



Another Triumph
for 442 Snakes

....page 11



Congratulations 888
Wing:
500 Members Plus!



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 36 NO 9

THURSDAY 12 MAY 1994

COST: PRICELESS

CYCLOPS: Then and Now

Canada Remembers

Program to commemorate end of WWII

CANADA REMEMBERS is Canada's national and international program aimed at commemorating the 50th anniversary of the end of the Second World War, and ensuring that Canada's participation in the war is appropriately honoured.

The Mission

The mission of **CANADA REMEMBERS** is to encourage Canadians to remember those who rallied to the cause of restoring world peace during the Second World War. The **CANADA REMEMBERS** program will focus on:

- * remembering those who fought and died on land, at sea and in the air;
- * remembering the men, women and children who rallied to support Canada's war effort in the home, factory and school;
- * creating a renewed understanding among all Canadians of the causes and consequences of war, the price of an enduring peace and the hard questions surrounding the ideas of duty, patriotism and sacrifice;
- * recognizing the enduring

economic and social legacy of the war that allowed Canada to develop into the vigorous, progressive and internationally respected country it is today;

* joining with other nations in celebrating peace and honouring Canada's impressive contribution to world peace;

* paying tribute to those who now shoulder the responsibility for maintaining peace throughout the world; and

* commemorating the spirit of a time when, united by common cause, Canadians grew in confidence and authority by working together for freedom.

The Logo

The maple leaf in gold symbolizes the country Canada celebrating the 50th anniversary of the end of the Second World War. The foreground poppy is in remembrance of those Canadians who served and died overseas and the background poppy commemorates those who lost their lives in Canada, and reminds us of the wives, husbands, children and all those who played a vital supporting role at home. The inter-

twining of the three elements symbolizes the unity and strength of Canadians and their loyalty, dedication and sacrifice - enduring values that will sustain Canada in the future.

The Commemoration Committee

A full-time committee has been formed under the direction of the Minister of Veterans Affairs. The committee will be responsible for coordinating, fostering and supporting international and domestic commemorative activities.

The Scope

The **CANADA REMEMBERS** program will encourage Canadians everywhere to participate in commemorating the contribution made by all Canadians in wartime. Particular emphasis will be given to:

- * *Remembering sacrifice.* During the Second World War, almost one in ten (more than one million) Canadians enlisted in the armed forces. Roughly 100,000 were casualties; 45,607 died. Fatalities in the Merchant Navy alone numbered 1,465 of the ap-

continued on page 4



Mar 1952 - F/O Syd Burrows, 434 Sqn F-86 Sabres. RCAF Stn Uplands prior to Leapfrog III to #3(F) Wing Zweibrücken Germany. 22 Apr 94 - Below: LCol (ret) Syd Burrows, 410 Sqn CF-18 Hornet #4(F) Wing Cold Lake Alberta. 42 years later and still pulling 6G. Syd continues to serve with distinction: recently, he was appointed a National Director, Canadian Air Force Association (formerly RCAFA). His less formal title, CYCLOPS, was bestowed after he lost an eye in a birdstrike while flying a F-86 Sabre.



Dutch Treat for 888 Wing



LCol Gerritt van Boeschoten has finally joined the local wing of the Royal Canadian Air Force Association, just in time to coordinate the association's membership drive this month at the base. Handing LCol van Boeschoten his membership kit is Komox 888 Wing president Moe Morrison. President-elect Tet Walston (far left) and 19 Wing Commander Col Terry Rogers (far right) witnessed this momentous occasion.

On & Off the Base

On & Off the Base



Chaplains Chatter

God's Son

By Charlie "The Chaplain" Massey
Wing Chaplain (p)

God gave his only begotten Son
That all who follow might be won...
He came into the world one night
And in a stable first saw light.
And with his father carried wood
To learn a trade as all boys should.
In the Holy City there
He first showed others the Father's care.
He read and taught the Holy Word
So others who had never heard
Could come and hear the Father's voice
And made for Him their personal choice.
From inside the temple he went to the world
Where people's heads only spun and twirled.
And there he sat on the beach and taught
Till by His word they found themselves caught.
To him the faithful came to be healed
But unless they had faith he would not yield.
Those who saw him in his true light
To them he answered their spiritual blight.
For those who came with selfish threat
He taught them a lesson they'll never forget.
When envy developed because of this man,
The people aroused, they began to demand
That the life of this man should be taken away
And more and more people began to be swayed.
Finally the rulers began to give in
And even the people with forgiven sin.
So they led him away to a hill that was near
And the people sent up a terrible cheer.
A large wooden cross, between two more
Again and again the whole crowd roared.
They hung him there on the cross to die
And thought they were free from this weird guy.
His believers went there and took him away
To bury, according to custom, their way.
The tomb, from a rock, was sealed with a stone
And the soldiers stood guard as the mourners moaned.
The third day came and they went with speed,
To the man who was taken because of their greed.
They found him not there but an angel instead,
And they stood and quaked with fear and dread.
They were told by the angel that he wasn't there.
The grave for him hadn't been a snare.
Since that time we have looked to Christ,
And searched ourselves because of the price
This man paid on our behalf,
And some of us still just sit and laugh.
But let me tell you of this man's goal
He came with one purpose to save our soul.
And this will happen if we would
Open our hearts as we all should.
And when this happens to one and all
His task will be over and we'll never fall.
Never again do we have to be poor
In faith, in hope, or in love as before.
Let us share this love with all we meet
For only in this way will life be sweet.
Life for all can be beautiful too
If only we'd do as we could do.
And then the brotherhood of man
Will all have the love that He had for man.

Battle of Atlantic Sunday

(A Message from The Minister of National Defence and of Veterans Affairs)

As Minister of National Defence and of Veterans Affairs, I am honoured to pay tribute to the Canadians who fought in the Battle of the Atlantic.

Each year, we commemorate this battle on the first Sunday in May. As 1994 marks the 50th Anniversary of D-Day, it is fitting that we pay special tribute this year not only to the naval role in the Normandy landings, but also to the Allied victory in the Battle of the Atlantic, which was an important prelude to Normandy.

Although the Battle of the Atlantic was fought at sea, it touched the life of virtually every Canadian at the time. Thousands of

men and women from across our nation played a decisive part in that long and desperate struggle in the Atlantic. They fought for Canada and for the defence of freedom. More than 3,000 Canadians gave their lives in that effort.

For a navy not yet 30 years old, the Battle of the Atlantic was a baptism by fire. When war broke out, our Navy had only 3,000 regular and reserve members, six destroyers and four minesweepers, and our Merchant Navy consisted of fewer than 40 vessels. However, by the end of the war, the Royal Canadian Navy had become the third largest navy in the Allied cause, with nearly 100,000 members and almost 400 warships. The Merchant Navy had

increased to 175 vessels during that same period.

This expansion was a truly remarkable national achievement, and it enabled Canada to play a critical role in the ultimate allied victory in the Atlantic.

The Royal Canadian Air Force also played an important part in the success of the ocean campaign, by providing air protection for convoys in all areas of the North Atlantic theatre.

On May 1st, let us recall the remarkable achievements of our Navy, Merchant Navy and Air Force of half-century ago. Let us express once again our solemn debt of gratitude to those Canadians who served in this great battle - and especially to those who made the ultimate sacrifice.

Walk for Pediatrics

The 24 hour Relay Committee is well on its way in organizing the 3rd Annual Run/Walk Relay scheduled for July 16 and 17. You may recall that last year's event raised \$22,000 towards the Cat Scan Fund established through St. Joseph's General Hospital in Comox. 19 Wing's co-operation in supplying many of the support services for the event is still warmly remembered and contributed substantially to its success.

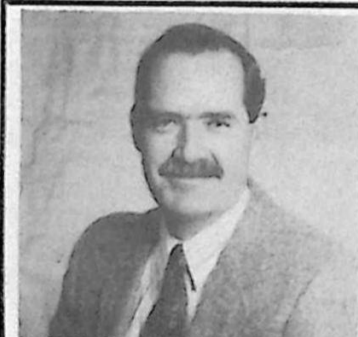
This year, the committee is raising funds for improvements to the pediatric ward of St. Joseph's hospital.

We recall the excitement when 407 Sqn won the "Wing Commander's Baton" created last year, and we hope that they will once again be suitably challenged by other sections on the base.

Entertainment includes: Desperation Jazz Band, Westwind (C & W), the Mutts (Rock & Roll), HotTubs, Volleyball Tournament, etc., etc.

Don't let CFB Esquimalt take the baton!

For further information contact WO Al Munday, Loc. 8848 or 334-1936.



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Meeting the Snowbirds

The Martin family bid \$525 at last November's You Are Not Alone (YANA) auction to spend a day with the Snowbirds. The family was invited for a private viewing of the squadron's aerial show, met with the pilots and ground crew when the planes landed and then shared a meal with selected members at the Coast Westerly Hotel. Amongst that flock of Snowbirds is the Martin family. Top row: Ken and Kim. Bottom row: Chad, Scotty and Christopher. YANA, which is supported by such CFB personnel as the Base Commander, is dedicated to financially supporting families in medical crisis.



BRITISH COLUMBIA'S FOREST RENEWAL PLAN

WORKING IN PARTNERSHIP TO RENEW OUR FORESTS

Changing the way we manage our forests

Your provincial government's Forest Renewal Plan, introduced in the BC Legislature April 14th, is a new approach to solving the problems created after decades of taking our forests for granted.

Here's what makes the Forest Renewal Plan unique:

Working in partnership

Your provincial government's Forest Renewal Plan brings together leaders from business, labour, the environmental movement, forest communities, and First Nations in a new partnership to renew our forests and the jobs they provide.

A \$2 billion investment to renew our forests

Over the next five years an estimated \$2 billion in new money will be invested in forest renewal. But taxpayers are not being asked to foot the bill. The \$2 billion will be raised from the forest industry through increased stumpage rates for timber harvested on public land.

And by law, this new money must be spent on renewing the forests and ensuring forest jobs.

Restoring our environment

The Forest Renewal Plan will restore and protect forest eco-systems in BC, ensuring jobs by:

- ◆ cleaning up environmental damage to rivers, streams, and watersheds
- ◆ removing unnecessary logging roads and restoring hillsides to prevent soil erosion
- ◆ restocking and protecting fish and wildlife
- ◆ developing new environmentally sound forest practices, including more selective harvesting and commercial thinning.

Giving back to the forests

The Forest Renewal Plan will put people to work:

- ◆ improving reforestation and reducing the time lag between harvest and replanting
- ◆ ensuring more intensive silviculture and care of our forests after replanting
- ◆ increasing the amount of land available for replanting

Renewing our forest economy

The Forest Renewal Plan will ensure family-supporting forest jobs now and in the future by putting people to work:

- ◆ expanding value-added manufacturing and finished products
- ◆ researching and developing new BC forest products and markets
- ◆ investing in skills training for forest workers

Together we can renew our forests

British Columbia's Forest Renewal Plan is an opportunity to replace confrontation with cooperation. It's a chance to begin working together in partnership to renew our forests, ensure jobs and strengthen communities.

To find out more about the Forest Renewal Plan, contact your MLA for details, or call 1 800 866-7717.



A REPORT FROM THE GOVERNMENT OF BRITISH COLUMBIA

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NEXT DEADLINE 30 MAY

Editorial

CDS Commendation



442 SARTECH MCPi Mike Simpson was notified of his winning the prestigious CDS Commendation last December but it wasn't until last week that he received the framed certificate from Col Terry Rogers. Simpson was given the commendation for his work in saving a commercial diver while serving as a SARTECH with 424 Sqn in Trenton. The awards ceremony also provided a rare opportunity to prove he does own a set of DEUs.

A Commission for Cpl D?



Cpl D'Aragon rekkited as an Officer Cadet following acceptance under the UTPM plan.

Triple-Eight Member of the Year



Betty Inrig, 888 Wing's hard working secretary, was honoured during the 15th Annual Charter Ball by being selected "Member of the Year." Betty was originally convinced by her husband Bruce to fill in as secretary for a 3-month period and, after 5 years, she's still on the job. Above Betty is receiving the plaque from Wing President Mo Morrison.



The Chopper Solution

More Canada Remembers

Continued from page 1

proximately 12,000 who served.

*** Recognizing the home front.** Every Canadian of the war generation was touched by the war, from the families of those serving overseas to those working in farming, industry, defence production, the Red Cross, to the children saving their money to buy Victory stamps.

*** Engaging youth.** Today's youth, at least two generations removed from the Second World War, deserve a greater awareness and appreciation of the positive legacy left by the wartime generation.

*** Recognizing the positive legacy of the Second World War.** Major social and economic changes evolved from Canada's participation in the war, as did extensive education, health and social programs for returning veterans. These changes were fundamental to Canada's post-war development and growth.

*** Remembering wartime friends.** Close personal and national links were forged in countries and regions where

Canadians served. Special relationships still exist with the Dutch, French, Belgians, Poles, Norwegians and others.

*** Recognizing the Canadian forces in peacetime.** Canada's leading role in establishing and supporting international peace-keeping efforts came into being through its wartime experience and subsequent commitment to maintaining the peace.

Activities in Canada

The 50th anniversaries provide an excellent opportunity for all Canadians, and particularly those who were too young to have personal memories of the War, to gain a better understanding of Canada's wartime role at home and overseas. The CANADA REMEMBERS group will work with partner associations in generating local interest and encouraging 50th anniversary projects.

* National, regional, and local activities

To make this a truly national program, one of the principal goals of the CANADA REMEMBERS program will be to encour-

age as many Canadians as possible to become involved in commemorative activities. These activities will focus on the many contributions Canadians made during the war. The Commemoration Committee is calling on all Canadians to provide suggestions for cooperative projects and will facilitate contact among activity groups.

In the coming weeks, the Commemoration Committee will be contacting federal government departments and agencies, veterans' organizations, provincial and municipal governments, the private sector, and other interested national, regional and local organizations to foster, facilitate, and coordinate commemorative activities across the country.

* Public education emphasis

To recognize the legacy of Canada's participation in the Second World War, a nation-wide emphasis on public education is planned. Public education activities of the CANADA REMEMBERS program will further this

Continued on page 5

TOTEM TIMES

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 Wednesday; 0830 - 1200

Comment

Letters

Cyprus 20th Reunion

Sir:
 July 15, 1994 marks the 20th Anniversary of the coup d'etat in Cyprus which was followed five days later by the Turkish invasion of the island.

