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TOTEM TIMES

19 Wing CFB Comox B.C.



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COST: PRICELESS

Hornell's Action



Flight Lieutenant D.E. Hornell earned a posthumous Victoria Cross in this action against German submarine V-1225 in World War II. Story on page 5.

19 Wing to host H.M. the Queen

Her Majesty Queen Elizabeth II will visit CFB Comox on Wed 17 Aug. She will arrive at HMCS Quadra by floatplane at 11:45 am and proceed via car to the base.

Her route will proceed along Comox Avenue to Anderton Road, right on Guthrie Road and then left on Pritchard Road for the remainder of the journey. She will arrive at CFB Comox at 12:15 pm.

Queen Elizabeth will then inspect an Air Force guard of honour, watch a fly-past, sign the CFB Comox Visitor's Book, meet with local dignitaries and accept a presentation of flowers. The Queen will also be invited to view a static vintage aircraft display and a painting commissioned to honour the 50th anniversary of the base. At 12:40 Her Majesty will depart CFB Comox by Airbus for Prince George.

Stage Set for Airshow '94

With just over two weeks remaining, the personnel at 19 Wing Comox are eagerly awaiting another airshow, slated for Sun 7 Aug. As well as the dynamic air displays of the Snowbirds, Skyhawks and CF-18, this year's all-military airshow will feature the aerial excitement of the CC-150 Polaris, CF-5, A-10, T-33 T-Bird, CP-140 Aurora and

the famed B-1 Stealth Bomber and B-52 Stratofortress - will provide all-day viewing interest.

Your airshow ticket makes you eligible to win a free trip to one of three European locations and your lucky airshow program number enters you in a draw for a free ride on either the Harvard or Pitts Special. Gates open at 0900 hours.

a 442 Sqn search and rescue demonstration.

For the first time at Comox, the AV-8 Harrier will demonstrate its remarkable aviation capability, the only aircraft in the world that can hover like a helicopter and fly as a jet. It is featured in the hit summer film *True Lies*, starring Arnold Schwarzenegger. A long list of static aircraft - including

On & Off the Base

SCAN Transition Tips

Resumés should Focus on Skills

by
**Lt (N) L.J. McNally,
Wing PSO**
(Cited from William G. Fitzpatrick, the Non-Commissioned Officers Association of the U.S.A.)

In preparing an effective resumé, it is important to know exactly what standards employers use to evaluate candidates. You can be sure that the ultimate goal of the human resources or employment manager will be to match the right person to the right job in the least expensive way possible.

You won't have much time to impress this manager through the use of your resumé. Generally, hiring executives spend less than a minute conducting an initial screening of potential candidates and then come back later to conduct an in-depth reading of resumé that initially appeared to meet their requirements. Your task is to ensure that you make it through the first cut and are still around when the in-depth reading takes place. The task is accomplished by knowing what employers are looking for.

It is critical to learn the qualifications for different types of positions. That is accomplished through some in-depth research at your local library. The information can be found in professional and trade journals, and reinforced with a thorough review of employment advertisements. With your research complete you can

ensure that all of the accomplishments listed on the resumé relate directly to your capabilities. Don't begin to write your resumé until you have completed the research.

The next step is to understand how an employer evaluates your qualifications. Recruiters need four "bits" of information to make a hiring decision:

1) They must know your objective in applying to the company.

2) They have to know what prepared you for the position in terms of education and technical training.

3) Carrying the thought of it further, they have to know what your work experience in the field has been

4) Finally, they need some personal information about you that helps them to round out the decision to call you for an interview.

Your job is to provide all of that relevant information in a format that is easy to decipher and will show the recruiter that you are a viable candidate worth spending the time to talk with. Some basic guidelines from corporate recruiters will help you in understanding what a company is really looking for.

Objective

Focus on a single position or career field. Don't try to write a "generic" resumé that will answer any position in the field. Tell the employer exactly what you want to do for the company.

Education

Separate military and academic education. Describe only the military training that relates to your skill in a given field. Convert strange sounding course names such as "Jr/Sr Leadership" to English phrases like "Basic/Advanced Leadership Training Program for Supervisors."

Work Experience

Summarize your experience within a career field. Don't provide a laundry list of assignments. Focus on functional areas. Omit experience that does not relate.

Personal

Provide pertinent information such as professional certifications, security clearance, and a valid address and telephone number. Leave out comments about your hobbies and interests (unless they relate). Ask yourself the following question for every entry: Does this add to my ability to perform the job, or am I just feeding my ego?

Write your resumé for the reader and not for yourself. If you provide an employer all of the information that is necessary to evaluate you as a potential employee in a special field, you will be well on the way to getting that important opportunity to sell yourself in person. It is not important to tell an employer every single task you have ever performed, only those that relate to the position you are trying to fill.

Encouragement

by
**Fr. Conrad Verreault
Wing Chaplain (RC)**

A high school teacher told Ernest Hemingway, "Forget about writing. You're not that good." A college debate coach told Fulton Sheen, "You're the worst speaker I ever heard." A music teacher told Enrico Caruso, "Your voice sounds like wind in shutters."

Hemingway, Sheen and Caruso were tough-minded young people. They were determined to succeed and they did. They overcame negativity of teachers who didn't believe in their potential.

But how many youngsters are that tough? How many young people have their dreams dashed to pieces by negative teachers and parents?

As you know, to belong, to be part of, to be cared for, to love, to be loved, to be worthwhile, are the inner yearnings and desires of every man and woman.

The human personality responds marvelously to love. We know this from our own experience. When we are loved by others, especially by those who are dear to us we tend to become a better person, to do good for others, to help make this world a better home for the human family.

How encouraging and supportive are we, especially in our dealing with young people? Do we make the effort to be really available to them showing our love and concern - displaying a sincere attitude which says, "Yes, I am really interested in you and I have time for you." Such an attitude means so much to the young people, especially when that person's heart is usually burdened with the harshness of human existence.

Jesus always showed a special love and attention to all and so must we. He never broke the bent reed. He never blew out the flickering candle.

Lord, help us pass on to others the good news that no dream is impossible, no foe is unbeatable, that "everything is possible for the person who has faith." (Mark 9:23)

Jesus always showed a special love and attention to all and so must we. He never broke the bent reed. He never blew out the flickering candle.

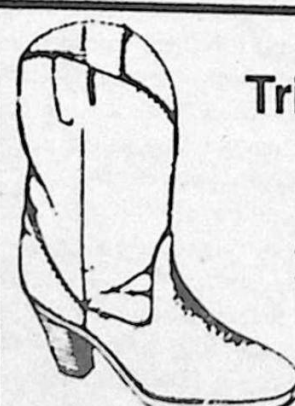
Lord, help us pass on to others the good news that no dream is impossible, no foe is unbeatable, that "everything is possible for the person who has faith." (Mark 9:23)

Bored with Barracks? Nothing on the Tube?

Paperback Book Sale

(mostly for men)

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On & Off the Base

On the West Coast Trail



(L-R): MCpl Jerry Grenier, Commissionaire Slim Chapman, LS Chris Sheehan, AB Cyril (Sterile) Odo, AB Larry Page and AB Steve Choquette.

Expedition "Enforcement Officer"

Six members of the 19 Wing Security and Military Police (SAMP) Flight recently completed seven days of Adventure Training on the West Coast Trail (WCT), known as one of the most gruelling hikes in North America. Although it couldn't be that hard, being as popular as it is, or so we thought!

The hike consisted of 75 km over a period of seven days and, despite the torrential, monsoon-like rainfall, we managed about nine hours of hiking a day.

The WCT is isolated, strenuous, challenging, and potentially dangerous, with the threat of

meeting an ever-friendly black bear or cougar present throughout. Being as the hiking season had only recently begun, the trail was in rough shape after the winter storms and we suggest anyone planning a hike on the trail plan it for later in the season.

Our entourage was required to negotiate such wonderful obstacles as crossing deep gullies on fallen trees, navigating steep washed-out slopes, following irregular and extremely slippery/broken boardwalks, not to mention the pure pleasure of crossing rivers that appeared to be travelling at 200 mph. This river

forced us to spend an extra day on the trail as a tree had fallen on the cable car, and the rainfall had caused the river to run fast and furious. We waited it out and managed to splash our way across without getting overly soaked.

Rucksacks weighed 55-75 lbs and dropped weight fast after day two or three, a result of our eating 5-6 meals a day in attempts to lighten the load. Spirits remained somewhat high throughout.

Besides bumps, bruises, sore knees and ankles and a mild concussion suffered by one of the hikers (who deserved it), things went without incident. Nevertheless, everyone in attendance plans on suffering through it again as soon as possible.

"5 to 6 Meals a Day"



Lightening the load.

"Rucksacks weighed 55-75 lbs."



Bumps, bruises, sore ankles...

Former BComd appointed St. Clair College President

The Chair of the Board of Governors of St. Clair College of Applied Arts and Technology, Fred Castle, announced today the appointment of John E. (Jack) McGee, as President, effective 1 Aug 94.

In his introductory remarks Mr. Castle stated, "In our new President we have a person who will lead us through this decade and literally into the next century; a person who will lead us, not as passive observers, rather as active participants in the globalization of how we do business."

Prior to his selection as the President of St. Clair College of Applied Arts and Technology in Windsor, Ontario, Mr. Jack McGee was Dean of Science and Technology at George Brown College in Toronto.

Mr. McGee was involved in education and training throughout his earlier Navy and Air Force careers, and notably as a Standards and Training Officer, faculty member, Curriculum Development Officer, and Director of Studies in a variety of posts up to the postgraduate level at the Canadian Forces Command and Staff College, in Toronto.

Earning his Bachelor of Arts Degree (Summa Cum Laude) and the University Gold Medal at Saint Mary's University, Halifax, Nova Scotia; Master of Public Administration Degree, at Auburn University, Montgomery, Alabama; Mr. McGee was a doctoral candidate in Strategic Studies and International Relations at

York University, North York, Ontario.

Starting his career in the Royal Canadian Navy Mr. McGee served as a Chief Cadet Captain of his class and earned the Naval Officers' Sword on graduation. He earned his pilot's wings with the RCAF and flew from the Canadian aircraft carrier, HMCS Bonaventure, and several US Navy carriers during an exchange tour with the US Navy.

Mr. McGee has held a number of operational and administrative posts in Defence Headquarters, and attended the Air University of the US Air Force. He commanded 412 (VIP) Squadron flying Queen Elizabeth II, the Queen Mother, other members of the Royal Family, and a number of international and national dignitaries, including prominent Windsor politicians, the Hon. Eugene Whelan and the Hon. Herb Gray.

Prior to leaving the Air Force he was the Commander of CFB Comox on Vancouver Island where he played a role in the surveillance, reporting and cessation of pirate drift-net fishing off the west coast of Canada.

Mr. McGee was born in Guelph, Ontario where he has a brother, Elton. He has two sisters, Mrs. Olga Hall in London, and Mrs. Vera Saunders in Woodstock. He is married to the former Donna McNeill of Victoria, B.C. They have two sons: Michael in Victoria, Patrick in Vancouver, and a daughter, Nicole, in Windsor.

Bicycle Safety Rodeo

On 3 June the Security and Military Police hosted the 10th Annual Bicycle Safety Rodeo at Airport Elementary School. The 300 children who participated were required to complete a written test on Bicycle Safety procedures prior to competing in the actual rodeo. The rodeo consisted of six skill testing stations. Every participant's bicycle was put through a safety check by Pedal Pusher Cycle staff who generously volunteered their time.

