



Beach Bash

....page 10

New Boss for 407

.... page 8



TOTEM TIMES

19 Wing CFB Comox B.C.



VOL 36 NO 14

THURSDAY 15 SEPTEMBER 1994

COST: PRICELESS

Battle of Britain Sunday - Sep 18, 1994



The Few

888 Wing to Conduct Battle Remembrance

by Tet Walston

Since that vital summer of 1940, a great number of books and articles have been written about those days.

For historical records, the battle was decreed to have taken place between June 10 and Oct 31 though some authorities would suggest June 16 (retreat from

Dunkirk) to Sept 31 as being more accurate.

During the collapse of the French and Allied defensive, the AOC Fighter Command RAF, Sir Hugh Dowding, insisted on holding the largest number of fighters in Britain, rather than commit (and lose them) in France. To what degree this decision was in-

fluenced by "Ultra" intercept is still not known.

On 18 June 1940, Prime Minister Winston Churchill addressed the House of Commons, making the famous speech which starts "What Gen Weygand called the Battle of France is over. I expect the Battle of Britain is about to begin."

The battle which was expected was a struggle which would involve a German invasion, and fierce sea, air and land battles. In other words, the sort of battles which the blitzkrieg had waged. This did not take place and, as W/Cdr H.R. Allen DFC, a fighter squadron commander, wrote in 1978 "There never was a Battle of

Britain, this was a Churchillian title."

There was, however, a huge air offensive which, had it been won by the Germans, would have led to an invasion of Britain with disastrous consequences to the cause of freedom.

The dedication, hard work and
Continued on page 2

On & Off the Base

Meditation on Anger

by
Fr. Conrad Verreault
Wing Chaplain (RC)

The motor of a woman's car died just as the traffic light turned green. She tried to restart it, but with no luck. Meanwhile, an impatient man behind her began honking his horn. Again and again, she tried to start her car, but with no luck.

Now the man was honking more persistently. The woman had all she could take from him. So she got out of her car, walked back to the man, and said gently, "Sir, I'd be delighted to honk your horn for you if you would be kind enough to start my car for me."

When we get angry, do we act irrationally like this man or wisely, like this woman? Wrongful anger never generates light, only heat.

We can ask ourselves why there is so much anger everywhere. Why do people hate one another

so much? Why is so much energy wasted on rage? What would happen if we would expend that energy on kindness rather than on rage?

In his Sermon on the Mount, Jesus urged the people to show kindness to one another even to the point of "turning the other cheek" when someone treated them unkindly.

Kindness blesses the person to whom we are kind, but it also blesses us. It not only brings happiness to those involved, but can even work miracles in their lives.

One of the shows in the "Highway to Heaven" series dealt with child cancer victims. The actor Michael Landon and his staff got the idea to have real-life victims play the parts. One victim was a boy named Josh Wood. His case was especially tragic because he had already lost a leg to cancer. But what bothered Josh even more was the fact that he had a

speech problem that caused him to stammer badly. People avoided talking to him - and the more they avoided talking to him, the more he stammered.

Landon surprised everybody by asking Josh to audition for one of the parts, saying to the boy: "The important thing about acting is to be a good actor. If you stammer, that's OK. You're just a good actor who stammers."

To everyone's amazement, when the boy read for the part, his stammer disappeared completely. Four years later, Josh's cancer is in remission and his stammer has never come back.

Josh Wood is a living example of the tremendous power that kindness has. He is a living example of how kindness can work miracles.

THINK ABOUT IT AND BE KIND.

Le Travail

Le Coin Du Padre

L'automne marque le temps du retour au travail, un temps où tout un chacun se plaint un peu de reprendre le collier. Et pourtant... qui d'entre nous voudrait se voir privé de son emploi de façon définitive? Qui de nous voudrait se voir empêché de travailler?

En effet, le travail, malgré les contraintes qu'il nous impose, est un véritable bienfait. Il nous procure ce dont nous avons besoin pour vivre et même le superflu. Parce qu'il constitue une garantie pour l'avenir, il nous permet aussi d'élaborer des projets, de planifier notre vie. Le travail peut également se révéler une source d'épanouissement par ce qu'il

nous apprend: il développe notre créativité, notre sens d'initiative, notre esprit de décision et combien d'autres qualités encore. Il vaut donc plus que le salaire qu'il nous mérite.

C'est aussi le travail qui a permis à l'humanité de transformer le monde. Par ses efforts quotidiens, l'homme poursuit l'oeuvre de la création. À chaque jour, il découvre des moyens de combattre la maladie, de soulager la souffrance, de domestiquer la nature, de faciliter la vie de ses semblables. Et ce travail n'est pas toujours rémunéré. Les familles, les hôpitaux, les manifestations de toutes sortes, les organismes divers dépendent du travail fourni



Chaplains' Chatter

par des milliers de bénévoles. Grâce à eux, notre société devient plus humaine, plus accueillante, plus fraternelle.

Ton Padre

More Battle

Continued from page 1

sacrifice of the air and ground crews in those hard pressed few weeks set an example which is still remembered in our Battle of Britain memorial services and parades.

I was not in the Battle of Britain, nor was I a fighter pilot, but I was THERE in Britain when it took place. The war was still new - there had been the "sitzkrieg" which had produced a feeling of complacency, then the shock of defeat in France, and now the war was HERE!

Looking back, I remember standing on the cliffs above St. Margaret's Bay, near Dover, and seeing the reflecting flashes of sun on the windshields of vehicles in Calais, where the enemy was. Just look at Power River from the Comox ferry terminal,

that's about the same distance, and you'll see how close they were! If the battle had been lost there would have been many local battles on British soil, resistance would have been fierce but the British land forces were poorly equipped and, even with the "Ultra" intercepts, knowing what the enemy has planned and stopping him are two different things.

The "Big Wing" concept of air fighting reared its ugly head, and Sir Keith Park of 11 Group bore the brunt of fierce criticism from Sir Trafford Leigh-Mallory, as did Sir Hugh Dowding. Both leaders were badly treated after the battle, but neither divulged their knowledge of the existence of "Ultra," though the temptation to use this as a defence of their actions must have been tempting.

No Battle of Britain Ceremonies at CFB this year

There will be no ceremonies at the 19 Wing Aviation Park this September to commemorate the Battle of Britain. For the past four years, serving personnel, veterans and the public have met to honour the role of the Royal Canadian Air Force in defending Great Britain from the German Luftwaffe. This year, that remembrance will be limited to a morning church service at St. Michael and All His Angels Protestant Chapel. However, the local 888 Wing of the RCAF Association will be sponsoring a brief ceremony and reception following the church service, open to all those interested.

Wing Commander Col Terry Rogers made the decision to not have a formal base-hosted event with an honour guard due to flurry of activity at 19 Wing throughout August and September. After an airshow, Royal visit, SAREX and with more events planned for the rest of the month, wing personnel have worked long hours and sacrificed time on weekends.

"We must be fully cognizant of the increased demand these weekend functions have placed on our personnel. September will still be a busy month so limiting our participation in Battle of Britain activities is necessary," Col Rogers said.

Base Commander's Commendation In Recognition of Outstanding Service Capt. E.D. Krofchak



Departing Winnipeg on 9 July 1993, Captain Krofchak was climbing to assigned altitude in a T-33 when he heard a small thump followed by vibration. Assessing the problem to be engine related he elected to return to Winnipeg. On descent the vibration became severe as the throttle was reduced. Capt Krofchak positioned the aircraft for a high power, heavy fuel weight landing. Postflight inspection revealed that the turbine blades were bent and there was damage to the combustion area.

Captain Krofchak's professional handling of the emergency demonstrated excellent airmanship and saved a valuable resource.

7 December 1993

Colonel T.B. Rogers

Dr. J.C. Lawless

DPDLT announces with regret the death of Dr. J.C. Lawless, the curriculum developer for OPDP 7, War and the Military Profession, at home on 22 Aug 94.

Dr. Lawless served his country for 44 years. He spent 25 years in the RCN as a gunnery officer and psychologist, retiring in 1974 as a LCDR.

He then entered the public service. In 1976 he was the first

curriculum developer assigned to the OPDP and remained responsible for OPDP 7 continuously until his death.

His many contributions to the program, his positive and cheerful attitude and his kindly nature will be missed by all who knew him. Contributions may be made to the Heart and Stroke Foundation of the RCN Benevolent Fund in his memory.

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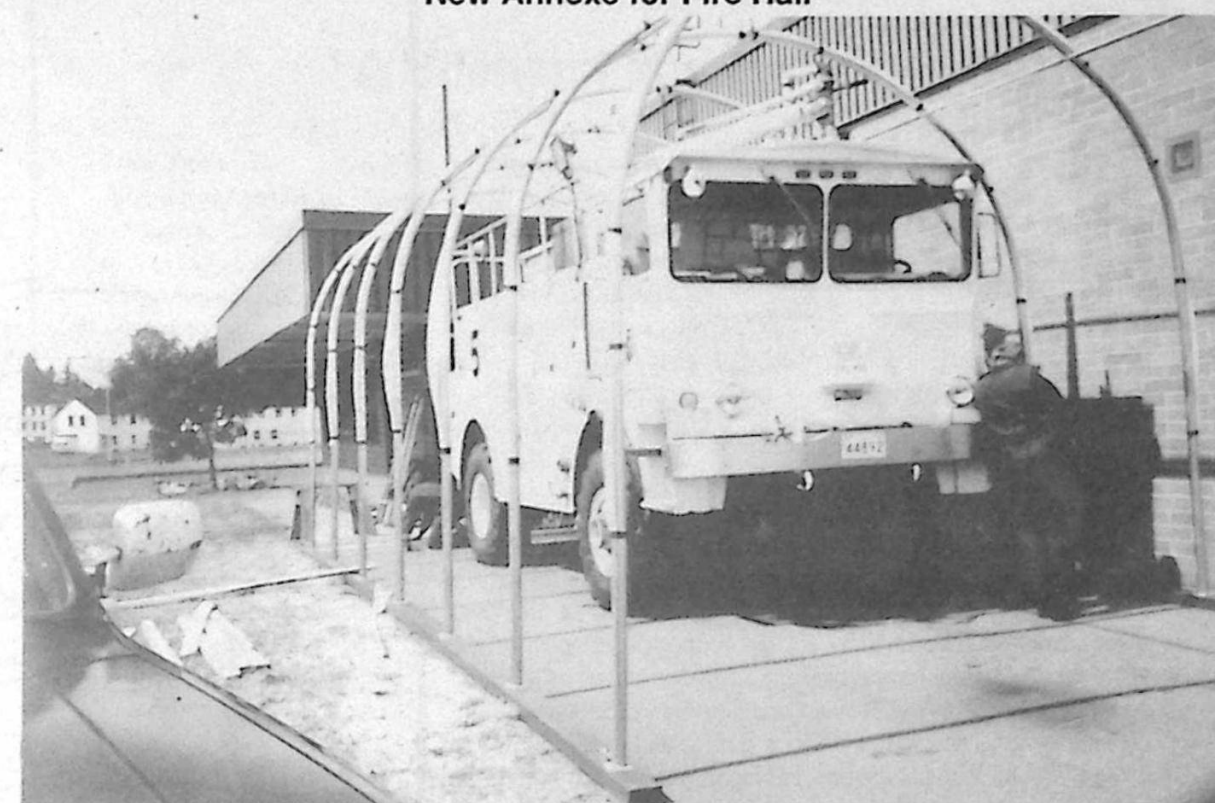
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On & Off the Base

New Annexe for Fire Hall



Base firemen erected a new garage for their firetruck recently. But was this the planned end-use? (See below.) For the answer, see the photographs on page 17. Project Honcho was Cpl Gerry Snook.

Attention all Canadian Women in Aviation!

The third Canadian Women in Aviation conference is on the runway and is slated to occur Aug 3-7, 1995 at McMaster University, Hamilton, Ontario. This conference is a bi-annual event and has taken off since the first one at Trinity Western University, B.C. in 1991.

Numerous speakers are planned to cover such topics as military aviation, astronautics, crew resource management, aircraft engineering, accident investigation, air traffic control, women's health issues relating to aviation and commercial airline careers.

For all those who attended this

conference in the past - let's get together again! Bring a friend, fellow worker, and let them enjoy the camaraderie and information packed into this interesting, rewarding conference. For those who have not attended in the past - welcome! There will be a tremendous mix of women in aviation - from those who flew in Canada's early aviation beginnings to those exploring the stars.

