

## 1994 Air Show

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## Tell Me About B & B Grandpa!

....page 11



Bert Linder



# TOTEM TIMES

19 Wing CFB Comox B.C.



VOL 36 NO 13

THURSDAY 1 SEPTEMBER 1994

COST: PRICELESS

The Smile Says it All!



Photo: Luc Champagne

Her Majesty Queen Elizabeth II had a smile to match the sunshine when she visited 19 Wing/CFB Comox on August 17, 1994, to mark the 50th anniversary of this air base. Six-year-old Carl Bergey (lower right) and Holly Rapiti, 7, (just in the picture) presented Her Majesty with a floral bouquet.

## Queen Elizabeth II visits 19 Wing Comox

by Norm Blondel

Arriving at HMCS Quadra in a Canadian Forces Twin Otter floatplane, Her Majesty Queen Elizabeth the Second, accompanied by Prince Philip, began her visit to 19 Wing Comox on August 17, 1994, with a motor cavalcade through Comox. At the Base, the Quadra Sea Cadet Band, under the direction of Lt(N) Beth Dykeman CD, played "God Save

the Queen," prior to Her Majesty's inspection of a 100 person Royal Guard from 19 Wing, commanded by Major Malcom Frazer CD. A formation of T33 aircraft from 414 Squadron swept overhead as "Oh Canada" was played.

After signing the Comox Distinguished Visitor Book, Her Majesty was then introduced by B.C. Premier Mike Harcourt to: Commander Air Command, LGen G.

Scott Clements, CMM, CD, and Mrs. Karen Clements; Comox Valley MLA Ms Margaret Lord and Mr. Hardy Scott; Comox-Alberni MP Mr. Bill Gilmour; Mayor of Comox Her Worship Alicia Burns and Dr. Gordon Saunders; Mayor of Courtenay His Worship Rob Webber and Mrs. Lorraine Webber; Mayor of Cumberland His Worship Harvey Brown and Mrs. Shannon Brown,

and Chief Norman Frank and Mrs. Mary Clifton, Matriarch of the Comox First Nations Band. A high point of their young lives came next for Miss Holly Rapiti, 7, and Master Carl Bergey, 6, as they presented flowers to Queen Elizabeth. Holly and Carl earned the honour after submitting winning letters to the Base, explaining why they would like to be chosen as presenters.

After meeting Holly and Carl, Her Majesty visited the Comox Air Force Museum and viewed a painting by John Rutherford commemorating the 50th anniversary of the RCAF assuming command of Air Station Comox from the RAF. **Continued on page 2**

More pictures on  
pages 7 & 8



# On & Off the Base

## SCAN Transition Tips

### Check on your Benefits

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

Many people leaving the service each year see the only real challenge facing them as one of finding a job. Consequently, a lot of time is spent in attending seminars, reading books and, in general, preparing for the job search. Resumes are written and polished and lists of potential employers are developed. This is an important activity, and one that will determine the future standard of living for the whole family. Because few retirees are independently wealthy when they leave the military, employment means income and income means survival.

Unfortunately, because of the emphasis on preparation for employment many people overlook the importance of gathering information on benefits and other programs that not only assist in easing the trauma of transition, but may help with problems long after separation or retirement. There are a whole range of agencies and organizations that provide benefits information. Most are readily available, for others, you have to go and ask for assistance. It is critical that as much information as possible be developed prior to leaving. Once in the civilian community, information will be more difficult to obtain, particularly if you settle far from

### Ukrainian Club Welcomes New Members

If you enjoy Perogies, Holopchi, Kolomayka dancing or Easter egg painting, we are the club to join. The Comox Valley Ukrainian Club is offering you the opportunity to learn more about the culture, make some new friends, and enjoy the talents of local and seasoned performers. Ask any of the club members and they will tell you that all their events are family oriented and very entertaining!

Meetings are held on the second Tuesday of each month at the

a military wing or base.

Some examples of this are eligibility for unemployment compensation, disability compensation for service related disabilities, and retraining. Financial matters should be looked at early as well. For retirees, the relative merits of the SISIP program should be weighed and compared against the cost, coverage, and return of commercial life insurance programs. Decisions made early can help to plan a viable protection program for each family, and could go a long way toward saving considerable money in the long run. Medical insurance and coverage under the Public Service Health Care Plan for dependents should also be considered. Most civilian policies carry a one year exclusion for pre-existing medical conditions.

So where do you find out about all the programs you need to gather information on? Well the best place to start is your Release Section and WPSO office. Transition programs such as the Second Career Assistance Network (SCAN) Program assist in preparing for the job search and provide a whole range of information.

There is a lot to learn and a lot to prepare for when you leave the military. Fortunately, there is a lot of information and assistance available if you are willing to go ask for it and it is all free of charge. The key to success, as in most other matters, is careful planning and preparation. Don't wait for something to happen, be ready well in advance.

Seniors Lounge of the Florence Filberg Centre in Courtenay at 7:00 pm. The first meeting will be held on 13 September.

Also, the young Ukrainian Dance Club will be starting its new season. If you have an active son, daughter, or grandchild who enjoys lively, athletic, yet graceful and colourful dancing, then this is the club for them.

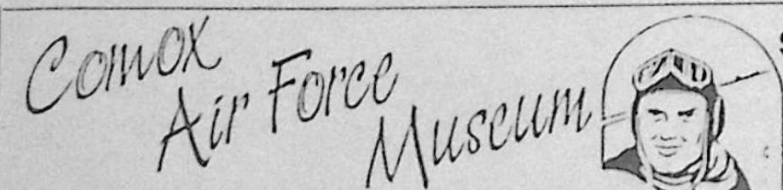
For more information, please contact Shirley at 339-4164 or Sonia at 334-0559.

### More Royal Visit

At 12:40, Wing Commander Colonel Terry Rogers and Mrs. Heather Rogers bade Farewell to Queen Elizabeth and Prince Philip as they boarded the 437

Squadron Airbus, ending a visit which will live long in the memories of all who were present, particularly for two youngsters named Holly and Carl.

Continued from page 1



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## Grief

By Charlie the  
"Chaplain" Massey,  
Wing Chaplain (P)

**Grief: Not Only Normal, but Necessary, Not Only Necessary, but Normal**

The months of June, July and August of 1994 (being the season for posting out as well as in, and also being a year of reduction in the CF through FRP 94) have brought a somewhat different problem through the doors of the Chaplains' office than those we often see.

Persons are coming in fearful, depressed, frustrated, feeling helpless, lost, angry and thinking that they are going off the deep end. They feel this way because their friends are moving, taking FRP, retiring, or they are getting out themselves and they have known not much else outside the CF. Some are this way because they did not get offered an FRP. Well these people are PERFECTLY NORMAL to feel the way they do. They are going through the grief process.

My dictionary defines "GRIEF" as "a keen mental suffering or distress as a result of affliction or loss; sharp sorrow, painful regret. A cause or occasion of severe or keen distress or sorrow; to suffer loss or disappointment; to suffer misfortune or to fail miserably."

If you do not believe that we go through the grief process every time we have a separation from something that is meaningful and comfortable to us then think of this... It is a cold miserable morning, it is raining - bordering on snow, it is 6 a.m. and the alarm goes off. Your first reaction is denial that it can't be that time already. When the reality sets in you get angry because you really don't want to get up. Then you feel a twinge of guilt which forces you out of bed to go to work. Some might rationalize and call that a sense of duty. The vacuum

left by the absence of the bed is filled by that first cup of hot coffee. You have just gone through the grief process, albeit rather quickly. This is an abbreviated example, but it could be drawn out in minute detail to illustrate the point.



Chaplains Chatter

The human being has an automatic response system which operates with essentially the same rules whether the game is death, deprivation, separation, frustration, loss of a person or thing that is meaningful (positive or negative), important and/or comfortable to an individual.

Every time one suffers a loss of some sort one experiences the grief process. The only difference is the degree - some are affected more than others - and some will cope more quickly than others.

A person is not alone in or with their feelings. They are not weird, odd, strange, peculiar, different, insane, falling off their rocker, or cracking up because they feel these things. Indeed they are normal. They are going through the grief process.

And it is necessary to go through this procedure because that is how one copes with loss and grows as a human being in the process. It is also important that one deal appropriately with grief. It is necessary for one's health - mentally, emotionally, physically and spiritually. When one experiences grief and copes with the grief in a positive way (one takes

control of the grief instead of letting the grief take control), one grows in one's relationship with oneself and with those with whom one shares it. When this occurs one becomes a stronger, better person for it.

So what can one do to be positive? To be constructive? What are the ways of coping?

Face the problem and accept the reality. Enlarge your understanding of your feelings and why you feel the way you do. Express and work through, in appropriate ways, the negative feelings of resentment, anxiety and guilt. Accept the responsibility for coping with the problem. Explore alternative ways of coping and handling it. Separate the changeable from the unchangeable in the situation. Accept the unchangeable as unchangeable. The SERENITY PRAYER which goes like this would be helpful:

God,  
grant me the serenity to accept the things I cannot change,  
the courage to accept the things I can,  
and the wisdom to know the difference.

Surrender your grandiose, burdensome aspects of your self-image. Open channels of communication with other helping persons among relatives, friends and professional persons. Share with others who are in the same boat. Take steps, however small, to handle the problem constructively. Surrender the emotional ties for the time being, and replace them with family, friends, hobbies, volunteer activities. Form other friendships. Care for each other and realize that you are not alone. Heal from the inside out. Do not be afraid to call for help.

Remember, your emotions are simply there - they are part of life like skin and bone are there. You ARE normal, but you must recognize, honour and respect your emotions and do so responsibly.

The grief process is part of life. It is not only normal it is necessary. It is not only necessary, but it is normal.

### 19 Wing Yacht Club CFSA

Our CFSA/CISM team recently arrived back from 14 Wing Shearwater with a 2nd place finish to their credit. Well done Paul Hodge and Chris Denko.

An adventure training exercise involving some of our members navigated two of the notorious rapids of the north Georgia Strait. The exercise was a qualified success and details will be available at the next meeting.

The next general meeting will

be held at Sea Survival, HMCS Quadra, on Tue 13 Sep 1900 hrs. Elections will be held for several executive positions so come out and get involved. Following the general meeting a slide presentation will be given by Bruce and Susan Archibald on their adventures in California, Mexico and Polynesia 1991-93.

An executive meeting will be held at the AFIS library Mon 12 Sep 1300 hrs.

**NEXT DEADLINE 9 SEPT  
NOON**

# On & Off the Base

## Comox Valley RoadRunners

Present

13th Annual Comox Valley

"FALL SERIES"

1994

"These races are for all ages & abilities"

RACE	DATE	LOCATION	TIME
5 K Track	Sept. 11	Comox Valley Sports Centre	10 am
Lorne Franks 8K * New Course *	Sept. 25	Stotum Falls "The Pipeline"	10 am
C.R.A.C. Miracle Beach 10K	Oct. 23	Miracle Beach Park	10 am
Mud Bowl X Country 11K	Nov. 6	End of Lake Trail Road	10 am
Comox Valley 10K	Nov. 20	Kin Hut (Exhibition Grounds)	10 am

### Registration:

Race Day - \$7 (9:00 - 10:00 a.m.)  
Series Discount - \$20 (4 Comox Valley Races, excluding Miracle Beach 10K)  
\* Series discount available ONLY at first race \*

### Awards:

Ribbons awarded after each race.  
Final series ribbons presented at end of series.

