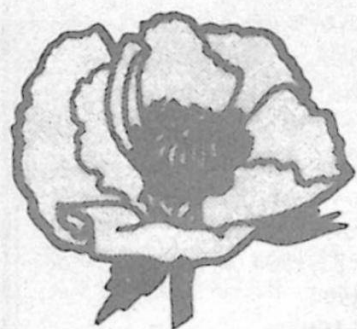




Argus Mark 1, No.712 sits in rejuvenated splendour in the Heritage Air Park. See article on pages 10 and 11.

Lest we forget Remembrance Day November 11



TOTEM TIMES



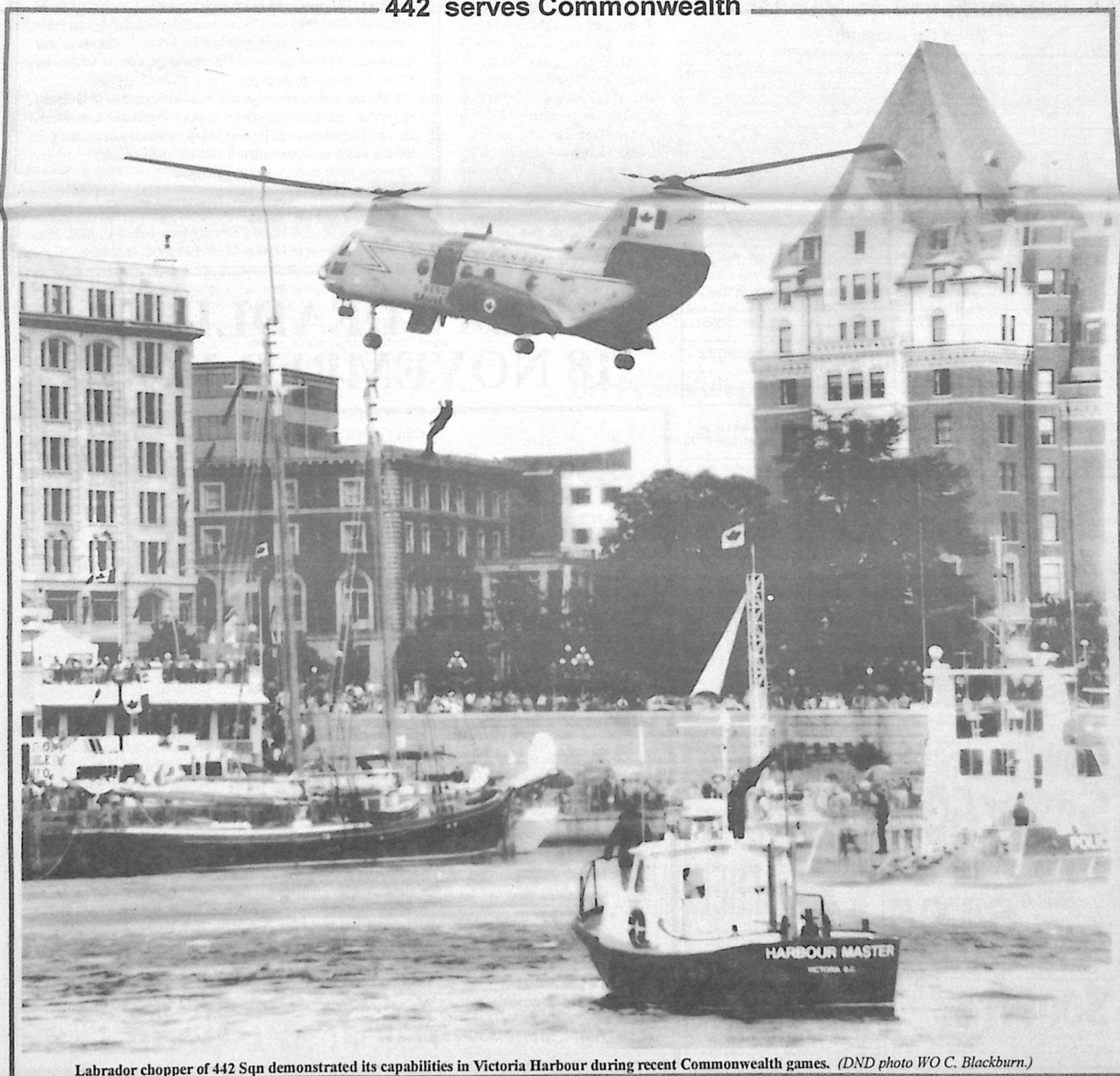
19 Wing CFB Comox B.C.

VOL 36 NO 17

THURSDAY 10 NOVEMBER 1994

COST: PRICELESS

442 serves Commonwealth



Labrador chopper of 442 Sqn demonstrated its capabilities in Victoria Harbour during recent Commonwealth games. (DND photo WO C. Blackburn.)

On & Off the Base

About 500 words from the WCOL

Wing Coordinator of Official Languages.

by Capt Pierre Bouchard, WCOL

Since this is my first article in the Totem Times, I would like to clarify one small detail. While I was clearing in on base, I had to give my position title, which is WCOL, to many people, and I realized that a lot of them thought it meant Wing Colonel. It would be fine with me but I think our W Comd would not appreciate. Wing Coordinator Official Languages (WCOL) is my official title and since I am the WCOL, I think I should now talk about what I do for a living.

The Decentralized Military Second Language Training Program (DMSLTP) will continue to offer French and English language training to all interested personnel from 09 Jan 95 to 24 Mar 95.

The format will be the same as in the past, i.e. 6 hours/week (3 hours during regular duty hours and 3 hours of student's own time). Class schedules will be finalized after all applications have been received and placement tests completed. We hope to offer the following courses if numbers and finances permit:

a) 3 levels of French classes: Basic, Intermediate, and Advanced/Maintenance (for those personnel with a profile of 2 or better); and

b) 1 level of English writing: Intermediate/Advanced which will be aimed at improving communication skills (writing and speaking).

All interested personnel are to complete the application form which can be found in the Routine Orders, and ensure that the form

is signed and authorized by the appropriate supervisor and CO or Branch Head. Forward the application to the WCOL office NLT 25 Nov 94. Placement tests will be conducted from 29 - 30 Nov for all new applicants. Those personnel who will be continuing from the course which ends in Dec 94 need not be re-tested but must complete the application process. Appointments for testing may be made by calling 8299 prior to 25 Nov. It must be emphasized that candidates ensure they will be available for the required training prior to submitting the application form. For more information, contact the WCOL, Capt Bouchard, at local 8299.

I think this is enough useful information for a first article. In my next article I will talk about translation, Language Proficiency Examination (LPE) and, if I have time, provide simple and highly effective solutions to some of the major problems of the world. To complete this article, I would like to quote Victor C. Goldbloom, the Commissioner of Official Languages. "Rather than focusing on problems deriving from our language differences we should recognize the flexibility and pragmatism which we have gradually developed. They have allowed Canadians not only to weather storms of language strife but to bring about real improvement for both language communities."

Second Career Assistance Network Seminar 14-15 Nov 94 Wing Gymnasium

TIME	TOPIC	SPEAKER
0730 - 0800	Registration	
0815 - 0930	Opening Remarks	W Comd
0915 - 0945	Medical Coverage After Release, Obtaining Documents Through The Privacy Act, Pardons	W Pers Admin
0900 - 1130	Release Entitlements & Benefits	Mr. Nicolson, D Pers A
1130 - 1230	Lunch	
1230 - 1345	Canadian Institute of Management	Ms Sylvia Lee
1345 - 1400	Break	
1400 - 1445	Full Coverage After Release	Mr. Thibault
1445 - 1515	Medical Pensions/Pensions Advocate Bureau	Mr. Bial

TIME	TOPIC	SPEAKER
0745 - 0815	Registration	
0815 - 1045	Pension Benefits	Mr. Muir, NDHQ/DPS
1045 - 1100	Break	
1100 - 1130	SCANIPP/SCAN Benefits	MWO Bengert, NDHQ/DPS
1230 - 1230	Lunch	
1230 - 1445	Financial Planning	Tom Ryan, NDHQ/DPS
1445 - 1530	Wrap Up / Critique	

NOTE: This seminar is to provide information on retirement benefits etc for all members. Spouses are welcome. To register contact WPSO office at local 8293.

FRASER RIVER SOCKEYE PUBLIC REVIEW BOARD

PUBLIC NOTICE

The Public Review Board has been appointed to examine management of the Fraser River sockeye. The Board's main objectives are:

- to identify the reason(s) for the discrepancies in the expected and actual number of sockeye salmon arriving on the spawning grounds
- to evaluate the accuracy of the Pacific Salmon Commission's methodology for estimating run sizes and sockeye escapement in the Fraser River
- to make recommendations on how any deficiencies can be corrected, beginning in 1995.

A report must be presented to the Minister of Fisheries and Oceans by February 28, 1995.

The Board will be holding its first public meetings at the Vancouver Trade and Convention Centre, between 9:00 am - 12:00 noon and 1:30 pm - 4:30 pm on

Wednesday, November 23, 1994

Friday, November 25, 1994

Tuesday, November 29, 1994

Interested persons or groups are invited to make presentations to the Board with respect to any of the matters within its mandate. Written briefs are preferred but oral presentations may be accepted.

Please advise the Board as soon as possible of your intent to appear. Written briefs will be welcomed immediately and must be received no later than November 18, 1994. Your briefs should be addressed to the Executive Director at the address below and should be limited to 20 pages.

Further public meetings will be held from time to time and in various places as the Board's work proceeds and these meetings will be advertised. To find out more about participating in the Board's review, call our toll-free information line:

1-800-591-9299

or write:

Sheila-Marie Cook, Executive Director
Fraser River Sockeye Public Review Board
650 - 580 Hornby Street, Vancouver, B.C. V6C 3B6
Phone: (604) 666-4665 Fax: (604) 666-4666

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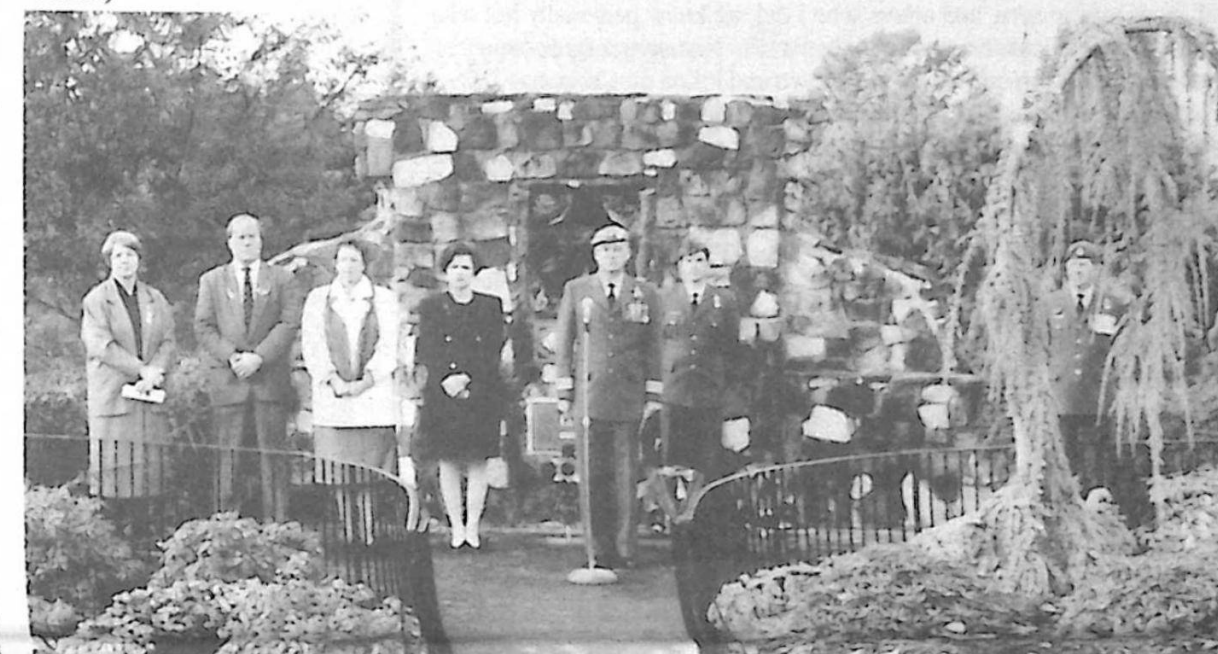
Ph.-604-334-0900
24 hrs.