What started off as a "normal" summer tour for the Commando Group of the Canadian Airborne Regiment in its first UN tour of duty, rapidly escalated into a dangerous and professionally challenging time for the entire Airborne Regiment and ancillary Canadian Forces members.

A 20-year reunion is being planned by a committee of former

members of the regiment, which will take place on 15 - 17 July in Edmonton. Details can be obtained from the Cyprus '74 Committee c/o 7418-119 Street, Edmonton, Alberta, T6G 1W1; Fax 403-450-0186, or by phoning any member of the committee as follows:

Don Manuel 403-436-4896
 Ian Nicol 403-464-6520
 Bert Rajotte 403-437-0434
 Bill Dickson 403-459-0947
 Capt Jerry Vida 403-457-5942
 AVN 530-6942
 Fax 403-457-6100
 AVN 530-6100

Looks Like a P-26

Dear Editor:
 The aircraft in "Trivia" for 28 April is a Boeing model 281, which was an export version of the Boeing P26A in service with the USAAF. Only 12 were completed and sold; one to Spain and 11 to China. The first aircraft to

reach China arrived on 15 Sep 1934, and the last on 15 Jan 1936. The national insignia of China can be seen on the underside of the port mainplane.

Sincerely,
 H.W. Holmes

More Canada

continued from page 4

goal by making booklets, posters, videos, pins, flags, and camera-ready materials available to interested parties for use in their projects.

International events

The wartime contribution made by Canada is well-known overseas, particularly in Europe. A deep gratitude to Canadians, kept alive by the children and grandchildren of those liberated by our armed forces, persists in many areas of Europe. The CANADA REMEMBERS program will commemorate Canada's wartime contribution abroad through overseas pilgrimages.

As in the past, Veterans Affairs Canada will conduct pilgrimages to those areas of the world where Canadian sailors, soldiers and aircrew fought and died. The pilgrimages offer veterans who were involved in the various campaigns an opportunity to visit the graves of comrades, to mark important campaigns and battles in

which they were engaged and to represent Canada in the nations which they liberated.

In recognition of the 50th anniversary, the Department of National Defence will form a 200 member military contingent comprising a band, guard of honour and flag party which will be present in Europe to support these pilgrimages and otherwise to represent Canada. Other elements of the Army, Navy and Air Force will also be sent to Europe throughout this period to join with the military forces of other nations in celebrating European liberation. These include Navy ships to join an international flotilla, Air Force units for special flights, and paratroops who will participate in a massive drop at Pegasus Bridge. In Canada, units of the Canadian Armed Forces, both regular force and reserves, will participate in national and local events to the fullest extent possible.

United Services Institute Meets May 27

At the May 27 meeting of the United Services Institute of Nanaimo-North Island, LCol (ret) Cec Berezowski will speak on "Defending the fireproof house, the main issues of parliamentary Defence Policy Review." Addressing the mindset of MacKenzie King in 1938 when he claimed "Canada is a fireproof house, we can do away with military preparedness."

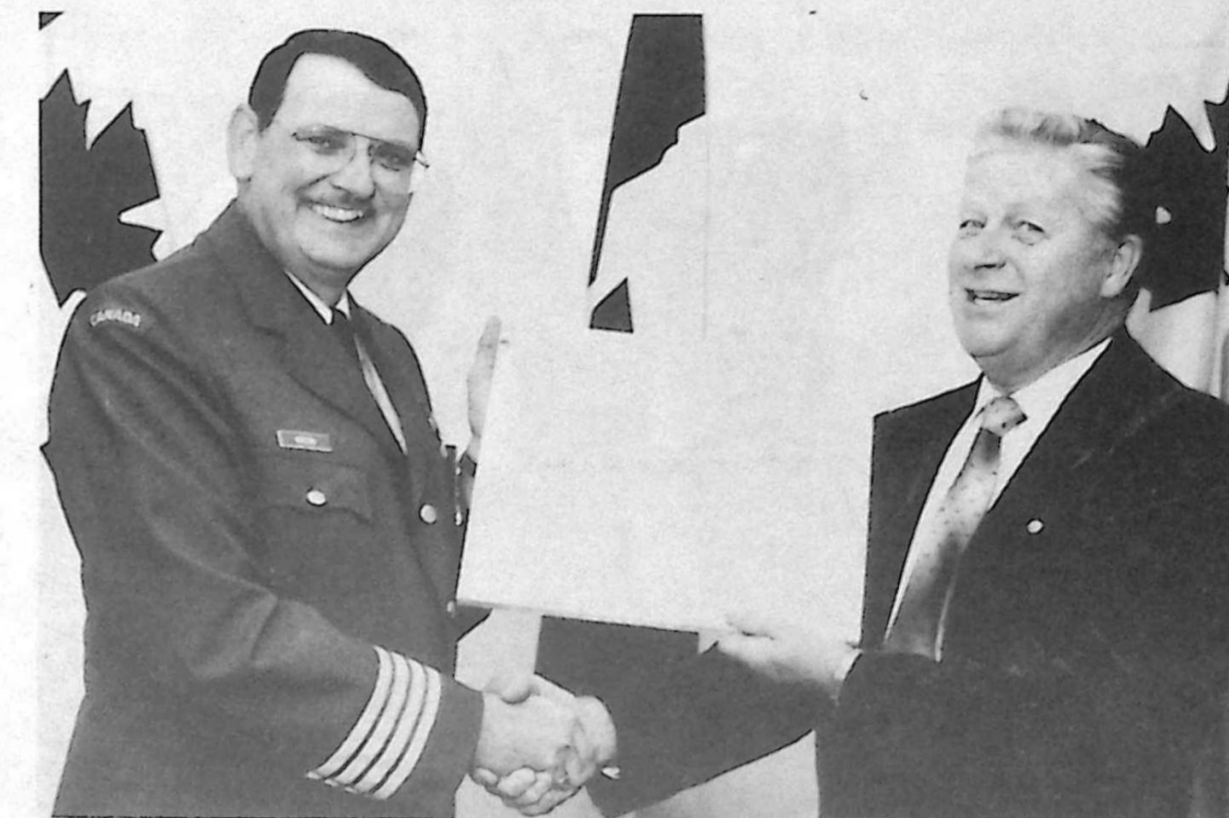
Born in Kamsack, Sask. Berezowski was editor of a local weekly newspaper and serving in the militia when selected for the Regular Forces Officers Training Corps. Commissioned as an artillery officer in 1952, he served in Cyprus with the UN and in Germany with NATO, and represented Canada at the US Army Material Development Command

in Washington. He has been an instructor at the Royal Artillery School in Larkhill, England, at the US Command and General Staff College in Fort Leavenworth, and also on the faculty of the CF Land Forces Staff College in Kingston.

Prior to retirement, Berezowski was coordinator for the standardization of military equipment of Army, Navy and Air Forces for NATO and the ABCA (America, Britain, Canada, Australia, New Zealand) Allies, with a staff of 500 international experts under his command.

Now living in Victoria, Berezowski is active in the Royal United Services Institute of Vancouver Island and is Chairman of the National Defence Committee.

Safety Sam - Forty Years of Service



Wing General Safety Officer Sam Brown received the Air Command Certificate of Achievement from Col Terry Rogers in recognition of a long and successful career working for the Air Force. Sam will be leaving us soon after almost 40 years service. (Good luck Safety Sam; it was great working with you - Ed.)

P-26 Peashooter?

Dear Editor,
 Re: P-26 "Peashooter"

The latest "Trivia" pic is of a Boeing design of the early 1930s, first known as model #248. It was the only monoplane fighter type that Boeing ever placed into production. Its first flight took place in 1934, and 111 models were ordered for the US Army Air Corps. Officially designated as the P-26, it became the first monoplane fighter to serve with the USAAC and acquired the nickname of "Peashooter."

The P-26's stubby, well-rounded fuselage was of an all-metal monocoque construction but was braced externally, rather than by the cantilever method.

This is somewhat puzzling, as advanced internally braced structure construction had been employed previously by Boeing in its B-9 prototype bomber.

Other outdated features of the P-26 were its fixed undercarriage, an open cockpit, and a woefully inadequate armament capability which consisted of two 0.5 inch calibre machine guns. This last shortcoming probably accounted for the dubbing of the P-26 as the "Peashooter." Powered by a 500 HP Pratt and Whitney R-1340 radial engine, the aircraft was capable of a top speed of 234 mph.

The P-26 gave American fighter pilots their first experience of an all-metal pursuit aircraft.

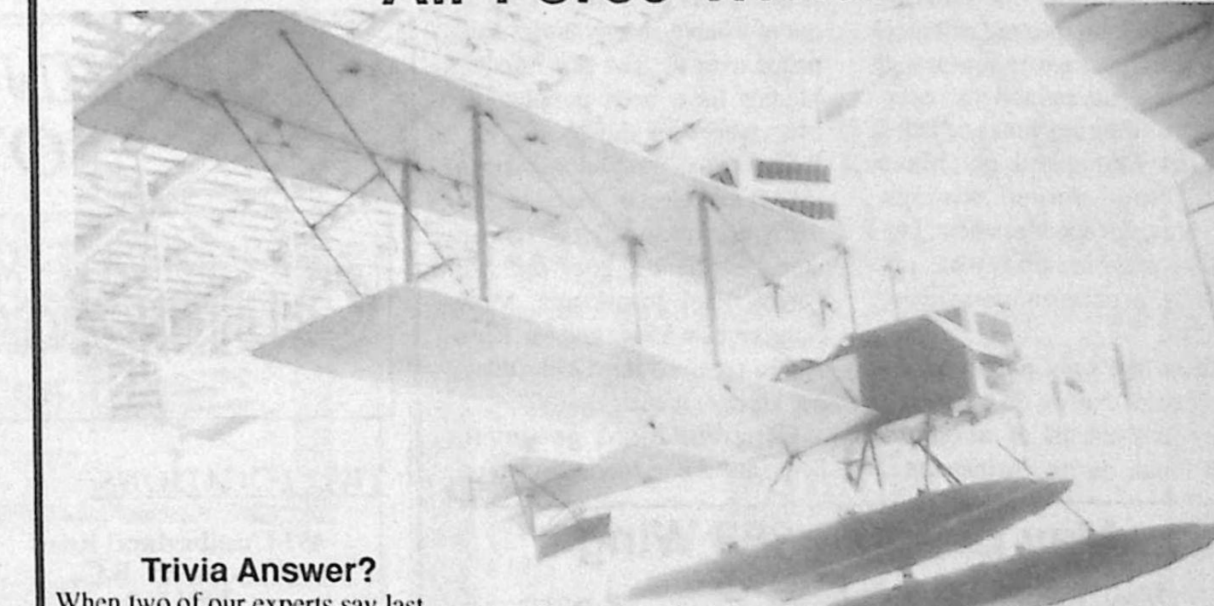
Considered a tricky bird to fly, they were apparently well liked by the men who served in them. A few of these aircraft were operated against the Japanese in China and in the Philippines. The P-26 shown in "Trivia" bears the insignia of the Chinese Nationalist Air Force.

The sole remaining "Peashooter" in flying condition is housed at the Warbirds Air Museum in Chino, California. On open days a variety of ancient aircraft types are displayed and flown for the enjoyment of the public.

Yours sincerely,
 John Novak

NEXT DEADLINE 30 MAY 1994 - NOON

Air Force Trivia



Trivia Answer?

When two of our experts say last week's trivia was a P-26, we have to take another look at our source, which says it was an Italian BREDA. Before we claim stimpage, would any other reader like to pitch in?

My son Neil offers this pic., taken in a (fairly) local museum. Regret BREDA (or P-26?) miniature photo would not reproduce.

Section News

MWO Retirements



On Fri 15 Apr the WComd and members of the WO & Sgt's Mess honoured retiring members. Pictured above are Hank & Gloria Fortin, AESOP 081 32 yrs; Edith & John Coffin, Comm 224 36 yrs; Col T.B. Rogers; Al & Jan Buckham, MS Tech 635 38 yrs; Colleen Boudreau, Dent 725 20 years. Congratulations and a sincere thank you for the many years of dedicated service to your country.

19 AMS

The Many Arms of Workshops

Welcome! Come on inside, have a look around and see what we do. Yes, this is "WORK-SHOPS" an appropriate name for the 17 metal technicians (561) and machinists (562). Our shop consists of: one WO, one Sgt, three MCpls, ten Cpls/Ptes and two civilians.

Some of the metal tech and machinist duties around the shop are: metal damage assessment; using sheet metal bending and forming machines; cutting metal with welding techniques; TIG, ARC, oxy-acetylene welding on ferrous/non-ferrous alloys; heat treating metals; hand forming/machine rolling sheet metal; shrinking and stretching metal; sand blasting and sanding metal; patching, riveting and bucking metal structures; removing and installing aircraft fasteners; fabricating aircraft metal parts; modify/repair aircraft metal structure and components; forming rigid lines, flaring tubing and installing fittings; swaging rigid lines, wire rope, and cable; repairing honeycomb, operating hot bonding equipment; interpreting technical diagrams; design/manufacture templates, patterns and jigs; operating a milling machine and lathe; inspect fabricated machined parts; remove/install bearings, bushings, threaded fasteners; fabricating precision fitted parts; operating precision measuring devices.

These are only a few of the many tasks that we do every day. Other jobs consist of on/off aircraft repair during maintenance,

and we are on call 24 hours a day for aircraft servicing: 407 Sqn CP140 Aurora; 414 Sqn CT133 T-Bird; 442 Sqn CH113/A Labrador and CC115 Buffalo aircraft. Also, 443 Sqn CH124 Sea King out of Pat Bay, Victoria. Then there is a long list of others who require our many technical skills: AMSE, Glider School, C.E., BEME, Base Gym, and all others who happen to slip through our revolving door with broken equipment. A quick recap of 1993 fiscal year for Workshops: manhours - (349) 6,828; (543/local workorders) 6,449; (Pat Bay) 346; (others i.e. Snow Birds, CF18) 120 - for a grand total of 13,743. My question is, "How can anyone refer to Metal Techs and Machinists as a SUPPORT TRADE?"

As spring rains down and the wind blows the cobwebs off the camping, golf, and fishing equipment, we await another long, lazy Comox Valley summer to engulf us.