Prizes were awarded to the top three finishers in each of three

categories. The following is a list of winners:

Kindergarten to Grade 2

1st Nathan Couvrette
2nd Nick Haley
3rd Nicholas Burley

Grades 3 and 4

1st Guillaume Berube
2nd Jared Lloyd
3rd Jennifer Smith

Grades 5 and 6

1st Shawn Lywood
2nd Ryan Reid
3rd Sandra Grantham

Prizes were generously donated by the following local businesses: Zellers, Canadian Tire,

Rodeo Winners

Black's Cycle Pedal Pusher Cycles, Sarah's Bicycle and Repair Shop, Dairy Queen, Pizza Hut, Comox Valley Credit Union, Gerry Boucher/Homelife Realty, and PCK Bike Warehouse (Nanaimo). Overwaitea Foods, Safeway, Thrifty Foods and McDonalds donated food and refreshments for the lunch provided for all participants and helpers.

The Military Police would very much like to thank all the sponsors for their continued support in making this event such a wonderful success.



Lucky lads and lasses line up with Col Rogers.

Editorial

PM's Armed Forces Day Message

The Honourable Jean Chretien

I am proud to extend this country's heart-felt thanks to you, the men and women of Canada's Armed Forces.

Several weeks ago I visited your colleagues in Bosnia and Croatia and was deeply impressed with their level of professionalism and dedication. Their diligent and tireless work has gained even the respect of the belligerents throughout the former Yugoslavia.

Your UN peacekeeping activities continue to bring great pride to this country and garner respect from around the world. In Rwanda, Canadians alone have been flying relief supplies into Kigali. The UN force in Rwanda, credited with saving many thousands of lives is, of course, led by our own Major General Dallaire, who this month received the Meritorious Service Cross in recognition of his outstanding efforts.

In another part of the world, a 43-year undertaking is about to come to an end. With the Cold War just a memory, Canada's last remaining NATO base in Ger-

many - CFB Lahr - will close. Tens of thousands of Canadian service personnel have served there since 1951. I wish to congratulate them all for their excellent work in helping preserve peace in Europe. As a full and active member of NATO, Canada will continue to send CF personnel to Europe to serve with NATO units.

Fifty years ago Canadians were making their presence felt in Europe on the beaches of Normandy and beyond as they liberated French, Belgian and Dutch towns from the grip of the Third Reich. I had the honour of addressing veterans of that historic struggle on the occasion of the 50th anniversary at Juno Beach. Canadian veterans should rest assured that the mantle they carried so high for Canada has been safely passed to the steady and unyielding hands of today's Canadian Armed Forces.

I am proud of Canada's military men and women, and Armed Forces Day give us all an opportunity to salute your achievements.

Norm Blondel



Thank you for Waiting

While the Editor and his wife were touring the U.K., an exercise in cliff-walking (Guernsey), traffic-dodging (everywhere), eating (everywhere), hiking (to compensate for the eating), and pub-lunching (the best part), our neglected readers went without their fishwrapper for five weeks. In the meantime, the photos and other mail piled up. We processed most of the pics, but if yours isn't in this edition, we will catch up on Aug. 18, when the next fishwrapper is due out.

We thank you for your patience, and, strikers at the Free Press permitting, this edition will reach you some time on July 28. Meanwhile, enjoy this glorious summer and watch out for the youngsters on the roads. As part of your holiday enjoyment, check out the latest displays in the Air Force Museum. That place gets better by the day.

TOTEM TIMES

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CF Housing Agency

New Kid on the Block

The wheels of bureaucracy grind ever so slowly, and this has never been more true than with the situation that exists regarding the married housing in the DND. The chronic complaints about the condition and the cost of running our stock of married housing has been vexing the department since the late 1970s. After so many years of study, a turning point in this endless story occurred in 1993 when the concept of a Special Operating Agency (SOA) was suggested as perhaps the appropriate organizational structure to provide the way out of the maze.

An SOA is a service delivery unit within a department that has been given more direct responsibility for results and the specific management flexibility it needs to reach the best possible level of performance. SOAs operate under a business plan and management framework that cover the results and service levels expected.

With a final burst of effort in late 1993, a Treasury Board submission, accompanied by a business plan, was drafted and gained the approval of the Minister of

National Defence. This has gone to the Treasury Board and formal approval is expected shortly. This charter designates the Canadian Forces Housing Agency (CFHA) as being responsible for the 22,000 owned, married housing and the management of the 2,000 leased housing units that currently exist in the department. The CFHA has launched into a two year transition phase, during which a myriad of supporting plans will be formulated, staffs designated and trained, and new systems put in place. The agency should be fully operational on 1 April 1996.

What does this mean to the average married patch occupant? Not very much over the next two years. You will continue to receive the same service from the same source as you do now. Rental rates will continue to be administered as they are currently and all planned rate increases will still be phased in.

A small transition team has been put together in Ottawa and it is hard at work on the many things that have to be sorted out. A key function is the matter of communicating with the commands and

bases/wings/stations. The CFHA is committed to keeping occupants, employees and chain of command fully aware of what is happening and going to happen (or not happen) on the road to the new housing regime. The CFHA is surveying who is currently involved in housing management and maintenance. Eventually it will have a system for surveying occupants of married housing to determine their concerns, likes and dislikes about the housing and the military community. It will be doing everything in its power to enhance the housing, improve living conditions and provide the best housing available for the rents being paid.

At this moment there are a variety of projects underway at bases across Canada which are attempting to make the housing operation more efficient. These will continue, but the CFHA will be closely monitoring them to ensure that these innovations are in keeping with the long term goals of the agency.

If you, the occupants of married housing, have any concerns, the CFHA would be glad to hear

Continued on page 5

Andrew Mynarski, VC

Dear Editor,

The many commemorative events and articles concerning the 50th Anniversary of "D" Day (6 June) overshadowed another 50th Anniversary which should be honoured by Canadians. I refer to the gallant action of Pilot Officer Andrew Mynarski of 419 Squadron RCAF, on the night of 12 June 1944.

This officer was mid-upper gunner in the Lancaster which was attacked and severely damaged during a raid on Cambrai. The aircraft was set on fire between the mid-upper and rear turrets, as well as the port wing. The crew were ordered to bail out, but P/O Mynarski saw that the rear gunner was trapped in his turret, and went through the flames to help free his crewmate. This proved to be impossible and the rear gunner indicated that P/O Mynarski should try to save his own life.

With his clothing on fire, he turned towards the rear gunner, saluted, and jumped out of the Lancaster. By now his parachute was also on fire. His descent was seen by the French, who found him, but he was so badly burned that he died.

This heroic deed was reported when the rear gunner whom P/O Mynarski had tried to save returned from a German POW camp, having miraculously survived.

On 11 October 1946, King George VI conferred the Victoria Cross (posthumously) on Pilot Officer Andrew Mynarski.

And all this was also fifty years ago.

Today, the Canadian Lancaster, code letters VR-A proudly bears these letters, the code letters of P/O Mynarski's aircraft.

Let's not forget!
Tet Walton

Community Policing and You

The Security and Military Police are now conducting foot patrols throughout the PMQs in an attempt to establish closer ties between our police and community. Foot patrols are not a new concept, rather it is back to the basic values - communication and working with people, sharing information, and solving the problems which a community feels are important.

Our objective in conducting foot patrols is to work with the community as much as possible in an attempt to solve the problems which cause people to call upon the police for assistance.

Everywhere the police must

rely heavily on the cooperation of the community they serve for information. The amount of community involvement in policing may very well dictate the success of the war against crime. This cooperation of the public is important if crime prevention strategies are to be successful.

Remember the Military Police are here to serve and protect this community, so approach them with your concerns, complaints and suggestions. Together the residents of the PMQs and the Military Police can make our community a much safer and harmonious place to live.

Passive Smokers, Speak Up!

by Lt Nogue, WDEC
(Excerpt from article in Hygeia by Lt (N) C. McGuire)

Secondhand smoke or Environmental Tobacco Smoke (ETS) is the most common and harmful form of indoor air pollution. It is made up of two kinds of smoke:

Mainstream smoke, which is the smoke that smokers breathe into their lungs and then out in the air; and

Sidestream smoke, which comes from the burning end of the cigarette between puffs.

Secondhand smoke has up to 4,000 chemicals, and more than 50 of them are known to cause cancer in humans.

More Housing

them. If you have any suggestions for improving the lot of the married patch occupants, please pass them on to the CFHA. If staffs at your base, wing or station cannot answer your questions, you can write directly to:

Col. G.A. Zypchen
Chief Executive Officer
Canadian Forces Housing Agency

Three of the cancer-causing chemicals found in secondhand smoke are so dangerous that the North American air quality rules used by most governments say no one should ever be exposed to them.

Sidestream smoke has more tar, nicotine, carbon monoxide and other chemicals that cause cancer than the smoke inhaled from filtered cigarettes by the smoker. When a cigarette burns, about 85% of the smoke that goes into the air is sidestream smoke.

The question that you must ask yourself is - Are you going to remain a passive smoker, or are you going to speak up?

Continued from page 4

12 Berger Building
100 Metcalfe Street
Ottawa, On. K1A 0K2
The CFHA is dedicated to the improvement of housing for married personnel of the Canadian Forces. Its mandate is to provide quality, affordable housing to members of the CF and their families in an efficient and cost effective manner.

Comment

The Hornell Story

by Col E.S.C. Cable

In June 1944, F/L Hornell's crew along with several other aircraft and crews from 162 Sqn, were deployed from their home base in Reykjavik, Iceland to Wick in northern Scotland. Their task was to intercept German submarines transiting from Norway to the waters off the Normandy invasion coast.

On returning to Wick following a 10-hour patrol on 24 June 1944, F/L Hornell and crew, flying a Canso 9754 "P", sighted a German submarine U-1225 at 6300n North, 0050 West. The following extract from Hornell's citation conveys the story.

"Hornell called action stations and turned to attack, U-1225 opened up with anti-aircraft fire which became increasingly fierce and accurate. At a range of 1200 yards, the front guns of the Canso replied; hits were obtained on and around the conning tower of the submarine, but the aircraft also was hit, two large holes appearing in the starboard wing.

Ignoring the enemy's fire, F/L Hornell carefully manoeuvred for the attack, oil was pouring from the starboard wing; the fuel tanks were in danger. Holed in many places the Canso was vibrating violently and difficult to control. Nevertheless, Hornell pressed home his attack, knowing chances of escape for him and his crew were growing more and more slender. He brought the aircraft to attack altitude and released his depth charges in a perfect straddle. The submarine's bow was lifted out of the water

and then it sank, the crew was seen in the sea.

F/L Hornell required superhuman effort to maintain control and to gain altitude. The fire in the starboard wing had grown more intense and the vibration increased. Then the burning engine fell off. With the utmost coolness, Hornell turned his aircraft into the wind and, despite extreme dangers, ditched the aircraft on the heavy swell. Badly damaged and blazing furiously, the aircraft sank."

All eight crew members exited the aircraft safely. However, only one of the two dinghies was serviceable so the crew took turns, one at a time in the water, hanging onto the outside of the dinghy while their compatriots inside furiously baled out the sea water in an attempt to stay afloat.

After four hours in the water, the crew was sighted by a Norwegian Canso which flashed a message indicating that a high speed launch was coming to their rescue. Meanwhile, the wave height increased to 50 feet and winds picked up to 45-50 knots, causing the dinghy to capsize and the crew to lose everything except their baling bag and a water can. After 14 hours, the crew showed serious signs of weakening. In order to help the weaker crew members, Hornell spent more than his share of time hanging onto the side of the dinghy in the icy waters. Suffering from the intense cold, he became temporarily blind. The second flight engineer became delirious and died. His body was slipped over the side to make

room for all in the dinghy.

After 16 hours, an RAF aircraft found the crew and dropped an airborne lifeboat. However because of the strong winds, it landed about 500 yards away. Hornell, still weak and blind, attempted to swim for the boat but was restrained by his crew. After 19 hours the flight engineer, who had also spent much time in the water, died. His body was slipped overboard joining that of his compatriot.

After 20 hours and 35 minutes in the freezing North Atlantic, the rescue launch arrived and picked up the six remaining survivors. The rescue crew worked on Hornell for three hours but he never regained consciousness. The launch took the rest of the crew to a hospital in the Shetland Islands where Hornell is now buried, his remains resting in a military plot.