A concise information package and application form will be sent out in February 1995. Look for yours!

Contact Capt Micky Colton
ATGHQ CFB Trenton AVN 827-3838 or COM 613-965-3838.

CURLERS

League play starts Oct 2 at
Comox Valley Curling Club

Mixed Leagues - Sun, Mon & Wed.

Mens Leagues - Tues & Thurs.

Ladies Leagues - Tues & Thurs.

50 Plus Ladies - Tues afternoon

Senior Mixed Leagues - Mon & Wed. morning

Senior Mens Competitive - Thurs morning

Sunday Morning Hangover - 9 & 11 am

Junior Curling - Fri nights

Curlers Clinic - Sept 27, 28 & 29. Must register.

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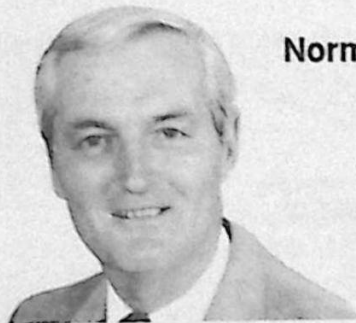
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September 19 'til October 4 only.

NEXT DEADLINE
23 SEPT.

Editorial



Norm Blondel

Battle Observed

The observation of Battle of Britain Sunday, 18 September 1994, will look a little different this year. As stated in the article on page 2, the duty load on regular force personnel has been very heavy recently, with the Air Show and the visit of Her Majesty Queen Elizabeth requiring weekend duty for a lot of people. Fortunately for the proper observance of the anniversary of an epic battle, fought over the fields and towns of England 44 years ago, our own 888 Wing, Royal Canadian Air Force Association, has stepped into the gap, and will conduct a service and ceremony in the Base Chapel and at 888 Wing. Legion and Korea Veterans will attend, as they always do, honouring combatants in a war which involved everyone in the Commonwealth in some way or another, fought in the air, on battlefields, on and under the sea, and on the home front, against almost impossible odds.

"The Few" outnumbered more than five to one, stopped an awesome air armada cold, and in so doing gave the rest the courage to stick it out and eventually win the battles to come. The younger, regular force members have earned their day off on September 18. We hope they will be with us on parade next year. Their places could also be filled by reserve members, who haven't had many opportunities lately to wear their uniforms. Battle of Britain ceremonies are among the occasions when the reserve uniform can be worn.

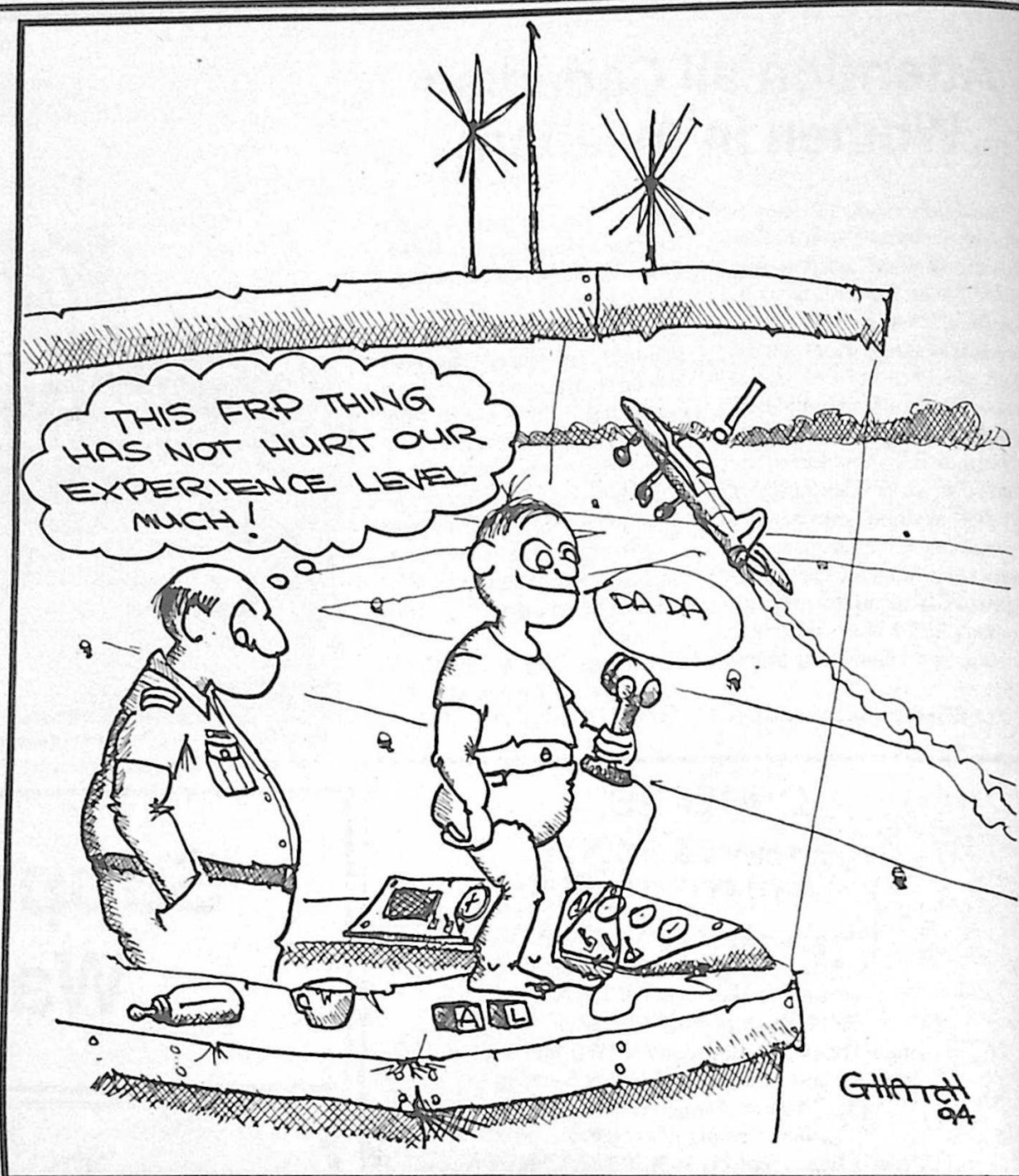
Over the Cross-Bar

Last year's United Way Campaign reminds us a bit about pole-vaulting: the preparation, the run-up, tremendous effort towards the target height, and the final, triumphant lift over a wobbly cross-bar. In 1993 the bar trembled and fell. We didn't quite make it to the top. 1994 gives us the opportunity to make a better jump, and so restore the fine record of this base in reaching and beating its United Way target, year after year. The article on this page provides a list of United Way representatives, from all Squadrons and Sections. Give them a call. Make your donation.

This year, let's go for the pole.

Hello Out There!

Maybe it was the long summer. Or perhaps duty fatigue. Or a side-effect from the Force Reduction Programme. Or the new deadline at the Fishwrapper. Whatever the reason, we aren't hearing much from you these days. We're a military community newspaper; your neighbourhood rag, so to speak, so we're looking for all kinds of local input. The readers are interested in what you do, or are planning to do, be it a construction project on base - a story on the new heating plant would be nice - or a Legion bash, a community endeavour, hazard warnings, etcetera. Local gossip, social notes and the like are the feedstock of a local paper, which is what we are. We're the oldest newspaper in the Comox Valley now. Keep us going.



United Way - Under Way

The goal for the Comox Valley United Way is \$180,000.00; their campaign was kicked off on 10 Sep with the Richardson Green-shields "Hole in One" golf tournament.

The 1994 19 Wing United Way Campaign is now officially under way. This is your opportunity to help the Comox Valley community. Our campaign commenced on 12 Sep and will run to 31 Oct with the goal for the Wing this year set at \$28,000.00.

This year's Wing Coordinator is Capt Potvin, W NBC O and Assistant Coordinator is Capt Carter, ArmPOM 407 (MP) Sqn. The various unit/section reps will be soliciting all individuals in their sections. The respective representatives are:

407 Sqn: Lt G. Edwards loc 8241

442 Sqn: Capt Grenkow loc 8116

414 Sqn: Cpl Ford loc 8579
WOR/WOR/WPADMO/
WCHAPS/WACCOM/WPSO/
WCPO/WPERO/WCOL/
MESSES/CANEX/19 ARAF:
Capt Scott loc 8562
Dental/Hospital: Capt Scott loc 8562
WCompt: Cpl Norlander loc 8396
WFoods: MCpl Aubut loc 8396
WSUPO: Sgt Humble loc 8800
WCEO: Sgt Murray loc 8829
WF/Hall: MCpl McIsaac loc 8552
WTNO: Cpl Howard loc 8890
WLOGO/WTELO: Cpl Moyle loc 8393
WEME: Cpl Latreille loc 8724
WATC: 2Lt Statham loc 8848
WOCD/WINTELO/WOPS: Sgt Astles loc 8429
WSAMPO/WNBEO: LS Long-tin loc 8751

WMET: Cpl Doroty Loc 8460
740 Det: Cpl Benoit loc 8608
AFIS/RCA OPS: MCpl Oshiro loc 8434
ABATS: WO Houston loc 8759
19 AMS: Sgt Spragg loc 8311
Cpl Gebauer loc 8382, Cpl Parker loc 8834.

These are the people who will be canvassing you for donations toward this very worthwhile charity. The Wing goal is to have everyone make a contribution, no matter how small. You are encouraged to contribute with cash, cheque or pay assignment. It is important to remember that any contribution is vital to the success of this campaign.

TOGETHER WE CAN ACCOMPLISH OUR GOAL!

TOTEM TIMES

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Wednesday; 0830 - 1200

Comment

Join us for the 14th annual

Terry Fox Run

Sunday Sep 18, 1994

Location

Comox Valley Sports Centre, 1001 Vanier, Courtenay

Time

Registration 0845 hrs, warm-up 0945 hrs, run/walk 1000 hrs.

For More Information

CFB Comox Gymnasium, phone 339-8211 ext 8315

14th Annual Terry Fox Run

About Everyone & For Everyone

With the Terry Fox Run just around the corner on Sunday Sep 18, we have to remember that the run isn't just about Terry's courage. Terry's Marathon of Hope was run not only for himself but for everyone who has or had cancer. In fact, part of Terry's courage and conviction came from all the people that he left behind - especially the people who, like himself, were fighting personal battles against cancer.

The Terry Fox Run is about everyone who has been touched by cancer. In order to continue to remind us of how Terry Fox touched us and create awareness of the issues surrounding cancer, the Terry's Team concept has been created.

Terry's Team members are people who are in remission from cancer but who continue to bravely battle against the daunting disease. They are living proof that the research works and represent the ultimate goal of the run: an end to cancer. Although the cure has not been discovered, great progress has been made in the field of cancer research. Terry's Team members symbolize

the hope that Terry's dream of finding a cure for cancer will be realized. Terry's Team members can be any age: they have ranged from 9 months to 72 years old.

Marianne Moore is one of BC's Terry's Team members. She was diagnosed with Hodgkin's Disease in Oct 1985; she was 18 years old. Doctors wanted to treat her with chemotherapy; however, she refused because there was a 60% chance that she would be left infertile. Instead, Marianne settled on two, one month long series of radiation therapy at Princess Margaret Hospital in Toronto. Her treatments ended in Feb 1986 and, with the exception of a couple of scares and some side effects from the treatment, Marianne has been healthy and in remission for 8 1/2 years. Since then she has graduated from McGill University and been working in the adventure travel business.

The research done in the last 20 years is starting to produce fantastic results. With Hodgkin's Disease alone, 80% of people diagnosed are now surviving, whereas 20 years ago most were dying.

Annual Terry Fox Run -CV Sports Centre

Join us for the 14th Annual Terry Fox Run, Sunday 18 Sep at the Comox Valley Sports Centre, 1001 Vanier Drive, Courtenay.

Registration will start at 0845 hrs. Warm up at 0945 and the run/walk will commence at 1000 hrs.

Volunteers are needed for registration, road marshalling, set up and other duties. Your help would be greatly appreciated. All proceeds from the run will go to cancer research. For more information please call 339-8211, ext 8315.

Cancer can be Beaten

NEXT DEADLINE 23 SEPT. NOON

About Trivia

A Shetland and a Mariner

Dear Editor,

The latest issue of Totem Times has an Air Force Trivia section that shows two flying boats (one I assume is left over from a previous paper) - the aircraft shown in the smaller photo was a Short Shetland while the larger photo is of a Martin Mariner PBM-5A.