On & Off the Base

Towns, Base, honour UN Peacekeepers



The United Nations Day parade Guard of Honour, composed of serving 19 Wing personnel, former military personnel as well as members of the Legion, RCAF Association, Korea Vets Association and the RCMP. All had served on at least one UN peacekeeping mission. (Photo by Fred Spence, 19 Wing Photo.)



19 Wing celebrated United Nations Day for the first time this October 24 with a marchpast down Comox Avenue to the cenotaph. After an intensive 4-week blue ribbon campaign, during which 2,000 ribbons were distributed to the public, over 120 former peacekeepers wore their blue berets and attended a brief ceremony at the cenotaph. L-R: Comox MLA Margaret Lord, Cumberland Mayor Harvey Brown, Courtenay Councillor Darlene Weir, Comox Mayor Alicia Burns, Wing LogO LCol Peter Abbott, Wing PAFO Capt David Krayden and WCWO Pat Sarty. (Photo by Fred Spence, 19 Wing Photo.)

UN Peacekeepers Honoured 24 Oct.

by Capt David Krayden, PAFO

We came. Former military personnel came. The Legion came. So did the RCAF Association and the Korean War Veterans. All were former UN peacekeepers, proud of Canada's accomplishments on the international scene, and determined to show the public the extent of their pride.

They participated in 19 Wing's first ever United Nations Day parade, on Mon 24 Oct. Comox is the first Air Force base to host a UN Day parade in conjunction with a blue ribbon campaign.

Over 120 former peacekeepers donned their blue berets and marched down Comox Avenue to

the cenotaph. A military and civilian audience was there to meet them. There was no music: only the precision marching of a diverse group, harmonized by common experience and cause.

Local government officials turned out to lend their eloquence and pledge their moral support for the Canadian Forces, 19 Wing and Canada's peacekeeping record. Representing WComd Col Terry Rogers, LCol Peter Abbott, recounted the "tremendous sacrifice" that peacekeeping has required but added that Canada's UN participation has been "laden with success."

The base decided to initiate a blue ribbon campaign and UN

Day parade after receiving a letter from Mrs. Jocelyn Fleurant, a Chilliwack woman and mother of a peacekeeper. During the month of October, about 1800 blue ribbons were distributed off-base and on. The blue ribbon was tied together with a Canadian pin and attached to the wearer's lapel. The response was extraordinary, with not enough ribbons being available for the overwhelming demand.

The success of the campaign would indicate significant local support for Canada's peacekeeping efforts.

At present, the base has 13 of its personnel serving on UN missions throughout the world

Stained Glass Memorial Window - a History

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

The Memorial Window in St. Michael and All Angels Chapel was presented by Colonel the Honourable Clarence E. Wallace, the Lieutenant Governor of British Columbia in memory of his son, F/O Blake Wallace, Royal Canadian Air Force, who was killed in action, 27 Oct 1941.

On Fri 10 Sep 1954, the three panels of the window were dedicated to the glory of God by His Grace, The Most Reverend Geoffrey Fisher, the then Lord Archbishop of Canterbury, who was visiting Canada at the time.

At the bottom of the large centre panel appears F/O Wallace's full name: "Clarence Alfred Blake Wallace." He was named after his father and grandfather respectively. His birth date "May 28, 1917" in the ribbon, appears at the bottom of the left panel, above which is depicted a Phoenix which by dictionary definition is "a mythical bird, the only one of its kind, said to live 500-600 years, to burn itself on a funeral pile, and to rise again from the ashes, fresh and beautiful, for another long life."

Blake Wallace graduated from the University of British Columbia in 1937, with a Bachelor of Commerce Degree. He played Canadian football on the university first team and was also a polo player. He joined the RCAF on 4 Nov 1939 as a Pilot Officer. On completion of pilot training, he was promoted to Flying Officer on 13 Jul 1940 and proceeded to England on 21 Aug 1940. F/O Wallace was posted to #3 Fighter Squadron, Royal Air Force. This squadron's crest appears at the bottom left of the left panel. It was with 3 Sqn that F/O Wallace flew in the Battle of Britain.

Following the Battle of Britain, F/O Blake Wallace transferred from 3 Sqn RAF to #1

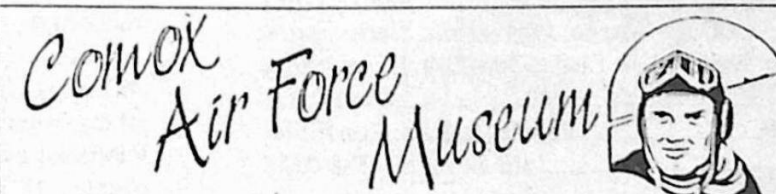
Fighter Sqn, RCAF, which was redesignated 401 Fighter Sqn. This squadron's crest appears at the bottom right of the right panel. Also at the bottom of the right panel is the date 27 Oct 1941. It was on this date that F/O Wallace, leading "Red Section" of 401 Sqn on a fighter sweep towards France with two other Spitfire squadrons, was attacked from above by fifty plus enemy fighters - none of F/O Wallace's "Red Section" returned to base - he was listed as missing and later confirmed "killed in action" on this date.

In the large centre panel, Jesus is seen presenting a crown to St. Michael, the Warrior Saint (depicted as a knight of the crusades); to the right of Jesus' head is a green panel with the scripture "BE THOU FAITHFUL UNTO DEATH AND I WILL GIVE THEE A CROWN OF LIFE." This is the same crown which appears directly over the date that F/O Wallace was killed in action, the crown is penetrated by a cross - this is symbolic of "life everlasting."

F/O Wallace's body was never recovered, hence he has no known grave. The symbolic open Bible, directly over his name on the centre panel, has the scripture "IN THE SHADOW OF THY WINGS, I WILL REPOSE." This is the inscription the family would probably have had engraved on his headstone. With the RCAF crest at the top of the centre panel, his full name at the bottom and flanked by his birth and death dates, this window is in fact F/O Blake Wallace's symbolic headstone. He is but one of 3,000 Canadian airmen who took off and disappeared forever in the sky during World War II.

F/O Blake Wallace's name is commemorated on the British Commonwealth Runnymede Memorial which is located approximately 20 miles west of London, England.

NEXT DEADLINE 18 NOV



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Editorial

60 Years of Remembrance Days

by Duke Warren

I find myself in an age group now that has seen a great number of Remembrance Days. In my case, at least 60, for I clearly remember one when I was 12 years old. We lived near a small town in Alberta and Remembrance Day was a special day for the community. Called Armistice Day at that time, and always held at the cenotaph, no matter what the weather was like. The services made a profound impression on all of my classmates and myself. We grew up with great respect and admiration for the veterans of WWI.

In 1937 and 1938 there was a shift in our thinking, for we could hardly believe another war was coming, after hearing so often of the sacrifices of the soldiers in "The war to end all wars" at the end of the day. I recall thinking how ironic it seemed.

But the war did end, and we hope and pray WWII was the last major conflict the world will experience. In the Legion of the town I grew up in is a special space on the wall listing 34 men who lost their lives in WWII. Nineteen were young men who I knew personally. They were either in my class, the class before or behind. On the Legion walls in the Comox Valley there are similar spaces, and I am sure CV men could tell the same story of our generation.

So as I stand to attention at the cenotaph each 11 November I think of those young men, and others who I did not know personally but who lie in military cemeteries around the world. Names and faces come back to me. The young pilot shot down and killed on Christmas Day, the great "character" lost in the Channel the day before he was to be married, the young New Zealander killed in a flying accident in Scotland. And many others, young men and women who lost their lives serving their country. It breaks one's heart.

Revisionist historians now try to outdo each other in casting doubt on many aspects of WWII. Was it all worthwhile? As I stand there at the cenotaph and think of the loss of those young men, I also think of the hideous world we would live in today had we not fought and won.

Never forget, those we pay tribute to on 11 November are those to whom we owe our freedom.

The RAF Memorial at Runnymede has 20,547 names of British and Commonwealth airmen who have no known graves. "Dreaming" was the RIT call-sign of RAF Benson. "Harold" was the call-sign of "A" Flight.

I read their names at Runnymede, and wish they were not there. They're from the days when we were young, our duty in the air. We all flew out, and some came back, and some did not return; What happened to you "Harold Five"? I hope you did not burn.

Oh, please come back to "Dreaming,"

Come back to Five Four One.

Their names were Adrian, Reg and Tim, and Skip and Johnny White. We'd all flown out for Benson, but they'd made their LAST flight. They flew alone, and high and fast, far from our English base. They'd said they could, and so they did, but died without a trace.

Oh, please come back to "Dreaming,"

Come back to Five Four One.

I wish the "White Hart" was there still, just like the bygone days. There we would meet, and laugh and drink, and never care who pays! We'd play at darts and dominoes with villagers - and lose. Those times we spent together are the memories I choose.

Oh, please come back to "Dreaming,"

Come back to Five Four One.

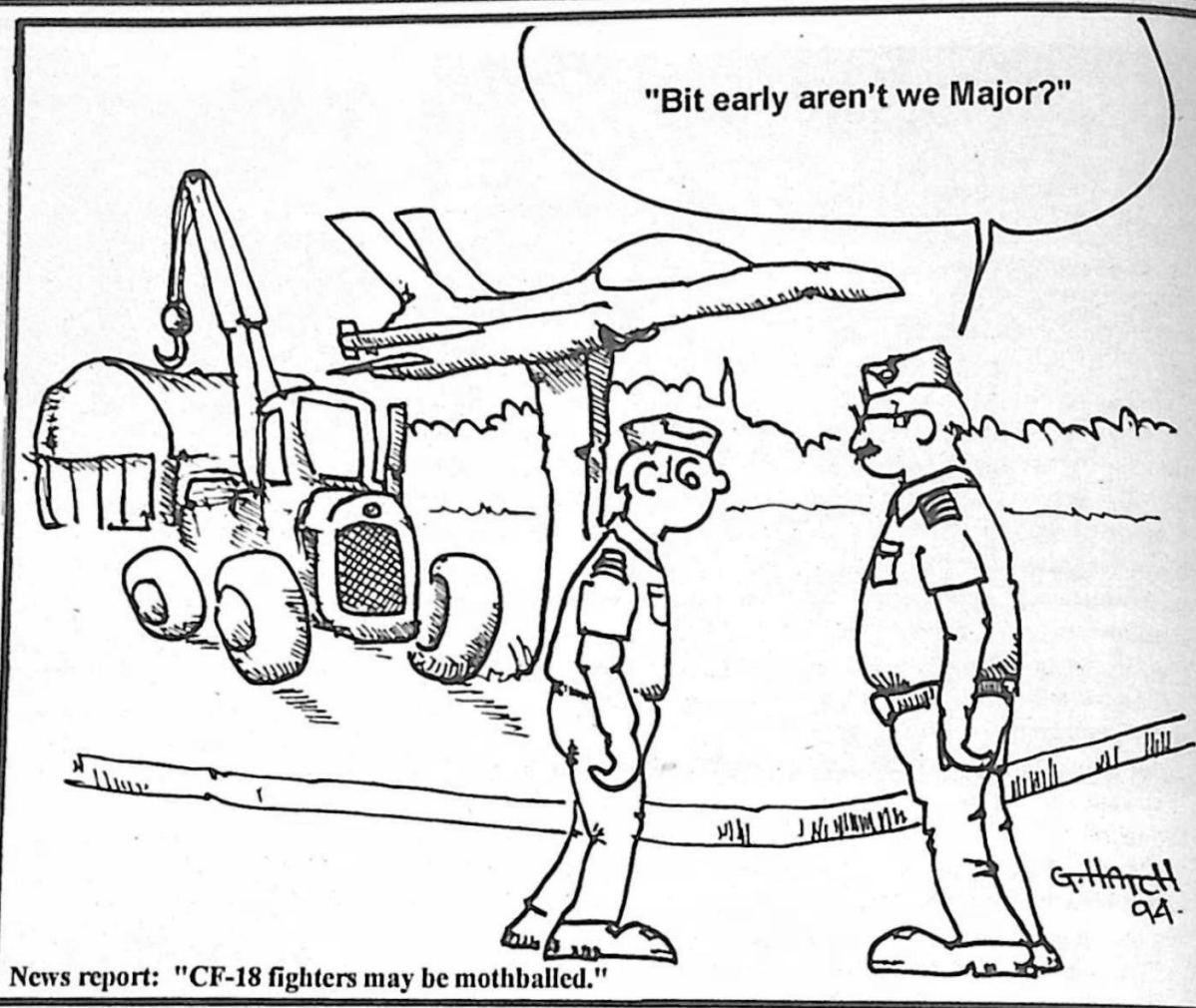
The motto on our Squadron crest reads "Alone Above All" And so we were, but now they're waiting in Valhalla's Hall. One day, no doubt, I'll join them - for me they keep a seat.

