perfect, apparently accepting the position of some action groups that it should be the model for reform in the US. Others think it is restrictive, limits the patient's choice of physician, provides less than top-quality care, is plagued by long waits (often true!) or has other faults.

There is much private enterprise involvement in American medicine. Doctors tend to be more entrepreneurial, many running their practices as business enterprises. Private

hospitals are common and are profit-making institutions. Health insurance companies are in business also, with profit as a bottom line.

Cost tend to be high - remarkably higher than in Canada, as any of you who have been ill in the States will attest. This, of course, frightens those with limited funds and no insurance. But others have told me that they feel high fees and charges mean superior care. "My doctor charges very high fees, but he is worth every penny."

Americans frequently find themselves uninsured, and uninsurable, if they do get sick. Insurance companies may refuse to renew the policies of patients with poor health records, denying coverage to those who need it most. This, of course, does not happen in Canada.

One of our friends had a terrible time obtaining coverage to replace insurance that collapsed

when her employer went bankrupt. Although healthy, she was 63, and needed coverage until she became eligible (at 65) for Medicaid. She eventually found an insurer, at \$300 per month with a huge deductible clause.

President Clinton and the First Lady seem to be having a hard time selling their program. Premiums are to be paid by employers, who are worried about added costs (although many are already providing health coverage for workers). Doctors' groups are concerned that incomes will drop, and insurance companies are worried about lost business. All are fighting government.

Unfortunately, the poor and underprivileged, who need coverage the most, do not have the resources or clout to effectively lobby against these special interest groups.

It will be interesting to see how it all turns out.

Comox Air Force Museum

Winter Hours (Sept. - May)

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

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NEXT DEADLINE 11 APRIL - NOON

On & Off the Base



Planted in Canada: Three Million Trees!

1st Lazo Scout Group to Can-vas PMQs

Three million trees will be planted in Canada this year by members of Scouts Canada who are participating in "Trees for Canada."

In all provinces Scouting members will be expressing their concern for the environment by planting trees. The results of this program will be a more beautiful Canada and will provide future vital resources for all Canadians.

"Trees for Canada" is also a fund raising project. Most funds stay in the community to help with local programs and events.

However, some of the money raised goes to the Canadian Scout Brotherhood Fund. Set up to assist Scouts world-wide, this fund supports Scouts in developing and Third World countries run self-help programs which are adapted to local needs and conditions. Scouts Canada has run literacy supported programs, reforestation on the edge of the Sahara and developed fish farms,

a few of the many projects supported by this fund.

Funds are raised by donations. On Friday, 25 March, between 4:00 pm and 6:00 pm, the 1st Lazo Scout Group will be canvassing Wallace Gardens PMQs for contributions. Only one contact will be made with a household. This means that the household can make a reasonable contribution. If you have not been contacted and wish to contribute please contact 1st Lazo Scout Group Chairman, Bob Sealby, at 339-2163 and a Scout will be around to see you.

Three million trees will be planted this year. Combined with over 45 million planted previously, these trees will reach maturity when the Scouts who planted them have children of their own. "Trees for Canada" is a program concerned with tomorrow - a tomorrow which will be better because communities like Wallace Gardens supported Scouts in this program today!



A gathering of MPs

UN (Canadian) MPs in Bosnia-Herzegovina

Part 1

Serious fighting in Croatia began in June 1991 when that republic and its northern neighbour, Slovenia, declared themselves independent from Yugoslavia, and Serbs living in Croatia, supported by the Yugoslav People's Army (JNA), opposed this move. The United Nations became actively involved in the situation on 25 Sep 1991, when the Security Council adopted a general and complete embargo on all deliveries of weapons and military equipment to Yugoslavia. The operational mandate of UNPROFOR currently extends to five republics in the former Yugoslavia: Croatia, Bosnia-Herzegovina, Macedonia, Montenegro and Serbia.

On 14 Sep 1992, the Secretary-General authorized the enlargement of UNPROFOR's mandate and strength in Bosnia-Herzegovina for the protection of humanitarian aid delivery. UNPROFOR troops would follow normal peacekeeping rules of engagement, which would authorize them to use force in self defence, including situations in which armed persons attempt by force to prevent UNPROFOR from carrying out its mandate.

Bosnia-Herzegovina is a newly independent republic, situated in the central south-western part of the former Yugoslavia, bordered by Croatia to the north and west, Serbia to the east and Montenegro to the south-east. Bosnia-Herzegovina covers an area slightly smaller than the province of Nova Scotia. The population is estimated at 3,746,000. The religious breakdown corresponds to that of ethnic divisions: Moslems 40% (mostly Bosnians); Roman Catholic 30% (mostly Croats); and Greek Orthodox 30% (mostly Serbs).

In April 1992 ethnic Serbia Militia (BSA) from within Bosnia, and assisted by neighbouring Serbia, proclaimed an autonomous Serbian state within the new republic. Similarly, ethnic Croats (HVO militia) proclaimed an autonomous Serbian state within the new republic. Similarly, ethnic Croats (HVO militia) proclaimed themselves autonomous with respect to the authority of the new republic. In all, both the BSA and HVO claimed approximately 70% of pre-war Bosnia-Herzegovina. The Bosnian Republic (B-H Army) are providing the resistance to the break-up of their country in what is a three front civil war, a war often confused by various alliances, factions, and power politics.

