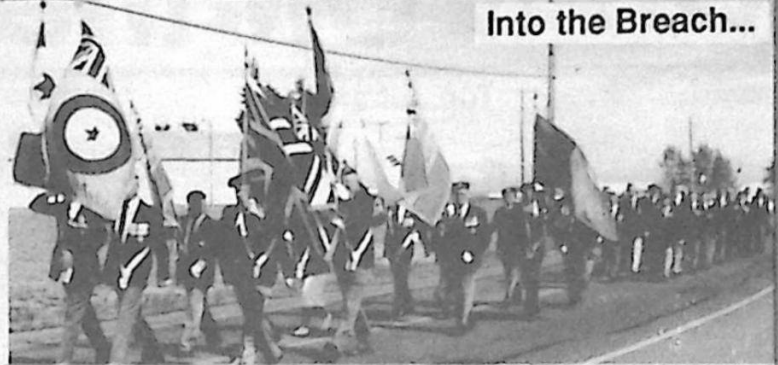




**The Arnhem Connection**  
...page 5

**888 Wing  
Observes  
Battle of  
Britain**  
...page 9



Into the Breach...



# TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 36 NO 15

THURSDAY 29 SEPTEMBER 1994

COST: PRICELESS

## SARaction



Photomontage by Base photographer Fred Spence captures atmosphere of SAREX '94. Rod Cando, Al Banky and Carrie Friend were also busy with their cameras. See more SAREX pictures on pages 2 and 20.

## Successful SAREX '94

**by Cpl Al Banky**

Light winds, sunny skies, new equipment and old friends combined to make SAREX 94 the most successful Air Force Search and Rescue competition ever. At the end of the 4-day event the trophies were evenly divided between Air Transport group's five major SAR units.

The Team Spirit and Search trophies were won by the home town heroes of 442 Sqn. Despite the dominance of Trenton's 424 Sqn in the parachute and medical events, the Best Overall trophy was won by 413 Sqn from Greenwood, NS. The competition was of special significance because it coincided with the Para/Rescue/SAR Tech 50th anniversary reunion. In honour of the special occasion, a mass parachute drop of 50 SAR Techs took place on the last day of competition. The SAR Techs, including 442 Sqn's kilt clad MCpl Tony Isaacs, were divided into three groups: a Labrador helicopter, a Buffalo and a Hercules transport dropped the groups 20 seconds apart. The sight of 50 orange parachutes over Comox was enjoyed by a large group of spectators, including many of the graduates of the first Para Rescue course run in 1944. Congratulations to all the competitors.

Buffalo and a Hercules transport dropped the groups 20 seconds apart. The sight of 50 orange parachutes over Comox was enjoyed by a large group of spectators, including many of the graduates of the first Para Rescue course run in 1944. Congratulations to all the competitors.

More Pictures on pages 2 & 20

More Pictures  
on  
pages 2 & 20

# On & Off the Base

## More SAREX

Top Jumper



"Darby" Darbison receives his Top Jumper trophy from CWO Don Lane. (Photo Fred Spence)

The First Instructor



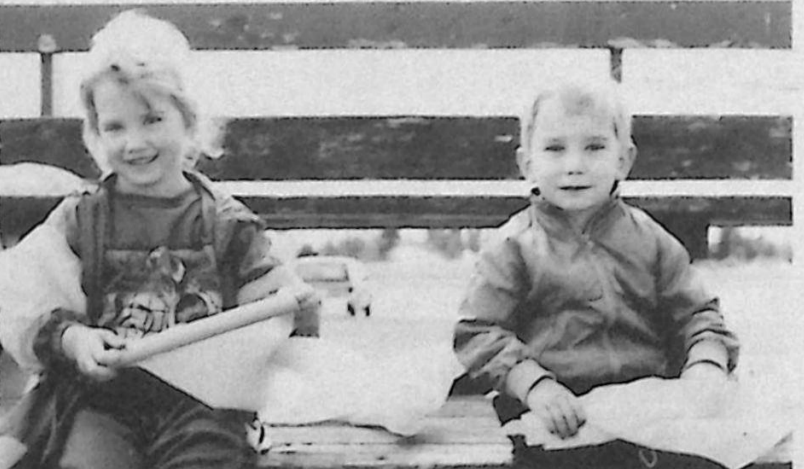
Wilf Rivet, first para-rescue instructor 1944, in 442 garb. (Photo Fred Spence)

"Vintage 1944"



More "vintage" Para-Rescue Techs. (Photo Fred Spence)

Future SARTechs?



Future SARTechs with their streamers from SAREX '94. (Photo Fred Spence)

Look Up!



SARTech MCpl Tony Isaacs gives "Thumbs Up" after mass drop of 50 SARTechs, commemorating 50th anniversary of Para Rescue. It was Tony's 250th jump, on his 13th wedding anniversary.

"Ouch"



"Victim" Lt M.J. Harris waits for treatment during medical competition. (Photo Al Banky)

Preparing a Drip



442 Sqn SARTech Cpl Rob Beauchamp prepares an intravenous line for the medical competition. (Photo Al Banky)

Burger King



Flippin' burgers is as much a part of SAREX as parachuting. MCpl Tom Taylor seems to enjoy it. (Photo Al Banky)

Try a Wet Finger



Sgt Ron Langevin, 442 Sqn, measures the wind at the drop zone prior to competition. (Photo Fred Spence)

"I'll take it"



435 Sqn's Sgt Jim Brown uses everything but finesse to hit the target during the team jump. (Photo Rod Cando)

Attentive Ivans



SARTech MCpl John Oakes explains details of the medical competition to visiting Russian officers. (Photo Al Banky)

# On & Off the Base

## WWII information wanted

### No Price Too High

Do you have memories of the Second World War tucked away in a drawer? Producers of *No Price Too High*, a television series on Canadians and the Second World War, are searching for first-hand accounts that date from the period.

Because *No Price Too High* is based on such documents, its producers are actively soliciting letters, diaries, photographs, audio recordings and film footage written or made during the years, 1938 to 1945, covered by the series. Selected documents will be used to tell the story of the Second World War from the viewpoint of a representative cross section of Canadians whose lives were deeply touched by the events of those momentous years. An example would be correspondence between a serviceman and his parents or wife back in Canada.

Anybody with information regarding such letters, diaries, photographs or private audio records or film footage, or who has access to such documents, is asked to contact the Research Office of *No Price Too High*, 95 Penetang Street, Orillia, Ontario L3V 3N4. The no charge long-distance telephone number from anywhere in Canada is 1 (800) 524-3528. The fax number is (705) 325-5596. All original material forwarded to this address will be returned. Please consider sending photocopies.

Information or submissions would be appreciated by October 31, 1994.

*No Price Too High* will make available to all Canadians an accurate, moving account of Canada's contribution to victory in the Second World War, covering all services and all phases of the war effort, at home as well as abroad. *No Price Too High* will be broadcast nationally on television in the fall of 1995, and it will be available subsequently for educational and home use on video cassette.

The television production company making *No Price Too High*, Norflicks Productions Ltd., recently produced *Battle Diary: a day in the life of Charlie Martin*, an emotionally evocative and intimate one-hour documentary aired the evening of June 6, 1994 on CBC for the 50th anniversary of the Canadian landing in Normandy.

A comprehensive and accurate perspective of Canadian involvement in the Second World War is assured by the participation of the *No Price Too High* Foundation and its Advisory Board. Membership on the board includes its Chairman, Honourable Barnett J. Danson, Honourable Willard Z. Estey, Honourable Alastair Gillespie, St. Clair Balfour, BGen. Denis Whitaker, Robert G. Dale, and Honourable Hartland de M. Molson.

## Communication

by **Padre Fraser Harvey**

I used to be a radio technician before I became a Chaplain. When people find this out, I often get asked about what seems to be a big change in my career. My quick comeback is that I am still in communications only now I am on a higher level communications net. I get a few chuckles, but I am also serious about still being in communications. Communication is an essential part of all our lives, especially in the military.

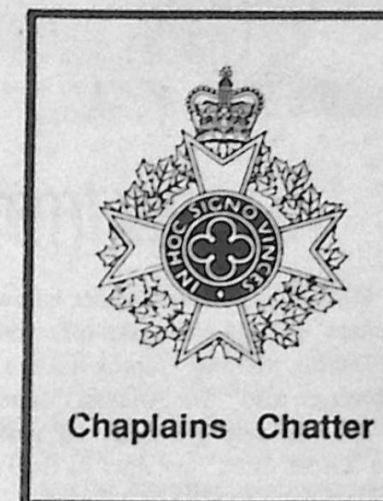
Communicating with each other is not an exact science. There is a lot of room for misunderstanding or misinterpretation. In the military we have a special language we speak. We use lots of acronyms; ATG, MAG, Buff, T-Bird, and AMCRO. Expressions like SNAFU, pussier, old man and sky pilot. Now there is a new language being spoken on base. Words, phrases and acronyms such as ACMG (Air Combat Mobility Group), Cost Centre Management, TQL (Total Quality Leadership), Business Plan, and Civilianization are becoming part of the language of the Canadian Forces. It is difficult to understand the message if we don't speak the language.

Sometimes we can take com-

municating for granted. Did you ever play the game where you got a group of people together and whispered a message into the first person's ear, then that person whispered it into the next person's ear, and so on to the end of the line? The message at the end of the line often bears no resemblance to what was said at the beginning.

We think communicating comes naturally and that we don't have to work at it. Yet effective communication requires constant effort to make sure that the other person understands what we have said. As a listener it also requires energy to really hear what is being said both in words and in the other person's body language.

In relationships, communication skills are often the first things forgotten when times get tough. In times of crisis people forget how to talk to each other. This compounds things because neither person knows what is going on with the other person. They are either not talking or the message sent is not the same as the one received. I am always reminded of the line from Cool Hand Luke with Paul Newman. Anytime there was a problem, the warden of the prison camp would say, "What we have here is a fail-



Chaplains Chatter

ure to communicate."

Good communication is easy when times are good. Once the groundwork has been laid, good communication can continue even in difficult times. The Canadian Forces have been going through some rough times over the past year. There are probably more rough times and more changes to come. The language we speak, the way we do things, all are changing. If we understand the transformations and the reason why we must change then all will go more smoothly. The challenge for all of us, no matter where we are in the chain of command, is to make certain that we have and keep good communications with everyone around us.

NEXT DEADLINE 14 OCT. - NOON



**Tri-City Boot Repair & Sales**  
 Next to Subway  
 Cliffe Ave & 8th St., Courtenay  
 Tuesday to Saturday -- 9:00-5:50

**TOP QUALITY SHOE AND LEATHER REPAIRS**

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 Conveniently located at the bottom of Ryan Road Hill at Island Hwy in Mount Washington Plaza Courtenay -- Phone 338-6766, and Cumberland -- Phone 336-8524

VISA

## TOBACCO SALES ACT

# There's a new BC law to protect children and youth from tobacco addiction

Ninety percent of Canadian smokers start before they are 19 years old. The earlier people start to smoke, the more likely they are to become addicted and suffer from tobacco-related illnesses. Smoking kills over 5,000 British Columbians each year and costs taxpayers, through the provincial health system, over \$1 billion.

The provincial government has introduced a new law to help protect young people from tobacco addiction:

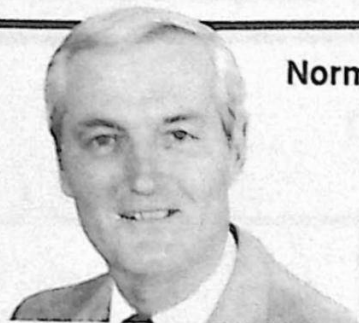
- 1 It is now illegal to sell tobacco products to anyone under the age of 19.
- 2 Tobacco vendors must display health warning and age limit signs.
- 3 Photo ID is required if a purchaser's age is in question.

### Information for retailers

Retailers who have not yet received their package of information and required signs should call 1-800-668-2864



# Editorial



Norm Blondel

## Letter from a Pioneer

Belatedly, we print a letter below from Andy Felker, one of the "Old Timers" of 1944 when take-offs were, at times, a Dak-a-minute. In terms of Dakota training, Comox made a tremendous contribution to the war effort (see also, "The Arnhem Connection," page 5), and Andy reminds us of that heritage. His letter was passed to us by Debra Martin, Editor of the "Greensheet," just after its final edition was published. Andy's letter arrived there too late to be printed.

## 50 Years Gone By

Dear Editor,  
I went over to the airshow and looked for some of my airforce buddies that were there in 1944. It was soon realized that they were probably in disguise like me, with white hair, a few wrinkles, and maybe a limp or two. They wouldn't look like the young people I knew years ago.

The show was getting started but my thoughts were on the year 1944. The control tower was located about 250 feet north of No.1 hangar. The rows of Beechcraft Expeditors sat north of the control tower.

Looking across from No.1 hangar there was a row of Dako-

tas on a not so wide tarmac. Planes were going and coming 24 hours a day on navigation training flights. Air and ground crews kept busy. It was quite a sight. Deer lived in the forest where No.7 hangar is located now.

The noise of a jet going by brought my mind back to 1944, with all those big airplanes and activities. There was no way we could foresee the change.