F/L Hornell was posthumously awarded the Victoria Cross for his bravery and flying skill in action, and for his leadership, encouragement and self-sacrifice. The Hornell Centre in Greenwood perpetuates his memory and serves as a splendid example of the traditions of the men of the RCAF who served before us.

Hornell's crew was comprised of the following members: F/L D.E. Hornell, Captain; F/O B.C. Denomy, Co-Pilot; F/L S.F. Matheson, Navigator; F/O G. Campbell, 1st Wireless Air Gunner (WAG); F/S J.J. Bodnoff, 2nd WAG; F/S S.R. Cole, 3rd WAG; Sgt D.S. Scott, 1st Engineer and Sgt F. St. Laurent, 2nd Engineer.

UNITED NATIONS DISPLAY

Now Open at the Air Force Museum
Summer Hours: Open Wed-Sun & Holidays
Closed: Mon & Tue



Air Force Trivia



Trivia Answer

From the Puma (Arizona) Air Museum series, this is a Douglas C-124 Globemaster. For the flying boat above, we thank Harry Holmes.

Section News

First Honorary LCol for Black Knights

On 12 May an investiture parade was held at CFB Comox during which Squadron Leader (Retired) C.F. Stover formally became the first Honorary Lieutenant-Colonel of 414 Sqn. The investiture scroll (signed by the Governor-General) was presented by BrigGen Findley, Deputy Commander of Fighter Group/Canadian NORAD Region.

Hon LtCol Stover was born in Sarnia, Ontario in 1915. He enlisted in the RCAF in March of 1941 and joined 414 Sqn at Croyden, England in March of 1942. 414 Sqn was flying Mustangs at the time, and Flying Officer Stover arrived in time to be part of the squadron's first operational activity in WWII. Flight Lieutenant Stover became a Flight Commander in July of 1943, and the the Commanding Officer of 414 Sqn in November of 1943. He relinquished command after D-Day in July of 1944. Sqn Leader Stover was awarded the Distinguished Flying Cross in May of 1944. The citation reads:

"S/L Stover has been engaged in operations since Aug 1942. He has completed a large number of flights with outstanding courage and resolution, the first of his sorties being during the Dieppe op-



eration. In Aug 1943 he led a mission to the Paris area where he destroyed a Junkers 88 and damaged enemy locomotives and a tug. During another operation in Nov 1943 he shared in the destruction of a Junkers 52. Many of the sorties completed by this officer have involved deep penetration into enemy territory, while others have been on reconnaissance and photographic duties."

LtCol Stover is a member of the RCAF Association and was Charter President of 404 Wing, Kitchener-Waterloo, formed in 1949. He is also a life member of the Royal Canadian Military Institute in Toronto. In Oct of 1942, he married Edna Dismore in Eng-

A Certificate for Hon. LCol Stover



BGen G.T.M. Findley, D/Comd Fighter Group, presents LtCol C.H. Stover with his scroll of appointment as 414 Sqn's Honorary Lieutenant Colonel.

1st Hon.LCol



LtCol Stover prior to his flight in a 414 Sqn T-33.

land. Edna's father was one of the original pilots of Imperial Airways, forerunner of BOAC (today's British Airways). The Stovers have two children and four grandchildren and presently reside in Bobcaygeon, Ontario.

LtCol Stover's visit concluded with a flight in a T-33 with the current commanding officer of 414 Sqn, LtCol Bill Cleland.

An Assembly of Knights



(L-R): Flight Sergeant (Retd) J.W. Gordon, Flight Leader (Retd) N.F. Rettie, Squadron Leader (Retd) C.H. Stover, 414 Sqn Mascot. Front Centre: Flight Leader (Retd) S.C. Chapman.

THE KEY TO FUN AND EXCITEMENT: Teen Club Membership

The Teen club is always looking for new members. anyone between the ages of 13-18, and who has a parent/guardian in the Military, is welcome to join us anytime. SO COME OUT AND HAVE SOME FUN!

A WORLD OF THINGS TO DO

Regular Activities

- Wednesdays: Sports Nights 6-8 pm.
- 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.

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HOMELIFE

NEXT DEADLINE 15 AUG

Section News

19 AMS

19 Wing Parades for D-Day



CO 19 AMS, Maj Roos leads the squadron enroute to the D-Day ceremonies in Comox.

The Best Dressed Softball Team

Welcome back to Taz's Lair. Lots of new stuff happening here. MCpl Pat Dunn's wife had a baby boy on 24 June. Patrick Christopher Dunn weighed in at 7 lbs. 12 oz. Congrats and best of luck to the proud parents.

Finally the FRP messages have arrived - three members from 19 AMS Arm't decided to apply for it.

Sgt Ray Steel will be leaving us after 31 years of service. He's been from Newfoundland to B.C. We'll probably see him bobbing around trying to hook the "Big One" fishing; you know, the one that always gets away! He'll certainly be missed around here.

Cpl Mark Scott also applied for the FRP. He'll be leaving us after 14 years of service. His career has been limited to two postings: Cold Lake and Comox. He's planning on returning to the mainland, near the Okanagan Valley.

Cpl Conrad (Terry) Ledrew is our last FRP applicant and will be leaving after five years of service. He was in Shearwater for one year before coming to the Comox Valley to join his wife who is posted to 407 Arm't. He's planning to go back to school because he hears there is a girl called Tammy there, or is she?

On an active note, the best dressed softball team won second place at the squadron tournament! Not only did we look good, we were good. Feelings were that we should have won first. Well, maybe next year!

Promotion messages just arrived hot off the press: MCpl Anne Gale is promoted to Sgt as of 17 Aug and staying in 19 AMS Arm't. Cpl Kurt Staples is promoted to MCpl as of 17 Aug and also staying with us.

We're going to have to say goodbye to Capt Grimshire. He's been here for two years now as ARMPAVO. We hear Halifax. July what? Best of luck. Taz Reigns

Sgt-at-Arms



Sgt Knight-Adams 19 AMS was Sgt-at-Arms for North Island College Grad ceremonies.

Safety Systems

Here in the penthouse of #7 hanger, Safety Systems techs are being kept busy with some new changes.

On 14 June, two techs from AMDU Trenton visited Comox to install a new oxygen regulator test stand. The new Laminar flow oxygen regulator test stand is digital and the latest in advanced technology. The stand is used to test oxygen regulators for all service aircraft.

Recently we received a new one-piece constant wear immersion suit which will be issued to flying personnel of jet aircraft. It is made of polytetrafluoroethylene and is designed to provide fire protection and anti-exposure protection in case of cold water immersion.

Also new to Safety Systems is a desalination system. This manually operated desalination

system can produce over six gallons of drinkable water per 24 hour period from seawater. It will replace two older kits which were not as efficient and it will be installed in kits carried on the 140 Aurora.

As well as some new changes, there are two new faces in the Safety Systems section. These individuals who finally saw the light and have joined the elite Safety Systems team. We welcome Cpl Steve Wilson, formally from CFB Gagetown, and Cpl Kevin Palmer from CFB Calgary. Steve and Kevin are eager for inter-section ice hockey to begin so Steve can demonstrate his skill between the goal posts, while Kevin plays forward. Presently both are busy concentrating on their ATAT exams.

Safety Systems are also pleased to have Sgt Keith Spragg back with them. Keith spent three weeks on a temporary duty in Hawaii (must be nice!) Unfortunately, upon his return home he didn't get a chance to rest before pulling a hamstring while running for the ball during the squadron softball tournament on 22 June.

It seems we have a very creative tech here in the section. Cpl Terry Hietanen received a healthy bonus for a suggestion modification to the SKAD (Sea Kit Air Dropable) during a presentation by CO Maj Roos on 22 June. Congratulations Terry.

Unfortunately all of our news can't be good news. The section had to bid farewell to MCpl Joyce Clouthier. Joyce, her husband Steve and daughter Rachel are posted to CFB Ottawa this summer. On behalf of all members of the section we wish them a safe trip and best wishes in Ottawa.

In closing we would also like to thank Capt Kettenacker, the past MSO, for all his support over the past two years and best wishes in all his future endeavours.

Until next time - remember Safety comes first!!

19 Wing Suggestion Award



Suggestion award presented to Cpl Hietanen by Maj Roos, CO 19 AMS.

No Retreat Award



MCpl Gale receives a "No Retreat" Award from Capt Ashcroft, A/CO 19 AMS.

GLACIER GREENS SOCIAL CENTRE

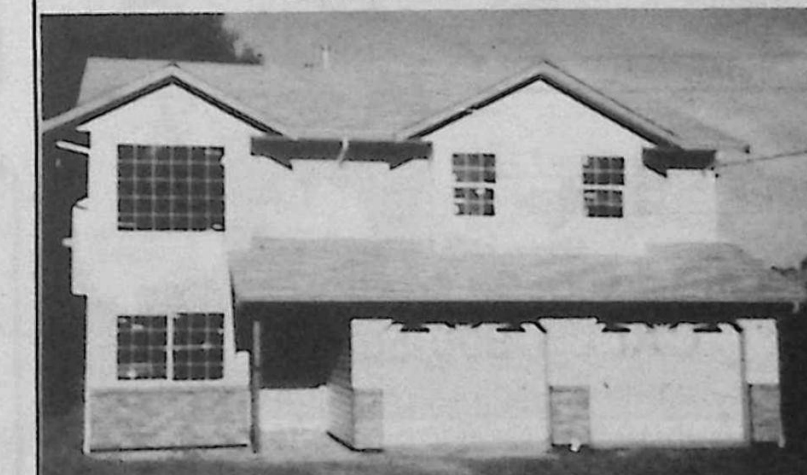
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- 4 km from main gate
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- Close to elementary and high schools
- Nice established neighbourhood

NEXT DEADLINE 15 AUG.
NOON

Section News

A 407 Sqn Panorama of Awards

Lead AESOP

by outgoing CO, LCol P. Kendell



WO Lachapelle received his AESOP certificate of Appointment as Lead AESOP Certificate.

New Captains

Thousand Hour Pins



1000 Hour Aurora flight time pins for the following squadron members, back row (L-R): Capt Mombourquette, Capt Gloumeau, Capt Stephan, Capt Taylor, Capt Ihaksi, Maj Reed, Capt Dephore and Capt Clancy. Front row (L-R): MCpl Ogilvie, Capt Reid, Sgt Chislett, WO Melloway, MCpl Scholte and Capt Boudreau.

2500 Hour Pins



2500 Hour Aurora flight time pins for the following squadron members (L-R): Sgt Wilson, Maj Clark, Capt Nemedi and Sgt Llewellyn.

OPDP Achievement Diplomas



OPDP Diploma of Achievement Certificates: (L-R): Capt J.B. Cooper and Capt R.D. Ihaksi.

Demon Squadron Welcomes New Leader

On Thursday 21 July, 407 "Demon" Squadron welcomed a new commanding officer. The traditional change of command parade celebrated the past and future of the squadron, as local community mayors and other invited VIPs watched the proceedings. LtCol Bruce Lewis replaced LtCol Peter Kendell as the head of the largest squadron in the Canadian Forces. Kendell departed last weekend for a new job at National Defence Headquarters in Ottawa. For Lewis, it is the first time he has been stationed at 19 Wing Comox.

In his farewell speech, Kendell spoke of the "tremendous change" which 407 Sqn has faced during the last two years. He cited the growing importance of non-military roles for the squadron - such as the monitoring of driftnet fishing, drug trafficking and coastal pollution - in addition to the unit's traditional anti-submarine warfare assignment.

A highlight of Kendell's tenure as squadron CO was Operation Sharpguard, in which 407 Sqn personnel flew missions over the Adriatic Sea, in support of a UN/NATO blockade of Bosnian ports. A total of four months were spent at US Naval Station Sigonella, in Sicily. Air crews flew on ten hour flights as they searched the waters and identified shipping.