On 8 October 1993 a United Nations Military Police Platoon was inaugurated in Kiseljak, Bosnia-Herzegovina. It was officially designated the BH Command (BH Comd) UN MP Platoon, Kiseljak and was to be comprised of approximately 53 MPs from various nations. To date, the platoon remains at a strength of eight MPs, six of whom are Canadian. The Canadian MPs serving with the platoon are: Lt(N) Andy Gale from 5 Wing Goose Bay; WO Nelson Draper from 4 Wing Cold Lake; Sgt Mitch Lunge from 19 Wing Comox; Sgt Stan Neufeld from 17 Wing Winnipeg; Sgt Jim Steward from 5 Wing Goose Bay; and MCpl Scott McKee from 14 Wing Greenwood.

Prior to the arrival of the Canadian MPs in Kiseljak there were many UN troops on the ground but no UN MP's, other than in Sector Sarajevo. Sector Sarajevo has a UN MP platoon consisting of 15 people who primarily look after airport baggage checks and traffic accidents

within the city. The responsibility of the BH Comd UN MP PL was to establish an MP presence in the greater Bosnia-Herzegovina theatre of operations in order to oversee the following three areas: disciplinary problems involving UNPROFOR personnel out of battalion lines (battalions provide their own MPs), traffic control functions, investigations involving UNPROFOR vehicles, and criminal investigations of serious incidents involving UNPROFOR personnel. It was quickly realized that, due to the hostilities in the area, normal MP duties would not be conducted on a routine basis, especially those which involved disciplinary and traffic patrols.

It was not long after arrival that the Canadian UN MPs were asked to conduct the first systematic "War Crimes" investigation within the BH Comd theatre of operations. Although not originally mandated to conduct such an investigation, and sorely in need of basic police investigative equipment, there was simply no other police authority available. This was not a simple task, considering the hostilities continued within the area and the majority of witnesses became refugees spread throughout the area. The ability to coordinate such an investigation in a very complex environment was probably the biggest challenge and would take a considerable amount of time and effort to complete.

As was previously alluded to, conducting MP duties in a "civil war" environment can be an extremely demanding task. What follows in the Apr 14 edition will be a few highlights of that experience.

Continued on Apr 14...

Commendation



MWO Colleen Boudreau from Dental Detachment receives the Wing Commander's Commendation for Outstanding Service to 19 Wing Comox from Col T.B. Rogers. MWO Boudreau recently took her release from the military and has taken up residence in Courtenay. Thank you Colleen and Good Luck.

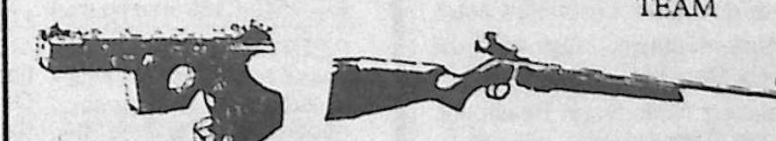


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RIFLE AND PISTOL EVENTS

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For entry pack Contact: Cpl Rick Ward Crew 3, TPB-AMDU, Trenton, ON K0K 1B0
Tues. only please CFB Trenton Local 3160 Home anytime 613-392-3375
Registration deadline June 15, 1994

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 Grimshaw, 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.

Reunion

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

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.

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 tout petits ont beaucoup de plaisir. Ils apprennent à reconnaître différents choses, tout en cuisinant, peignant et en bricolant.

19 Wing Comox Bowling Lanes

LEAGUE TIMES

Ladies Tuesday night Bowling contact Sylvia Smith 339-0663.

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.

BASE LIBRARY

Building 10, next to Accommodations

HOURS:
Mon - Thur ... 6 - 9 pm
Tues, Thur, Fri ... 11:15 am - 12:15 pm
Sat & Sun ... 1 - 4 pm
We have bestsellers, pocket book exchange, children's books, Base newspapers and magazines.

Base Librarian
Colleen Gagnon

Aerobics

Co-Ed Aerobics are available at the Base Gym aerobic room Mon thru Fri 11:30-12:15 hrs. For further info contact Karen at local 8442.

Avis

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

VOLKSWALK

The Comox Glacier Wanderers will be sponsoring a 10K "March March" Volkswalk on Sun. 27 March. Registration will be at Salmon Point Pub at 9:30 am. The walk will start at 10:00 am sharp. Info: 339-4145.

Animal Control Officer

The Animal Control Officer for the Wallace Gardens MQ area is Cpl Rob Hogenbom. He can be reached at 339-5324 or at PMQ 112E.

Summer Employment Opportunity

19 Wing Comox Yacht Club requires a White Sail 3 qualified instructor to run sailing courses from 1 May - 1 Sep. For more information contact Don Irvine at loc.8106.

T-BALL

The Wallace Gardens Community Council is now organizing a T-ball league for boys and girls aged 5 - 7 years. Coaches are urgently needed for the success of this program.

Do you like fun?
Do you like ball games?
Do you like children?
If so, we have a place for you in T-ball where the emphasis will be on participation and fun. If interested, please contact the Community Council office by 15 April. Office hours 9:00 am to 1:00 pm. Phone: 339-8211, local 8571

VOLUNTEER TO MAKE THIS SEASON A HIT!

Comox Valley Skating Club

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

Western Line Dancing

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

339-6016

19 Wing Pacific Divers Scuba Club

Hours of Operation:
1830 - 2000 hrs, Monday and Thursday nights.
Basic Open Water Course:
April 21, 23, 24, 28, 30 & May 1. Cost \$175.00.

