

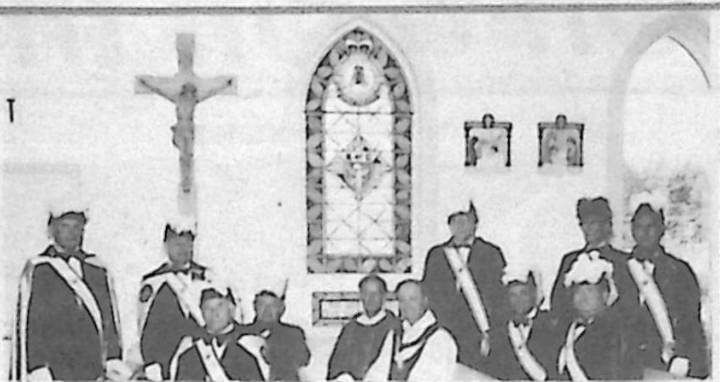


Return to Antwerp

...page 9

New Stained Glass Windows

...page 16



TOTEM TIMES



19 Wing CFB Comox B.C.

VOL 36 NO 16

THURSDAY 20 OCTOBER 1994

COST: PRICELESS



Thunderbird Challenge

19 Wing Comox does well

by LS J.F. Grenier

19 Wing Military Police representatives

During the period of 21-26 Aug, the second annual Thunderbird Challenge took place at 17 Wing Winnipeg, Man. Sgt Langevin of 442 Sqn (team leader for the competition), LS Grenier, Cpl Drought, LS Sheehan and Cpl Perry (all four members of the Security and Military Police Flight) were representing 19 Wing Comox. The event consisted of 80 military policemen and one woman from all Air Command Wings. The competition included three events: handgun (9mm), combat rifle (C-7) and physical fitness (obstacle course).

The team had been training nearly four months prior to the competition and Sgt Langevin's expertise and leadership surely proved to be beneficial for all members. On top of winning the Esprit-de-Corps trophy, (by pulling stunts such as showing up in a stretch limo on the last day of competition), 19 Wing Comox took a third place in the handgun competition and a fifth place in the combat rifle event.

After the 3-day event, a team of 20 members was selected to compete in order to obtain a place on a team of nine members representing Canada at the annual Peacekeepers Challenge in Albuquerque, New Mexico. Due in part to his excellent shooting, LS Sheehan was chosen as one of the twenty. In order to select the team, everyone had to go through rigorous training (typical day included: 8 km run before breakfast, 10 km run after breakfast in full combat order, runs of the obstacle course at least twice before lunch and, finally, shooting for the rest of the day). Unfortunately, LS Sheehan was the last one to be sent back to his home unit, but Chris did us very proud!

All in all, it was a good experience for members involved and hopefully next year will be as successful, if not better.



Local gendarmes represented 19 Wing/CFB Comox at the Thunderbird Challenge held in 17 Wing, Winnipeg. Front row (L-R): Sgt Langevin, Cpl Perry, LS Sheehan. Rear (L-R): LS Grenier and Cpl Drought.

On & Off the Base

The Boss Donates



Participation is the Key

The photo depicts the WComd, Col Rogers, making his donation to the annual United Way Campaign. Pictured with him is this year's United Way Coordinator, Capt Potvin (receiving the cheque), and the deputy coordinator, Capt Carter. It is a reminder that the campaign is not over and that generous contributions by the military community are needed to help us reach this year's goal of \$28,000. Everyone is encouraged to contribute either with a cash or cheque donation, or a monthly pay deduction. A pay allotment of only \$2.00 a month by all base individuals would help us achieve our goal.

As of 11 Oct we have raised \$12,790.00 (45.6% of our goal)! The graph breaks down contributions to date and a "Good Show" goes out to the sections that have surpassed their unit goal. Full effort is needed by the unit canvassers to ensure a 100% canvass profile which, in turn, will hopefully help us meet our commitment.

The Wing's campaign has a few weeks to run; 31 Oct being the deadline, but the Comox Valley's is still running strong with their deadline set at 30 Nov. Various activities to raise funds will be held in Courtenay, Comox and

Cumberland by various businesses and volunteer agencies that are part of the United Way team. You, as a resident and possible user of the various services, are encouraged to support these activities as the Comox Valley is our home as well as our workplace.

By relying heavily on volunteer canvassers and administrators, the United Way is able to allocate almost all monies raised directly to the 27 agencies.

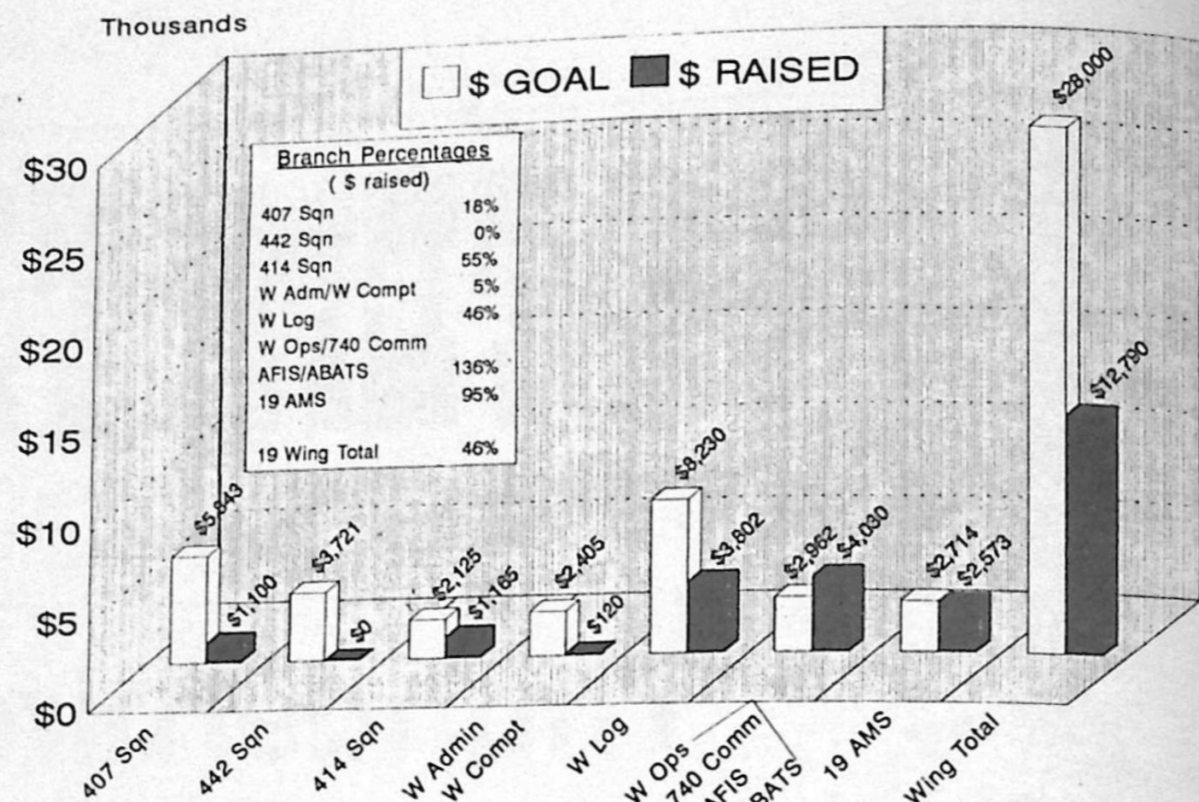
All funds raised at the Wing will be distributed locally. In this way, all our donations will be helping everyone in our community. This year over 12,000 Comox Valley residents will benefit from donations to the United Way.

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.

A BIG Thank You to all who have donated thus far to the 1994 Wing campaign! Don't forget to "Give where you Live" and support the Comox Valley United Way Campaign.

PARTICIPATION IS THE KEY for success.

1994 UNITED WAY REPORT 19 WING COMOX / 11 OCT 94



CISM Military Swimming

will be swimming. The CF will possibly take part. The following events are open to eligible competitors:

Male
Freestyle: 50m, 100m, 200m, 400m, 1500m.
Breaststroke: 100m, 200m.
Backstroke: 100m, 200m.
Butterfly: 100m, 200m.
Medley: 200m, 400m.

Female
Freestyle: 50m, 100m, 200m, 400m, 1500m.
Breaststroke: 100m, 200m.
Backstroke: 100m, 200m.
Butterfly: 100m, 200m.
Medley: 200m, 400m.

400m.

Breaststroke: 100m.
Backstroke: 100m.
Butterfly: 50m, 100m.
Medley: 200m.

Submission of potential swimmers, coaches and officials must be received by NDHQ QETE 2-2-4-2 NLT 15 Nov 94. The following info must be included with each athlete's name:

- A. PR1, rank, name, initial, sex.
- B. Base/station.
- C. CSN phone number/local.
- D. Name and rank of supervisor.

sor.

E. Best previous time and date for event identified.

F. Number of years of training/competing.

CF CISM swimming team may be selected from CF Regular Forces members, Class A, B, or C Reservist/Militia. This includes CF members under various ULOs as well as cadets and staff with CMCS.

Direct liaison with CISM swimming: LS Robert Landriault (819) 994-4593.

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NEXT DEADLINE 4 NOV.

On & Off the Base

Association Francophone de la Vallée de Comox

Hatching & Matching

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

The most common request for religious service which chaplains receive is the request for the Sacrament of Baptism. The close second is the request for the Sacrament of Marriage. Many of the people asking for these services are not aware of the special sacramental meaning or the special place that any sacramental service has within the Christian church.

A sacrament is a Christian celebration. A chaplain will not normally celebrate the sacraments of baptism or marriage outside of a Christian context. He or she will usually only do so in the case of emergency. Weddings do not often fall into the category of emergency.

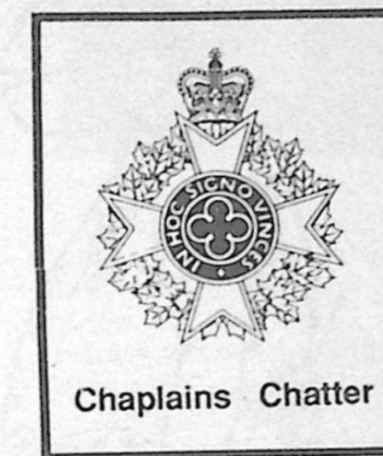
A sacrament is defined as an outward and visible sign of an inward and spiritual grace. At a wedding, for example, the outward signs are the joining of hands, the exchange of vows, the giving and receiving of rings. The inward and spiritual grace is the gift of God's strength and blessing within the marriage. That's it in a nutshell, but, of course, there is much more to it theologically.

Do not expect the chaplain to respond to your request for bap-

tism or marriage without asking you some very serious questions about your faith, what you believe, and how you practice your faith. If you are not interested in a Christian wedding implies, don't ask a Christian clergy-person to do the service. It is very doubtful that you should ever be asking to use his/her facility. A church building is not the location to be used just because it is a nice place for photographs and it will hold the size of crowd you want to invite. To use the church building for a service other than a Christian service is a desecration of consecrated property.