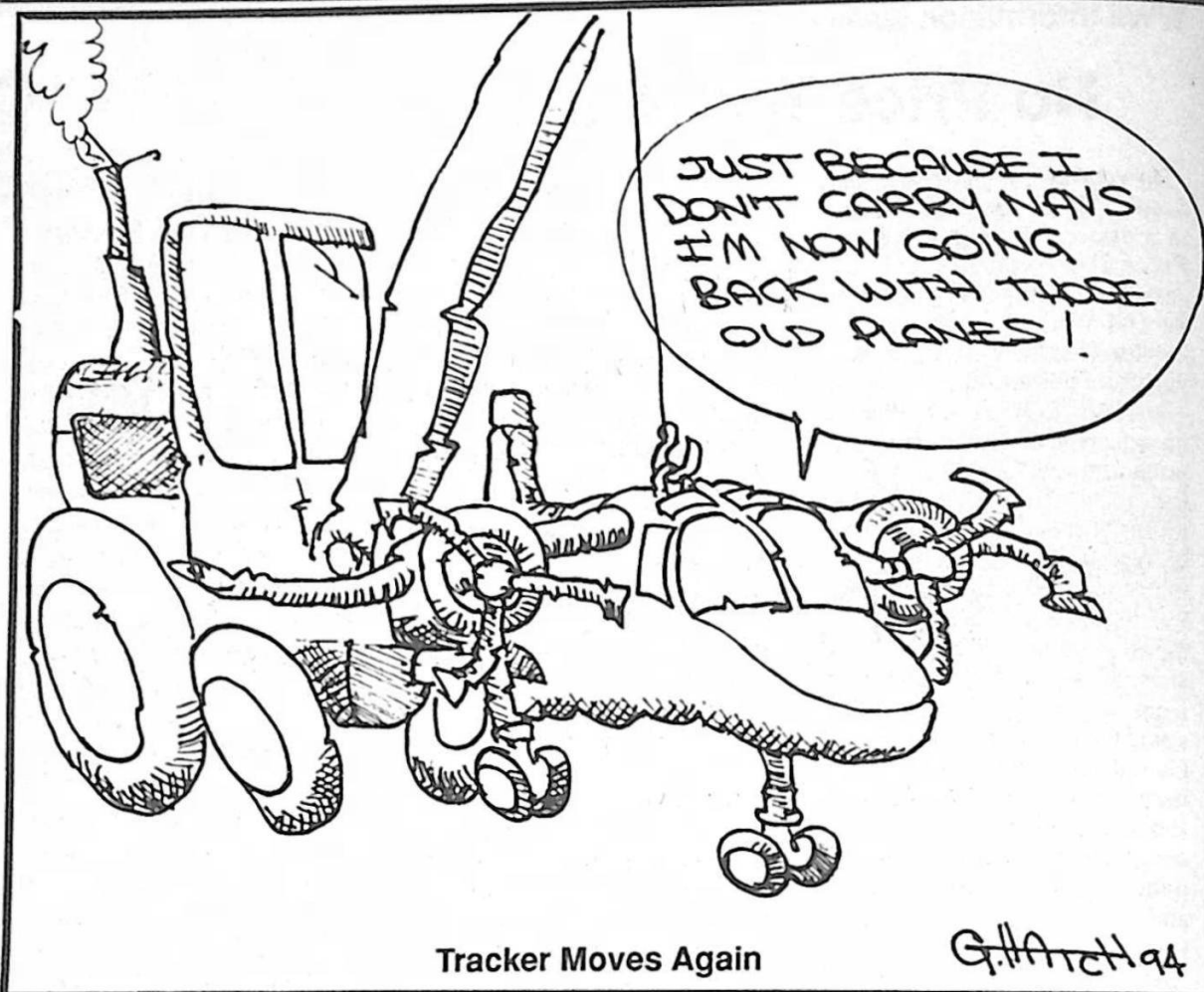
Thanks to everyone at the airbase for celebrating 50 years of Air Force at Comox and remembering the oldtimers who started it all.

Andy Felker  
R.C.A.F. 1944, Comox

## Quorum Time at the Wing

888 Wing RCAF is picking up speed. Dance night on Fridays, Line-Dancing on Tuesdays, are but a sample of the new activities planned for the members' enjoyment. But, there's one Wing function that also needs the participation of members new and old. Important Wing decisions are taken at the General Meetings, which need a good turn-out in terms of member involvement, and to satisfy the need for a quorum. Check the notice below.

**888 Wing R.C.A.F.A.**  
**General Meeting**  
**Wednesday, 5 October**  
**20:00 Hrs.**  
*All Members urged to attend*



Tracker Moves Again

G. Hatch '94

## United Way Campaign

### Section exceeds goal by 526%

The 1994 19 Wing Comox United Way Campaign has set a goal of \$28,000 and is in its second week with five weeks remaining.

To date, four sections have reported on their canvassing efforts; one has a 90% canvass rate with their goal being exceeded by 526%; the other section has a 26% canvass rate with 42.5% of their goal being attained; the next has a 26% canvass rate with 43% goal achieved; and finally, the last unit has a 50% canvass rate with 39% of their goal being attained. Outstanding success so far and hopefully an indication of things to come.

Our campaign will run until 31 Oct, but if you wish to contribute after this date please contact one of the United Way reps.

The Comox Valley United Way plays an important part in raising funds for non-profit community organizations in the valley. This year the Comox Valley

United Way will be distributing the funds among 27 agencies. All funds raised at the Wing will be distributed locally; in this way, all our donations will be helping everyone in our community. This year approximately 12,000 Comox Valley residents will benefit directly from the donations made to the United Way.

All DND employees of the Base will be approached by a designated United Way Canvasser. Everyone is encouraged to contribute either by pay deduction, cash or cheque. Any amount, no matter how big or small is most welcome. By giving a little you will be helping a large number of people who rely on these agencies. Even those on an attached posting or TD may make a donation.

19 Wing Comox is a significant contributor to the Comox Valley United Way and has traditionally been successful in achieving its goal. Remember,

the contributions you make have an enormous effect on those who live in the Comox Valley. Together, we can accomplish our goal.

The various unit/section reps have been, and will continue, to canvass all individuals. If you think you have been missed by a canvasser or require more information please contact the Wing Coordinators: Capt N. Potvin (loc 8119) or Capt D. Carter (loc 8260). This is our opportunity to help the Comox Valley community.

**Reminder to canvassers:** please submit your weekly progress reports by phone to the Wing Co-ord NLT 1400 hrs Thursday. These figures are needed to accurately update the tote board, located across from the MP shack, and reflect your unit's success to date.

**GIVE WHERE YOU LIVE! YOU MAKE IT HAPPEN!**

## NEXT DEADLINE 14 OCT.

# TOTEM TIMES

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TYPESETTER/BOOKKEEPER.....Jenny Cooper  
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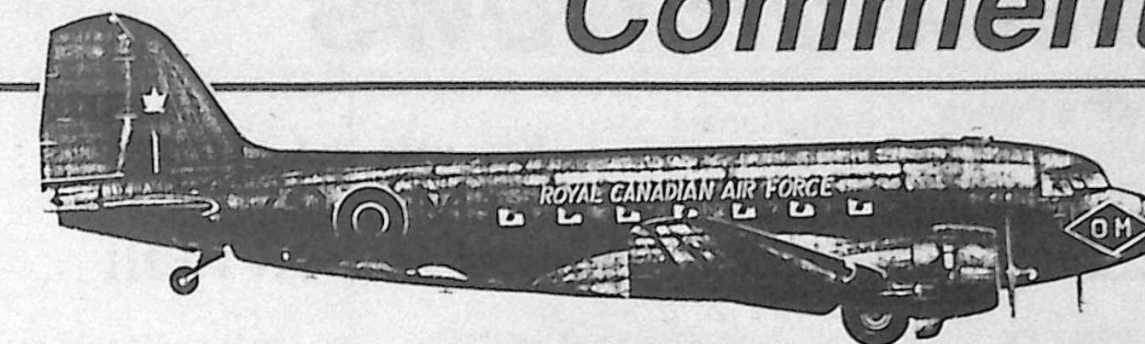
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Wednesday; 0830 - 1200

# Comment



## Arnhem - the Comox Connection

In late Aug 1944, RAF crews from 32 OTU departed Comox in their own Dakas and headed overseas to 44 Group Transport Command. Most of them were in on the Airborne Troop and Glider operations at Arnhem, Holland, 17 Sep 1944. RCAF people from here took over all operational phases of 6 OTU at Comox - with Dakas using the airstrip at Cassidy, south of Nanaimo, for Waco Glider Training.

The summer of 1944 was a climax for transport crews in two widely separated combat zones, Europe and southeast Asia. In Europe the Allies had begun the long-awaited liberation with the landings on D-Day. Transport fliers were hard to work with an aerial supply problem of staggering magnitude and complexity. Although individual Canadians flew transport aircraft on D-Day, they did so either as members of the RAF or as members of the RCAF seconded to RAF squadrons; the RCAF had no transport squadrons overseas at that time. This was remedied in Sep 1944 when 437 Sqn was formed.

On 4 Sep 1944, W/C J.A. Sproule, of Ottawa, arrived at Blakehill Farm near Swindon, England where 437 Sqn was to be established as part of 46 Group, RAF Transport Command. For more than a week he was a squad-

ron leader without a squadron; the unit existed only on paper until 15 Sep when Dakota aircraft, the aircrews to fly them, and some of the groundcrew to service them, arrived en masse. Two days later 437 (Husky) Sqn was in the heat of battle. Operation Market, the great airborne thrust at Holland, was under way.

The objective of the operation was to seize the key bridges over the Maas, the Waal and the Lower Rhine at Grave, Nijmegen and Arnhem, thereby opening a corridor to allow the British Second Army to sweep northward around the flank of the opposing German armies. 437 Sqn was to help by dropping airborne troops by parachute or glider around the three objectives and then, along with other squadrons, keep them supplied with ammunition, food and equipment until the main land forces could link up with them.

On 17 Sep 1944, W/C Sproule led 14 Dakas, 12 of which towed Horsa gliders loaded with troops and vehicles of the First British Airborne Division. At first the operation met with some success. But the Germans reacted vigorously and soon the British "Red Devils" of Arnhem were being hard pressed.

On 21 Sep Sproule's aircraft again hauled gliders and supplies to Arnhem. In the words of the

men on the ground, "they flew straight into flaming hell." Of the 10 Dakas which set out, four returned. The Germans had overrun the dropping zones and when the Dakas flew low to drop their paniers of supplies the anti-aircraft fire was fierce. Four aircraft were quickly shot down, a fifth crew had time to bail out before their aircraft crashed and the sixth aircraft made a successful crash landing. Within minutes, 12 of Sproule's aircrew had been killed and several more wounded. It had been a severe baptism of fire.

Two days later another crew was lost while trying to drop supplies. One of these fliers was F/L A.G. Blythe, a Canadian in the RAF, who had a long record of service with Transport Command. Because he was a Canadian with supply dropping experience in both southeast Asia and Normandy, he had been seconded to 437 Sqn. His service with the squadron lasted seven days.

Some indication of how the battle was going could be seen by the cargo; blood plasma and field dressings. Several days later, when the remnants of the gallant Red Devils escaped from the closing ring around Arnhem, 437 Sqn was there to airlift them back to Britain.

## What's FSNA?

If you are retired from Federal Government employment you have already been exposed to the letters FSNA; if you are about to retire you should become familiar with them. FSNA means Federal Superannuates National Association, an organization that has aided retirees in the past and will continue to do so in the future.

Some 30 years ago it was recognized that retirees were seeing their pensions and benefits eroded through inflation and government action or inaction. Some persons with drive and wisdom founded the FSNA; after more than a decade this organization succeeded in persuading the government to index our pensions. Imagine, if you will, the value of your pension without indexing after so many years of horrid inflation levels!

Other benefits to us all followed. For example, it won an increase in Supplementary Death Benefits, and cost-sharing of premiums for the Public Service

Health Care Plan (PSHCP). There are many more.

Does this sound like a salespitch to join the FSNA? That's what this is.

Let me entice you further. As a member you are eligible to join the MEDOC Plan, an out-of-country travel plan which could save you a bundle for this type of insurance.

FSNA can only succeed in fostering good legislation or preventing bad legislation if it has a large membership; large membership - loud voice; small membership - whisper. Which voice will politicians heed? The answer is self-evident.

For those who may have dropped their memberships, re-join; for those not yet members, or about to retire, join NOW. Membership fees are modest, the benefits are potentially great.

For information and FSNA applications, please call: Velda Hoggan 338-7587 or Tom Dandeno 339-3849.

## Canada's WWII efforts made many advances

Canada's scientific and technical contribution to the war effort is remarkable. This is particularly true considering the underdeveloped state of the country's industrial and technical capability on the eve of the Second World War.

These examples, offered in the form of questions, illustrate some of the ways the quality of life in Canada, and throughout the world, has been enhanced by Canada's war-related research and development projects.

**Did you know that...**  
New refrigeration techniques, developed by scientists at the National Research Council (NRC), were credited by many in the United Kingdom with saving them from near starvation? A total of 19 ships were equipped and over 20% of the meat supplied to England during the war crossed the Atlantic in the new NRC designed refrigeration equipment.

Powdered eggs were made possible by a technique developed by the NRC? Although not remembered for the gourmet quality, they provided a source of food not otherwise available in the UK.

The Ski-doo, invented by M. Joseph-Armand Bombardier after the war, was developed out of a long line of much larger over-snow vehicles that he pioneered? During the war Bombardier turned his attention to vehicles for use in military operations under heavy snow conditions in case a Norwegian Front was opened. Over 1900 tracked vehicles were built for military applications based on his designs.

The first electro-thermal deicer for propellers was a Canadian invention? Derivatives of that original formula are still used today on aircraft propellers and helicopter rotors.

Anti-fog windshield fluids were invented in Canada?

The swivel tail wheel was developed in Canada for training aircraft? Its use has significantly reduced accidents.

Development of specifications for low temperature hydraulic fuels and lubricants led to establishment of the Canadian Government Specifications Board? Creation of this body ensured the development of standards for these vitally important products.

Oil dilution for cold weather operation of aircraft was pioneered in Canada?

Based on research started near the end of the war at the Naval Research Establishment, Halifax, cathodic protection of ships' hulls from corrosion was developed into a practical system? The process now saves millions of dollars annually around the world.

The first decompression chamber in North America was constructed in Canada?

The "anti-G" suit was invented by F/Lt (DR) Wilbur Franks at the Banting Institute in 1940? The suit is used world-wide by pilots of high performance aircraft to avoid "blacking out" during high acceleration manoeuvres.

Rocket propulsion research done at Valcartier, Que during the war led to development of several Canadian rockets, most notably the "Black Brant" sounding rocket? Now manufactured by Bristol Aerospace, it is used around the world as a scientific sounding rocket.

Ionospheric sounding stations, installed during the war to help predict optimum frequencies for long distance communications, and for direction finding against enemy submarines, led directly to development after the war of the Alouette satellite - Canada's entry into satellite technology?