"Harold" Flight will be together, once again complete

And we'll ALL go back to "Dreaming,"

Back to Five Four One.

by "Harold Six" Oct 1994



News report: "CF-18 fighters may be mothballed."

for United Way



\$25,417.97 Raised by 19 Wing

The 1994 19 Wing United Way Campaign was officially over on 31 Oct 94. The final results are in and the Wing raised \$25,417.97 which will be used to support the 27 local agencies in the Comox Valley supported by the United Way. Although we did not attain our goal of \$28,000.00, everyone put forth a good effort in supporting our community. All of the agencies greatly appreciate the support that the Wing gives them in the annual campaign.

The Wing's campaign may be finished but by no means has the Comox Valley's! 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 utilizer of the various services, are encouraged to support these activities as the Comox Valley is our home as well as our workplace.

It is time to recognize those who helped make this campaign happen. The section representatives deserve a great amount

of credit for doing an outstanding job of canvassing for the campaign. They were a group of enthusiastic and conscientious individuals who donated their time and energy for this very worthwhile cause. An exceptional effort was made by WOCD/WINTELO/WOPS, canvassed by Sgt Astles, for having achieved an impressive 85% participation rate and collecting 436% of their assigned goal, #1 in the Wing. Well done!

Special mention should go to the following Wing organizations for an extra effort in their support of the United Way Campaign: the Auto Hobby Club for conducting a two day "oil change" rally and collecting \$262.20; the KIWI Club for gaining sponsorship in their annual (resurrected) "wheel barrel" race and collecting \$154.21; the Cpls Club for sponsoring a bingo and raising \$230.00; and finally to the WEME section for hosting a two day "headlight alignment" blitz pulling in \$125.65. The support shown by these organizations was

very much appreciated by the United Way Comox Valley Board of Directors.

Recognition should also go to the Editor and staff of the Totem Times. Each year they support the campaign by publishing these and other articles as well as running advertisement for the various events taking place during the campaign.

Most importantly, very special thanks goes out to "YOU" the contributor, for the support you have given to the United Way and its agencies here in the valley. Through your support the quality of life for numerous residents in our community will be improved.

Once again, a BIG THANK YOU to all who donated their time and money to the 1994 Wing Campaign! Don't forget, if you were somehow missed, you can still donate to the Comox Valley United Way Campaign until the end of November, so "Give Where You Live" and support the Comox Valley United Way Campaign.

National Remembrance Day Ceremony

The 1994 National Remembrance Day Ceremony will be held at Ottawa's National War Memorial on Fri Nov 11. The ceremonies are scheduled to begin at 10:30 a.m. and finish at 11:30 a.m.

This year is historic in its relationship to the momentous events of 50 years ago when the beginning of the end of World War II was precipitated by the invasion of Normandy. Numerous events marking that, and other battles, have been held across Canada and in Europe this year. As a part of the "Canada Remembers" program, this ceremony focuses national attention on these as well as the sacrifices made by Canadians in World War I, the Korean War and in United Nations peacekeeping operations.

The ceremony is organized and conducted by The Royal Canadian Legion, with the support and cooperation of the federal government. It serves to provide all Canadians with the opportunity to remember the sacrifice made by 114,000 men and women who have died in the military service of their nation in war.

Mrs. Wilhelmina Baerr, 102, of Yorkton, Saskatchewan, will

be among the dignitaries taking part in this year's ceremony. She is the 1994 "Silver Cross Mother." Her son, Corporal August Baerr, of the Calgary Tank Corps was killed in action near Ortona, Italy, October 2, 1943 at the age of 26. Mrs. Baerr represents all Canadian mothers whose children have died while in military service.

The Youth of Canada will be represented by the senior winners of the Legion's annual poster and literary contests - Katherine Pitulko of Windsor, Ontario; Paul Hogarth of Mount Pearl, Newfoundland; Jenelle Kelly of Indian Head, Saskatchewan; and Bryan Ward of Balcarres, Saskatchewan.

Joining the veterans, Mrs. Baerr, and the youth representatives will be His Excellency The Right Honourable Ramon Hnatyshyn, Governor General of Canada; the Honourable Sheila Copps, the Deputy Prime Minister of Canada; the Honourable Lawrence MacAulay, Secretary of State for Veterans Affairs; General John de Chastelain, Chief of the Defence Staff; and Mr. Hugh Greene, Dominion President of The Royal Canadian Legion.

U.N.D.E. Local 1007

Bursaries presented

In May 1984, members of the Union of National Defence Employees (UNDE) Local 1007, CFB Comox, set up two bursaries of \$200 each, later increased to \$300 each. The bursaries are intended to assist graduating students from Highland and Georges P. Vanier Secondary Schools with their studies in a vocational field. The successful applicants must show an aptitude in their chosen field and a scholastic standing of at least a grading of "C." All students entering schools such as BCIT, Malaspina, Camouson, etc. may apply, however, preference is given to dependants of members of UNDE Local 1007.

The members of UNDE Local 1007 are pleased to announce the bursary recipients for 1994:

Highland Senior Secondary Bursary and Scholarship Awards Ceremony was held 16 June. James Perry, age 19, will attend Malaspina College in Nanaimo, taking classes in geology, specializing in oceanography. James' parents are Kathryn and Wayne Perry. Kathryn is a member of Local 1007 employed in the Construction Engineering Section.

Georges P. Vanier Secondary commencement exercises were held 11 June. An adult student, Susan MacVittie, age 27, intends to become a wildlife technician. Studies in natural resource management will be undertaken at North Island College in Courtenay. Susan's parents are Norma and Alvin MacVittie.

Energy Awareness Week 13-19 Nov

The week of 13 - 19 Nov is National Energy Conservation Week. Our theme this year is "CONSERVE, IT'S WORTH THE ENERGY." This week is traditionally set aside to raise public awareness of the many ways in which energy can be saved. With DND's shrinking budgets the conservation of energy is all the more important to all of us.

Your Wing Construction Engineering flight will set up three displays containing pamphlets on ways to conserve energy both at the workplace and at home. These displays will be located at

the Canex entrance, the WCE entrance and hangar 7 canteen. It would be well worth your efforts to view the displays and read the literature.

Nov 15 will be "Wing Sweater Day." All Wing personnel are encouraged to wear a sweater to work and lower the room thermostats to 19 °C. We estimate that this action alone will save the Wing approximately \$500.00 in gas bills!!

Please remember that the dollar in energy that you conserve does make a difference. CONSERVE, IT'S WORTH THE ENERGY.

Comment

Oil Dilution Pioneers (2)

Dear Sir,

I read with very considerable interest the article in the last edition on Oil Dilution Pioneers. The author goes on to recount all the trials and tribulations encountered at that time and he managed to get me somewhat confused.

First off, an ENGINE is an ENGINE and a MOTOR is a MOTOR and he used the two words as implying the same object. I have flown one H... of a lot of aeroplanes in my time. I never flew one with a motor in it except perhaps a STARTING MOTOR attached to the ENGINE.

Oil dilution was pioneered in Canada and I can recall Western Canada mechanics experimenting with it at Cormorant Lake, a base we had north of The Pas in 1928. It really wasn't invented per se. It more or less developed by trial and error. Originally by pouring gasoline into the oil tank while the engine was still idling and then shutting down. Finally it was developed to a very fine stage and the amount of dilution was predetermined by the outside air temperature and other factors and controlled from the cockpit. I can't imagine what the hot brick

in the air intake was supposed to accomplish.

The major problem was getting the engine to turn over fast enough for ignition to take place and to make sure there was lubrication to prevent wear and tear on the moving parts.

Glycol in the oil tank? Glycol is a radiator fluid developed for liquid cooled engines and which, amongst other features, does not evaporate and/or freeze.

The old NIT PICKER just couldn't resist.

Sincerely,
Harry B

Catching up on Trivia

Dear Editor,

I recently returned to the valley after an absence of some three months, travelling across Canada and the US. After catching up with household jobs which tend to pile up, when one is away, I went through several back issues of the T.T.s. I see that you and your worthy staff have done it again! Congratulations on your winning the best newspaper award. I would like to add some notes on the "trivia" aircraft that were in those back issues.

The Hawker Hector was an Army Cooperation aircraft, and was a variant of the Hawker Hart of 1928. There were 56 versions of the Hart and by the late 1930's a total of 3,000 aircraft had been produced by the Hawker Com-

pany. I recall seeing some Hectors in 1940, at the Thame airstrip in Oxfordshire. They were being used as tow aircraft for the two-man Hotspur glider.

The Short Sheild had its beginnings in 1943, when Saunders Roe and the Short Bros. Company combined forces to build a successor to the Short Sunderland. Only two prototype models were constructed. The MKT (military version) first flew in 1944 but due to its late appearance, and control and stability problems it was declined by the Air Ministry. This machine was destroyed by fire at its moorings in 1946. The second prototype MK2 (civil version) was completed and flew in 1947, but the British Overseas Airways Corporation was not interested in

the type, and it ended up as a test bed for the Napier Nomad compound engine.

The Vickers Viscount was the world's first turbo-prop powered airliner and first came into service in 1950 with British European Airways. It was a Barnes Wallis design, and was an instant success. A total of 438 Viscounts were sold, and were operated by 60 different airlines.

Your latest "trivia" of 20 Oct is the Perth flying boat, built by the Blackburn Company, which was chiefly known for its naval and maritime reconnaissance aircraft. Four Perths were built for service with the RAF in 1933.

Yours sincerely,
John Novak

Buy a Poppy
Help a Vet

NEXT DEADLINE 18 NOV. NOON

Air Force Trivia



Trivia Answer

We think John got it!
See his letter, this page.

TOTEM TIMES

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Monday; 0830 - 1600
Tuesday; 0830 - 1200

Section News

442 Sqn



by MCpl Al Banky, 442 SAR Tech

Apart from regular staff briefings, government ministers seldom get the chance to see the operations of their ministries at the grass roots. On 19 Oct, Minister of National Defence, The Honourable David Collette took the time from his busy schedule to visit 442 Sqn in Comox. Collette came to the west coast to see how Canada's Air Force saves lives.