Another thing which has to be remembered is that the chaplain is tied to the ecclesiastic law of his/her church or denomination. This is called Canon Law. Canon Law is to the Church what the National Defence Act is to the Canadian Forces. There are some requests for baptisms and weddings which the padre cannot legally administer. Not only is he/she bound by Canon Law but, where weddings are concerned, he/she must also abide by the Marriage Act of the province in which he/she is licensed so to do.

There are often requests for a particular piece of music, a favourite of one sort or another.



Chaplains Chatter

There are times when the padre may put his/her foot down and say NO. For example, one particular piece of music often requested for weddings was originally written for a musical stage production for the marriage of a prostitute. It does not have a place in a Christian service.

There are many other aspects of these requests for service by chaplains. Far too many, however, to go into in a column such as this. If you have questions...ask. Just remember that weddings and baptisms cannot, nor should they be, organized overnight. The normal rule is three months notice, and the earlier the request, the better.

God Bless, take care.

Portes Ouvertes

L'Association francophone de la Vallée de Comox et le service d'éducation des adultes sont maintenant réunis sous un même toit.

A fin de mieux nous identifier, nous avons pensé donner un nom à l'ensemble de nos locaux. Nous avons choisis d'appeler ceux-ci: le centre communautaire francophone, puisque nous avons plus d'espaces pour mieux vous aider et que nous prévoyons développer davantage notre secteur communautaire comme:

bibliothèque, ateliers, conférences, etc.

Nous vous invitons à venir nous rencontrer le vendredi 28 octobre 1994, lors de notre journée "portes-ouvertes," entre 13h et 16h, suivit d'un 5 à 7.

Centre Communautaire Francophone, 479 - 4e Rue, Courtenay (en haut de Centra Gaz).

P.S. N'oubliez pas notre soirée d'improvisation le 20 octobre entre 19h et 21h. Pour plus d'infos: 334-8884.

Open House

The Francophone Association and the French Adult Education Service are now combined under one roof.

In order to identify ourselves more easily, our office is now called **The French Community Centre**. With more space, we will be able to help you more with community services under development, such as a French library,

workshops and conferences. We are inviting you to meet us on **Friday, 28 October, 1994** at our Open House between 1 and 4 p.m. followed by a Meet and Greet from 5 to 7 p.m.

French Community Centre, 479 - 4th Street, Courtenay (above Centra Gas). We hope to see you there.

NEXT DEADLINE 4 NOV. NOON

A TRUE STORY

"HOW AIRBC CURED MY FEAR OF FLYING WITH A LITTLE INTENSIVE CARE."

- Nicole Robinson



Nicole Robinson had a little problem with flying. She was totally terrified of it. In fact she stayed close to home for about eighteen years.

Her fiancé was doing a lot of travelling however, as he played for the Vancouver Canucks hockey farm team. A rendez-vous was set and she was given her tickets. "We

hadn't seen each other in four months...so basically I had no choice except to fly." Fortunately the AirBC crew did what they do best, making people feel totally comfortable. "I saw the AirBC steward and he smiled and said hi. The pilot smiled as well. The steward talked to me about where I was going and how I was feeling and before I knew it we were landing."

The experience changed Nicole's attitude about flying forever. "I love flying now, I can't wait until the next time."

airBC

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EXTRA EXTRA EXTRA

From the office of Wing United Way:
Jail Day is coming on base.
Start thinking who you would like to put in jail - the Boss, a Co-worker or a Friend.
More to come...

Editorial



Guest Editorial
by Capt David Krayden
WPA/FO

Peacekeeping Support has long been a part of CFB Comox

This Oct. 24 CFB Comox will host a UN Day Parade to celebrate the peacekeeping legacy of the base. Today, in places like Bosnia, Canadian peacekeepers live in a twilight world somewhere between front-line combat and traditional peacekeeping. It has been called peace restoring, peacemaking, peace enforcement - what it is, is potentially dangerous, and the latest evolution of a distinctly Canadian commitment that goes back some 30 years.

The idea of a multi-national peacekeeping force that can be quickly deployed to potential or actual war zones anywhere in the world is a singularly Canadian notion. Before he became prime minister, Lester B. Pearson spent many years with the United Nations, helping to define the scope, powers and objectives of that new organization. Following the Suez Crisis in 1956, Pearson proposed that the United Nations sponsor an international peacekeeping force composed of UN member states. Canada, of course, would be one of those member states.

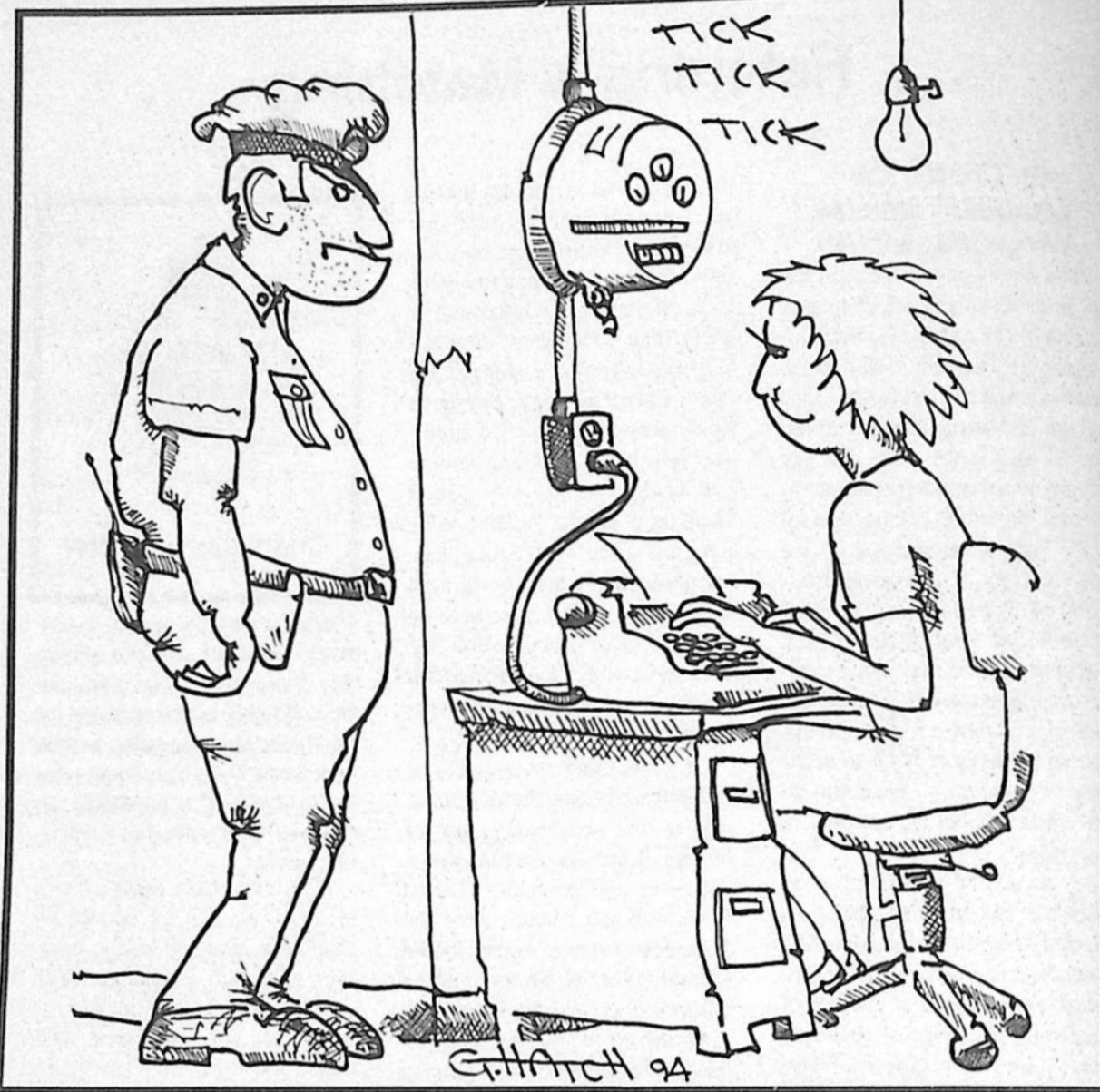
During the Cold War, it was reasonably easy to predict where peacekeeping resources would be needed. The division between the nations of the North Atlantic Treaty Organization (NATO) and the Warsaw Pact guaranteed a relative geo-political stability. UN efforts were generally directed at those non-aligned areas of the world unaffected by formal alliance systems (such as the Middle East). The collapse of the Soviet Union may have brought personal and economic freedom to its former serfs, but it has also eradicated the stability and certitude that cling to authoritarian states.

Today, the UN may be called upon to send peacekeepers to many far-flung areas of the world - to Croatia, Cambodia, Somalia or Rwanda - and what they do when they arrive won't necessarily resemble our traditional image of peacekeeping. Lacking a genuine peace to keep, the process of peacekeeping becomes day to day negotiation and containment of violent activity.

Still Canada remains committed to peacekeeping. It does so because the Canadian military is a professional, well-trained force that is accepted around the world on its merits and ability to objectively engage in conflict resolution. Canada is also committed to saving lives around the world, to ensuring the distribution of food, medicine and other relief supplies to needy people and to maintaining world stability.

Peacekeepers from CFB Comox who are deployed on peacekeeping missions never know exactly what to expect. They are sometimes given little time to prepare for their departure. They will have to leave their families behind for at least six months, but may be longer. They are briefed on the latest developments in their area of deployment but these often change daily. When they return, they will probably receive little publicity over an experience that might well have changed their perspective on life. But almost certainly, they will not regret having served that time.

They will not regret the hardship or the loneliness because they will feel a sense of accomplishment. They will have left their mark as a Canadian somewhere else in the world.



The kilowatt police are coming....

Canada sends first Auroras to Poland

A Canadian Aurora crew from Greenwood, N.S. will make their mark on history this Sunday when they fly their Aurora long-range maritime patrol aircraft to Gdynia, Poland for the first time.

The Aurora crew, led by Col. Ernie Cable of Maritime Air Group Headquarters, will demonstrate to senior Polish naval and air force officers the use of this surveillance aircraft in conducting Canadian maritime patrols in support of activities such as United Nations peacekeeping missions.

They will also show how the Aurora is employed monitoring the maritime approaches to Canada and supporting national interest activities such as monitoring

fishing, immigration, illegal importation and pollution, as well as participating in search and rescue at sea. The group will remain in Poland until Oct. 21, at which time they are expected to return to Greenwood.

The air force visit, aimed at building confidence between the professional militaries of both nations, comes as a result of an offer to send Canadian military units to Poland made by the minister of national defence during his visit there last August. The visit is consistent with the Partnership for Peace initiative by NATO directed at increasing confidence and cooperative efforts to reinforce security and creating an ability to operate with NATO

forces in such fields as peacekeeping, search and rescue and humanitarian operations.

"The visit is a natural follow-on to exercise Cooperative Venture 94," said Cable. That exercise, which concluded last Friday saw almost 3,000 personnel, 18 ships and 13 aircraft participate in the first maritime peacekeeping, humanitarian, and search and rescue exercise held by NATO and Partnership for Peace nations. Another major exercise, called Cooperative Spirit 94, involving 600 land-based military forces of NATO and Partnership for Peace nations, including 90 Canadian Forces personnel, will take place in the Netherlands from 21 to 28 Oct.