Here at Workshops everything is quiet, lots of work to keep us out of trouble. Many things happened over the last few months. Medals have been popping up everywhere in the shop. Cpl Brian Daly received his sixth (SSM) and Gaetan Morancey finally receives his first (CD) real medal. The list goes on: Al Gavel, Paul Jean-Louis, Mike Long receive SSMs and Mr. Russ Parker received the 125th (that's not his age) medal.

Congratulations go out to Doug and Anne-Marie Brown on

May Events - 888 Wing

May 14.....Final Bingo.....8 pm.
May 29 (Sunday) Lobster Dinner....6 pm.

**NEXT DEADLINE 30 MAY
NOON**

Accelerated Promotion



Well done Shane. 414 Sqn SAMEO congratulates Cpl Martin on his recent accelerated promotion. TOTIS VIRIBUS Shane from all the Black Knights!

Monarchists Meet May 20

Vice Admiral Charles Thomas, recently retired as Vice Chief of the Defence Staff, will be the guest of honour at the 6th annual banquet of the Central Vancouver Island Branch of the Monarchist League of Canada.

The event is scheduled for Friday 20 May at the Island Hall in Parksville. A no-host bar from 6-7 p.m. will be followed by a roast beef dinner. Dress is dinner jacket with miniatures, mess dress, or business suit.

Attendance is not restricted to branch members but is open to the public. Tickets are \$28 each and may be obtained by phoning: Nanaimo residents 758-2337, Parksville/Qualicum 752-9693, Alberni Valley 723-7574, Comox Valley 338-6846.

Chairman Nolan Henderson and his executive have worked hard to provide an enjoyable dinner and evening, with the added bonus of an interesting and informative address by Admiral Thomas.

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Section News

Harassment & Race Awareness

In a major effort to improve awareness about harassment and racism among employees, DND is developing one of the farthest-reaching education programs ever undertaken in the Department. Under the program, virtually every military and civilian member of the Defence Team will receive Awareness Education and Training for Harassment and Racism Prevention (AETHRP).

The main goal of AETHRP is to reinforce DND's harassment and racism policy by changing the attitudes that lead to both problems. Training will be aimed at preventing incidents, as well as recognizing and dealing with them effectively when they occur. The training will also stress the importance of professional and ethical conduct in all work-related matters.

The program is being developed by Applied Courseware Technology (ACT) Inc., a New Brunswick-based company that specializes in instruction design and computer-based training materials. ACT is tasked with assessing awareness programs now in place and finding ways to improve and augment them. ACT will also design training packages for specific groups, such as harassment investigators and personnel in isolated postings or on foreign duty.

The first phase of training scheduled for June 1995 will include a range of classroom-based and distributed courseware, including video and some computer materials. Wide distribution is planned for December 1995.

DND decided to develop
continued on page 8

19 AMS Awards



MCpl Edith Cuerrier receives her "No Retreat" award from Maj Roos, CO 19 AMS.



Sgt Ray Steil and MCpl Rolie Arsenault receive their SSM



Mr. Russ Parker, CD receives the Canada 125 medal from Maj Dave Brown (ret'd), former CO 19 AMS.

**Junior Ranks Mess
UPCOMING EVENTS**

Fri 13 May.....TGIF, Pool & Pizza
Fri 20 May.....TGIF, Shufflecan & Subs
Fri 27 May.....TGIF, Crib & Fish 'n Chips
Tues 31 May.....Golf Tournament

for more info watch for flyers, or contact Cpl Carr 8315
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Section News

Aurora 2000 - "The Dream Continues"

How fitting it is to have another edition of the Demon Doins published just as dozens of Maritime Air Group aviators mass in Comox to vie for the right to represent Canada at the Fincastle competition.

Many things have happened since the last appearance of this much-read column. 407 Sqn's participation in Operation Sharp Guard has come to an end. The Icemen of Crew 4 returned on a sunny Comox day, greeted by their families and a handful of their squadron mates. Welcome home and bravo zulu for a job well done to all who participated in and supported 407's efforts on Operation Sharp Guard.

With the return home of a crew comes a variety of tales of intrigue. Crew 4 seems to have passed the time by dreaming up nicknames for each member of the crew. Capt Chris Poulin came to be known as "Piccolo" after visiting an Italian bakery/cafe. The woman behind the counter thought him to be much too thin, hence the nickname. Capts Bill "Tone Loc" Cummins and Doug "Snoop Doggy Dog" Slaunwhite, acousticians extraordinaire, presumably earned their nicknames by demonstrating a fondness for rap music.

Sgt Phil "Dances with Tripod" developed a very close friendship with Tripod, the three legged dog, known to all who have visited Sigonella for his aggressive pursuit of scraps at the BBQ pit. In fact, Phil and Tripod were so close that, on leaving, Phil thought he might have left him in the shower. Since Phil was seen throwing scraps of food into the doppler well, speculation has it that Tripod was stowed away in the doppler well.

Sgt Trevor was well known to the merchants in the open air market in Catania. Phil would visit the market every day, and haggle with the butchers over a goat carcass (a cross between a goat and a sheep) hanging by a hook in the open air above the rest of the fine meats. Once he had them down to their lowest possible price, he would simply walk away, and start over again with another butcher. What some people do for entertainment!

CWO Halfkenny made Greenwood history when he was met by no fewer than seven customs officials. They combed over his personal luggage cart and discovered that he had used every loophole known to man, and got away with paying for the requisite duty on his Visa card.

Posting season is drawing near, and many people are making the necessary preparations to leave the lovely Comox Valley for points east. Maj Fred Reed, whose name hasn't appeared in this column for some time, is preparing to make his move to the beautiful Annapolis Valley, home of the Apple Blossom Festival and CFB Jurassic Park. He recently returned from his house hunting trip, and we understand

he was rattling someone's chain about having a house built. Apparently it is going to cost him gigabucks. Affirmatron.

The Force Reduction Plan or FRP has been released and a host of pilots are busy revising their resumes. The job front actually looks promising for pilots. Wal Mart is taking on 50 pilots as it prepares to convert all of the Woolco stores it bought. The company intends to employ them as Greeters; standing at the front door of the store in their flying suits, signing autographs for the kiddies and putting heavy objects in people's cars. Kinda brings a tear to my eye.

Cathay Pacific, the gods of the airways is also hiring, not surprisingly since it is one of the few airlines in the world that is actually making money. Several of the squadron's pilots were recently seen kneeling on the tarmac, praying in the direction of a 747-400 passing overhead. Navigators, unfortunately, have to contend themselves with the

plausible explanation thus far is that he hit his head on the bottom of the INCOS tray while attempting to set condition ECHO. Acousticians are fond of recalling the last opportunity they had to practice their craft on a real world target. During flying operations, when not completing exams, studying or doing training tapes, they are careful to conserve their energy, lest they be called into action on a moment's notice. To all non-ASOs, it may appear that these highly trained and motivated individuals are simply en repose, but nothing could be further from the truth. Each ASO has a highly regulated state of being that allows him to conserve energy and still "be there" when his crew needs him the most. Ask the acoustician nearest you for a briefing on his personal states of readiness.

Maj Andy "ABC" Clark has won the squadron's prestigious "World Traveller" award, for managing to elbow his way on to every possible trip, including RIMPAC. While we are on the topic, RIMPAC, it is only a few weeks away. Glory be. Our crews will once again have the opportunity to participate in Co-ordinated Operations and maybe even fly on a sub. You know, those pesky little metal ships that like to hide under the water.

Congratulations are in order for Matt "Bravo Delta" Barlee and Mike "Scarface" Gosselin on their promotion to Captain. Mike, or Tony Montana as he is known to his crew, intends to celebrate his promotion during the All Ranks Mess Dinner on May 16, and will adhere to the tradition of putting some money on the bar. Knowing Mike, we can all look forward to a free glass of ginger ale. "Bravo Delta" apparently thought he could get away with buying a round just for his crew. Cheapskate.

Goose Gosselin's new nicknames were earned after a recent altercation with the pavement outside his apartment building. It seems Mike was making his way back to his place after an intensive evening of "conversation" at the Loft, with none other than Capt Dave "Buddha" Boudreau. As he neared his apartment building, Mike foolishly began to subject a light fixture to a stream of verbal abuse. Not content to stand idly by, the light fixture lashed out and threw Mike to the ground, inflicting a horrific case of road rash to his face. That will teach him to mess with the wrong inanimate object. Welcome to the Twilight Zone Mike.

Congratulations are also in order to Capt Steve "Q" Quinn and his wife Sherri, who are the proud parents of the squadron's newest Demon - "Brandon." Mother and son are resting comfortably at home.

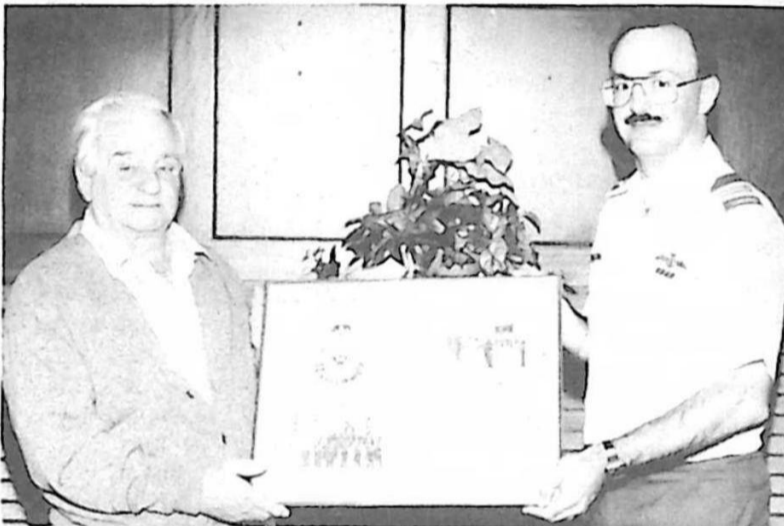
On a sadder note, our condolences go to Sgt Rick Deakin on his personal loss. Our thoughts are with you. Nuff said!

Demon of the Quarter and a Promotion Too!



Congratulations to Pte Marc Audet for being 407's "Demon of the Year." 407 SAMEO, Maj Don Irvine, presents the award for Pte Audet's excellent work. On the same day, he received an accelerated promotion to Cpl. Well done Marc!

Ex-Demon Returns After 51 Years



On 3 May 94, 407 Sqn was reunited with ex-Demon and WWII veteran, Mr. Ted Owsianski, after a 51 year separation. A transport driver in the RCAF, he served with the squadron from 1941-1943 at RCAF Station Topcliffe in Yorkshire, England. Later in the war, Mr. Owsianski was involved with other RCAF squadrons when they mounted the "thousand bomber raids." At a luncheon in his honour, Mr. Owsianski presented the DCO 407 Sqn, Maj Robert Perron (picture above), with some historical memorabilia he collected during the war years, including a 407 heraldic crest, a 407 shoulder patch and a book detailing the activities of the RCAF entitled "The RCAF Overseas - The First Four Years." 407 Sqn wishes to express its appreciation to Mr. Owsianski for both his past service and present donations, and hopes his retirement in Port Alberni with his wife, Thelma Quantrell, is a happy and prosperous one.

Airforce One



Capt Colin Craddock took this photo of Airforce One during a recent deployment to San Diego. The CIA was a little concerned when Colin was seen snooping aircraft one Saturday afternoon. His curiosity was quashed when the security agents informed him that the President wasn't hiring any new pilots.

More Harassment Continued from page 7

AETHRP after it determined that awareness programs needed to be introduced, standardized, or updated under current policy. AETHRP is the training component of a full program aimed at eliminating personal harassment, sexual harassment, racism and abuse of authority.

the Canadian Forces to senior civilian managers at National Defence Headquarters will participate in AETHRP at various points in their careers. The training will increase in scope and depth as Defence Team members assume greater supervisory roles or responsibility for investigating complaints.

Section News

19 AMS Non-Destructive Testing

Eddy Current Analysis

Hello again from the 19 AMS NDT section and welcome to the last of a series of explanatory articles dealing with the basic principles of the five main nondestructive testing disciplines. Today we will take a look at the Eddy Current inspection process, how it works, what materials can be tested using this method, and what limitations it may have.

In the most basic terms, Eddy Current testing is the process of inducing small circulating electrical currents (Eddy Currents) into a conductive article and observing the interaction between the article and the currents.

These Eddy Currents are induced in a conductive material by an alternating magnetic field created in a coil which is situated at the end of an inspection probe. This is termed the primary magnetic field. The primary field strength is affected by a number of factors, such as the number of windings in the coil, the frequency of the alternating current, and the diameter of the coil, to name a few. But once these parameters are set, the primary field strength is only affected by the secondary field.

A typical shielded probe is 1/8th of an inch in diameter, resembles a small pen, and can be manufactured straight or with a variety of angles to allow for access to hard to get at areas. Because of the probe's small size, we can accurately locate and map out defects as small as 2mm in length.

When the inspection probe is placed in contact with a part to be tested, the Eddy Currents induced in the test article by our probe, in turn, generate their own magnetic field, the secondary field. This field also is affected by a number of parameters, such as material

conductivity, permeability, part thickness, platings, internal defects, and a host of others. Suffice to say that the secondary field is always weaker and in direct opposition to the primary field. With the probe placed on a defect-free portion of a specimen to be tested, or a calibration test block, we balance our instrument to the material through a series of FM circuits, in effect telling the instrument that this is the condition we are looking for.

Now as long as the material with which the probe is interacting remains constant, so does the instrument's balance. As the probe approaches a change, be it a defect, conductivity or permeability change, or even the edge of the test piece, the Eddy Currents must change their flow path, thereby changing the secondary field and the effect it has on the balanced condition we have established. Depending on the Eddy Current instrument, this change is displayed in a variety of ways, needle deflection, strip recorder, or on a cathode ray tube (CRT). An experienced operator can differentiate between a true defect and other factors such as material thinning or paint layer changes.

Eddy Current testing is an efficient technique used to inspect conductive materials formed into a variety of shapes: cylinders, tubing, sheets, and complex castings or forgings. The biggest limitation in using Eddy Current is the fact that the material must be conductive. With today's advancing technology and the every-increasing use of composite materials (non-conducting), our aircraft components are getting stronger and more reliable, but they do not lend themselves to inspection by Eddy Current; Ul-

trasonics and Radiography, methods we have covered in past articles, are used in combination to inspect these materials. There you have it. Eddy Current inspection in a nutshell. It is really quite simple to put into practice and quite effective, it's just the theory behind it I find confusing!