Breakfree

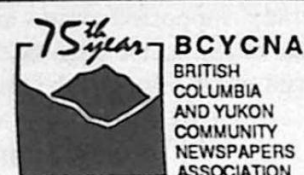
NEXT DEADLINE 11 APR.

Network Classifieds

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers.
TO PLACE AN AD CALL THIS PAPER OR THE BCYCN AT (604)669-9222.

351

\$225 for 25 words
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TRUCKS! TRUCKS! TRUCKS! Choose from \$4,000,000 light duty truck inventory. We beat the competition. Call collect. Ed Klassen G.M. Fleet/Lease Dept. Brad/Rob/Peter 594-2277 D#5370.

BUSINESS OPPORTUNITIES

DALE CARNEGIE. TOASTMASTERS. Grads. Tony Robbins & Brian Tracy. Enthusiasts turn your passion into \$\$\$ 290-9224, 1-800-661-4055.

EXCELLENT HOME Based Business. Liquid lawn fertilizer and weed control dealerships available. Turn Key operation, starting at \$38,000. Serious inquiries only. (604)579-2189 after 6p.m.

START YOUR own home-based business! Walkins is today's best business opportunity! For free information contact: Independent Marketing Director, 218 Meglund Crescent, Saskatoon, Sask. S7H 4Z6. 1-800-263-2999.

BUSINESS OPPS.

VENDING ROUTES For Sale. Produces \$1500-\$2000/month net. Phone: Al Thiesen at 1-854-1231.

CONCRETE MAGIC. An amazing new product for concrete cleaning and refinishing. Driveways, swimming pools, etc. Dealer inquiries welcome. (604)536-5464.

VEHICLE LEASE: Drive a new vehicle and write off the cost. No down payment. Call Andy at 328-9211. DLR #8367.

BUSINESS PERSONALS

LOOKING FOR SIZZLE? Exciting girl-next-door XXX photos! For discreet, free, no-hassle info write: Karen, Box 670-GB Kelowna, B.C. V1Y 7P2. Adults only please!

EDUCATION

A NEW CAREER? Lots of jobs available. Trained Apartment, Condominium Managers needed - all areas. We can train you now! Free Job Placement Assistance 681-5456/1-800-665-8339.

COUNSELLOR TRAINING INSTITUTE 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.

EMPLOYMENT OPPORTUNITIES

LICENSED MECHANIC or 3rd or 4th year apprentice for busy flat rate shop. Only 45 minutes from Edmonton. Chrysler experience an asset. Apply to: Dale Marshall c/o Brown's Plymouth Chrysler, Box 1739, Westlock, AB, T0G 2L0. 1(403)349-5566, Fax: 1(403)349-6493.

EMPLOYMENT OPPS.

SUNSHINE VILLAGE Ski Resort, Banff, Alberta requires enthusiastic individuals, committed to service excellence, for various seasonal positions. Reply: Box 1510, Banff, AB, T0L 0C0. Fax 1(403)762-6513.

INTERNATIONAL AGRICULTURAL EXCHANGE - 18-30 with agricultural experience to live/work with family in Australia, New Zealand, Europe, Japan. Costs/details-1-800-263-1827, #206, 1501-17th Avenue, Calgary, AB. T2T 0E2.

FOR SALE MISC.

STEEL BUILDINGS From Future. Quonsets 25'X36' \$5,962, 30'X36' \$6,587, Straightwall Quonsets 25'X36' \$6,730, 30'X44' \$7,593. Endwalls, Sliding Doors, G.S.T. Freight to Vancouver included. Call 1-800-668-5111.

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GARDENING

The Ultimate Gardener's Store. 1,000's of Products, Greenhouses, Hydroponics, Drip Irrigation. Huge Book Selection, 80 Page, photo filled catalogue \$4. refundable on order. Western Water Farms, #103-20120 64th Ave., Langley, B.C. V3A 4P7.

HEALTH

LOSE WEIGHT The Easy Way. All natural herbal tablets. Very affordable. Fully Guaranteed. Call Toll-free 1-975-3182.

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FASHION FORTUNE! Fun, Freedom and exciting earning potential. Become a Distributor selling MA CHERIE LINGERIE. Quality & Service make us #1 since 1975. Call 1-800-661-3305.

HELP WANTED

SALES REPRESENTATIVE. Label business located in Vernon B.C. requires individual experienced in the label, printing, or paper industry to sell labels in the Okanagan area. Forward resume to: Box 33, c/o The Morning Star, 4407 - 25 Ave., Vernon, B.C. V1T 1P5.

PLANER MEN needed for a machined log house company in Alberta. Send your resume to: Fax 1(403)932-5273.

KITCHEN CABINETS

CABINETS 1/2 PRICE. In stock, countertops/vanities also. Kitchen Craft Factory outlet. Cash and Carry Cabinet Warehouse 4278 Lougheed, Burnaby 298-9277
** 19700 Langley Bypass, Langley 534-7273
** 800 Cloverdale Ave., Victoria 389-1114.

LIVESTOCK

CHICKS, CHICKS, CHICKS. Over 70 breeds of chickens, exotics, turkeys, waterfowl. For a free colour catalogue call 1(403)698-3965, Rochester Hatchery.