The Mariner is the older of the two. It was built, initially, immediately prior to WWII as a patrol bomber for the US Navy. The first aircraft came into service in 1940.

The machine served in a number of military organizations including a brief stay in the RAF and as a transport in the RAAF. It was built in considerable numbers but certainly far below those of the Catalina/Canso.

It was a surprisingly comfortable aircraft and was, of all the Allied boats, by far the best in rough water. Something the

crews appreciated was the interior of the machine - it was very "posh." It seems Martin had a lot of staff who were trained on the luxury flying boats of the 30s, i.e. China Clippers.

The initial Mariners were pure flying boats - they were powered by R2600 engines and grossed out at 56,000 lbs. The last production machines, PBM-5A (the version shown in the photo) were upgraded to P & W R2800 engines and full amphibious tricycle gear. This 5A version remained in service with the US Coast Guard well after the end of WWII.

The Short Shetland, which appeared in the latter stages of WWII, were intended to fill two distinct functions - a replacement for the Short Sunderland and as a luxury airliner "Flying down the Empire Route" in the grand manner of the pre-war C Class flying boats. The interior of the aircraft

was carefully designed so either one or the other configuration could be built with a minimum of non-interchangeable parts.

As things turned out, the RAF managed to make do with the Sunderland until they got out of the flying boat business when it became very clear, post-war, that flying boats couldn't begin to compete with the likes of the DC-6 or Constellation. As far as I can make out, only two were constructed.

It was a fairly large aircraft for its time - all up weight 135,000 lbs, wing span 150 ft, cruise speed 160K (about 80 mph slower than the DC-6).

Yours sincerely,
H.G. Maxwell

Editor's comment: Well done H.G! We expected someone might identify the July 28 'boat as a Sunderland.

New Hoist Operator



Capt Joe Palfy, 442 Sqn, checks out his new and unusual hoist operator (Commonwealth Games Mascot Klee-Wyck).

Air Force Trivia



Trivia Answer

H.G. Maxwell has the answers. See this page.

Section News

Dave's Last T-Bird Mission



Maj Dave Koski flew his last mission in the Regular Forces with 414 Sqn, 19 Wing Comox on 23 Aug 94. Dave's career spanned 35 years in which he flew the CF104, CF101, Dakota, Tutor and T-33. Dave recently took FRP and is retiring to Comox.

Canada Remembers

CF Contingent returns to Europe

The Canadian Forces Canada Remembers Contingent left Montreal on 31 August for Europe to continue participation in commemorative events marking significant milestones leading up to the 50th anniversary of the end of the Second World War.

Commanded by LtCol Reed Smith of London, the Canada Remembers Contingent is a special unit formed in early 1994 to represent the Canadian Forces at anniversary events overseas. The contingent is based at Montreal and St-Jean, Que., and consists of a 100-person ceremonial guard, an 18-member flag party and a 55-piece band.

"This is a unique, truly Canadian, one-time-only kind of unit," said Col (Ret'd) John Gardam, National Defence Project Director for Canada Remembers. "The sailors, soldiers and air force personnel who make up the ceremonial guard come from regular and reserve units all across Canada. Every province and territory is represented just as they were by those who took part in the Normandy invasion and subsequent Allied operations that led to the liberation of Europe."

Canada's military and regional traditions are colourfully portrayed by the Canada Remembers Flag Party. This group has the honour to represent the Canadian Forces, and, through the symbols borne by its members, Canada the nation.

"Nowhere is our effort to fully represent Canada more visually evident than in the Flag Party," Gardam said. "All Canadians, whether they be veterans, serving military personnel or civilians,

can identify with this component."

"In addition to our national flag, the Flag Party carries the Canadian Forces Ensign, The Royal Canadian Navy Ensign, two Canadian Red Ensigns - one for the war-time Army, one for the Merchant Navy - the Royal Canadian Air Force Ensign and the flags of each of Canada's 10 provinces and two territories," he said.

Musical support is provided by the Canada Remembers Band. Its nucleus is the Royal Canadian Artillery (RCA) Band - augmented by a highland pipes and drums section - but it perpetuates the traditions of two other famous Canadian military bands - the Band of the Canadian Guards and the Royal Canadian Ordnance Corps Band.

"The band faces some real challenges," Gardam said. "We have a number of commitments which are concurrent but often many kilometres apart. To allow us to split the band and still provide good musical support we added extra regular and reserve musicians when we formed the Canada Remembers Band. So far, that built-in flexibility has paid big dividends by allowing us to satisfy a greater number of requests for Canadian Forces participation in commemorative activities."

From May to July 1994 the Canada Remembers Contingent participated in over 65 commemorative events in Italy, England and France.

In August, the unit left for Belgium and the Netherlands to take part in some two dozen events, many marking the anniversary of

the liberation of Belgium by the Allies in 1944. That victorious campaign was marked by a total of 57 official events - one for each month of German occupation - the highlight was a parade in Brussels before the King of the Belgians during the afternoon of Sunday, 4 Sep.

The Canada Remembers Contingent also participated in parades, ceremonies and special events at Knokke-Heist, Ghent, Ypres, Brugge, Arnhem and Brunsum before returning to Canada in mid-September.

In October, the Contingent returns to Europe for the final time to support the Canada's fall commemorative program in Belgium and the Netherlands. The unit's final parade will take place in Mons on 11 Nov during ceremonies to formally acknowledge Canada's contribution to the 1918 Armistice.

"The young men and women who make up the Canada Remembers Contingent are perhaps themselves the greatest tribute to those who served," said Col Gardam. "After all, young Canadians everywhere owe a tremendous debt to those who gave their youth - and in tens of thousands of cases, their lives - in the cause of freedom. It is most appropriate that the current generation of Canadian military personnel should play such an active part in commemorating the 50th anniversary of the end of the Second World War and acknowledging the deeds and sacrifices of their forerunners in the Royal Canadian Navy, the Canadian Army, The Royal Canadian Air Force and the Canadian Merchant Navy."



Can't get your Fishwrapper?
Here's where to go:



ON BASE:

- *Totem Times Office
- *Air Force Museum
- *AFIS
- *Jr Ranks Mess
- *Senior NCOs Mess
- *Rec Centre
- *Headquarters
- *AMU
- *442 Sqn
- *Clothing Stores
- *MSE
- *Base Accommodations
- *Building 82 Supply
- *CE
- *Fire Hall
- *7 Hangar
- *Officers Mess
- *Building 22
- *Base Hospital
- *MPs
- *Glacier Greens Golf Course
- *PMQs
- *Canex Expressmart
- *Lazo Post Office

COURTENAY-COMOX

- *Driftwood Mall (Bookshelf)
- *Tourist Info Centre
- *Westerly Hotel
- *Courtenay Town Hall
- *Coast Country Realty
- *Holland & Associates Realty
- *Pacific Coach Lines
- *North Island College
- *Courtenay Legion
- *BC Access Centre
- *Robin's Donuts
- *Tim Horton's
- *Kal Tire
- *Courtenay Pharmasave
- *Comox Valley Record
- *Tyce Park
- *St. Joseph's Hospital
- *Comox Mall News Rack
- *Comox Legion
- *Comox Town Hall
- *Re/Max Ocean Pacific Realty
- *Jolly Giant
- *Port Augusta Motel
- *Comox Community Centre

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Section News

442 on call for SAR Barnhart

442 Sqn



by Capt Marty Rafuse

SAR Barnhart, named after the pilot of the missing aircraft, began late Sunday with full intensity. By 18:00 hrs the participants included the US Coast Guard, Canadian Coast Guard marine vessels and helicopters, Civilian Air Search and Rescue (CASARA) aircraft and 442's Buffalo and Labrador.

By Monday morning Victoria Rescue Coordination Centre passed control to 442 Sqn's Capt Mark Levesque as Searchmaster and the search headquarters was established across the hangar. Normally the Searchmaster deploys the search away from base, close to the search area. In this case, the routing of the search object was from Port Hardy to Bellingham, Wa., putting Comox right in the centre of the area. By Monday evening the initial coverage of the area was complete.

Tuesday, the weather was beautiful. The second phase of the search required a fine tooth-comb search of what was essentially Vancouver Island. The Searchmaster and his two assistants, Capts Wayne Sippola and Martin Rafuse, followed up the investigation with all possible leads to answer questions such as: What was the intended route? Were there any medical problems? Who did they talk to last? What is the pilot's experience?

Who had last seen the aircraft flying? Did the pilot check in with Air Traffic Control? Did they have an Electronic Locator Beacon (ELT)? What was the weather during the flight?

While the investigation was carried out, 442 Ops O, Maj Dave Reyenga (acting as the home detachment commander), and 19 Wing provided first rate support to ensure that all operational and logistical details of the search were transparent to the Searchmaster.

442 Sqn aircrew were operating shifts of two crews for each of the two Buffaloes and two Labradors, to ensure searching from sun up to sun down. This effectively gave two full search days per day. In order to do this, the maintenance crews worked shifts that overlapped the flying schedule and then some. They kept at least two serviceable Buffaloes and Labradors during the entire search, as well as supporting a Sea King from 443 Sqn and two Twin Otters from 440 Sqn.

On Thursday the secondary phase of the search was restricted by degraded weather and the lack of concrete information left the possibilities of Mr. Barnhart's route debatable. Third area coverage of the highest probability areas were concluded late Saturday, followed by a reduction of the search. In seven days 703 search hours with 49 aircraft and marine vessels covered approximately 7000 sq. nautical miles, three times. Unfortunately, densely treed, snow covered mountainous terrain did not permit a successful completion of SAR Barnhart.

The next of kin's worst fears were confirmed when 40 days later a civilian aircraft reported spotting the crash. A Buffalo and a Labrador were dispatched and the Search and Rescue technicians confirmed that the crash was the missing aircraft.

"Fido Dido is working at OTF"



Fido's influence shows on the OTF crew.

Teaching at the OTF

by MCpl Al Banky

Although they are little known and little seen on base, the members of 442 Squadron's operational training flight (OTF) are one of the most important elements of Canada's search and rescue success story. The OTF takes what would otherwise be average pilots and flight engineers and develops them into SAR flight crews. Although it may seem simple, the task that faces the members of the flight are, at times, almost insurmountable.

One may ask, "what kind of a person would be entrusted with the job of moulding impressionable young trainees?" People with names like Walt, Jenn, Gord, Mark, Greg and Fido Dido. Yes it's true, Fido Dido is working at the OTF.

Earlier this summer I went away with the OTF on a three-day training trip. On that trip I met Fido and learned that when he's not making commercials for 7-UP he works as an OTF instructor. Fido teaches the most important lesson at the school: don't take yourself too seriously, no one else does.

Fido's lessons were slow to take hold with the new batch of FEs. During stops in Richmond, Penticton, Revelstoke, and Vernon he demonstrated team work by assisting the students with their inspections. As the trip went on Fido's lessons seemed to have their effect. By the end, they all seemed to be acting and looking a little more like him.

Despite their quiet demeanour, the OTF has one of the most important jobs in the Air Force: they produce crews who can fly expertly in the most inhospitable environments and still maintain a sense of humour. Mr. Dido left the students with some important advice: "Take the time to laugh at yourself. Don't wait until you look like a real idiot."

Fido relaxing



Fido relaxes after a long day's work. Although his drink resembles a Margarita it is in fact an O.J.

Fido at Work



Fido Dido pitches in and fuels up the Lab during a stop in Richmond.

NEXT DEADLINE 23 SEPT.

NEXT DEADLINE 23 SEPT

Section News

LCol Lewis Takes Over

407 Sqn



Demon Doin's

by Capt Klammer

This summer brought many changes to 19 Wing Comox, and 407 (MP) Sqn was no exception. On July 22 the Demons said farewell to their outgoing CO, LCol P.J. Kendell, and welcomed the incoming CO, LCol G.B. Lewis. LCol Lewis is the 29th commanding officer since the squadron's inception in May 1941. LCol Lewis' career has included flying posting to HS 423, Shearwater, Nova Scotia as a Sea King tactical coordinator, and a posting on the Argus at 415 (MP) Sqn in Greenwood, N.S., as well as ground postings such as Defence Research Establishment Atlantic in the Service Projects Unit and the Helicopter Operational Test and Evaluation Facility as the Acoustic Section head. In addition to attending the RAF Staff College in Bracknell, England, LCol Lewis has also completed a Masters of Applied Science in electrical engineering as a part-time student.