The maritime patrol squadron added another CP-140 Aurora to its inventory while Kendell was commanding officer and it now operates five of the aircraft. The squadron first came to then-RCAF Station Comox in 1952. After 42 years of service, 407 continues to survey Canada's west coast for surface and sub-surface threats and has become an important part of community life.



888 (KOMOX) WING

RCAFA

CALENDAR OF EVENTS - 1994

July

July 28.....Steak Nights. 5:30 for 7:30 p.m.
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Cancellation of Events Costs Your Wing Time and Money
For information about tickets, please call the bar, 339-0888.

NEXT DEADLINE 15 AUG

Squadron shirts for the following aircrew who flew the most hours in 1993 (L-R): Capt Dephore, Pilot - 614 hours; Sgt Cox, Flight Engineer - 564 hours; and Capt Gosselin, Navigator - 511 hours.

AESOP Promotions



AESOP promotions for (L-R): MCpl Gilfillan and MCpl Blair. CWO Landry was on hand for the presentation.

Section News

New Snakemobile



442 Sqn senior staff proudly display the new 442 Sqn "SAR CAR." The vehicle, recently found abandoned in front of the Military Police building, will be used as a flight line taxi when not engaged in SAR activities. It can be distinguished from other emergency vehicles by the distinctive logo on the front doors.

The Wretched Wrescuers of 442

Profile of a boat-building team

Dale & Al



Wretched Wrescuers: Dale Robillard (L) and Al Banky.

It's been said that in boat building, experience is everything. The 442 Sqn SAR Tech section's entry in this year's Nautical Days "build-bail and sail" is long on experience, they've never built a boat, but they are experienced none-the-less.

SAR Techs Cpl Dale Robillard and MCpl Al Banky have worked for a combined total of almost 30 years to reach their lofty levels of seniority, one and two steps respectively above the bottom of the military food-chain. Between them, they have been promoted (or demoted) 11 times.

Dale, a former Navy communications tech, made it to the rank of Petty Officer second class (Sgt) before answering his calling as a SAR Tech and boat builder. Dale's vast experience in nautical communications should aid the team in creating a craft with a world-class communications system.

Al's former life was that of an Army gunner. He also made it to the rank of Sgt before deciding that, although blowing things up was fun, it wasn't something which allowed for a smooth transition to civilian life. Al will bring to the team his experience in building things "the Army way" - big and solid.

442



While many of the more serious competitors are out trying out innovative designs and new techniques, the Wrescuers have been working on the theory that too much preparation is bad for the Karma; bad Karma is not conducive to good boat building.

If, by some fluke of chance, the Wrescuers' boat falls apart because of "over-engineering" (a common occurrence in the federal government), Dale and Al are relying on their experience as rescue experts to do the noble thing - save their own hides.

Good luck to all the other competitors.

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Dale A.G. Kuzma 338-2153
830-R Cliffe Avenue, Courtenay, B.C.

Mad Rush for FRP

by Cpl Middleton

Three letters, "FRP." With that announcement, there was a mad rush to the WATCO's office. When the dust had settled, seven members of the section took the money and ran. Cpl Annie Dorval, Sgt Mike Strevett, WO Al Munday and Capts Serge Roy, Rod Sjolie, Dave McLeod and Lee Burnham decided to become civilians. This will make for many changes to the section, including the fact that Capt Dave Tack will now be the oldest member of the section. If you see him around, don't be shy to congratulate him on that fact, but speak loudly, you know what they say about the hearing.

Another person who just left the section was MWO Dave Bewes. He reached CRA, so he got his gold watch. Actually he got a personalized golf bag, along with a couple of free passes to Crown Isle. He should enjoy them, if he can find where they

went. It seems the morning after the Beer Call the section had in his honour, he looked all over for his golf bag and couldn't find it, or the plaque he received. In all seriousness, Good Luck and have fun golfing and fishing. The section will miss you.

have to send out a NOTAM warning all pilots. Just kidding.

It looks like it's going to be fun on Airshow weekend for all of us working on this side of the airfield. Lots of aircraft coming and going, participants and people coming in to watch, should be a good time.

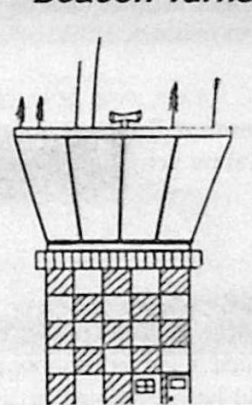
The section Fastball team is in the final again this year. By the time this gets out the series should be over. Hopefully, we do better this year.

From the tech side of the building, Sgt Gamache and Cpl Abram took FRP. WO Muise is getting a promotion and a transfer to Ottawa.

Well John, I can't say anything more about the ILS. The charts are being published and everything. And one thing, what's this rumour about Boots having a female room mate?

Until next article, you're cleared enroute.

As the Beacon Turns



We've already started to replace the people who are leaving. 2Lt Brian Statham just checked out in the Tower. So I guess we'll



PITCH-IN AND RECYCLE



888 (Komox) Wing Royal Canadian Air Force Association

Regular Membership: Who is eligible?

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

Associate Membership: Who is eligible?

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

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

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NEXT DEADLINE 15 AUG NOON

On & Off the Base

Nine New Holes



WComd cuts ribbon to officially open new course.

New Front Nine opens at Glacier Greens Golf Course

On Mon 6 June, the Wing Commander, Col Rogers, officially opened the new front nine holes at Glacier Greens Golf Course. The occasion was marked by a ribbon cutting ceremony, followed by a round of golf. Pictured above are (L-R): Bill Krier, Scott Fraser, Capt Ferrie Webster, Dolly Pearson, Capt Al Camerson, Doug McArthur (course designer), Capt Bill Snow (Pres), Col Terry Rogers (WComd), LCol Gerrit van Boeschoten, LCol Paul Drover, Jim McCaffery, Adm (ret'd) Brian Hotsenpilliar (Expansion Committee Chairman), Rick Salmon, LCol Gord King, Paul Donavon, Capt Al Pasenan and MCpl Willy Oliver.

All of the participants were ex-

tremely pleased with the course layout and it proved to be both challenging and picturesque.

(Well done, Mr. McArthur). Ball sales at the Pro Shop should improve substantially over the next few months, which should make Scott Fraser happier than he was after this round of golf!

The former nine hole course will now undergo an extensive renovation period and should be ready for play this time next year.

The expansion from a nine to eighteen hole course will then be complete. A driving range is also included in the renovations and it should be operational in July of this year.



Col Rogers hits first ball from new #1 Tee.

Birthday Girl



Happy 3rd Birthday Jessica
Love, Dad & Mom

STRESS SURVIVAL WORKSHOP

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

DATES: 4 EVENINGS - August 15th, 16th, 18th, 22nd & 23rd

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

COST: No Fee

CALL THE FRC @ 339-8290 TO REGISTER

What is Filberg Festival?

Yearly, on the B.C. Day holiday weekend (Fri-Mon), you will find B.C.'s best artists, jewellers, potters, weavers, wood workers, toy makers, clothing designers, leather workers, furniture makers, folk artists, glass blowers and cutters, and more, gathered on the grounds of Filberg Park in Comox.

Approximately 140 people are selected from over 300 applicants to our jury. Some people who are excellent and unique in their craft are selected each year, but in a category like pottery, the competition is fierce, with 16 being selected this year from over 40 entries. Some potters work in stoneware, others in earthenware.

Raku and porcelain are also represented. Our goal is to offer a wide variety of first class work for our visitors' enjoyment. Gourmet food, cappuccino, and cheesecakes... Our mainstage offers a variety of musical offerings all day, each day.

Children have their own entertainment area with Windy of Windy's World this year creating his magical balloon creations all day, as well as a story telling tent on the lower lawn.

All this for \$4.00, 11:00 am to 8:00 pm each day, Monday 11:00 am to 6:00 pm. Do come and join us. Call 334-9242 for information.

Special Filberg Bus Service July 31 & Aug 1

The Filberg Festival would like to encourage residents of the valley to park and use the buses this year. Buses will be following their regular routes and schedules on the Fri and Sat with a special circular route being followed on Sun and Mon. Regular rates will

apply: Adults \$1, Seniors and Students (6-18 years) 75 cents, children under 5 - free.

8:00 Courtenay Post Office (Cliffe & 4th)
8:10 Ryan & Cowichan
8:15 CFB Comox

Join the 1st Lazo Scout Group!

Do you have one hour or so of spare time each week? Why not put it to good use, save your couch some wear and tear, and also help your community. We need Leaders to work with Beavers, Cubs and Scouts, as well as members for the Group Committee. No experience required, official training will start in late summer.

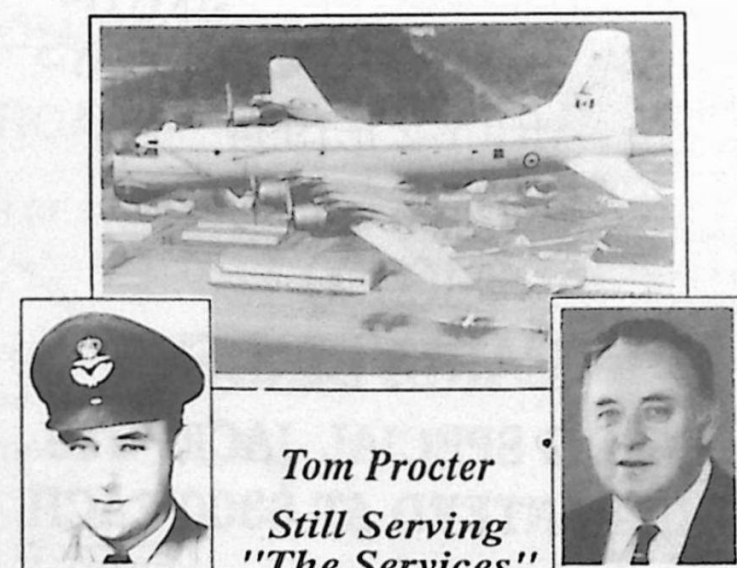
Any interested people are welcome to attend an Information of Planning Meeting on Tues 23 Aug at 7:00 pm in the Wallace Gardens Community Centre.

For further information please call: Sharla Hunter 339-2568 or Rick Fairbairn (wk) 339-8211 loc. 8344, (hm) 339-6803.

8:25 Pritchard & Comox (Filberg Festival stop)
8:30 Comox Mall
8:35 Comox & Rodello
8:45 Driftwood Mall
8:50 Fitzgerald & 8th
8:55 Courtenay Post Office

This run will be repeated only at the following times: 9:00 am, 10:00 am, 11:00 am, 1:00 pm, 2:00 pm, 3:00 pm, 4:00 pm & 5:00 pm.

On Fri 29 July only Handy Dart transportation will be available. This door-to-door service is for people whose disability prevents them from using conventional bus service. This service MUST be arranged in advance by calling 339-5442.



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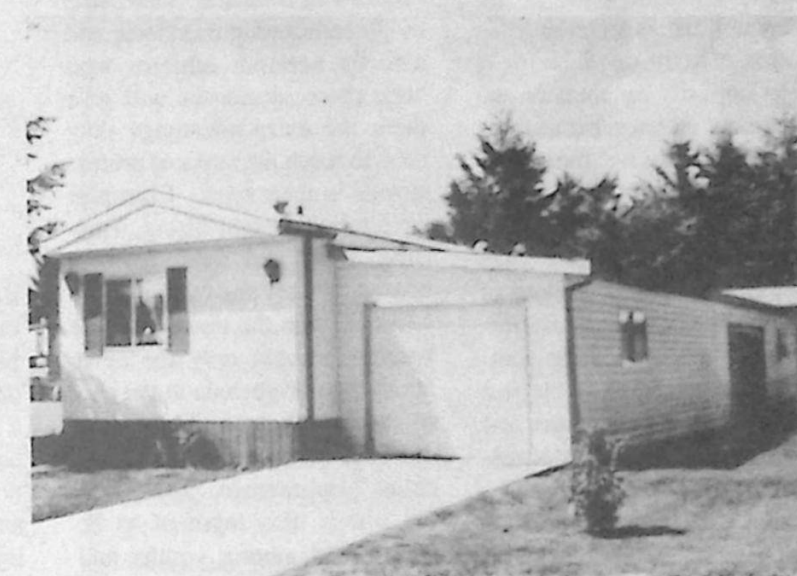
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Gerald (Jerry) Boucher

Health Fitness & Leisure

Anabolic Steroids

by Lt. Nogue, WDEC
(Excerpt from an article by
Fred Perry, M Ed.)