NEXT DEADLINE 4 NOV.

TOTEM TIMES

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TYPESETTER/BOOKKEEPER.....Jenny Cooper
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Gordon Wagner, Diane Osterholm, Tet Walton,
Bert Linder, Jim Kirk, Lloyd Bailey.

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Monday; 0830 - 1600
Tuesday; 0830 - 1200

Comment

We get letters:-

We sent copies of our royal visit, and (now) rare 50th anniversary editions to Her Majesty Queen Elizabeth II.



21st September 1994.

Dear Mr Blondel,

Thank you for your letter of 1st September to The Queen's Press Secretary enclosing two special editions of the "Totem Times" about the recent visit of The Queen and The Duke of Edinburgh to CFB Comox. Her Majesty is delighted to have these, and sends you her thanks and best wishes.

Yours sincerely,
Kenneth Scott.
(KENNETH SCOTT)

Lancaster Welcomes CF-100

by Duke Warren

So many Lancasters, Spitfires, Mustangs were manufactured during the war, and survived that war, but where are they now? Even post-war aircraft - North Star, Yukon, Argus, are seldom seen on display. In 1981 only 19 CF-100s were on display in Canada, and there are even fewer now.

Recently the Nanton Lancaster Museum, some 60 miles south of Calgary, acquired a CF-100 aircraft from CFB Suffield. It had been "on guard" at the gate to the base and had been declared a historical monument. The Department of Defence screened people and organizations who wished to have a CF-100 for display. The aircraft, a MK3, is badly in need of refurbishing and Nanton volunteers have established a reputation for themselves with their

work on the Lancaster.

There is tremendous support for the Lancaster Museum in Nanton and the local community. Typical is the fact that a trucking company charged half price to move the fuselage, cranes were involved, while another company donated the trucking to move the wings.

However, additional funding to carry out the refurbishing, pylon construction, etc., are required. The museum is appealing for donations from the public and, of course, the project is of special interest to former "Canuck" air and groundcrews.

Donations are tax deductible and official receipts will be sent. The address is: Nanton Lancaster Museum, P.O. Box 1051, Nanton, Alberta, T0L 1R0.

CSA Notice

Recall - Flexwatt Radiant Heating Ceiling Panels

Flexwatt Corporation and the Canadian Standards Association (CSA) are advising homeowners of the recall of certain radiant ceiling heating products which may overheat and pose a potential fire hazard.

This recall involves: Flexwatt Radiant Ceiling Heating Panels, type R17C20H240, rated 20 watts per panel section, 240 volts and surface printed with the following date codes: 1/17/90, 1/18/90, 3/8/90 and 10/25/91. Testing by CSA has determined that in some circumstances these panels may overheat.

While most Flexwatt installations are in the provinces of British Columbia and Quebec, concerned homeowners are advised to contact their electrical

contractor or installer to determine if they have the radiant ceiling heating panels listed above.

For further information please contact: Flexwatt Corporation, George Shad, West Wareham, MA. Tel: (508)291-2000, Fax: (508)291-2008.

All inquiries made to CSA should be directed to:

Bill Simpson, Quality Assurance Manager, Richmond, Vancouver, B.C. Tel: (604)273-4581, Fax: (604)273-5815.

Conrad Tucker, Public Relations Coordinator, Rexdale, Toronto, ON. Tel: (416)747-2456, Fax: (416)747-4292.

Jean-Yves Paquin, Audits & Investigations, Pointe-Claire, Montreal, PQ. Tel: (514)428-2415, Fax: (514)694-5001.



By Jim Kirk

Dear Sir,
In the 29 September edition of the "Fishwrapper" a column by "Author Unknown" listed many advances credited to Canada's WWII efforts, mostly all taken for granted today.

Reference is made to the one sentence paragraph: "Oil dilution for cold weather operation of aircraft was pioneered in Canada."

Enclosed is a photo taken in the Yukon, February 1940 at 40°F below zero, showing a part of the three hour warmup required before takeoff. A much younger (like 50 years) me standing in front of the starboard "nose hangar" of a Beechcraft twin on skis. After landing, the oil had to be drained from both engines, the 24 volt batteries removed, and the canvas "nose hangars" put in place.

With only four or five hours of daylight it meant two or three hours working with flashlight before sunrise to prepare for takeoff. "Blow pots" (primus stoves) were placed inside each "nose hangar" to warm up the motors. When the motors were heated sufficiently, the pails of hot oil and the heated batteries were quickly brought out, poured in or hooked up, the canvas hangar removed and the

signal to fire up given. Fortunately both motors usually "caught" on the first or second try.

An early attempt at engine warmup included inserting a hot brick into the air intake duct. After the engine(s) had warmed up they were shut down momentarily to allow the line crew to remove the brick(s). This procedure only lasted one winter before oil dilution was introduced.

Before shutting down at the end of a winter's day of flying, a control on the dash was held open for a minute to allow glycol to run into the oil tank. The next morning a heated battery cart assisted the engine startup. As the motor warmed up the glycol evaporated from the oil and we were back in business for another day. We used some of the other "technical advances" mentioned, such as the Bombardier snowmobile, powdered eggs, powdered milk and vitamin pills.

Regards,
Hamish



Kirk in the Yukon

Life in the lower classes

Don't Leave Reunions too Late!

by Bert Linder

If you are going to a reunion of old comrades, don't leave it too long.

I have just returned from a reunion in Calgary - in fact the reunion of #10 Repair Depot - and the hilarity of the old days is gone.

You arrive at the registration desk and a grey haired person says "Name, please" and, when informed, remarks "You don't remember me do you?" So I short-sightedly squinted at the name tag, and I don't remember anybody named "Hello." Then I see, in print hardly to be seen, below "Hello," is a name I should never have forgotten. It was him - the

clown who belted me in the head with the starting handle from the instrument testing machine which I was tuning up. So I remarked "I'll never forget you," but my he had grown terribly old.

I moved on into the reception hall where there were groups of old people chatting away. Some were laughing and some sadly shaking their heads as they learned of the ever-growing list of absent comrades, and then I saw someone whose face I still recognized. He was the one I had enjoyed working with, but he had one bad fault - he always dropped things on me when I was working



on an engine, be it a bolt, a nut, droppings of oil, etc., and the bad part was he always managed to hit me. He saw me and his face lit up in a great big smile. He thumped towards me with his walking stick, and stopped right on my foot! "You haven't changed much" he said. "Nor have you" I said, nursing my sore foot. "You still don't miss!"
My advice to you young uns is, don't leave your reunions too late!

Air Force Trivia



Trivia Answer

A caller correctly identified the Hawker Hector K8090, photo courtesy Harold W. Holmes. Try another from the Holmes collection, above.

NEXT DEADLINE 4 NOVEMBER

Section News

Across the Moat

Sir Bill Moves On



Sir Bill sat in his favourite chair in the Great Hall, musing over the accomplishments of the last two years. Gazing into the embers of a slowly dying fire, he sometimes felt that the faces of his Knights were visible in the heat waves that still rose from the hearth.

"We came here two years ago from places far and wide, some having travelled roads together in the past, and those who were new and unknown. Each has accom-

plished much and made his mark. Some have left, and now it is my turn to move on; I shall miss this gathering of Knights."

Sir Larry, who is perhaps the Knight with the most practical jokes concealed behind his shield. Sir Chris, owner of the Italian steed which is subject to belching coolant at will. Sir Keith, inventor of the International Wheel and Deal, procurer of fine wooden steeds. Sir Mike (of Z), who has fostered an ongoing dialogue with the Guardians of Mapped Lines. Sir Mike the Elder, who sallies forth upon his metal steed at speeds that would have terrified Toad of Toad Hall. One thinks of Sir Ted (of Helmet Head) who provides great challenge for the Kingdoms Stylers of Locks.

Sir Bill was reminded of Sir Derek of Crush, who tested the workmanship (personship?) of Castle technicians, and it was found not wanting. Sir Don the Younger came to mind, and trips to Chunkville he would find.


A switch to rhyme means nothing: yet, it does provide a means to get. Sir Don, Sir Barry; the Birthday Boys, Far too old to play with toys. The streets they roam, I'm sure we'll find, Exist in hidden places in the mind.

Yet one more verse I've yet to go, To present someone who you should know. Sir Boots of running, riding, fame. Who now will learn the Daddy game.

The gathering darkness slowly crept into the room, casting its shadows like a blanket over the

light. Sir Bill picked up his notes and began to ascend to the Castle's highest turret to take one last look Across the Moat. Soon a new leader of the Knights would appear, and Sir Bill would sigh him first.

Sir Cedric




Oct. 29, 1994

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ANNUAL HALLOWEEN WORKSHOP

Don't miss out - Make your own mask at the workshop presented by Imagination Market.

11:00 am - 3:00 pm





NEXT DEADLINE 4 NOV. - NOON

FRP Question #1

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Section News

Rec Centre Announces....

Team Practice Times

Base Basketball Team: Mon & Thurs, Wing Gym, 1600 - 1800. Team OPI: MCpl Morrissey (8479).
Base Men's Broomball Team: Mon 1545 - 1700. Weds 1130 - 1300. Team OPI: Cpl Giese (8460).
Base Women's Broomball Team: Mon 1130 - 1300. Weds 1545 - 1700. Team OPI: Lt Howard (8542).
Base Hockey Team: Mon. 1400 - 1530. Weds 1530 - 1700. Team OPI: Cpl Clairmont (8285).
Base Oldtimer's Hockey Team: Tues 1530 - 1700. Thurs 1400 - 1530. Sun 1330 - 1530. Team OPI: Sgt Moon (8535).
Base Team Men's Volleyball: Tues 1600 - 1800. Team OPI: Lt Harvey (8719).
Base Team Women's Volleyball: Mon 1600 - 1800, Wing Gym. Weds 2000 - 2200, Highland Sec. Sch. Gym. Team OPI: Sgt Chatwin (8783).
Women's Hockey: Ice time Mon 2215 - 2400. Sat 2115 - 2315. Team OPI: Capt Louise Neil (8231). Military, dependents and civilian ladies welcome - contact OPI.
Pagans Rugby Club: All interested in joining Rugby Club contact Cpl Tim Steel (8417) or Cpl Brad Marriott (8534).
Co-ed Volleyball League: For more info, contact Rec Centre (8783).
 Any information about Rec Centre teams, clubs or meetings can be obtained by contacting military sports cell in Wing Rec. Centre, loc 8783.





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**888 (KOMOX) WING
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CALENDAR OF EVENTS - 1994**

October/November

Fri Oct 28.....	Dance (Music Man) No charge 8:00 pm to midnight
Sat Nov 5.....	Bingo - 8:00 pm
Sat Nov 11.....	Remembrance Day Parade with Comox Legion
Sat Nov 19.....	Medieval Night (costumes if possible) Feast & merriment (5 course dinner)
Fri Nov 25.....	Dance (Music Man) No charge 8:00 pm to midnight
Sun Nov 27.....	Grey Cup - 1:00 pm

Publicity: Earle Neil 339-4990
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NEXT DEADLINE 4 NOV.