### Refreshments:

Available at all races.

### Draw Prizes:

Prizes at all races, plus grand draw prizes for those who have run or volunteered in at least 4 races.

### Series Results:

Points awarded in categories with overall results determined from best 4 runs (must compete in minimum of 3 races).

### Contact:

President Al Munday 334-1936  
Race Director John Ingram 337-8690

### A Rutherford Egg



Wing Public Affairs Officer, Capt David Krayden, carefully handles the ostrich egg, painted by premier aviation artist, John Rutherford.

### Something Eggstra for YANA

The annual You Are Not Alone (YANA) auction this year will feature something different: a very special ostrich egg. On one side there is a painted scene of the two Snowbird leads by John Rutherford; on the flip side are the signatures of all the Snowbirds, gathered during the airshow weekend while the squadron was here to perform. Ostrich egg art is something that is becoming increasingly popular in the Comox Valley (with an ostrich farm in the vicinity).

Though this is Rutherford's first attempt at the egg medium, he is no stranger to aviation art, and has been commissioned by the Base to paint several paintings to commemorate major events. YANA, which is actively supported by many base personnel, including Base Commander Col Terry Rogers, is an organization dedicated to supporting the families of patients who require special or urgent medical care.

### 407 Awards - by LCol Peter Kendell



Cpl Todd Waldeck receives a Directorate of Flight Safety Award for Professionalism.

### No Retreat Award



Cpl M.P.D.R. Ledrew receives the 19 Wing Comox "No Retreat" Award for her contributions to various Wing activities.

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# Editorial



Colonel Terry Rogers

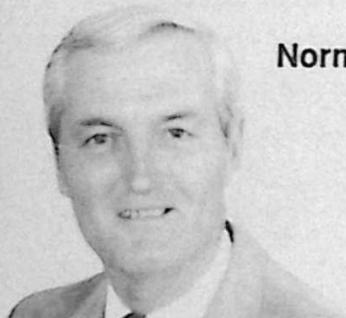
## A Letter from the Wing Commander

### Great Airshow

Comox Air Show 94 was a tremendous success. The weather was perfect, and the show was very well attended by the public. This event doubles as an Open House for the public and gives them the opportunity to interface directly with the military through our static and flying displays.

The team effort of 19 Wing is the direct reason why this show was such a success. I am extremely proud of the professionalism and loyalty that each and every one of you displayed. The static displays were excellent with a "hands on" approach being taken. The pre-show flying provided good interest prior to the main show, and the public was extremely pleased with the variety and continuity of the flying displays. Our guests were treated in an excellent manner, and initial reports are showing that we exceeded our goals set for the show.

19 Wing can be proud of producing one of the best Comox airshows ever run. I salute each and every one of you on a job well done.



Norm Blondei

## Twice Blessed

The first time CFB Comox received a Royal Visit was in 1967, when Her Majesty Queen Elizabeth II and Prince Philip toured Vancouver Island during the Centennial of Canada celebrations. On August 17 we received the rare privilege of a second visit, to commemorate the 50th anniversary of 19 Wing/CFB Comox. The weather was fine, the Royal Guard sharp as a tack, and the organization superb. One doesn't have to be a monarchist to appreciate a visit from our Queen, whose personal qualities and dedication to Royal tasks and obligations shine through on every occasion. This impression will last longest with two youngsters, Holly Rapati and Carl Bergey, who were chosen to present Her Majesty with flowers, a task performed with the utmost confidence. Kids, your parents did a lovely job.

## Breaking a Historic Link

The unfortunate - and unnecessary - demise of the Comox District Free Press is one more example of the bloody-mindedness which afflicts two parties in conflict who are determined, no matter what the cost, not to back down, or even consider compromise. One hundred and three years of history, 130 jobs, a four million dollar annual payroll - those are the main casualties in the conflict at 1625 McPhee Avenue. What hasn't been mentioned in the media so far is the collateral damage: what about the customers? The Totem Times has been a client publication of the Free Press for all of its 34 years. We've had to scramble, and even cancel an edition while trying to find another printer. Fortunately our good relations with the staff at the Comox Valley Record enabled us to obtain the last available slot at Ladysmith Printers. Our thanks to Grant Lawrence at the Record. Our move to the new printer is permanent, and may result in some changes to delivery times and copy deadlines. Stay with us.

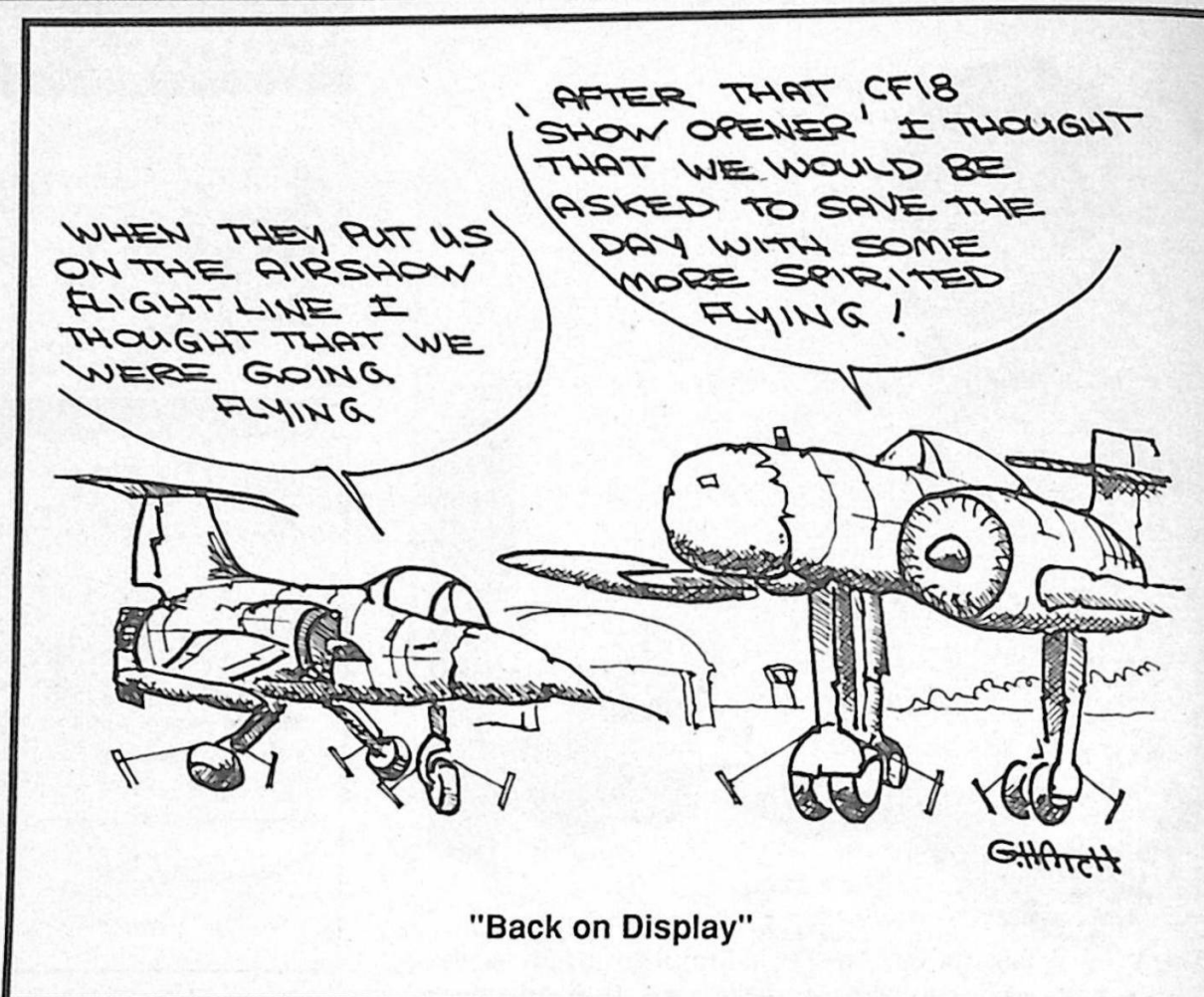
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## Butt Out Fall Programme

by  
**Lt J.M. Nogue, WDEC**  
There will be an information session on the BUTT OUT fall program on 12 Sep in Bldg 22, Rm 11, 1300-1500 hrs. This program is open to all military and civilian personnel.

The BUTT OUT Quit Smoking program is intended to provide a framework for CF personnel to quit smoking and stay off, once they have made the decision to try. Until the development of BUTT OUT, there were no co-ordinated efforts for smoking cessation, although many bases tried stop smoking efforts with variable success. BUTT OUT has been developed especially for the CF to take advantage of particular circumstances in the military. For example, in the ci-

vilian population, it is often difficult to find competent consultants who will follow through on the program. In addition, civilian clients are usually more widely separated geographically, making frequent sessions difficult to schedule, even during rough phases of quitting. Circumstances in the CF can overcome these difficulties, and so make the outcome of the quit smoking program more successful.

BUTT OUT is based on a self-management model of behaviour change. It organizes the participants' efforts at quitting smoking by instructing them in identifying the reasons they smoke and personalized alternatives which will substitute for smoking. In this sense it helps them create a new lifestyle, a task requiring

considerable effort.

Using the self-management model, the BUTT OUT program has had good success. While high success rates may be claimed immediately after quitting, typically only about 5-20% of persons who join other programs are still not smoking one year later. By way of comparison, BUTT OUT participants had a 50% abstinence rate 12 months after the program. These data illustrate the benefit of following a model for constructing a quit smoking program.

For more information about BUTT OUT, contact Capt M. Bush (SMOKE 1) local 8215 or Lt J.M. Nogue (SMOKE 2) at local 8204.

The BUTT OUT program is a unique opportunity....IT'S YOUR OPPORTUNITY.

## NEXT DEADLINE 9 SEPT. NOON

The TOTEM TIMES is an unofficial publication of 19 Wing CFB Comox, B.C. The Editor reserves the right to edit copy and reject advertisements to suit the needs of the publication. Views expressed are those of the contributor unless expressly attributed to DND, CF, or other agencies. In case of typographical errors, no goods may be sold and difference charged to this newspaper whose liability is limited to a refund of the space charge for the erroneous item. Published every second Thursday, with permission of the Wing Commander, 19 Wing CFB Comox, B.C. Publications Mail Registration No.4098.

# On the Base

## Para-Rescue 50th Anniversary 9-11 September, 1994

The Para Rescue Association is holding a reunion in the Comox Valley in Sep to commemorate 50 years of dedication in Search and Rescue. Para Rescue had its beginning in 1944 with only 393 SAR Techs being trained to date.

The reunion is being held in conjunction with SAREX which takes place at CFB Comox 8-13 Sep. Attending associate members may be found watching SAREX events on the Parachute Drop Zone (10 am - 3 pm), or members at the RCAF Association (12 noon - 3 pm) on 10 Sep.