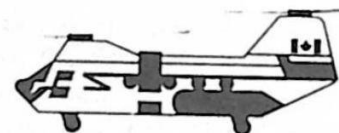
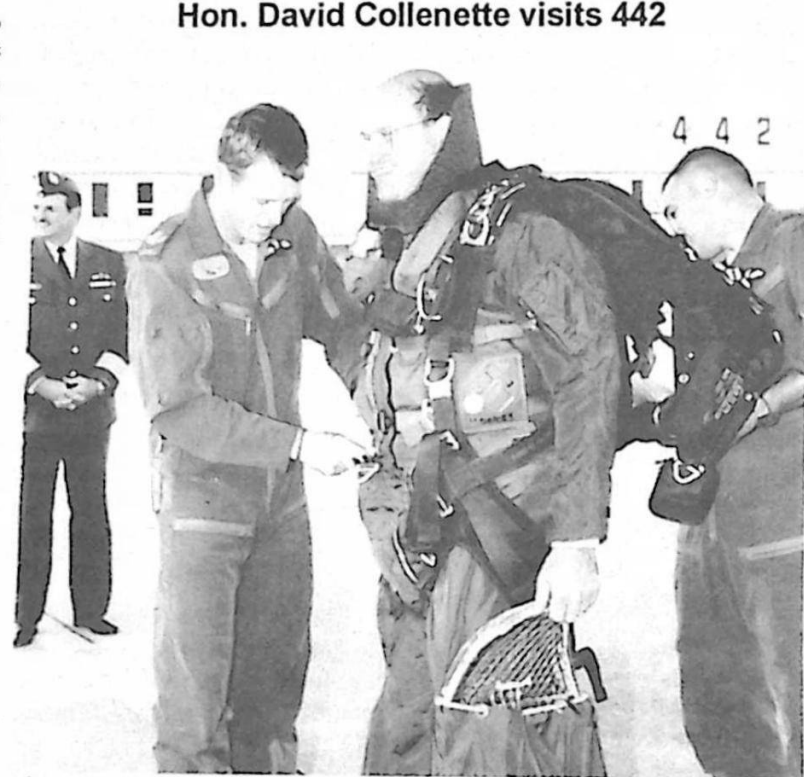
A thirty minute flight through the rugged mountains west of Comox gave the minister a chance to see the manoeuvrability of 442 Sqn's Buffalo airplane. Despite the low clouds and narrow valleys, the crew was able to demonstrate why the Buff is the best mountain search airplane flying. The flight ended with a spectacular short field landing; 45,000 pounds of airplane stopping in less than 200 feet.

Following the Buffalo flight, Collette was picked up by one of 442's four Labrador helicopters. The Labrador crew demonstrated the crew cooperation required to land the huge helicopter in a small clearing in the trees; landings with rotor clearances of less than 10 feet are routine for the skilled crews. Utilizing one of Comox's two Navy crash boats, the Labrador crew demonstrated how a marine rescue would be carried out; two Search and Rescue Technicians (SAR Techs) were lowered to, and then recovered from, the deck of the boat. The high winds and crashing seas were typical of those encountered during west coast rescues.

Before leaving the squadron, Collette was shown, and dressed in, the equipment used by the SAR Techs, for a night, winter parachute jump. Despite the burden of 200 pounds of equipment, he looked like he was ready to save lives. The familiarization flights appeared to give the minister a new appreciation of one of the most important and hazardous jobs in the Canadian military - saving lives.

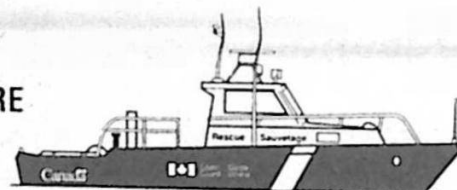
Defence Minister Ready to Save Lives

Hon. David Collette visits 442



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Minister of National Defence, The Honourable David Collette looks like he is ready to save lives: the 200 pounds of equipment he is wearing is typical of that worn by Air Force Search and Rescue Technicians for a winter, night-time parachute jump. (Photo by Cpl Al Brace, 19 AMS Photo.)

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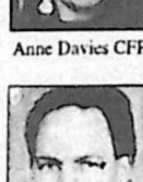
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Section News

At the Summit of Mount Albert Edward



19 AMS Conquers Mountain

by Cpl R. Dumonceau, Expedition Leader

On 15 Sep, 18 members of 19 AMS set out to hike the second highest peak on Vancouver Island, Mount Albert Edward. Mt. Albert Edward is located several kilometers northwest of the Comox Glacier and the hike takes three days. The first day is a walk from Mt. Washington Nordic Lodge to base camp at Circle Lake. The second day is the toughest, consisting of a 3 1/2 hour hike to the peak and a 3 1/2 hour return to base camp. The final day is the hike back to Mt. Washington.

As we were packing up the vehicles on Thursday morning, none of us were sure what kind of weather Mother Nature would supply for us that day. After about an hour into the hike, it became very clear what kind of day we were in for...RAIN. The group consisted of the full spectrum of hikers, from the most experienced, to others who were out

hiking for the first time. After hiking hours in the rain, most hikers were eager to set up their tents and get dry. After a quick meal, almost everyone was ready for sleep, even though it was only about 7 p.m.

As we woke up the next day, the shroud of rain and clouds had been lifted and we were about to enjoy one of the best days one could ask for. Yes, it was one of those days that not only made you glad to be alive, but even happier that you lived on Vancouver Island.

Day two had been perfect weather-wise but it didn't take long to realize that we were going to have to do some work if we wanted to enjoy the peak of this mountain. After approximately three hours we were all at what seemed like the top of the world! The day was as clear as a bell and we all enjoyed fantastic scenery, which included Powell River, Courtenay/Comox, the Comox Glacier, Mt. Washington, Port Al-

berni, the rugged mountains of the mainland, as well as all the beautiful lakes and rivers around us. As is the custom, a lot of us signed in the log book at the top to leave a permanent record of our unforgettable visit. Following a well-deserved meal and consuming as much of the panorama as time would allow, we reluctantly set out to return to our camp. What seemed to be a good sized hike on the way up manifested into an even larger one as our aches and pains compounded themselves on the return trip.

Back at our base camp, we gathered together for supper and to marvel at our accomplishment of the day. But wait! What would a mountain hike be if we didn't bathe in the tub-like, mountain stream fed lake, if only for a micro-second!

Saturday morning we all packed up and returned to the base, enriched by the whole trip, both in our minds and our photo albums.

19 AMS Nondestructive Testing

No More Soap!

Along with the five main NDT disciplines discussed in previous Totem Times articles, the 19 AMS NDT section is also responsible for providing Aerospace Oil Analysis Program (AOAP) support, in varying degrees, to CF aircraft from 17 Wing Winnipeg westward. The old term for AOAP was SOAP, which stood for Spectrometric Oil Analysis Program, as the inspecting instrument was called a spectrometer. AOAP now embraces Spectrometric Oil Analysis (SOA), Analytical Ferrography, and a process called Supplementary Fuel Check, normally referred to as SETA Flash Testing. Today we will look at the specifics of SOA: how it works, its value as a maintenance tool, and its limitations.

First, let's take a look at oil wetted components in general. Machinery typically rotates on either plain bearings or roller, or ball bearings housed in cages or races, some may contain meshing gears as well. Each of these areas generate varying amounts of wear material depending on the quality of assembly, routine maintenance, and the lubrication system. Plain bearings (much like those in your car's engine) typically run on a film of oil approximately 25 microns thick (25 millionths of a meter) while gears and roller and ball bearings (which comprise the majority of the bearing surfaces in aviation equipment) ride on a film considerably thinner, in the order of 0.25 - 1.25 microns. Filtration of aviation components varies

anywhere from 150 microns for the P & W JT3D-7 engine installed in the CC-137 Boeing 707, down to 3 microns for the T63-A-700 engine installed in the CH-136 Kiowa helicopter. These filters are designed to remove generated wear particles from the lubrication system, yet even the finest filtration will allow particles thicker than the lubrication film (1.25 microns) to pass through, thus accelerating the wear process.

To keep tabs on the condition of these components (pilots and passengers tend to frown on in-flight failures) a quick, yet economical, inspection had to be devised. This is where Spectro-

Continued on page 8

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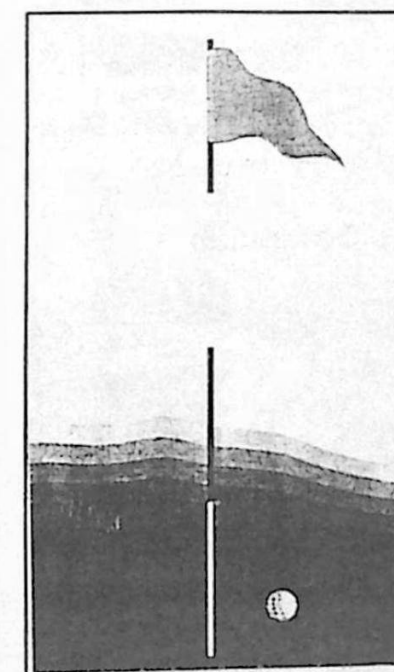
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19 Wing Comox Drinking/Driving Counter Attack Dependant Poster

Colouring/Designing Contest

19 Wing Comox's project for the 1994 Christmas Drinking/Driving Counter Attack campaign is to run a poster colouring/designing contest. Kids 10 and under will colour an official poster. Adolescents 11 to 18 will design a poster on an official entry sheet. Contest will be open to all 19 Wing military and civilian employee dependants under 19 years of age. First, second and third prizes will be awarded to various age groups. See the next issue of the Totem Times for more details.

Banquet room available for your parties
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Section News

More AMS

Continued from page 7

metric Oil Analysis comes into play.

First utilized by the Denver, Rio Grande and Western Railroads in 1941 as a maintenance tool on steam locomotives, SOA has grown to encompass trucking, marine and aviation applications. SOA is the most common wear analysis method used in the Canadian Forces' AOA Program, and looks at the type of wear generated (Element), the amount of wear generated (Wear Limits expressed in Parts Per Million [PPM]), and the rate of increase over a period of time (Trend). Typically oil samples of approximately 2 ounces are taken on a routine basis and forwarded to the AOAP Lab for analysis. The frequency of the samples is dictated by the wear rate of the component and can vary from every 10 flying hours (referred to as airframe hours) for the J85 CAN 40 engine in the CT-114 Tutor aircraft to 50 airframe hours for the PW120 engine in the CC-142 Dash 8.

Information such as: sample number, aircraft type and tail number, airframe hours, component make and serial number, time since new, and hours since last oil change must accompany the sample. It is imperative that the oil is taken HOT, that is to say within 15 minutes of component

shut-down, so as to capture a true representation of the wear particles in suspension within the lubrication system. Times appreciably longer than 15 minutes allow the wear particles time to settle out of the oil, robbing the analyst of vital information as to the condition of the component, rendering the analysis process useless.

Once at the AOAP Laboratory, the analyst burns approximately 2 ml of the oil in an Atomic Emission Spectrometer, a procedure that takes about 31 seconds. As the sample burns a wide spectrum of light energy is emitted, depending on the wear elements present in the sample oil. Each element gives off a discrete energy wavelength. Iron (Fe) when burned gives off energy of 2492 Angstrom Units (a measure of 10⁻⁸ meters in length) while nickel (Ni) is in the 3423 range. This is apparent when viewing fireworks: those that burn red contain lots of iron, while those that burn white contain phosphorus. So, by breaking the light into its various wavelengths (colour spectrum) and measuring the energy of each we know the quantity of the wear particles present (no energy at 2492 means no FE present, high energy present at 3423 is indicative of high Ni content).

Used properly, SOA is a valuable diagnostic tool but it has its limitations. We cannot predict catastrophic failures due to a manufacturing flaw of a given component, or gross misalignment during assembly (which is rarely the case anyway - much to the relief of the aircrew). What we do pick up are those components that are wearing due to slight misalignments during assembly or minor imperfections during manufacturing, which take time to wear to a point where they eventually fail. The other major drawback to SOA is the physical size of the wear particles that it can distinguish within an oil sample, anywhere from 0 to 10 microns in size. Wear particles larger than this within an oil wetted system go undiagnosed by SOA, but are discernible by Ferrographic Analysis, which sounds like a good topic for a future article.