Before joining the fighting 407th in July, LCol Lewis had

been employed with NDHQ Secretariat working for the Vice Chief of Defence Staff. The Demons are happy to welcome LCol Lewis, his wife Elaine, and their daughter Amanda to 407 Sqn.

The change of command parade was presided over by the Wing Commander, Col T.B. Rogers, while dignitaries present included BGen Horseman. Although the day was sunny and extremely warm (as was most of the summer), the only "casualties" suffered on parade fell out of the band, which was made up of cadets stationed at Quadra for the summer.

Not much else is new with the Demons. Between the annual posting season and FRP, 407 Sqn lost many of its Demons. The long list of officers who have left, or are leaving soon, includes Majors Fred Reed, Paul Dubois, Robert Perron and Dave Wrenn, as well as Captains Bill Seymour, Brian Clancy, Harlon Price, Terry Patterson, Bill Cummins, Grant Reid, Steve Wilson, Colin Craddock, Rocky Walsh, Mike Bell, John Gavlas, Dave Nicol, John Cooper and Liz Ritchie. All will be sorely missed.

The squadron has had an incredibly busy summer, flying many hours in between the Air Show and the Queen's visit. Now that the summer leave period is finally over and everyone settles back into the winter routine, I am certain that more "enlightening" information (read "gossip") will soon be forthcoming, especially as new squadron members are initiated into the crew life and taught the Demons' secrets. Until next time, 'nuff said.

407 Promotion



LCol G.B. Lewis, CO 407 (MP) Sqn presented Cpl C. Humphrey with his accelerated promotion.

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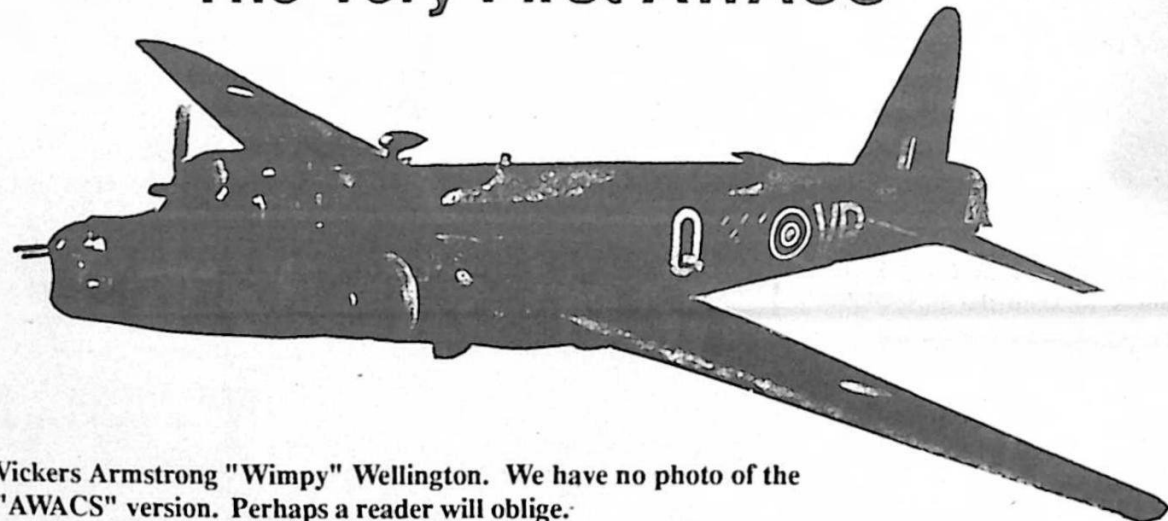
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New Boss at 407



Pictured L-R: Maj Knop, DCO 407 (MP) Sqn, LCol Kendell (in background), former CO 407 (MP) Sqn, and LCol Lewis, current CO 407 (MP) Sqn.

The Very First AWACS



Vickers Armstrong "Wimpy" Wellington. We have no photo of the "AWACS" version. Perhaps a reader will oblige.

by Ross Hamilton

It is probably a truism that most military airmen would be aware of the fact that the present-day AWAC (Airborne Warning and Control Systems) made its presence known by the Americans, long after World War II ended. What they may NOT know is that the very first AWAC was, in fact, initially a development of the British RRE (Royal Radar Establishment) during the latter part of 1944. It is also a fact that the aircraft used in the development stages was an ASV radar equipped Wellington from 407 Demon Sqn RCAF. At the time, the squadron was based at Chivenor, North Devon, where its crews carried out anti U-boat patrols in the Bay of Biscay, Atlantic Ocean, and UK approaches.

The AWAC development was born out of necessity, as most inventions are, in order to combat the launching of V-1 flying bombs against London. When the launching sites in France were overrun by the Allied armies in the autumn of 1944, the Luftwaffe reverted to its earlier experiments with the art of "air-launching" certain types of missiles.

Carried under one wing of a Heinkel (HE-111), flying bombs were transported across the North Sea, at night, during worst weather conditions that could be selected, keeping to about 100 feet of altitude, and then launched about 100 miles from London. The Heinkel's low altitude kept them below the RAF radar coverage during the approach stage. Then the Heinkel had to climb to 1500 feet for the launch, and gain airspeed of 150 mph so that the flying bomb didn't stall when released. Needless to say, as soon as it got rid of its load, the Heinkel lost no time in turning and diving back to the security of sea level. All of this provided a detection period of only some seven minutes for British radar screens along the eastern approaches to scramble a night fighter, or to alert a patrolling one, to intercept. Thus, all too many flying bombs were getting through to London. However, if a successful detection were made by the controller, the Mosquito or Beaufighter would be vectored to a position two or three miles behind the Heinkel, or until the fighter's own A1 radar was within contact range. Once he had locked on, he would carry out the interception on his own terms and shoot it down - hopefully before it had launched its deadly cargo towards London. In that standing patrols did not seem to be the answer, being somewhat hit and miss affairs, the RRE boffins came up with the solution (as they usually did when called upon to do so). To this end it was determined that if a Wellington, equipped with centimetric ASV could detect the conning tower of a U-boat on the surface

at some 25-plus miles, it could also get a response from the much larger Heinkel-111 V-1 combination flying at 100 feet. Air Ministry quickly requested the loan of a Mk-XIV Leightlight equipped Wellington from Coastal Command. Being one of the more highly experienced squadrons in Coastal Command at the time, the signal was passed to 407's commander who, in turn, detached the crew of F/L McLean to RAF station Ford, in Sussex, to subsequently carry out the development (and operational flights) of what was to become the very first AWAC. All of this was carried out in an atmosphere of complete secrecy, and it is doubtful that even our 407 CO knew what all this was about when he tapped F/L McLean's crew for the job and cut the detachment orders. Certainly the crew knew nothing about the mission itself for a couple of weeks after arriving at Ford. My Log Book shows a transit flight - Chivenor to Ford, on 21 Nov 1944, with the normal complement of aircrew aboard; two pilots, navigator, three WAGs, along with a groundcrew fitter and mechanic, plus a few spare parts. Our curiosity was only heightened when we landed at Ford for the first time and our lonely Wimpy on the field looked somewhat out of place among the diverse rows of Beaufighters,

Continued on page 9

Feature

More AWAC

Continued from page 8

Mosquitos, Black Widows, et al. Some Lysanders and Hudsons occupied the out-of-bounds area at the far side of the airfield, reportedly for use in covert operations, such as dropping agents behind enemy lines, etc., as handled by the "Intrepid" lot.

After a short period of intense training, mainly homing in on fast Beaufighters, at very low altitude, at night and in daylight over the Channel, we began operations from Manston and Colishall as quickly as possible due to the V-1 threat to London and vicinity. The two boffins from RRE flew every trip with us, training or Ops. In that the Heinkels would normally pick only the foulest nights to go out, for obvious reason, it was necessary for the AWAC Wimpy and its escorts to follow suit. It was very dicey trying to maintain 100 feet altitude in a Wellington, over water, without special instrumentation. (The regular altimeter was useless in this situation.) However, one of the trusty boffins soon came up with the solution - a "radio altimeter." This consisted of a white light bulb on the pilot's instrument panel which would illuminate at a height of 100 feet. Unfortunately, the aircraft could also be lower than this, and a lot of attention was needed on the controls to keep the little light blinking on and off - but never on fully for any length of time. Very rudimentary by today's standards, but it worked.

We also had a quick flight to the M/U at St. Davids to have dual controls installed in the Wimpy.

Flying at 100 feet for sustained periods, particularly at night and in awful weather conditions, placed a severe strain on the Skipper, so the flying chore was shared. There was also the factor that if an engine even hiccupped we could be in the drink, and one pilot alone would be hard pressed to cope with immediate response requirements - particularly with an aircraft that hadn't exactly been designed for this specialized work, and was still some 2,000 pounds over weight - even without the depth charges.

Our nocturnal patrols in the "control" (Wimpy) aircraft, were usually carried out along a given line up and down the Dutch coast, from whence the Heinkels came up. We were normally accompanied by a Mossie or a Beaufighter, or a combination of both - one to get the Heinkel and the other the V-1 if it had already been launched. These deadly escorts trailed along a mile or so behind the Wimpy AWAC and away from its slipstream, the Mossie with its undercart down, plus a bit of flap, so as not to overtake the plodding Wimpy and still stay above stalling speed, including an orbit or two from time to time. The Beaufighter had a much lower stalling speed than the Mossie, but his problems of staying airborne were much the same, and both remained very alert waiting for the R/T call from the Wimpy when a contact turned up on our

long-range ASV radar.

At this point there was an immediate transmission to Escort #1, and he was given a course to steer that would put him on the tail of the bogey. Now, with blips of both hunter and hunted on the screen, it was a matter of providing continuous and accurate vectors to the fighter as he closed on the target. As soon as he was within range scope of his A1 nightfighter radar (about three miles) and now at 1500 feet, he would announce "Tally-Ho" and begin stalking for the kill and positive I.D.

The system worked well, and plans were soon in the works to form a full AWAC squadron of ASV equipped Wellingtons, with our 407 Sqn crew as the nucleus. The boffins were also hoping to supersede the Wellingtons with Liberators eventually, the idea being that, with almost double the endurance, continuous patrols could be enacted around the clock, with the escort fighters replacing each other on the patrol line from various bases. However, the Canadian Army in Holland had other ideas, and soon overran most of the airfields from

which the Heinkel-111s were operating with their deadly V-1 flying bomb cargos, and effectively put a stop to their capers. Our Ops with the AWAC became redundant in early 1945, and our crew returned to 407 Sqn to resume regular operational duties. Few of our colleagues at Chivenor knew where we had been for the last several months, and even less about what we had been doing. It was an experience never to be forgotten.

The flying bomb assault on London was over, and hopefully the quick development of the rudimentary (by today's standards)

AWAC resulted in the preservation of at least a few people's lives in battered London. But that same early, nondescript, AWAC had proved to be a just baby which was later to grow up into a powerful detection weapon.

Just for once we Canadians should put aside our modesty and in-born reluctance to brag, and proudly trumpet the honour of providing the FIRST EVER AWAC fully crewed by Canadians from 407 "Demon" Squadron, Royal Canadian Air Force.