Steroids are muscle-building, synthetic hormones, widely abused not only by amateur and professional athletes, but also by uninformed young men who think they need enormous muscles in order to impress women.

Anabolic (bulk-producing) steroids are synthetic versions of the naturally occurring male hormone testosterone. When combined with exercise, their use increases lean muscle mass and strength and, to use a simple analogy which everyone understands, promotes the sorts of characteristics which people used to think made a fellow a "He-Man."

Like the majority of chemical substances which have come to be abused, anabolic steroids were originally intended to meet a legitimate (and in their case very humane) need: they were used after World War II to rebuild the bodies of the survivors of extermination camps. These people were so severely emaciated that rebuilding them through "normal" nutrition seemed an almost impossible task, but it was found that these artificial hormones could greatly speed up the process. Today they are controlled prescription drugs which may be prescribed for a limited number of medical conditions, by doctors or (for animals only) by veterinarians.

BUT NOT FOR ANYTHING HAVING TO DO WITH SPORTS.

They do succeed in building muscle mass quickly. However, the fact of having muscles is in no way related to their strength or efficiency: It is possible to have muscles galore, but be "muscle-bound." To avoid this situation, newly-developed muscles must be trained carefully and scientifically, so as to reach and maintain their potential.

Nowadays, anabolic steroids are used by some unscrupulous

athletes competing in sports where muscle is essential, but takes a long time to develop using only conditioning exercises; and also by amateur athletes who hope these substances will give them the extra advantage they need to reach the ranks of professionals in their sport. Examples are football, weight-lifting, wrestling, track and field, rowing, boxing, hockey and cycling.

As is often the case, selective hearing brought only the news about their bright side to the ears of those seeking a short-cut to muscular (and presumably "masculine") appearance. Thus, steroid use is also reported to be widespread among youths and young men who are not athletes, but who only want to "impress the girls" with their appearance. Aside from a few competitive athletes, there doesn't appear to be much use by females.

Since steroids are illegal for humans, they are manufactured in "underground" labs, where there is no thought given to quality and purity. The user has no idea of what he or she is really getting, and this lack of knowledge may kill him - literally. Since they do still have some legal and legitimate uses in treating animals, and so are manufactured by legitimate drug companies for veterinary use, some users have switched to these products. However, obtaining them is still illegal, so users can't be sure that what they've bought is what the container says it contains. Overdoses or bogus veterinary drugs can still be deadly.

Anyone who has children, or who is involved with young people in a position of responsibility, needs to bring these facts to their attention. It makes a lot more sense to avoid potentially fatal or crippling problems than to have to live with their results simply because parents and children didn't know what could happen.

**NEXT DEADLINE 15 AUG
NOON**



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info health

Dr. Bob Young



Jaws!

A smashed-in face might be due to an isolated blow from a fist or a hard-hit baseball. It can also be a part of a multiple injury accident such as a fall from a cliff or a bad car crash. In either case, bones are broken and need attention. Usually muscles are torn and skin has been broken. Face injuries are never pretty.

Some facial bone fractures are serious. One of the least dangerous is a fractured jawbone, or mandible, although this bone often breaks in two or more places when it receives a blow. Teeth may be lost or broken, and there may be cuts in the mouth.

Treatment is by wiring various teeth together and wiring the jaws together - there are several methods of immobilizing the fractures until they heal. Feeding a patient who has wired jaws is a problem (straws are important here), and

occasionally instant release of the wiring is necessary should the patient vomit or choke. Good wire cutters must be close at hand.

Fractures of other facial bones may affect breathing by blocking the nose with bone or blood. Vision may be affected by throwing the eye sockets out of alignment. Blurred and double vision are common. The teeth may not line up properly, the face looks off kilter, and parts of it may be numb.

Not surprisingly there will be pain, swelling, major bruising, and possibly cuts in the skin, mouth, ear canal and eye.

Plastic surgeons and ear, nose, and throat specialists who treat facial fractures have two goals. Function must be restored so chewing, swallowing, breathing and seeing are returned to as near normal as possible. This means

that the broken bones must be meticulously set as close to their normal position as possible.

Appearance must also be preserved. Patching up is not good enough. Restorative cosmetic surgery is as important as fixing the breaks - sometimes more so to the patient.

Sometimes tissue transplants and skin grafts are still being done long after the bones have healed. The results are often remarkably good, especially when the repaired face is compared to the smashed one that was brought to the emergency department originally.

You are better off keeping the face you have, intact. Stay out of fights, wear head and face protection to ward off hockey pucks and squash balls, drive a car with air bags, and never forget your seat belt.

And remember to duck!

Hemoglobin

A dime weighs about a gram. The amount of iron in the body of a healthy adult is about three grams. Men have half a gram more, women a half-gram less, on average. As well as being lighter, women do not store as much reserve iron as men.

Iron is an important component of heme, which is part of hemoglobin. If our hemoglobin is low we are anemic. And anemia causes fatigue, low energy levels, irritability, and sometimes fuzzy thinking. Hemoglobin carries oxygen from our lungs to the rest of our body. We do not function well at all without oxygen.

Measuring hemoglobin is probably the most common test that medical labs do. Other tests measure the amount of iron in the body and where it is located, helping the doctor determine why there is a problem handling iron.

A low hemoglobin in an apparently healthy person demands investigation. Almost all cases are due to lack of iron in the diet, or bleeding. Women often tend to be borderline anemic due to menstrual blood loss. Elderly people, especially those living alone and eating poorly may not get enough iron in their diet - and the same applies to some junk food addicted young people.

Bleeding in the intestines or bladder may be insidious and go on a long time without being noticed. It can be due to ulcers, diverticulitis, gastritis, or cancer. Aspirin and other drugs used for arthritis cause stomach bleeding in some people.

The point is that it is important to find the cause of an iron deficiency anemia before treating it. Some anemias have nothing to do with iron at all, and must be excluded from the diagnosis.

How to treat? Normal diets have plenty of iron, but it is not always well absorbed by our bodies.

This is because the iron in many foods is attached too tightly to that food, or to food eaten at the same time. It can't "let go" to be taken up by the person.

The most readily absorbed iron is hemeiron, found only in meat, poultry, and fish; red meat contains the most. Other foods may contain more iron by weight but will deliver less to our bodies. Vegetarians are at risk of being anemic. They are protected somewhat if their diet contains vitamin C (ascorbic acid). This is the only common material that increases the availability of dietary iron.

Iron tablets try to overcome the availability problem by using large doses to increase absorption. Many people don't tolerate iron pills well, which can make treatment of anemia difficult.

It's too bad we can't chew nails. One small spike contains more iron than our whole body.



SSM and Commission

2Lt MacMullin - SSM and Commissioning Scroll from WOpSO, LCol Paul Drover.

On & Off the Base

A La Mode

A Taste of Spain

Remember the saying "If you can't stand the heat, stay out of the kitchen?" Well, on these nice hot summer days, I'd love to stay out of the kitchen, if I could. But we have to eat, and you can only BBQ so much before you get tired of it. Luckily, appetites are a bit lighter in the hot weather, so lots of salads and one-dish meals are the way to go. If you are cooking rice, pasta or potatoes, make enough for a salad the next day. Leftover meats and vegetables can also be chopped up and thrown in, making for some interesting combinations.

Paella is a great one-dish meal originating in Valencia, Spain. It is a rustic peasant dish or an elaborate concoction, depending on what you put in it. The original recipe calls for rice, saffron, peas, snails and eels. Chicken, rabbit, pork sausage and shellfish are more commonly used today. Saffron is used to perfume the

rice and give it a golden yellow colour. Purists insist on using it, but if you don't have any it will still turn out great. It is traditionally cooked in a wide, flat bottomed pan, and finished in the oven. The results will be the same if you finish it on top of the stove, over a very low heat. Leftover chicken, pork or seafood can be used - just add it near the end to heat through.

Paella

2 T. veg or olive oil
1 med. onion, chopped
1 red pepper, chopped
2 cloves garlic, minced
1 lb. chicken, cut in 2" chunks
1/2 lb. spicy pork sausage, cut in 2" slices
1/2 lb. large raw shrimp OR
12 clams or mussels (optional)
1 cup fresh, or frozen, peas
1 28-oz. can plum tomatoes, crushed
2 cups chicken stock
2 cups white rice

1/2 cup dry white wine
1/4 tsp. saffron (2-3 threads)
1/2 tsp. tabasco
3 T. chopped parsley

Salt & pepper to taste
Heat oil in a large frying pan with a lid over med-high heat. Sauté the sausage and chicken pieces until browned and set aside. Add onion and red pepper to the pan and sauté 2 mins. Add garlic and cook half a minute more. Add rice and stir to coat with oil. Add tomatoes, stock, wine, saffron, tabasco, parsley, salt and pepper. Bring to a boil, uncovered, then turn heat down to low. Place chicken and sausage in rice. Cover and simmer for 20 mins.

Gently stir in peas, checking to see if a little more stock is needed. If using shrimp or shellfish, push them down into the rice, hinge down, cover and cook 5 more mins. Turn off heat and let stand 5 more minutes.

Avoid Credit Card Embarrassment

Have you ever presented your credit or charge card to a store clerk and been surprised to be told you were over your credit limit?

"If this happened soon after you stayed at a hotel or motel, or rented a car, the problem may have been caused by credit card blocking," reports Valerie MacLean, Better Business Bureau General Manager.

When you use a credit or charge card to check into a hotel or motel, or to rent a car, the clerk usually contacts your card issuer electronically with the estimated

If the card issuer approves the transaction, your available

line of credit is reduced by this amount. This is called a "block," or an "authorization."

For instance, if you check into a \$100-a-night hotel for five nights, at least \$500 would likely be blocked on that card. In addition, hotel and car rental companies sometimes add anticipated "incidental" costs for such things as food, beverages, or gasoline.

If you pay your bill with the same credit card you used at the beginning of the transaction, the final actual charge probably will replace the block within a day or two. However, if you use a different credit card, cash or cheque to

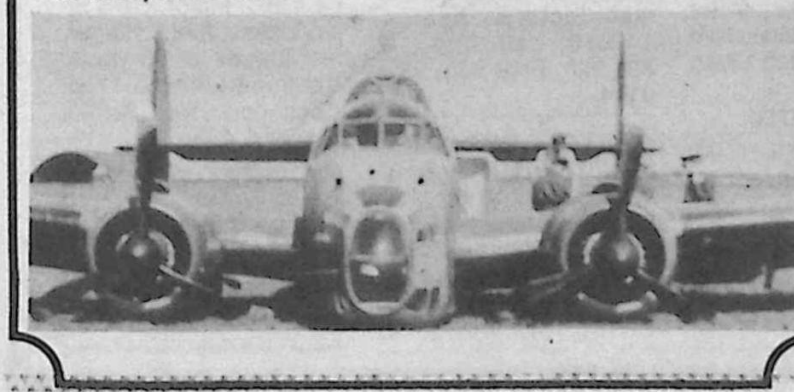
pay for these services, the company that issued the credit card you originally presented might keep the block on for as long as 15 days - long after you've checked out of the hotel, or returned the car.