Demon Doin's

Flying Icemen



It's been a rather slow month for gossip here at 407(MP) Sqn. Crew 2 Cowboys have nothing to say - they are still warming up from their MANY trips up North that they have been stealing from the rest of the squadron. The Cowboys and the Icemen were out in full force for Oktoberfest, along with many of their squadron cohorts, all of whom appeared to be having far too good of a time (I've heard stories of dancing on tables, beer mugs on heads, and lederhosen - well, I can't repeat that one!)

The Terminators are off to Kinloss for three weeks of Scottish hospitality. JMOT (Joint Maritime Operational Training) is a combined military exercise that typically involves a variety of countries. This year the participants include Germany, the Netherlands, Holland, Spain, France, Portugal, Denmark, the USA, the UK, and Canada. The Termina-

tors will have plenty of opportunities to practice "international relations" in all languages and flavours of beer.

The Icemen have been flying as much as possible this month - so much so that Sgt Juan Trescher drove himself into the ditch before their last COREX in an attempt to get a day off. No obvious injuries were spotted, however, and his official excuse was that he was getting ready for our wet ditching drills next week. Yes, it is that time again when the crews get together in the middle of the ocean to catch hypothermia (oops, I mean to learn how to prevent hypothermia). This week will find most crews honing their survival skills just off Quadra - a cold but necessary life-saving skill.

Last issue we congratulated Cpl Darren Blair on the arrival of his twin daughters - this issue we feel it necessary to congratulate him on his fine efforts at staying awake, despite a noticeable lack of sleep. In other parts of the world (i.e. Greenwood), the Barons are busy simulating flight time and taking advantage of the East Coast's version of Oktoberfest. One can be sure that unlike the San Diego trip last month, they will be home on time - the weather is not warm enough in Greenwood to have an aircraft break down. Other than that, the Demons have been keeping a low profile, 'till next time... "Nuff said.

Taz Talk

Rain Gear and Rubber Boots

Well October is here again so it's time to dig out the rain gear and rubber boots. 407 Arm't has had a good summer and a lot of change with promotions, postings and FRP. Most of the FRP'ers have stayed in the valley, as most people do when they retire from CFB Comox. The only three who left voluntarily were Al Berresford who went to Stettler, Alberta to finish Thane's PER and become a farmer, Fern Patry who has returned to Montreal, P.Q. to go back to school, and John Noon who went back to Bathurst, N.B. and wouldn't say what his intentions were.

The others remaining in the valley are Don Dunne who is sharpening blades with Frank Sabiston. Rumour has it that he has prepared one especially for WO Cook. Duane Akey is also staying in the area and is rumoured to be working for the Lands and Forests, watching the leaves turn colour. He says the pay is not that good but there is hardly any stress (as if he ever encountered any at work). Rod Hardy has retired to a job similar to Duane. He is working secretly as a QA inspector for the golf courses in the area. His job is to make sure that the fairways are in fair condition and the grass is green on the greens. Whitey Leblanc doesn't have any full-time work as yet but he has lots of possibilities and is keeping his irons in the fire. The work he has in mind will never die off. Dale Pillar plans to open a toy store in Courtenay. Apparently CSA would not approve all the toys he wanted to sell, even though they had a very low Net Explosive Content. Rob Nielsen cleared the

base one day, took off his uniform and started working at a local computer store in Courtenay the next. This gives a whole new meaning to the expression "Bits and Bytes." Good luck to you all and remember an invitation is extended to you and your spouse to attend the Christmas party on 2 December.

Of course, with FRP there also comes promotions. WO Tom Gale has taken Don Dunne's job as WO IC 407 Arm't and spokesperson at Wednesday morning sticky buns (Sgt Spragg beware). Sgt Rod Spurr has taken Jim Cole's job as NCMIC 2 Crew and although he has been away since his promotion the crew seems happier (or maybe it's because he's away). MCpl Periard-Lair will be staying on 1 Crew. She seems to be getting along good with Thane MacNeill but we'll give her time to adapt. Congratulations and good luck in your new positions.

The postings out were very light this year. Leaving us are Cpls Mark Keen and Terry Restoule who are both posted to 419 Sqn in Cold Lake. Mark is a remuster from the Army and should have no problems adapting to the slight change in weather. Terry, while reluctant to leave, was assured that with time (and a good wood stove) he will warm up to Cold Lake. Good luck to you both and remember that in Cold Lake "The Moose Is Loose."

Joining the Arm't Organization is Capt Dave Carter who is coming in from Borden. He started off in excellent fashion by buying beer for all the Load Comp Crew but turned around and won it back in a hurry playing

pool. Now the computer in the ARMPO's office is constantly in use which does nothing but keep the SAMEO's secretary happy. Sgt Jim Cahill has returned from a year long French course in Esquimalt and with his return the coast to coast rumour mill is back in full swing. Anyone requiring up to the minute info, or wanting to start their own rumour can call his toll-free hotline at 1-800-555-BULL.

MCpl Gerry Mercer has arrived from Cornwallis and although he hasn't had any drill practices yet he has supposedly started having dress parades. MCpl A.J. Sheppard, who was recently promoted and posted in from Trenton, seems to be adapting well to his new position. The only complaint his crew has is that he keeps muttering and the only words they can make out are ICBC. Welcome to Comox and the 407 Arm't.

Well so much for the official story, now for the going-ons around the section. 1 Crew has been without a Sgt since the departure of Al Berresford and Thane MacNeill has been left in (on) charge. It doesn't seem to be affecting him too much although his crew has come up with some new terms of endearment and is now calling him "Mr. Bighead."

2 Crew had been really quiet since Rod Spurr took over the helm. Greg Lewis has been spending a lot of time diving around Powell River. Hope he has been doing it safely and not diving alone.

3 Crew has been anything but quiet although with Mark Keen going to Cold Lake and all the

Continued on page 9

Return to Antwerp

by Duke Warren

Fifty years ago, in early September 1944, the city of Antwerp was liberated. The Canadian Army was largely responsible, and the citizens of Antwerp have never forgotten. To commemorate the 50th anniversary of the liberation of the city, Antwerp invited a number of Canadians who had fought there to return and take part in the ceremonies. Twenty-four army and one airforce representatives were flown from Canada to Brussels by British Airways and all expenses for the trip were paid by the City of Antwerp.

In September of 1944 the capture of a suitable large port near the battlefield was imperative. The only one that met the requirements was Antwerp, but the Germans held on tenaciously for they realized the importance of denying the harbour to the Allies. Even before the advancing Canadian Army reached Antwerp a good deal of preliminary preparation to seize the port from the Germans had taken place under the command of "Harry." Harry was the Belgian Resistance colonel whose real name was Eugene Colson. A sea captain, who could not go to sea during the war, he was appointed a colonel and given the task of organizing a brigade to prevent the Germans from destroying the port.

At the appointed time, Harry's brigade went into action and, in close co-operation with the Canadian Army, the port was saved after bitter fighting. But there was some humour as well. At one time, it seems, the stretchcars kept running through the battle and Canadian soldiers would take a stretcar to the front lines. And also take a stretcar back from the front to the bars - sometimes frequented by Germans, it seemed, as the battle line went back and forth.

After winning the port there was still the Schelt to be cleared of mines. Furthermore, the Germans still controlled passage up the Schelt with their heavy guns on Walcheren Island. Some of the most desperate, miserable fighting the Canadian Army had to endure followed. The Breskins Pocket, the flooded fields which the soldiers had to cross under enemy fire, with no cover. At first, little support was coming from Eisenhower and Montgomery who were concentrating on the Allied Armies closer to Germany. But then they were brought up sharp and realized they were going nowhere if the Schelt was not cleared. So the pressure was on the Canadian soldiers to do the job, and they did, but at great cost - 13,000 casualties.

The people of Antwerp, and all of Belgium, are specially grateful to Canadians for what they sacrificed to open the port. Our group received a welcome that was exceptional. Other nationalities were represented in a parade down the centre of Antwerp but it seemed the cheers were loudest as

we passed by and thousands of Canadian flags waved. I am not sure of the number parading, perhaps a thousand members of the wartime Resistance, a like number of veterans as ourselves made up of Canadian, British, American and Poles. Antwerp is a big city, and I saw an estimate of 250,000 spectators.

A few years ago I had returned to Antwerp, courtesy of the Department of Defence, to take part in a battlefield study conducted for officers serving with NATO. I was introduced to "Harry" by Brig. Gen. D. Whitaker, who was in command of the Royal Hamilton Light Infantry in the battle for Antwerp. The general worked closely with "Harry" at that time, and they have been close friends ever since. This time I was fortunate to have a long conversation

with Eugene Colson, and I admire the man for what he did. In effect, he saved many thousands of Allied lives.

For anyone interested in the Battle for Antwerp, I heartily recommend the book "Tug of War" by General Whitaker and his wife Shelagh.

It was a great honour for me to represent the Airforce Association and the Canadian Fighter Pilots Association on the occasion of the 50th anniversary of the liberation of Antwerp.

Footnote:
In the article above I mention "Harry" (Colson) the man who was put in charge of organizing dock workers to protect the locks from German destruction as they pulled out.

I mention he was a member of the Resistance. In another docu-



Eugene ("Harry") Colson and Duke Warren with wreath to lay in memory of Canadian servicemen who lost their lives in the Battle of Antwerp.

ment I recently found he is described as the Belgian Secret Army Commander of the Underground.

Furthermore, in September the Governor General of Canada honoured Colson by awarding him Canada's Meritorious Service Medal. This medal is rarely given to non-Canadians. The presentation was made at the City

Hall in Antwerp on 5 September by Secretary of State for Veterans Affairs MacAulay. The Canadian Veterans invited to Antwerp by the city were present, as well as others who were part of a Veterans Affairs contingent.

Colson is an exceptional man: I really felt I was in the presence of a hero when I was with him.

Resolving Land Claims in British Columbia

• PROGRESS REPORT NO.1 •

The government of British Columbia has established a basis for negotiating treaties with First Nations and the federal government that will be fair and lasting, and will provide certainty and stability for the province.

Getting ready

- ▶ Last year, we entered into an agreement with the federal government and First Nations to establish a new B.C. Treaty Commission to oversee tripartite negotiations.
- ▶ We have negotiated a cost-sharing agreement for treaty negotiations and settlements which reaffirms the federal government's primary financial responsibility.
- ▶ Over the past year, more than 40 First Nations, representing more than two thirds of the reserve-based aboriginal population of B.C., have stated their intention to begin treaty negotiations.

Open and inclusive negotiations

- To ensure public confidence in the new process, we are instructing British Columbia's negotiators on the following principles for open and inclusive treaty negotiations. We have:
- ▶ Called for open negotiations as the starting point, closed negotiations the exception.
 - ▶ Committed to giving all British Columbians an opportunity to be heard, and ensured meaningful input from local communities and third parties.
 - ▶ Guaranteed local government participation in the new treaty process.
 - ▶ Committed to taking all agreements-in-principle to the public for review and all final agreements to the legislature for ratification.
 - ▶ Committed to applying the spirit of these principles to negotiations for pre-treaty interim measures agreements.