Following is a list of registered attendees to date, with more to come:

Betty Bartlett	Jerry Busch	Mike Maltis
Alvin Bowes	Jim Clark	Mike Vatheuer
William Horn	Bob Cummings	Jim McCluskey
Stanley Knapp	Jim Ducet	Ron Langevin
Bill Montgomery	Jim Easton	Fred Denninger
Will Rivet	Bill Krier	Randy Huber
Emil Scamati	Roger Lewry	Bill Shaw
Gordon Shepherd	Fred Jackson	Bill Barber
Nicholas Woywika	Jim Folk	Brad Gough
George Howard	John Clark	Marty Maloney
Bert Image	Bob Cooper	Tom Taylor
William Lavery	Sonny Fullbrook	Yves Carignan
Norm St. Aubin	Gord McMullen	Keith McKellar
Budd Traver	Janice O'Neill	Kevin Elliott
Leo Binette	Chuck Clements	Darren Darbyson
Ted Braidner	Pete Howard	Seldon Miller
Ken Clark	Doug Killen	John Oakes
Bud Cockerton	Don Lane	Ron O'Reilly
George Leckie	Ted Miller	Kevin Zawistake
Rod Robinson	Ivan Wood	Stephen Andrews
Lyle Sproat	Guy Parent	Al Banky
Lois Crebo	Dan Bollong	Gavin Lee
Henry Decorby	Allan Campbell	Andre Daigle
Reg Crawford	Garry Emery	Ben House
Cliff Lockett	Mike Johnston	Kari Lind-Young
John Pinnow	John Kelly	Dan Lamoureux
Al Savage	Alan Williams	Dave Knubley
Carmie Hegadoren	Fred Ritchie	Rob Beauchamp
Dick Wynne	Paul Beattie	Dave Lazarowich
Grace MacEachern	Pat Callaghan	Keith Mitchell
Dutch Eader	Jack Chamberlain	Boyan Pierce
Dutch Franks	Peter Clark	Dale Robillard
Harry Jurgens	Larry Scott	Gerry Wile
George Raymond	Dave Sheppard	Marc Charron
Jack Austad	Bob Verret	Greg Smit
Harvie Copeland	Bruce Best	Bill McLeod
Jake Dyck	Gord Brown	Stanley Dykstra
Lynn Farmer	Brian Dunham	Bob Ritchie
Don Geddes	Claude Major	Don Stephens
Lyall Gustafson	Bill Moore	Dave Aalto
Pinky Hogg	Ken Power	Joe Power
Bruce Moase	Andy Ainslie	Terry Kreutz
Chesley Chaulk	Richard Boudreau	Winston Hurry
Harry Kiovisto	Ron Burke	Jerry Boucher
Garnet Loney	Jean Carriere	Ron Condy
Dick Osmond	Bruce Koronko	John Leclerc
Gary Garrison	Arnie MacAuley	Emilio Dechantal
Roy Jackson	Craig Seager	Jeff Warden
Norma Cronmiller	Sherm Sheppard	Kirk Steeves
Pete Lemieux	Jim Bernard	Wayne Chisholm
Gerry McNutt	Mike Byrne	Tony Isaacs
Jim Scobey	Al Gallant	Chris Healy
Rod Verchere	Chris Girden	Art Fleming
Bill Wacey	Bo Maasz	Ross Brown
Art White	George Makowski	

## WO & Sgt Ladies Host Annual Meet & Greet

The WO & Sgt's Ladies Social Club will be hosting the Annual Meet and Greet for new and present members on 12 Sep 94 at 7:30 pm. This is the start of a new year of friendship and fun. We hope to see all new and present members there. The Meet and Greet this year will be sponsored by The Wine Cottage. For more info, please call Darlene Yhard at 339-0486.

## Any Old Refinishers?

Author Patrick Martin is looking for anyone involved in aircraft refinishing and marking, going back prior to WWII, for a book. Leave a message at 339-2541 or 338-0259. Please call before 3 Sep.

## 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.



# United Way Begins

In 1993, we just missed our target  
A few more donations in 1994 will do the job  
Let's Do It, Comox!

## Richardson Greenshields

## SOVEREIGN

Charity "Hole in One" Golf Tournament  
Kick Off for United Way Campaign  
Sept 10, 1994

## Mulligans Golf Course

Nine holes only

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One chance on each hole for a hole in one

Prizes valued at \$15,000 per each of first eight holes

\$20,000 on the ninth hole

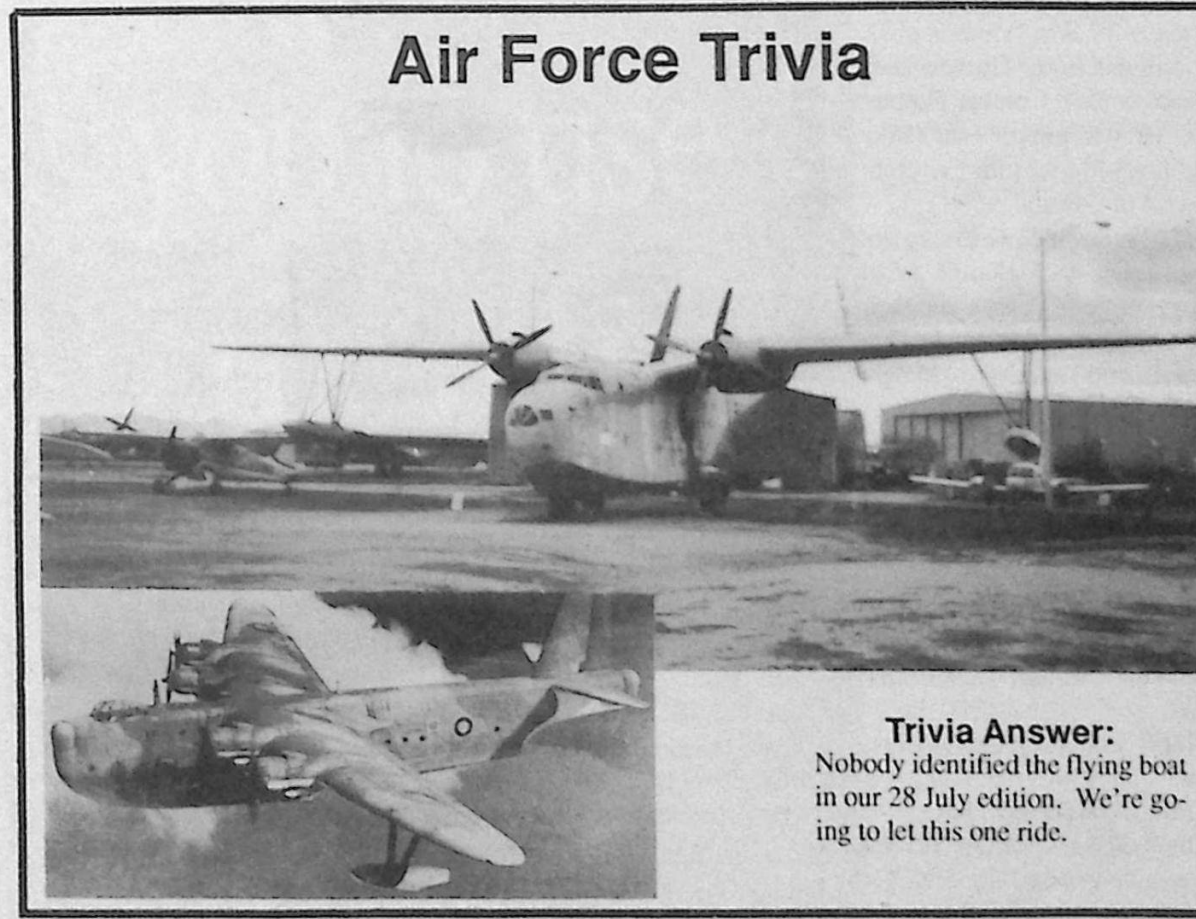
\$50 per entrant, Full tax receipt

All proceeds from ticket sales go to United Way

Door prizes Handouts Special Prizes

Contact Greg or Gunner at 334-4444

## Air Force Trivia



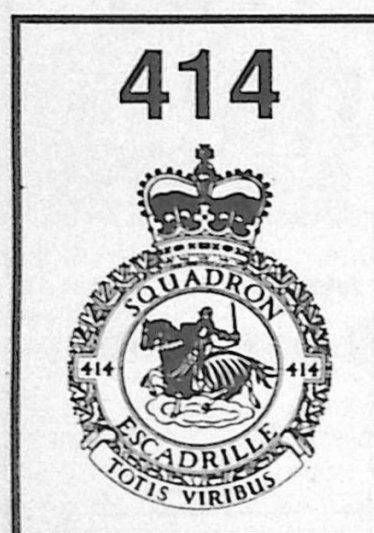
### Trivia Answer:

Nobody identified the flying boat in our 28 July edition. We're going to let this one ride.



# Section News

## Black Knights Change Commanders



On 21 July, a Change of Command parade was held at 19 Wing Comox during which LCol A.D. Hunter assumed command of 414 Squadron. LCol Hunter replaces LCol Cleland who is going to Winnipeg for a year long French course.

LCol Hunter attended the Royal Military College at Kingston, graduating with a degree in Mechanical Engineering in May 1973. He then attended air navigation training at CFB Winnipeg and, after graduating, proceeded to BFC Bagotville as a navigator on CF101 Voodoos with 425 and 410 Squadrons.

On 15 October 1980, LCol Hunter commenced pilot training and after graduating was posted CFB Cold Lake where, in May of 1982, he joined 417 Tactical Fighter Sqn, the CF104's operational training unit. In January of 1983, LCol Hunter was posted to Baden-Soellingen, Germany, with 421 Tactical Fighter Sqn. This was followed by a posting to 441 Tactical Fighter Sqn, also at Baden-Soellingen in 1985.

Having completed 2900 flying hours as a navigator and a pilot, LCol Hunter assumed staff duties in 1986 as Staff Officer Plans at 1 CAG HQ, and 1 Air Div HQ, in Lahr, Germany. He returned to Canada in 1989 to attend Staff College after which he was posted to the position of Wing Operations Officer at 5 Wing Goose Bay. After four years in "the Goose," LCol Hunter was posted to 19 Wing Comox to assume duties as the Commanding Officer of 414 Combat Support Sqn. He was awarded the Order of Military Merit by the Governor General of Canada.

414 Sqn would like to take this opportunity to welcome LCol Hunter, his wife Penney and their four children - Joanna, Jessica, Matthew and Timothy to 414 Sqn, and the beautiful Comox Valley.

**O.M.L.C. Officers Mess Ladies Club**  
**Wed. 21 September**  
 Join us for our annual Meet & Greet. Wine Tasting presented by "The Wine Cottage" from Courtenay.  
**Place:** Lounge at the Officers Mess  
**Time:** 7:00 for 7:30 pm.  
 Come on out! See old friends and meet new ones.  
 Welcome!

### A Commendation for Cpl Vrabel



On 08 Feb 1993, Cpl Vrabel was carrying out a primary inspection on aircraft 119. While inspecting the magnetic plug, he discovered a minimal amount of metal particles. He took it upon himself to inspect the engine oil filters which subsequently revealed very severe metal contamination. Cpl Vrabel was commended for his attention to detail and for the initiative to check further. His professionalism resulted in the prevention of a possible in-flight engine failure. This extra effort and keen application of his skills is much appreciated by all of us in 414 Sqn.

### No Retreat Award



Cpl J.A. Knight of 414 Sqn is presented with the "No Retreat" award by Wing Comm Col T. Rogers. This award was presented to Al for his identification of a potential safety hazard and for superior vigilance and enthusiasm toward the job. Congratulations Al. Totis Viribus.