To avoid the problems credit card blocking may cause, ask clerks how much is being blocked on your credit line and how that amount was determined. Consider paying for all hotel or rental car expenses with the same credit card you used at the beginning of the transaction. If you must use a different card, ask the clerk to remove the block.



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497 Squadron is currently putting together a book of its history. It is a colourful rendition of the squadron at war and during peace. A limited quantity of books will be available in June 1994, at approximately \$25.00 each. If you are interested in reserving a limited edition copy, please contact Capt Gavlas or Lt Sorensen at 339-8211, local 8626.



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Soundbites

By Li(N) Michael Sebastian

(Rating: ****Classic, ****Excellent, ***Good, **Fair, *Poor)
Smashing Pumpkins - Siamese Dreams (Virgin/EMI) **** Disarming. Finally, a band with an attitude, a singer with a distinctive, snarling, cynical voice and songs meant to be played loud to irritate your parents or neighbours. The question is not whether or not this could become a classic, but whether or not the Pumpkins will be able to keep it up on their follow-up album. "Disarm" is all over radio and television and alone is worth the price of admission. If you have teenagers, it's what they should be playing right now.

Alice Cooper - The Last Temptation (Epic/Sony) **1/2** We're not worthy! Alice is back and the King of Shock Rock is as bad as ever. Alice writes (with Soundgarden's Chris Cornell) and sings about real world temptations and nightmares - drugs, AIDS, gangs. His inspiration? CNN. Ten excellent tracks amplified by Alice's quintessential killer rock style. Listen for "Unholy War" and "Lost in America." A return to classic Alice and after 25 years in the biz, Alice know of what he speaks. Welcome back to Alice's nightmare. Poor guy.

Canadian Spotlight: The Rankin Family - North Country (EMI) **1/2** Angelic. Cape Breton's First Family returns with a magical mix of Celtic-flavoured original and traditional songs. Sisters Raylene, Cookie and Heather possess celestial, uplifting voices - voices with the power to send chills up your spine - highlights include "Rise Again," "North Country" and the traditional lovesong "Oich U Agus H Iuraibh Eile." Now on tour, see them if you have the chance - you won't forget it. They're Canadian. Be proud. Pure magic.

Booker T & the M.G.'s - That's The Way It Should Be (Columbia/Sony) **1/2** Cool. Very cool. The perfect antidote to a hot, humid summer's night with no air conditioner. Turn it on, sit in front of the fan and let the coolness wash over you. The band features Steve Cropper and Donald "Du ck" Dunn, former members of The Blues Brothers Band. Includes "I Still Haven't Found What I'm Looking For" and Dylan's "Gotta Serve Somebody." Find out why Neil Young says that this music will live forever - the way it should be.

The Monks of Santo Domingo - Canto Gregoriano (EMI) **** Mesmerizing. Soothing. Listen to this when you get home from a hard day's work and let your troubles drift away. Hey, these guys have been seeking solace this way for hundreds of years so why shouldn't it work for you? An international bestseller, spurred on by the success of Enigma's first album. So successful is this album, that everyone will soon be on the chantwagon, even The Beastie Boys - you'll see. Guaranteed cure for the worst insomnia or stress burn-out. Tres latinesque.

Deacon Blue - Our Town, The Greatest Hits (Columbia/Sony) **** Roots rock. Greatest hits package of this Glasgow-based band which has had huge success, especially in the UK. Their second album featuring "Real Gone Kid," "Wages Day" and "Love and Regret" (included) entered the UK charts at #1 in 1989, displacing Madonna's Like a Prayer. Their third album entered the charts in 1991 at #2 featuring "Cover From the Sky" and "Twist & Shout" (included). Intense emotion, echoing a working-class ethic. An excellent discovery.

Crowded House - Together Alone (EMI) **1/2** Dark. The title says it all. According to band leader Neil Finn, Together Alone was recorded at the end of the earth on a desolate beach in Kare, Kare, New Zealand. Perhaps this explains the presiding melancholy of the album. On this, Crowded House's fourth album, the band has departed from its usual upbeat, playful sound in search of the contemplative and darker sides of life - which works best on "Black and White Boy." Opener "Kare Kare" sets the tone. Ethereally, eerily beautiful.

Roxette - Crash! Boom! Bang! (EMI) **1/2** Summer fun. As "Sleeping In My Car" races up the charts, the fifth Roxette album will likely be another monster hit for the heirs to Sweden's musical throne. Power pop doesn't get much better than the infectious "Sleeping In My Car" and "Harleys & Indians." Plenty of ballads too - as a matter of fact the album seems to be dominated by well-crafted and polished pop ballads. Good, clean, infectious fun. Soundbites:

Motherland-Peace For Me (50/50 Sony) *** Jason Bonham's new hardrock band. Loud.

Ten City-That Was Then, This Is Now (Sony) **1/2 Great vocals by this soul/dance group.

G. Love & Special Sauce-Self-titled (Epic) *** Blues + Rap = Ragmop. Original and interesting.

**NEXT DEADLINE
15 AUG.**

**PUBLIC
ANNOUNCEMENTS**

**Pat & Theresa's Grill
Now Open**

Pat & Theresa's Grill, located upstairs in the Rec Centre (formerly known as the Sally Ann Snack Bar), is now open. Hours of operation are Mon - Fri 0800 - 1430. Come in and check out our menu. Orders may be phoned in at Loc. 8614.

For crews and work parties getting ready for Sunday's Air Show, the Grill will be open on Sat 6 Aug from 0800 - 1600.

**Correspondent
Wanted**

Hello! I'm 32 years old and I'm looking for a correspondent to help me to improve my English. If you're interested, please contact me: Francine Bouchard, C.P. 322, Jonquière, Québec, G7X 7W1. Phone: (418) 695-3761.

**Cessation of Falcon
Newspaper**

With cessation of its operations on 15 Jul 94, 7 Wing Ottawa will move into closure mode. As a result, printing of the final edition of "The Falcon" base newspaper will be on 14 Sept 94.

Articles and/or anecdotes for the final issue are solicited. They must be submitted no later than 6 Sept 94 to: The Editor, The Falcon, 7 Wing Ottawa, Ottawa, Ont. K1A 0K5 or faxed to 613-991-0309.

**Port Hardy
Homecoming Weekend**

Olde Times Gathering, 3 Sept (Sat) and 4 Sept (Sun) 1994. Dinner/Dance, Pancake Breakfast and Salmon Dinner. To register and for more info: Port Hardy Chamber of Commerce, Box 249, Port Hardy, B.C. V0N 2P0. Phone: 949-7622.

**Dependant Use of
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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.

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People interested in exhibiting must submit samples of their best work to a selection committee by August 1, 1994. There is a non-refundable jurying fee of \$30 and an additional \$100-150 for successful applicants to secure trade show space. For more information or application contact Impact Communications at 520-5720 or 857-1788, or toll-free voice message centre 1-978-6155 or fax 854-3087.

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On & Off the Base



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Some of the breeds I am referring to here are German Shorthaired Pointers, German Longhaired Pointers, German Wirehaired Pointers, Weimaraners, Pudlepointers, Vislas, Brittanys, Spaniels, and Wirehaired Pointing Griffons. There are others such as Large and Small Munsterlanders which are not known yet in North America. The undisputed king of these dogs, in Canada, is the German Shorthaired Pointer. However they are outnumbered two to one in their native country by the German Wirehaired Pointer, and it seems only a matter of time before that will happen here. Most will admit that the Shorthair has superior ability, but their short hair leads to problems in cold weather and thick brambles.

So, if you want a dog for the field, you should be looking at one of these breeds. But, as I have said before, be sure that it comes from hunting stock and not pet or show stock. My own Shorthairs excel at being house pets, but once in the field, it is all business. What more can a sportsman ask for?

One they probably managed it in a day or two. Then He put Adam to sleep, relieved him of a rib, and with a little dust, some sweat and tears, He brought forth a Woman out of Man and called her Eve. They were both naked and were neither cold nor afraid.

Adam and Eve had a great time frolicking around the Garden of Eden. Then one day a serpent sidled up, apple from the vine and gave to the forbidden. Adam and Eve upset. Adam and Eve for the first time Adam and Eve realized they were naked and covered themselves with fig leaves and the serpent was struck to the ground to crawl forever on his belly.

Number One gave Adam and Eve their eviction notice and they settled in the Land of Nod, where they had two boys, Cain and Abel. The boys grew up and both found wives. Cain took to gardening and Abel became a shepherd. One day Abel's sheep got into Cain's garden. They did a lot of hollering and shouting. Cain lost his temper and took a poke at Abel and killed him. Number One and Adam decided Cain would have to go. So Cain went west from the Land of Nod, started up on his own and did real well.

The Good Book tells us that Adam begat Seth when he was 130 years. He lived for 930 years, begetting sons and daughters until he died. Seth begat Enos, Enos begat Cainan, Cainan begat Mahalaleel, Mahalaleel begat Jared, Jared begat Enosh, Enosh begat Lamech, Lamech begat Noah. Adam lived 930 years, Seth 912 years, Enos 905 years, Cainan 910 years, Mahalaleel 895 years, Jared 969 years, Enosh 905 years, Lamech 777 years, and Noah 950 years.

With all that begetting and begatting and people living so long, the place became so crowded they got fighting over fence lines and boundaries. Finally it got so bad that they started to kill each other over who owned what and where.

Then Number One picked out a few bright boys in their early 90s who had been interested in the stars, knew the difference between a lunar day and a solar day, and had discovered that the heavens turn around the North Star. So He sent these young fellows into the countryside to mark the boundaries of the land people owned and to draw up maps and to file them in the Temple for all to see.

Number One said, "I am pleased with work you have done" and henceforth ye shall be known as surveyors." Thus these 90-year old youngsters became chartered members of the world's second oldest profession - land surveying.



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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.

by Gordon Wagner
The Good Book tells us that took Number One six days then the environment in place had this He took a day off landscaped fine develop like, when He neat and needed some tenants, really fixed up dust and moulded clay into a likeness of Himself and breathed life into the model and called him Adam. Because this was His first edition, He went east to a place called Eden, established Adam in a beautiful garden and warned him about a verboten apple tree. He mixed up another batch of dust and made the beasts and birds. Adam had to think up names for all the new creatures. He did a good job for a guy who didn't have a university degree in biology. The Good Book doesn't tell us how long that took but if Adam was as smart as Number

One they probably managed it in a day or two. Then He put Adam to sleep, relieved him of a rib, and with a little dust, some sweat and tears, He brought forth a Woman out of Man and called her Eve. They were both naked and were neither cold nor afraid.

Adam and Eve had a great time frolicking around the Garden of Eden. Then one day a serpent sidled up, apple from the vine and gave to the forbidden. Adam and Eve upset. Adam and Eve for the first time Adam and Eve realized they were naked and covered themselves with fig leaves and the serpent was struck to the ground to crawl forever on his belly.

Number One gave Adam and Eve their eviction notice and they settled in the Land of Nod, where they had two boys, Cain and Abel. The boys grew up and both found wives. Cain took to gardening and Abel became a shepherd. One day Abel's sheep got into Cain's garden. They did a lot of hollering and shouting. Cain lost his temper and took a poke at Abel and killed him. Number One and Adam decided Cain would have to go. So Cain went west from the Land of Nod, started up on his own and did real well.

The Good Book tells us that Adam begat Seth when he was 130 years. He lived for 930 years, begetting sons and daughters until he died. Seth begat Enos, Enos begat Cainan, Cainan begat Mahalaleel, Mahalaleel begat Jared, Jared begat Enosh, Enosh begat Lamech, Lamech begat Noah. Adam lived 930 years, Seth 912 years, Enos 905 years, Cainan 910 years, Mahalaleel 895 years, Jared 969 years, Enosh 905 years, Lamech 777 years, and Noah 950 years.

With all that begetting and begatting and people living so long, the place became so crowded they got fighting over fence lines and boundaries. Finally it got so bad that they started to kill each other over who owned what and where.