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BUY FACTORY DIRECT. SAVE THOUSANDS! B.C.'s #1 selection of Manufactured Homes. Several pre-owned available. Call Ridgewood Homes for free info (604)962-9114.

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PERSONAL

DREAMS - Unlock The Secrets of your Dreams for insights into your life. Call and learn an ancient but simple technique for spiritual insight to today's many challenges. ECKANKAR Info-line 1-800-667-2990/G.V.R.D.-268-6325.

GREAT SEX for seniors. Overcome all impotence problems. D.V.A. TAPS cards accepted. Get the facts from: Performance Medical, Box 418, Valemount, B.C. VOE 2Z0. 1-800-663-0121.

Regarding the estate of Albert P.G. Lange. Anyone knowing the whereabouts of his friend Walter Hansen (1960's) please write C.S. Lange, RR#3 Site 328, C44, Courtenay, V9N 5M8

PETS

OSTRICH/EMU/RHEA: Buying birds? Stock from across Canada, call now, FREE! Selling Birds? List with AdComp, lower cost, better results! Toll-free (evenings) 1-800-361-3660.

REAL ESTATE

PROPERTIES TO BE SOLD for unpaid taxes. Crown Land availability. For information on both, write: Properties, Dept. CN, Box 5380, Stn. F, Ottawa, Ontario K2C 3J1.

KELOWNA B.C. Real Estate Information! Residential, Commercial, Investment, Acreage, Relocation. Call Jack Pardue (604)762-9979. #300-1634 Harvey Avenue, Kelowna, B.C. V1Y 6G2, Sussex Realty.

SERVICES

WE TAKE THE FAIR OUT OF ICBC. Major ICBC injury claims. Joel A. Wener, trial lawyer for 25 years. Call free 1-800-665-1138. Contingency fees. Simon, Wener & Adler.



LOG LEGION

BRANCH 17 COURTENAY
334-4322

EVENTS

Fri Mar 25.....Dance 8:30 pm, music by Sidewinder
Sat Mar 26.....Dart & Steak Shoot, registration 6:00 pm
Sun Mar 27.....Crib Tournament upstairs, registration 12 noon
Fri Apr 01.....Dance 8:30 PM, music by Ed Wood & Norm
Fri Apr 08.....Dance 8:30 PM, music by Wild River
Sat Apr 09.....Vimy Luncheon, 1:00 PM
Fri Apr 15.....Dance 8:30 PM, music by Border Guard
Fri Apr 22.....Dance 8:30 PM, music by Tony Pollon
Sat Apr 23.....Dart Steak Shoot. Registration 6:00 PM, fee TBA
Sun Apr 24.....Crib Tournament. Registration 12 noon, fee TBA
Fri Apr 29.....Dance 8:30 PM, music by Sidewinder
Sat Apr 30.....Dance 8:30 PM, music by Western Night

*****PLEASE NOTE*****

WE WILL BE CLOSED ON EASTER SUNDAY, APRIL 3

REGULAR ACTIVITIES

BINGOS.....Thurs, Fri & Sun at 7:00 PM, Upstairs
MONDAY.....FUN EUCHRE
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
OPEN SUNDAYS.....12 - 7 PM

Dress Code in effect 8 PM Fri & Sat

Building is Handicapped Friendly

BASE PERSONNEL WELCOME AT BR. 17

BRANCH 160 COMOX
339-2022

ENTERTAINMENT

Mar 25.....Music by WESTWIND
Apr 01.....Music by HIGHWAY 19
Apr 08.....Music by WESTWIND
Apr 15.....Music by WAYNE'S MOBILE MUSIC
Apr 22.....Music by WYLIE & THE OTHER GUY
Apr 29.....Music by ALLEYCATS
Sun afternoon, 24 Apr. in the Lounge, music by WYLIE & THE OTHER GUY

Branch 160 presents
1st Annual Comox Legion
Slo-Pitch Ball Team Dance

Sat. 30 April.....Branch Upper Hall 7:30 PM
Tickets \$6.00 each at the bar. Spot dances - buffet - music - fun. Open to Legion members and their bonafide guests.

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.

On & Off the Base



Dog Talk
by
Gerry Gerow

Rottweiler!

have become known as "police dogs."

In the middle of the 19th century, the driving of cattle was outlawed in Germany. Nobody in those times kept doggies around as pets. They were expected to earn their keep, and as the Rotties had nothing to do anymore, their numbers rapidly declined, until the beginning of the 20th century when they found favour as a police dog.

The Rottweilers are very powerful animals for their size. Like all herding breeds, they excel in the obedience ring. Rotties are also well represented when it comes to tracking work and, of course, they are present at almost every conformation show.

The classic Rottweiler is black and tan in colour, and rather stocky in stature. The general impression one gets is of massive power, which is basically true. Next time you see a Rottweiler, take a few minutes to observe it. But remember, like with all dogs, never, ever, touch another person's dog without their permission.

One dog that has always intrigued me is the Rottweiler. The name is pronounced "wrote" "viler," not "rot" "weeler" as so many people say. He is, of course, named for the German district of Rottweil, but it is believed the first specimens came there with the Romans, to herd their cattle as they travelled through the Germanic kingdoms. It is thought that this occurred about 2,000 years ago.

In recent years the breed as a whole has attained a bad name, and many people think of Rottweilers in the same vein as Pit Bulls. Nothing could be farther from the truth. However, there has been some careless breeding, and some deliberate breeding to produce aggressive behaviour. Rotties, as are all herding breeds to some degree, quite possessive. Proper attention to temperament

in breeding can, and does, produce beautiful animals.