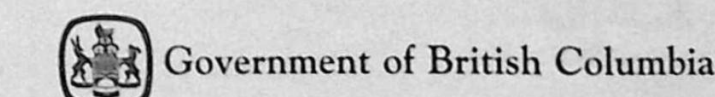
Where we stand

- We are instructing our negotiating teams on guiding principles which include the following:
- ▶ Private property will not be on the table.
 - ▶ Continued access to hunting, fishing and recreational opportunities will be guaranteed.
 - ▶ The Canadian Constitution and the Charter of Rights and Freedoms will continue to apply to all British Columbians.
 - ▶ Fair compensation for unavoidable disruption of commercial interests will be assured.
 - ▶ Jurisdictional certainty between First Nations and local municipalities must be clearly spelled out.
 - ▶ Province-wide standards of resource management and environmental protection will continue to apply.

The treaty negotiation process will begin in the next few months. Watch for further progress reports and background bulletins.

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On & Off the Base

Hercules in the RCAF/CAF

Part 2

By Patrick Martin

CC-130E

Twenty-four CC-130E, originally serialised 10305-328, later 130305-328, were ordered for the RCAF with the first delivered in Dec 1964. These were purchased progressively in small batches with the last delivered in Aug 1968. The CC-130E has provided the main lift capacity for the RCAF and still does for the CAF. First deliveries were to 436 Sqn at CFB Downsview, Ottawa, Ontario. 436 Sqn further moved to RCAF Station Uplands and then on to CFB Trenton in 1971. The original C-130 operator, 435 Sqn, continued to fly from CFB Namao also with the C-130E.

Five CC-130E have been lost in nearly 30 years of use. The first, 309, crashed close to CFB Trenton as a result of a runaway elevator trim on 28 Apr 1967. The second aircraft, 312, stalled while searching for a missing helicopter 13 km west of Chapais, Quebec on 15 Oct 1980. During the night of 29 Jan 1989, 318 crashed while landing in icy, foggy conditions with -46°C temperatures at Camp Wainwright, a US Army Airfield in Alaska.

By far the most publicized Hercules loss was that of 322, 20 km southeast of Alert, on Ellesmere Island, North West Territories during 30 Oct 1991, while on a night VFR approach. Although a second Hercules overflew the site within minutes, incoming severe weather conditions frustrated relief efforts for days. The crash has been the subject of several books and a very over-fictionalized movie. The last crash occurred on 22 July 1993 when 321 was lost performing a LAPES at CFB Wainwright, Alberta. Four aircraft have been fitted with an EW capability (308, 315, 324 and 327). This involves

radar warning devices and points for flare attachment.

CC-130E (NT)

Four CC-130E were modified for the navigational training role operated by 429 Sqn and the CF Air Navigation School at CFB Winnipeg. Under the designation CC-130E(NT) 305, 306, 307 and 310 had special wiring installed with removable modules added internally forward of the wing between 1975 and 1976. As the remainder of the cargo hold was left unmodified, thus some transport capability was maintained. The number of transport aircraft assigned to 435(T) and 436(T) Squadrons flying the CC-130E was unaffected as the first CC-130H were delivered during this period. These aircraft were replaced by the CT-142 (DASH-8) commonly called Gonzo, in 1991 within 402 Sqn. 429(T) Sqn was reassigned to CFB Trenton as a second transport squadron in 1991.

CC-130E (SAR)

The four CC-130E(NT) were re-modified for the SAR role in the latter half of 1991 along with a fifth aircraft 130314. These modifications are not extensive and the aircraft are still transport tasked. These were to replace the existing CC-115 Buffalo fleet (see Aviation News Vol 21 #18). The Buffalo will remain with 442(T&R) Sqn at CFB Comox for years to come while displaced in all other SAR squadrons by the Hercules. Two aircraft are assigned to 413 Sqn at CFB Greenwood, while two others are assigned to 424 Sqn at CFB Trenton although pooled within 8 Wing. On 1 Aug 1993, 418 Sqn became the latest CC-130 user, taking over the SAR role from co-based 435(T) Sqn at CFB Namao using aircraft pooled

within 18 Wing. The squadron previously flew the CC-138 Twin Otter pooled with 440 Sqn at the same base.

CC-130H

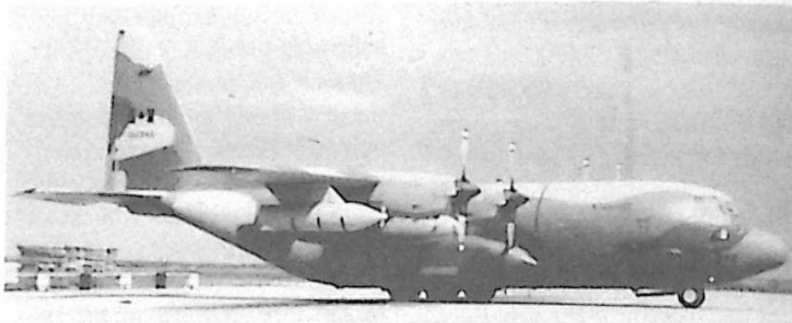
The CAF ordered five of the more powerful CC-130H for delivery during 1974-75, serialised 130329-333. These were assigned to 435(T) Sqn at CFB Namao, as were two further CC-130H which were ordered for delivery in March 1985, serialised 30334-335.

Tragedy struck on 16 Nov 1982 when 329 was carrying out a LAPES exercise at home base. The 15-ton load hung up on extraction, placing the aircraft and its seven member crew in a stall at 600 feet. A second accident resulted in the loss of 330 and 331 at the same location on 29 Mar 1985. While practising formation flying, the two Hercules collided, while a third narrowly avoided the same fate.

Two secondhand replacements, serialised 130336-337, were purchased in Aug 1986 from storage at Marshall's of Cambridge in the UK. These have a different cockpit layout to the CAF standard. Both had prior service up to 1973 with the Abu Dhabi Air Force (serialised 1211-12) and had been traded in for a second pair of newer C-130H (carrying the same serials!). The CC-130H models were operated by only 435(T) until 1992, when all were reassigned to CFB Trenton.

CC-130H(T)

A second batch of five aircraft were ordered and delivered in early 1991, serialised 130338-342. This purchase was hastened by the Gulf War and all were assigned to 435(T) Sqn. After two years transport duty, these five have now been re-configured as



tankers, supplementing and eventually to replace the CC-137 (Boeing 707) in 1995. The aircraft have outer wing pylons and two hose and drogue FR Mk.32B pods. These limit the carrying capacity of outer wing fuel tanks due to weight. The internal fuel tank carries 3,587 US gallons raising the aircraft total to 12,913 gallons. The internal tank can be installed in about six hours. The aircraft are transport tasked when the internal tanks are not installed.

The squadron is currently working up qualifying crews in the role and have participated in the Maple Flag XXVI exercise. Refuelling CF-5A and CF-18 are "plugged in" some 70 feet behind the pod. Two aircraft can be refuelled at one time. Each pod contains an independent fuelling system complete with anti-collision and navigation lights. The hose system has proven troublesome by reeling out without benefit of command and then refusing

Conclusion on Nov 4.



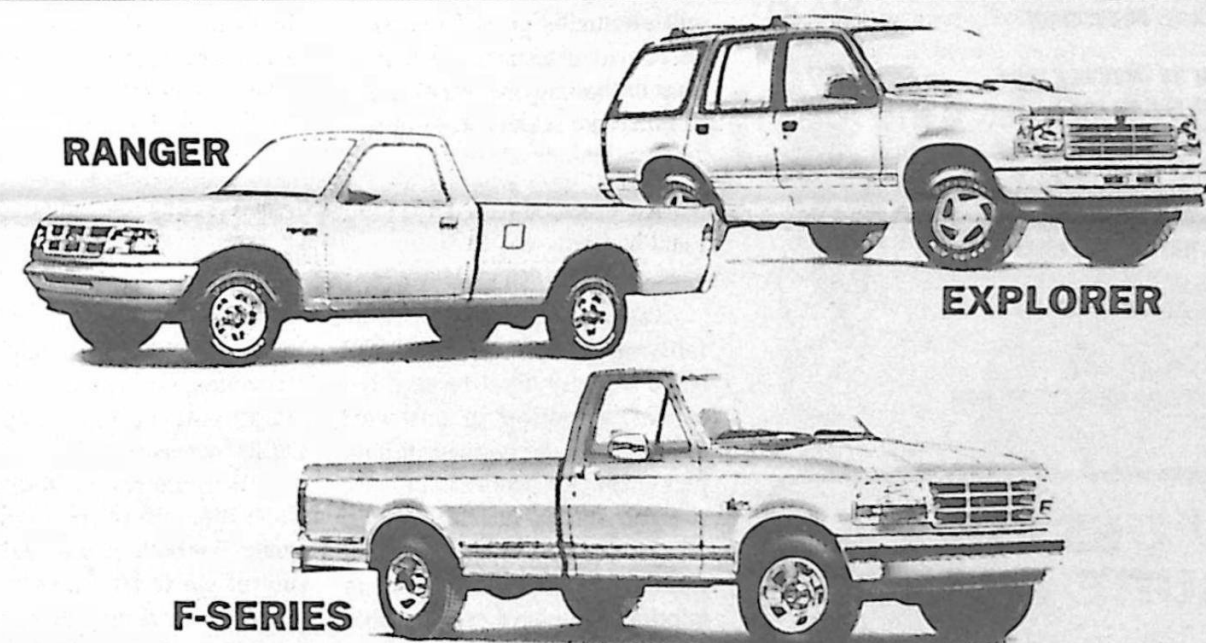
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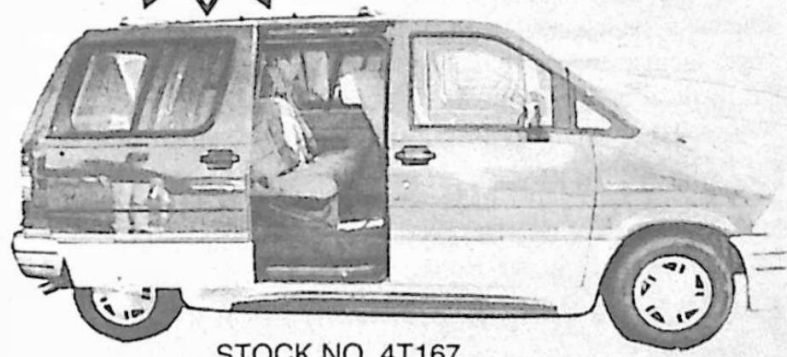


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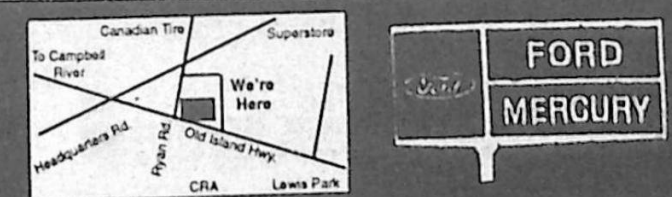


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Thanks 19 Wing Volunteers

from Sandra Williams, President YANA

On behalf of YANA I would like to take this opportunity to thank the following members of 19 Wing who volunteered their time to help us during the Filberg Festival: Col Terry & Mrs. Heather Rogers; LCol Peter Abbot (Wing Log O) & Mrs. Joanne Abbott; LCol Rick Hardy (CO 442 T&R Sqn) & Mrs. Gwen Hardy; from 442 Sqn - Maj Al Paul, Capt Blair Seimens, WO Phil Cashman, Sgt Joe Gautreau, Cpls Darryl Smith, Diane Lamontage, Stan Danicki & Brian Ripley; from 407 Sqn - Maj Steve Bannister & Mrs. France Bannister, Capt Dave Carter & Mrs.