## Support Your United Way Campaign!

## Air Force Trivia

**Last Week's Trivia Answer**

The Vickers Viscount: First turboprop aircraft in commercial service in North America (with Continental Airlines).

# Section News

## AESOP's Fables



### North of the Black Creek Mall

Greetings and salutations!!! Once again I find myself in front of a computer monitor, chronicling the journeys of the favoured few in their quest to find out what they have been favoured for. Of course, some of you may remember me as "Lester" the fun loving, four legged, curly tailed mammal, but it is not so any more. In this orb of unsteady continuance, I have elected to take on the position of the one certified as "Heidi," as I feel it will command an incomparable respect among the erudite few (along with free ladies nites), affording me easier access to all the other great "H" ones. With this altered perspective on existence, I am determined to transform the politically incorrect injustices of others into a useful form of animation, a role model for governing bodies if you wish and, of course, to fill up space in this column.

Now I know that my penmanship will ignite a chord of familiarity in some of you. I ask that you, as professionals, grant me the civility of protection with regards to my actual identity, a concealed knowledge between yourself, the editor and, of course, me!

Where to begin is always such a dilemma. For close to a year now, I have remained silent, content to permit others to rumour the good news. However, as in most fraternities, it has once again fallen on the preferred few to keep the candle burning, sort of a perpetuity of the doctrine some might say. Not that I don't take pleasure from gracing these pages with scholarly facetiousness, it is just that I had hoped that some promising young thing might grab the reins and run. Such is the way the big ball rolls. Enough of my radial laments you may say, tell us a tale. Well, here goes.

Long ago and far away, up north as a matter of fact, the two cousins set out on a journey of great concern. These two rugged souls had set out on a trip that was to bring fame and fortune to all, and yes they did bring along the rest of the crew, (why is unknown,

as it was rumoured that the Tac had attempted to fire our fearless duo). Anyway, as the story goes, on day two all was well. The cousins had the crew running as well as a fine tuned Cape Islander skippered by someone from Ontario (guests and all). This was indeed an extraordinary happening, one of such magnitude that the US of A was obliged to assign observers to the crew to try and discover the esoteric mysteries of the cowboys, the well kept lore of how to find the big grey surprise. Unfortunately, our guests were so enthralled with themselves, that they failed to discover the real purpose of the excursion, the fact that Canadians, in particular, Eastern Canadians, really do have the Stuff that full cups are made of.

Of course this was also the turning point in family relations. Far be it for me to suggest that those from the "Rock" (and I am not referring to the piece attached to Port Hawkesbury) may be somewhat challenged in the grey matter area. Suffice it to say that I didn't see the "bush" cousin, only the lid of a big gaping cup!!!

Enough about us, for these are a great number of others that need to be mentioned. Allow me to start with a crew that boasts relations with a polar bear. From the outside, we see a fairly ordinary crew, doing reasonably normal VP stuff. Hidden under the covering, however, slinks the real truth. It seems that this crew's lead believes that the tactics for certain foreign sub-hunting should comprise of hurling salsa into the water, sort of a chumming for seamen if you wish. This one should make it to the books! Mind you, for a crew that invites birthday party dating, this comes as no surprise to this writer. After all, I have been indoctrinated into the cadre of politically rectified units.

Congratulations are in order as well. Allow me to take a twinkling of solemnity to congratulate Jake and Jackie on their recent marriage; Walt and wife on their recent arrival; Dave on his 50th,

well done Dave; Mike and Jody on their advanced safe backing citations; to welcome Kirby to the fold (careful, you may be next); and to say goodbye to Roy, your wit on the IFR ticket ride and on the electronic greens will be missed. I know there are some who I may have missed. Fear not, you will make the next one.

Back to the tales. It has been released that there was a large congregation of fellowship inclined AESOPs and their darling progenies recently at an approved campground. While it would be incriminating to say who and where, let's pretend it was at a provincial park north of the Black Creek mall, and their initials started with A, J, M, J & B. Unlike years past when it was held on an island, this year the operation was more family orientated (no steak and corn in the same pot cook-offs, no surprise in a bottle treats, and no beach wildlife trips). No, this year we concentrated on games like trap the wasp, see how long it takes to get the lawn chairs after wife has gone to bed, Olympic crank the trailer up with vice grips race, and of course the ever popular see how far you can stretch the tarp before it falls down relay. The ever popular games and camping trip, as you may have guessed, was a success. We returned with wives and kids intact, and with renewed promises to each other never to do this again.

Lastly, I should mention that the pool tickets on the "who owns the next set of wedding bells" are selling fast. Who will it be??? Does it rhyme with the last word here or will it be the far away love?

If I have offended anyone, I apologise. If I have left you out, I apologise. If I have forgotten your story, I will get it the next time.

As in the past, I will leave you these words of wisdom: "If it doesn't fly, sell it and if it doesn't have radials, it isn't worth flying. WhaaHungaa!!!"

### Big Turnover at ATC

We've had quite the turnover this summer. What with FRP and retirement, we had only one person posted out this summer. Cpl Gilles Belley was posted to Bagotville, so now he'll be closer to his beloved Nordiques.

With the retirement of MWO Bews, the new ATCWO is MWO Phil Nakashima who arrived here from Winnipeg; although his wife Deanne will stay there for awhile, because of work commitments. Other NCMs posted in were Sgt Perry Lucas and his wife, MCpl Lise Lucas, from Goose Bay; Cpl John Healey and his wife Teri, also from Goose Bay, but Teri is posted to Esquimalt, so John is a frequent visitor to Victoria. Cpl Bob Joudry and his wife Carol just got here from Ottawa, while Cpl Mark Magee and his wife Janet made the relatively short move west from Edmonton. On the officer side, Capt Noel Murphy and wife Sue are coming here from the Cool Pool.

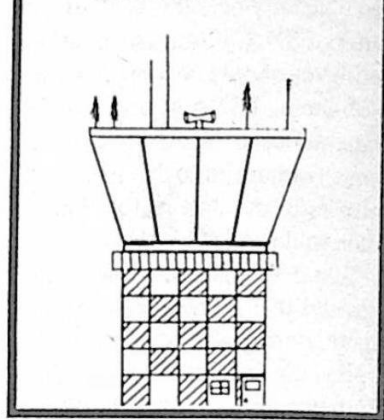
The two latest additions to the section have been to the Weiss's, Ken and Tammy who are the proud parents of a bouncing baby girl, Kelsi, born 6 Sep and the Thurston's Dave and Lori who also welcomed a little girl, Paige, into the world on 20 Sep. Congratulations to both families.

The last Totem Times included a cartoon depicting the tower's young controllers, which is very true. As lately we've had three new people checkout. Lts Brian Statham, Doug MacMullin and Dean King. All recently received their ATC controller licence.

We've had some success lately in sports. The section won the Intersection Fastball Championship. Also, Kelly Olohan is the Glacier Greens Club Champion; I guess he's had too much time off work to spend on the links.

Recently we had our annual NCMs versus Officers Softball Game. As usual, the Officers got smoked like cheap cigars. Maybe next year guys!

### As the Beacon Turns



Lately we've had a couple of incidents with some of nature's creatures. The other day, Lt Kristen Gagnon came running out of the women's bathroom, screaming about a huge cockroach. When someone went in to get rid of it, all they found was a dried up beetle. I guess the cockroach must have run away. Also, Kristen, maybe you should cut down on your caffeine intake.

Capt Rob Dimmer recently had a run-in with an irate sparrow. It seems the bird came in through the door in the tower, well Rob being CC Tower couldn't allow an unauthorized visitor in the tower, so he kicked the bird out and closed the door. The sparrow, not finding this very hospitable, stayed by the door and when the next person opened the door, the bird rushed in and attacked Capt Dimmer. I guess he has problems with all things with wings.

On the technical side, now that we finally got the ILS flight checked and on the air, Canada Air Pilot won't accept the approaches for it. You just can't win John. We had problems with our first PAR flight check, luckily it was with the azimuth, and not just the glidepath, right Boots and Carlisle? The Navaid's section has got a new boss: WO Keith Lillies. He and his wife Mona just got here from Winnipeg. Good Luck, you'll need it with some of those guys.

Til next article, you're cleared for take-off.

# Section News

## 407 Sqn Awards



Capt N. Roggenkamp and Capt R. Campbell, both with 407 (MP) Sqn, were presented with their Officer Professional Development Program Certificate by the CO, LCol G.B. Lewis.



Capt R. Jasmin and Capt J. Rothwell, both pilots with 407 (MP) Sqn, were presented with their Maritime Patrol Crew Commander Certificate by the CO, LCol G.B. Lewis.

## W Telecom Promotions



Capt J.G. Lagacé congratulates Sgts John Vienneau and Mark Kalfeisch on their promotion to Sgt.



Cpl Murray receives his Cpl hooks from Capt J.G. Lagacé and MWO C. Rodgers.

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All the festive jubilation will take place in the Junior and Senior NCM Messes. Advanced tickets are on sale until midnight 3 Oct at the three mess managers' offices during normal working hours. After normal working hours tickets will be available by acquaintance toll only at all three Mess Bars. Cost is \$10 for advance tickets, \$12 at the door.

- Halloween Dance coming up soon (watch for flyers).
- TGIF Fri 30 Sep will be Shufflecane. Food TBA.
- Watch for flyers on upcoming TGIFs.



**NEXT DEADLINE 14 OCT**  
**NOON**

## Quicker Returns for Security Deposits

**An important Announcement To All Landlords and Tenants in British Columbia**

As of September 15, 1994, landlords wishing to withhold some or all of a tenant's security deposit or interest at the end of a tenancy must obtain the tenant's written permission or an arbitrator's order.

Landlords have 15 days to return the funds, receive the tenant's written permission to make deductions or apply for arbitration. If this is not done, the tenant can apply to the Residential Tenancy Branch for a Registrar's Order for Return of Security Deposit.

There is no fee to apply for a Registrar's Order and Orders may be filed in Small Claims Court for enforcement.

For more information contact:  
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**NEXT DEADLINE 14 OCT.**

# Section News

## Welcome New Demons!

### 407 Sqn



### Demon Doin's

by Lt Michael Krak

We'll start off this edition of the Demon Doins with a belated welcome to all new squadron members and their families. We'll also bid adieu to the members still leaving (though at a trickle) and wish them the best of luck in their new postings or in the civilian world. You'll be missed.

Now that the airshow season has come to a close, we can dedicate our resources to more operationally minded activities. Mainly HOCKEY. With the transition from summer to the hockey season comes the transition from roller blades to ice skates and, as some members of the fighting 407th discovered, they don't stop the same. Others decided they needed more work on their thighmasters before they would be in peak condition. Once these minor technicalities are overcome, 407 will be ready for the new hockey season (or our own wing in the Base hospital). Congratulations are in order to Cpl Darren Blair and his other half, Cheryl. They are the proud parents of twin girls. Jocelyn and Meagan were born on Sep 17. Now if we could only have gotten Darren to put that much effort into his pitching, 407 could have annihilated WOPs during the intramural ball season. Congrats are also in order for Capt Marc Tardif and his wife Sherri who are expecting next spring, and a belated congratulations to Cpl Josee Menard and her husband Roger who are expecting in December. Best of luck to all. 407 has been kept busy with deployments lately. Recommendations from a recent Crew 2 deployment to Fairbanks, Alaska include: do not go to a restaurant called the "Pumphouse" on a Friday night; do not let a submariner on your aircraft; and keep spicy food and beer away from AESOPs if you are flying anytime within the next week. The latter has now become a crew SOP. On this detachment, it was also noted by our American allies that their servicing paled in comparison to ours. They congratulated us on our ability to keep our aircraft serviceable and get them airborne on time. Hats off to the members of DemonTech.

The knowledge of your professionalism is still spreading throughout the Maritime Patrol community.

On another note from the elite fighting force of Crew 2, they have adopted what is affectionately known as the "Taylor Tone" (after the infamous Capt Dave Taylor). To get his way, Capt Taylor adopts a deep voice which intimidates whoever is on the receiving end into letting him take-off now (instead of in 15 minutes), or into at least answering the radios (which they weren't doing for the Navcom under training). Unfortunately, this led to the abuse of a couple of crew members who, in the terms of the crew, are still pre-pubescent. Thanks Dave. Other deployments recently carried out by 407 included "I can't believe how windy it is" Shemya, Alaska and "I don't believe it exists because I've never been there" San Diego, California. The CO, Maj O'Brien, CWO Halfkenny, and MWO Anderson attended the Demon Association

Reunion in Ottawa from 9-11 Sep. This periodic meeting allows former and current members of the Demon Association to renew acquaintances and address concerns related to all Demons. This year saw a fundamental change in policy as the presidency of the Demon Association was shifted to LCol Lewis, from the wartime members who have held the position for a long period. As such, the CO and his cohorts were seen spending numerous hours in the Hospitality Suite trying to fully comprehend the magnitude of the change. While not an easy task, the delegation from 407 did not let their squadron down and were able to claim complete success at the end of the weekend.

On the training side of things, 407 groundcrew have been watching 8 AMS groundcrew conduct mule driver refresher training. The number one rule that our groundcrew learned was: the plane should never go faster than the mule. DEMONS OUT!

### 407 Sqn Awards



Cpl R. Laprade, a CRS Tech with 407 (MP) Sqn was presented with his Blue Seal for his Scroll I in the Canadian Forces Award of Aerobic Excellence program by the CO, LCol G.B. Lewis.



407 SAMEO, Maj Don Irvine, presents MCpl Dwight Sawler with his new rank.

### 407 Sqn Awards



Capt R. Campbell, a pilot with 407 (MP) Sqn, was presented with his Air Command Flight Safety Award by the CO, LCol G.B. Lewis.



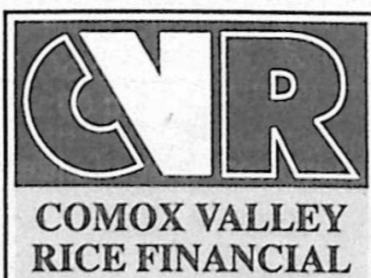
Sgt P. Trevor, an AES Op with 407 (MP) Sqn, was presented with his Appointment of Lead AES Op Certificate by the CO, LCol G.B. Lewis.