Then Number One picked out a few bright boys in their early 90s who had been interested in the stars, knew the difference between a lunar day and a solar day, and had discovered that the heavens turn around the North Star. So He sent these young fellows into the countryside to mark the boundaries of the land people owned and to draw up maps and to file them in the Temple for all to see.

Number One said, "I am pleased with work you have done" and henceforth ye shall be known as surveyors." Thus these 90-year old youngsters became chartered members of the world's second oldest profession - land surveying.

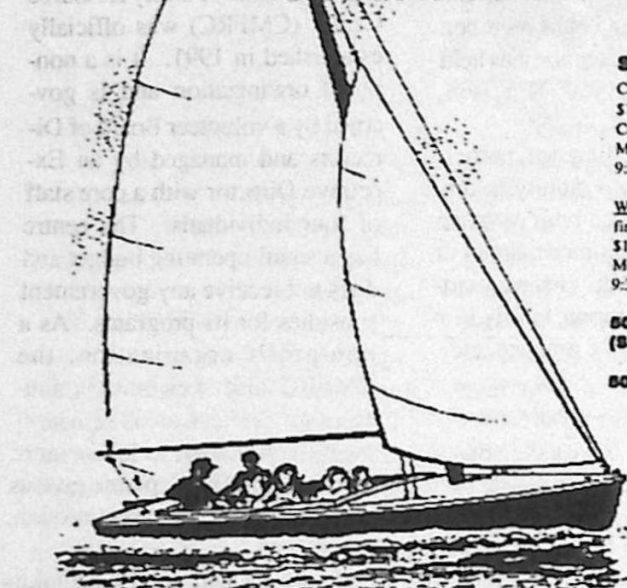
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TOWN of COMOX RECREATION DEPARTMENT



SAIL AWAY WITH COMOX REC ON COMOX BAY



SAILING SCHOOL

Capable swimmer 10 yrs. +
\$165.00 + GST (if applicable)/60 hours
Comox Bay
Monday - Friday
9:30 am - 3:30 pm

Weekly Options: Available for the
first week of session only.
\$100.00 + GST (if applicable)/30 hours
Monday - Friday
9:30 am - 3:30 pm

606 August 2 - 12
(Saturday, Aug. 6 also)

607 August 15 - 25

Join us this summer with Comox Recreation and the Canadian Sailing Association Basic Sailing Course. Safety, sailing terminology, rigging, and lots of seaboard good times in our Flying Junior gliders is presented in this new and improved program. CYA White 1 Certification is possible for those who choose.

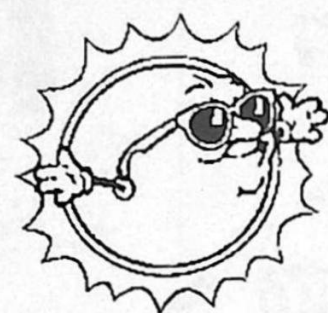
are note that our minimum age requirement is 10 years and a able swimmer. A swim test on the first day of the program will be mandatory for under 19 years. Participants are advised to bring their own personal flotation device should they have one, if not we do supply lifejackets.

Participants are asked to meet at the B.C. Tel telephone booth next to Comox Marina boat ramp prior to class time at the Comox Bay site.

Meet Steven Payne - Sailing Program Coordinator

Hi, I'm Steven Payne. I am the Sailing Instructor for the Comox Recreation Centre. I grew up in the Comox Valley and began sailing with the Sea Cadets at Goose Spit. I have been a sailing instructor for the Sidney North Saanich Yacht Club and an instructor for the University of Victoria. My goal this summer is to have fun, maintain a high standard of safety and teach others the art of sailing. With the skills, experience and confidence, others can enjoy sailing like I do!

Steven Payne



NEW & IMPROVED DAYCAMP 1994

DAYCAMP OVERNIGHTERS

Daycamp Overnighters #202, 204, 206, 208 finish each week with an overnight camp out at Gilwell Park. Please note that this program terminates at 11:00 am Friday morning.

\$47.00/weekly session (202, 204, 206, 208)
\$37.00/week for each additional family member
10% discount for those registering in 5 or more camps

204 JULY 25 - 29
206 AUGUST 5 - 12
208 AUGUST 22 - 26



AFTER DAYCAMP

Is for those registered in daycamp who require an hour of childcare at the end of daycamp day.

\$12.00/child/week (2011, 2033, 2055, 2077)
\$10.00/child/week (2022, 2044, 2066, 2088)
Monday - Friday at the Community Centre
3:00 - 4:00 pm *No program on Friday following overnighter.

2011 - JULY 4 - 8
2022 - JULY 11 - 14*
2033 - JULY 18 - 22
2044 - JULY 25 - 28*
2055 - AUGUST 2 - 5
2066 - AUGUST 9 - 11*
2077 - AUGUST 16 - 19
2088 - AUGUST 22 - 25*

6 - 10 years
(must have completed
Kindergarten)
Monday - Friday
9:00 am - 3:00 pm
Overnight Daycamp is
completed at 11:00 am Friday

DAYCAMP ADVENTURES

Daycamp Adventures #201, 203, 205, 207 finish each week with a special daytrip adventure to PARKSVILLE for a beach picnic and a game of golf at the PARADISE ADVENTURE MIND GOLF CENTRE.

\$67.00/weekly session (201, 203, 205, 207)
\$57.00/week for each additional family member
10% discount for those registering in 5 or more camps
\$47.00/weekly if choose NOT to attend Fridays

205 AUGUST 2 - 5
(\$9.00 discount / Mon. holiday)

207 AUGUST 15 - 19

LEVEL #1 Develop Grace, Poise and Confidence



Develop poise, grace and confidence with the Victoria Von Kane Modeling and Self Improvement program. Please note that this program is offered for 2 separate age groups and program content is presented accordingly.

MODELING & SELF IMPROVEMENT LEVEL #1

"A VSC - VON KANE PROGRAM"

\$65.00
Monday - Friday
August 8 - 12
CCC Room A
601C 8 - 11 years
9:00 am - 11:00 am
602C 12 - 16 years
2:00 pm - 4:00 pm

POSTURE & POISE
Stance, walk, arm swing, length of step, sitting, hand positions.

PERSONAL DEVELOPMENT
Habits, attitudes, values and image.

SOCIAL GRACES
Introductions, handshakes, manners, table setting, eating habits, and styles.

HAIR CARE
Parts of the nail, growth, problems and manicure.

MODELING TECHNIQUES
Turns: pivot, 3/4, full and hand positions in 3 routines, doubles, grand finale and picture pose.

HAIR CARE
Care, styling, effect of products and diet on hair.

GROOMING & SKINCARE
Skin cleansing routine, types, problems, soaps and suntanning.

FRAGRANCES
History, families and application of fragrances.

MAKEUP APPLICATION
Enhance features for fashion show. Application geared to participants age.

FASHION SHOW
Student fashion show using their own wardrobe. Parents and friends are cordially invited to attend. Certificates awarded.



1015 BADMINTON CAMP

8 - 12 yrs.
\$41.00
August 29 - September 2
Monday - Friday
10:00 am - 12:00 noon
Instructor: Victor
Arsenault
Location: CCC Gym A

Learn the basic strokes of
this great indoor game.
Smash it, serve it, and clear it
through....Badminton is a
sport for a lifetime.

Drama WORKS

"A Victoria Von Kane Program"

603C 7 - 11 years
\$65.00
Monday - Friday
11:30 am - 1:30 pm
August 8 - 12

History, Action Techniques such as
exercises and musical games, dramatic
games, recreating a moment, improvi-
sation, pantomime, puppetry, clown-
ing, commercials and a final perform-
ance.

712C ALL FUN RECREATION (VICTORIA WATER SLIDES) or MAYFAIR MALL/ EATON'S CENTRE SHOPPING

Thursday, August 4
8 yrs. +
(under 8 accompanied by an adult)
Depart 8:00 am
Return 8:00 pm
\$6.00/sliders
\$3.00/Non slider
Shopping Fee: \$40.00/
person Adults Only

"If you've never been, you can't afford
to miss this wild and wet day...the
SLIDES. Ride the slides, tackle
tubes, or just sit back and enjoy the
and the fun!"

MND Speaks to MSFP



The Hon. David Collinette, MND and Veterans Affairs, addressed the Military Family Support Program Annual Workshop at Gananoque Ontario, 30 May.

Comox MFRC Exec meets MND



CMFRC Exec. Dir. Christine Beaudoin meets the MND and Veterans Affairs.

**NEXT DEADLINE 15 AUG
NOON**

CHAPEL CHIMES

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - Maj Conrad Verreault
CHAPEL - Our Lady of the Sacred Heart (on Base)
OFFICE - Bldg 22, north-west corner, 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 - Bldg 22, north-west corner
Telephone 339-8273/339-8275
Secretary - Mrs. Anita Spurrell

SUNDAY SERVICES - Summer Services at St. Michael and All Angels Chapel for the period Sunday, 3 July to Sunday, 4 September will be at 1000 hrs.

(any changes will be announced as early as possible)

NURSERY - during Service for children under 3 yrs.

CHOIR - 1900 hrs, Thursdays at the Chapel.

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

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

Collinette Addresses MSFP Workshop

The Minister of National Defence, the Hon David Michael Collinette made the opening address at the Third Annual Workshop of the Military Family Support Program (MFSP). In his speech, the minister acknowledged the essential role of the MFSP to assist military families in an evolving world. His presence at the conference unequivocally shows his support to the MFSP initiative and gives a clear indication of the importance of the program within the Canadian Forces. After his speech some participants had the opportunity to speak to the minister.

Since the establishment of the MFSP in 1991, each year an Annual Workshop is organized by the Directorate of Military Family Support (DMFS) in Ottawa. All Family Resource Centres across

Canada and overseas are invited to participate. Each centre is represented by the Executive Director and the Chairperson of the Board or another board member. This year the conference was held in Gananoque, Near Kingston, Ontario.

During the conference, participants had the opportunity to discuss management and program issues as well as other matters of interest including: closures, cut-backs and transitions, family violence, standards of practice, etc.

This annual event serves a very useful purpose. It provides an opportunity for participants to discuss mutual concerns and challenges, and to submit recommendations to DMFS. Furthermore, it provides a vehicle for better communications and exchanges between centres since

each Family Resource Centre functions autonomously.

Here at 19 Wing Comox, the Comox Military Family Resource Centre (CMFRC) was officially established in 1991. It is a non-profit organization and is governed by a volunteer Board of Directors and managed by an Executive Director with a core staff of four individuals. The centre has a small operating budget and does not receive any government subsidies for its programs. As a non-profit organization, the CMFRC also welcomes volunteers in different areas of activities. If you want to know more about the CMFRC, please give us a call at 339-8290 or pay us a visit.

We are located at 119 Kinnikinnick, at the corner of Ryan Road and Little River.

Precious Little People Preschool and Childminding wishes a Farewell to all of our Kindergarten graduates and posted families. Registrations for September are being taken now at the CMFRC, phone 339-8290.



CMFRC, Precious Little People Preschool Class 1994.



CMFRC, Precious Little People Childminding Group 1994.

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Who's in Charge?

by Lloyd Bailey

The greatest argument in this school district, as in any part of B.C. for schools of all kinds; private, public, military, denominational, free, etc., is that students will have the freedom not to be taught to think alike, automatically. Automatic academic thinking smells of propaganda or brain washing and, with modern developments in human conditioning, can make a joke of the democratic process. The very unpredictability or accidental nature of political events makes the electoral vote important in reassuring our freedoms. If everyone were taught not to think but automatically regurgitate the dogmatic academic response, then we would not need election campaigns at all. But the difficulty raised is that a particular style of leadership is vital to the success of such a pluralistic democratic process and often the cry is heard: "Who's in charge?"