Shirly Carter, Lt Mike Krak, Lt Jim Byrne & Sgt Juan Trescher; MCpl Steve Seymore (Wing Food Services); from Wing Chapel (P) - Mr. Allen & Mrs. Joyce Brown, Mrs. Charlene Rowlandson, Mrs. Dianne Piercy & Mrs. Debby MacGregor; and Mrs. Marilyn Bucher, Wing Chapel (RC).

A special thank you to Wing Food Services and Wing Transport for your valuable support.

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info health

Dr. Bob Young



Warts and All

Egg on the face happens, and usually when you least expect it.

Doctors receive all sorts of literature, samples and advertising material. It comes in the mail or is delivered by representatives of drug companies. The idea is to make the physician aware of the product. The exercise is a success if the product stays on the doctor's desk for a day or so.

Susan has warts on her hands and knees. Many of them and, at age 17, she hates them. Her boyfriend won't hold hands any more, and I agree with her when she says they look gross. We decide to get rid of them for her.

Usually there is no real reason to do so. Warts have a life cycle which, while at about two years is a little long, does mean that they will eventually go. Two years is an eon to a teenager, and they want the warts gone NOW.

There are several ways of do-

ing this. Freezing with liquid nitrogen is probably the most popular. Some of us use an instrument called a hyfrecator, which burns off the wart with an electric spark. I usually use a paste containing salicylic acid, a keratolytic agent that softens and dissolves the wart. Keratin is part of the skin, and "lytic" means dissolve. The method is a bit old fashioned but it has worked for me for many years.

Not too well with Susan, though. She picked the dressing off in a day, but it takes three for the acid to do its job. There was no way I could scrape the warts away when she returned to have this done.

But wait! A new super-strength wart treatment sample had arrive a few days before. Even now it sat on my desk, right where the salesman wanted it to be. It was in a container the size

and shape of a mid-sized tube of toothpaste. The label said it was in a glue-like base. She won't peel this off, I thought.

So I retrieved it, and with considerable fanfare explained to Susan that we would try something brand new and get rid of her warts for sure. I popped the lid, only to find an inner lid that looked like brass. It was cone-shaped, and looked vaguely familiar.

Must be an applicator of some sort, I thought to myself. I pulled it out of the container, and found that it was attached to a bit of plastic tubing, and the tubing was filled with ink. My tube of fancy new wart medicine was really a ballpoint pen, sent to me as an advertising gimmick.

I didn't have nerve enough to try and write Susan's warts away.

Infertility is Common

Before abortions became fairly easy to obtain, there seemed to be a pretty good balance between the number of unwanted children and the number of couples wishing to adopt a child. Not an exact match, but fairly close. Now couples wishing to adopt a child (usually because they are infertile) may have great trouble finding one.

Infertility is common. About one marriage in ten is barren, although exact figures are unknown. Some couples choose not to have children and therefore do not complain about being infertile. Some infertile couples (one definition is no pregnancy despite a year of trying) are philosophical about no children coming along, others, anxious for offspring, may be very upset.

Help is available from facilities specializing in reproductive problems. I never can remember whether they are called fertility clinics or infertility clinics. I'll choose the former as it sounds more optimistic. The success rate

is not all that dramatic, but is certainly much greater than if no intervention occurs, and results are improving as knowledge and skills increase.

There are several reasons for infertility. We seem to forget the male, but both quality and quantity of sperm are important, and are deficient more often than one would perhaps expect. And sometimes couples try to conceive too often, which keeps the sperm volume low.

In the female, the difficulty is often related to hormone problems. These may be complex and involve more than estrogen and progesterone, the main female sex hormones. The pituitary gland, the master gland found deep in the skull, may be at fault. Reproductive endocrinology is the medical specialty involved here, and is an important part of any fertility clinic.

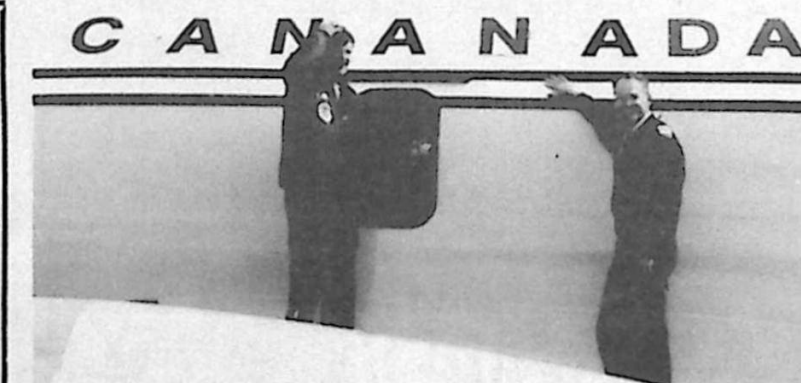
Women are also prone to have blockages in their reproductive tracts, particularly in the Fallo-

pian tubes which lead the egg from the ovary to the uterus. These are, of course, the tubes that are "tied" when a woman chooses to be sterilized. Pelvic Inflammatory Disease, which is caused by infection, is the usual cause of unwanted blockage. It is said to be more common with the increase in sexually transmitted disease - itself increased because people have more partners.

Unfortunately the Pelvic Inflammatory Disease picked up as a swinging single may pose a problem when the time comes to settle down and have kids. Obstructed tubes can sometimes be cleared, or eggs can be harvested from the ovary and transferred to the uterus directly.

These are just a few of the causes of infertility. The point to be made is that help is available (although facilities are limited and treatment costs may not be covered). Don't wait too long - younger women and men do better.

19 Wing Senior Staff Pitch In!



Not wanting the entire burden of ARGUS refurbishment to fall on weary 407 Sqn shoulders, CO 442 and the Wing Logistics Officer provided some last minute support with the finishing touches.

On & Off the Base

A la Mode

Eastern Warmth

by Diane Osterholm

Originally Indian, curry is popular all over the world. Even the Dutch and British are fond of it, leftovers from the age of trading and colonization. Curry powder is actually a mix of different spices, ground up into a seductive aromatic blend. Throughout the different regions of India, the ingredients are varied and include turmeric, tamarind, cumin, coriander, pepper, cloves, cardamon, ginger, nutmeg, chilli pepper and fenugreek. It may also contain mustard seed, cinnamon, gingseng, fennel, caraway or dried basil.

Curries are categorized as mild, hot, or very hot, depending on the blend and the ingredients used in a recipe. If you are not familiar with curry, start out with a mild one first. This recipe for Mulligatawny soup is a good way to introduce yourself to curry. If you are the adventurous type, add some tabasco or cayenne for some extra heat.

Mulligatawny soup is known throughout the world, and is popular with the British. It is a

sweet and pungent concoction, very warming and filling.

When cooking with curry powder, you should sauté it at the beginning to release the full aroma of the spices. Adding it to a prepared soup or sauce will not give you the full flavour and will feel gritty on your tongue. Do not scorch it or you will get a harsh taste.

If you don't have coconut milk, puree sweetened or unsweetened coconut with some milk and use in the recipe. I sometimes also add a pinch of sugar to the soup, as I prefer a sweeter curry taste. The whipping cream can be added if you like a richer, creamier soup, but it is not a necessary ingredient.

Served with bread or rolls on a cold, rainy day, this soup will warm you up quite nicely.

Mulligatawny Soup

- 1 T. oil
- 2 T. butter
- 1 small OR
- 1/2 medium onion, diced
- 1 small carrot diced

- 1 clove garlic, minced
- 1/2 stalk celery, diced
- 1 T. curry powder
- 1 T. flour
- 3 cups chicken stock, OR
- 1 can chicken broth, diluted
- 1/2 cup diced chicken
- 1/4 cup rice
- 1 apple, peeled and diced
- 1/2 handful raisins
- 1/2 cup coconut milk OR
- 1/4 cup shredded coconut with
- 1/4 cup milk pureed together
- Salt and pepper to taste
- Optional: 1/4 cup whipping cream.

Heat oil and butter in a heavy bottomed pot. Over medium heat, sauté the onion, carrots and celery with the curry powder for about 2 minutes. Stir in the garlic, then the flour, sauté for 1 minute more. Add the chicken stock, using a whisk to blend well, then add the remaining ingredients. Bring to a simmer, stirring occasionally, and cook 30-40 minutes. Check for seasoning before serving. Serves 4.

Leftover soup will thicken a bit. Use a little broth or water to thin down.

NEXT DEADLINE 4 NOV. NOON

"I went from D's and F's to A's and B's. I'm very proud of myself."

- Molly Guran

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◆ Reading ◆ Writing ◆ Math ◆ Study Skills ◆

Warm Hearts - Webbed Feet

by Kristen Gagnon

Ah, winter in the Comox Valley, shorter days, brisk nights. Are your thoughts turning to the slopes? Winter golf? Tobogganing? Many, myself included, are thinking about the diving season ahead here on the west coast. Whether you are a novice or advanced scuba diver, new to the valley or a long-time resident, you may be surprised by the variety of underwater environments afforded by the unique geography and currents of Vancouver Island.

The Sport

The sport of scuba diving is receiving greater attention than ever before, with a growth rate to match. Enthusiasts range from young adolescents to the elderly. Often, their first exposure to the aquatic realm is achieved through the popular activity of snorkeling. The transition from one to the other requiring only the desire to explore the ocean further and a formalized course allowing one to safely do so.

In truth, the first images that come to mind with regards to diving are normally the tropical waters of "Somewhere Hotter than Here," not the crisp winters of Canada's west coast. Nonetheless, we live on the shores of some of the best diving in the world. Not the Red Seas, not the Caribbean, but Vancouver Island waters contain the greatest amount and variety of life per square foot of coastline than anywhere in the world.

One only has to look past our cooler climate and, dare I say, chilly ocean to enjoy this. In fact, our water temperature varies only a few degrees from season to sea-

son, but visibility in winter can increase by 70 feet or more. Thus making the upcoming season prime-time for taking in the awesome six-gill sharks on Hornby Island, the wolf eels on Quadra, the octopus in Parksville, or the schools of dolphins in Port Hardy.

The Club

Over the past year Pacific Divers Scuba Club has matured into an organization capable of providing rental equipment to members, air fills at low cost, both beginner and advanced diving courses with certified instructors, and a wealth of local diving knowledge. Through the generosity and support of club members, we have recently acquired a coffee maker, even an answering machine, and continue to expand our services to promote the sport of diving to already qualified divers and potential diving enthusiasts.

Pacific Divers opens its doors every Monday and Thursday 6:30 - 8:00 p.m. These evenings provide the opportunity for members and the idly curious to meet (over coffee) and swap stories and dive site info. There are diving magazines, vacation info, and photos, not to mention maps of all the best dives locally and island wide. Club members also dive weekly and welcome anyone interested.

Upcoming events include a general meeting on 17 Nov at 6:30 p.m. Club info is published in WROs and you can contact the club any time at local 8588, leave a message.