So if you hear someone talking about SOAP they really mean AOAP and, although you can't clean your clothes with it, by diagnosing an incipient failure correctly we have managed to keep a few of the aircrews' shorts from getting dirty!!!



407 Sqn



Demon Doin's

by Cpl John Johnson

You'd better watch out, better not cry, better not pout, I'm telling you why... It's PER season of course. They sure know whether you've been naughty or nice! This is the time of year when a stroll in the park is magically transformed into a marathon run. Most of the MCpls and Sgts display confused, blank looks on their faces, when emerging from their "secret squirrel" meetings.

Well, don't let it get you too uptight. There's the 407 Sqn Christmas Party to look forward to soon. It's always a fun event to attend! The dinner/dance takes place on 9 Dec; tickets are now available.

With all the strikes and lock-outs going on in sports today, there is definitely a shortage of pro hockey and major league baseball. It's so refreshing to see

Christmas Party 9 Dec.

that the military's primary sport is still in full swing. Commonly known as "personnel shuffleboard" 407 Maintenance has again had a big role to play in it. Mike Garipey and Scott Parent have accepted the FRP. Bernie "what mug out" Gagnon will be teaching in Borden, Pauline Laroche is off to Greenwood and Claude Labrie is now on 3 Crew. WO Jim Lowdon and WO Maurice "Moe" Michaud have swapped "the buck stops here" jobs. Even the ARO, Capt Gordon, is now up in AMCRO; he was replaced by Capt Castonguay who had just arrived from NDHQ. Also posted in, Harold Norman from Cold Lake and Ted Konrath from Trenton. Alain Curadeau, Grant Leger and Lucie Pelletier were all sent over from 3 Crew. John Johnson is in from 1 Crew and, last but not least, Andy "happy happy joy joy" Wysman is from 2 Crew.

Although it's not quite Christmas yet "Tis the season to be jugged" and to everyone leaving, or just arriving, or anywhere in between, ALL THE BEST in the season to come!

OPDP Diploma



LtCol P.A. Drover, WOpsO, presented Capt Rob Dimmer with a Diploma of Achievement for the successful completion of the Officer Professional Development Program. Congratulations Rob!

Canadian Forces Decoration



Capt R.F.D. Vincent, Wing Operations Centre, being presented with his Canadian Forces Decoration by LtCol P.A. Drover, WOpsO.

Feature

Hercules in the RCAF/CAF

Conclusion

by Patrick Martin

Future

The average airframe time for the CC-130E fleet is 33,000 hours. The CAF has the highest rate of C-130 usage. The CAF uses the services of CAE Aviation Ltd, (formerly known as NWI) at its Edmonton IAP location for major overhauls. The company's involvement began with the C-130B in 1960 and has continued since. The firm has replaced the wings on CC-130E in stages. Current related projects include an avionics upgrade to five aircraft, the tanker program with Flight Refuelling Ltd and overhaul and painting of airframes. Non-Hercules work includes CT-114 and CT-133 overhauls.

Like the RAF, the CAF also uses the Hercules for long-range strategic hauling, using up vast airframe hours. The only other strategic asset for years was the CC-137 (Boeing 707 - built for somebody else). Originally, the C-141 was to be purchased but indecisiveness watched the production end. The CC-137 Husky is becoming very expensive to fly and maintain. During the Gulf War both CC-130 and CC-137 were hauling, amongst a lot of other loads, MK82 snake-eye bombs from CFB Baden-Soellingen in Germany to the Gulf. One wonders about the per pound cost of that airlift, especially at foreign fuel stops!

A partial solution to strategic hauling was found in the purchase of five used (what's new!) CC-150 (Airbus 310). These aircraft, while welcome, do not add a large rear loading and height capability for helicopters and vehicles. A study is under way to check the feasibility of installing large cargo doors and strengthen floors in the Airbus.

The increased work load placed on the Hercules fleet is due

to overseas commitments such as Bosnia and Somalia without the benefit of the former NATO bases in Germany. These obligations are now supported long-range from Canada. Each time Canada's Department of External Affairs tasks the CAF for UN duties, they rely on charter and USAF aircraft, especially to transport large items like helicopters. Perhaps some funding could have been saved if an out-going minister didn't take a CC-144 Challenger all the way to Somalia and back on a "fact-finding" mission.

The mechanisms for the Canadian Armed Forces to purchase aircraft is long and politically complicated. The CAF will rebuild and overhaul airframes at over twice the replacement value, that most other armed forces will give up on. This is simply because of procurement difficulties and the rebuild/overhaul costs can be categorized under maintenance.

If the hours can be stretched out, perhaps the new generation C-130J Hercules would be available. The CC-130E is considered to be passing mid-life, thus the time is approaching when a purchase of 20-30 aircraft will be necessary to replace the CC-130E fleet. The purchase of new C-17, (that would be new!) could be a long term cost saving move. The C-17, while massively expensive (and probably well beyond any budget hope), would be ideal because it has both tactical and strategic capabilities.

In the meantime, the current Hercules fleet could do with some basic improvements such as navigation aids now commonly found on private aircraft, and an annunciator panel with realignment of some cockpit instruments. Fold-away forward facing seats for loadmasters would help. This is

somewhat evident when occupying a rear compartment seat during various aircraft angles. All of these, plus more crash resistance passenger stations are under study and have been incorporated into the new C-130J which is being offered at, according to Lockheed, the current C-130H prices of around \$45-48 million CAN. The RAF is considering the purchase of 30 C-130J.

To save on current and perhaps future Hercules airframes, the purchase of half a dozen used C-

141B would have helped if done years ago. The USAF has now found major crack problems causing significant airlift shortage to the point of using ANG AFRES Hercules on TDY to C-141B Airlift Wings! Several have found their way to the bone yard. Until then, the current CC-130 will soldier on flying the Maple Leaf in the far flung corners of the world.

(Acknowledgements: Mr. Pollard AC, LtCol Francis, Capt Dube and Laura 435, Clair Agar and H.G. Maxwell.)

Editor's Note:
The remaining Herc pictures cannot be shown, due to lack of space. Our apologies to the readers, and author Patrick Martin.



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— 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."

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Feature

Finally finished



A gleaming, refurbished Argus 712 Mark 1 sits in the Heritage Air Park, adjacent to 888 Wing.

Argus 712 Rejuvenated and ready for Display

by WO Karl Smith

It has taken two years, and more ups and downs than I care to remember, but the repainting of the largest heritage aircraft in Canada is complete. Over 5000 manhours of surface preparation, restoration work, and repainting have been expended on the old girl to date, and finally, the light at the end of the tunnel has been reached.

In the Fall of 1992 when Argus 712 was removed from the Heritage Park, the first Argus Committee meeting was held. Little did we know the details of the adventure that would await us. No one could accurately predict the changes that would affect an operation of this magnitude over the next two years. Changes within the committee, on Base, and in the local community had a tremendous impact on the progress of the Argus on a daily basis.

The number of committee members dropped from 50 volunteers at the start, to a hard core group of about 15 members. These diehards froze in the winter in an unheated fuselage, and sweated in the summer. They have drilled rivets wearing parkas and gloves, and dealt with harsh chemicals in full protective equipment under the baking sun. In the process, they discovered that aircraft restoration demands a strong resolve and dedicated personal commitment to continue to work towards preserving this symbol of Canadian Military Aviation History. Each member, married or not, is very aware that personal commitment does not come cheap.

The cost is a multifaceted one that in no way, shape, or form,

could be given a dollar figure. The costs include the time away from loved ones, the cost for babysitters, the cost of gas (and even ferry fees) for members driving in from distant locations, and the cost in phone bills. Many of these costs may never be recovered. Committee members have had to make the choice to make these sacrifices, just like many other volunteers do within the community. These volunteers are real people, just like you.

The Base has supported the project in many ways besides the obvious financial help. The museum, as one of the major supporters of the project, realizes the importance in maintaining strong aviation ties to our past history through the preservation of the aircraft in the 19 Wing Comox Heritage Park.

Wing Supply (especially General Stores) has been very supportive by quickly acquiring the supplies that are so crucial to the completion of a project of this magnitude.

414 Squadron's assistance was most evident when they permitted the Argus in their hangar several times, including the painting phase. To make room in a full hangar for an aircraft of this size redefined the term "cooperation."

19 Air Maintenance Squadron has assisted in the repairs (Workshops, Refinishers and AMSE) but also provided the majority of their assistance through the training of our members in the fine art of restoration repair. Their helpful comments and constructive advice continues, and it saves a significant amount of committee members time and effort. Also Wing Photo has contributed their

hours, through various lenses, creating a history book of superb stills over the past years.

Each aircraft in the Airpark has been given to a unit on base, and 407 (MP) Sqn is no exception. As the supporting unit and past operators of the Argus aircraft, the "Demon" Sqn has endured a very busy year of assistance to the committee, in order to keep the target date in sight. Tremendous support by all ranks have made all the difference in the results achieved on this project.

And thanks to Heavy Equipment, MCpl Hughes and his operators, as they provided the support to install the props and flaps. Kirk's Auto Supply, notably Aaron, for matching the paint colours and for prompt service.

And hats off to the Wing Commander, who, even with some reservations, allowed the committee to undertake the external restoration of Argus 712.

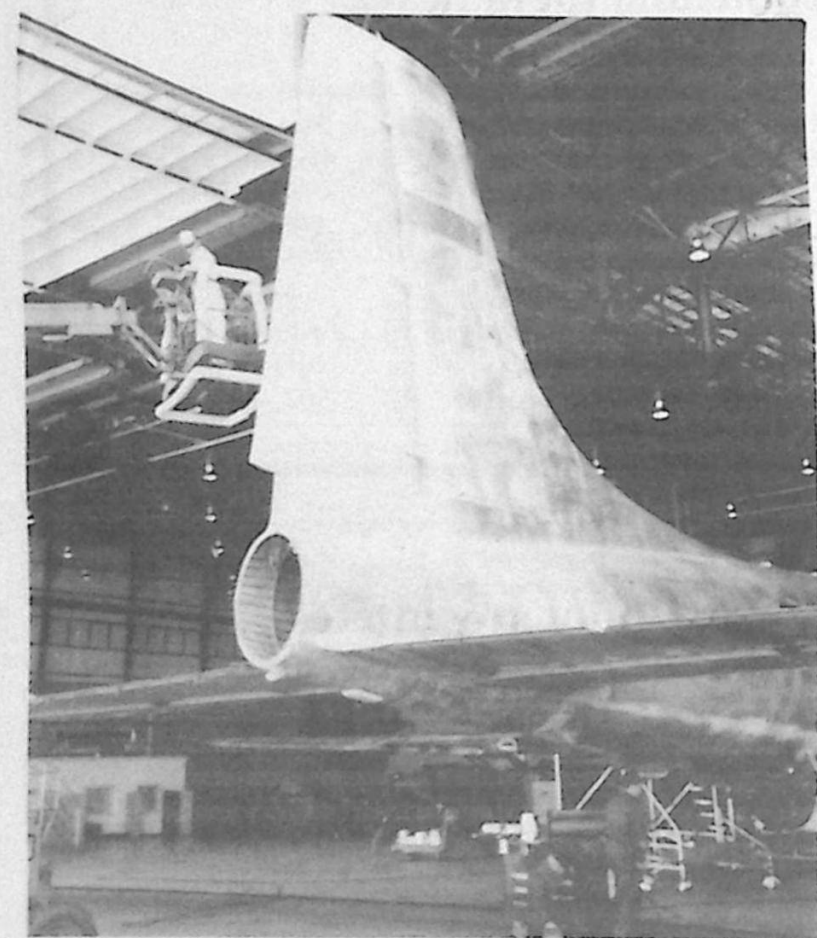
Work has not ceased on the old girl but the pace has slowed down, thank God! During the winter the committee will continue to remove the remaining corrosion inside and install devices to reduce the condensation.