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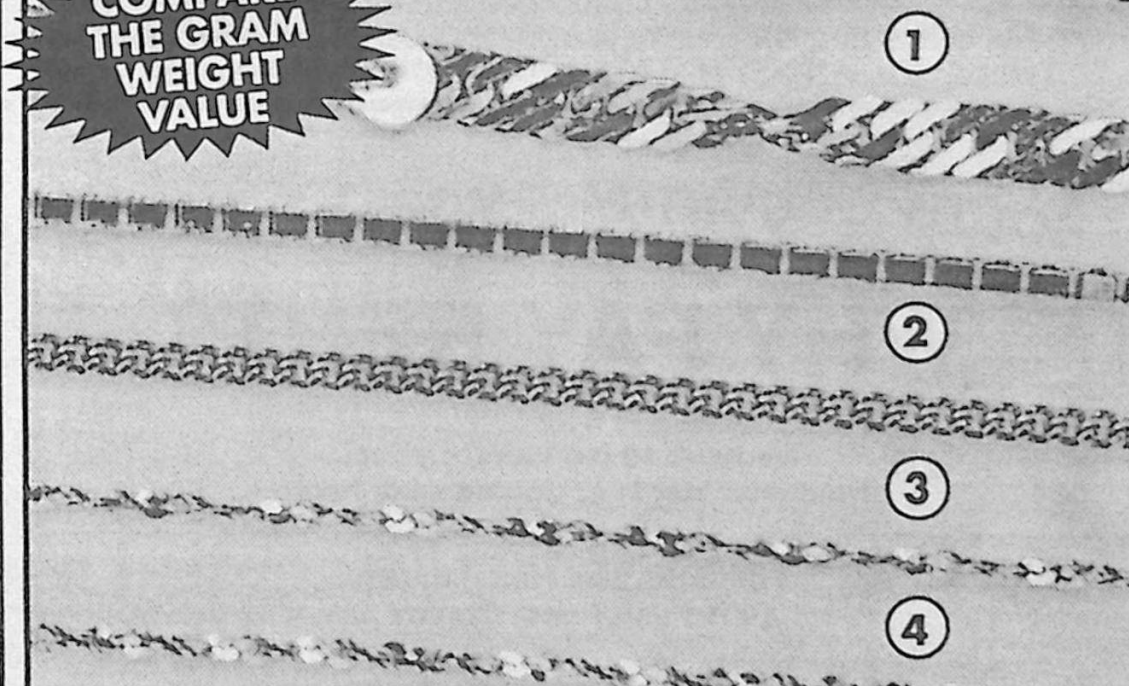


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Feature

THURSDAY 15 SEPTEMBER 1994

Scenes from Air Force Beach

Plinka Plinka Plink.....



The noise was music to the ears. These boys can be had for a price.

Spot the Ball



This was the Gold Medal Game. Why, in volleyball, do we need "skins & shirts?"

Love these Barbies!



407 S.O.R staff was on hand to officially record the proceedings. Capt Ritchie will get the bill later.

Off to Ottawa



Maj Rob Perron, Chairman All Ranks Fund, receiving congratulations for his contribution from Capt Harlen Price, Deputy Chairman. Maj Perron is transferred to Ottawa.

Boss meets Unknown Pilot



19 Wing Commander Col Terry Rogers attended to ensure the pilots did not get out of hand. W/Cdr talks to grey haired driver.

407 Holds Beach Bash

by Capt Price

Most recently the 407 Sqn Fund hosted a Squadron Fund Beach Bash (SFBB) at the Air Force Beach. This was a very successful gathering and was attended by dignitaries from across the nation, well... the Wing Commander made an appearance. The weather was terrific, the food was great, the liquid was on ice, and the company was exceptional. The venue included music, games, acknowledgements, and, of course, the very informal exchange of lies. I particularly liked the one about the aircraft that was on schedule from maintenance. This event has set the tone for future social functions that are being organized by the 407 Fund. In the very near future (25 Sep) the members of the executive com-

mittee will be hosting the annual Squadron Family Day, followed closely by a number of sporting events with dates and places to be announced, eventually leading up to our annual 407 Sqn All Ranks Mess dinner; simply the best function of the year.

The SFBB afforded us the opportunity to say goodbye to friends and co-workers who were departing, to further strengthen the bond within the squadron and, more importantly, provided an avenue to "blow off steam" for what has been, and will continue to be, a very very busy year. On a closing note, I would like to thank the members of the committee for their efforts in this endeavour. Let us have more of the same.

THURSDAY 15 SEPTEMBER 1994

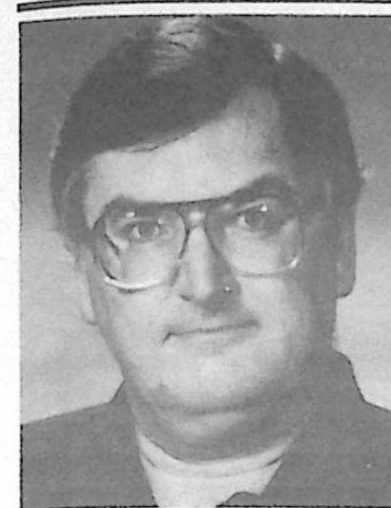
TOTEM TIMES 11

On & Off the Base

Fuzzy Beliefs

The noisy side of leadership

by Lloyd Bailey



Lloyd Bailey

Day, Churchill would be at his side. The King reconsidered.

And yet the British public voted Winston Churchill out of office in the immediate election after Victory in Europe in 1945. The Prime Minister was devastated. But the British working people had learned from their wartime industrial efforts that governmental economic direction could work for their benefit, a philosophy denied vehemently by Churchill in his pre-war political speeches. The great wartime leader owed social debts in the electorate's mind and they would have nothing of his socio-economic views. After a term of Labour socialism, Churchill was somewhat vindicated and his Conservative government regained power for a long rule in the 1950's.

Chancellor Hitler would refer to Churchill's "liquid courage." Like strongman Stalin of communist Russia, Churchill enjoyed a good drink. For that matter, President Roosevelt insisted on mixing the cocktails at his intimate meeting with officials and visitors. Were they all alcoholics? Winston would have a brandy or two in the evening hours. But the wartime Prime Minister was living a precarious existence in flysuit garb at bunker level. During the day he enjoyed white wine, nothing stronger. Stalin too held forth with his Kremlin associates at innumerable late night banquets. Vodka? For his cabinet members, certainly. When they were under the table, Josef continued to sip from his private flask of Georgian white wine. As for Roosevelt, more than one White House visitor to the dining table afterwards voiced surprise and somewhat admiration at the President's alcoholic capacity. On one occasion, F.D.R. is reported to have carried himself very well even though the evening witnessed four cocktails, champagne, and several brandies. Hitler, of course, abstained completely from alcohol. His weakness was creamy pastries, and all night monologues on his personal beliefs on every subject imaginable. Could a Nazi dare yawn?

None of these revelations became public during contemporary

history. Successful leadership in the democratic process was assured. But would more sober leaders have fared better for all concerned? Were fuzzy beliefs harmful? The Vietnam War is very current for Americans and Canadians alike. With the tragic assassination of President John F. Kennedy, the war was allowed to escalate beyond mere American military decisions were made by such a President? The public could never be told. Fuzzy images again.

Canadian history contains several examples of fuzzy beliefs. Our first Prime Minister, Sir John A. Macdonald, was a highly devoted family man. His first wife died tragically young. His only daughter was retarded. His second wife became an invalid. Did he drown his sorrow? Not only, but he campaigned on it. "The people of Canada would prefer Sir John A. drunk to George Brown sober," he crowed, and his Liberal rival bit the election dust time after time. Long speeches in the House of Commons were fortified with pitchers of gin and water. But then, the public morality of the time witnessed the wearing of hats in the chamber and the

general smoking of pipes and cigars.

Most Canadian Prime Ministers have continued the gray national image. R.B. Bennett consumed a big box of chocolates every night. John Diefenbaker's favourite food was potatoes. Brian Mulroney fell face first into his dinner once too often and quit the sauce at age 46. But William Lyon Mackenzie King is our national treasure for eccentric and yet unreported behaviour. From his earliest days as a welfare worker, King redeemed more than his fair share of the ladies of the evening. Once his dominating mother died, he continued to correspond with her through a British medium. The Canadian public never knew. Mr. King governed this country from 1921 to 1924, from 1925 to 1930, and then continuously from 1935 until 1948.

The question arises as to whether great men should be expected to be great in their private moral lives. Kennedy certainly wasn't. And yet during his brief presidency, he was idolized. His programmes and policies benefited millions of average Americans. He was truly a President for the common people. Would his weekly tryst with Mrs. Campbell, his college sweetheart before Jackie, have made such a political

scandal as to have ruined all his good legislation? Mr. Roosevelt died in the arms of his girlfriend from navy days as Secretary in 1919. Mrs. Roosevelt lived an entirely separate life with an annex mansion at Hyde Park, the President's estate. They didn't see each other for six months of each year. Would such public knowledge have destroyed F.D.R.'s capacity to wage war against Hitler and Japan? Fuzzy beliefs again.

Winston Churchill held two convictions above all else. He refused a peerage in the British House of Lords. He was a man of the House of Commons, like his aristocratic father before him. And he supported the King, not as a person but as an institution. Such principles reveal the essence of the man. Whatever mythology or fuzziness of beliefs is necessary, we must ask about the impact upon history of such a man. President Roosevelt fought the Great Depression, not for the capitalist system, but to provide his countrymen with the level of social services comparable to Great Britain of 1916, so backward was the economic and social system of the United States at that time during the 1930's. Too many cocktails? A girlfriend in Georgia? Perhaps the fuzziness begins to gain some focus.

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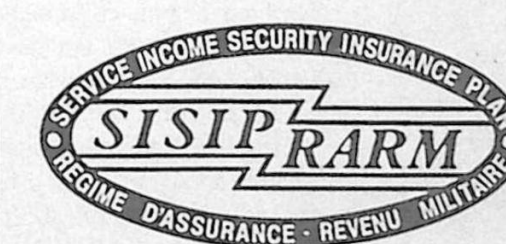
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Stresses of Layoff

Security is essential to life. Your security came from being paid money and receiving respect for your contribution. You were able to provide for yourself and your family's food and shelter. You will now have to deal with the unemployment lines and services which you thought would never touch your life.

You probably received a lot of self-worth from your job and you may feel "I am what I do." The more you feel this way, the more crushed you will be.

Once you are no longer working, you may feel bored and not know what to do with your time. If your spouse is home, you may bump into each other all day. You may also avoid social situations so that you don't have to reveal your change in job status.

The stress may be enough to make you physically ill. Your family has been affected and your life seems out of control.

Where to Seek Help

Your company's personnel department and the unemployment office will tell you what benefits you have coming and can help with your next move. Get your support network active, even though that may be the last thing you feel like doing. Talk to friends, clients, mentors, your union officials or workers in an employee assistance program. While insurance lasts, seek treatment for any physical and emotional ills. Social agencies can help when money is short.

A professional counsellor can be vital. You have suffered a loss.

In losing a job you may go through the same stages as people who are dying. Acceptance of the situation comes through grieving your loss so that you can make positive life changes. With help you may eventually see this shock

Employee Assistance Programme



as an opportunity. You are free to go back to school or you may find a better job.

Counselling will also help get rid of any negative substitutes such as overuse of alcohol or other drugs and overeating. These substitutes can lead to more health, financial, and emotional problems. If your job search goes on for more than six months, seek additional assistance.

Solutions

Ask for support from your family and friends. You may feel like clammoring up and suffering in silence but this is the time to talk. Acknowledge your fears, disappointments and other feelings.

If you have children, talk to them about what happened and what you are going to do about it. If you are not frank, they will fear starvation. Assure them that there will be food on the table but let them help you figure out some ways to conserve expenses.

Keep busy constructively. Take care of your health with diet, exercise and rest. Use your time to get closer to your family.

Try not to take the layoff personally. See if the personnel department at work can give you constructive criticism on how to improve your strengths. Take time to assess yourself and acknowledge your gifts. Set new goals for yourself. Believe in yourself and your positive attitude will make you happier and more employable.

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Itching & Scratching

The itch, seven year or otherwise, can drive one around the bend.

It seems to be particularly annoying when there is no rash. The presence of discoloured or bumpy skin at least gives a reason to scratch - even if the reason for the skin changes are not known. But itchiness is a frustrating sensation - the "scratch, scratch my back" of the old Belafonte song is not always funny.

With our usual need to obscure things, doctors call itchiness pruritus. And with our need to categorize, we divide pruritus into four types, based on cause. Not surprisingly, skin diseases come first. Next are other illnesses, generally internal, that have symptoms that include itchiness. Some drugs have pruritus as a side effect, and some psychiatric illnesses result in scratching, although here the itchiness may be spurious.

Itching may indicate serious disease. Jaundice, for instance, is yellowing of the skin, and often is accompanied by severe pruritus. It is usually due to liver disease or a blood disease, or to gallstones, or other blockage of the bile-drainage system. Many's the case of cancer of the pancreas that has been found as the result of itchiness.

Obviously when pruritus is due to serious disease the treatment is directed to correcting that. If it is related to a drug (and there are many that may be culprits) the drug is stopped and, if necessary, a different one substituted.

Sometimes more is needed. There are several ways of treating the itchiness itself. Best known are the antihistamines, useful because in many instances pruritus is due to the release of histamine in the skin. When the irritation is due to inflammation cortisone creams may be used. They are

often over-used, unwisely, as prolonged use may damage the skin.