One of their nicknames is "butcher dog." Many associate this term with aggressiveness. However, this was not the origin of the nickname. In ancient times, many butchers kept Rottweilers, which they used when they went to market to purchase stock for their trade. There were many highwaymen around in those days, and the butchers had to carry large sums of money to pay for their stock, so they would tie the purse around the dog's neck, and off to market they would go, secure in the knowledge that no one would attempt to remove the purse. After the stock was purchased, the Rottweilers were used to herd the animals home. Thus they became known as the "butcher dog" in the same way German Shepherds

NOTICE 888 (Komox) Wing RCAFA General Meeting and Elections

Wednesday, 6 April 8:00 p.m.
at the new Wing
Members are urged to come out and
cast their VOTE



Level 1/2 Softball Umpire Clinic
Sunday, 27 March, 9 a.m.
Base Gymnasium. If you wish to attend please call: Gord Kruger 339-4389

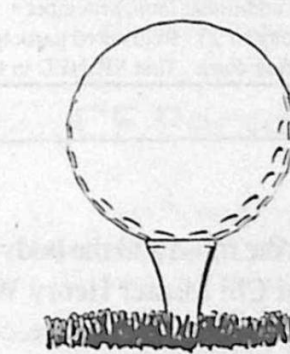
436 Transport Squadron 50th Anniversary

436 Transport Squadron will commemorate 50 years of service during the period 23 - 25 Sep 94. The celebrations will take place over the three day period at 8 Wing Trenton, Ontario. All former serving members of the squadron and Burma Star members, as well as families and guests, are invited to share with us in these celebrations.

Any questions should be directed to 436 Transport Squadron, 8 Wing Trenton, Astra Ontario, K0K 1B0. Phone: (613) 965-2602. Fax: (613) 965-7275.

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Phone: 339-6515



TOWN of COMOX RECREATION DEPARTMENT



CIRCUIT TRAINING



WHAT IS CIRCUIT TRAINING?

Circuit training is an action-packed hour that combines alternating sessions (usually 30 to 60 seconds each) of strengthening exercises with cardiovascular exercises. In one hour you get to walk, run, cycle, row, climb and strengthen all your major muscle groups under the guidance of a qualified instructor. Circuit training is appropriate for all fitness levels from unfit individuals to well-trained athletes.

WHY CIRCUIT TRAIN?

IT'S FUN! IT'S CHALLENGING! And you condition the whole body for cardiovascular endurance (stamina), strength, muscle tone, and flexibility. DON'T HAVE MUCH TIME FOR EXERCISE? With circuit training you can combine 2 workouts in one!

601 LADIES CIRCUIT TRAINING

\$43.00/20 sessions
Instructor: Heather Jerritt
16 years +
Monday and Friday 10:00 - 11:00 am
April 11 - June 20
Drop Ins Welcome (\$3.21) - if room available

602 E Z DOES WEIGHT TRAINING

\$43.00/23 sessions
Tuesday and Thursday
5:30 - 6:30 pm
April 5 - June 21
Easy Does It is a beginner's weight training program for people in generally good health who have, for various reasons, a need for a slower pace and more individual attention. Strength and stamina will be built gradually through a series of specific exercises and equipment, directed by instructor Tansy Rogers.

304 TEEN WEIGHT TRAINING CLUB

\$35.00/20 sessions
13 - 18 years
Monday and Friday 3:30 - 4:30 p.m.
April 11 - June 20
Drop Ins Welcome (\$3.00 + GST) If Room Available
Join the Teen Weight Training Club and tone & strengthen all 600 plus muscles in your body. You will use bikes, treadmills, rowing machines, stairclimbers and weight machines with guided instruction and with TEENS ONLY!

YOUR FITNESS PROGRAM SCHEDULE

APRIL - JUNE

Please note that this schedule is subject to change.

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:30 AM Early Bird Kate		6:30 AM Early Bird Shelley/Mary				
9:00 AM* Slim & Trim Lori	9:00 AM* Big Step Robin/Helen	9:00 AM* Slim & Trim Kate	9:00 AM* Big Step Robin/Helen	9:00 AM* Slim & Trim Gail	9:30 AM* Step, Strengthen and Stretch Jill/Gail	
10:15 AM* E-Z Cise Pat	10:15 AM* First Step Helen	10:15 AM* E-Z Cise Pat	10:15 AM* First Step Helen	10:15 AM* E-Z Cise Gail		
	5:00 - 5:45 pm STEP ON * Shelley		5:00 - 5:45 pm STEP ON * Gail			
5:55 PM Combo Cardio Lorena	5:55 PM Combo Body Class Sandy	5:55 PM Combo Cardio Lorena	5:55 PM Combo Body Class Kate			
7:00 - 7:45 PM STEP by STEP Lorena		7:00 - 7:45 PM STEP by STEP Lorena				

* 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*

TAI CHI

Tai Chi is a "soft" martial art that integrates the mind and the body through a series of graceful slow movements. With the guidance of Tai Chi Master Henry Wang, students will practice the concepts of concentration, relaxation, centre, balance, circle, coordination and proportion.