Anyone interest in dabbling into aircraft restoration please call Karl Smith at 339-7950, or stop by the Airpark any Saturday morning and talk to us. Our next meeting will be 13 Nov 94, 1500 hrs at the RCAFA 888 Wing.

Canadians have a rich aviation past and without efforts like this past year, so little would remain for others to see how far we have come. Bravo Zulu to all!



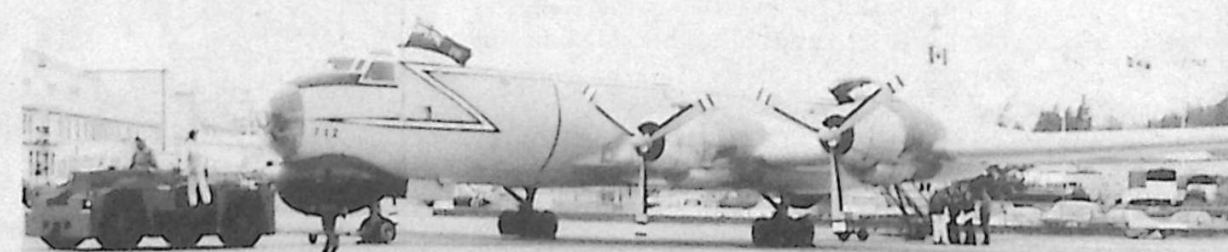
Jungle of scaffolding surrounds Argus.



Excitement builds - paint stripping.



Installing new mounts designed by Wing Workshops.

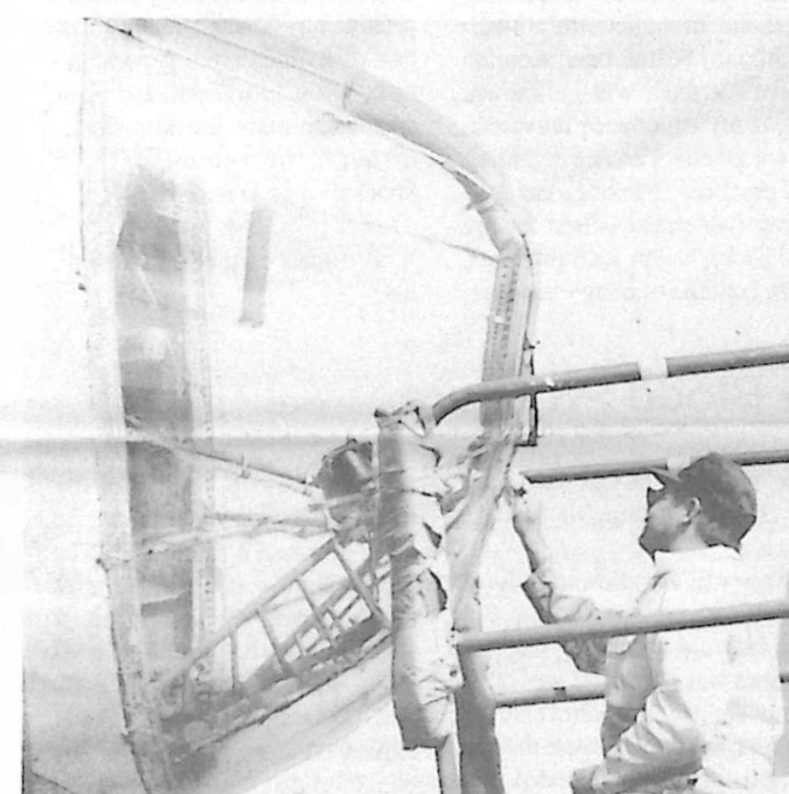


Argus 712 is ready to tow.

Feature



Finally, painting begins in Aug.



Pre Airshow touchup.

Reflections of a Restoration Team Member

by Cpl Peter Williamson

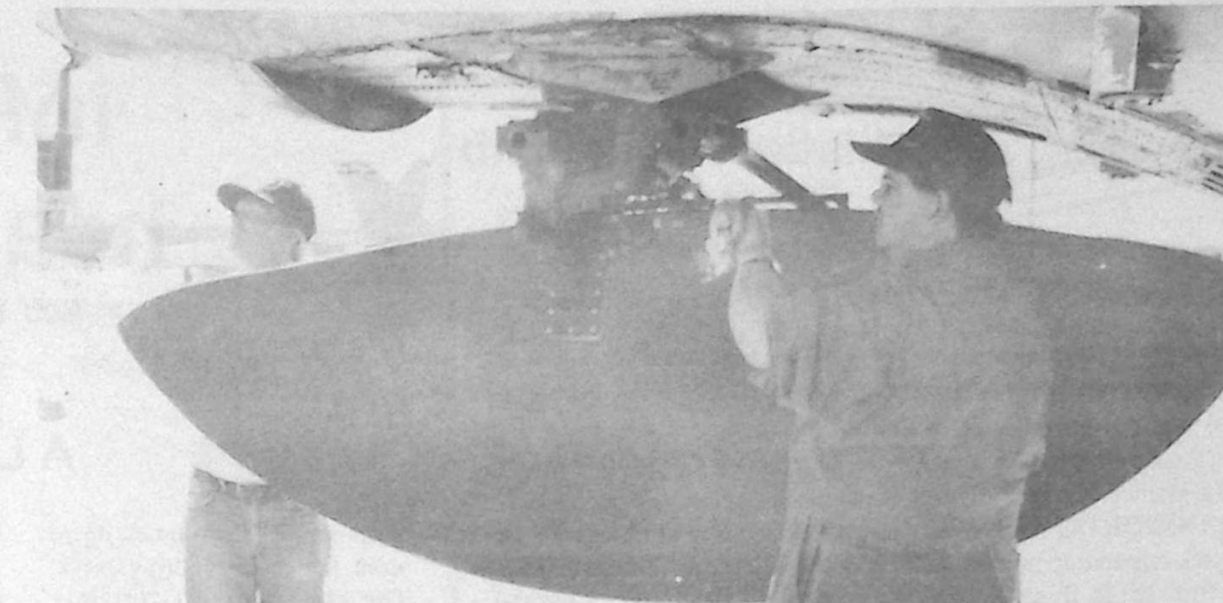
Many details came and went over the past two years yet some became hardened in concrete. Terms and phrases were coined such as "Where's Karl?" or "Thanks for coming out, eh." Even our actions became things to remember such as Murray Smith and his wonder spray or Graham "The Phantom" Vokey and his magic act.

Most people not involved will remember things such as the airframe taking up space, the smells of stripper, ketone or paint lingering in the air after a 17 hour work day. Even the question of where will the Argus parts appear next turned into a game and was played out each Monday morning.

The members became very adept in manipulating the scaffolding which looked to everyone as a giant monkey bar set. Yet this equipment was a critical item, essential to the completion of the project or any other future tasking. One big bonus in using the "Monkey Bars" is that it reduced the fear of heights and eliminated even the most acrobatic members possibility of tumbling into the wild blue yonder.

Much to the Wing Ground Safety Officer's surprise, no mutations have been discovered from all the not-so-friendly materials used. After thousands of manhours, work stoppages due to air ops, long nights and the ever-present "can it be finished by the end of the week?" the paint phase was completed.

On 30 Sep 94, with the old Canadian ensign and the old Airforce ensign flying, Argus 10712 rolled out to become a proud symbol in the Heritage Airpark again.



Now that's a micro-wave-cleaning APS20 Radar.

Backgrounder No.1

RESOLVING LAND CLAIMS IN BRITISH COLUMBIA

Q What are land claims, and why are we negotiating them now?

A Land claims are formal requests made by Aboriginal people, asking the federal and provincial governments to negotiate issues about land and resources that have remained unresolved for more than 100 years.

Unlike most of Canada, the first European settlers in B.C. negotiated very few treaties with First Nations regarding the use of land and resources.

Treaties are being negotiated now to end land-use uncertainty in B.C., and because the courts have said that treaty negotiations - not costly court battles - are the best way to reach fair and lasting solutions.

Q Who's representing my interests?

A It is the job of your provincial government to make sure your interests are both represented and protected through open and inclusive treaty negotiations.

The B.C. government has asked the federal government and First Nations to join us in opening negotiations to the public and ensuring that information is shared as widely as possible.

When land claims negotiations are about to begin in your area, we will organize community meetings where you'll have the chance to speak directly with negotiators. At the same time, we will establish regional committees - with representatives from business, environmental, fish and wildlife, labour and social welfare groups - to directly advise negotiators.

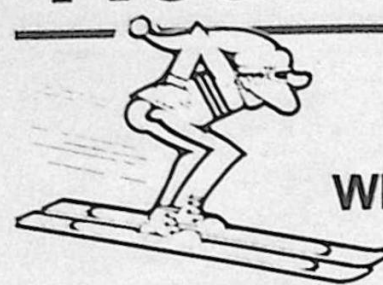
And following the provincial government's recent agreement with municipalities, local governments will be appointing an individual from each region to work with negotiators to ensure that community interests are fully represented.

Ministry of Aboriginal Affairs
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Health Fitness & Leisure



Comox Valley Ski Club

Whistler/Blackcomb Ski Package

TRIP DATES: 18 - 21 Jan 1995: The total package price includes 3 nights accommodations and 3 days of skiing on a Dual Mountain Pass (Whistler/Blackcomb).

ACCOMMODATION: Will be at The Mountainside Lodge. Each suite features one queensize bed, one queensize hide-a-bed and, in the loft, 2 single beds. There is also a private sauna, jacuzzi tub, fireplace and a kitchen. Sleeping arrangements are based on quad occupancy.

TRANSPORTATION: Every effort will be made to provide bus transportation (pending bus availability) at no extra cost. Bus will be leaving from the Jr. Ranks parking lot at approx. 1430 hrs on 18 Jan and will be returning at approx. 2200 hrs. on 21 Jan.

Package Price \$325.00

NOT INCLUDED: Ferry cost (\$13.00) and meals.

For more information, or to register, contact: Sgt Luc Chalifoux, 19 Wing DIAC Trg., CFB Comox, Lazo, B.C. V0R 2K0. Phone: Work 339-8211 (local 8670), Home 897-0977.

Wallace Gardens PMQ Council

Christmas Bazaar November 19

As everyone knows, Halloween has come and gone. What a terrific time was had by all. The Community Council put on a party that will be remembered by all.

We had over 200 children whose ages ranged from 1 to 17. There were over 16 stations filled full of fun and games. Many parents remarked that they appreciated the council dividing the children into age groups and we agreed that it gave the younger children a better chance at taking their time playing all the games. Bags of treats were handed out, to the delight of the children.

We would like to thank all the members of our association for their monthly contributions. Without your help all these events could not take place. Remember the next event planned will be on

Nov 19 at Airport School, from 0900 hrs to 1500 hrs, for our annual Christmas Bazaar. We hope to see you all there.

Keep in mind that there will be a Santa Claus visit and the Christmas light contest in December. We will give out further information as soon as the time and dates are confirmed.

If you have any suggestions or comments we would be more than happy to hear from you.

It would be appreciated if you would be willing to donate any picture of your children at community events to enable us to put up a collage in our office in Canex. In this way we will have a little keepsake of your child and a way for us to remember you when you are posted out.

Thank you once again for the strong support you have shown.

Wallace Gardens Community Council

Christmas Bazaar

19 November 1994
9 am to 3 pm
Airport Elementary School Gym

Courtenay

1 HOUR OPTICAL

(100% locally owned & operated)

Grand Opening Sale

2 FOR 1 SALE

Over 2100 Frames on Display

Progressive, Bifocal, Trifocal, Single Vision

407 - 5TH STREET, COURTENAY PH. 338-1665 FAX 338-0723

info health

Dr. Bob Young



A Learned Profession

In much earlier times, there were few learned professions. The clergy almost certainly topped the list, followed by physicians, scholars (especially those in universities), lawyers, and others. Literacy seems to have been the main qualifying factor. In some cases, intelligence ranked a poor second.