For those of you who have been following along with this series of NDT briefs, you now have all the basic facts about the various inspection methods and have a better understanding of the 19 Air Maintenance Squadron's inspection capabilities, the training that our NDT technicians undergo, and why we are so highly thought of in the military! Find that hard to believe? Would you believe highly thought of in Comox? How about amongst ourselves?

Now that we have covered NDT, stay tuned for some eye-opening information on how the 19AMS diagnoses the condition of engines and their associated components utilizing the Aerospace Oil Analysis Program (AOAP) examination of samples from their respective lubrication systems.

Canada 125 Awards



Canada 125 medals presented to L-R: Capt Kettenacker, Sgt Spragg, Sgt Knight-Adams, MWO Giguere and Sgt De Vries.

19 AMS Medals Parade



19 AMS Awards Parade inspection.

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September 1994 - June 1995.

For information call Claudia at 339-8290.

Feature



by Lloyd Bailey
(Reprinted from Pacific Yachting Magazine.)

If sailing north of 49° latitude and west of 126° longitude, weekend sailors could investigate the most mysterious incident in wartime Canada. They would be cruising the western shores of Vancouver Island near Estevan Point, a magnificent lighthouse since 1909, and scene of a raging and controversial shelling attack on the night of 20 June 1942. Twenty-five artillery shells exploded in all directions around the lighthouse but, miraculously, no one was even slightly injured. After the barrage ceased, eyewitness accounts were so varied and contradictory as to who had mounted the short but heavy attack, that the question remains a mystery to this day.

The official military account blames the shelling on a Japanese submarine known to have been in Vancouver Island waters, the I-26. A purported statement from the submarine's captain would confirm the official view. But far too many unanswered allegations remain, evidence of which have been located on the beaches surrounding Estevan Point. Shell fragments from different-sized naval guns and not a solitary submarine 5.5 pounder cannot be explained. Nor the English foundry lettering at the base of an unexploded shell, painted with yellow Japanese script.

Searching for artifacts in the area could be fascinating for the weekend boater especially when all official records, including the lighthouses' log pages for that night, have gone missing. Only the diary of the lighthousekeeper, Robert Lally, is extant and he writes about ships, plural, including a cruiser, engaging in the attack on Estevan Point. Therein lies the mystery of 20 June 1942. Who did fire their cannons that night and why?

Part of the explanation may be attempted by larger pleasure boats seeking to sail 108 nautical miles directly south of Estevan Point and rendezvousing 70 miles southwest of Cape Flattery, the entrance to the Straits of Juan de Fuca. There, investigators would be on the location of the first submarine attack of 20 June 1942, the 2:33 a.m. torpedoing and shelling of the Canadian freighter, Fort Camosun, on her maiden voyage from the Victoria Machinery Depot; 7,126 tons and loaded with plywood, lumber and vital munitions metals. Canadian Coast Guard authorities estimate the contemporary steaming time between the two assault sites to be 3-1/2 hours. Estevan Point was

shelled 19 hours later. The same Japanese submarine? Not according to the official military account and here's where the mystery defies commonsense.

The I-25, not the I-26, is supposed to have damaged the Fort Camosun that same day. The professed captain's account is again quoted. But his tactical behaviour that early morning was very odd, and recent recollections by Canadian naval personnel on the scene are highly contradictory. The scenario began with a single torpedo crashing into the freighter below the waterline near the ship's bridge. The awakened crew were ordered to their lifeboats before the I-25 surfaced to fire its deck gun rather than launch another torpedo at the still surviving ship. The deserted Fort Camosun was missed by that first shot and it was not until 30 minutes had passed that the Japanese launched a second barrage which inflicted starboard midships damage but no sinking. Two RCN corvettes arrived on the scene to rescue the crew within five hours of that second cannon shot and the I-25 was detected as still being present in the waters. Four tugs eventually towed the barely afloat freighter back to Victoria, saved by her buoyant cargo of plywood and lumber.

The delays and hesitations of the Japanese submarine commander are inexplicable. At Estevan Point too, the I-26 surfaced and prowled 39 minutes two miles offshore before commencing its barrage of 25 shells. Or was it a cruiser? There was a definite smokescreen, all agree on that point. When the HMCS Quesnel approached the stricken Fort Camosun, it was officially reported that the crew had abandoned ship. Yet a naval rating aboard the corvette maintains that the freighter's crew were asleep in their quarters and had to be awakened for removal. These illogical and contrary circumstances serve to heighten the mystery.

There are countless local interpretations and the varying witnesses' accounts of the Estevan Point incident. A RCAF veteran of the coastal anti-submarine flights between Comox and Sidney confided to the author that "our side did it." A Coast Guard official related "you are on the right track." A highly regarded Victoria historian and writer commented "there is something there." An equally respected history professor, himself a distinguished Second World War officer, cautioned that his research showed "that there is nothing to it." All would agree that very little evidence is available from official sources. The military report of 1 July 1942 completely dismissed copious eyewitness accounts as being confused due to panic. Thus, speculation leads to an examination of the two occurrences in tan-

Estevan Point Mystery

20 June 1942

dem for the very reason of their proximity in time and distance, and the mysterious conditions of both events. Perhaps the answers lie in other parts of British Columbia, Canada and the world at the same hour.

In British Columbia, from January to June 1942, the federal government inflicted increasingly harsh supervision and intermittent regulations on resident Japanese-Canadians. Potential riots were fuming in Interior camps where entire families had been broken up. Thousands of Japanese males were herded up in Stanley Park for railway passage to Alberta. In Ottawa, a highly explosive parliamentary debate on the issue of conscription commenced the day before the Estevan Point and Fort Camosun affairs. When the Minister of Defence announced the attacks to his House of Commons colleagues on 21 June 1942, a great and supportive uproar ensued which demanded the draft for coastal defence.

In war-weary Britain, an untried and restless Canadian Army needed political support in Ottawa to be assigned to the continental fray. It got that go-ahead for the tragic Dieppe Raid. The Canadians landed to a slaughter on 20 August 1942, two months to the day after the Estevan Point mystery.

Perhaps the greatest clue to these suspicious occurrences came prior to the previous Christmas, on 7 December, 1941. The American Navy at Pearl Harbour was devastated that Sunday morning by a sneak Japanese combined sea and air attack. Why was the Honolulu base not on the fullest alert? A partial alert had been ordered when Japanese aggression was thought possible somewhere in the Pacific Ocean. Subsequent investigations numbering into the scores have uncovered the likelihood that President Franklin Roosevelt and his military commanders in Washington deliberately withheld the needed warning so as to shame powerful isolationists in the United States to go to war with Japan. One hour before the attack on Pearl Harbour, the United States Coast Guard in Point Bonita, California received a relayed wireless message that an American freighter, the Cynthia Olson, had been torpedoed by a Japanese submarine not far from its port of San Francisco.

The I-26 was part of the Pearl Harbour taskforce, under orders to seek out and sink American shipping upon the commencement of hostilities. The I-26 jumped the gun on 7 December 1941, giving the United States the real warning it needed to prevent the tragedy of Pearl Harbour. That warning was never sent. It was the same I-26 which supposedly shelled Estevan Point.

As the Second World War unfolded, the first months of 1942

were months of defeat, disappointment, and frustration for Canada and the Allies. The British lost North Africa and the Russians were faring badly in eastern Europe. In Washington, some of the Canadian members of the Permanent Joint Board on Defence doubted the necessity of the Alaska Highway. They were even more wary of the North-East Staging Route, like the North-West Staging Route from Edmonton, a grandiose project of two strings of enormous American air bases converging in a second, far northerly transatlantic route.

Their doubts were silenced when the United States applied pressure in Ottawa. The American Army arrived in Canada in 1942 in full force and had its magnitude and distribution been widely known, there could have erupted public alarm.

More adventurous yachtsmen with sturdy craft might venture further into the Pacific in order to trace the circumstance of the 20 June mystery; to latitude 54°, longitude 167°, Dutch Harbour, Alaska. Many American submarines operated from that base in 1942.

Special Service Medal



Looking more and more like the guest lecturers who frequent the Air Force Indoctrination School with every medal he receives, Maj Wes Postma accepts the Special Service Medal from Col Terry Rogers.

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- Fridays: Dance Nights 7-11 pm.
- Sundays: Video Nights 6-9 pm.
- Tuesdays/Thursdays: Baseball 6-8 pm. Starting Soon! (mid May)

Keep your eyes open
for upcoming
planning and information
meetings for
both teens and
parents of teens

HERE COMES THE SUN!

Summer Activities

Now that school is almost over for another year what are you going to do with yourself?
Here are some suggestions that we hope to offer you:
- camping,
- hiking,
- sailing,
- kayaking,
- windsurfing,
- arts/crafts, first aid, photography workshops.
Do you have any other ideas? Give Zan a call at 339-8290.

On & Off the Base

442 Snakes back to back Championship

The Commander's Cup Tournament was held at Glacier Gardens 11 - 14 April. The tournament was comprised of six teams; 442 Sqn, 414 Sqn, 407 Sqn, WAdmin/Ops, 19 AMS, and WLog.



Tournament opening face-off: 19 AMS, Sgt DeVries; Wing Commander Col Rogers, and WAdmin/Ops, Cpl Giese.

Champions Again

442 Sqn does it again. Just for the record, 442 won the following events in 1994: The No Snow Fest (again); A-Division Playoff Champions Intersection Hockey; 19 Wing Commander's Cup (again); the Snow to Surf (military champions). If anyone out there has any more events they would like us to participate in, please give advance notice - we've been extremely busy polishing the room full of trophies.

Life in the Lower Classes

by Bert Linder

"Hey Grandpa, where were you when the Battle of Britain was fought?"

"Well, sonny, I was 19 years old at the time and just graduated from the "Brat" school at Halton and I had joined the Central Flying School at RAF Upavon, Wiltshire.

Central Flying School is where they trained selected pilots to become Flying Instructors and, because of this task, there was one of each training aircraft in the service, also one of each operational aircraft being flown in the RAF. We also had our own fighters - a Spitfire and a Hurricane.

What was your question, sonny? Oh yes, the Battle of Brit-



Bert Linder, circa 1942

ain, Well, we were located just above Portsmouth on Salisbury Plain..."

The grandson then said "Did you kill any Germans?"

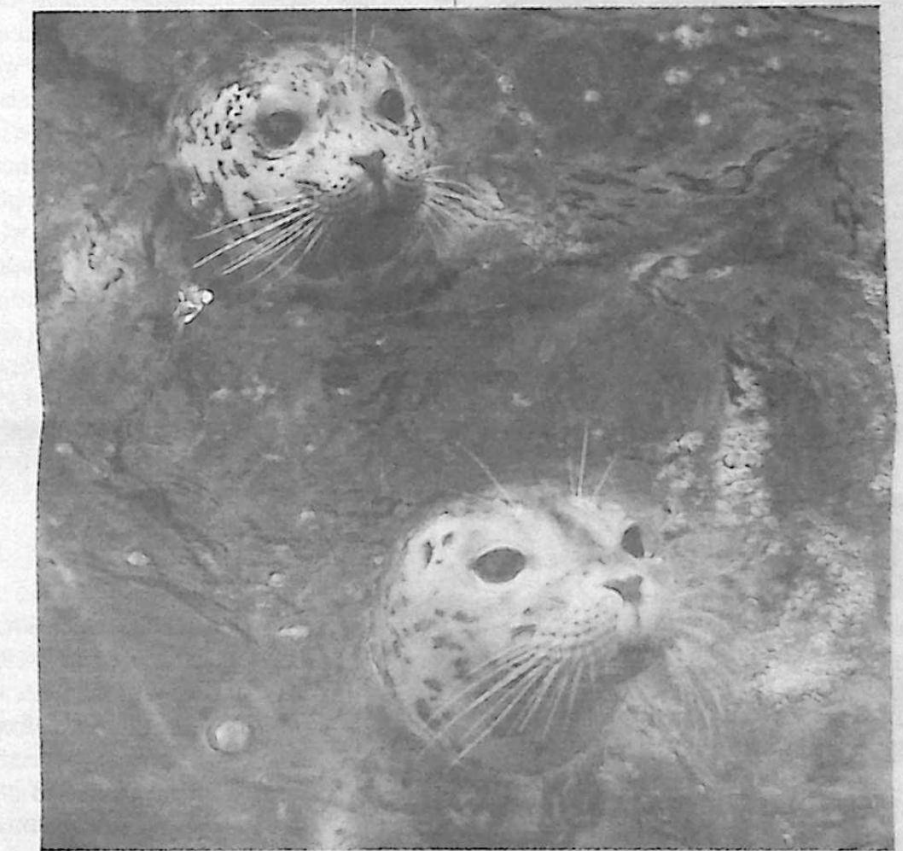
I said "Sonny, I may have contributed!"

Commander's Cup Champs '94



442 Snakes defeated WLog by a score of 3-2 to capture their second consecutive Commander's Cup. Standing L-R: Cpl Warden, Capt Turpin, MCpl Gough, Col Hardy, Cpl Smith, Cpl Letourneau, Cpl Maillee, Cpl Lagace, MCpl Lee. Kneeling L-R: Cpl Kilpatrick, MCpl Godin, Cpl Glowach, MCpl Boutin, Cpl LeClerc, Cpl Clairmont.

A TRUE STORY.



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LITTLE GUYS A MUCH
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We've been giving much needed rides to injured and abandoned Victoria harbour seal pups. The pups are spotted by volunteers and reported to the SPCA, who then give us a call and deliver the seals to our terminal. Then it's off to the Vancouver Aquarium.

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19 AMS Retirement

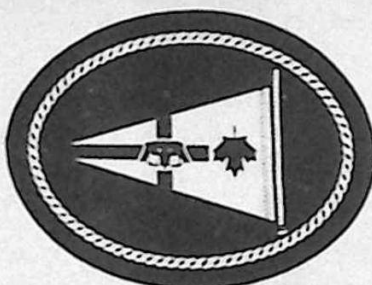


MCpl Ted Cornell receives his Certificate of Service.