16 years +
Tuesdays
CCC Room B
March 22 - May 17
Cancelled March 29

16 years +
Fridays
CCC Room B
March 25 - May 20
Cancelled April 1

16 years +
Tuesdays
CCC Room B
May 31 - June 21

504 C Level I Beg.
\$85.00 + GST/8
6:00 - 7:00 pm

508 C LEVEL I Beg.
\$85.00 + GST/8
2:00 - 3:00 pm

509 C Level I Beg.
\$42.50 + GST/4
6:00 - 7:00 pm

505 C Level II
\$90.00 + GST/8
7:00 - 8:00 pm

510 C Level II
\$45.00 + GST/4
7:00 - 8:00 pm

506 C Level III
\$90.00 + GST/8
8:00 - 9:00 pm

511 C Level III
\$45.00 + GST/4
8:00 - 9:00 pm

507 C Level IV
\$90.00 + GST/8

512 C Level IV
\$45.00 + GST/4



Town of Comox

ONE NIGHT AFFAIRS

All courses: \$8.00 + GST

901 DISCOVER SEA KAYAKING (Dryland)

Tuesday, April 5
7:00 - 9:00 pm
Comox Valley Kayaks
CCC Lounge

Join in for a couple of hours to see if sea kayaking appeals to you. In this informal session we will describe what kayaking involves, answer your questions and show a video and slides.

902 INTRODUCTION TO FENCING

Tuesday, April 12
7:30 - 9:30 pm
CCC Gym B

Join Jin and DaLi, both former Taiwan University fencing champions, for an exciting display of this thrilling sport. We have all the gear available for you to give it a stab.

903 DISCOVER THE REEBOK BODYWALK PROGRAM

Tuesday, April 19
7:00 - 9:00 pm
Tansy Rogers
CCC Room B

Come and discover what REEBOK has done to walking. You'll learn how to make the most out of your walking workouts, by using intensity, speed and various muscle groups.



904 DISCOVER THE SLIDE

Tuesday, April 26
7:30 - 9:30 pm
Shelley Ellison
CCC Gym B

Slide training is a highly effective way to exercise the body by moving in a side to side or lateral body direction. The Slide equipment has been created to combine lateral motion with cardiovascular training and has produced an exciting and demanding new form of exercise conditioning. Let's check it out!

905 HOW TO DO HANGING BASKETS EXTRAORDINAIRE

Wednesday May 4
7:30 - 9:30 pm
Anne Bowen
CCC Room B

Make your garden even more beautiful this summer when you know a basket full of tricks to making luscious, everblooming baskets of wonder.



906 BIKE MAINTENANCE KNOW HOW

Wednesday May 11
Simon's Cycles
7:30 - 9:30 pm
CCC Room B

Learn basic bicycle maintenance for on and off the road. We can teach old dogs new tricks and young kids a quick fix.

907 LEARN RELAXATION MASSAGE TECHNIQUES

Wednesday May 18
7:30 - 9:30 pm
Bonnie Barbridge, RMT, & Paul Carr, RMT
CCC Lounge

This program is back by popular demand! Don't miss out; sign up today as registration is limited. Bonnie and Paul will lead you through the basics of a seated back massage through clothing, as well as foot, hand, neck and head massage. Wear loose comfy clothing and bring two pillows and a sheet. Working in pairs is required.

by Maj W.A. March

By the summer of 1943, preparations in England for the upcoming "Second Front" in Europe began to reach a fever pitch. New Canadian air force units were formed, or transferred overseas, to fill the requirements put forward by Allied commands as they geared up to provide air support to the planned invasion. More and more of these units were attached to the Second Tactical Air Force (2TAF) until, by August 1943, approximately 50 percent of this formation was composed of squadrons and personnel from the RCAF.

Up until this time, Canadian medical support to the RCAF had consisted of medical officers assigned directly to their respective squadrons. However, the increase in the number of Canadian units belonging to 2TAF meant that a higher level of medical services would be appropriate. Therefore, on 16 August 1943, an Air Ministry Order was published which authorized the formation of No.52 (RCAF) Mobile Field Hospital (MFH).

Formed at RAF Station Detling, Kent, No.52 MFH was one of two mobile field hospitals attached to No.83 Group of 2TAF and was to be the principal RCAF medical contribution to this organization. It was a totally self-contained, mobile unit, equipped with sufficient transport to carry all of its assigned equipment and patients. Totally under canvas, the hospital could be taken down, or set-up, in a matter of hours as it followed close behind the combat units. The MFH would receive the sick and wounded, army as well as air force, from collecting zones and then treat the patients until they were fit to return to duty or transferred to

more permanent medical facilities. It formed the first link in the evacuation chain and also provided specialist attention for aircrew when the need arose.

Throughout August 1943, staff began to trickle into the hospital. As the approved staff consisted of four medical officers, two nursing sisters, an administrative officer and approximately 70 other ranks, it took several months before they had all arrived for duty. During this period, under the direction of the commanding officer, Wing Commander J.M. Growse, all available personnel undertook intensive training throughout southern England. Medical personnel undertook courses specializing in the types of casualties they could expect while non-medical staff underwent training on camp defence, small arms, gas and on how to avoid booby-traps. Everyone participated in practice moves until the hospital became proficient in convoy driving and procedures.

Busy as they were, there was still time to indulge in that favourite Canadian pastime overseas - hockey. Unfortunately, No.52 MFH did not do well during its formative months and results such as a 9 - 1 defeat at the hands of 410 Squadron were not uncommon. The solution to this problem, even for a medical unit, was typically military as the hospital War Diary noted: "Team from this unit seemed in poor physical condition. Organized P.T., one hour daily for whole unit, initiated. Regular parades daily will be held in future."