Cpl Schnell receives the SSM from Maj Irvine.

## Are You Receiving A Retirement Allowance or Severance Package?

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# Feature

## Battle of Britain Sunday 18 September 1994

### 888 on Parade

Photos by Al Cameron (888 Wing & Studio One)



888 Wing members turned out en masse on Sep 18 to observe Battle of Britain Day. After a church service in the Base Chapel, contingents from 888 Wing, 386 Sqn RCAC, Royal Canadian Legion, Korean Veterans Association and individuals, marched to 888 Wing for further ceremonies.

### A Smart Turnout



386 Sqn, Royal Canadian Air Cadets, and their band, turned out smartly on Battle of Britain Day, the only uniformed flight on parade.

### "Irish" speaks



An enduring feature of Battle of Britain Day is "Irish" Ireland's rendition of the poem "High Flight."

## 888 Wing: Into the Breach

### Battle of Britain Observed

Bereft of a CFB/19 Wing contingent on the 54th anniversary observances of the Battle of Britain, 888 Wing RCAFA, 386 Sqn RCAC, Royal Canadian Legion, Korea Veterans Association and many individuals stepped smartly into the breach on Sunday September 18, to ensure the epic battle was properly commemorated.

A packed CFB Protestant Chapel, also celebrating the 50th anniversary of the dedication of its Wallace stained glass windows, resounded to the traditional hymns, an audio and spoken presentation of the battle story by Spitfire veteran Tet Walston and recitation of Canadian Thomas Darcy McGee's traditional Battle Poem "High Flight," by WAdmO LCol Burt. More than 200 people attended the service and took part in the march to 888 Wing.

The poem and period of silence were repeated in a short ceremony outside the Wing, where a reception was held after the event.

A MESSAGE TO ALL PARENTS IN BRITISH COLUMBIA

# B.C.'S EDUCATION PLAN: PREPARING OUR CHILDREN FOR THE FUTURE

## We've Listened and We're Making Changes Now

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This month, your school will receive the *Kindergarten to Grade 12 Education Plan*, a new framework for B.C.'s education system. With this plan, we're keeping what works well in our schools and combining it with improvements we've developed over the past year.

The new plan includes:

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- **high standards for student achievement** - parents will be given a clear, readable set of standards they can use to better understand their children's performance and progress.
- **better reporting to parents** - beginning this year, anecdotal reports are replaced with detailed written report cards from Kindergarten to Grade 7 and mandatory letter grades from Grades 4 to 12.
- **a renewed emphasis on the basics** - students will spend more time learning the basics, including reading, writing, mathematics, computer technology and problem solving.
- **increased accountability** - each public school in B.C. will be evaluated every six years by parents, teachers and administrators to ensure it meets provincial standards.

## Keeping You Informed

We want to keep you informed of all the changes being made to B.C.'s education system. That's why we've prepared two reports that your children will be bringing home from school this month.

*The Report To Parents* gives you more details on the new education plan, improvements to reporting and changes to school curriculum.

*The Parents' Guide To Standards* sets out realistic expectations of what students should know and be able to do in school. This information will assist parents in discussing their children's progress with teachers.

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MINISTRY OF EDUCATION  
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# On & Off the Base

## The RCAF and Peacekeeping: UNEF

(The Beginning)

Although we now tend to take the deployment of Canadian Forces on peacekeeping operations for granted, we tend to forget that less than 40 years ago, it was a brand-new concept for the nation as a whole and the Royal Canadian Air Force (RCAF) in particular. In 1955 the focus of the RCAF was upon our commitments to NORAD and NATO. Support to the United Nations (UN) had never been seen as a major responsibility with memories of the Korean Airlift already fading. However, senior RCAF officers had not figured on the aspirations of President Nasser of Egypt or on the rather novel solution to international problems that was to be put forward by Canada's Lester B. Pearson.

In 1956 Nasser nationalized the Suez Canal much to the dismay of the British and French governments. Negotiations between the countries involved led nowhere so Britain and France approached Israel with a separate deal. If Israel, with long-standing problems with Egypt, would attack, then British and French forces, under the guise of defending free passage through the canal, would support the assault. Israel agreed and commenced the operation on 29 October, penetrating deep into Egyptian territory. Soon after, British and French air and land forces entered the fray. Alarmed at this turn of events, the Soviet Union threatened to intervene if hostilities did not cease immediately.

It was at this moment that Pearson, then president of the UN Security Council, put forward a proposal for a UN force that would separate the combatants and allow time for a political solution to be achieved. France and Britain in the face of growing world outrage at their actions readily agreed and Egypt reluctantly followed. Pearson would eventually be awarded the Nobel Peace Prize for his efforts in the UN and Canada would embark upon an 11 year mission in the Middle East.

The RCAF first became involved in the operation when the Canadian Government indicated that it would send an infantry battalion to the Middle East as part of the UN force. Air Transport Command found itself responsible for transporting over 1,000 members of the Queen's Own Rifles (QOR), plus their equipment, from Calgary to Halifax where they would be embarked on HMCS Magnificent. Less than 48 hours after the initial request for troops had reached Canada, almost two complete squadrons of C-119 "Flying Boxcars" were ferrying the QORs to the east coast. Although the ATC units carried out the airlift expeditiously, it was all for naught. Given the actions of the British Government, Nasser informed the UN that he would not "welcome soldiers of the Queen!" Eventually, the QORs would be returned to their home base at Calgary.

In the meantime, the Canadian commander of the UN force, General E.L.M. Burns, informed the Canadian Government that what was really needed in the Suez area were support units and air transport. Accordingly, the QOR were replaced with administrative and support elements and Air Transport Command received word of a pending deployment. On 19 Nov 1956, ATC Headquarters informed 435 Sqn at Namao and 436 Sqn at Downsview to prepare for "C-119 aircraft operations of extended duration in the Mediterranean area."

While the two transport squadrons were preparing for their upcoming departure, the Air Officer Commanding (AOC) Air Transport Command, Air Commodore F.S. Carpenter, was already enroute to Italy via a North Star aircraft to try to find them a new home. He received word on 20 Nov while in Lajes, Portugal, that ATC would definitely provide airlift in support of the UN in the Mediterranean. Carpenter and his team arrived at Naples the following day and drove to a nearby airport - Capodichino. He liked what he saw: a good airport, near a good harbour with a fine railhead and proceeded to secure landing rights for the RCAF aircraft that would soon follow.

Boxcars from 435 Sqn arrived in Downsview on 20 Nov where they joined those of 436. Eventually 12 C-119s (six from each squadron) would be readied for deployment overseas with the installation of long-range fuel tanks and the application of UN identification. After what appeared to be an endless series of briefings, the first aircraft got underway on the 21st. The aircraft were routed through Ottawa, Gander, Lajes, Gibraltar, and on to Naples. The first aircraft from Canada arrived on the 24th and departed for Egypt the following day.

Everything to do with the operation had been put together at the last minute. Briefings for the flight crews were provided by Swissair, which had been running the initial flights into Egypt, and by the Italian Air Force. The United States Navy (USN) provided clerical staff to turn out route orders. The USN also opened the airfield at Suda Bay, Crete, as an enroute refuelling stop. It must have been a strange sight for the RCAF crews as they landed at Suda Bay since the services and fuel required came from a Landing Ship Tank (LST), the USS Alameda County.

The briefings that the flight crews attended were full of unknowns. The UN did not know how the Egyptians were going to react when the aircraft reached their shores. In the case of one crew, their anxieties were heightened on their way to Naples when they met a RAF bomber crew in Gibraltar. The British crew found out where the Canadians were heading and informed them that two days previously they had

been bombing and strafing the airport at Abu Sueir in Egypt which would probably be the destination for the RCAF aircraft. They wished the Canadians luck and hoped that they had missed the officers' mess which had been located not far from the hangars which were their primary target. The RAF crewmen were right on both counts - the Canadians were going to Abu Sueir and they had missed the mess.

The flights to Abu Sueir had to follow the guidelines put forward by the Egyptian authorities. UN aircraft were only allowed to fly to Abu Sueir which had to be approached through a narrow air corridor. No entry into Egyptian airspace was permitted until one half hour after sunrise and departures must take place one half hour before sunset. Overnight stops on Egyptian soil were not allowed. Each flight had to request clearance 19 hours prior to departure from Naples and must have a special call sign. Each UN aircraft entered Egypt near

Rosetta where it was visually identified by Egyptian controllers before proceeding to Abu Sueir. They were not allowed to deviate from their assigned air corridor for any reason.

Despite these restrictions the actual flights proved anti-climatic. The first two C-119s which departed Naples on 25 Nov delivered 12 tons of badly needed supplies to the UN forces on the ground and began what would be an extremely successful operation. Limited by the restrictions to approximately six flights per day, the RCAF made a total of 21 round trips by 30 Nov and a further 83 by the end of the year. Within the first three weeks 435 and 436 Sqs had delivered 1,600 troops, 225,000 pounds of freight, 15,000 pounds of baggage and 2,000 pounds of mail.

This was only accomplished by working the aircrews seven days a week with a minimum of crew rest. The radio officers, who were in short supply, got less time

off and flew until exhausted. Ground crews were also worked hard. Although the view of Mt. Vesuvius proved to be popular, the working conditions were primitive. Improvisation became the standard operating procedure with engine stands fashioned out of available lumber and filter cleaners built by connecting compressed air lines to pails of solvent. Nevertheless, the supply line was maintained.

By 1957 the situation had eased and supplies were allowed to be landed by ship. That summer RCAF personnel began to return to Canada. They would be replaced by a composite formation, 114 Air Transport Unit, made up of crews and aircraft from various squadrons who would continue to fly into Abu Sueir. The initial airlift was over and the peacekeeping organization, the United Nations Emergency Force, was in place. Only time would tell whether or not it would be successful.

## Biplanes Over Canada

by Lionel Kearns

In 1914, flying machines were exotic and wondrous contraptions used to make headlines or draw crowds to exhibitions. Many Canadians had never seen an aeroplane, except in newspaper photographs, and flying was considered an extremely dangerous activity, fit only for dare-devil "bird men" and lunatic "death mockers," as they were billed.

Although the Canadian government had shown little interest in the military potential of aircraft, in Britain the Royal Flying Corps (RFC) had been established when World War I broke out, and almost immediately British airmen went into service flying reconnaissance missions over the Western Front.

With general mobilization in this country, thousands of Canadians enlisted and were soon heading overseas on troop ships to support the mother country. The Canadian Expeditionary Force was made up of traditional army units, including infantry, cavalry, and artillery, but there was no Canadian air brigade.

Canadians wishing to participate in the developing aerial war had to join the British Royal Flying Corps or the Royal Naval Air Service, a process that was difficult in 1915 and 1916. A number of Canadian officers in army units in England managed to transfer into the RFC and receive training as flyers. Back in Canada a handful of other enthusiasts paid for their own lessons at flying schools in Toronto and Vancouver, and then enrolled in the RFC or the RNAS.

By 1916 the situation had changed dramatically. Aerial combat was consuming thousands of aircraft and flyers: On

average, a new pilot lasted approximately three weeks at the front. To fill the growing requirements of personnel, the RFC began looking overseas for replacements. The "wild colonial boys" seemed to be particularly suitable candidates for life, and death, in the air, and many of the top "aces," names like Bishop, Barker, Collishaw, MacLaren, and Brown, turned out to be Canadians. So it was that early in 1917, the RFC, in co-operation with the Canadian government, set up an ambitious recruitment and training program in Canada.

As there were few existing facilities, air fields and training bases had to be built from scratch, and an infrastructure for accommodation and instruction put in place. In response to the need for aircraft to use in the program, Ca-

nadian Aeroplanes Ltd. of Toronto began producing the Curtiss JN4 Canuck biplane. Over the next two years the factory manufactured some 1,200 planes, plus spare parts. A large percentage of these planes were destroyed in flight training, which, in those early days, was almost as dangerous as combat flying. Nevertheless, Canadian flyers began crossing the Atlantic in increasingly large numbers.

By the end of the war, the Royal Flying Corps in Canada had turned out more than 2,500 Canadian pilots. This training program contributed significantly to the Allied effort in the later stages of the war. It also set the stage for the establishment of the Royal Canadian Air Force, and the rapid development of civil aeronautics in Canada during the 1920's and 30's.

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NEXT DEADLINE 14 OCT.

# On & Off the Base

## Hercules in the RCAF/CAF - Part One

by Patrick Martin

*The nose of the Hercules 341 descended steeply toward the drop zone. As 431 levelled out under 12 feet, the extraction chutes trailed out of the cargo hold. In under two seconds, the large deployed chutes pulled the Swedish built snow-cat out the back, impacting, bouncing and rolling to a stop. The Hercules pulled up, loadmasters securing the cargo hold, and landed within minutes. This delivery by Low Altitude Parachute Ejection System (LAPES) is typical of the tactical training missions flown by 435(T) Sqn from its base at CFB Namao, just north of Edmonton, Alberta. 435(T) Sqn missions include both long and short range transport missions, air-to-air refuelling, tactical school work and, until recently, the SAR role.*

*After an absence of 21 years from flying in CAF Hercules, this and other flights with 435 Sqn, brought back memories as a youngster making numerous trips to Gatwick from CFB Lahr in Germany. During my visit in the summer of 1993, the squadron was heavily involved in UN support missions. At times over half the aircrew are deployed away from base. During my*

*eight day visit I flew on LAPES, parachute and troop flights.*

*435(T) Sqn has been in the transport role since its formation on 27 Aug 1944 with C-47 at Gujrat, India. It disbanded on 31 Mar 1946 after moving to Down Ampney, Gloucestershire, U.K. On 1 Aug 1946 it reformed at Edmonton, Alberta; again with the C-47 until re-equipping with C-119 in 1952. The Flying Boxcar remained in service with the RCAF until the C-130B were delivered in 1960...*

History

The Lockheed Hercules has been in service for close to 40 years. The Canadian military connection with this workhorse has spanned some 33 years with 42 airframes, thus far. The RCAF became the third foreign military user, following delivery of 12 C-130A to the RAAF and a single C-130B to the Indonesian AURI. Four C-130B were acquired by the RCAF to supplement the existing fleet of C-119 Fairchild Flying Boxcars in 1960.