19 AMS CDS



Cpl Champagne and Cpl Cahill receive their CDs.



19 Wing Yacht Club CFSA

Upcoming Events

- Dinghy Courses: Paul Hodge AFIS 8434
- 16-19 & 23-26 May 1800-2100.
 - 27-30 Jun & 4-7 Jul 1800-2100.
 - 15-18 & 22-25 Aug. 1800-2100.
- Fee \$40, plus club membership of \$35.
- Keel Boat Course:** Ed Goski 339-5401. Next one starts 14 May.
- Spring Cruise 21, 22, 23 May.** Skippers meeting Wed 18 May, after the work party.
- Harbour Day 5 Jun.** 19 Wing

Yacht Club will run a concession stand as per last year. CWO George Murley is the UPI (8895). Second quarter General Meeting 24 May, 1900 at Sea Survival School, Goose Spit. Topics for discussion are FRP, fishing, wine, power boaters and possibly sailing.

The club has been quite active with a group out every Wed and Fri evening. We have a BBQ on the deck with a good supply of burgers and dogs in the freezer. MWO Coffin is keeping the canteen well stocked so come on out and enjoy your club.

Way to go Mike!



Lt M.P.E. Rogers being presented with his Commissioning Scroll by Lt Col P.A. Drover, Wing Ops O.

info health

Dr. Bob Young



Perimenopausal Years

The perimenopausal years should be joyful ones for women, and indeed they usually are. These are the years, roughly from age 35 to 55, when the kids have grown, toil is less, there is more money and time for travel, social life, and recreation. Relative youth means that serious diseases are not likely to occur. Time to enjoy!

These are the years when careers, for both men and women, tend to peak and bring the rewards gained through jobs well done. Early perimenopausal years are when many women again begin to worry about conception control, usually misnamed birth control. The family is complete - a late "afterthought" pregnancy is not high on the wish list. Yet sexual activity remains a normal part of life, and fertility remains present until about age 45.

Perhaps when needed the most, the birth control pill, the most reliable method of contraception, has long been denied to women

over 35 years of age. They have had to switch to other methods, often resorting to tubal ligation to ensure sterility.

The reason for stopping the pill at age 35 has been concern over side effects, namely ones affecting blood vessels, breasts, and the uterus. There has been controversy over these for years.

Condoms are a nuisance in a monogamous relationship, diaphragms fiddly and cumbersome, creams are messy, and not always effective. Abortion, never meant for birth control, is psychologically and physically traumatic.

The good news for women is that Health and Welfare Canada has now approved the use of low dose oral contraception pills up to the age of menopause. Most of today's pills are in this category; women who are near 35 and on older formulations should switch.

Unfortunately, most women have heard so much about the dangers of the pill they remain sceptical. Research has virtually

proven that these earlier beliefs were false, and for practical purposes low dosage pills do not cause cancer - in fact, in older women they may even offer protection against breast cancer.

Blood clots are also no longer a concern, except in smokers, who should probably stop either the pill or smoking at age 35.

The "relative risk" profile is clearly in favour of the pill, with the gains in protection against heart attacks, reduction in menstrual problems and vaginal atrophy, and bone-weakening osteoporosis far outweighing essentially non-existent dangers.

In fact, as these columns have reported earlier, estrogen replacement should be continued through and after the menopause, long after the need for the pill (which contains estrogen) is past. In the US it is considered malpractice, by some, not to offer supplemental or replacement estrogen to menopausal women.

Tennis Elbow?

Question: When is tennis elbow not tennis elbow? Answer: Most of the time. Only about one case of tennis elbow in 20 occurs in tennis players; on the other hand about half of all those who spend time batting the ball over the net will get the condition sometime.

Hold your right arm out in front of you, palm up. Grasp the back of the right elbow with your left hand and find two bony bumps, one under your left thumb, the other, on the outside of the elbow, with your fingers. The fingers are feeling the lateral epicondyle of the humerus. When this area is inflamed and tender you have lateral epicondylitis, the medical name for tennis elbow.

The medical epicondyle, under your thumb, is the site of golfers' elbow, but that is a different story. Several muscles used to bend the wrist backwards originate in the lateral epicondyle, or nearby.

The backhand tennis stroke is just one activity that involves frequent extension of the wrist. Among others are using a paintbrush, hammer, or screwdriver, playing a violin, using pruning clippers or wire cutters, carrying a suitcase or loaded briefcase, paddling a boat, even shaking hands in a receiving line.

Even gentle activity such as typing may be the culprit. The essential ingredients are extension of the wrist and repetition.

This plethora of causes is why 95% of cases have nothing to do with playing tennis.

The patients win when the doctor presses the right spot and makes the diagnosis. It would be nice if treatment was as easy. Rest, then exercise, is generally recommended - though nobody seems to know how much of each, or when. Ice is good right after injury, but there is rarely a sudden injury in tennis elbow.

Cortisone injection into the

area is popular. Some doctors use it early, others only in resistant cases. I often prescribe a 10-day course of cortisone tablets, tapering from an initial high dose to none over the period. There is no danger when cortisone is used this way and it seems to be better tolerated than the alternative non-steroidal (non-cortisone) anti-inflammatory drugs.

Surgery is rarely required. It is effective, but usually reserved for patients who remain disabled after a year or so.

Move your hand down to the thick part of the forearm and feel the muscles tighten as you make a fist. That force normally goes to the lateral epicondyle. It can be diverted if an adjustable tennis elbow splint is worn snugly over the upper forearm. This is my favourite form of treatment. It provides comfort, allows limited continuing activity and, I think, helps speed healing.

Comox Air Force Museum

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NEXT DEADLINE 30 MAY - NOON

On & Off the Base

A La Mode

Fabulous Fish

by Diane Osterholm

With over 30,000 species of fish in the world, it's a wonder many of us limit ourselves to fish and chips, tuna salad and the occasional salmon dinner. I know, many people don't like fish because it tastes, well, fishy. True, some of the fattier kinds like mackerel have quite a strong flavour, but most white fleshed fish have a more delicate taste. With so many kinds available to us here on the coast, we really have no excuse not to serve it more often. Fish is an economical, high quality protein, lower in fat and calories than meat.

Freshness is the most important quality to look for when buying any fish or seafood. The eyes should be clear and bulging, the skin glossy and damp and the flesh firm and elastic. Don't be afraid to point out the pieces you want in the showcase and ask to look at it or even smell it if you have any doubts. Where the fish is pre-packaged, check it over for discoloration and press the flesh to make sure it has not started to go soft. Buy from a busy fish counter or market and you will have a better selection as well as a fresher product. I always give the fish a quick rinse as soon as I get it home.

To cut down on preparation, filets are the way to go. Skinless and usually boneless, they cost a bit more but there is less work and no waste. Whole salmon are nice when you have a few more people and can be poached, baked, BBQ'd or stuffed. My Aunt Carmel in Victoria serves this wonderful stuffed salmon with smoked oysters that everyone loves. Once a whole fish is cooked, the flesh can be easily

separated from the bones using a large knife. Slit down the backbone and slide the knife along the bones, lifting it off in one piece.

Fish can overcook very easily, losing moisture and flavour. Check at the thickest part, it should be opaque but still moist and flakey. Cooking fish en papillote is a wonderful way to keep it moist and flavourful; the smell when the diners open them up is delicious. Preparing them with mediterranean type seasonings - tomatoes, garlic and capers - is a nice change. Use any white fish you like. Salmon is usually better when prepared more simply; butter, white wine and dill, parsley or tarragon.

Sole is one of my favourites, and coated with almonds in the classical style is a fast and easy way to serve it. If the pieces are small, serve two per person. It should be piping hot, served up as soon as it leaves the pan.

Fish en Papillote

- 4 fish filets, any kind
- 4 tsp. lemon juice
- Salt and pepper to taste
- 4 squares of buttered parchment paper, or tinfoil, shiny side in.

Seasonings:

- Chopped garlic, onion, butter, parsley, dill
- Chopped tomatoes or sauce, capers, olives and garlic
- Olive oil, balsamic vinegar, basil, black pepper
- Salsa, green onions and olives
- White wine, butter, parsley, finely chopped carrots, celery, onions.

These can be made ahead and refrigerated. Place fish on buttered paper or foil and sprinkle with salt, pepper and 1 tsp of lemon juice. Add whatever sea-

soning or combination you like. Fold over and seal edges. Bake packages on a cookie sheet at 400° about 10 minutes. Tinfoil packages may also be cooked in the BBQ with the lid closed.

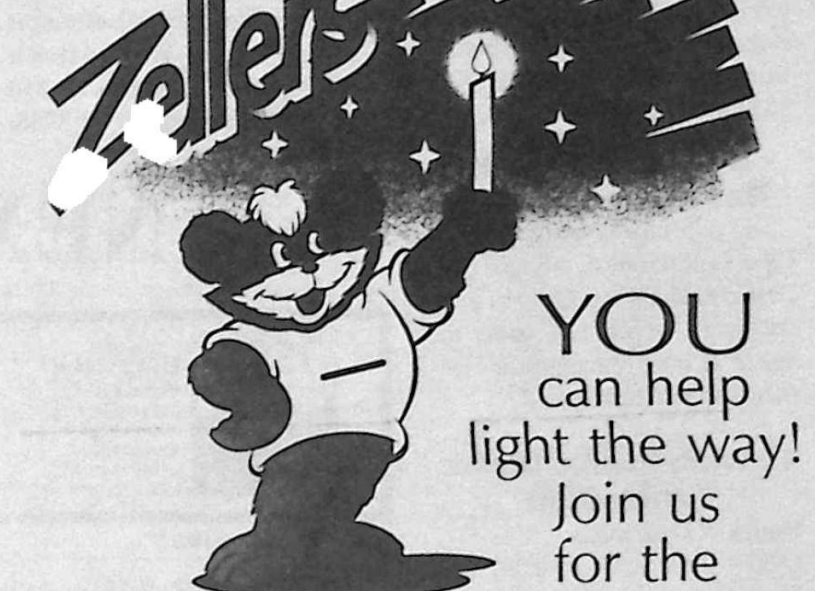
Sole Amandine

- 4 sole filets, or any thin fish filet
 - 1/4 cup sliced almonds
 - 1/4 cup flour
 - 1T. lemon juice
 - Salt and Pepper to season
 - 2T. butter
 - 4 lemon wedges
 - Chopped parsley to garnish
- Just before serving, mix flour and almonds on a plate. Sprinkle lemon on fish, season with salt and pepper, press into flour mixture. Melt butter in a fry pan over med-high heat. When butter starts to foam, add fish and cook just until almonds start to brown, about 20 secs. Turn fish and cook other side. Serve immediately, garnished with parsley and lemon.

Whole Stuffed Salmon

- 1 whole salmon
 - 2 cups coarse bread crumbs
 - 1/4 cup chopped onions
 - 1/4 cup chopped celery
 - 1 can smoked oysters, chopped fine
 - 1 tsp. each parsley, dill, tarragon
 - 1/2 tsp salt
 - 1/2 tsp. pepper
- Mix stuffing ingredients together in a bowl. Rinse off salmon inside and out and pat dry. Place on an oiled cookie sheet or piece of tinfoil. Stuff salmon and press edges together. Fold tinfoil to seal or cover with foil if using a cookie sheet. Bake at 375° for about 1 hour or in a closed BBQ. To serve, cut off slices, carefully working knife through backbone.

STEP BY STEP



YOU can help light the way! Join us for the

9TH ANNUAL MOONWALK

WE CAN BEAT CYSTIC FIBROSIS!

SUNDAY, MAY 29th, 1994

OVER \$5.5 MILLION RAISED SO FAR & STILL WALKING FOR CYSTIC FIBROSIS! \$1.00 Gets You A Zellers Moonwalk Coupon Booklet Full Of Great Values & Savings!

Cystic Fibrosis Moonwalk

By Lori Macpherson

Do you like to walk, jog, bike or rollerblade? YOU can help "light the way" towards a cure for Cystic Fibrosis by getting pledges and joining in the Moonwalk on 29 May at 10:00 a.m. It begins in the Comox Marina Park, proceeds 10 Km through a scenic walk in Comox and ends back in the park with a BBQ. Pledge forms available at the Zellers service desk.

Six year old Amy Macpherson has Cystic Fibrosis. CF is an inherited disease which primarily affects the respiratory and digestive systems. It requires Amy to take artificial enzymes with food to absorb sufficient nutrition. She must undergo a demanding daily routine of physical therapy intended to keep lungs free from congestion and infection.

As parents of a child with CF, we are faced daily with challenges of keeping her as healthy as possible. In spite of our best efforts, this disease progresses re-

lentlessly causing further degeneration of these systems. Cystic Fibrosis for the most part is invisible, the damage to her lungs cannot be seen. The children in her classroom hear her frequent cough, not understanding the disease. I saw tears in her eyes when a friend whispered to her at a music festival, "Try not to cough, okay?"

Amy has learned already, at her young age, that coughing is a "good thing" for her. It keeps her healthy and alive. Her undaunted spirit keeps her determined to pursue the same activities as other children her age. Her courage to live life to its fullest comes from support of her family and from the generosity of the giving public.

Thanks to funds raised for CF, medical/scientific research is making advances which could have a profound impact on the course of this disease. We're not there yet though, and we've never needed your help more. "Step by Step" we can beat Cystic Fibrosis.

CD Awarded



Sgt Vanderheyden receives his CD from Lt Col van Boeschoten.

Telemarketing Scams

"Once bitten, twice shy does not apply to the repeat victims of telemarketing scams," says Valerie MacLean, Better Business Bureau General Manager. "Many victims of phone fraud are not learning their lesson and getting taken a second time by slick scammers who use "sucker lists" to keep the money rolling in."

These lists contain the names, addresses, phone numbers and sometimes other information of people who have responded to bogus telephone solicitations. The lists, which are created, bought, and sold by some telemarketers, are invaluable to unscrupulous promoters because they know that consumers who have been tricked once are vulnerable to additional scams.

The scammers use a variety of approaches to re-target the consumer on the sucker lists. One growing scam is called the "Re-

covery Room." Consumers who have lost money to a telemarketer are contacted by an individual claiming to represent a government agency, private company or consumer organization that works, for a few, to recover lost money, a product or a prize. Of course, this caller is likely to be just as bogus as the one that perpetrated the original rip-off, and many, in fact, work for the same firm.