Finally, on 6 June 1944, all of their training paid off as the invasion was launched. On "D" plus two (8 June), the advance surgical team from the MFH

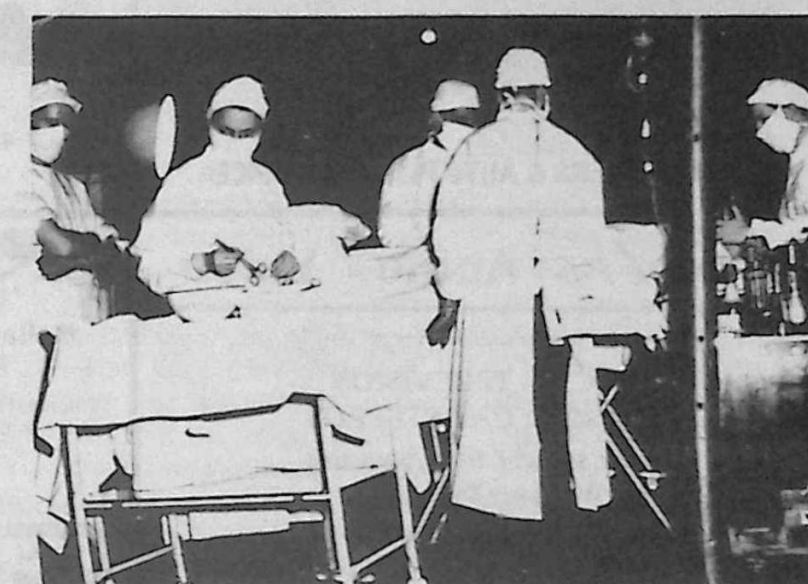
R.C.A.F. "M.A.S.H."

landed at Bernieres-sur-Mer and immediately began to treat casualties. Located near an airfield, the surgical staff operated under harassing fire from German snipers and the occasional bombing. Eleven days later the remainder of the hospital landed on the beach at Couseilles-sur-Mer in the midst of a welcoming German air raid. Included with the main party were two RCAF nursing sisters whose arrival in Normandy was described in a Canadian Press news dispatch in the following manner: "Tin hats on, battledress trousers tucked into rubber boots....Dorothy Mulholland of Georgetown, Ontario, and D.C. Pitkethly of Ottawa, walked down the ramp of an assault craft on to a Normandy beach this morning, the first Canadian servicewomen to land in France." Soon these two nurses would be hard at work as the hospital became fully operational.

Over the next five months, the hospital moved a total of seven times as it followed the Allied armies across France and Holland. In the second week of October, the unit arrived at Eindhoven in Holland, sharing winter quarters in an abandoned German naval hospital with a British MFH. A hospital routine was quickly established which allowed the staff to incorporate an intensive welfare program for the patients which included a library, games and various clubs operating with "donated" equipment.

The hospital routine was rudely shattered on 1 January 1945 when the Luftwaffe attacked the airfield at Eindhoven. By the end of the day, over 40 casualties suffering from bullet wounds and burns had arrived at the hospital. There they were to remain for

Canadian M.A.S.H. scenes



longer than normal because the German attack had destroyed many of the air evacuation aircraft. Two days later, things were back to normal and the seriously injured patients were flown to England.

The hospital moved three more times before the end of the war until it came to its final location in Germany, at Luneburg, some 70 miles east of Bremen. The unit became non-operational

on 8 August 1945 when it was ordered to return to Dunsfold, England, where it was disbanded.

The only medical facility of its kind in the RCAF, the war-time record of the MFH was short but active. For the casualties, the sick, and the returning prisoners-of-war who passed through its canvas walls, No.52 (RCAF) Mobile Field Hospital was a welcome piece of home so far away from Canada.

Base Scuba Club

Learn to Dive for 175!

by Richard Mailhoit, Club President

It's finally official, 19 Wing PDSC has a new logo, and a new crest. Although some of the "Execs" were unavailable, a vote amongst the remaining three was held to settle this matter without further delay. Both Brian and Anne outvoted me two to one and a winner was decided upon.

All the entries were arranged in anonymous and random order. It was only after the winning entry was chosen that the contestant's name was revealed. Out of five contestants, 21 entries were submitted. Despite there being only one winner, we would like to commend and thank all participants on their innovative designs. Congratulations go out to Paul Harman for submitting the prevailing motif. I will be presenting Paul with a gift certificate from T.D. Sports for his efforts.

To ensure professional results, we are having the design redrawn at a local print shop. Upon its

return, we will publish it for all to see. Also being manufactured are badges and decals. Their prices will be posted once we have received the final production costs.

As this edition's title suggests, we are finally running our own basic open water certification course. The cost is \$175.00, with rentals and materials included. As can easily be seen, this is a substantial discount from the courses offered through civilian agencies, for \$250.00 (plus taxes). The dates of the course are as follows:

21 Apr. classroom
23 Apr. classroom & pool dive
24 Apr. classroom & pool dive
28 Apr. pool dive and exam
30 Apr. open water dive
01 May open water dive and certification.

Bookings for the course will be on "first come, first served basis." Contact any member of the executive committee without

delay to secure a reservation (my work local is 8399).