In the years since, the RCAF/CAF fleet have been common visitors world wide, with Canada's involvement in NATO and UN duties. Normal sched-

uled trips included plodding across the "pond" in support of Canadian Forces in Europe. They were a common sight at Gatwick, Prestwick and Shannon Airports in the British Isles. Canadian Hercules have participated in just about every UN tasking. The fleet has carried diverse loads such as Indian canoes and art collections, but more commonly they carry equipment, freight, fuel, troops and support the Canadian Airborne Regiment activity. For typical flights, two pilots, navigator, flight engineer and a loadmaster are carried. If over 40 passenger are expected, a second loadmaster is carried.

In the transport role the Hercules is currently used by 429(T), 435(T) and 436(T) Squadrons. Training is carried out by 426(T), while the SAR role by 413(T&R), 418(R) and 424(T&R). In addition, 435(T) operates in the Air-to-Air refuelling role.

424(T&R), 426(T), 429(T) and 436(T) are based at CFB Trenton as part of 8 Wing, with CC-130E and CC-130H. 413(T&R) flies from CFB Greenwood with a pair of CC-130E, while 418(T&R) and 435(T) are based at CFB Namao, with 18 Wing, with CC-130E and CC-130H(T).

C-130B

The four C-130B were serialled 10301-304 and operated by 435(T) Sqn from RCAF Station Namao. The first example of the version arrived in Canada on 12 Oct 1960. The aircraft were purchased with the intent of the Army co-operation role. The RAF used the C-130B to transport the CF-104 Starfighter to Europe (then replacing the CL-13 Sabre within 1 Air Division). Canadair suggested the RCAF purchase five (built but unsold) swing-tail CL-44 to accomplish the task, each to accommodate two knocked down CF-104 within the cargo hold.

Lockheed suggested carrying a stripped down CF-104 fuselage under each wing of the C-130B, thus matching the CL-44. The length of the C-130B cargo hold would accommodate a single CF-104 with the wing and tail sections removed. A total of 137 CF-104s were ferried to Europe in this manner starting on 12 Oct 1962.

The C-130B were used by 435(R) Sqn until Sep 1966, when the arrival of sufficient CC-130E replaced them. The aircraft were transferred to No.4 Operation (Transport) Training Unit at

RCAF Station Trenton and later 408 (TS&AR) Sqn at RCAF Rivers for tactics development and evaluation.

The C-130B had a forward port-side pressurized loading door, which caused near disaster. Aircraft 304 lost the door and a good deal of fuselage above it at 25,000 feet on 15 Apr 1966. The aircraft did a rather neat belly-landing in a wheat field. The remains were sold back to Lockheed as part of the last CC-130E purchase in July 1967. The remaining three were also returned to Lockheed and, after storage, were re-sold to the Colombian Air Force in 1969.

They did not fare well in this service as the former 10303 crashed on 26 Aug 1969 as FAC 1002. The former 10301, now FAC 1003, remained afloat for 56 hours after ditching off Cape May, New Jersey, due to "navigation equipment error," amongst some other very strange circumstances on 16 Oct 1982. The last former RCAF machine is currently grounded awaiting a wing replacement.

Part 2 & Pictures coming in Oct 20 edition

19 WING

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# Health Fitness & Leisure

## Young at Heart

### Enjoying Your Golden Years

Perhaps you've looked forward to your retirement years with mixed feelings. But as they now approach, there are things you can do to replace some of your doubt or dread with fact and positive action. An average retiree can plan to live 14 to 16 years past retirement. Many live 20 and more years. You will want to live those years with all the health and happiness you can.

How can you keep your golden years glistering?

### Secrets Of A Long Life

Research finds the following common characteristics among long lifers: they eat a healthy diet, are physically active, know how to work hard but prudently, manage their stress positively, follow their body's intuition, don't abuse alcohol or drugs, are optimistic, spiritually alive, socially and intellectually active, and tend to live orderly lives. They also tend not to be worriers, have a strong sense of purpose in life, and enjoy laughter. They don't consider themselves old and used up.

### Building Your Golden Years

Use your time now to build a healthier and happier life. Your diet is healthiest if low in fat, salt and sugar, and higher in fiber, low-fat dairy products, fruits, vegetables and complex carbohydrates.

Walking is the safest and easiest form of exercise. If the weather is bad, walk in a mall, health club or your home. Your interest in a healthy, active lifestyle can help spur your social life. Building a full and rewarding social life with family and friends is one of retirement's great opportunities. When you worked, you couldn't easily meet old friends for coffee and stay out late at a dance. Now you can take the time to have fun and sleep late.

You can also take time to develop your skills and talents. Per-

## Employee Assistance Programme



haps you will focus on completing some goals for which you had no time until now. Try to paint, learn to play the piano or write a journal. You will enjoy the challenge and achievement, and you may develop a wonderful gift to be shared with others. You needn't feel the fear of failure. You should select things according to the pleasure you get in trying.

You can donate your time as a volunteer in places that are in great need of your talents and experience. Children will love you, hospital patients will thank you, and your church or temple will grow deeper spiritually from receiving your gifts.

### Where to Seek Help

If you find the idea of retirement distressing, and you find it difficult to find friends or activities to brighten your expectations, you may want professional help. A professional counsellor may help you make some major changes you may feel are needed in your life. You may need help in accepting your situation. Perhaps you are adjusting to the loss of a loved one or are dealing with other life stresses that have left you depressed or distraught. Sometimes, recognizing your need and looking for help from outside resources can be just the boost you need to put the shine into your golden years.

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Evelyn Femia Loc. 8336  
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## info health

Dr. Bob Young



### Independent Examination

Are you aware of the independent medical examination? It is not required very often, but may be requested by any number of agencies. The key word is independent. The physical examination is done by a physician with no vested interest in the patient or in the outcome of the examination.

Insurance examinations are the most common example. The insurance company wants hard facts and may employ physicians (and sometimes nurses) to examine people wanting coverage, especially for large policies.

Frequently when a patient has a questionable claim against an agency an independent opinion will be sought. Worker's Compensation Boards, automobile insurance companies, and motor vehicle branches are among examples here. Lawyers will often seek an outside medical opinion, and occasionally the Immigration

Department requests one also.

The independent opinion is expected to be unbiased. Indeed, this is the main reason for obtaining it. Although the physician doing the exam is paid by the party requesting the report, he or she is not employed by that person or company, and payment, or future work, does not depend on the submission of a report "favourable" to the group requesting the opinion.

The examination is much the same as any other full medical examination with the exception that the doctor will report the findings to whoever asked for the examination, not to you. The agency might provide a copy or a summary to you, but this is not guaranteed.

The examining doctor will also make no comment about any treatment you may have received, or suggestions regarding future management. Nor will a diagno-

sis be offered to you. Remember, he or she has been commissioned to perform the exam and the information obtained belongs to the person paying for it.

Depending on the circumstances, you or the doctor may want to have a chaperone present during the examination. You may provide this person, perhaps a friend or relation. More often it is the doctor's nurse that serves in this capacity.

In this complex world of claims and counterclaims, litigation, compensation, and insurance benefits it is important to support legitimate rights while making every effort to detect and counteract fraud. In many instances it is the suspicion of fraud, or of exaggeration of disability or injury that triggers the request for an independent medical exam.

There is nothing for you to fear if you have a legitimate claim.

### Do I Know You?

The patient that once was, occasionally returns to haunt you. This happens when someone who was once in the practice crosses paths, often, I find, in a hospital setting.

I ran into a former patient the other day. She was in the hospital, sharing a ward with a present patient. She greeted me in a friendly manner and since I did not immediately recognize her I snuck a quick look at her wrist band as I shook her hand. The name reminded me of the symptoms she had when under my care - dizziness and stomach pain.

Was she a disgruntled patient that had gone away mad? (Some do, you know.) Her friendliness made this seem unlikely, and when I saw the name of her new doctor (also on her wrist band) I remembered that she had moved

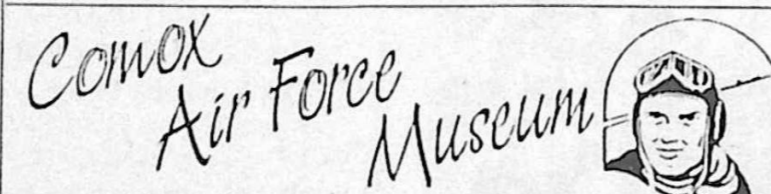
across town and switched to a doctor near her new apartment. We had a nice chat.

Later I remembered some details of her case. Her abdominal pain had caused a lot of distress and seemed to be very resistant to treatment. I remembered that repeated X-rays of her stomach and bowel had been done, and various scopes had been passed in attempts to reach a diagnosis.

She had been sent to several specialists without a diagnosis being made. We all felt uneasy about her. Nobody suggested that she be labelled neurotic, because she obviously wasn't. These days it is unusual not to be able to reach a diagnosis, but sometimes chasing an elusive one means squandering significant amounts of health care money, and the ability of the patient, especially an elderly one, to tolerate exhausting tests must be considered.

My colleagues and I stopped looking, and it was several months before her new doctor repeated some of the tests. He had checked the patient's chart that I had forwarded to him and felt, reasonably enough, that sufficient investigation had been carried out. But when it came time to recheck there were changes that were not there before.

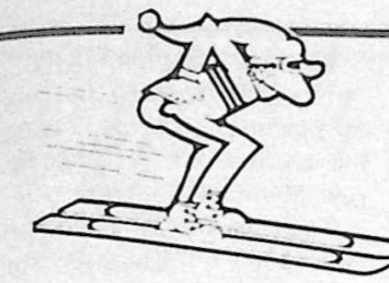
And there she was, in the hospital, recovering from having most of her stomach removed. The diagnosis was cancer. The report from the pathologist said the tumor was in two small areas only, maybe good news for her and the probable explanation for not being able to diagnose it earlier. One still feels badly.



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## Comox Valley Ski Club

### Hello Skiers!

The sun is shining, the lawnmowers are still mowing, but school is back in for another semester so... surely it must be time to start thinking about gearing up for another exciting ski season! Do you find you're in need of a "lift" during the winter? Whether you're a brand new beginner or an old pro, here's some information to get you up the mountain, just so you can go...downhill (or across it).

### What Does Your Membership Get You?

For your enjoyment, the Comox Valley Ski Club Executive organizes trips to: Mt. Washington, Forbidden Plateau, Silver Star (Vernon), (X2), Whistler.

As a group we are able to take advantage of special rates for accommodation, lift tickets and ski rentals for the away trips, reduced lift/rental rates/complimentary lessons, and local ski shops offer discounts to club members. Transportation for local and away trips are planned for you. And, last but not least, there is a wind-up dinner/dance, with many door prizes and lots of fun at a very special price.

### Membership

Membership is open to military personnel and their dependants, CANEX patrons and the community at large. (The committee will ensure that membership proportions are met.) Membership cost (taxes included) is: Single - \$15, Family - \$25.

### Club Executive

It's that time of year when

postings and retirements affect who your neighbours and co-workers are; the Ski Club is no exception. On behalf of all club members, a sincere thank you is extended to the 93/94 Club Executive who worked hard organizing the local ski days, away trips, clothing and voucher sales, windup dinner/dance and, in general, promoting such a wonderful outdoor activity. Our appreciation goes to Past President Maj Mike Couture (ret'd) and his team: Capt Rick Merchant (ret'd), Capt Fred Kirtz (posted), Capt Manny Karamanis, Capt Chris McCarthy, MCpl John Bonell, Cpl Kim Neilsen (posted) and Susan Gibbs. The Ski Club Executive for the 94/95 season will endeavour to continue with the same enthusiasm, dedication and success!

### Be aware... Ski with care

### Meet & Greet

The annual Meet & Greet will be held Wednesday, 19 Oct, 1900 hrs (7:00 pm) at the Glacier Greens Social Centre (Base Golf Club), located off Knight Road. Everyone is welcome, so if you have a friend, relative, neighbour or co-worker you think might be interested...bring them along.

Invitations have been extended to representatives from the two local ski hills (Mt. Washington and Forbidden Plateau) to bring us up-to-date on the exciting changes that have been taking shape over the summer, as well as the local ski shops to display the latest in ski clothing and equip-

ment. Marty Grundy, President of the Disabled Skiers Association of B.C. has accepted an invitation to attend the Meet & Greet. Marty will describe the program, including ski improvement for disabled and able-bodied skiers, the instructor training program, fund raising events (Coca-Cola Classic), etc. Come and try out the specialized equipment that will be on hand.

Information will be presented on the following out-of-town trips:

### Silver Star Mt. (Vernon)

4-9 Dec trip co-ordinator: Susan Gibbs (waiting list only).  
11-16 Feb trip coordinator: Capt Sardana.

### Whistler Mt.

Last week Jan 95 trip coordinator: MCpl Bonell.

### Big White

Easter weekend trip coordinator: Susan Gibbs.

Deposits will be accepted to reserve your spot on these trips so, if you're interested, bring your cheque book. We will also be displaying/selling Comox Valley Ski Club ski apparel.

### Club Executive 94/95 Season

President: Maj Astles 339-8211 (loc 8354), Vice President: Capt Sardana (loc 8550), Secretary: Susan Gibbs (loc 8980), Treasurer: MCpl Bonell (loc 8350), Ski Day Co-ord: 2Lt Graitson (loc 8475), Membership Co-ord: Rick Merchant (339-8154), Entertainment Co-ord: Capt McCarthy (loc 8896).