In another approach, an unethical telemarketer may use prize incentives to persuade consumers to purchase additional merchandise, and lead them to a "grand prize." However, it may be several weeks or more before the products and "prizes" are delivered, and it is likely that the items will be overpriced and inferior in quality. By that time the consumer's credit card account has been charged or cheques cashed,

and the fraudulent company may be long gone.

Consumers should not be taken in by companies offering to recover funds lost to telemarketers for a fee. Says MacLean, "Check the company out with the Better Business Bureau before agreeing to purchase anything."

The Better Business Bureau is a non-profit preventative reporting agency urging you to protect yourself: before you invest, investigate; before you give, get the facts; before you sign, read it all - keep a copy. When in doubt, find out. Remember - rackets cannot survive without public support. They live on your money and will flourish only as long as you support them.

For more information contact: Valerie MacLean at: phone (604)681-0312 or Fax (604)681-1544.

NEXT DEADLINE 30 MAY - NOON

Public Announcements

Take Off Pounds Sensibly

TOPS #BC3454, Lazo, meets every Wednesday at the Base Rec. Centre at 6:30 p.m. For information call Wendy at 339-9851 or Elaine at 338-1200.

Dependant Use of Base Gym Facilities

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

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.

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.

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.

Avist

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

Western Line Dancing

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

339-6016

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Base Librarian Colleen Gagnon

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We have bestsellers, pocket book exchange, children's books, Base newspapers and magazines.

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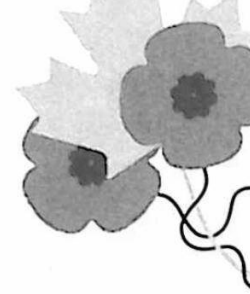


d'Esterre House Seniors Association

Flea Market & Bake Sale on Sat. 28 May, 8 a.m. to 12 noon at d'Esterre House, 1801 Beaufort Avenue, Comox. You can rent a table! Cost: \$5 members, \$10 non-members. Phone: 339-3988.

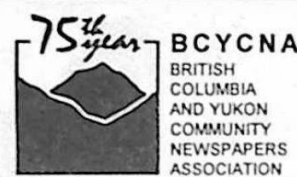
d'Esterre House Seniors Association

Pancake Breakfast - 3 pancakes, 3 sausages and beverage: \$3.00 at d'Esterre House, 1801 Beaufort Avenue, Comox on Sat. 28 May, 8 - 11 a.m.



CANADA REMEMBERS
LE CANADA SE SOUVIENT

NEXT DEADLINE 30 MAY



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<p>ENGINES REBUILT from \$795. ENGINE remanufacture from \$995. 6 months to pay. 6 Year 120,000 warranty. Bond Mechanical building engines for 28 years. 872-0641, 8-8, 7 days.</p> <p>CANADA ENGINES Ltd. Quality remanufactured engines 6cyl from \$995. V8 from \$1,095. 6yr 120,000km limited warranty. 580-1050 or 1-800-665-3570. 12345-114 Ave. Surrey. BCAA Approved.</p> <p>BUSINESS OPPORTUNITIES</p> <p>VEHICLE LEASE: Drive a new vehicle and write off the cost. No down payment. Call Andy at 328-9211 DLR. #8367.</p> <p>AT HOME Business, or add to your present business. For a total investment of under \$50,000, you can enjoy high returns in the computerized embroidery business, now available in your area. Call Denis in Calgary at 1-800-661-9089.</p> <p>OCEAN VIEW 7.9 Acres on Sunshine Coast, 3 Bdrm. House, 8 Unit Motel, \$1,000. monthly income plus daily revenue. Restaurant potential. \$279,000. 1/2 cash. 1-467-9716.</p> <p>GOLIGER'S TRAVEL...has excellent travel agency franchise opportunities available throughout British Columbia. We provide training, support and industry leading programs. No experience necessary. Operate your own travel business and experience life. Call David Duncan 1(416)926-0814.</p> <p>CORSINI FASHIONS. Affordable designer silk clothing. Run your own business. Anywhere in Canada. Financially rewarding. Full-time or Part-time. Free information 1-800-269-1699.</p> <p>\$500-\$1000 WEEKLY at home, simple, easy, pleasant work that puts cash in your mail box. Act now! For free information send long self-addressed stamped envelope to R.N.B. Marketing, Box A240-1027 Davie Street, Vancouver, B.C. V6E 4L2.</p> <p>BUSINESS PERSONALS</p> <p>LOOKING FOR Sizzle? Exciting girl-next-door XXX photos! For discreet, free, no-hassle info write: Karen, Box 670-GB Kelowna, B.C. V7P 2P2. Adults only please!</p> <p>SPICE UP Your Love Life! Order adult-only novelties from your home. Lotions, oils, games, books, plus more! For your Free Catalogue call 1-800-979-3998.</p>	<p>VINYL WINDOWS/Patio Doors for new construction/renovations, standard or made to measure. Shipped anywhere in B.C. (No Minimum!) (Seconds/returns available at 1/2 price). Call Mon-Fri: 7:30a.m.-5:30p.m. Fax: 795-4574. Direct call 1-795-4575 Cascade Windows Mfg. Inc. 1-800-661-6099.</p> <p>COMING EVENT</p> <p>THE REFLEXOLOGY Association of B.C. is proud to announce our 25th Anniversary. All members cordially invited to attend our dinner, May 28th. Please call (604)435-8325.</p> <p>EDUCATION</p> <p>BE A SUCCESSFUL Writer, and write for money and pleasure while learning how. You get individual tuition from professional writers on all aspects of writing - romances, short stories, articles and TV scripts, articles and children's stories. Write, call or fax today for our Free Book, "How To Be A Successful Writer". Toll-free 1-800-267-1829. Fax: (613)749-9551. The Writing School, 218 McArthur Ave. Suite 2109, Ottawa, ON K1L 6R2.</p> <p>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.</p> <p>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.</p> <p>EMPLOYMENT OPPORTUNITIES</p> <p>COSMETIC & IMAGE Rep required for The World's Premier Skin Care and Image Company. Executive income. Company car. Flexible schedule. Professional training. Free information. 1(306)955-0690.</p> <p>FOR SALE MISC.</p> <p>DISCOVER THE easy way to grow food without pests or pesticides in John Bede Harrison's latest book "Growing Food Organically". Order from the author at 9600 No.5 Road, Richmond, B.C. V7A 4E2. The former location where, for 50 years, John worked and taught to make it simple. Visa, Mastercard or money order - \$15. (Includes postage, handling and G.S.T.)</p>	<p>STEEL BUILDINGS From Western Buildings. Quonset and Straightwall Designs "Pre-Engineered" for fast construction. B.C. Company (Guaranteed Lowest Prices) New Year Specials! Offices Through-out B.C. 1-800-565-9800.</p> <p>FUTURE STEEL Buildings - Quonsets 25'X36' \$5,962, 30'X40' \$6,593, 35'X50' \$8,478. Straightwall Quonsets 25'X35' \$6,730., 30'X44' \$7,593. Endwalls, Sliding Doors, Freight to Vancouver & G.S.T. included. 1-800-668-5111.</p> <p>GROWER DIRECT, warehouse prices. Dried and preserved plants and flowers. Shipping cost \$4.85 per 11 lbs. anywhere in Canada. Eucalyptus, baby's breath, roses, sinuata, caspia, German statice, strawflowers, gyp, pennycress, broom bloom, Spanish moss, raffia, excelsior, grains, grasses, poppy pods, cinnamon sticks, lotus pods, fruit slices, pine cones, cattails, pepperberries, scented incense sticks, dyed, and painted plants. Colour brochure plus 72 page catalogue assorted craft supplies. \$4. Crysbi Crafts, RR#3, High River, AB, T1V 1N3.</p> <p>KARAOKE - MR. Entertainment, Canada's largest karaoke dealer, has the largest selection of singalong tapes and related karaoke products. Call now for our free catalogues 1-800-661-7464.</p> <p>3-UNIT 34'x40' Portable Classroom, 9-Unit 60'X90' Portable Classroom, Sprinkler System, 2-Gas Furnaces, commercial size. Can be sold separately or in complex. Phone: 837-4574 Revelstoke.</p> <p>GARDENING</p> <p>ONE STOP Greenhouse Shop. B.C. Greenhouse Builders Ltd., 7425 Hedley Ave., Burnaby, B.C. V5E 2R1. Free Brochure. Aluminum/Polycarbonate SDP. Doubled-walled Greenhouses, Solariums & complete line of Greenhouse Accessories. Telephone (604)433-4220, Fax: 433-1285.</p> <p>HELP WANTED</p> <p>TRUSS DESIGN Technician. Job Requirements: Structural Draughtsman, Sales and Estimating Experience; Computer knowledge an asset - additional computer training available. Fax resume to: (604)428-3575, or mail to Box 2415, Creston, B.C. V0B 1M0.</p>	<p>AS SEEN On Television, Community Safety Product that helps your emergency services, needs a leader in your area. Easy \$20/Hr to start. (604)988-1126.</p> <p>KITCHEN CABINETS</p> <p>CABINETS 1/2 PRICE. In stock, countertops/vanities also. Kitchen Craft Factory outlet. Cash and Carry Cabinet Warehouses</p> <p>** 4278 Lougheed, Burnaby 298-9277 ** 19700 Langley Bypass, Langley 534-7273 ** 800 Cloverdale Ave., Victoria 475-1159 ** 561-11th Ave., Campbell River, B.C. 287-8787.</p> <p>LIVESTOCK</p> <p>RABBITS WANTED! 5/1 2lb. average live weight. We pay \$1.10Xlb. N.Z. Whites or Californian preferred. Contact Marc Jones at 421-3100, Hills Foods Ltd., Burnaby, B.C.</p> <p>MISCELLANEOUS</p> <p>POETRY CONTEST \$12,000 in prizes yearly. Possible publication. Send one original poem 20 lines or less: National Library Of Poetry, Box 704-ND, Owings Mills, Md 21117.</p> <p>COINS - A unique approach to collecting from Heritage Collectibles. Handsomely mounted and framed collections of historic coins and banknotes. Free colour catalogue 1-800-461-5796.</p> <p>MOBILE HOMES</p> <p>BUY FACTORY Direct. Save thousands of dollars. Ridgewood Homes, B.C.'s #1 selection of manufactured homes, 14'X70' starting at \$38,900. Free info: 962-9114.</p> <p>CUSTOM DESIGNED Mobile and Modular Homes. Buy factory direct and save thousands on your new manufactured home. Remanufactured units also available. Noble Homes 1(403)447-3414.</p> <p>PERSONAL</p> <p>DARE WITH Flair, 602 Comox Road, Nanaimo, B.C. V9R 3J3 introduces our full colour adult catalogue, Spice up Your Love Life, discreetly, \$10. refundable on purchase. (604)753-5995, Fax: (604)753-5977. Visa.</p> <p>WOULD YOU like to correspond with unattached Christian people across Canada for companionship or marriage? S.A.S.E. Free information. State age. Ashgrove, P.O. Box 205, Chase, B.C. V0E 1M0.</p>	<p>HOME SHOW - New Manufactured Homes May 6-15, Woodgrove centre, Nanaimo. Opens Noon Daily, 10 am Saturdays. Manufactured Housing Association of B.C.</p> <p>4000 SQ. FT. To Lease to a compatible business in the same building as a United Buy and Sell Franchise. Box 1545, Creston, B.C. V0B 1G0.</p> <p>SALES</p> <p>OUTSIDE SALES PERSONS Work for a worthwhile cause, the Canadian Taxpayers Federation, to gather support from business-owners and individual taxpayers concerned about growing Government Debt and Wasted Taxes. Auto required, cold-call sales experience preferred. Exclusive agents to be appointed throughout rural B.C. Resume to CTF, 17232-59A Ave., Surrey V3S 5S5. Ph/Fax: 576-1771.</p> <p>SERVICES</p> <p>WE TAKE The Fear 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.</p> <p>SPORTS EQUIPMENT</p> <p>TRAMPOLINES FACTORY Direct. 13 foot square Splash Bounce, 16 foot round Super Bounce. 1-800-663-2261 Parts, Repairs, All Makes.</p> <p>TRAVEL</p> <p>NANCY GREENE Lodge, Whistler Spring Special. Spring skiing - comfy accommodations. Rates from \$69 midweek and \$79 weekends. Special valid April 17 to May 23, 1994. Limited space. Call 1-800-667-3363.</p> <p>WHISTLER-BOOK Now-Spring Skiing 200' from Quicksilver Quadchair. Underground parking, jacuzzi, pool. Seattle Seahawks stay with Sea To Sky Condo/Hotel Rentals 1-800-667-5529, Fax: (604)938-9611.</p> <p>DARE TO Dream - Your own fantastic vacation in the sun... Fabulous, Exotic Thailand. For the best fares/escorted tours call the Orient Experts, Brooks Holidays (Vancouver)... 1-800-663-6698.</p>



Legion Log

BRANCH 17 COURTENAY
334-4322

*** EXTRA EVENTS ***

Tues May 17.....Branch executive meeting
Thurs May 19.....Spring Fun Darts
Tues May 24.....Branch General Meeting
Please note new time: Dances start at 8 o'clock
Fri May 13.....Ed Wood & Norm
Fri May 20.....Sidewinder
Fri May 27.....Westwind
Sat May 28.....Charity Auction

*** REGULAR ACTIVITIES ***

BINGO..... Sun at 7:00 PM, Upstairs
MONDAY.....FUN EUCHRE
WEDNESDAY.....FUN CRIB
EVERY 2nd THURSDAY.....FUN DARTS
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 ***

May 13.....Music by WESTWIND
May 20.....Music by WILD RIVER
May 27.....Music by ELDORADO
June 3.....Music by ALLEYCATS
June 10.....KARAOKE NIGHT
June 17.....Music by WESTWIND
June 24.....Music by WYLIE & THE OTHER GUY
Sunday afternoon 26 June - music by WYLIE & THE OTHER GUY from 3 - 7 p.m. in the Lounge.

Father's Day - Sunday 19 June. Watch for further details.