This winter you're going to get wet anyway, so why not go all the way!

More Taz

Continued from page 8

FRP'ers gone things should change. Training and Standards has gone through some changes, what with Jim Cole moving in and Bob Devries-Stadelaar moving out. They say he is fitting in well but seems to be going through a lot of left boots. We think it might be a manufacturing defect so Al Tilley has started UCR action. Maintenance has been the busiest of all but, of course, we just take it in stride.

Now that the cold weather has arrived and the Harleys have been stored for the winter I seem to be the only one riding a motorcycle. Could it be that German technology, or is it at the other end of the handlebars?

Everybody seemed to have had a good time at the Annual Softball Challenge and we had an excellent turnout. Although the best hit of the day was by Dave Carter we couldn't figure out if it was fair or foul. We suspect that it was a defective ball as all we could find were a few small pieces of some sort of citrus fruit. Roy's Rowdies were the overall winners although they had a bit of a stacked team. That should be fixed by next year.

Well that about wraps it up for this issue. I could go on but most of the other stories couldn't be published anyway. Until next issue, "Taz All Folks" but remember that "Without Armament it's just another flying club!"

**RECYCLE THIS
NEWSPAPER
TOTEM TIMES**

Public Announcements

Personal Exercise Program

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

Dependant Use of Base Gym Facilities

All dependants using the Base Gym facilities must produce their 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 Amie Anderson at 339-5846.

Commissioning Scroll



2Lt D.R. Bjerke, WOPs Section, being presented with his Commissioning Scroll by LCol P.A. Drover, WOPsO.

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.

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

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.

Western Line Dancing

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

339-6016

Take Off Pounds Sensibly

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

19 Wing Pacific Divers Scuba Club

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

ON SALE NOW

HERE'S SOMETHING DISTINCTLY NEW!

3-YEAR MINIMUM RATE GUARANTEE... AND YOU'RE NOT LOCKED IN.



CANADA SAVINGS BONDS

Now, Canada Savings Bonds offer you 5 3/4% the first year, 6 3/4% the second year, and 7 1/2% the third year - guaranteed. Yet you're not locked in because, as always, Canada Savings Bonds are cashable at any time. These great rates also apply to all outstanding unmatured series of Canada Savings Bonds.

IT'S A WINNING COMBINATION! With the new 3-year minimum rate guarantee, you win through the combination of competitive rates and instant cashability. What's more, the interest you earn may be increased if market conditions change, but you'll never earn less than these guaranteed rates.

SAFE AND SECURE Canada Savings Bonds are fully guaranteed by the Government of Canada.

They're a safe, secure investment that never falls in value.

EASY TO BUY You can buy the new bonds at face value wherever you bank or invest until November 1. Simply date your payment November 1, the day the new bonds start earning interest. And you may purchase bonds for as little as \$100 up to an individual purchase limit of \$100,000.

OUTSTANDING SERIES ALSO BENEFIT All outstanding Canada Savings Bonds (Series 42 - 48, issued from 1987 to 1993) will also earn:

5 3/4% for the year beginning Nov. 1, 1994;
6 3/4% for the year beginning Nov. 1, 1995;
7 1/2% for the year beginning Nov. 1, 1996.

Complete details are available wherever Canada Savings Bonds are sold.

Take the mystery out of investing!

Canada

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NEXT DEADLINE 4 NOVEMBER - NOON

On & Off the Base



Legion Log

BRANCH 17 COURTENAY
334-4322

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

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 21.....Music by WESTWIND
Oct 28....."Halloween Dance" Music by HEARTLAND (formerly Wild River)
Nov 4.....KUSTOM KARAOKE
Nov 11.....LEST WE FORGET (To be announced)
Nov 18.....Music by C.C. TRAILRIDERS
Nov 25.....Music by WESTWIND

REGULAR EVENTS

SUNDAYS.....Lounge Hours 12:00 Noon to 7:00 PM
MONDAYS.....L.A. Drop-In Bingo, Upper Hall, 7:30 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. Mtg. Upper Hall, 8:00 PM
*1st L.A. Executive Meeting (as required)
*2nd L.A. General Meeting, Upper Hall, 8:00 PM
*3rd Branch 160 General Meeting, Upper Hall, 8:00 PM
FRIDAYS.....TGIF in Lounge
Meat Draws in Lounge, 3:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 3:00 to 6:00 PM

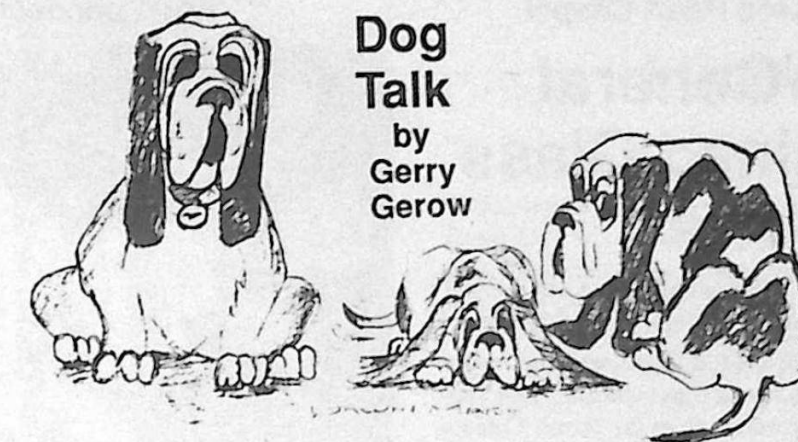
Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

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All ranks welcome

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

Banquet room available for your parties
For more information call Angela at
Local 8163



Dog Talk
by
Gerry Gerow

Getting Your Vibes

nose can detect odours that even the most sensitive of scientific instruments cannot.

Almost any dog owner can tell you that if they even think about doing something the dog likes to do, like going for a walk, the dog will start to get excited. How can they tell? Perhaps a small change in the human emanations which they are getting. I don't think anyone really knows.

We have all heard of seeing eye and hearing ear dogs, but how about dogs who are companions to persons subject to epileptic fits? The dog can actually sense when the fit is about to occur and warn people that it is coming. Really quite uncanny.

I have a book in my doggy library titled "The Dog's Mind" by Dr. Bruce Fogle, which is outstanding reading on the subject of dogs' senses. It is available through Macmillan Publishing.



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- Guaranteed investment rates with funds fully redeemable after 30 days without penalty.
- Interest is calculated on daily closing balance and paid at maturity.

R-MAGIC is only available for a limited time during the fall. So visit your Bank of Montreal branch soon and ask for details.

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On & Off the Base

Our Lady of the Sacred Heart Chapel

Chaplain-General Blesses Stained Glass Windows

by Bonnie Gillis, CWL President

The blessing of the stained glass windows in Our Lady of the Sacred Heart Chapel, 19 Wing Comox, took place on Sun 21 Aug. Adorned in their distinctive ceremonial uniforms with their plumed hats, satin-lined capes and ornate swords, the Fourth Degree Knights of Columbus formed a Guard of Honour for the grand procession to begin Mass. These included Sir Knights Skip Lane, Bert Beck, Ben Sabel, Frank McCaffrey, Bob Jarvis, Art Stupendick, Kyle Jones and Bill Tullock.

Our parish was honoured to welcome Monseigneur Roger Bazin, Chaplain General, who celebrated Mass with Father Conrad Verreault, our Wing Chaplain. Also assisting in the Mass was a seminarian student, Alex Varga, Grand Knight Sylvain Cadieux, Guard Commander Sir Knight Bob Jarvis, and Sir Knights Art Stupendick, Bud Barton, Ed Orr and Knight Michel Besnard.

The Catholic Women's League members who assisted in the mass and organized the social following the celebration were President Bonnie Gillis, Past President Diane Plamondon and members Patricia Dupuis, Joyce Andrews, Judy Toussaint, Amie Anderson, Tracy Richards and Alice Pasaluko. In attendance at Mass were Rolande Oliver, Past Provincial President of the Military Ordinariate Council of the CWL, and members of our own Council, namely: Anne McWha, Edith Coffin, Anna-Marie Murphy and Sue England.

The base Photo Section took photos of members of the Knights of Columbus in front of their window and photos of the CWL members in front of their window, each depicting their official crests.

The windows of the chapel were created by Thomas Mercer of Orillia Glass and follow the same design form based on suggestions from the Parish Council committee which were originated by Father Gerry Veilleux, Base Chaplain (RC), now retired.

Squadron windows are depicted with a squadron logo, a central design which sets the tone of the window, a scriptural quotation at the bottom and a border tying all of the separate elements together. The stained glass windows in the chapel proper depict themes for the eucharist, baptism, official crests of the Catholic Women's League of Canada and the Knights of Columbus. The windows behind the altar are dedicated to 442 Sqn and 407 Sqn on which are inscribed "He will Search for the Missing One" (442 Sqn) and "They will rise on Wings like Eagles" (407 Sqn). The design of these windows reflects their role and depicts the aircraft of each squadron. The Comox Glacier is in the background and intricate border designs are formed from symbols particular to both the church and the area in which the squadrons are active.

The official crests at the top of the other stained glass windows are the CFB Comox crest and crests of 442, 407, 409, 414 and VU33 Squadrons.

Donations towards future windows will be gratefully accepted and perhaps a memorial window will also grace our chapel. You are welcome to visit and see the beautiful stained glass windows of Our Lady of the Sacred Heart Chapel, located at 19 Wing Comox.

Thank you to all the CWL members who organized the social following Mass and to all the parishioners who shared this special day with us.

CWL of Canada Window



Members of Our Lady of the Sacred Heart Council of the C.W.L. with distinguished visitors proudly pose in front of the newly dedicated CWL of Canada window.

FRP Luncheon held at the Jr. Ranks Mess - 14 Sep 94



Back row (L-R): Capt Tack, Cpl Marshall, Cpl Weiss, MCpl Couvrette, Cpl Geiss, Lt Thurston, Capt. Dow. Front row (L-R): Capt Guinan, Cpl Sallows, Cpl Carr, Bat Boy - Paul Chatwin, Sgt Chatwin, Sgt Lirette & Cpl Marshall.

Congratulations to the Ops/Admin branch for winning the first Annual Commander's Cup Fastball Tournament. Ops/Admin Branch met up against a very talented hot team in the final. It was a very exciting matchup but the Ops/Admin Branch came up victors. A big thanks goes out to all competitors who made the tournament a big success. A special thanks goes out to all volunteers and umpires. Without these people our tournament wouldn't have been such a success.

19 Wing Commander's Cup Fastball Tournament



Front row (L-R): Cpl Hutchins; MCpl Wyatt, PMC; Col Rogers, WComd; CWO Sarty, WCWO; Cpl Carr, V/PMC. Centre row (L-R): MCpl Schuster, Cpl Leblanc, MCpl Bishop, Cpl Lundrigan. Back row (L-R): MCpl Winsor, Cpl Pillar, MCpl Pyett, Cpl Scragg.

Knights of Columbus Window



Fourth Degree Knights of Columbus Guard of Honour, Mons. R. Basin, and Wing Chaplain Fr. Conrad Verreault in front of newly dedicated Knights of Columbus window.