### 414 Promotion



WO Doug Doucette is presented with his MWOs by Maj Lavoie, SAMEO 414 (CS) Sqn. Congratulations Doug. Totis Viribus from all the Black Knights.

## Family Fun Day, Airport School

11 a.m. Saturday 10 September

Games, pony rides (ages six and under), scavenger hunt, face painting, Little Toot, balloons!!! Special info booths. BBQ at 12:30 p.m.

PMQ Association members - FREE. Non-members - \$5.00

**NEXT DEADLINE 9 SEPT.**

## GLACIER GREENS SOCIAL CENTRE

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

Drop in for breakfast, lunch or after work. We have a snack bar & bar for your convenience. Call ahead and pre-order for lunch, so it is ready when you arrive.

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# Section News

## AMCRO Speaks

## News from the Pointy End

(Author's name withheld at his own request.)

Despite the rumours and uncertainty of the FRP and the posting season, things have been running smoothly around the AMCRO section. The worst has passed and we are busy preparing ourselves to say goodbye to friends and welcome new members to the section.

It seems that the OLD Chief, Jim Livingston, could no longer

let his job come before his true love - golf. Jim has pulled the plug and will be spending lots of time fixing golf equipment and playing the game.

We've been wondering what W.O. Dale has been so happy about; each time he goes by he seems to be murmuring something about "only xx days left." Where did he find that smile?

It was thought that MCpl Luc Rodrigue was going to take the

FRP and start building houses, but he has decided to stay in for a couple of more years; oh well, maybe next time.

Jokes aside, we wish our retiring friends the best in their new lives.

Congratulations to Cpl Bill Anglin for receiving the fastball Golden Glove Award. Cpl Maurice has been at his very best lately; he is part of the Queen's parade and has decided to take an

extended leave until after September. Maybe we should put everyone on parade to improve their behaviour!

Cpl Mark Potter has been filling his lunch hours with dance lessons; another Fred Astaire? Our two Sergeants have been so busy lately that no one has seen them around. I guess it's a case of "when the cat's on FRP, the mice will play."

We have two new members in

the section: Miss Becker is our new CR3 Log Controller and Cpl Benoit is in from Toronto to replace Jacques who is busy digging holes in the woods near Valcatraz.

I guess that's all the news that's worth knowing from the pointy end of 1 Hangar, so goodbye for now from the voice of AMCRO.

## CD Presentation



Cpl Gordanier receives his CD from Maj Roos, CO 19 AMS.

## The Weight of Command



LCol Hardy and Maj Clarkston take no time ensuring Maj Colin Goodman can "shoulder" the extra burden of responsibility of his new rank. Maj Goodman was posted to 103 RU in Gander in July.

## Public Announcement

Beginning September 4 all long distance calls within B.C. require you to use the 604 area code.

North America is running out of numbers.

With the growing demand for modern telecommunications equipment, like fax machines, modems and cellular phones, over 13,500 new telephone numbers are requested everyday.

To meet this demand, the North American Numbering Plan is being modified to add more area codes. As a result we will have to change the way we dial. Beginning September 4, whenever you call long distance, even within your own area code, you must dial the area code. For example 1 (or 0) + area code + seven digit number. (The exceptions are calls placed to 800 and 900 numbers.) This change is affecting all Canadians.

This message is brought to you by BC TEL working with telecommunications companies across North America.

Remember  
 Calling long distance  
 within B.C. call for  
 the 604 area code.  
 For more information,  
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# Feature

## The Royal Visit

Her Majesty Queen Elizabeth the Second paid a visit to 19 Wing/CFB Comox on August 17, 1994, to commemorate the 50th Anniversary of RCAF and Canadian Forces operations at Comox. The day was sunny and bright, the Royal Guard outstanding and people of the Comox Valley were able to see, and sometimes speak with the Queen.

Arrival at HMCS Quadra



Photo Edith Cuerrier

The Royal Couple arrived in a CF Twin Otter floatplane, and motorcaded through the Town of Comox, enroute to 19 Wing.

Reviewing the Parade



Photo Luc Champagne

The Queen casts a critical, but approving eye over the parade.

An All-Blue Royal Guard



Photo Luc Champagne

The Queen inspects the first all-blue Guard of Honour to parade at Comox in decades. The 100-per-

Welcome to Comox



Photo Edith Cuerrier

WComd Col Terry Rogers welcomes Her Majesty Queen Elizabeth II, at HMCS Quadra.

Welcoming the Prince



Photo C. Schofield

LCol Gerrit van Boeschoten greets Prince Philip.

Inspecting the Finest



Photo Luc Champagne

Accompanied by Guard Commander Maj Mac Fraser, Queen's Canadian Equerry LCol Paul Dionne and the Commander 19 Wing, Col Terry Rogers, Her Majesty inspects the "All Blue" award, regarded

# Feature

## The Royal Visit

Royal Presenters



Photo Luc Champagne

Holly Rapiti chats, Her Majesty and Carl Bergey do the listening.

Rutherford Painting on View

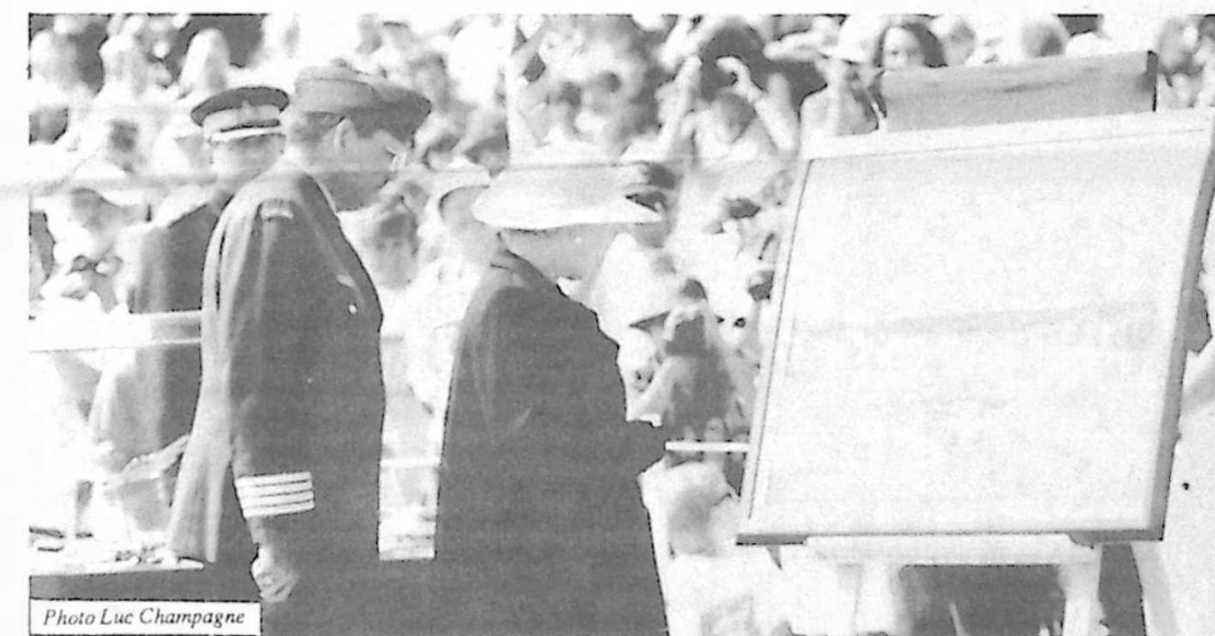


Photo Luc Champagne

The Queen and WComd review the talent of artist John Rutherford.

Walkabout



Photo Edith Cuerrier

Meeting the Children



Photo Edith Cuerrier

The Queen likes children, and they like her. That's evident in this picture of the Royal walkabout.

Royal Humour



Photo Edith Cuerrier

H.M. the Queen is known for her sense of humour. Our Terry seems tickled.

"Bye Bye!"



Photo Luc Champagne



# Feature

## Scenes from Airshow 1994

Touring the Big One

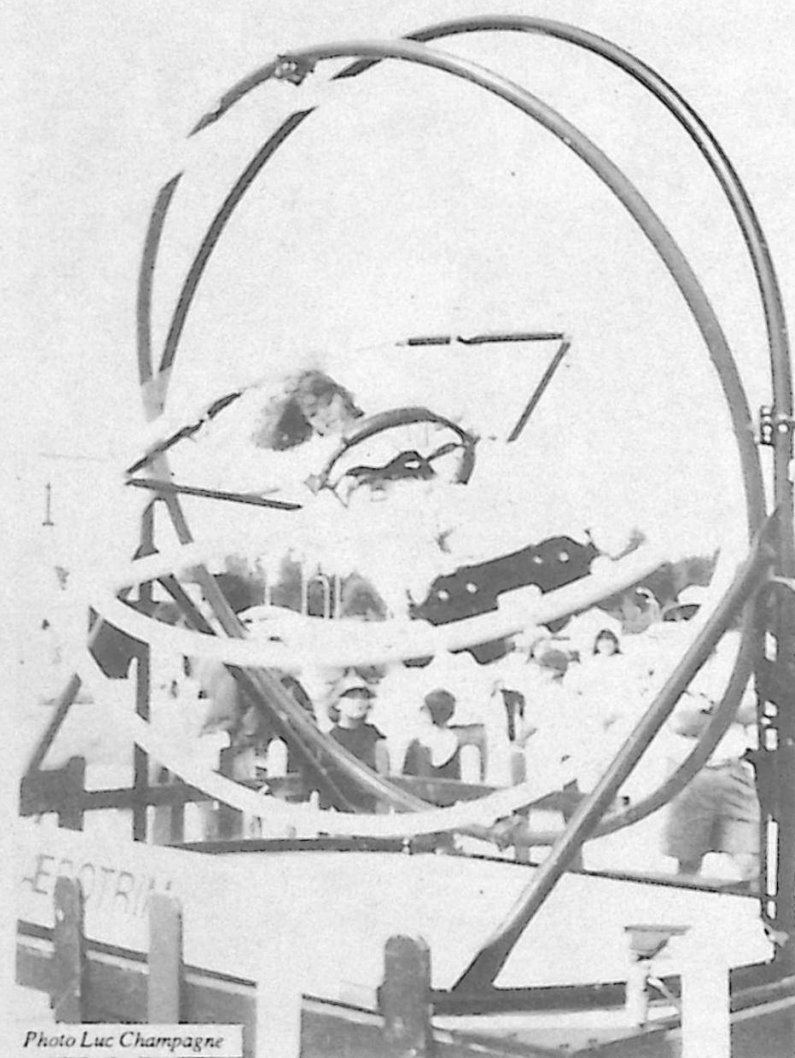


Photo Luc Champagne

Ground display



Photo Alan Brace

Jaws!



Photo Luc Champagne

Crowd scene



Photo Dave McIntyre

Big ones, Small ones



# On & Off the Base



Bert Linder, circa 1942

It was the year 1940 and my first posting was the RAF Upavon Central Flying School.

When I say it was my first posting what I am explaining is; it was my first posting after graduating from #2 S of T.T. which means No.2 School of Technical Training where aircraft apprentices are taught a trade.

So I arrive at Upavon on the Salisbury Plains and commence the work I was trained for.