Dermatologists have used agents such as phenol, menthol, and camphor in their creams for centuries. All provide some relief from itching. In addition there are a number of folk medicine remedies that help. These include soaks or baths containing baking soda, oatmeal, and various oils. Even cool damp cloths may work.

Unfortunately the urge to scratch may be overpowering. The skin may be damaged and become excoriated, thickened, and infected. These complications of pruritus may be harder to treat than the itchiness itself.

Itching, like pain, tends to cause patients to attend their doctor promptly. Usually the physician can help, but occasionally, especially if the itching is due to scabies or lice, the doctor and all the office staff are scratching in sympathy!

"Informed Consent"

Teaching and reminding, educating and helping patients understand. This is a large part of medicine today - and quite a contrast from not too many years ago, when doctors were inclined to be brusque and seldom provided any information about the patient's illness or the treatment plan.

Teaching is time-consuming, and often doctors do not have enough to fully explain what is going on. Enter the handout, the pamphlet, brochure, pre-printed instructions torn from a pad, and increasingly, instruction sheets stored in the doctor's office computer.

All are designed to help patients understand their illness or to provide information that will aid treatment. Some, and these

are usually video tapes, are used to let patients know what to expect when surgery is pending. "Informed consent" is the law now, meaning patients must understand not only what surgery will be done, but what might go wrong.

Some patient notes are provided by drug companies, and many of them are excellent. The physician has to be aware that the company is reminding him about its product and is hoping that it will be prescribed. A few doctors subscribe to services that provide patient information on specific diseases. These tend to be quite general in their approach, without much detail.

While pamphlets and other patient aids sound great, they do not

always work. The patient may not have the required reading skills, or may not be comfortable with English. Even well-intentioned patients may ignore the tear-sheets, counting on the prescription alone to get them better.

And the doctor may give up on them. Unless the filing system is very good it can be difficult to locate the sheet on back pain, asthma, infant feeding, or low-cholesterol diet right when you want it. Sometimes the doctor may not agree with everything on the sheet, or the information becomes outdated.

We doctors probably all differ in the methods we use to provide information to our patients. Most of us feel that sitting down and talking is the best by far.

NEXT DEADLINE 23 SEPT.

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.

On & Off the Base

A La Mode

Rack 'em Up!

A few months ago, some friends from Toronto came out to visit B.C. and stopped over for a couple of days. One of them was my partner from college, now cooking at a prestigious hotel. Of course, I had to come up with something simple yet impressive. I decided to do rack of lamb in a French style, accompanied by the classic pommes boulangère.

I use frozen racks of New Zealand spring lamb as I find the flavour better than domestic lamb. Sometimes Canadian lamb is a bit strong. The racks are packaged in 2's, with each rack containing six or seven chops. Depending on how hungry you are, this will feed two to four people. This recipe uses mustard to hold a crumb breading in place, and while it cooks, the mustard mellows out and compliments the flavour of the lamb. Personally, I could never understand people eating mint jelly with meat, but to each their own. This method of coating also works well on pork chops, and helps keep them from drying out.

Taco Salad Bowls

I had a phone call a few weeks

ago with a question: how do you make the bowls used to serve taco salads in restaurants? There are two ways to do this. One is to deep-fry them, the other is to microwave soft flour tortillas for 4-10 minutes, depending on the brand used and your oven's power. Arrange them in a bowl to hold their shape and cook for a few minutes at a time until crispy.

Rack of Lamb

2 lamb racks
4 slices soft white bread
4 T. whole grain mustard
1 clove garlic, minced fine
OR 1/4 tsp. garlic powder
1 T. chopped fresh herbs (chives, basil, oregano, rosemary)
OR 1 tsp. dried herbs
Salt and pepper to taste
1 T. veg. oil

Sauce:
1 T. Knorr Oxtail soup mix
1/2 cup cold water
Cut lamb racks in half, giving you four small racks. Season with salt and pepper and set aside. Crumble the bread, or use a food processor to make soft crumbs. Add the garlic, herbs and salt and pepper to taste. Dissolve the soup

mix in cold water and microwave on High for 1 min., stir, finish at Half Power for 2 more mins.

Heat the oil in a heavy frying pan and brown the lamb pieces all over, one at a time. Place fat side up on a cookie sheet. Spread 1 T. of mustard over each rack, then press into the breadcrumbs to coat. Cook chops at 375° for 15 to 30 mins, depending on how well cooked you like your meat.

With a sharp knife, cut racks into chops and arrange on a pool of sauce on each plate.

Boulangère Potatoes

4 large, or 6 medium, potatoes
1/2 onion, finely chopped
2 cups beef broth
1/4 cup whipping cream
Salt and pepper to season
Peel potatoes and slice 1/4" thick. Arrange rows of potatoes in a buttered overproof dish. Scatter onions over the top and season with salt and pepper. Mix the broth with the cream and pour over the potatoes, but do not completely cover them. Bake at 375° for about 45 mins. Most of the liquid should be gone and the top browned.

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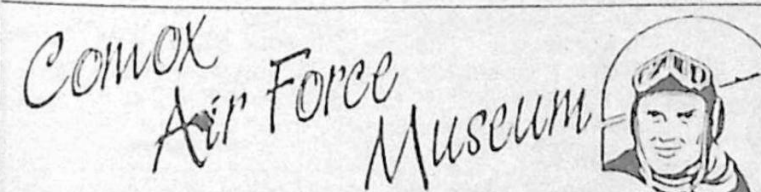
New Lead Knight at 414

The Black Knights at 414 Sqn welcomed a new commanding officer on Thurs 21 Jul. LtCol Al Hunter assumed command of the combat support squadron at 2 pm. The departing CO is LtCol Bill Cleland.

The squadron arrived at 19 Wing Comox two years ago, when LtCol Cleland became commanding officer of the squadron, and has represented Fighter Group on the base ever since. Flying the venerable T-33 jet, 414 Sqn conducts combat support operations to test the defence capabilities of naval radar systems and air defence installations. The unit also trains about 20 pilots every year.

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Soundbites

By Lt(N) Michael Sebastian

New for September

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

Canadian Spotlight: April Wine - Frigate (FRE/Sony)*1/2**
Rock solid. There's nothing new here from Myles Goodwyn & Co. - same tight production, power ballads and straight-up rockers except for the fact that it's so good. I haven't been a fan for quite awhile but Frigate has brought me back to the fold. If you're a fan, you'll love it, if not, it's well worth a listen.

Rebecka Tornqvist - A Night Like This (EMI)*1/2**
Swedish jazz and blues. If you haven't passed out by the time her late night, sultry voice has got half-way through this album, go see a doctor. A slow jazz/blues c.d. which has gone platinum in her native Sweden and has soothed many a frayed Swedish nerve. Now it's your turn for a Swedish, musical massage - mmmm.

Harry Connick, Jr. - She (Sony)**
Oh, Harry. We know that you're a musical talent who wants to grow, but couldn't you have stuck with your Sinatra-ish influences for awhile longer? There's no doubt that funk-laced *She* showcases your New Orleans roots and you make a good show of it but you're denying your fans, including my girlfriend who loves you but hates *She*.

Milla - The Divine Comedy (SBK/EMI)***
Magical and otherworldly. Kate Bush + Eastern European folk = Milla. An 18 year old model and USSR emigre has created an atmospheric, folk/pop blend featuring traditional instruments (harmonium, mandolin), arresting lyrics of heartbreak, alienation and hope and the magic of producer Rupert Hine to have it all make poetic sense. Gentle; poignant; dramatic; Milla has created something truly new and evocative.

Gipsy Kings - Greatest Hits (Columbia/Sony)*1/2**
Passionate and potent. Out of Arles, France came the Reyes brothers and the Balleardo cousins to lay down flamenco-fandango roots nurtured with Arabic, Latin American and rock sounds to create four GK hit albums. Can't lose with feature like "Djoli, Djoli," "Bamboleo," "La Quiero" and the reggae-ish "Escucha Me."

Canadian Spotlight: Jann Arden - Living Under June (A&M)****
A national treasure. Follow-up to *Time For Mercy*, Jann continues to explore her musical horizons in which she captures the small moments of life. Her effortless voice and self-effacing humour (We're doing songs about despair, heartbreak and loneliness - we'll move on to guilt later...) shine throughout and are testament to her promising future. Jackson Browne duets on "Unloved."

Jon Secada - Heart, Soul & A Voice (SBK/EMI)***
It's hard not to like the cool rhythms and pop arrangements which made Secada's first c.d. such a hit. Jon continues the tradition here and the result is a voyage through the lush latinsque world for which his golden voice was created. Fine, mellow pop: particularly well done are the last two tracks, sung in Spanish.

Branford Marsalis - Buckshot LeFonque (Sony)****
Jazz-rap-hiphop-rock fusion. Saxophonist Marsalis is the leading edge in contemporary jazz. However, he breaks with jazz tradition in this eclectic aural experiment, transcending diverse musical styles by combining them, producing an original work which can only be labelled as pure, wonderful and inspiring.

BBM - Around The Next Dream (Virgin/EMI)****
The demigods of power blues. Take a trip back to wah-wah guitar-land: BBM stands for Baker, Bruce & Moore as in Ginger, Jack (rhythm section of the legendary Cream) and Gary (Thin Lizzy) who, in their debut c.d. have produced a powerful right-cross, blues punch. Hits of Cream throughout, this is great stuff, with a few blues ballads to quiet the storm. Puts Clapton's past two decades of output to shame.

Canadian Spotlight: Lee Aaron - Emotional Rain (A&M)***
She's baaack. Leather-throat Lee returns after a three year hiatus and has matured lyrically, focussing on world consciousness and individual responsibilities: trouble is, I thought rock was about being irresponsible - but who listens to lyrics anyhow. Nonetheless, Lee proves she can still rock harder than a lot of guys.

Various Artist - Forrest Gump Soundtrack (Sony)*1/2**
32 American classics including: Presley's "Hound Dog," CCR's "Fortunate Son," The Doors "Break On Through," Dylan's "Rainy Day Women," Syndr's "Sweet Home Alabama," Beach Boys "Sloop John B," etc.

NEXT DEADLINE 23 SEPT.

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Public Announcements

Personal Exercise Program

There is a PERI supervised PEP Program at the Rec Centre Mon to Fri from 0730-0830. All members who have failed their CF EXPRES Test and are on Remedial PT are encouraged to attend. Members will have half the gym to work out in. Also those who wish to improve their physical fitness are welcome to attend. For more info contact the Rec Centre, Loc 8315.

Dependant Use of Base Gym Facilities

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

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.

Western Line Dancing

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

339-6016

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.

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:

a) Service #, full name, rank, unit, section, work local and home phone

b) Coaching qualifications/training (minimum - NCCP Level 2)

c) Experience as coach/player

d) Current activity

e) 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, Snr PERI 17 WG Winnipeg (CSN) 257-6184, (204) 833-6184.

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.

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.

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.

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.

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.

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 mercredi de 1900 - 2030. Pour information contacter Jacques ou Sylvie Fortin 339-6377.

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

CFB Comox Bowling Alley 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.

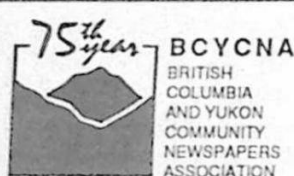
Tuesday Ladies League 6:45 - 9:00 pm. Contact Sylvia Smith 339-0663.

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.

NEXT DEADLINE 23 SEPTEMBER 1994



Network Classifieds

These ads appear in more than 100 community newspapers in B.C. and Yukon and reach more than 3 million readers.
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\$4.00 each additional word

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BUSINESS OPPORTUNITIES

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HOME PARTY Plan of the 90's. Full-time or part-time career opportunities. Mom's Pantry Products FoodCo exploding in B.C.! Be part of the growth. 1-800-350-6667.

KWIK KERB - Own your own business. P/T or F/T. Installing on-site, continuous concrete, landscape edging, total equipment, proven system, training. 1-800-667-KERB.

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\$34,900.00! THIS IS Not A Misprint - \$34,900 full price for a very nice 3-bedroom 1200 sq.ft. (+bsmt) "clear title" townhouse in Granisle, B.C. overlooking beautiful Babine Lake. An ideal snowbird's location - outdoor paradise. \$15,000 down \$250/mo. principle only payments for one year with no-zero-interest. Hurry, there are only 77 left. D.H. Frederiksen (604)338-6622, Grande Isles Resort 1-800-561-6577.