On & Off the Base

COMOX MILITARY FAMILY RESOURCE CENTRE YOUTH PROGRAMS

OCTOBER 28th HALLOWEEN DANCE!

Time: 7 - 11 pm
Cost: \$2.00/ member of a military family
\$4.00/ guest

Come in Costume! Fun and Prizes!
Get your tickets early as there is limited space!

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 or organization which was established to respond to the needs of military families at 19 Wing Comox.

UPCOMING EVENTS AND ACTIVITIES

• 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: Free 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
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.

• Creating a Topiary Tree

Learn how to make a topiary tree, with dried flowers in a ceramic pot. A lovely addition to any house.
Date: November 17th
Time: 6:00 - 9:00 pm
Cost: Fee for materials \$9.00
Location: Parish Hall
Registration: Call the CMFRC at 339-8290. Registration Deadline Nov. 10th.

• 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.

Browsing



Two new faces having a browse through the CMFRC library.

Prize Winners



Door prize winners of "Mothers Almanac II" Veronica Ann Gelina & daughter Starlene.

Ribbon Cutting



Sabrina Brenot, CMFRC Board Chair & WAdMO LCol Terry Burt.

BASE LIBRARY

Base Librarian Colleen Gagnon

Building 10, next to Accommodations

HOURS:
Mon - Thur ... 6 - 9 pm
Tues, Thur, Fri ... 11:15 am - 12:15 pm

Sat & Sun ... 1 - 4 pm
We have bestsellers, pocket book exchange, children's books, Base newspapers and magazines.

CMFRC Open House

A Great Success

The CMFRC Open House on 6 October was a great success. There were lots of new faces and lots of familiar faces as well. It was great to see you all there and have an opportunity to get to know you a little and to catch up on what old friends have been up to.

The ribbon cutting ceremony for the Grand Opening of the Toy Lending Library was officiated by LCol Terry Burt WAdMO and Sabrina Brenot CMFRC Board Chair. Special thanks was given to all those individuals and organizations who helped make the Toy Lending Library a reality through their generous donations of toys and money. In particular, the Executive Director thanked the tireless efforts of Claudia Naaykens, Child Care Coordinator, and Gloria Lee, CMFRC Vol-

unteer, for their hours and hours of sorting and cleaning toys. The CMFRC Toy Lending Library is open every Wednesday from 12:30 - 4:30 pm.

We would like to thank the businesses who kindly donated items for our door prizes. The winners were:

- Amie Anderson - a \$40.00 gift certificate provided by The Gaff Rig Restaurant.

- Veronica Ann Gelinas - a book, *The Mother's Almanac II* by Marguerite Kelly, provided by The Book Shell.

- Jackie Murdoch - a Tonka Mighty Dump Truck, provided by Zellers.

Thanks again to all the people who helped make our Open House a success and to the businesses who so generously supported us.

Waiting patiently....



...for the grand opening of the CMFRC Toy Lending Library.

CHILD CARE PROGRAMS

WATCH OUT FOR OUR NEW PROGRAMS OPENING THIS FALL!!!

starting November 1st our
MUSIC APPRECIATION PROGRAM
for children ages 4 - 6
will be offered every Tuesday 1:30 - 2:30 pm (Session I) and 3:00 - 4:00 pm (Session II) for a fee of \$60 for a 6-week session. The music sessions are held at the Wallace Gardens Community Centre. Registrations are held at the CMFRC. Deadline for registration is October 25th, 1994.

TOYS! TOYS! TOYS!

Our **TOY LENDING LIBRARY** will be opening on Wednesday, October 12th. We are located in the CMFRC Building, 119 Kinnikinnik. Lazo Toys, games, puzzles and large play equipment from well known companies like Little Tykes, Playmobil and Fisher Price are available for loan. Memberships can be purchased for \$10 (annual). Children and Parents come out and have a look! We are open every Wednesday from 12:30 pm - 4:30 pm. Our Volunteer Gloria Lee is looking forward meeting you.

started October 3rd
PRECIOUS LITTLE PEOPLE PRESCHOOL

Our morning program for children ages 3 - 5 has a few openings left for a monthly fee of \$60. Preschool is held at the Wallace Gardens Community Centre on Monday and Wednesday from 9 - 11:30 am. Registrations are held at the CMFRC.

PRECIOUS LITTLE PEOPLE CHILDMINDING
a playgroup for children ages 18mth - 5 years old

has spaces available for Tuesday and Thursday mornings from 9 am - 12 pm. Fees are \$7 per morning. Drop in spaces are also available. PLP Childminding is located at the Wallace Gardens Community Centre. Phone the CMFRC at 339-8280 to reserve a space.

For more information call Claudia at the Military Family Resource Centre, at 339-8290.

Comox Air Force Museum

MUSEUM GIFT SHOP

AVIATION MEMORABILIA HATS, BOOKS, MODELS, POSTERS, SHIRTS, PINS, PATCHES AND MORE!

Winter Hours (Sep - May)
10:00 a.m. - 4:00 p.m.
Sat, Sun, Holidays
(Closed Mon thru Fri)

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1943 - 1993
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For free initial consultation, please call
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2130-A Cliffe Ave., Courtenay 897-1221

**CFSA Special
General Meeting**
Sea Survival School 1900 hrs.
8 Nov 94. Vote on Clubhouse
construction.

**BEA LUNG
SAVER**
Support Your Lung Association

More Announcements

USI Luncheon
The United Services Institute of Nanaimo-North Island luncheon will be held in the Sergeants Mess at Nanaimo Military Camp on Fri. 21 Oct. Rendezvous 11:30 hrs. Guest speaker: LCol Jack Harris, military attaché to Moscow during the turbulent years 1989 - 1991.
Guests are welcome. Reserve early as space is limited. Phone 758-8640.

Volkswalk
Comox Glacier Wanderers are having a 10K Guided Volkswalk on Sat. 22 Oct. Registration will be at 0830 at the northwest entrance to Comox Mall. The walk will start at 0900. Phone 339-6566 for info.

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

**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

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.

**Next Deadline 4 NOV
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Week Ending 22 October

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- Honour Bound.....Griffin
- Door to December.....Koontz
- Hammer of God.....Clarke
- Private Parts.....Stern
- Fifteen Streets.....Cookson
- Pearl of the Mist.....Andrews
- Dead Eyes.....Woods
- River God.....Smith
- Vanished.....Steele
- One Last Kiss.....Kelman

On & Off the Base

**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 Johnson 339-5455.
Interested in playing in a men's league? Call alley staff and put your name down.

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

**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.

Sea of Blue

Wing PAFFO Capt David Krayden inaugurates the UN Blue Ribbon Campaign with a flourish. The base is sponsoring the campaign to recognize the achievements of peacekeepers serving with the United Nations all over the world. It is planned to culminate with a UN Day Parade on Oct. 24 with the public invited to come and watch a march past down Comox Avenue, made up of active and retired base personnel who have served with the UN. The blue ribbons are free and available at the Comox Record, Independent, CFCA, Rotary Club and Comox Valley Ford. (Photo by Cpl Allan Brace, Base Photo.)

Off to Haiti

Father Conrad departs for training in St. Jean prior to his detachment with Canadian troops in Haiti. He's seen here with Anne Marie Murphy presenting a cheque and food vouchers to Food Bank staff.

Bulletin Board

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

Meadowlark Estates Ltd. wishes to announce the grand opening of Aspen Court at 698 Aspen in Comox For Rent or Lease
Brand new spacious one, two and three bedroom condominium homes for rent, available 1 August. All units come equipped with fridge, stove, dishwasher and garburator. Bright kitchens with breakfast nooks, large patios, and in-suite storage. Located in new subdivision at the corner of Aspen and Guthrie, in Comox. Would suit long term mature tenants. Contact Lyle at 339-1347 or 339-3773.

For Sale
Miniature Irises
Beautiful 4" high irises, perfect for rock gardens or front of borders - 5 for \$1.00. Also 6" scented irises - 2 for \$1.00. Phone: 339-3486.

**WGCC
Halloween Party
Sat 29 Oct.**
0 - 8 year olds 2 - 4 p.m.
9 - 12 year olds 6 - 8 p.m.
12 years & older 8:30 p.m.
Fun and games, dress-up and prizes. Free to members. \$5.00 a family to non-members.

**Wallace Gardens
Dry Garbage Pickup
Mon 24 Oct.**

**WGCC
Xmas Bazaar
Sat 19 Nov.**
Please reserve your table by Oct. 31.

For Rent
Comox - spacious 3 bedroom home, 2 1/2 baths, double garage, close to schools. Fenced backyard. Quiet location. \$900.00 per month. Phone 339-0881 after 6:00 p.m.

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Phone: 334-4416

Fall Planting
Fall is an excellent time to plant trees, shrubs and perennials.
Receive \$5.00 OFF your plant purchase of \$30.00 or more with this ad until 31 Oct.

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

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

and don't forget...
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for the amazingly low price of
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<p>SOFA, LOVE-SEAT AND CHAIR</p> <p>Reg. \$1149.99</p> <p>\$777⁰⁰</p>	<p>LA-Z-BOY RECLINERS</p> <p>From</p> <p>499⁹⁹</p>	<p>SOFA BEDS</p> <p>From</p> <p>499⁹⁹</p>	<p>3 PC. OAK COFFEE TABLE SET</p> <p>\$279⁹⁹</p>
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<p>GRANGE</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 33%; vertical-align: top;"> <p>GOOD</p> <p>S-429.99 D-479.99 Q-549.99</p> <p>MEDIC DUCHESS 20yr. warranty</p> </td> <td style="width: 33%; vertical-align: top;"> <p>BETTER</p> <p>S-499.99 D-599.99 Q-699.99</p> <p>CHIROPEDIC MASTER REST 25yr. warranty</p> </td> <td style="width: 33%; vertical-align: top;"> <p>BEST</p> <p>S-649.99 D-749.99 Q-849.99</p> <p>CHIROPRACTIC SAPPHIRE 15yr. full guarantee</p> </td> </tr> </table>	<p>GOOD</p> <p>S-429.99 D-479.99 Q-549.99</p> <p>MEDIC DUCHESS 20yr. warranty</p>	<p>BETTER</p> <p>S-499.99 D-599.99 Q-699.99</p> <p>CHIROPEDIC MASTER REST 25yr. warranty</p>	<p>BEST</p> <p>S-649.99 D-749.99 Q-849.99</p> <p>CHIROPRACTIC SAPPHIRE 15yr. full guarantee</p>	<p>5 PIECE KITCHEN SET</p> <p>Reg. \$599.99</p> <p>\$389⁹⁹</p>	<p>9 PIECE "SOLID PINE" BEDROOM SUITE</p> <p>Reg. \$2499.99</p> <p>\$1499⁹⁹</p>
<p>GOOD</p> <p>S-429.99 D-479.99 Q-549.99</p> <p>MEDIC DUCHESS 20yr. warranty</p>	<p>BETTER</p> <p>S-499.99 D-599.99 Q-699.99</p> <p>CHIROPEDIC MASTER REST 25yr. warranty</p>	<p>BEST</p> <p>S-649.99 D-749.99 Q-849.99</p> <p>CHIROPRACTIC SAPPHIRE 15yr. full guarantee</p>			

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