Now there are many educated people, in virtually all walks of life. Many are able to provide sound advice to others; indeed counselling is the vocation of many. Yet, in my experience, a large number of people turn to their physician for guidance in matters that have little to do with medicine. This has been noted by others, some of whom feel that one reason is that few people belong to a church, and therefore do not know or have access to a minister or priest.

The difficulty is that the patient may be misplacing their trust. An MD degree does not make a man or a woman an expert in everything, and while many doctors, especially GPs with a few years of practice under their belts, have learned to effectively field most problems, too often the advice given comes from general knowledge rather than particular expertise. It may not be the best.

The family doctor is perceived to have answers to almost any question. In matters truly medical this may be true, or an accurate source for them will be known. But, if my experience is typical, we are asked for advice regarding sex practices, banking, car purchases (which car is best for my sore back), health food products, wills, benefits of bungee jumping,

medicines needed for a trip to darkest Africa (or a sailing trip to Tahiti), commodes, electric scooters, apartment rental or keeping the house, income tax advice - and much more.

The definition of what constitutes medical care has broadened.

It is no longer limited to diagnosing disease and prescribing treatment. Those who educate physicians have recognized this to some extent, and many journals provide physicians with information of a much more general nature. Most of us learn the skills and accumulate the knowledge through the school of hard knocks.

But some do it better than others.

High Blood Pressure

term. Daughter was the same, but had 20 years learning time ahead of her.

Now you are allowed to have high blood pressure at age 86. This lady did not, however. Her pressure was normal. I was obligated to get her cholesterol checked, but only because the eye specialist had recommended that it be done. Even if it was high there was no way that it could be lowered at her age - and if it could it would make no difference to her health outlook. But daughter was very concerned that mom might have another episode, affecting the other eye. I had the impression that the main concern was that, if mom could no longer drive, daughter would have to provide this service.

There comes a time, however, when a limit is reached as far as worthwhile medical intervention is concerned. Three score and ten remains a reasonable lifespan. The average these days is almost

10 years more - but this is mainly because the infant mortality rate is far less than it used to be. The elderly lady was not capable of understanding my discussion of strokes and cholesterol and vision. Her daughter, apparently still under her mother's thumb, expressed her concerns on the condition that I keep our conversation secret.

So what d'you do? There are times when reality must be faced. Sure, mom may live another 10 even 20 years. The likelihood of the next stroke occurring in the good eye is very remote, but not impossible. Changing her diet, or using cholesterol-lowering drugs will make no difference at her age. In fact, there is little that can be done that will modify this patient's future, for better or worse. In fact, medical meddling is likely to do more harm than good.

But try and tell this to the daughter.

Buy a Poppy Help a Vet



NEXT DEADLINE 18 NOV.

Dr. Bill Toews
(dentist)
is pleased to announce his association with
Dr. Phil Nasralla
Clinic hrs: Mon to Fri 7:30 a.m. - 5:00 p.m.
Some Saturdays
NEW PATIENTS WELCOME!
339-2251
NOUS PARLONS FRANCAIS

On & Off the Base

A la Mode

A Tale of Two Salmon

Being originally from Down East, and later, living in Toronto, I grew up on Atlantic salmon. Out here in B.C. I have not been able to find it. With the abundance of B.C. salmon, I can understand why they don't get any, but I still miss it.

Atlantic salmon is finer textured, lighter in colour, and has thin layers of fat running through it. This is due to the colder waters of the Atlantic. My intention is not to offend the B.C. salmon or the people who fish them, but Atlantic salmon is considered the better of the two. When Atlantic salmon is cold smoked, it is almost transparent, with a beautiful flavour and texture. Hot smoking, as much of Pacific salmon is processed, is drier and stronger in flavour.

One way to enjoy the texture and flavour of cold smoked salmon is to make your own Gravlox, or marinated salmon. Although not smoked, the salt mixture treats the fish and draws out moisture, drying it out much like smoking. Gravlox is nice to serve when entertaining, as is the Salmon Pâté. The pâté can be made up ahead, and can be made with scraps or bits of smoked salmon. Fresh dill is best for both of these recipes, but dried dill will do fine.

Serve the Gravlox and the pâté with thinly sliced dark breads

such as rye, pumpernickle or 12 grains. Thinly sliced red onion and capers are a classic garnish for the Gravlox along with the mustard sauce. Gravlox is best made with salmon that has been previously frozen. Any leftovers should be discarded after 48 hours.

Gravlox (Marinated Salmon)

1 2lb. piece of salmon
3T. coarse or table salt
3T. sugar
1T. freshly ground black pepper

2T. brandy, vodka or calvados
2 bunches fresh dill, chopped
OR 2T. dried dill

Remove skin and bones from fillet, if necessary. Mix salt, sugar, dill and pepper together. Sprinkle half of this mixture in the bottom of a shallow glass dish. Place salmon on top and press the remaining mixture onto the top of the fillet. Sprinkle with the alcohol and cover with plastic wrap. Weight down and refrigerate 2-3 days, turning fillet over and basting with the liquid twice a day.

To serve, scrape off the salt-sugar mixture and thinly slice on an angle. Serve with mustard sauce and breads.

Mustard Sauce

1/2 cup unsweetened whipped cream
2T. whole grain mustard

Salt and pepper to taste
1/2 tsp. lemon juice
Mix together and chill well. Can also be made with mayonnaise instead of the whipped cream.

Party Salmon Pâté

1 envelope plain gelatin
1/4 cup water
1 7-1/2 oz. can salmon
1cup finely diced smoked salmon

4 oz. cream cheese
1/4 cup mayonnaise
2T. lemon juice
Pinch white pepper
1T. dried dill OR 2T. fresh dill
3/4 cup whipping cream
Sprinkle gelatin in water in a small saucepan, let sit one minute, then warm over low heat, stirring to dissolve. Drain canned salmon, check for small bones. In food processor, blend canned salmon, cream cheese, mayonnaise, lemon juice and white pepper until smooth. Add gelatin and smoked salmon, process briefly. Smoked salmon should still be in small pieces. Scrape out into a large bowl. Whip cream and gently fold into salmon mixture along with the dill. Check mixture to see if any salt is needed. Pour into a 4-cup mould lined with plastic wrap for easy removal. Chill for 6-8 hours.

Serve with crackers, melba toasts or thinly sliced dark bread.

WO & Sgts Ladies Social Club

The WO & Sgts Mess Ladies Social Club held their last meeting on 17 Oct at the Mess. At this meeting, we had a very informative and enjoyable presentation on the gardening quirks of the West Coast, presented by Robin and Jennifer of Little River Garden Centre. During this evening of green thumbs, various topics such as autumn plant care were discussed by all. A very heartfelt thank you goes out to Little River Garden Centre for this night.

Up and coming events at our club include Christmas crafts on 14 Nov, given by Decorama, and on 12 Dec we will be holding a Pot-Luck dinner with special entertainment. Get hubby out and have some fun!

For the new arrivals to 19 Wing, or for those of you who may have missed our ads, the Ladies Social Club is open to all spouses or better halves of serving and retired members of the WO and Sgts Mess. This includes, of course, single members (F) of the Mess. Remember, we are a social club so come out and enjoy.

Soundbites

By Li(N) Michael Sebastian

(Rating: ****Classic, ****Excellent, ***Good, **Fair, *Poor)
Sinead O'Connor - Universal Mother (EMI)*** Fragile rage. "Fire On Babylon" explodes with venom, leaving most of the rest of the c.d. for hymnlike whispers against cruelty & a cry for love in the world. Sombre, introspective...but what a golden voice she has! Canadian Spotlight: Kashtin - Akua Tuta (Sony)**** Singing in Innu, a language spoken by less than 12,000 people, Kashtin proves that music is a universal language. Extremely catchy melodies & a driving beat combine to create soothing, world rhythms. Like the Gipsy Kings? You'll love Kashtin, who comes from a Quebec reserve.

Smashing Pumpkins - Pisces Iscariot (Virgin)***1/2 A collection of B-sides and rarities (from a band that only has one album?). A breathing space on the heels of their successful Siamese Dreams c.d. For diehards only - better to save up for the next real album. Dolly Parton - Heartsongs (Sony)***1/2 The C&W Queen is back with no less than 23(!) hurty songs of lovin', growin' & breakin' up - both classics & originals. Recorded live at Dollywood, Tennessee.

Various - Heavy Classix (Angel/EMI)**** Heavy metal thunder. Classical music at its loudest. Try not "air-conducting" to cuts from Wagner's "Valkyrie," Prokofiev's "Romeo & Juliet," "The 1812 Overture" by Tchaikovsky as well as Stravinsky, Berlioz & the heaviest of all, Hosts's "Mars: Bringer of War" from "Planets." The Cranberries - No Need To Argue (Island)***1/2 Irish pop, both captivating & on the edge. "Zombie's" tenseness confronts & conflicts with the intoxicating "The Icicle Melts" making this such a satisfying c.d., featuring Dolores O'Riordan's breathy vocals. Canadian Spotlight: Robbie Robertson - Music For The Native American (EMI)**** A rhythmic, pulsing traditional/modern music mix. Robertson (The Band) is a Mohawk descendant who has opened the window of the native aural world for our pleasure. Heartbeat drums drive you on a mystical voyage into a timeless, magical world.

James Taylor - Best Live (Sony)**** A live greatest hits c.d. featuring "Sweet Baby James," "Mexico," "Your Smiling Face," "Fire & Rain," "Handyman" and, of course, "How Sweet It Is." Recorded live to tape & no dubbing, it's the next best thing to being there.

Various - If I Were a Carpenter (A&M)***1/2 Strange, very strange. This collection of alternative bands covering the saccharine-sweet hits of The Carpenters will drive your parents crazy. Best is Sonic Youth's "Superstar," Shonen Knife's "Top of the World" & Cracker's "Rainy Days & Mondays." A mix of "interesting" interpretations.

dada - American Highway Flower (IRS/EMI)**** Rock for the discriminating Gen X'er. Pushing 30? Can't relate to what teens are raving about? There's hope! dada's second release will give you just what you're looking for, relatively intelligent rock, not too fast & not too loud. A great find, but don't tell the kids! Joe Jackson - Night Music (Virgin)***1/2 Joe's fans are amongst the most loyal in music & respect how he pushes musical boundaries. No exception, this is a collection of odd tunes & instrumental Nocturnes featuring oboes, violas & cellos. For the Jackson-purist. Joe Cocker - Have A Little Faith (Sony)***1/2 Lord, do we have faith in Joe! We may have lost it occasionally on the rocky road of his career over the past 25 years, but our faith is restored in this soulful, blues-tinged collection of covers & originals.

Junior Ranks Mess UPCOMING EVENTS

Nov 18: DOWN HOMERS' NIGHT (Open to all JRM members & spouses). Doors open at 1830 hrs (6:30 pm). Food: Newfoundland style menu will be served at 1900 hrs (7:00 pm). Music by THE EASTERNERS - Irish jigs & reels. Starts 2000 hrs (8:00 pm). Tickets sold at door: \$5.00 members, \$8.00 non-members.
Nov 25: TGIF SPORTS Food: fish & chips served at 16:30 hrs. Game: Crib at 1730 hrs. NOTE: This will be the last TGIF until 6 Jan 95.
Nov 27: GREY CUP On the Big Screen of the Junior Ranks Mess, hosted by the Officers' Mess. Open for all ranks. More to follow. DON'T FORGET TO REGISTER YOUR KIDS FOR THE CHRISTMAS PARTIES NLT 24 NOV. Children Under 8: Mr. & Mrs. Jelly Roll - Dec 3. Children Over 8: Bingo - Dec. 11.

NEXT DEADLINE 18 NOV
NOON

On the Base

The Puck Drops Here



WCdr Col T.B. Rogers drops the puck to 442 Sqn (L) and 407 Sqn (R) team refs to start the 94/95 Inter-Section hockey season.