*** REGULAR SUMMER EVENTS ***

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 recessed until Sept.
TUESDAYS.....Ladies Crib League, Lounge, 7:30 PM
..... Mixed Dart League, Upper Hall, recessed until Sept.
WEDNESDAYS.....Navy League Drop-In Bingo
..... Upper Hall, 7:00 PM
..... Comox Valley Men's Crib League recessed until Sept.
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, 3:00 to 6:00 PM
..... Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 3:00 to 6:00 PM
Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

NEXT DEADLINE 30 MAY NOON

On & Off the Base

Focus Resumé on Facts

by Lt (N) Linda J. McNally, WPSO
(Cited from William G. Fitzpatrick, Non-Commissioned Officers Association of the USA)

If you are leaving the military in the next few months, you probably have given some thought to developing a resumé to advertise your skills. This is an important part of the transition process, so most people spend a significant amount of time conducting research, writing and rewriting drafts before the final product is produced.

There is a lot of information available on the subject, with most book stores devoting a shelf or two for the latest "how to" books. There are also a lot of so called "experts" around who are more than willing to provide a fair amount of advice on the best format to ensure your resumé will be read by a hiring official. The problem is the amount of information and advice that is available. Unfortunately, there is so much available that at times it appears to be contradictory, or at best confusing to the job seeker. It seems that everyone has a strong opinion and insists their opinion is the only correct one.

The retiring service person is faced with the task of having to sort through all of this information. The reality is that most of the information provided by authors, trainers and experts in the field of job search and resumé preparation is correct. Unfortunately, not every point applies to

every job seeker. Some ideas apply to technicians and some to managers. Formats differ according to the depth of experience and significance of certain types of work history. For military people, many of who have never written a resumé the information is almost overwhelming. What advice should be heeded and what should be discarded?

The operative word in making these kinds of decisions is "relevance." You must review each bit of data to determine if it is relevant to the message you are trying to project. This includes past experience, format, personal qualifications or special skills.

Because of the depth of work experience most military people have in their background, their resúmes tend to provide employers with too much information. With the unemployment picture still hovering at a fairly high level, most hiring managers are deluged with stacks of resúmes for every vacancy, and just don't have the time to wade through the unrelated experience to determine what is relevant to the position they are trying to fill.

For example, a corporate recruiter evaluating a military retiree for a customer service position would have little interest in military schools such as "nuclear biological and chemical warfare training" or "basic combat training," but might be very interested in courses that emphasized administrative or communications skills. Work experience

for the same position that included a period of time as a tank commander would not be nearly as valuable as time spent as training coordinator or administrative supervisor.

So what's the answer? It's simple. What is the position (or types of positions) you are interested in pursuing? Read employment advertisement or vacancy announcements for like positions carefully. Find out what kind of tasks and skills the companies are looking for an then focus your resumé to highlight specific experience. Read your resumé from the point of view of the hiring manager and critically evaluate each item of information you are providing. If the experience, education or training is relevant to the position, be sure it is included. If it isn't, leave it out.

One final point to remember is that the resumé is not designed to provide every bit of information necessary to make a hiring decision. It is designed to provide enough information to decide whether to call a person for an interview. Much of the information concerning collateral duties and additional experience in related areas will be discussed during the interview but, if included, will tend to clutter your resumé with unnecessary facts. Stay focused on providing specific information that will interest someone in wanting to learn more about you.

CMFRC holds Volunteer Appreciation Party

April 18 - 24 was Volunteer Appreciation Week. The CMFRC held a volunteer appreciation party for all of its volunteers on Tues 19 April. There was

plenty of good food and good conversation. Certificates of appreciation were presented and door prizes were given. We would like to thank the following

local businesses for their support in donating door prizes for the party: Art Knapp's Plantland, Farquharson Farms Ltd., Lazo Barber Shop, Cut Rite Hair Styling, and the Griffin Pub.

Thanks again to all our volunteers for their hard work throughout the year. We couldn't possibly provide all the services and programs that we currently do without your generous gift of time, skills and knowledge.

CMFRC Information Sessions

Every three or four weeks the CMFRC hosts an evening information session. Guest speakers are invited to speak on a wide variety of topics and presentations are followed by refreshments and discussion.

The next session will be 26 May, 7 p.m. at the CMFRC. Our guest speaker on this evening will be Doreen Fraser who will be speaking with us about her experiences as a military wife and mother.

Everyone welcome. For more information contact the CMFRC at 339-8211, local 8655.

CMFRC Volunteers Appreciated



L-R: CMFRC teen volunteers Mary Wyers and Darren Blair and youth worker Suzanne Sinclair.



L-R: Anne Laybolt & son Andrew.

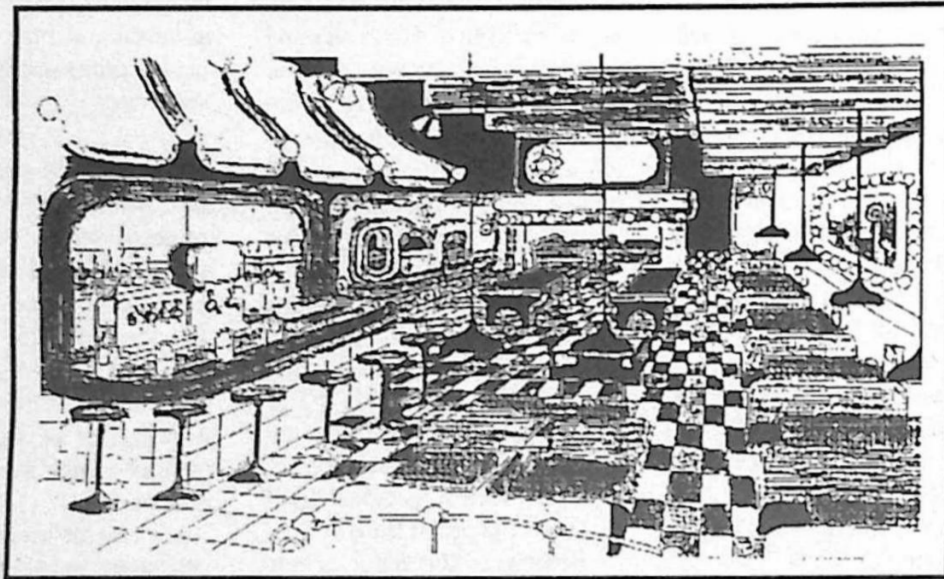
L-R: Catherine Sorensen & Fay George.



TOWN of COMOX
RECREATION DEPARTMENT



WHAT'S HAPPENING with the
COMOX TEEN CENTRE?



Many Thanks to the following organizations and businesses who have contributed to the Teen Centre renovation.

- Town of Comox
- Comox Recreation Commission
- Braden West General Contracting
- Courtenay Plumbing Ltd.
- Grant Floors & Window Fashions Ltd.
- Guthrie Electrical Contracting Inc.
- Steel's Cabinets Ltd.
- Weisgerber Masonry
- Sportathon 1994
- Up With People

All aspects of the Comox Community Centre Teen Centre are under renovation. We are anticipating many new and improved results from our current renovations. Look for our **GRAND OPENING in JUNE**

If you would like more information as to this program please contact our new Centre Coordinator Adrienne Basso at 339-2255.

Three hours worth of fat burning, muscle pumping fun!! A moderate to slightly intense cardio workout, floor work and a good long stretch (different levels will be offered, so please take it at your own pace)

All participants will have a chance at winning one of a number of draw prizes from: Nike, Power Productions Music, Coca-Cola, and Gilda Marx Aerobic Wear.

Energy breaks will be provided with fruit and bottled water from our local Snow Cap Waters Inc.

****Also for your entertainment we will be offering a "4-D Stepping" demonstration, a "Slide" demonstration, and a chance for you to try out your sliding talents.****

For more information please call the Comox Community Center at **339-2255**

THE COMOX COMMUNITY CENTRE
presents it's

1st Annual
FitWeek



Saturday, May 28th
1:00-4:00 pm

Registration: ALL THOSE PRE-REGISTERED BY TUESDAY, MAY 24TH, NOON WILL BE AUTOMATICALLY PUT INTO A DRAW FOR FREE CCC '10 PASS FITNESS PUNCH CARDS".

Those unable to pre-register by May 24th may register up until 12:45 on May 28th but will not be put into the Punch Card draw.

Location: CCC Gym A/B
1855 Noel Avenue,
Comox, B.C.
V9M 2H4

Fee: \$4.67 + GST =
\$5.00/ person

* all monies raised will be going back into the CCC Fitness Program for the purchase of new equipment and overall improvements.



COMOX
COMMUNITY CENTRE
PRESENTS



DATE: Friday, June 10th
TIME: 5:30 - 9:30 pm
LOCATION: CCC Meeting Room
INSTRUCTOR: Mark Kozlowski,
Life Consultants
FEE: \$30 + GST = \$32.

Fitness CPR provides exercise enthusiasts and professionals with the "hands-on" experience necessary to respond with confidence to a variety of exercise related emergencies.

***Don't miss this fun, creative & invaluable course*
FOR MORE INFORMATION CALL
1855 NOEL AVE. COMOX B.C. 339-2255**

COMOX COMMUNITY CENTRE
PRESENTS



DATE: Saturday, June 11th
TIME: 9:00am - 4:00pm
LOCATION: CCC Meeting Room
INSTRUCTOR: Mark Kozlowski,
Life Consultants
FEE: \$50 + GST = \$53.50

Fitness First Aid provides exercise enthusiasts & professionals with the knowledge to respond confidently to a number of exercise related emergencies. Learn about the needs of exercise facilities, their instructors & participants in a way you never imagined in a first aid course. This is one of the most realistic, informative & exciting first aid courses available to fitness buffs.

***Please wear comfortable, old clothing for simulations*
FOR MORE INFORMATION CALL:
1855 NOEL AVE. COMOX B.C. 339-2255**

CF News



THE ROYAL CANADIAN LEGION
PACIFIC COMMAND
"THE LEGION AT WORK IN B.C."
172 BRANCHES WITH OVER 107,000
MEMBERS AND AFFILIATES: -

- SINCE 1955 HAVE SPONSORED SENIOR CITIZENS IN LOW RENTAL HOUSING WITH A CONSTRUCTION COST OF OVER \$68,000,000 AND A CURRENT VALUE MANY TIMES THAT
- OVER \$260,000 IN BURSARIES AWARDED
- AN ADDITIONAL \$12,000 IN SPECIAL EDUCATION FUND GRANTS
- OVER \$350,000 ON PHYSICAL FITNESS, SPONSORING A VARIETY OF SPORTS TEAMS
- OVER \$1,000,000 FROM POPPY FUNDS TO EX-SERVICE PERSONNEL AND THEIR DEPENDENTS IN NEED AND FOR OTHER AUTHORIZED PURPOSES
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- PROVIDE A PROVINCIAL SERVICE BUREAU FOR ALL VETERANS, EX-SERVICE PERSONNEL AND THEIR DEPENDENTS
- DONATE SPECIAL EQUIPMENT AND FURNISHINGS TO HOSPITALS AND EXTRAS, FROM TELEVISION SETS TO BUSES
- BRANCH AND LADIES AUXILIARY MEMBERS VISIT VETERANS IN HOSPITAL
- OWN AND PAY TAXES ON MORE THAN 90 MILLION DOLLARS VALUE OF LEGION PROPERTIES IN BRITISH COLUMBIA
- PROVIDE \$60,000 ANNUALLY TO THE DEPARTMENT OF FAMILY PRACTICE AT UBC. OVER 200 FAMILY DOCTORS HAVE GRADUATED SINCE INCEPTION IN 1978. MOST OF THESE ARE IN PRACTICE IN BC, INCLUDING A LARGE NUMBER IN RURAL AREAS. ALSO, \$50,000 ANNUALLY FOR A COMMUNITY GERIATRIC DIVISION AT UBC
- \$15,000 ANNUALLY FOR STUDENTS' ATTENDANCE AT THE ENCOUNTERS WITH CANADA YOUTH CENTRE IN OTTAWA
- \$10,000 ANNUALLY TO SEND YOUNG BC ATHLETES AND COACHES TO A LEGION SPONSORED NATIONAL ATHLETIC CAMP
- 151 LADIES AUXILIARIES WITH OVER 8,500 MEMBERS RAISED OVER 3 MILLION DOLLARS AND SUPPORTED MANY DESERVING CHARITIES AND LOCAL BRANCH PROJECTS

How to Love Yourself

by Louise L. Hay

1. STOP ALL CRITICISM. Criticism never changes a thing. Refuse to criticize yourself. Accept yourself exactly as you are. Everybody changes. When you criticize yourself, your changes are negative. When you approve of yourself, your changes are positive.
2. DON'T SCARE YOURSELF. Stop terrorizing yourself with your thoughts. It's a dreadful way to live. Find a mental image that gives you pleasure (mine is yellow roses), and immediately switch your scary thought to a pleasure thought.
3. BE GENTLE AND KIND AND PATIENT. Be gentle with yourself. Be kind to yourself. Be patient with yourself as you learn the new ways of thinking. Treat yourself as you would someone you really loved.
4. BE KIND TO YOUR MIND. Self hatred is only hating your own thoughts. Don't hate yourself for having the thoughts.

5. PRAISE YOURSELF. Criticism breaks down the inner spirit. Praise builds it up. Praise yourself as much as you can. Tell yourself how well you are doing with every little thing.
6. SUPPORT YOURSELF. Find ways to support yourself. Reach out to friends and allow them to help you. It is being strong to ask for help when you need it.
7. BE LOVING TO YOUR NEGATIVES. Acknowledge that you created them to fulfill a need. Now you are finding new, positive ways to fulfill those needs. So lovingly release the old negative patterns.
8. TAKE CARE OF YOUR BODY. Learn about nutrition. What kind of fuel does your body need to have optimum energy and vitality? Learn about exercise. What kind of exercise can you enjoy? Cherish and revere the temple you live in.

Employee Assistance Programme



9. MIRROR WORK. Look into your eyes often. Express this growing sense of love you have for yourself. Forgive yourself looking into the mirror. Talk to your parents looking into the mirror. Forgive them too. At least once a day say "I love you, I really love you!"

10. DO IT NOW. Don't wait until you get well, or lose the weight, or get the new job, or the new relationship. Begin now - do the best you can.

Your 19 Wing
EAP Referral Agents
Carol Anderson ... 8356
Evelyn Femia ... 8336
Pat Landroche ... 8374

LE CANADA SE SOUVIENT
CANADA REMEMBERS

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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.