## CRTC

## Canada

### Public Hearing

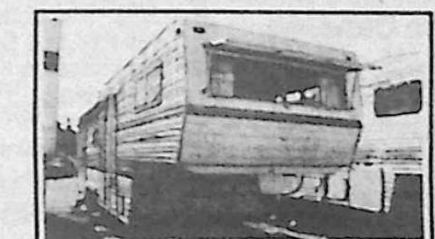
Notice of Public Hearing CRTC 1994-14. The CRTC will hold a public hearing commencing on 1 November 1994, 9:00 A.M. at the Sheraton Landmark, 1400 Robson St., Vancouver, B.C., to consider the following: 18. VANCOUVER, CHILLIWACK, DAWSON CREEK, KAMLOOPS, KELOWNA, KITIMAT, PRINCE GEORGE, POWELL RIVER/COMOX AND TERRACE, B.C. Applications (940736200, 940319700) by the CBC to renew the licence of CBUFT Vancouver and its transmitters CBUFT-6 Chilliwack, CBUFT-5 Dawson Creek, CBUFT-2 Kamloops, CBUFT-1 Kelowna, CBUFT-7 Kitimat, CBUFT-4 Prince George and CBUFT-3 Terrace expiring 31 August 1995; and to amend the licence of CBUFT Vancouver as follows: by decreasing the effective radiated power from 185,100 to 34,800 watts. The CBC has surrendered its licence for CBUFT-8 Powell River/Comox. EXAMINATION OF APPLICATIONS: 700 Hamilton St., Vancouver, B.C., 243 Lawrence Av., Kelowna, B.C.; 1268 - 5th Av., Prince George, B.C.; Post Offices: 466229 Yale St., Chilliwack, B.C.; 459 Tranquille St., Kamloops, B.C.; 450 City Centre, Kitimat, B.C.; 4812 Joyce Av., Powell River, B.C.; and 3232 Emerson St., Terrace, B.C. SPECIFIC INDIVIDUAL REQUIREMENTS: Interveners requesting to make an oral presentation and anyone who would need sign language interpretation must inform the Commission no later than 20 days before the commencement of the hearing. The complete text of this application is available through the Public Examination Room of the CRTC, Central Building, Les Terrasses de la Chaudière, 1 Promenade du Portage, Room 201, Hull, Que. J8X 4B1, (819) 997-2429; and through the CRTC regional office in Vancouver: Suite 1380, 800 Burrard St., Box 1300, Vancouver, B.C. V6Z 2G7 (604) 666-2111. Written interventions must be filed with the Secretary General, CRTC, Ottawa, Ont. K1A 0N2, with proof that a copy has been served on the applicant on or before 12 October 1994. For more information on the intervention process, you may also call CRTC Public Affairs in Hull at (819) 997-0313, Fax (819) 994-0218, TDD (819) 994-0423.

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### Rare Event



The Editor gets to wear his reserve uni once a year. R-L: Norm & Julie, Hilda & Alan Fell at 888 Wing, Battle of Britain Day.

### Wallace Garden News

## Family Fun Day

Family Fun Day was a huge success again this year. A great time was had by all.

Music, bands, pony rides, face painting, balloons, along with a magical trip back to medieval times. The games in the castle helped to make this day a huge success. Everyone filled up on hot dogs, hamburgers, ice cream and juice.

A special thanks to all those who willingly participated in getting wet to make our dump tank such a hit. We would also like to thank all who participated and those on the Community Council who worked so hard.

### Beautiful PMQs

Well, PMQ residents, we have done it again this year! Even with the water restrictions we managed to have quite a few beautiful yards. Roads and Grounds found it very difficult to pick the winners but, after much debate, the following houses were chosen: Overall prizes: 1st 71A, MWO Petipas \$100. 2nd 52, Cpl Blinn \$75. 3rd 89A, Maj Clark \$50.

Ward prizes of \$25 each:  
Ward 1 PMQ 11, Sgt Lunge  
Ward 2 PMQ E1, MCpl LaPointe  
Ward 3 PMQ 42A, Lt Lloyd  
Ward 4 PMQ 50, Sgt Copeland  
Ward 5 PMQ 75, Sgt Gautreau  
Ward 6 PMQ 84, Capt Barton  
Ward 7 PMQ 107A, Cpl LaRochelle  
Ward 8 PMQ 115A, Sgt Power  
Ward 9 split between

PMQ 112E, Cpl Hogenbom and PMQ 112F, Cpl Wyatt.

Roads and Grounds stated that each year we get better and better. Keep up the good work!

### Upcoming Events

Oct 29 Halloween party  
Nov 19 Christmas Craft Sale (Please register your table as soon as possible. Call Linda 339-8571.)

### Wallace Gardens PMQ Council

## Fall Garage Sale

Saturday 1 October  
9:00 a.m. - 2:00 p.m.

Please set up a table in your front yard.  
Your junk is another's treasure!



## NEXT DEADLINE 14 OCT.

NOON

## NEXT DEADLINE 14 OCTOBER - NOON

# 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.

## 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.

## 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

## Animal Control Officer

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

## Aerobics

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

## 19 Wing Pacific Divers Scuba Club

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

## Avis

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

## 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.



## Dependant Use of Base Gym Facilities

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

## Pat & Theresa's Grill Now Open

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

## CWL Pot Luck Social 11 Oct, 7:00 p.m. Base Chapel (RC)

No meeting - just fun and food. All interested newcomers most welcome to attend. Contact CWL Pres. B. Gillis at 339-3496 or Convenor Arnie Anderson at 339-5846.

## Just Carrie (& Friends)

Filberg Gallery (behind Comox Library) presents: "Just Carrie (& Friends)." Paintings and sculptures by Carrie Friend with special feature of military Search and Rescue photography. Show runs from Oct 12-25 with Wine and Cheese opening Thurs 13 October, 6:30 - 9:30 p.m.

## Western Line Dancing

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

## WANTED

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

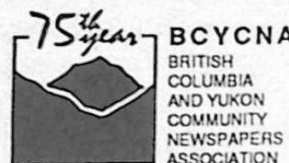
These will be published free of charge to all DND personnel and civilian employees, retired DND personnel and RCMP.

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D#8367.</p> <p><b>HI-PROFILE RENTAL</b> Business on the beautiful Shuswap Lake, Sicamous, B.C. Ski-boats and jet skis. Call Neil or Terry 1-604-836-4040.</p> <p><b>SEARCHING FOR</b> the perfect home-based business? One with minimal investment, a proven "no-cold-call" marketing system and a product that almost sells itself? Don't look further. Send for all the details now! Box 75116, White Rock, B.C. V4A 9M4 or Fax: 1-604-541-1820.</p> <p>I KNOW A Way to turn \$200 U.S. into \$2000. U.S. a week plus gold coins. Self-motivated. Phone: Shirley Wookey 1-800-383-8803.</p> <p><b>AN EXCITING Business Opportunity.</b> Start your own business or add profit centres to your existing business. Be the Chippy Dealer in your area. Repair paint chips and rust spots without being a body shop. Auto detailing, rust proofing and more. Training provided no experience necessary. Your minimal investment will bring high returns. Contact: Chip Repair Systems Int'l., #7343 Forge Rd. S.E., Calgary AB. T2H OS9. 1(403)258-3200, Fax: 1(403)258-3245.</p>	<p><b>EXTRA INCOME.</b> Four unique home based businesses. Free information. Send S.A.S.E. to: Glenwynne Enterprises, 20-21960 River Road, Maple Ridge, B.C. V2X 2C3.</p> <p><b>BUSINESS PERSONALS</b> ADD A Little Spice! Lovely roomates - Karen, Linda, Cheryl have exciting personal photos to share. Free info: Karen, Box 670-GB, Kelowna, B.C. V1Y 7P2. Adults please.</p> <p><b>CAREER INFORMATION</b> <b>JUST IMAGINE.</b> \$100,000 per year or more! This is a business that's much in demand everywhere and you can capitalize on this demand. Start up this explosive, dynamic business in your area. No need for special training, education or even huge bank-roll. Just your own ambition! Please rush me my information manual \$27.95 plus \$2. S &amp; H to: Miracle Financial Publishers, P.O. Box 608, Vernon, B.C. V1T 6M6. Satisfaction guaranteed-30 day money back guarantee.</p> <p><b>CAREER TRAINING</b> <b>WESTERN CANADIAN</b> School of Auctioneering. Next course Nov. 21-Dec. 3/94. For a free brochure call 1(403)250-1281 or 1-800-252-3313 or write to: #5, 2003 McKnight Blvd., N.E., Calgary, AB, T2E 6L2.</p> <p><b>ADVENTURE TOURISM</b> Livingstone College is now accepting applications for October 1994. Two year diploma and industrial certification program in hospitality, outdoor skills and business management through hands on vocational training. Call today 1(403)628-2154 for information.</p> <p><b>EDUCATION</b> <b>BE A Successful Writer...</b> and write for money and pleasure while learning how. You get individual tuition from professional writers on all aspects of writing - romances, short stories, radio and TV scripts, articles and children's stories. Write, call or fax today for our Free Book, "How To Be A Successful Writer", Toll-free 1-800-267-1829, Fax: 1(613)749-9551. The writing School, 38 McArthur Ave. Suite 2147, Ottawa, ON. K1L 6R2.</p> <p><b>A NEW Career?</b> Lots of jobs available. 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For free brochures, no obligation, contact UBR Tax Services, 1345 Pembina Hwy, Winnipeg, MB. R3T 2B6. 1-800-665-5144. Enquire about exclusive franchise territories.</p> <p><b>EMPLOYMENT OPPORTUNITIES</b> <b>HELLI-SKI GUIDE.</b> Area of operation - Revelstoke, B.C. Duration-January to April 1995. Qualifications: Licensed Ski Guide/Mountain Guide. ACMG and/or UIAGM. Please submit written resume to Peter Schlunegger, Selkirk Tangiers Helicopter Skiing Ltd., P.O. Box 1409, Golden B.C. V0A 1H0.</p> <p><b>EXPERIENCED LOG</b> House Builders required immediately. Should have own personal tools. For appointment to interview call: Gord (604)864-0024 days or (604)859-0359 evenings and weekends.</p> <p><b>FOR SALE MISC.</b> <b>STEEL BUILDINGS:</b> "Cheaper Than Wood". Quonset-Straightwall quonset, Structural Steel Buildings. B.C. Company. We won't be undersold. Service and satisfaction guaranteed! Western Steel Buildings 1-800-565-9800.</p> <p><b>FUTURE STEEL Buildings</b> - Quonsets 25X30' \$5,462, 30'X40' \$6,593, 35'X50' \$8,478. Straightwall Quonsets 25X30' \$5,922, 30'X40' \$6,999. Endwalls, Sliding Doors, Freight to Vancouver &amp; GST included 1-800-668-5111.</p>	<p><b>SPASI SPASI Spasi Hot</b> Specials. Complete 5 person spas - \$1995., 3 only. Complete 10 person spas - \$3499., 17 jets, 4 only. Call now. 1(604)420-0384.</p> <p><b>KARAOKE</b> - MR. Entertainment, Canada's largest selection of singalong tapes and related Karaoke products. Call now for our free catalogues 1-800-661-7464.</p> <p><b>CEDAR SHAKE</b> Blocks for sale. Please contact: Fire Mountain Post and Rail 1(604)632-6374.</p> <p><b>SPA OWNERS</b> - Factory direct spa covers-2,000 models, 9 colors. 5 Year warranty. Two weeks delivery. Visa accepted. Call today 1-800-695-9438 or Fax: 1(716)694-3803.</p> <p><b>HELP WANTED</b> <b>PRESSPERSON (M/F)</b> to lead crew and operate "Web Leader Press" in Victoria. Excellent wages, opportunity for right person. Resumes: M. Whitmore, 565 David St., Victoria, B.C. V8T 2C7. Fax: 1(604)382-6014.</p> <p><b>KITCHEN CABINETS</b> <b>CABINETS 1/2 PRICE.</b> In stock, countertops/vanities also. Cash &amp; Carry Cabinet Warehouses: **4278 Lougheed, Burnaby 298-9277 ** 19700 Langley Bypass, Langley 534-7273 ** 800 Cloverdale Ave., Victoria 475-1159 **561-11th Ave., Campbell River, B.C. 287-8787 **2580 Bowen Rd, Nanaimo 756-9229 **1868 Spall Rd., Kelowna, 860-6638.</p> <p><b>LIVESTOCK</b> <b>PRODUCTION EMU</b> auction - Emu Auction Tuesday, Oct. 4 at 3p.m. west of Salmon Arm, B.C. on Highway 1 approximately 13 km then left on Tappen Valley Road 1 km then right on Tappen Notch Hill Road 2.3 km. Selling 19 pairs of unrelated chicks, 4 pairs 3 year olds, 1 pair proven breeders. For list call owners John and Marilyn Johnson at 1(604)835-4860 or Spencer Auction Services Ltd. at 1(403)921-3994 Edmonton.</p> <p><b>MOBILE HOMES</b> <b>DREAMING OF A New Home?</b> Let Noble Homes team of architects design the home of your dreams. Unique in every way! Trades welcome 1(403)447-3414.</p>	<p><b>FACTORY DIRECT.</b> Single and double wides. Quality manufactured homes. 1-800-667-1533 "If we can't make a deal we'll pay your way home!"</p> <p>1992 MODULINE 14X70 2 bedroom, appliances, cathedral ceiling, vinyl skirt, asphalt roof, electrical service, as new! +Priced right. Phone: 1(604)495-7474, Evens. 1(604)495-6453.</p> <p><b>PERSONAL</b> <b>**PSYCHIC CONNECTION**</b> Gifted Psychics tell your future. Love, Romance, Money, Career. Live/24 hours 1-900-451-3530 Ext. 2295. \$3.99/minute. 18+ Years. Newcall Ltd. (604)954-7420.</p> <p><b>SEX FOR seniors.</b> Overcome all impotence problems caused by aging, medications, surgery, diabetes etc. Get the facts: Performance Medical, Box 418, Valemount, B.C. V0E 2Z0. 1-800-663-0121.</p> <p><b>REAL ESTATE</b> <b>GRANISLE, B.C.</b> Overlooking the beautiful Babine Lake. An ideal recreational/retirement setting with unbeatable real estate values: efficiency studio "suites" from \$19,900 - one bedroom "view" units with balconies - \$29,900 - three bedroom townhouses - \$34,900. -8% financing (3 year) available. Do not miss out! The Grande Isles Resort 1-800-661-6577 or 1(604)338-6622.</p> <p><b>FORESTRY ALTERNATIVE.</b> We offer a fair price and a commitment to responsible, ethical and sustainable forest practices to prospective sellers of private forested land. Call (604)832-2422 or write to: Box 1452, Salmon Arm, B.C. V1E 4P6.</p>

# On & Off the Base



## Legion Log

**BRANCH 17 COURTENAY 334-4322**

**\*\*\*DANCES\*\*\***  
(Every Friday night, commencing 8:00 pm)

- Oct 7.....Ed & Norm
- Oct 14.....Wylie & The Other Guy
- Oct 21.....Wild River
- Oct 28.....Tony Pollon

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

- BINGOS.....every Thur, Fri & Sun 7:00 pm
- MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
- BBQ LUNCH SPECIAL every Weds & Fri from 11:30 - 2:30pm
- FUN EUCHRE.....every Monday, 7:00 pm
- FUN CRIB.....every Wednesday, 8:00 pm
- SUNDAY CRIB.....Oct 23, 1:00 pm
- FUN DARTS.....every Thursday, 7:00 pm
- "BARGAIN DAY".....every Wednesday, ALL DAY
- "BBQ LUNCH SPECIALS".....every Weds & Fri, 11:30-2:00 pm
- "GIANT CHARITY AUCTION".....Sat urday 15 Oct, 1:00 pm
- "OKTOBERFEST".....Saturday 29 Oct, 8:00 pm
- "L.A. BAKE SALE & BAZAAR".....Saturday 22 Oct, 11:00 am

**MEMBERS & BONA FIDE GUESTS WELCOME**  
**\*\*Building is Handicapped Friendly\*\***  
**BASE PERSONNEL WELCOME AT BR. 17**  
Office: 334-4322 Service Officer 334-3613

**BRANCH 160 COMOX 339-2022**

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

- 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  
**ANNUAL VETERANS' DINNER**  
Sat 15 Oct..... Cocktails 1800-1900 hrs. Dinner 1900 hrs. Sign up at the Bar.