Being the Central Flying School, it had one of every type of aircraft being flown in the RAF at that time, and they were numerous, from Avro Tutors (The Bi-plane) to Sterling Bombers, and everything in between.

I can recall the Botha, we called it the "Exchange Voucher," because when it was started it always caught fire and you put the fire out with whatever part of your uniform you wished to replace - your hat, your tunic, or whatever. It saved a lot of argument at Supply.

The fall of France was under way and the Battle of Britain was

## "Tell me about the B of B, Grandpa"

about to commence and the ground crews had to form the airfield Defense Corps, the forerunner to the RAF Regiment. I was in Station Workshops at this point in time.

We dug trenches around the airfield, the ground consisted of chalk, and I am sure they would be visible from 30,000 ft. - an easy target for the expected German parachutists.

I was chosen to drive the armoured truck. Its job - to deliver ammunition to the beleaguered troops who each had 25 rounds, 12 men to a trench, to fight off the German Army. Did Hitler miss the boat? I think he did.

I was doing a good job until one day I was backing the truck, squinting through the 12" x 1" slit in the armoured windshield, to its parking place alongside the workshops. I felt a bit of a jar and suddenly I was confronted by a very irate Flight Sergeant. If you've never been confronted by an irate Flight Sergeant you haven't experienced a verbal attack on your looks, your father and your mother, and your future career! I felt the attack was unwarranted until he showed me that the back end of the truck was in his office.

I told him he could stick the job where the moon don't shine (under my breath, of course). He

must have heard me because I lost the job.

Then the battle commenced, Britain that is, and my friend the Flight Sergeant, "Chiefy" to his cronies, came in the crew room and asked if anyone knew any French. Again my inexperience showed. I announced I had had four years of French in school. He never even hesitated. He fixed me with a baleful eye and said "You'll do." The way he said it made me think I would be parachuted into France but, no, it wasn't as glamorous as that.

The fact was some petrol bowlers destined for France were rerouted to us, because Hitler didn't want them, and all the instructions were in French. They were parked at the east side of the airfield and my job was to figure out which cocks had to be "fermered" and which ones had to be "ouvrered" in order to fill any fighters that landed on us and needed petrol ("gas" to the uninitiated).

And through the summer of 1940 I sat on the airfield at Upavon and fought against the vaunted Luftwaffe.

I also dodged any Flight Sergeants in the office. I was quick to learn, and I also learned how to terrify young airmen when I became a Flight Sergeant.

## 442 Promotion



LCol Hardy congratulates Sgt Joe Gautreau on his promotion, effective 1 Sept.

## CWO Jim Livingstone Retires



MCpl Lawrence Mew receives his certificate of service from CWO Jim Livingstone and LCol Abbott (note this is the first official photo of the new LCol).

## FRP Question #1

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# Health Fitness & Leisure

## Planning for Retirement

How can you prepare for the kind of retirement you will want? Whether your thoughts are of a blessed state of leisure or a glorious pursuit of personal goals or public achievements, your hopes will not be realized without planning.

### Planning for a Healthy Retirement

Planning for retirement is a lifelong process. How healthy you will be at retirement age will have much to do with the kind of life you lead during your working years.

Smoking and excessive drinking take a toll on the body. The sooner you reduce or cease your smoking or drinking, the healthier you'll be.

Good exercise habits also contribute to a body's health. If you haven't already, begin a healthy program of exercise now. Begin slowly, and consult your doctor.

Keep alert by learning something new every day. Being socially active will help. A wide circle of friends of different ages is stimulating insurance against becoming isolated. Starting new hobbies, doing volunteer work, and joining clubs and social groups can keep you mentally and socially sound - or may lead to a satisfying second career.

Financial planning for retirement starts long before your last day on the job. Learning to budget your earnings and expenditures should begin very early on. Social Security and pensions provide nice supplements to your savings, but won't give you the financial freedom you'll desire. A rough rule of thumb is that your combined income from Social Security, pension and investment earnings should be equal to 75% of your pre-retirement income. Learning to take advantage of a variety of types of investment will help you build a nest egg. Before retiring, you'll want to carefully examine your health insurance coverage from work and the benefits you will be receiving from Medicare to make sure you will be adequately covered. You will also need an estate protection plan and a well-prepared, up-to-date will.

### Questions to Ask Yourself

As you are nearing retirement and have determined how your finances are shaping up, you can think about where you will want to live. Will you want to live near your family and current friends, or would you prefer to move to a

### Employee Assistance Programme



retirement community, possibly in a warmer climate? Are you going to keep your home, rent an apartment, purchase a condominium? Consider the alternatives and ask yourself which best suits your situation.

Once you're situated, how are you going to spend your time? Retirement means leaving a job; it does not mean retirement from life. Sitting in a rocking chair may appeal to you at first, but the novelty of inactivity soon wears off. Boredom is a real danger. Seeking and finding employment for your interests and energies is part of a healthy retirement.

### When to Seek Help

You will want expert help figuring how to utilize your resources wisely. Signing up for classes or workshops for people planning their retirement can be helpful. At the very least, you'll want to visit a Social Security office to learn how your age and pre-retirement income affect your benefits. You'll want to find out when and how to apply for those benefits. An accountant can advise you on how to protect your finances against unnecessary taxation. Your company's personnel department will go over your work-related benefits with you.

If, as you approach retirement, you find yourself becoming depressed, over-anxious, or very frightened, you might benefit from professional individual or group counselling. Such counselling may be available as part of your company medical coverage. Plan ahead and prepare yourself for a healthy satisfying retirement of your own choosing. You will have earned it.

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## info health

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### Convulsions

Convulsion, fit, seizure, epilepsy; we have many names for the episodic loss of control or consciousness, the behavioral changes, and the abnormal movements associated with unwanted spikes of energy from the brain. Many more descriptive terms are required to classify the wide variety of seizures that do occur.

Our brain is our body's command centre, with messages sent and received using (to oversimplify) electric currents. Irritation of a spot on the brain may cause that area to discharge excessively, overload circuits and lead to tremors, strange sensations (smell, vision, or taste hallucinations), collapse, incontinence, and coma. Sometimes the seizure consists of only a brief "blank" spell, hardly noticeable.

There are many causes of seizures, ranging from infection of the brain or its covering (meningitis), injury, and poisons, to strokes, severe allergy, and can-

cer. Sometimes no cause is ever found, a common occurrence in younger patients. Newer imaging techniques are capable of finding tiny areas of brain damage and this improves our diagnostic ability.

These scars may be the result of injury during birth or "forgotten" head bumps sustained while growing up.

A patient's first seizure is a challenge. Was it really a seizure? If it was, is the cause still there? Is there going to be another one, and if so, when? Do we start anticonvulsive treatment now and continue it for years, or wait for another seizure first? Should the patient be allowed to drive? The rule says no driving until a year without a seizure has passed.

But this first seizure probably resulted from too much alcohol the night before. Maybe the patient has learned something and we need not start medication.

### Heartburn

Heartburn was probably discovered, or experienced, by one of our early ancestors who ate too much following a successful hunt. It has been around for a long time; we all have a spell of it now and then, still usually after a feast or banquet.

The cause of heartburn (which has nothing to do with the heart or with fire) is reflux. The word means "flowing back." When stomach fluid, which contains acid, pepsin, and bile, refluxes upstream into the esophagus it irritates, causing esophagitis. Usually episodes are brief but some people are distressed by long-lasting gastro-esophageal reflux disease or GERD.

GERD is common, uncomfortable, annoying, but seldom serious. Milder complications include hoarseness (the acid affects the voice-box), trouble swallowing, belching, and sour "wet burps." More serious are narrowing of the esophagus due to scar tissue formation and cancer of the

esophagus - but cancer here is not always related to GERD.

The condition is more common in older folk. At any age, however, simple things will often provide significant relief. Learning which foods cause symptoms, and avoiding them, is only common sense. Caffeine (in tea, coffee, colas) is often a culprit; chocolate and peppermint have a bad reputation, and so do acidic juices and foods. Most people soon learn what they can't handle.

"Pigging out" is unwise, and alcohol and tobacco also make GERD worse. It's a tough life sometimes!

And since symptoms are often worse at night it is best to eat nothing for two or three hours before going to bed - and the bed should have its head raised by the height of a couple of bricks.

Fortunately we have a number of medicines that effectively treat reflux disease. The simplest are the antacids, of which there are many. They are not all the same;

Obviously, if investigations determine that there is a trigger area and recurrence is likely, anti-convulsant medication is needed. Patients can hurt themselves during seizures, and be a danger to others. The drugs used are good and usually a single one will suffice for an individual patient; multi-drug cocktails are seldom required today.

All have side effect but serious ones are rare. The drugs do not cure the epilepsy, only control it. They must be taken daily; most repeat seizures in epileptics occur because pills have been forgotten.

Seizures are always interesting. They happen at birth, through life, and in the very old, have a wide variety of patterns and degrees of severity, and can be diagnosed easily at times, not at all at others. They can profoundly affect the lives of sufferers.

# On & Off the Base

## Soundbites

By Li(N) Michael Sebastian

(Rating: \*\*\*\*\*Classic, \*\*\*\*Excellent, \*\*\*Good, \*\*Fair, \*Poor)

**The Rolling Stones - Voodoo Lounge (Virgin/EMI)\*\*\*\***  
Politically incorrect - as usual. Raunchy rock 'n' roll - "I Go Wild," "Sparks Will Fly" and (particularly) "Brand New Car" tempered with countryish ballads "Out of Tears" and "Blinded By Rainbows" and Keith's vocals on "The Worst" and "Thru and Thru" make this a near-classic Stones album. On par with *Some Girls* in terms of attitude and great hooks, it's the best c.d. they've made since *Swagger* rock.

**Yousou N'Dour - The Guide (Chaos/Sony)\*\*\*\***  
Polyrhythmic ecstasy. N'Dour is a Senegalese singer and leader of the most famous band in Africa, The Super Etoile. The golden multi-timbral voice of N'Dour takes you on a magical journey through world music fusion. Singing in Wolof, French and English, N'Dour proves that music truly is a universal language. Sax by Branford Marsalis. Listen for N'Dour on Peter Gabriel's *So*. The Guide? Classic.

**Chris de Burgh - This Way Up (A & M)\*\*\*1/2**  
Bright, fresh pop. He's sold over 35 million albums around the world and hasn't lost his touch yet. His signature ballads are here as well as a number of upbeat pop songs, including the lead single "This Weight On Me." Energy bristles throughout and fans won't be disappointed: no great surprises and they like it like that.

**Canadian Spotlight: Leonard Cohen - Cohen Live (Sony) \*\*\*\*1/2**

Music of a tortured soul. Cohen, the poet/mystic, recorded on two world tours, delivers 13 classics including "Who By Fire," "Suzanne," "I'm Your Man," "Sisters of Mercy," and "Bird On A Wire." The vocals of his two female backing vocalists will send chills down your spine. An excellent live greatest hits package covering Cohen's 26 year career. "Dance us to the end of love..." Dark magic.

**The Spin Doctors - Turn It Upside Down (Epic/Sony)\*\*1/2**  
Funky. Follow-up to *Pocket Full of Kryptonite*, this c.d. has a lot to live up to and it doesn't quite make it. First single, "Cleopatra's Cat" paves the way through a funky musical jam highlighted by "Big Fat Funky Booty" and "You Let Your Heart Go Too Fast." 22 basic tracks for the album were laid down in two days so the c.d.'s weak moments are understandable. Not quite a pocketful.