Major newspapers in this country are exercising great caution in printing articles and letters which

fail to express their own editorial opinion. That sensitivity is not necessarily a denial of free press but rather an exercise in the leadership of public opinion. In a society with many large dailies, such regulation is counteracted by the readers taking advantage of several periodicals of known biases. The point is that several opinion leaders are competing openly for the intellectual adherence of the many.

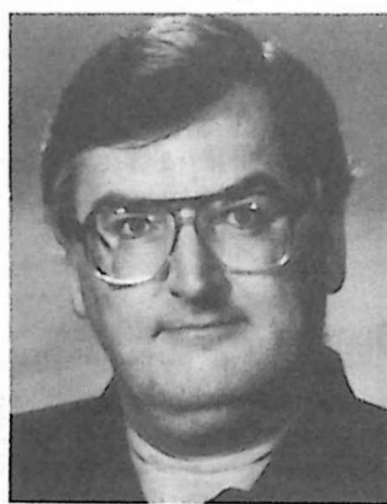
On the education scene, advocates argue that if the school system doesn't attempt to inculcate values and ethics, i.e. condition the students to think a certain way, then outside and often nefarious interests will, and the list includes car dealers, the media, cults, gangs, entertainers, etc. Anyone with a message to sell and the known psychological techniques to warp in the consumer. So the big question is really: Who is about to delineate the code of conduct for humanity so that the correct conditioning can begin? If we have to be conditioned, then

who's in charge?

A complete system of controlling the conduct of men, women and children is only dangerous to liberty if it is complete and established. To date, no academic has devised such a foolproof system of behavioural science. But if he had, the system would be permanent and self-perpetuating. No longer could anyone become anything that his predecessor didn't design in his education. No chance happenings which in the past have occasioned many advantageous mutations. Sounds pretty scary, not only for daily human existence, but who is going to be in charge of this type of society? Luckily, it's all bunk at this hour. And rightly so, a military example will illustrate the role, as we enjoy it, of individual conscience and civic responsibility.

Walter Hose was the sailor's sailor. He had even been born at sea (on a P and O liner in the Indian Ocean; his father was the Bishop of Singapore). Hose entered the Royal Navy's training

ship Britannia in 1890, at the age of fifteen, passed into the Fleet two years later, and was sent as a cadet to join the flagship of the China Squadron. For the next twenty years, the young officer cruised on every ocean on every class of ship from torpedo boats to battleship. His first command was a gunboat, his first major command, in 1909, a cruiser. He was loaned by the Admiralty in 1911 to the Canadian Naval Service; a year later he voluntarily left the Royal Navy for the Royal Canadian Navy. Commander Hose spent the first two years of the war at sea working with British and Japanese naval units in Pacific waters; in April 1917 he was posted to Naval Headquarters at Ottawa, his first shore appointment for a quarter century. After a further tour as Captain Superintendent, Halifax Dockyard, he was posted in March 1929 back to Ottawa, where he became, successively, Naval Assistant to the Minister, Assistant Director of the



Lloyd Bailey

Naval Service, and, in January 1921, Director of the Naval Service.

Throughout most of the 1920s the Department of National Defence enjoyed a continuing feud between Director Walter Hose of the Naval Service and the Chief of the General Staff, Major-General James Howden MacBrien. Jim MacBrien was often admiringly referred to as a soldier's soldier, and with good reason. Born at Port Perry, Ontario in 1878, he began his military career as a militia private in the 34th Ontario Battalion at the age of nineteen.

Continued on page 20

On & Off the Base

St. Jean-Baptiste
Celebrated 24 June

SUMMER FUN '94



L'Association Francophone de la Vallée de Comox

Vous êtes tous et toutes invités à venir célébrer la Fête de la St-Jean-Baptiste, le vendredi 24 juin à partir de 18h00, au Pavillon de la plage militaire (Air Force Beach). Il y aura des hot-dogs, hamburgers sur le grill et différentes activités. Au coucher du soleil nous aurons également le traditionnel feu de la St-Jean. Amenez vos parents et amis. Nous vous attendons en grand nombre.

Francophone Association of the Comox Valley

You are invited to celebrate the St. Jean-Baptiste, Friday 24 June at 6:00 p.m. at the Air Force Beach pavilion. There will be hot-dogs and hamburgers on the grill, many activities and, of course, the traditional bonfire at sunset. Come with your family and friends. We're expecting you.

For information phone 339-3990 or 334-0692.

**IT'S A MATTER OF
LIFE AND DEATH
DON'T SMOKE**

British Columbia Lung Association

Once again the Wallace Gardens Community Centre is offering swimming lessons and day camp for all CFB Comox dependents. Red Cross lessons are offered between 0800 and 1100 weekdays and will include programs for children aged three and above. This year we are offering two new programs; Moms 'n Pops 'n Tots (Tuesdays and Thursdays between 1100 and 1130) and water aerobics (please check schedule). The pool opened July 4 for casual, family and adult swims. This summer's day camp will incorporate themes of animals, the future, our environment and exploration into its daily routine of games, outings, arts and crafts, trips, and swimming. Boys and girls between the ages of 5 and 12 are welcome to come and join the fun Monday to Friday between 1230 and 1530 at Wallace Gardens Community Centre. Each session lasts two weeks and will be highlighted by exciting trips and activities.

Registration	Session	Community Council	Non-Members
July 28, 29	3rd: August 2 - 12	Members	Members
August 11, 12	4th: August 15 - 26		
Fees			
One program, per child		\$25.00	\$35.00
Both programs, per child		\$40.00	\$50.00
Family Rates:			
One program, 1st child		\$25.00	\$35.00
2nd child		\$21.00	\$31.00
others		\$17.00	\$21.00
Both programs, 1st child		\$40.00	\$50.00
2nd child		\$36.00	\$46.00
others		\$32.00	\$42.00

Swimming Schedule

Monday through Friday
0630 - 0730 Military and Length swimming
0800 - 1100 Red Cross Swimming Lessons
1100 - 1130 Moms 'n Pops 'n Tots (Tues & Thurs)
1130 - 1230 DND and Military Length swimming
1230 - 1330 Masters Swim Club
1400 - 1600 Open swim (Mon, Tues, Thurs & Fri)
1615 - 1700 Water Aerobics (Tues & Thurs)
1800 - 1900 Length swimming (Mon)
1900 - 2000 Open swim (Mon)
1800 - 2000 Open swim (Tues, Weds, Thurs & Fri)
Weekends: Sat 1330 - 1600 Open swimming
Sun 1330 - 1530 Open swim
1530 - 1630 Family swim
1800 - 2000 Open swim

Fees: No charge DND members
\$1.00 Dependents (Swimming card available - \$10.00 for 12 passes)
\$1.50 Moms 'n Pops 'n Tots
\$2.50 Water Aerobics

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Week Ending 30 July

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1. The Guardian.....**Faul**
2. A Case of Need.....**Crichton**
3. Finnegan's Week.....**Wambaugh**
4. Deep Flight.....**Carpenter**
5. Storm Flight.....**Berent**
6. Pot of Gold.....**Michael**
7. Virtual Light.....**Gibson**
8. Days of Air and Darkness.....**Kerr**
9. Curfew.....**Rickman**
10. Chrome Circle.....**Lackey**

Bulletin Board

Meadowlark Estates Ltd. wishes to announce the grand opening of **Aspen Court** at **698 Aspen in Comox** For Rent or Lease

Brand new spacious one, two and three bedroom condominium homes for rent, available 1 August. All units come equipped with fridge, stove, dishwasher and garburator. Bright kitchens with breakfast nooks, large patios, and in-suite storage. Located in new subdivision at the corner of Aspen and Guthrie, in Comox. Would suit long term mature tenants. Contact Lyle at 339-1347 or 339-3773.

WANTED

Your personal Births, Birthdays, Engagements, Anniversaries, Weddings and death announcements, including photographs.

These will be published free of charge to all DND personnel and civilian employees, retired DND personnel and RCMP.

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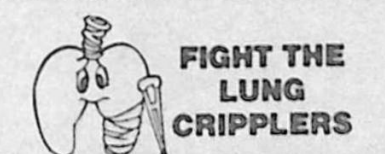


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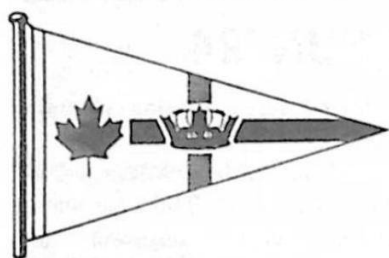
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On & Off the Base



Sails in the Sunset



Pictures of sailing classes on the bay by Goose Spit. These brave souls go to sea for six evenings and learn the basics of sailing in our Albacore class boats.

In boat 7815 we have Ryan and Denise McCormack and in 7814 we have Dave Mofford and Burt



Fenton.

The next class will run from Aug 22 to Sept 1, Mon - Thurs evenings.

Other club news: the next general meeting will be on Tues, 13 Sept.

More "Whose"

Three years later he joined the Northwest Mounted Police. In 1901 he resigned from the NWMP to fight in the South African Constabulary, in which he remained until its disbandment in 1906. Returning to Canada, he was commissioned in the permanent force in 1907.

The outbreak of World War I found MacBrien on course at the Staff College, Camberly, and, at the request of the British authorities, he was posted to the War Office, where he stayed until the arrival of the 1st Canadian Contingent on Salisbury Plain. By 1916 he had risen to the rank of Brigadier-General. He was a fighting officer: twice wounded in action, six times mentioned in despatches. He is remembered by surviving officers for his extraordinary aplomb and coolness under fire, and for a wry sense of humour which he retained in the gravest moments of battle.

His crisp competence and his courage earned him the admiration of all ranks. But the qualities which made MacBrien so outstanding an officer in the field were not those needed for success in the frustrating environment of peacetime administration. Like most of the officers of the permanent force of the 1920s and the 1930s, he had little conception of, or interest in, the workings of the bureaucracy, nor had he the tact or patience needed to get his way without alienating those who



Admirably referred to as a soldier's soldier, MacBrien as Chief of Staff, 1923.

stood in his path. The imperturbable field commander became the abrupt and impulsive desk officer.

The sailor's sailor fought with the soldier's soldier to decide the very issue: Who's in charge? Hose refused to accept anything but parity for the Naval Director vis-a-vis the Chief of the General Staff. He echoed the organizational structure of both Great Britain and Australia. Memoranda flew over the most minute of protocol; until MacBrien could stand the politics no longer and resigned in 1927. There were succeeding ups and downs for Hose's parity fight, depending on the personalities of various ministers and deputy ministers, but the issue of who's in charge wasn't settled until twenty years after



Walter Hose was the sailor's sailor. The Director of Naval Service, 1923.

Hose's retirement, in 1934, in the form of the post of Chairman of the Chiefs of Staff Committee.

Walter Hose should serve as an example to us all, civilian and military alike, that our differences in education are a gigantic plus.

Coming from different directions, we can make a more valuable contribution to the project at hand. Keep in mind that Commodore Hose didn't return to the Royal Navy when all was controversy and conflict. He had been taught in a different school from General MacBrien, to stick to his guns. So, who's in charge? Perhaps in our unique Canadian society we all have a contribution to make, a voice to be heard, and like Commodore Hose, we should stick to our guns.

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W Log Sqn Awards



W Log Sqn presentations 30 June. Rear row (L-R): Cpl Girard CD, Cpl Strutz SSM and Cpl Best CD. Front row (L-R): MCpl Vienneau, White Seal Aerobic Excellence; LCol King, and MCpl Johnson, CD.



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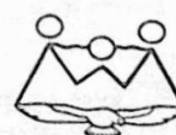
SESSIONS:

MONDAY AND WEDNESDAY	9 - 11:30 AM	FEE: \$ 60/MTH
MONDAY, WEDNESDAY AND FRIDAY	1 - 3:30 PM	FEE: \$ 90/MTH

BIRTH CERTIFICATE AND IMMUNIZATION RECORD MUST BE PRESENTED AT TIME OF REGISTRATION.

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