Our video presentation night is being displayed on the wide screen projector of the Junior Ranks Mess at 1900 hrs, March 30, and 1300 hrs, April 10. All members are invited to attend. The agenda will contain footage, both surface and sub-surface, of God's Pocket Resort, Hornby Island's Six Gill Sharks and Wolf Eels, and various episodes from Mares' Sport Diver Magazine. There will be NO admission charge, and the bar facilities will be open!

Don't forget, yearly membership renewals are due no later than 31 March. Payment can be made with any "Exec" during normal hours (1830 - 2000 hrs, Monday and Thursdays). For those wishing to use cheques, pay to the order of 19 Wing Pacific Divers Scuba Club.

See you below...

CF Personnel Assistance Fund

1. For the past seven years the Canadian Forces has offered an Education Assistance Loan Program to assist serving and former members and their dependants with costs of post-secondary education. This program offers low interest loans of \$1,200, \$1,500 or \$2,000 per student.

2. Several changes have been introduced in the program since its inception:

- the age restriction has been removed permitting loans for spouses and retired members themselves;
- there is no longer a limit on the number of loans per family;
- loans are now also available for full-time post graduate studies, post-secondary education diplomas or certificates, or for any full-time adult education training program that is employment related;
- the period of service required to be eligible has been reduced from ten to five years.

3. To be eligible, the serving or former member must have served in the Canadian Army,

after 1 Oct 1946, or in the CF, after 31 Jan 1968, and have a minimum of five years Regular Force military service. Selection may be based on family income, years of service and individual family circumstance.

4. Loans are repaid by the member over a 12 month period beginning in Sep of the year in which the loan is granted. The repayment schedule, including service charges, is as follows:

Amount of Loan	Monthly Repayment
\$1,200.00	\$103.00
\$1,500.00	\$128.75
\$2,000.00	\$171.67

5. Application forms are available from CF base financial counsellors, district offices of Veterans Affairs Canada, and the Provincial Command offices of the Royal Canadian Legion. They may also be obtained by writing to CFPAF, 245 Cooper Street, Ottawa, Ont. K2P 0G2.

6. The deadline for submissions is 30 June 94. No late submission will be considered.

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Regular Membership: Who is eligible?

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

Associate Membership: Who is eligible?

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

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

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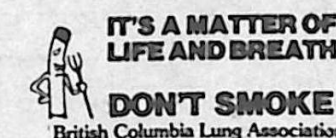
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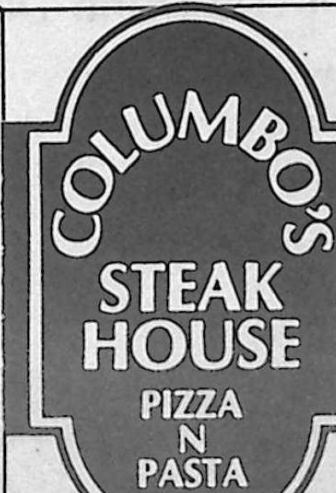
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On & Off the Base

Commonwealth Games the Aim

His name is Jonathan Watkin. After five years of competitive bike racing in both Canada and Europe, he has been given the opportunity of being selected to represent British Columbia at the National Championships and other major events, including the Commonwealth Games. Jon has already been invited into the B.C. team selection pool which includes some of the strongest road racers in the province and country. In order to be chosen, however, he must distinguish himself amongst other talented athletes in B.C. who are also aspiring to get a berth on the team.

B.C. alone has very few road races for athletes to test themselves in. There are many more races he can attend though, not only in the neighbouring provinces, but also in the United States, such as Washington, Colorado and California. If he were to attend these big races and perform well it would greatly increase his chances of being selected for the team. This is his goal as a serious bike racer.

He is confident that the more races he does, the more chances he will have to get impressive results. He really wants to better his chances of being selected to go to the National Championships with the B.C. team. The cost, however, of attending this

and other races is expensive. The only way for him to attend these important races is to get some sort of financial assistance. If there are any local businesses, societies, clubs, or individuals who would like to sponsor Jon, or would like to donate anything to help him reach his goals, it would be greatly appreciated.

The money received would be put into a separate statement account to ensure a complete and accurate account of the money collected and spent. This money would be used to help cover expenses such as travel fees for bus, train, as well as by car. Entry fees and accommodation costs would also be included as expenditures. Expenses, however, will only be used to help with his competitive cycling, nothing more.

In 1993, he attended the National Cycling Championships in Brandon, Manitoba. He did not attend as a B.C. team member, but as an independant rider. Unlike the B.C. team riders, he had to pay for all food, accommodations, entry fees and travel expenses. He spent the whole summer saving enough to make it to this major event. Because of this, he had very little time to train and attend earlier races. His results at the Nationals in Brandon were not impressive.



Jonathan Watkin

Money donated from interested individuals and/or businesses would most certainly make room for him to concentrate on his training and attend races that will prepare him for the Nationals in 1994.

A resumé of Jon's cycling career is available upon request. If you would like more information, or if you have any questions, please call 1-384-7925 (Victoria) or 339-1025 (Comox).

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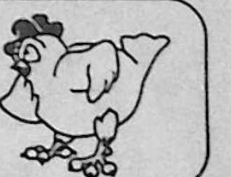
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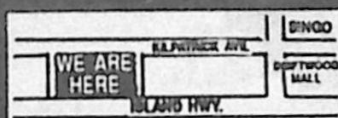
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