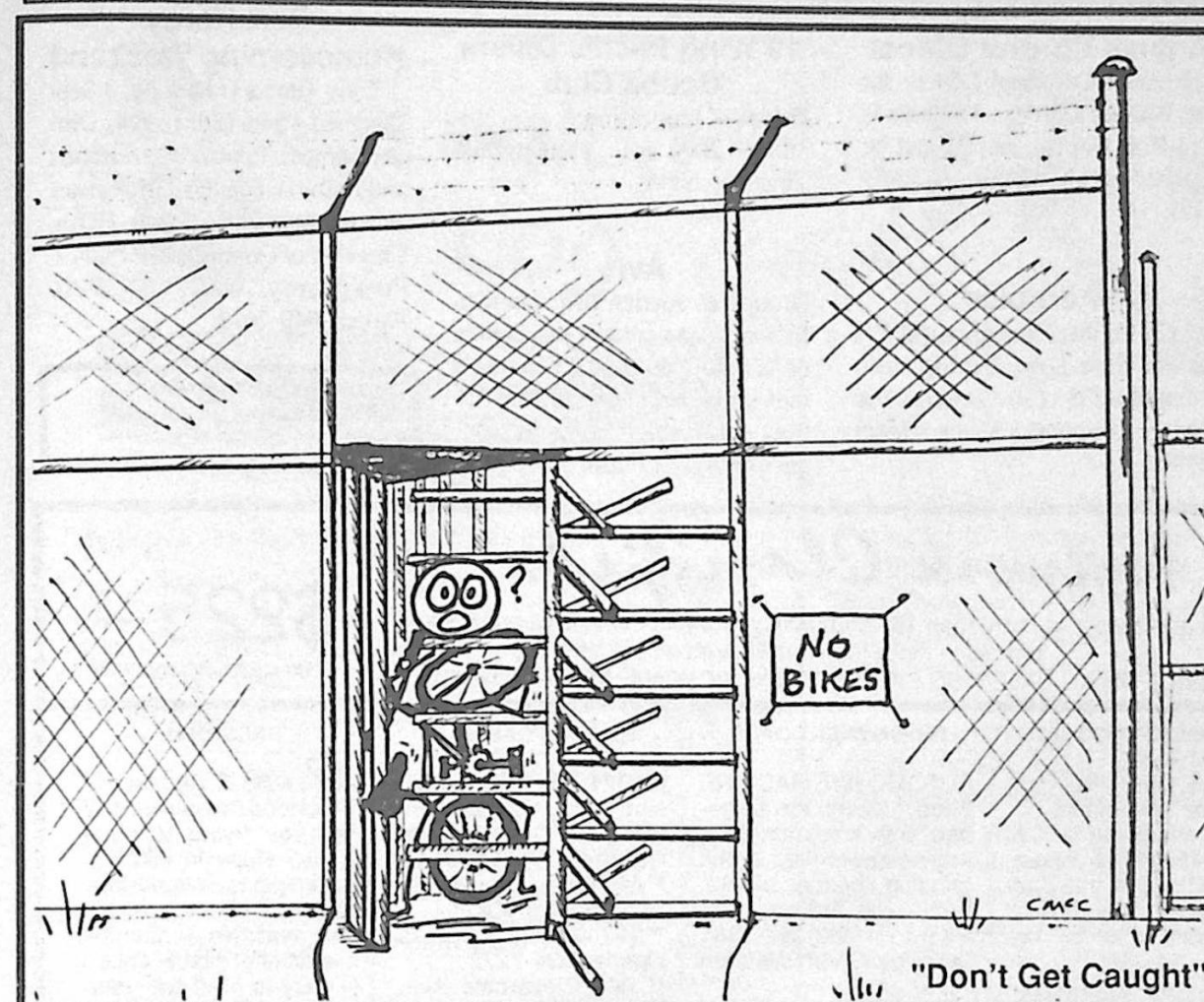
**Beastie Boys - Ill Communication (Capitol/EMI)\*\*\*\***  
Spontaneous combustion. Electric, eclectic, eccentric - 20 (!) tracks run the gamut from hip-hop to snotty, anarchistic rap to distorted thrash punk - all shouted through a \$29 Karaoke microphone. Some weak instrumentals aside, a welcome return to *Licensed To Ill* roots. A brilliant, freeform accident.

**Keb'Mo' - Self-Titled (Okeh/Sony)\*\*\*\***  
Laid back blues. Recorded on the seminal blues label, Okeh, Keb'Mo' is a blues lover's oasis. Having written 11 of the 13 tracks, Keb'Mo' is a blues writing force to be reckoned with. Playing an acoustic steel guitar throughout - sometimes alone and sometimes with low key accompaniment - the strength of this album is his voice, inflection and great blues licks. Peaks with "Dirty Low Down and Bad" and "City Boy."

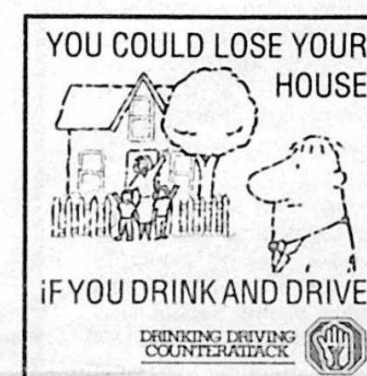
**Shanice - 21 Ways To Grow (Motown)\*\*1/2**  
Soulful groove. On the plus side, Shanice has been nominated for a Grammy award as "Best R&B Female Vocalist" and she's only 21 years old so there's time to grow. Great voice, but the lyrics she's forced to sing are hard to take and it all suffers from lush overproduction. Presented as a sweet, innocent girl (sure), Shanice's handlers should let her let loose and be a bit more street-edged - but that's only my opinion.

**Blur - Parklife (Food/EMI)\*\*\*\***  
A laugh. The best in English pop - you're in for a witty, sarcastic, uptempo ride with Blur. A healthy dose of arrogance and ability to comment on the minutiae of English Life ("The Debt Collector") captures the essence of this c.d. - commentary by The Kinks meets the music of Squeeze. Features Pet Shop Boys remix of "Girls and Boys."

**Canadian Spotlight: Lennie Gallant - The Open Window (Revenant/Sony)\*\*\*1/2**  
Move over Gordon Lightfoot, P.E.I.'s Lennie Gallant is heir apparent to your Canadian country/folk throne. Canadian roots music combined with the traditions of Acadian and Celtic music, Gallant's soulful baritone and stories of the heart - a heartwarming, touching combination.



442 Awards



**Aaarg!!**  
I think there's a fire outside my door! If you have even the slightest suspicion there's a fire on the other side of the door, don't go for it but remember this smart advice from the Old Lady. First, touch the door handle to see if it's hot. If it is, do not open the door as there could be a fire raging on the other side.

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

There are a few drugs that may make GERD worse, including some tranquilizers, heart and blood-pressure pills, and contraception tablets.

But by and large, heartburn isn't the heartache it once was.



Cpl Bill Anglin receives the Golden Glove award from LCol Hardy and 442's Fastball Team captain, MWO Gary Boyd.



LCol Hardy and CWO Livingstone present Cpl stripes to Cpl Dan Daoust.



## Notice to contributors, advertisers and subscribers:

Due to altered printing arrangements, the copy deadline for contributors and advertisers is now noon on the Friday preceding publication week. To compensate for the cancelled Aug 18 edition, subscribers will receive two extra editions of the Totem Times. We apologise for the inconvenience.

**NEXT DEADLINE**

**PITCH-IN AND**



# Public Announcements

## Part-time Position Town Clerk PMQ Association

A part-time Town Clerk position with the PMQ Association will become available in Sep.

Applications, in writing, are to be forwarded to the NPF Personnel Clerk, Canex Office by 1200 hrs, 31 Aug.

Remuneration will be \$7.50 per hour.

## Inter-section Hockey Meeting

7 Sep, 1430 hrs, Rec Centre Conference Room. All coaches, team reps, officials and persons interested in league committee positions are encouraged to attend. If unable to attend have representative present.

## 19 Wing Ice Allocation Meeting

8 Sep, 1330 hrs, Rec Centre Conference Room. All teams/users wishing ice slots are encouraged to attend.

## Dependant Use of Base Gym Facilities

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

## 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.

## CISM Basketball Coaching Staff Applications

Applications are now being accepted for the Head Coach and Asst. Coach positions for our 1995 CISM Basketball Team.

Applications required NLT 19 Sep and are to be submitted by memo to WPERO with info listed:

- Service #, full name, rank, unit, section, work local and home phone
- Coaching qualifications/training (minimum - NCCP Level 2)
- Experience as coach/player
- Current activity
- Availability to attend camps and world championships.

Applicants must be able to meet the following annual schedule:

- One week trg camp - Nov/Dec 17 WG Winnipeg
- Attend CF Regional Competition
- Attend CF National Competition
- One week trg camp - Apr/May 17 WG Winnipeg
- CISM World Championship - Sep 95 Rome, Italy.

Questions can be answered by team manager MWO Al Brazeau, Sep 17 WG Winnipeg

## Western Line Dancing

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

339-6016

## Take Off Pounds Sensibly

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

## Animal Control Officer

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

## Aerobics

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

## 19 Wing Pacific Divers Scuba Club

Hours of Operation: 1830 - 2000 hrs, Monday and Thursday nights.

## Avis

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

## Port Hardy

### Homecoming Weekend

Olde Timers 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.

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COUNSELLOR TRAINING Institute of Vancouver offers correspondence courses for the certificate of Counselling Studies to begin on the 15th of the month. For a brochure Phone Toll-free 1-800-665-7044.

AUGUSTANA UNIVERSITY College in Camrose, Alberta is still accepting applications for university studies beginning in September. For information or application materials please call toll-free: 1-800-661-8714.

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### EMPLOYMENT OPPS.

AUTOMOTIVE MACHINE Shop looking for someone with experience in engine rebuilding, crank grinding, boring, blocks, head rebuilding, etc. Phone: 1(403)362-3385 Mike at Great Western Auto.

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TEAMS OF Percherons, Belgians and Mules plus well broke ranch geldings and young horses (over 1500). Sell for 21 ranches Aug. 25, Sept. 3, 4, 9, 10, 11, 16 and 17. For list call Moore's Auctioneering Ltd. 1(403)388-3759, Alder Flats, Alberta.

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EDITOR REQUIRED for community newspaper in Kitimat, B.C. Two publications per week. Must have strong writing skills, also a strong work ethic. Call Sandra Dugdale (604)632-6144. Fax resume and references to: (604)639-9373.

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TRUTH IS not gained through observation, it's gained through experience. True knowledge of God is gained through experiencing (doing) a spiritual exercise. Call Eckankar's information line, 1-800-667-2990/ 604-268-6205.

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FARM WANTED: Young couple interested in renting or buying a farm to grow vegetables. Please phone 574-1717 after 5pm.