## \*\*\*REGULAR 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.
  - TUESDAYS.....Ladies Crib League, Lounge, 7:30 PM
  - Mixed Dart League, Upper Hall, 7:30 PM.
  - WEDNESDAYS.....Navy League Drop-In Bingo Upper Hall, 7:00 PM
  - Comox Valley Men's Crib League, 8: PM. Start-up 5 Oct.
  - THURSDAYS.....\*1st Br.160 Exec. Mig. 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.

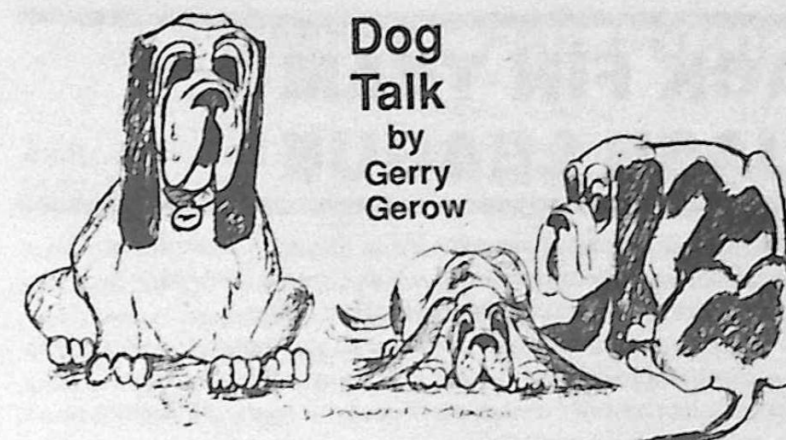
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## Dog Talk by Gerry Gerow

## The Complete Shih Tzu

only 2,020 hounds were registered.

In the working dog grouping, Rottweilers led the way with 1,841 registrations, while Boxers were a distant second with 882.

As with the other groups, Terriers are dominated by one breed, and that is the Miniature Schnauzer. 1,083 of these cute little guys were registered, followed by Soft Coated Wheaten with 327 and West Highland Whites with 280. Yorkshire Terriers led the toy group with 979 registrations. Pomeranians were next with 851, and the Maltese was a distant third with 329.

The non-sporting group, which is comprised of breeds that don't seem to fit anywhere else, is dominated by Poodles with 1,849 individual dogs registered. A close second is the Shih Tzu with 1,288.

The final grouping is the herding dogs and, like sporting, they are dominated by two breeds. German Shepherd dogs with 3,906 and Shetland Sheepdogs (Shelties) with 2,259. Rough Collies are a distant third with 594 registrations.

So we had a total registration of 40,121 dogs, with almost 50% being made up of eight breeds and the sporting dogs making up 25% of the registrations. Due, no doubt, to their docility and trainability.

It has been a long time since I received a breed book for review. This one comes from Howell Book House. The Complete Shih Tzu, by Victor Joris, Howell Book House, New York, US\$25.00

To quote off the jacket, "Shih Tzu, the Lion Dogs of legend and lore, trace their ancestry to the Chinese court from the Byzantine Empire. Highly regarded as special gifts because of their lionine appearance as portrayed in Chinese art, they became favourites of the emperors. They enjoyed great favour as house pets through the Ming Dynasty, until the Revolution destroyed all but a few of the dogs."

Victor Joris is an internationally acclaimed breeder of Shih Tzus and an ARC judge. He comes very well qualified to write on the breed. His book is very well laid out, and contains all the prerequisites of a good breed book. There is a separate chapter on the breed in Canada, something omitted in many otherwise good breed books.

This is a hard cover, 256 page edition, very well illustrated with around 150 photographs and graphic drawings. It's just off the press so you may have to ask the bookstore to order it for you from Howell. And, yes, Melanie, I'll lend it to you.

The Canadian Kennel Club just released the statistics on the number of litters and individual dogs registered during the first six months of 1994.

In the sporting group, Labradors lead the way with 3,389 dogs registered, followed closely by Golden Retrievers with 3,466. Together these two breeds make up over 70% of the sporting dogs registered, even though the large majority of them will never make a retrieve in the field. American Cocker were third with 1,125 pups registered and the German Shorthaired Pointer a distant fourth with 352. Most of these, however, will see work in the field.

The hound group is led by the Beagle with 657, followed by the Basset Hound with 169. All told,

## 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.**

## BASE LIBRARY

Base Librarian  
Colleen Gagnon

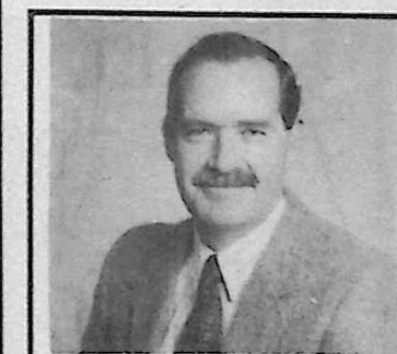
Building 10, next to Accommodations

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Mon - Thur ... .. 6 - 9 pm

Tues, Thur, Fri ... 11:15 am - 12:15 pm

Sat & Sun ... .. 1 - 4 pm

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## WHAT'S YOUR HURRY, B.C.?

YOUR LOCAL POLICE ICBC

# On & Off the Base



## TOWN of COMOX RECREATION DEPARTMENT



### BLACK FIN TEAM SQUASH LEAGUE

Join the Tuesday night mixed squash league and have a great season of weekly squash games, mid-season play offs and a final league social. All levels of ability are welcomed. The Black Fin Team Squash League provides you with a reserved court each week, an awaiting opponent, and great league prizes. Players are ranked accordingly and play those of similar ability from opposing teams. This is a great opportunity to meet new squash players, improve your squash game, and, if your team collects the most points, you'll get your name on the league trophy.

- |  |   |
|--|---|
| <p><b>701 Black Fin Squash League</b><br/>\$35.00 + GST / 11 sessions<br/>October 4th - December 13th<br/>16 years +<br/>Tuesdays<br/>CCC Courts</p> | <p><b>702 Black Fin Squash League</b><br/>\$65.00 + GST / 23 sessions<br/>October 4th - December 13th<br/>&amp;<br/>January 10th - March 28th<br/>16 years +<br/>Tuesdays<br/>CCC Court</p> |
|--|---|

**\*\*Save 10% by registering for fall (October 4th - December 13th) and winter (January 10th - March 28th) together.**



### WALLEYBALL

#### FRIDAY NIGHT WALLEYBALL LEAGUE

We're serving up an active, exciting Friday evening of WALLEYBALL fun. Sign up as a team of 4 or individually (and we'll place you on a team). Teams will play a few or all teams each week (depending on the number of teams registered) in a Round-Robin format. Team points are tallied to determine the league winner.  
**DON'T MISS IT!!!**

- 704 TEAM**  
\$48.00 + GST per team  
6 sessions  
16 years +  
Fridays  
7:00 pm - 9:00 pm  
October 21st - December 2nd  
Location: CCC Racquet Courts
- 705 INDIVIDUAL**  
\$12.00 + GST  
6 sessions  
16 years +  
Fridays  
7:00 pm - 9:00 pm  
October 21st - December 2nd  
Location: CCC Racquet Courts

*"There is no drug in current or prospective use that holds as much promise for sustained health as a lifetime program of physical exercise."*

- Journal of the American Medical Association

Before registering for this program, please be prepared to adhere to the following rules:

- 1) Match times will vary from 5:00 pm - 8:45 pm as indicated in your schedule. Matches are the best out of three (3) possible games.
- 2) Winners of each match are responsible for writing the game score on the score sheet on league bulletin board immediately after the match.
- 3) Challenge Procedure: You may challenge up one level at a time. Those challenged must respond. The individual challenging must pay the court fees.
- 4) Make-up games MUST be made up before the following Tuesday night matches. It is your responsibility to notify your opponent if you cannot make the scheduled game times. **Those missing more than one scheduled match (without notifying opponent beforehand) may be dropped from the league.**

#### IDENTIFYING WILD MUSHROOMS

An autumn stroll can be a delicious experience if you know what to look for.



WEDNESDAY  
OCTOBER 5

7:30 - 9:30 pm  
\$8.40 + GST  
CCC Room A

#### LEARN RELAXATION MASSAGE TECHNIQUES

Learn the basics of giving a seated back massage through clothing, as well as techniques for the foot, neck and head. As techniques are practised in pairs we suggest you encourage a friend to register with you.

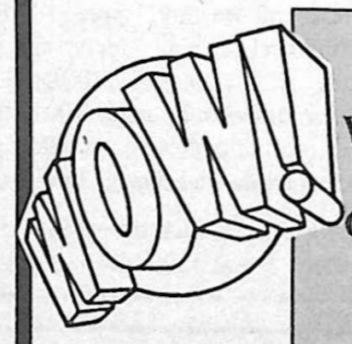


WEDNESDAY  
OCTOBER 12

7:30 - 9:30 pm  
\$8.40 + GST  
CCC Room B

#### WHAT'S WALLEYBALL?

Yes, we mean WALLEYBALL!! Everyone knows how to play volleyball, but walleyball is really off the wall. You may find you'll want to join our winter walleyball league.



WEDNESDAY  
OCTOBER 12

7:00 - 9:30 pm  
\$8.40 + GST  
CCC Room B

Register at the Comox Community Centre  
1855 Noel Avenue, Comox, B.C.  
339-2255

### You are invited to the CMFRC OPEN HOUSE

Thursday October 6th  
from 2:30-5:00 pm

- Food
- Good Company
- Door Prizes
- Grand Opening of Toy Lending Library



Comox Military Family Resource Centre  
119 Kinnikinnik, Phone 339-8290

### Attention Parents

The Comox Military Family Resource Centre invites all parents and other interested individuals to attend a meeting regarding youth in our community. A specific topic for the evening will be activities for younger teens aged 12 -14.

Date: October 5th 1994

Time: 7:00 pm

Place: CMFRC 119 Kinnikinnik  
(Kiddie Corner to the Comox Air Force Museum)

To register call the CMFRC at 339 - 8290.



### CMFRC YOUTH PROGRAMS

#### SPECIAL EVENTS AND HAPPENINGS!

##### October

- 7th Casino Night  
7 pm at the Community Centre  
Cost: \$2/military dependent \$4/guest
- 22nd Car Maintenance Workshop  
1pm at the Base Auto Hobby Club
- 15th Introductory Rock Climbing at the CRI Climbing Wall  
Cost: \$12.50/person  
Registration Deadline: 11 Oct. 94
- 28th Halloween Dance & Haunted House - Come in Costume  
Cost: \$2/military dependent \$4/guest (1/2 price with costume)

## NEXT DEADLINE 14 OCT.

### CMFRC Fall Programmes

#### Basic Car Maintenance

Guest Speaker: *Sylvain Cadieux*  
Do you want to be able to do the basics yourself? Then come and join us and learn how to change a flat tire, jump start your car, change the oil and do a quick maintenance check.  
Date: October 15th  
Time: 10:00am - 12:00pm  
Location: Auto Hobby Club  
Registration: Call the CMFRC at 339-8290

#### Making Dream Catchers

In this workshop you will learn how to make Dream Catchers. Dream Catchers are ornamental hangings derived from native myth that are to be hung over a child's bed. They are said to catch bad dreams and let the good dreams fall through. This workshop is open to adults and children ages 10 and up.  
Date: October 27th  
Time: 6:00 - 8:00 pm  
Location: CMFRC  
Cost: Fee for materials \$5.00 to be paid at time of registration  
Registration: Call the CMFRC at 339-8290. Registration Deadline Oct. 25th.

#### Budgeting & Money Problems

Guest Speaker: *Capt. Bob Horton*  
Capt. Horton has been giving talks on budgeting and money difficulties for many years. He is a skilled and informed speaker. Participants will

#### Life Income Funds

(Courtesy Brad Minton C-V Rice Financial)

Changes in pension legislation which are now law have contributed to a massive increase in pension plan wind-ups and in the number and dollar volume of "locked-in" RRSPs. There are many reasons for this:

- Full portability of pension credits.
- Earlier vesting after two years service.
- Employers 50% minimum funding since 1987.
- Increase expense of administering new federal regulations.
- Year of frustration with government regulations.