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Legion Log

**BRANCH 17 COURTENAY
334-4322**

*** EXTRA EVENTS ***

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

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 - 2:30 pm

Phone 334-4322 (days) for more information

OPEN SUNDAYS.....12 - 7 PM

Dress Code in effect 8 PM Fri & Sat

Building is Handicapped Friendly
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**BRANCH 160 COMOX
339-2022**

*** ENTERTAINMENT ***

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
Oct 7.....Music by WESTWIND
Oct 14.....Music by ALLEYCATS
Oct 21.....Music by HIGHWAY 19
Oct 28....."Halloween Dance" Music by HEARTLAND (formerly Wild River)
Sun. Oct 16.....Music by WYLIE & THE OTHER GUY

*** 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

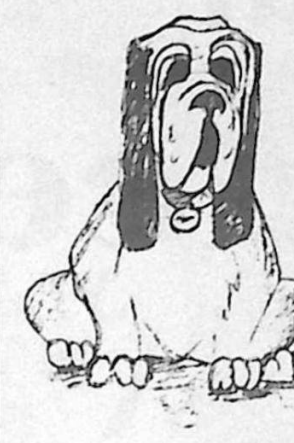
Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

Bored with Barracks? Nothing on the Tube?

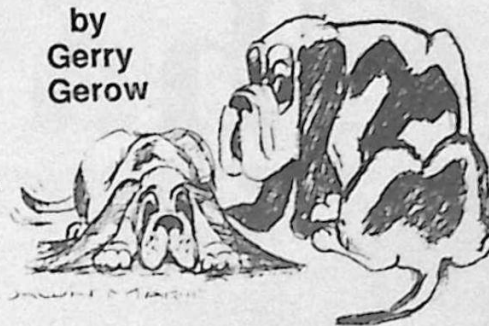
Paperback Book Sale (mostly for men)

Thurs 22 Sep, Fri 23 Sep, Mon 26 Sep
Starting 0830 hours

On & Off the Base



Dog Talk by Gerry Gerow



Being Responsible Owners

just might save him from running out in front of a car. Also, a well trained dog is a pleasure to own. All too frequently we get angry with our pets for doing something, when we really have not properly trained them not to do it.

So, for instance, the poor little doggy gets chastised and sometimes smacked for jumping up on a visitor when he has never been properly trained not to do it.

The second part of responsible dog ownership, in my mind, is ensuring that your pet is not a nuisance to others. This means cleaning up after him in the park. Many of our parks now have signs prohibiting dogs. This has occurred because so many people have not cleaned up after their pets. Always carry a plastic baggy when you walk your pet.

Lastly, keep your pet on your own property, where he/she belongs. Do not allow your dog to bark incessantly annoying your neighbours and waking up their children who are taking a nap. BE RESPONSIBLE.

Lately we are hearing a lot about responsible dog ownership. Just what is responsible dog ownership? Well, to me, it is two things. The first is the care we owe to our pets. We brought them into our family in just the same way we brought our children into our family and yet, in many cases, we do not give our pets the same degree of care.

Diet is extremely important, especially in the first year of life. Just like children, puppies require a healthy diet of meats, vegetables, cereals, and other vitamins. If they don't get this, they will grow up lacking certain attributes one would expect in a healthy animal. I refuse to refer to most of the cheaper dog foods on the market as garbage. Your pet would be better off eating garbage than some of these.

Health care is next on the list. Dogs need their annual checkup

just as we do. To find abnormalities in time to do something about them. They also need their inoculations against disease. Usually both checkup and shots are combined in one visit. Veterinarians usually charge only for the shots and throw in the examination. Shots are probably more important in your pet than in your children. The majority of human illnesses are under strict control and many of them have been almost completely eliminated. Not so with animal illnesses. Many are spread through wild animals which pass them on to our pets.

What about keeping your pet safe from harm? You normally won't let your children play in the street, so why do you permit your pet to do this?

Training is very important. Why? Well, for one thing, instant obedience may save your pet's life. If he drops on command it

NEXT DEADLINE 23 SEPT.

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)

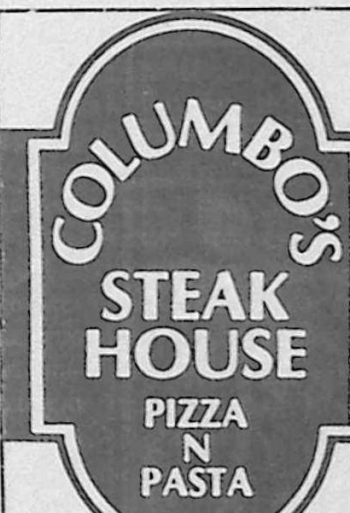
NURSERY - during Service for children under 3 yrs.

CHOIR - 1900 hrs, Thursdays at the Chapel.

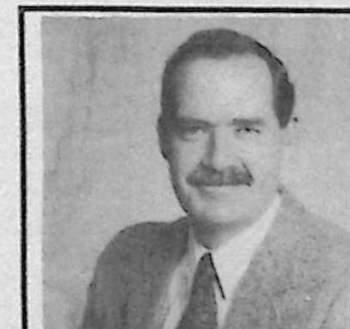
CHAPEL GUILD - Meets the third Thursday of the month.

President Gail Rodger 338-2162.

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



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sixth annual Fat Chance



Mountain Bike Race and Poker Ride

Sunday
Sept. 25/94
(Courtenay Side of
Comox Lake Dam)

Bike Check 9:30am - 11:45am

sponsored by:
Town of Comox Rec. Dept.
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Sarah's Bicycles
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1855 Noel Ave. Comox
339-2255

**T-SHIRT
FOR ALL
REGISTRANTS**

THE POKER RIDE

~ for recreational riders

Start Time: 12:30 pm
Pre-Registration (to Sept 23, 4:00pm): \$15.00
Race Day Registration: \$20.00

The Poker Ride is not a race but rather an opportunity for a leisurely ride through the backwoods of Comox Lake, where you will stumble upon 5 friendly Poker Card Dealers. At the end of your ride you will have accumulated 5 cards which will be shown to the Joker who will determine the winning hands. Don't forget that every Poker Rider 12 years and under is automatically entered into a FREE mountain bike draw.

MOUNTAIN BIKE RACE

~ for those who want a real challenge!!

Start Time: 12:00 noon
Pre-registration (to Sept. 23, 4:00pm): \$20.00
Race Day Registration: \$25.00

A more demanding course of 16, 20 or 36 km for those who choose the thrill of competition. Categories for age groups and experience levels. Racers must be 10 years of age or older as of race day. GO FOR IT!!!

PRIZES:
1st. \$150
2nd. \$100
3rd. \$ 50

All participants under 19 years of age must have parental/guardian approval

On & Off the Base

Shelter for Vintage Fire Truck



.....and the answer is: the shelter is for our museum piece, the vintage fire truck. During the warm (and dry) months, the truck will be used on parades or put on display outside the museum.

Support Your United Way Campaign!



19 Wing Yacht Club CFSA

progressing as we approach a new millennium. We must ensure that the momentum we have gained continues unabated.

Work parties will be reinstated shortly. Some items still on the way are deck staining (after the removal of the seagull calling cards), mooring placement, and trailer beautification.

Our new Commodore, Maj Don Irvine, loc 8106, assumed control at the General Meeting. Please extend to him the same support you have given me.

Long may your big jib draw. Mort.

The time has come for me to step aside both in the club and the RCAF. I thank you one and all for the support and assistance I have received during my tenure as your Commodore, without which I would have accomplished nothing.

Our club is growing rapidly and what is more important, it is

Association Francophone de la Vallée de Comox

Plus d'espace et de meilleurs services en français!

L'Association francophone de la Vallée de Comox et le Centre de l'éducation des adultes sont heureux de vous annoncer qu'ils ont déménagé ensemble dans un nouvel espace au 479, 4e rue, Courtenay (deuxième étage).

Nos nouveaux locaux nous permettront de vous offrir plus

de services, de cours et d'activités. Nous aurons à l'automne une bibliothèque française, des soirées cinéma, des ateliers pour améliorer votre français ou pour atteindre votre équivalence à la 12e année et bien d'autres. N'oubliez pas de surveiller les journaux pour notre

journée "portes ouvertes."

Venez nous visiter et nous dire ce que vous aimeriez avoir dans notre nouveau centre francophone. Nous sommes ouverts du lundi au vendredi, entre 9h30 et 16h30. Téléphone: 334-8884. Télécopieur: 334-3797.

More space, better service...in French!

The Francophone Association and the French Adult Education Centre are pleased to announce that we have both moved to the same location at 479 - 4th Street, Courtenay.

Combining our resources will permit us to provide you with a

greater variety of services and activities. In the fall, we will be able to offer you additional classes, movie nights, a new French library, translation services, and much more. Also, watch the newspaper closely for announcements regarding our "open

house." Next time you're in town, come on by for a coffee and share with us your ideas of what you'd like to see in our new centre. We are open from 9:30 to 4:30 weekdays. Phone 334-8884. Fax: 334-3797.

Corn on the Cob Party

The Comox Valley Francophone Association invites you to its Annual Corn on the Cob Party. The event will take place on Saturday, September 17, from 4 pm, at the Air Force Beach Pavilion. For a low, low cost, all you can eat corn on the cob will be served, as

well as hamburgers and hot-dogs. Everyone is welcome to attend. Why not make this day an occasion to meet new friends while enjoying a fantastic family day? For more info, please feel free to call 334-8884 or 334-0692.

Epluchette de Blé-d'inde

L'Association Francophone de la Vallée de Comox vous invite à son Epluchette de blé-d'inde annuelle qui aura lieu le samedi 17 septembre au Pavillon de la plage Air Force à partir de 16 hrs. Pour un prix très modique, nous vous offrons du blé-d'inde à volonté, ainsi que hot-dogs et hamburgers. De plus, il nous sera possible de

vendre de la bière sur place. Pourquoi ne pas faire de cette événement l'occasion idéale de faire de nouvelles connaissances tout en profitant d'une superbe journée familiale? Tous les membres de la communauté sont bien-venus. Pour de plus amples informations, veuillez appeler le 334-8884 ou le 334-0692.

Family Basket to be Raffled

The CMFRC is selling tickets for a Family Basket worth \$800. The price of one ticket is \$2.00 or three for \$5.00. Tickets can be purchased at the CMFRC at 119 Kinnikinnik. The basket will be raffled at the end of October, during the Annual General Meeting of the CMFRC. The proceeds will be used for the purchase of

playground equipment. This fund raising activity is made possible through the support of businesses in the Comox Valley who donated merchandise. The CMFRC greatly appreciates the generosity of the business community in the valley and wishes to thank the following businesses for their patronage:

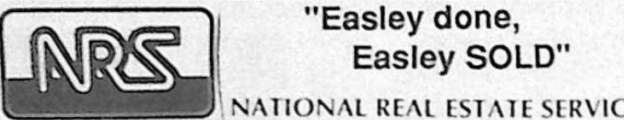
Aloette Cosmetics (Diane Piercy)	Marlow's Music Market
Anna's Coiffures	McConochie's Furniture & Appliances Ltd.
Avon (Darlene Percy)	McCrea Hardware
Bead Village	Middleton Meats Ltd.
Beyond the Kitchen Door	Mostly Bags Ltd.
Blossoming Knowledge	Mother Nature Health Food
Blue Heron Books	Radio Shack Comox Mall
Bop City Records	Rosalie's Wool Shop
Canex Barber Shop	Roxanne's Fashions Ltd.
Comox Flower Pot	Saan Stores Ltd. Courtenay
Comox Photo Ltd.	Style Rite Beauty Salon
Crow's Nest Marine Supplies	Sylvie's Boutique
Dance Supplies & Scotch Measure	The Garden Gate
Eagle Gem & Gifts Ltd.	The Soap Exchange
Extreme Ends	Thrifty Foods
Fanny's Fabrics	Thunderbird Home Centre
Fish 'N' Stitches	Touch of Class Ladies Wear
Heartlane Interiors	Tupperware (AnneMarie Castonguay)
Jolly Giant Stores	Ultra Wood & Glass Gallery & Gifts
Leung Grocery Ltd.	Uranus
Maida's Boutique	Wins Silks
Markus Boat & Trailer Repair	