# On & Off the Base



## Legion Log

BRANCH 17 COURTENAY  
334-4322

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

Please note new time: Dances start at 8 o'clock

Friday 2 September.....CC Trail Riders  
Friday 9 September.....Wild River  
Friday 16 September.....Wiley & the Other Guy  
Friday 23 September.....Eldorado  
Friday 30 September.....Westwind

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

BINGOS.....every Thur, Fri & Sun 7:00 pm  
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm  
BARGAIN DAY.....every Wednesday, all day  
BBQ LUNCH SPECIAL every Weds & Fri from 11:30 - 2:30pm

Phone 334-4322 (days) for more information

### OPEN SUNDAYS.....12 - 7 PM

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

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

BASE PERSONNEL WELCOME AT BR. 17

BRANCH 160 COMOX  
339-2022

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

Sep 2.....KUSTOM KARAOKE  
Sep 9.....Music by WESTWIND  
Sep 16.....Music by ALLEY CATS  
Sep 23.....Music by BEACHCOMBERS  
Sep 30.....Music by HIGHWAY 19  
Sun. Sep 18.....Music by WYLIE & THE OTHER GUY from 1 - 6 PM

### \*\*\* 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, 7:30 PM. 94/95 registration and startup 12 Sep.  
TUESDAYS.....Ladies Crib League, Lounge, 7:30 PM  
Mixed Dart League, Upper Hall, 7:30 PM. Registration and startup 13 Sep.  
WEDNESDAYS.....Navy League Drop-In Bingo Upper Hall, 7:00 PM  
Comox Valley Men's Crib League, 8: PM. 94/95 registration by 15 Sep.

THURSDAYS.....\*1st Br.160 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.



## Junior Ranks Mess UPCOMING EVENTS

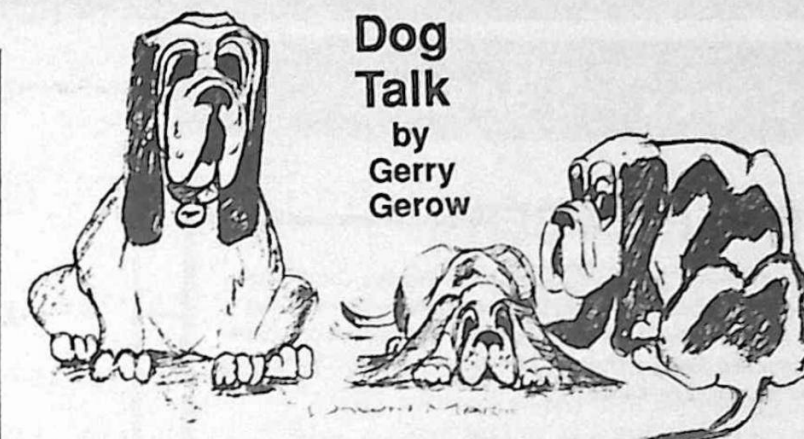
Friday, 9 September.....TGIF MEET & GREET  
Supper starts at 16:30 hrs. Pizza will be served. Following with Cribbage at 17:30 hrs.

Wednesday, 14 September.....FRPLUNCHEON

Friday, 16 September.....BOSSSES NIGHT (Check the flyer)

Tuesday, 20 September.....GOLF TOURNAMENT (More to follow)

## Dog Talk by Gerry Gerow



## Pets & Kennels

carefully. Ensure it is clean, that the owners are knowledgeable, and that they feed good brands of dog food. You may wish to supply your own food, in which case a discount on the boarding fee should apply. Some kennels are run by loving and caring doggy people and others by individuals who simply want to make a buck, and while they will in all probability keep your pet safe from harm, they are not deserving of your business.

Do not be upset if your pet comes out of the kennel with a few fleas that it didn't have when it went in. It really is quite hard for the kennel operator to control this. You should expect it and do your thing with flea shampoo and spray, etc., when you retrieve your doggy.

Lastly, do not leave your pet in a hot car. It really is hard on them - much harder than on a human being, and you know how uncomfortable you get in a car with the windows up. Equally dangerous is the practice of taking the pet out of the vehicle and tying it up to the bumper or another convenient item on the car while you pop in for whatever. You may forget when you come out and drive away. It has happened too many times. Our pets deserve the best care we can give them.

for all dog owners comes the question: Do we take Fido with us or leave him in a boarding kennel? Often the answer lies in the type of holiday you have planned. Obviously, if you are taking a Caribbean cruise, there is no room for your pet. But if it is a motoring trip within Canada or the United States, and there is room in the vehicle, then why not take him or her along. My dogs love to travel with us and don't mind waiting in the car when we are aboard the curse of Vancouver Island, known as BC Ferries.

A book for you this week. Kennels and Kennelling, by Joel M. McMains, Howell Book House, New York. US \$25.00. This book is sub-titled "A Guide for Professionals and Hobbyists." It is very well laid out, and covers everything that a person who plans to start up and operate a kennel needs to know. The author is a professional dog trainer and instructor who owns and operates a kennel in Wyoming. He has written several other books, and this is the second of his books to join my doggy library.

The book is broken down into separate sections on boarding kennels and home kennels. Everything is here from construction ideas to medical problems you may encounter. It is adequately illustrated with photos and is a hard cover 205 page edition. It is just off the presses so you might have to ask the book store to order it for you from Howell.

Summer is holiday time and

Dogs feel the call of nature the same as people and should be exercised several times a day. They also like a drink of water as the day goes on. Taking a crate along to confine your pet when you must leave it for a time is a good idea. Especially when staying in a motel. Always ask if your pet is welcome. Most motels won't mind.

If you can't take your pet along, then choose your kennel

## 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)

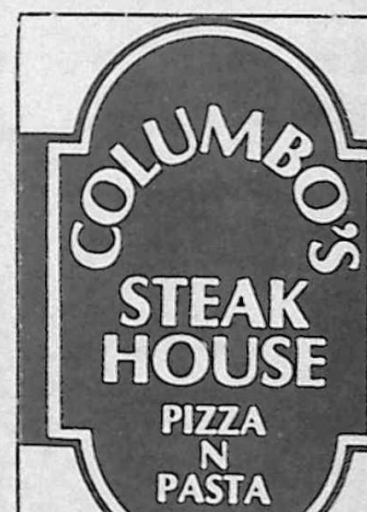
NURSERY - during Service for children under 3 yrs.

CHOIR - 1900 hrs, Thursdays at the Chapel.

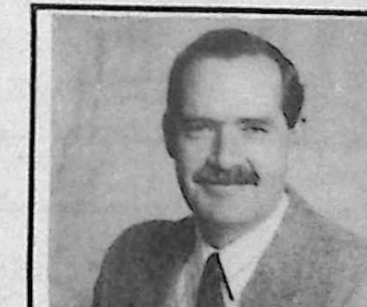
CHAPEL GUILD - Meets the third Thursday of the month.

President Gail Rodger 338-2162.

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



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## More Announcements

**CFB Comox Bowling Alley**  
Opening 6 Sep for the  
94/95 Season!

Any individuals, couples, or teams interested in league bowling please call the contacts listed below, Scott Teasdale at 334-1937, or Pat Andrews at 338-8317.

Tuesday Ladies League 6:45 - 9:00 pm. Contact Sylvia Smith 339-0663.

Wednesday Ladies League 1:00 - 3:15 pm. Contact Joan Breault 339-2045.

Wednesday Mixed League 6:30 - 9:00 pm. Contact Cheryl Johnson 339-5455.

Interested in playing in a men's league? Call alley staff and put your name down.

**Casual Bowling**  
Friday 6:00 - 9:00 pm  
Sunday 1:00 - 4:00 pm

We book parties for sections, sports afternoons, organizations, birthdays, etc.

Alley telephone local is 8351 or call Rec Centre staff for more info.

**Youth Bowling League**  
Saturdays at 9:30 am

Anyone interested in registering their children for the Saturday league can contact the coordinator, Byron Tordoff, at 339-7852. The kids have a lot of fun and get professional coaching at the same time.

**Ice Makers Course**  
19 Wing Comox will be hosting a PAC Region Ice Makers Course at Glacier Gardens 20-23 Sep. Course will be presented by instructors from CFB Borden. All interested contact PERI staff at loc 8315 NLT 14 Oct.

**Masters Swim Club**  
If you enjoy that refreshing early morning swim, the 19 Wing Masters Swim Club could be for you: Mon-Fri 0615-0715.

There is also an afternoon swim 1300-1400 Mon-Fri for those who don't get up as early. Qualified lifeguards on deck. For more info contact: PERI staff at loc 8315 or club president, Capt Dave Tack, loc 8848.

**Men's Broomball Team Meeting**

There will be a General Meeting for the 19 Wing Men's Broomball Team at the Rec Centre Conference Room, 7 Sep at 1330 hrs. All interested players and/or coaches are encouraged to attend.

**Hockey Referee Clinic**

There will be a Hockey Referees Clinic held at the AFIS theatre 7-9 Oct. All interested are to contact Referee in Chief, MCpl Rod Cobham (H) 339-1353, (W) 339-8211 loc 8640.

**Fall Pool Hours**  
Mon-Fri: 0615-0715 Masters Swim Club  
1130-1230 Military Lane Swim  
1300-1400 Masters Swim Club  
Sat-Sun: 1330-1600 Open Swim



## Most Flying Hours in 407



MCpl Jackson received a squadron shirt for being the AESOP who flew the most hours in 1993 - 509 hours.

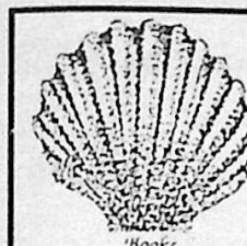
## Squadron 50th

436 Transport Squadron will commemorate 50 years of service during the period 23 - 25 Sep 94.

The celebrations will take place over the three day period at 8 Wing Trenton, Ontario. All former serving members of the squadron and Burma Star mem-

bers, as well as families and guests, are invited to share with us in these celebrations.

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



## Bookshell Bestsellers

**Pat Bolen**  
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Week Ending 3 September

### Bookshell Bestsellers Softcover

1. Nightmare & Dreamscapes.....King
2. You Belong to Me.....Rule
3. Violent Ward.....Deighton
4. A Moment in Time.....Small
5. Material Witness.....Tannenbaum
6. Storm Flight.....Berent
7. Skelter.....Perry
8. Wyndham Legacy.....Coulter
9. To Green Angel Tower.....Williams
10. Thunder Point.....Higgins

## 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.

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**OPEN HOUSE**  
Sat. Sept 10 (10 am - 2 pm) and Sun. Sept. 11 (1 - 4 pm)  
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All you have to do is move in! This 2 yr. old 1500 sq.ft. home is nice and bright, and completely landscaped for low maintenance and privacy. Still under the New Home Warranty (but without the GST) this duplex is truly hassle-free.

Features include 2-3 bedrooms, 2 bathrooms and pine-finished basement. The fully fenced yard is a gardener's delight and includes a new matching shed. Located on a quiet cul-de-sac in Puntledge Park, this immaculate home must be seen.

Phone 338-5650

### 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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# On & Off the Base

## Exercise and Weight Control

by  
**Lt J.M. Nogue, WDEC**  
(Excerpt from an article by Capt J.A. Kimick, Directorate of Physical Education, Recreation and Amenities.)

There are studies which have demonstrated that obese children actually had a caloric intake which was less than non-obese ones, matched for age and sex. The averages were 1,965 calories and 2,706 calories - respectively. However, the caloric output from vigorous sports and activity of the obese was a lot less (four hours per week versus eleven hours per week). This has led some authorities to suggest that being overweight may not necessarily be due to excessive caloric intake, but rather sedentary lifestyles.