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Don Wyld, CD1, RRS
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Bring your family, friend, neighbour
co-worker, teacher, boss
See you there!

CELEBRATE CANADA • MAY 15 - JUNE 30



COURTENAY
SCHOOL DISTRICT



The Comox Valley unit of the Heart and Stroke Foundation of BC & Yukon is about to release a marvel of mechanical engineering in Comox and Courtenay. On May 27 and 29 groups of 30 pedal pushing passengers from our community will jump onto one colossal bicycle and take part in the BC Tel "Big Bike Ride."

Measuring 8 feet across at the wheels and extending 30 feet long, the Big Bike is a spectacle you won't want to miss.

The BC Tel Big Bike Ride is more than just an entertaining community event, it is also an opportunity for people to raise money for the Heart and Stroke Foundation of BC and Yukon. "It is a fun-filled event that encourages people to support an important cause" says Norman Chandler, who is organising the rides in Comox and Courtenay. "We are looking for companies, service organizations, and other community groups to get involved in the rides."

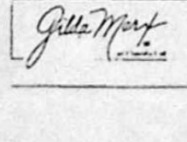
Teams are made up of 29 riders who ride approximately a 5 kilometre course around the towns. Each team displays a sign with their organization's name on the Big Bike while riding.

All pledge money will be used to fund life-saving heart and stroke research and health promotion programs.

If you require more information regarding the BC Tel Big Bike Ride, contact Norman Chandler at 339-1159.



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Alcohol - How it can Affect Your Health & Nutrition

By Lt J.M. Nogue, WDEC
(Excerpt from an article by Christina Dye)

You're an "average" Canadian drinker. Maybe you like to relax with a cocktail after a long day at work. And maybe you enjoy a glass of wine with dinner or a brew or two during the game of the week.

You don't depend on drinking to relax or to get through the day, and alcohol's never seemed to cause, or contribute to, any problems for you. (At least, not any real problems.)

Basically, you can take it or leave it alone, and either way, drinking isn't that big a deal.

Of course, alcoholism is one definite long-term risk associated with alcohol use. And there are plenty of "average" people who started out drinking moderately and ended up staying at the party too long.

In fact, according to Alcohol-Drug Education Service, approximately 300,000 British Columbians are problem drink-

ers. Any one of them should be able to tell you that problem drinking can be a real problem indeed.

But it's not the only problem tied to drinking, not by a long shot. That's because alcohol is a complex chemical that produces a complex range of health effects (and problems). And you don't have to drink too much to have them happen in your life. In fact, maybe no more than you already drink.

So how much alcohol is too much? Well, that depends on who you are and how you define "too much." Statistics tell us that, in 1986, British Columbians consumed over 9.0 litres of absolute alcohol per person, compared to the Canadian rate of about 8.0 litres per person. In fact, BC has the highest per capita consumption rate of all the provinces.

That's a dubious distinction no matter who's counting, or who's pouring.

Still, whether or not a particular part of all that drinking is too much for you can depend on a lot

of factors, including social setting (a black-tie dinner or bowling with the boys?), individual habits (are you used to drinking a lot, a little, or at all?), and even the time of day (a 7 o'clock martini will attract different types of notice, depending on whether it's 7 o'clock in the morning or evening).

One thing about drinking that doesn't change much is the rate at which alcohol is metabolized, or broken down in the body. That happens at a pretty consistent rate of about one-third ounce of pure alcohol per hour.

That means that no matter how much or how often you drink, if you drink more than that for longer than that you're going to undergo the toxic effects of alcohol. And that means that no matter how much hot coffee you pour into yourself (or cold showers you pour onto yourself), nothing will alter that rate.

Another constant is the relative equivalency of alcohol content in different types of drinks. In other words, a 12-ounce bottle of beer

contains about the same amount of alcohol as a shot of 86-proof whiskey or a highball or a six-ounce glass of wine. That's why you can always drink too much, whether you're drinking beer or whiskey or pina colodas with little umbrellas on the side.

And while most of us may think that distilled liquors, like bourbon or gin, and "fortified" wines probably pose the most risk, health-wise, all types of alcohol produce similar wear and tear on the body if you drink enough.

What kinds of wear and tear? All kinds of wear and tear. Perhaps the best-known sign that all's not well after a bout with John Barleycorn is the hangover, that miserable feeling that sets in the morning after too much, too soon, the night before. But regardless of how, or when, or in whom hangovers happen, morning-after misery represents the body's reaction to the toxic effects of alcohol. And those effects can occur at very low levels of drinking, even before a drinker

feels alcohol's intoxicating action.

Probably the best single way to minimize the possibility of problems is to simply be responsible about drinking, by being aware that alcohol is a powerful drug and then treating it like one. That means taking care if you're going to be taking a drink, whether taking care takes the form of taking a cab when you're out on the town or simply taking it easy when a friend tries to insist on another round when you've had enough.

It also could mean passing up on drinking altogether for some people, particularly pregnant women and for those taking prescribed medications, which can produce deadly interactions when taken with alcohol.

It can mean a lot of things, because there are a lot of things we each can do to take the danger out of drinking. But they all start with each of us. And they all end with being responsible. Here's looking at you, kid.

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- *** All civilian employees (DND) at CFB Comox ***
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- *** 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 ***

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Bulletin Board

Attention Cross Stitchers!
CP-140 Aurora pattern for counted cross stitch now available from Handmade Memories in Cross Stitch, Greenwood, NS. Chart pack includes graph, symbol chart using DMC colours and photo of stitched plane. Mail cheque or money order for \$4.99 plus GST to Handmade Memories in Cross Stitch, PO Box 657, Greenwood, NS. BOP 1N0 or call (902) 765-9245 for more info.

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On & Off the Base

A Press Release From Your Community Police

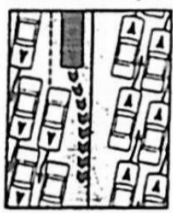
SECONDS CAN SAVE SOMEONE YOU LOVE



Everyday a countless number of emergency vehicles are dispatched to the scenes of accidents, fires and crimes across Canada. Time is an important factor in the race to aid those in need of assistance as mere seconds could mean the difference between life and death. In order to arrive on the scene of an emergency promptly, emergency vehicles must be able to move through traffic swiftly and avoid creating accidents.

At the same time the motoring public must also be aware of their responsibility in regards to the action they must take when they are approached by an emergency vehicle with lights flashing or siren sounding. The following five case scenarios detail the common errors as well as the proper action motorists must take in routine situations involving an emergency vehicle.

Case #1 Heavy Rush Hour Traffic.

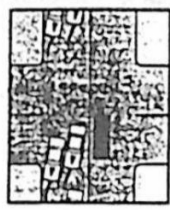


Imagine you are in the middle of rush hour traffic on a mild April day. The traffic situation, as usual, is horrendous. Although the flow of traffic is fine, motorists surround you. You are constantly on guard looking ahead to make sure the car in front of you is not braking and checking your sides to ensure that no one cuts in front of you. Suddenly, you hear a siren wailing. You glance up into your rear view mirror to see what is happening when you realize that an emergency vehicle is directly behind your car. As your eyes widen in surprise you ask yourself, "What should I do?"

In most cases motorists refuse to pull over to the right because they are caught up in the flow of traffic and are readily concerned with reaching their own destination. As a result the emergency vehicle becomes trapped behind the traffic and cannot pass through the grid lock.

In heavy rush hour traffic, motorists in the right hand lane must pull as close to the curb as possible while motorists in the left hand lane pull as close as they can to them. The law states that traffic in both directions must follow this procedure. When this course of action is followed the emergency vehicle is left with enough room to pass.

Case #2 Blocking An Intersection.

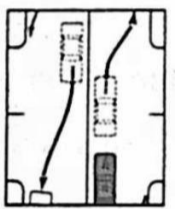


As you approach an intersection you spot an emergency vehicle preparing to make a left turn. Do you pass through the intersection quickly to allow the emergency vehicle to turn after you or do you volunteer to yield to the vehicle?

Unfortunately in this case emergency vehicles are frequently blocked at intersections while trying to make left hand turns by incoming motorists who fail to yield the right of way. As a result of this precious time is wasted as the vehicle must wait for an opportunity to turn.

In this case motorists in both directions must yield to the emergency vehicle. Motorists should pull to the right and stop before they reach the intersection. Motorists must always yield right of way to an oncoming emergency vehicle making a left hand turn.

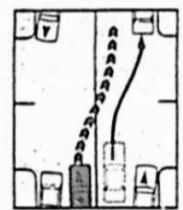
Case #3 Turning Left In Front Of Emergency Vehicles.



A motorist who makes a left hand turn in front of an emergency vehicle is perhaps one of the most ignorant and dangerous drivers on the road. Not only is this action unlawful but it is one that could result in disaster. This motorist is not only endangering his or her own life, but the lives of those responding to an emergency as well as those they are trying to help.

In this situation the motorist must abort the left hand turn and pull to the right. The motorist must also be sure not to block the intersection while completing this procedure.

Case #4 Turning Left In Front Of Emergency Vehicles.

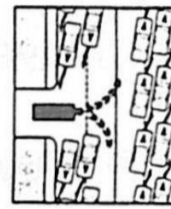


While preparing to make a left hand turn you check oncoming traffic to ensure that it is safe to complete the turn. As you begin to turn you hear a siren behind you. You glance into your rearview mirror and to your surprise an emergency vehicle is approaching in

what is usually the oncoming traffic lane. This scenario is the result of the drivers failure to obey simple laws of driving.

Motorists are obligated by law to check what is happening behind them before making a left turn. Again a left turn must always be aborted when confronted with an emergency vehicle. In this instance the motorist should proceed straight through the intersection before pulling to the right and stopping.

Case #5 Emergency Vehicles Leaving Their Stations.



Another common problem emergency vehicles face is that motorists frequently decline to pull to the right and stop for emergency vehicles pulling out from their stations. As a result of this seconds, or perhaps even minutes, of response time is wasted.

The law requires motorists to pull to the right and yield to the emergency vehicle before it even touches the road. When this procedure is followed it allows the emergency vehicle to turn onto the road and be responding to a call in seconds.

With increased awareness and courtesy of the motoring public will come a decline in the amount of time it takes emergency vehicles to reach their required destination. Again it cannot be stressed enough that time is truly of the essence when responding to any emergency. Motorists must also keep in mind that the emergency vehicle they yield to may be rushing to save the life of someone they love.

SECONDS CAN SAVE SOMEONE YOU LOVE

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This fifteen minute production educates motorists about emergency vehicles while detailing true to life scenarios. For more information or to purchase a copy call;

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Summer Diving's Here!

by Lt. Ackland

The warmer spring weather has arrived and with it, motivated divers. In response to this renewed diving spirit the 19 Wing Pacific Divers Scuba Club is becoming more active. There are several dives and courses planned. The major upcoming dives include Gabriola Passage drift diving and the G.B. Church wreck dive. We also have another basic course and an advanced course planned. The club has already had several successful dives and even ran a basic open water course.

In early April the club headed off to the G.B. Church for a wreck dive with three club divers; Brian, Dax and myself. A boat is required for this simple wreck dive. Brian and I drove down to Cowichan Bay and launched from there about 11:00 a.m. on a beautiful sunny day with light winds. It took about 35 minutes through light swells to get to where the Church was sunk in about 80 feet of water. Brian and I dove the Church for a total bottom time of 30 minutes. It is diver

friendly with many large escape doors throughout the wreck and there is even some life beginning to grow on this man-made reef. This is a great dive for beginning wreck divers.

When Brian and I ascended to the surface we were greeted by a fairly strong surface current, but we managed to return safely to the boat.

We began to suit up for the next dive when Dax noticed he had forgotten something. Anyway, who really needs a weight belt when you can pick rocks off the ocean floor. A compassionate Brian volunteered his weight belt to Dax, and Dax and I completed an enjoyable dive on the Church.

At the end of the month the club ran an open water course. There were five eager baby bunnies on this course with good representation from ATC. Al, Mary, Kristen, Dan and Rolly are the newest members of the diving community; congratulations!

The course took two weeks; classes were held at the club and in the base pool. The most excit-

ing part of the course for the new divers undoubtedly were their first open water dives. They took place at the old ferry landing on Quadra Island and at Madronna point south of Parksville. The dives on Quadra turned out to be challenging due to an unexpected nasty current but everybody handled the current and finished their first two open water dives. The following day, Sunday, the course spent the day diving at Madronna Pointe where, apparently due to seismic activity, the underwater topography had changed since the last time I dove there. A certain wall and some octopi were never found; better navigating next time I hope.

Now you know what has happened, here are some details about upcoming events with the club. First of all, 1994/5 memberships are due and we have finally got the club ID card process underway, so bring in your little pictures with you.

On 24 May long weekend, the Gabriola drift diving trip is on. Contact Cpl Mailhot at 8399 for

TEAMS WANTED... FOR THE 3RD ANNUAL WALK or RUN 24 HOUR RELAY

LAST YEAR IT WAS FOR THE CT SCAN FUND, THIS YEAR...

DONATE 24 HOURS FOR PEDIATRICS!

For a long time now, there has been a need to upgrade the pediatrics ward at St. Joseph's General Hospital. Plans include the construction of a new sun room and a renovated play area for family day visits (and overnight accommodation) - all in close proximity to the children's ward area. Since funding is not available from the hospital due to province wide budget restraints, the Relay Committee has accepted the challenge to raise the necessary money for the appropriate renovations and furniture.

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more info, or call the club during operating hours. There is also an advanced course planned for 14 & 15 May, consisting of five dives over the weekend, with minimal classroom work. If you are interested, please contact Cpl Mailhot, or the club.

There will also be another Basic Open Water Course beginning on 16 June. Dates are 16, 18, 19, 23, 25 & 26 June with classes from 7 - 11 p.m. on 16 & 23; 12 - 6 p.m. on 18 & 19 and full days of diving on 25 & 26. For more info contact Lt Ackland at 8116, or Cpl Mailhoit at 8399, or the club during operating hours.

Once again the warm weather is upon us and I know everybody's thoughts are turning to diving. The club has 10 standard rental packages available. Basic and other advanced courses are available for those of you who are keen on getting into the sport, or interested in increasing their knowledge. There is also a complete list of divers (who love to dive), with contact numbers and qualification levels.