The problem with locked-in RRSPs under the existing system is that they are governed by pension legislation. Pension legislation forces the locked-in RRSP (former pension plan) member to buy a life annuity from an insurance company with the proceeds of all locked-in RRSPs.

The government introduced new legislation affecting locked-in RRSPs. The LIF provides a great deal more flexibility not only for pension assets which become locked-in RRSPs, but in the way plan members can arrange their retirement income.

Until the introduction of the LIF, locked-in RRSPs could accumulate until age 71, at which time the planholder must purchase a life annuity. The planholder can

receive practical, down to earth information about how to cope with their financial woes. This is an information session not to be missed by anyone one who wants some practical tools for budgeting and money management.

Date: This Information Session will be held sometime in October when a minimum number of participants have registered.  
Registration: Call the CMFRC at 339-8290

#### Creating Ornamented Fabric Boxes

Create a beautiful ornamented fabric box for yourself or as a gift, for a fraction of the cost.  
Date: November 3rd  
Time: 7:00 - 9:00pm  
Location: Parish Hall  
Cost: Fee for materials \$10.00 to be paid at time of registration  
Registration: Call the CMFRC at 339-8290. Registration Deadline Oct. 27th.

#### Self Defence for Women

Lt. Bobbi Howard will be teaching this workshop. She has a 1st degree black belt in Kempo Karate and a 2nd degree black belt in Kick Boxing. Her previous experience includes teaching self defence to women, 12 years experience teaching karate and owning and running her own karate school.  
Date: November 12th, 19th & 26th

### Are LIFs for You?

now convert to a Life Income Fund before December 31 of his or her 71st year.

#### LIF Payment Rules

The LIF (like the RRIF) will require the pay-out of a minimum amount of income from the plan in the year following purchase. The minimum will be the same as for the RRIF, namely the fraction equal to age 90 minus the age at the date of purchase. Unlike the RRIF, the younger spouse's age cannot be used. However, the most important difference between a LIF and a RRIF is the LIF cannot be cashed in. In addition, there is a maximum income amount that can be received from a LIF. This maximum LIF payment cannot exceed what would be received from a pension plan if the same funds in the locked-in RRSP were used to buy an immediate pension. For example, if a person age 65 had \$100,000 in a locked-in RRSP and the maximum annual pension that could be purchased with the funds was \$10,000, the maximum LIF payment would also be \$10,000. The minimum payment for the same 65 year old would be 1/25th of the funds (age 90 - 65 = 25) or \$4,000.

Therefore, the minimum LIF payment is \$4,000. The maximum is \$10,000. The income stream can fluctuate within the maximum-minimum range until age 80.

Time: 10:00 - 12:00 pm (Saturdays)  
Cost: No Fee  
Location: Aerobics Room at Base Gym  
Registration: Call the CMFRC at 339-8290. Registration Deadline Nov. 8th.

#### Responsible Dog Care and Ownership

Guest Speaker: *Gerry Gerow* and his colleagues at *The Forbidden Plateau Obedience and Tracking Club*  
Gerry is the well known and respected author of 'Dog Talk' in the Totem Times. He will be sharing with us his philosophy of dog care and ownership, choosing a puppy, health care, dealing with grief and difficult decisions when a pet dies, and resources in the Comox Valley. Gerry and his colleagues will be available to answer questions about your current dog or a dog you plan on getting in the future. Please leave your pets at home for this information session.  
Date: November 8th  
Time: 7:00pm  
Location: AFIS Theatre  
Registration: Call the CMFRC at 339-8290

Date: November 8th  
Time: 7:00pm  
Location: AFIS Theatre  
Registration: Call the CMFRC at 339-8290



#### Annuity Conversion Mandatory

At age 80 the LIF must be converted into an annuity that provides at least 60% survivor benefits to a spouse, if any. A spouse can waive the 60% survivor protection under pension legislation. If a LIF planholder dies before conversion to a life or joint annuity, the spouse must inherit the plan. If there is no spouse, the proceeds are taxable to the planholder's estate.

#### Terminated Pension Plan Members Can Bridge Income


One of the more innovative features of the new LIF legislation is that a terminated pension plan member could create a LIF monthly income stream to commence immediately, or when his or her severance pay runs out. The LIF payment can continue until new employment is found. At this point, the LIF payment can be made to stop; and the funds can revert back to locked-in RRSP status. The funds can then continue to accumulate as a locked-in RRSP until normal retirement age.

#### Availability

LIFs are available only from financial institutions approved by the jurisdictional provincial Pension Commissions or similar authority. Most financial/retirement planners will have a list of those companies authorized.

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"BEST LITTLE WAREHOUSE IN THE WEST"

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Holland and Associates  
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Fax: (604) 334-1901 Res. 339-9987

Maureen Davidson  
Sales Associate

Each office is independently owned and operated.

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GIFT IDEAS  
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HATS, SWEATERS, SHIRTS, PINS, PATCHES  
AND MUCH, MUCH MORE!  
Phone: (604) 339-8162

**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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Harvey Thibodeau 1496 Ryan Road, Comox  
Tel/Fax: 339-3393 (Next to Good's Groceries)

**Support Your United Way Campaign!**



**Protestant Chapel Ladies Guild Bake Sale**



**Friday 30 Sept  
Canex Mall  
2pm - 8pm**

**NEXT DEADLINE 14 OCT.**

**888 (Komox) Wing  
Royal Canadian Air Force Association**

Regular Membership: Who is eligible?

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


Associate Membership: Who is eligible?

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

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

# On & Off the Base

**Bookshell Bestsellers**



2751 Cliffe Ave.,  
Driftwood Mall,  
Courtenay, B.C. V9N 2L8  
604-338-5943

**Debi Williams**  
Manager

**Pat Bolen**  
Proprietor

10% off for mil pers - show ID get your Totem Times here  
Week Ending 1 October

**Bookshell Bestsellers Softcover**

1. Fires of Heaven.....Jordan
2. People of the Sea.....Gear
3. Vanished.....Steele
4. Nightmare and Dreamscapes.....King
5. River God.....Smith
6. Assumed Identity.....Morrell
7. Private Parts.....Stern
8. Isle of Women.....Anthony
9. Love Can Build a Bridge.....Judd
10. You Belong to Me.....Rule

**CFB Comox Bowling Alley 94/95 Season!**

**We Need League Bowlers!**

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 Johnsen 339-5455.

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

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

**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.

We book parties for sections, sports afternoons, organizations, birthdays, etc.  
Alley telephone local is 8351 or call Rec Centre staff for more info.

**INVESTORS**

JOIN WITH A SUCCESSFUL DEVELOPER IN A COMOX HOME DEVELOPMENT PROJECT.

EXCELLENT OPPORTUNITY TO PARTICIPATE IN YOUR COMMUNITY AND TO ENJOY UNUSUAL GROWTH IN YOUR INVESTMENT.

**PLUS 70% OF PROFITS**

**CALL BOB at (604) 657-1007**

This is not an offer to sell, or solicitation to buy a security.

**407 Promotion**



LCol G.B. Lewis, CO 407 (MP) Sqn presented Cpl T. Campbell, an administration clerk, with her promotion.

**Oktoberfest at the Kingfisher**

Saturday, October 8th, 1994

**Bavarian Smorgasbord**  
Bratwurst, Smokies, Weisswurst, Sauerkraut, Rouladen, Schnitzels, Knodel, Goulash, Spatzel, Leberkaese, Kartoffel Salad, Beets, Herring, Garden Salad, Butter lettuce, Apple Strudel, Linzertorte, Black Forest Cake.

**Bavarian Band**  
Paul Jagger and the Rhinelanders  
Three Piece Authentic "Oom-Pa-Pa/Waltz/Polka Dance Band  
Special Beer Mugs, Contests, Lederhosen

Dinner & Live Entertainment \$22.50 each  
**RESERVE TODAY 334-9600**

**Bulletin Board**

All insertions will be \$5.00 incl. GST per column/inch. Payment in advance at the office.

**For Sale**  
Exercise bike.....\$50.00  
Rowing machine.....\$95.00  
Punching bag.....\$75.00  
Folding bed.....\$30.00  
Captain's bed with desk/shelves.....\$350.00  
End tables black.....\$10.00  
End tables grey.....\$20.00  
Dining table (glass w/4 chairs, black).....\$275.00  
Baby walker.....\$20.00  
Sony Stereo complete with stand.....\$340.00  
Cat carrier.....\$8.00  
ALL PRICES NEGOTIABLE  
Phone: 339-6784

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Roofing - Siding  
Cement Department  
Truck Delivery  
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**CENTRAL BUILDERS**  
610 Anderton Avenue  
Phone: 334-4416

**Need Garden Design Ideas?**

- ask about our FREE garden planning service.
- planting service available.
- bulbs, pansies, perennials, shrubs, trees.

**Attention Youth**  
Do you want to earn some money? The Comox Military Family Resource Centre is looking for individuals to deliver flyers to Wallace Gardens and Tyee Park. Please contact Christine at 339-8290, by 5 October, for more information.

**For Sale**  
Belgian crafted wood dining set - table 110 cm square, 4 chairs, \$900; Baldwin H-100 Organ/piano etc - \$500; Maple buffet/hutch - \$200; Quality sofa bed w/spring mattress - \$200; Thule ski box \$200; Grey carpet 13 x 13 - \$90; Maple end table - \$50; Singer sewing table - \$60.  
Call (604) 752-2429 Quilcum

**LITTLE RIVER GARDEN CENTRE**  
1782 Ryan Road (between Anderton Road and Air Base).  
Phone: 890-0213  
Open Tues - Sun. 9 am - 5:30 pm.

**COLUMBO'S STEAK HOUSE**  
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Luncheon & Dinner  
Pickup Available  
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Open 7 Days a Week  
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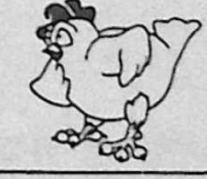
**THE LEEWARD**

Introducing the Valley's first, famous and only...

**caesar! caesar! night**

every monday  
the best caesar salads in town  
(we use fresh, italian parmesan)  
for the incredible low price of  
3.25  
caesar drinks, too!

and don't forget...  
**WING NIGHT** every Tuesday ...  
all you can eat Chicken Wings  
for the amazing low price of  
.25 each!



**649 Anderton, Comox 339-5400**

# On & Off the Base

51 Jumpers (& friends)



The 51 jumpers and a few extras, pose for a pic, following their historic jump.

The Press at Work



Local photog and artist Carrie Friend takes pic of MCpl "Darby" Darbison, Top Jumper, 424 Sqn Trenton. (Photo Fred Spence)

## CMFRC Annual General Meeting October 24th

The first Annual General Meeting of the CMFRC will be held on October 24th at 7:00 pm in the AFIS Theatre. The CMFRC is a non-profit organization registered under the BC Society Act. It is governed by a Board of Directors which is comprised of a majority of volunteer civilian spouses of military members and a minority of military representatives.

The CMFRC mission statement is: to serve military families by working with community members to identify needs and resources, and to develop, implement and maintain programs which strengthen military families in the 19 Wing Comox community.

**Who can attend the meeting?** Members of the Society can attend the AGM. Members are: all military members and civilian spouses of military members of 19 Wing Comox.

**What is the purpose of the meeting?**  
 - to elect a new Board of Directors from the membership;  
 - to present the financial statements of the Society;  
 - to provide a status report on the progress made so far and on the planned projects.

**Why should you attend?** This is an opportunity for all members and particularly for civilian spouses of military members to have a direct input in the planning of programs and services of a community organization which was established to respond to the needs of military families at 19 Wing Comox.



### WO & Sgts Ladies Social Club

On behalf of the WO & Sgts Mess Ladies Social Club, I would like to welcome any newcomers to the Comox Valley. I would also like to extend a heartfelt welcome to any new members to the WO & Sgts Mess to come out to our Ladies Social Club. This year plans to be an active and exciting one.

We started out in September with a Wine & Cheese Meet & Greet which was sponsored by the Wine Cottage. They supplied various types of wine for sampling which was enjoyed by all.

Following is a schedule of events planned for the year. Some months haven't been planned as of yet but will be announced at a later date. If anyone has any questions about time, place, etc., please phone Amie Anderson 339-5846 or Darlene Yhard 339-0486.

#### Schedule of Events

- OCTOBER**
- 02 Paradise Meadows Walk
- 17 Gardening by Little River Gardens
- NOVEMBER**
- 14 Crafts Christmas Theme "Decorama"
- 25 Overnight Bus Trip to Victoria
- DECEMBER**
- 12 Pot Luck Supper "Mixed"
- JANUARY 95**
- 09 T.B.A.
- FEBRUARY**
- 13 "Happy Valentines" T.B.A.
- MARCH**
- 13 Wacky Tourist Nite (Cruise information)
- APRIL**
- 10 Fashion Show
- MAY**
- 08 T.B.A. and Elections
- JUNE**
- Wind up

## SOUTH COUNTRY MOBILE HOMES

### WHY PAY RENT?

We have 10 big lots for your brand new single or double wide home

IN Falcon Mobile Home Park  
 1901 Ryan Road, Comox

- \* 1/2 mile from CFB Comox. Natural gas
- \* Turnkey Package Family park
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- \* Double wide home set up now for immediate possession

Phone today! We will mail you a complete information package.

Visit our showhome village & sales lot  
 2 km south of the Driftwood Mall

Peter Finlayson 339-7329  
 Earl Clifford 339-2288

Ph.-604-334-0900  
 24 hrs.

## NEXT DEADLINE 14 OCT NOON



### 888 (KOMOX) WING RCAFA

#### CALENDAR OF EVENTS - 1994

#### September/October

- Sept 30.....Dance (Music Man) No charge
- Oct 15.....Bingo
- Oct 22.....Oktoberfest (100 tickets @ \$9.00)

#### DND AND MILITARY PERSONNEL WELCOME HOURS OF OPERATION:

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

#### PLEASE SUPPORT WING SOCIAL EVENTS MAKE NEW FRIENDS

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