The following are some basic principles to be aware of when considering the exercise portion of a weight control program, i.e. the caloric output side of the energy equation: energy in = energy out.

a) If you are just starting after a long lay-off, it is always wise to see your doctor to help you ascertain any inherent risks which you may have.

b) Examine your lifestyle - both your eating and activity pattern. Do you have habits which are counter-productive? For ex-

ample, do you drive a car a few blocks for a pack of cigarettes and a bag of potato chips?

c) If you are carrying lots of extra weight, you may wish to reduce a bit through dieting before commencing your exercise program. However, realize that with dieting there will be reduction in energy which may lead to tiredness and a decrease in your present activity level. This may result in an increase in weight and cause you to want to diet more. It could be a vicious cycle.

e) When you decide to do an activity, choose something you enjoy and find a friend or two to do it with you.

f) Before each activity bout, warm up with five to ten minutes of stretching. This helps reduce soreness in muscles which you are just beginning to use again. Remember, bounce or ballistic stretches are NOT recommended. Do slow stretching and hold the position for 10 to 15 seconds.

g) Be aware of injurious activities. Initially at least, the activity should be non-weight bearing. Swimming, cycling and skating may be preferable to jogging. Snow shoeing may be better than cross country skiing (since beginner skiers tend to fall a bit).

h) Start with limited objectives. The Canadian Olympic team probably doesn't need you (this year at least).

i) Exercise should be a low intensity, aerobic type (e.g. brisk walking) versus high intensity, anaerobic (e.g. short sprints).

The energy source for the former activity will include fat whereas the latter will not.

j) Gradually, over a few months, you should develop a routine whereby you go three times per week for about 15 minutes with your heart rate at such a level that it will be in its training zone. There are several simple methods available for determining this. Two methods are as follows. Take 170 and subtract your age. This will give a heart rate in beats per minute at which you should be exercising. Another method is to take 220 minus your age and multiply that result by .75. If you are in very poor condition, the multiplying factor could be reduced to .70. When taking your heart rate, either at your wrist or with gentle pressure at your neck, do so within five seconds after you stop exercising. Count your pulse for 10 seconds and multiply that by six.

k) Realize that the long-haul concept applies not only to increasing your activity levels, but also to losing weight. A one to one and a half pound loss per week is LOTS. Your body needs time to adjust to the changes. Notice that one pound of fat is equal to approximately 3,500 calories of energy. A 150 pound (68 kilogram) person who walks one mile in about 20 minutes will burn about 100 calories. If done daily, with no other changes in lifestyles, the cumulative effect is a loss of 10 pounds a year. Not bad! (It is calculated as follows: 100 calories x 365 days = 36,500 per year and 3,500 calories per pound = about 10 pounds per year.)

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## NEXT DEADLINE

9 SEPT.



# On & Off the Base



## Dive Club has Air!

by Paul Harman

19 Wing PDSC now has its own air source for refilling scuba tanks. The cost of refills will be \$2.00 per tank for club members and \$3.50 per tank for non-members.

In order to extend further savings to our diving public, we have established a "Fill-Card program." The cost of a Fill-Card is \$15.00 and will be made available to 19 Wing PDSC members only. Each Fill-Card entitles the bearer to 10 scuba tank refills and can be used for both club-owned tanks or the bearer's own personal tanks. This will allow the card bearer to refill their tanks for half the normal club price and enjoy a \$20.00 savings from the cost of filling the same 10 tanks as a non-member.

Other advantages to using the Fill-Card are that it can be used to reduce the cost of renting tanks from the club, and that the savings from one Fill-Card will pay for almost one year of regular club membership. Since the cost of renting a tank (normally \$8.00) includes the cost refilling the tank upon its return, an extra \$2.00 will be offset by using the Fill-Card, lowering the rental price to \$6.00 per tank.

Please note that we will not be filling tanks until we receive word from CFB Esquimalt that our air samples have passed their tests. We should be hearing from them very soon and we will let you

know when we are fully "on line."

### Upcoming Events

07 - 11 Sep & 21 - 25 Sep, PADI Open Water Certification Course (\$185.00 per student).

Two separate courses are being held in Sep to certify any non-divers into the fastest growing sport on the West Coast. Over 175,000 divers are licensed by PADI in Canada alone (10 times as many as when I was certified 10 years ago).

Courses will be held at the club and in the Wing pool. Price includes applicable taxes and course materials. For information or bookings, contact the club Mondays and Thursdays between 1830 and 2000 hrs.

23 - 26 Sep, Port Hardy camping and diving weekend.

West Coast diving doesn't get much better than this without some extensive travel plans or coin! \$125.00 allows each diver to enjoy six spectacular dives in premiere underwater vistas, with the added bonus of FREE CAMPING. Four days and three nights will be spent at a campsite in close proximity to the renowned God's Pocket Resort on Hurst Island. This price includes air and transportation: to the campsite from Port Hardy only, and return; and to the various dive sites.

There are a few things that should be expressly noted about this expedition. As the dive sites are boat access only, and some are

in unprotected waters, divers should have an Advanced Certification, or at least be experienced in such dives. Due to the size of the boat, space is limited to six divers and their respective gear. Please take note that as we are using an open boat for transportation to the camp, and for dive entries, the dives and/or trip will be weather dependent.

An abandoned, grassed-over logging camp will serve as the campground. There are NO facilities at this site. As a result, each person must provide their own provisions and support equipment. In order to maximize our efficiency of transit and set up, we request you minimize your supplies to the essentials. Also, limit your gear to tents and backpacks.

In order to ease the travel burden 19 Wing PDSC will be providing a vehicle for divers, their gear, and their supplies. For those unaccustomed to "roughing it," do not be despondent; with adequate planning, this style of camping can be very comfortable, adventurous, and enjoyable.

For more information or to reserve a booking contact: Russ Ackland 334-9829 or 339-8211 loc 8116; Paul Harman 339-8211 loc 8417; or any executive at the club, Mondays and Thursdays from 1830 to 2000 hours.

Until next time, see you below....

## Early Egyptian Surveyors

by Gordon Wagner

Once man advanced from the hunter to the farmer he needed surveyors. The flood plains of river deltas provided fertile land and moisture for man's first crops. Spring floods inundated the land adding a new layer of rich sediment to the soil and burying the farm's boundaries. The Nile River still floods the farms along its banks as it has for thousands of years. Peter Tompkins in his book *Secrets of the Great Pyramid* says, "The common....and indeed authoritative....assumption that the pyramid was just another tomb built to memorialize some vain-glorious pharaoh, is proved to be false."

The Great Pyramid is at least 4,000 years old, but who built it, why they built it, and when they built it, remains a secret. Recent satellite observations have confirmed that the architects who designed the Great Pyramid, comprehended the mathematics, the geometry and the trigonometry rediscovered by Plato, Pythagoras and Hipparchus thousands of years later. They knew that pi times the diameter equalled the circumference of a circle. Pythagoras discovered his theorem in the fifth century B.C. Hipparchus developed trigonometry in the second century before Christ. The builders of the

pyramid knew the circumference of the earth and that the distance from the equator to the north pole was ten million metres, give or take the width of a human hair.

The Great Pyramid's distance from the apex to the centre of the base, and from the centre of the base to the four corners are equal, so the pyramid fits inside a sphere representative of the northern hemisphere of our planet.

The Great Pyramid is an almanac. The shadow disappears from the north slope at the spring equinox, and the lower rim of the sun is perched on the pyramid's apex at noon. At the summer solstice the sun rises on the projection of a line through the apex and the pyramid's northeast corner and sets on the same projection through the northwest corner. In the winter solstice, quite the other way, it rises on its southeast projection and sets on its southwest.

An Australian surveyor discovered that the Great Pyramid and the small pyramids along the Nile river could be used as a theodolite (the instrument surveyors use). He learned how to re-establish the flood boundaries using the pyramids and an ordinary plumb bob just as the first Egyptians had done.

In the millennia between the construction of the Great Pyramid

and the Greek discoveries, a dark age destroyed the knowledge that only now we are rediscovering or have yet to learn. Piazza Smyth, an English mathematician, said in his summary, "The Pyramid revealed a most surprisingly accurate knowledge of the highest astronomical and geographical physics - nearly 1,500 years earlier than the extremely infantile beginning of such things among the ancient Greeks."

40 years ago I wrote my final examination using logarithms and did a rough check of my calculations with a slide rule. When my son Keith wrote his exams in 1975, he was allowed to use a calculator made by Sharp and powered by electric batteries. We paid \$400 for the shoe-box sized device. Now Zellers sells the identical make of calculator, powered by light, no bigger than a dozen playing cards, for \$4.

Today surveyors seldom use tapes to measure distances, their transits measure and record angles to fractions of a second and, using the speed of light, can measure the distance to the moon to the nearest foot. The more sophisticated surveys become, the more we respect the knowledge of the people who designed and built the Great Pyramid.

## W. Telecoms Promotions



MWO Jim Muise being congratulated on his promotion to that rank by the W Log O, LCol P.G. Abbott and the W Telekom O, Capt J.G. Lagacé.



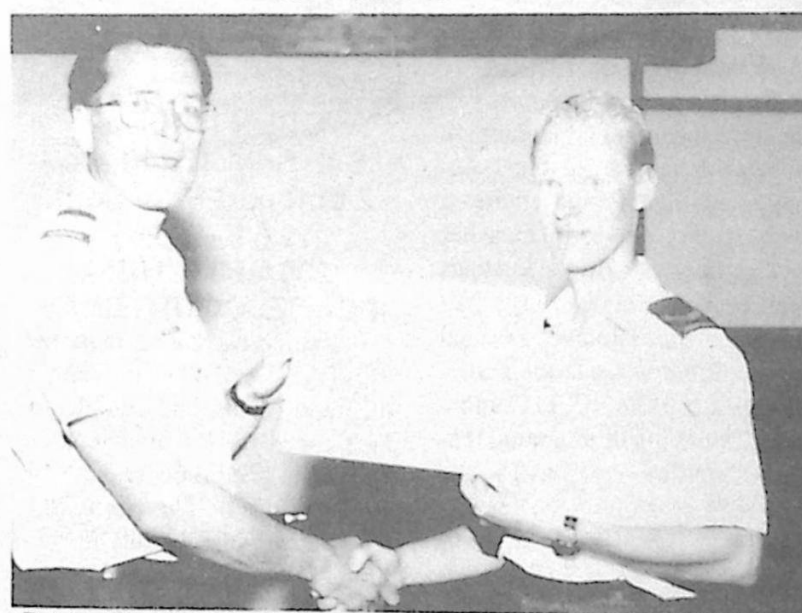
Dale Horwill being presented with his Sgt stripes by the W Telecom O, Capt J.G. Lagacé and PO1 G.A. Dierk.

## W Log Awards



LCol Abbot presented L-R: LS Lemire, CD; Cpl Desruisseau, SSM; (LCol Abbot) and Cpl Moyles, CD.

## 407 Fitness Awards



Cpl Bratrud received his CF Physical Fitness Award for Aerobic Excellence certificate with the Red and White seals.



Cpl Christensen received her Bronze Seal for the 4th Level/3rd Scroll of the CF Physical Fitness Award for Aerobic Excellence.