NEXT DEADLINE 23 SEPT



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res: (604) 338-0868

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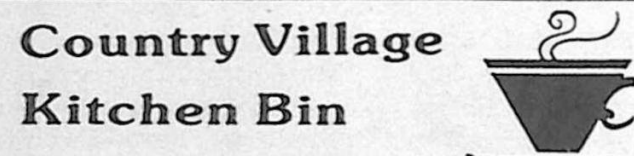
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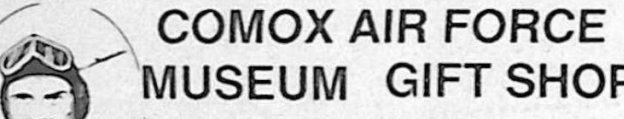
*DRIFTWOOD MALL
338-8318
*COMOX MALL
339-7774
*DOWNTOWN COURTENAY
334-3443

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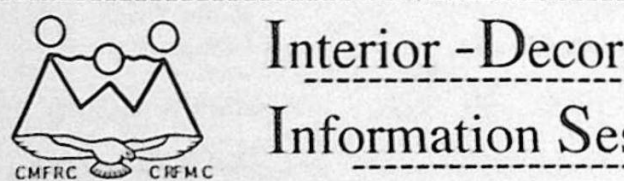


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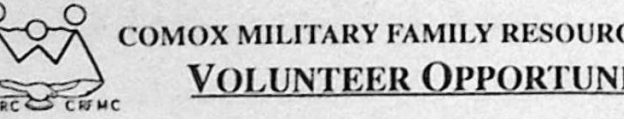


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GUEST SPEAKER: Eileen Boyd
Eileen is a military spouse who has an extensive background in design, decorative consultation, fine arts and crafts. We are pleased to have someone with as much enthusiasm as Eileen come and share her knowledge and skills with us.
DATES: 2 SESSIONS - September 27th & 28th
TIME: 7:00-9:00 PM AT THE CMFRC
COST: No Fee

CALL THE CMFRC @ 339-8290 TO REGISTER



COMOX MILITARY FAMILY RESOURCE CENTRE

VOLUNTEER OPPORTUNITIES

The CMFRC provides a general orientation and training in sensitive communications skills, problem solving techniques and active listening for new volunteers. We are always excited to have new people join the team at the CMFRC. If you are interested in volunteering your time please call at 339-8290 for more information.

Community Education Volunteers

Basic Duties: We are currently looking for volunteers with special skills and/or training in the following areas to provide workshops for the military community. They could be workshops for adults, teens, children or the whole family. Some ideas that have been requested are as follows:

* Art & Crafts * Gardening * Home Decorating * Home Inspection * Home Maintenance * Home Repairs * Home Safety * Home Security * Home Systems * Home Tools * Home Use * Home Values * Home Visits

Time Commitment: The workshops could be one or two sessions for 2-3 hours. Evening and/or weekend workshops would be preferred, but not necessary.

Deployment Support & Information Volunteer

Basic Duties: We are looking for caring energetic individuals who are interested in working with us to continue to develop and implement our Deployment Support Information Program.

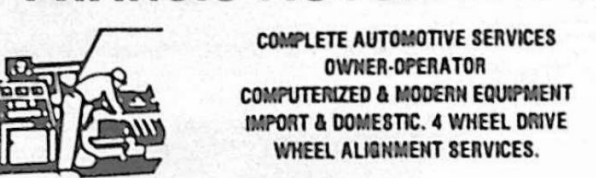
Time Commitment: 2-4 hours per week

Child Care Volunteers

Basic Duties: Supervision of young children in playgroups. Participation in program planning.

Time Commitment: 3-4 hours per week

FRANCIS AUTOMOTIVE



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B.C. V9N 3P2 Ph.(604)338-9660

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Associate Broker Network



Bruce Trainor

Jürgen Jung, M.A.

Reg. Clinical Counsellor

Exploring Anger Workshop
*Next date: Oct 15, 1994

For Individual and Couple sessions. Evening and Saturday appointments available.

For free initial consultation, please call Suite 400, Comox Mall, Upper Level.



339-7600

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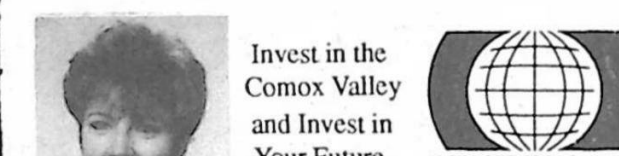
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The Nylons are Coming!

Canadian music legends, The Nylons, will be performing two shows at Courtenay's Sid Williams Theatre on 21 Sep (7 & 9 pm). This pop/soul quartet has achieved fame the world over since being formed in 1979. Known for interpretive singing, soulful vocals, expansive arrangement and emotive performance, The Nylons now have eight albums to their credit.

Because, their latest recording, artfully bridges the gap between 1950s style R & B, and silky "new jack" Soul. Because also marks the debut of two new members: Garth Mosbaugh (tenor) and Gavin Hope (baritone). The two original Nylons are, of course, Claude Morrison (tenor) and Arnold Robinson (bass).

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 members,

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

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



Infant car seats must face the rear of the car.

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.

Everyone welcome!

NEXT DEADLINE 23 SEPT NOON

On & Off the Base

A CD and a Promotion



Capt Gordon Doyle, Area Social Work Officer, received his CD recently from retiring WAdmO, LCol Gerrit van Boeschoten. He also received a promotion to Major, and a posting to Trenton.

PRECIOUS LITTLE PEOPLE PRESCHOOL

FOR CHILDREN 3-5 YEARS OF MILITARY MEMBERS
REGISTRATION WILL BE TAKEN AT THE CMFRC FOR:

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.

REGISTRATION WILL BE ACCEPTED THROUGH OUT THE SUMMER IF SPACE IS AVAILABLE

COMOX MILITARY FAMILY RESOURCE CENTRE
1742 ENGLAND AVE.
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• 339-8290



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Week Ending 17 September

Bookshell Bestsellers

Softcover

1. Nightmare & Dreamscapes.....King

2. You Belong to Me.....Rule

3. River God.....Smith

4. Love Can Build A Bridge.....Judd

5. Chronicles of Pern - First Fall..McCaffrey

6. Son of Fletch.....McDonald

7. Violent Word.....Deighton

8. Thunder Point.....Higgins

9. Full Circle.....Bittner

10. Warriors Prize.....Williams

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Week Ending 17 September

Bookshell Bestsellers

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1. Nightmare & Dreamscapes.....King

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3. River God.....Smith

4. Love Can Build A Bridge.....Judd

5. Chronicles of Pern - First Fall..McCaffrey

6. Son of Fletch.....McDonald

7. Violent Word.....Deighton

8. Thunder Point.....Higgins

9. Full Circle.....Bittner

10. Warriors Prize.....Williams

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.

Liz & David Basham
- formerly of CFB Comox, now in CFB Shilo, Manitoba, wish to announce that they are now grandparents.
Manon Linda Blais was born 31 March 1994 in Victoria, B.C. All the family are doing well!

MOTIVATED SELLER
Gorgeous West Coast style cedar home. 1540 sq.ft. 3 or 4 bedrooms, 2 baths, 24 x 24 shop with lane access. Large lot with mature trees. In East Courtenay.

- A MUST SEE -
Asking \$182,500
338-2645

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

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CANADA'S INTERNATIONAL IMMUNIZATION PROGRAM

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Canada is an important partner in the global effort to help children in the developing world beat the odds against six deadly, but preventable, diseases - measles, polio, tuberculosis, tetanus, whooping cough and diphtheria.

Through the worldwide initiative, more than three million young lives are saved each year. Despite this encouraging statistic, nearly two million children a year still die for lack of immunization. The odds can be beaten with your help.

For more information on how you can help support this program, please contact:

Canadian Public Health Association
1565 Carling Avenue, Suite 400
Ottawa, Ontario, Canada K1Z 8R1
Telephone: (613) 725-3769
Fax: (613) 725-9826

Bicycle Maintenance and Safety Workshop for the Whole Family

This is an opportunity for the whole family to get together and learn about how to keep your bicycle in good working order as well as some basic rules of the road.

• Date: Saturday, September 17th

• Time: 10:00 - 12:00 pm

• Location: Wallace Garden Community Centre

• Cost: No Fee

• Registration: Call the CMFRC at 339-8290



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This year is your last chance to get one of the best seats at the final event of the 1994 Commonwealth Games: the driver's seat of an official 1994 Commonwealth Games General Motors vehicle. GM supplied games officials and volunteers with new cars, vans and pick-ups. Although they were only used for a short time, they can't be sold as new.

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The competition will be fierce for these once-in-a-lifetime buys, so come early for best selection - and Catch the Spirit of the final event of the Commonwealth Games!

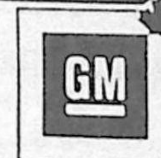
Hours of Sale

Fri - 9 am to 8 pm
 Sat - 9 am to 6 pm
 Sun - 11 am to 4 pm

DRIFTWOOD MALL BLOW-OUT INVENTORY

Here is just a small sampling of the huge selection available.

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PONTIAC TRANSPORT 4 To Be Sold 3.1L V6, Auto Transmission, Airbag, ABS, Air Conditioning, 7 Passenger Seating, Power Locks/Windows, AM/FM Stereo Cassette	BUICK PARK AVENUE 1 To Be Sold 3.8L V6, Electronic Automatic Transmission, Dual Airbags, ABS, Air Conditioning, Power Locks/Windows/Seats/Dual Mirrors/Trunk Release/Fuel Filler Door, Theft Deterrent System, Remote Keyless Entry, AM/FM Stereo Cassette	GMC SONOMA EXTENDED CAB PICKUP 1 To Be Sold 4.3L V6, Auto Transmission, Airbag, ABS, Air Conditioning, Power Windows/Locks, AM/FM Stereo Cassette	CHEVY CHEYENNE REG. FULLSIZE PICKUP 1 To Be Sold 5.7L V8, Auto Transmission, Rear ABS, Air Conditioning, Power Windows/Locks, AM/FM Stereo Cassette
PONTIAC BONNEVILLE 2 To Be Sold 3.8L V6, Electronic Auto Transmission, Dual Airbags, ABS, Air Conditioning, Power Locks/Windows/Trunk Release/Dual Mirrors/Antenna, Remote Keyless Entry, AM/FM Stereo Cassette	CHEVROLET LUMINA SEDAN 4 To Be Sold 3.4L V6, Auto Transmission, Airbag, ABS, Air Conditioning, Power Locks/Windows/Trunk Release, AM/FM Stereo Cassette	CHEVY S-10 EXTENDED CAB PICKUP 1 To Be Sold 4.3L V6, Auto Transmission, ABS, Air Conditioning, Power Locks/Windows, AM/FM Stereo Cassette	OLDSMOBILE 98 1 To Be Sold 3.8L V6, Electronic Auto Transmission, Dual Airbags, ABS, Air Conditioning, Power Locks/Windows/Seats/Dual Mirrors/Trunk Release, Anti-Theft System, Auto Level Control, AM/FM Stereo Cassette.
PONTIAC GRAND PRIX 2 To Be Sold 3.1L V6, Electronic Auto Transmission, Dual Airbags, ABS, Air Conditioning, Power Locks/Windows/Dual Mirrors/Trunk Release, Remote Keyless Entry, AM/FM Stereo Cassette	GMC SAFARI 15 To Be Sold 4.3L V6, Auto Transmission, Airbag, ABS, Air Conditioning, 8 Passenger Seating, Captain's Chairs, Power Locks/Windows, Deep Tinted Windows, AM/FM Stereo Cassette	CHEVROLET LUMINA VAN 5 To Be Sold 3.1L V6, Auto Transmission, Dual Airbag, ABS, Air Conditioning, 7 Passenger Seating, Power Locks/Windows, Anti-Theft System, Remote Keyless Entry, AM/FM Stereo Cassette	CHEVY ASTRO VAN 10 To Be Sold 4.3L V6, Auto Transmission, Airbag, ABS, Air Conditioning, 8 Passenger Seating, Captain's Chairs, Power Locks/Windows, Deep Tinted Windows, AM/FM Stereo Cassette



BRIAN McLEAN

CHEVROLET GEO OLDSMOBILE
 334-2425 Dealer #8379

Mike FINNERON

PONTIAC BUICK GMC
 334-2441 Dealer #6590