94/95 Inter-Section Hockey Starts

The 94/95 Inter-section Hockey League was officially opened on 17 Oct by the Wing Commander, Col Rogers, with the official puck-drop.

The two teams who helped open the season in the first game were old time rivals of 442 and 407 Squadrons.

The 94/95 Inter-section League is 12 teams strong, six in

a competitive division ("A") and six teams make up a recreation division ("B"). Each team has a 25 game schedule and playoffs to end the season.

There is always a team looking for new players, so come out and join a team. There is a wide range of competition and level of play for all.

19 Wing Sweeps PAC Region Golf

19 Wing Comox hosted the 94 Pacific Region Golf Championships 25 - 30 Sep. 19 Wing was well represented as our golfers won in all large base categories. Tournament winners are as follows: Large Base team pennant - 19 Wing; Small Base team pennant - CFB Van Det; Large Base Open Champ - Sgt Kalbfleisch (19 Wing); Large Base Senior Champ - Sgt Parris (19 Wing); Pac Region Ladies Champ - W.O. Piper (19 Wing); Small Base Open Champ - Maj Stevens (Colorado Springs); Small Base Senior Champ - Sgt Stevenson (Van Det).

Congratulations goes out to the golfers from 19 Wing for reclaiming the pennant for the third year in a row.

Special thanks go out to all personnel who assisted PERI staff in running the tournament; spotters, scorers and marshals.

Last but not least, the PERI staff would like to thank the WFOODS Services staff and staff at Glacier Greens/Crown Isle Pro Shops.

Thank you all for a job very well done.

New GGGC Maintenance Building



Another significant milestone has been reached at the Glacier Greens Golf Course with the completion of a new maintenance building. On hand to assist the Wing Commander in a ribbon cutting ceremony were Al Donovan (L) CE Project Manager, Steve Bailey (R) Course Maintenance Superintendent and a collection of personnel from DND, DCC and the contractor who were involved in the project.

94 PAC Region Large Base Golf Champs



L-R: MCpl Oliver, MCpl Cobham, LCol Burt (presenter), Sgt Kalbfleisch, Sgt Parris. Missing: MWO Cotton.

Tee Off!



WAdmO, LCol Burt, tees off to open PAC Region Golf Championship.

The Individual Winners



L-R: Sgt Kalbfleisch, Comox; WO Piper, Comox; Sgt Stevenson, CFB VanDet; Maj Stevens, Colo. Springs; Sgt Parris, Comox.



Christmas Is Just About Here!!!

Once again, the WO & Sgts Mess will be holding a children's Christmas Party

Date: 4 Dec 94

Time: 1300 - 1500 hrs

Age limit: Up to 12 years old

Place: Mess Lounge

Entertainment by "Shoo-Shoo" the Clown

Hotdogs will be served at 1300 hrs.

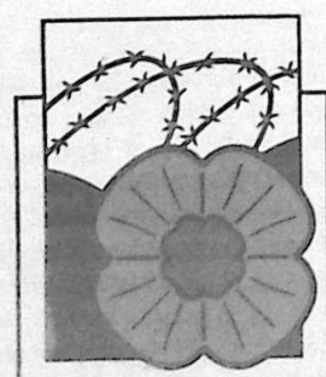
This year, Santa has felt the fiscal restraints that we all have been experiencing, so we are forced to ask parents to help out by bringing a gift for their kids and Santa will pass them out. Please keep in mind, that to keep things fair, parents are asked to limit gifts to a value of up to \$15.00.

Sign-up sheet behind the bar

Cut off date is 28 Nov 94

For more info contact Darlene 339-0486

Buy a Poppy help a Vet



Are you retired or about to retire from

- the Federal Public Service
- the Canadian Forces, or
- the RCMP

If so, it is to your advantage to join the

FSNA

(Federal Superannuates National Association)

FSNA is the established and recognized voice for all superannuates of the federal government. In joining the Association, you will assist yourself and your fellow members in protecting, maintaining, and enhancing your superannuate pensions, medical plans, survivor benefits, or other matters which may affect your retirement rights and benefits. As a member, you are also entitled to significant consumer benefits. Recreational, social, and educational activities are also important advantages of membership. Please note: Associate memberships for future superannuates are available at any time prior to retirement.

For info: Velda Hoggan 338-7587 Mrs. Les Hasiuk 287-3984

On & Off the Base



Legion Log

BRANCH 17 COURTENAY
334-4322

DANCES

(Every Friday night, commencing 8:00 pm)

Nov 4.....ALLEYCATS
Nov 11.....NORM'S COMBO
Nov 18.....WESTWIN
Nov 25.....NORM'S COMBO

General Meeting - 22 November. Election of Officers.....7:30 pm

11 November "Remembrance Day"

09:00 Annual Breakfast

10:15 Parade Fall In

11:00 Service at the Cairn

12:00 Hospitality afternoon

Grey Cup Sunday 27 November

Large TVs and food available. Come and support your team.

REGULAR ACTIVITIES

BINGO.....every Thur, Fri & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
FUN EUCRE.....every Monday, 7:00 pm
FUN CRIB.....every Wednesday, 8:00 pm
CASH CRIB.....Sunday 27 November, 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

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

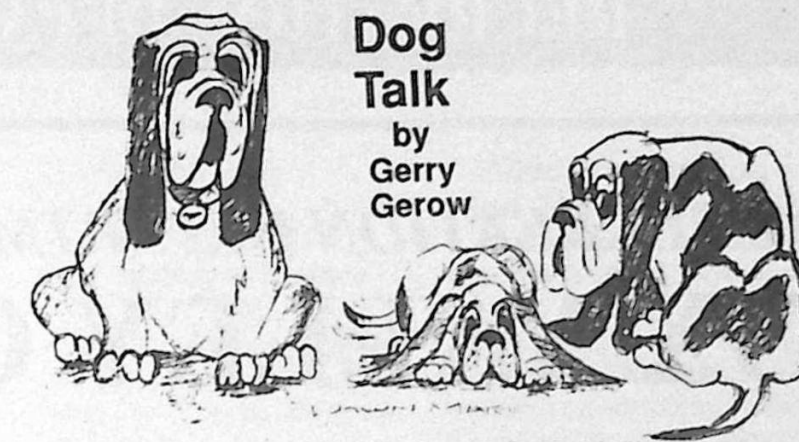
Nov 4.....KUSTOM KARAOKE
Nov 11.....REMEMBRANCE DAY
Open House after parade. Kerby one-man entertainer - versatile - will play any request 6 - 10 pm.
Nov 18.....Music by C.C. TRAILRIDERS (tentative)
Nov 20.....EUCRE, Upper Hall, 1:00 pm.
Bring a partner or we will try to find one for you. Entry fee \$5.00
Nov 25.....Music by WESTWIND
Dec 2.....C.C. TRAIL RIDERS
Dec 9.....BEACH COMBERS
Dec 16.....WESTWIND
Dec 18 (Sun afternoon).....WYLIE & THE OTHER GUY
Dec 31 (Sat).....NEW YEAR'S BALL, music by ALLEYCATS
(Further info on posters or in December Log).
NOTE: NO DANCE on Friday Dec 23 or Dec 30.
Jan 1.....NEW YEAR'S LEVEE (Details to follow)

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
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.

Dog Talk by Gerry Gerow



Corgies

An extremely interesting breed book just came my way. *The New Complete Pembroke Welsh Corgi*, by Deborah S. Harper, Howell Book House, New York, US \$25.00.

All the things you would, and should, expect in a good breed book are here in a well written, excellently illustrated presentation. Deborah Harper has been breeding and showing Pembroke Welsh Corgies for over 30 years. Her excellent knowledge of the breed certainly shows in this well written work.

Canada is not omitted - info on the Pembroke Welsh Corgi Association (Canada) is included. This is a hard cover, 290 page,

edition illustrated with over 200 photographs and a number of line drawings. It has just been published, so you will probably have to ask your book store to order it for you.

Seeing as how we just reviewed a book on Corgies, let's talk about them a bit. There are not many neighbourhoods where you won't find one or more Corgies living. There are two variations of Corgies: the Pembroke Welsh Corgi and the Cardigan Welsh Corgi. They are registered as two separate breeds, but there is really not much difference between them.

The Corgi is quite an ancient breed which has been used for

centuries in Wales as a herding dog. Legend has it that these little guys were a gift from the Welsh Fairies. It is said that they served as mounts for the fairies, and that if anyone doubts this he/she has only to look at a Corgi and note the light coloured marks over the front shoulders, which were left by the little fairy saddles.

Few Corgies are used as herding dogs today - at least in Canada. Most are kept mainly for their extremely loving attitude which makes them wonderful pets. They also do very well in the obedience ring. Only about 500 Corgies are registered in Canada each year, almost all of them Pembrokes. The frequency with which a person comes across Corgies, however, indicates that there are a lot of breedings which are not registered. Corgies get my vote for one of the most loved and loving of breeds.



Join First Lazo!

by Rusty

I would like to start by thanking all of you who bought an apple on 15 October, your support of scouting is greatly appreciated. This was the nationwide Apple Day fundraiser for Scouts Canada. For all of you who were kind enough to donate your money (and smiles), thank you. We are a nonprofit organization offering a service, i.e. selling apples in return for money. Our guidelines state we cannot ask for donations. Apple Day began in St. John, New Brunswick on 30 Jan 1932 when a Scout group decided to try selling apples to raise funds for a camp. Since then Apple Day has

become an annual October Scouts event.

1st Lazo decided to make this year's Apple Day a special event, combining the efforts of the Beavers, Cubs and Scouts. The day began at 4:00 pm with all the youth shining up the apples. Group executive members Henry Phillips, Sharla Hunter and Carl Schofield then served dinner which youth and leaders alike received with gusto. After our meal we formed small groups and began canvassing the local area.

This year the response from the community was overwhelming raising \$250.00 for the district. Again, a big thank you to

everyone in the community for supporting scouting, your friendliness and helpfulness were much appreciated.

Our appreciation also goes out to the parents who provided the vegetables and desserts and to the group executives and leaders who made the day such a success.

For more on scouting in our community please contact Carl at 334-8508 or Sharla at 339-2568. We offer high quality fun-filled programs for youth aged five to 18.

See everyone at our next Bottle Drive. We care about children, they are the future of our country and our world.



888 (KOMOX) WING

RCAFA

CALENDAR OF EVENTS - 1994

November

Sat Nov 5.....Games Night (OGNIB) - 8:00 pm
Fri Nov 11.....Remembrance Day
Sat Nov 12.....Ladies Bake Sale
Driftwood Mall 9:30 - 2:30
Sat Nov 19.....Medieval Night (costumes) 5 course meal
Fri Nov 25.....Music Man (No charge) 8:00 pm to midnight
Sun Nov 27.....Grey Cup Game (big screen) 1:00 pm (Charge \$3.00)

November.....LINE DANCING EVERY TUESDAY NIGHT at 7:30 pm

Publicity: Earle Neil 339-4990

Entertainment: Alan Fell 339-0585

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

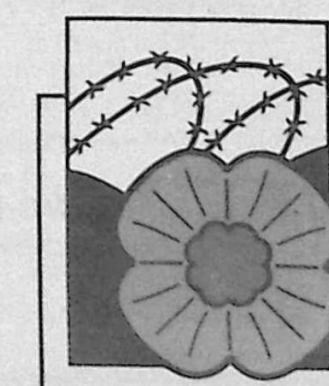
MAKE NEW FRIENDS

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



Buy a Poppy

Help a Vet





TOWN of COMOX RECREATION DEPARTMENT



THE COMOX RECREATION DEPARTMENT invites you to another COMOX VALLEY CHRISTMAS

Come Celebrate the True Meaning of Christmas!

SUNDAY, DEC. 4, 1994
1:00 - 2:30 PM
COMOX COMMUNITY CENTRE GYM
Admission is Free



From 1:00 - 2:00 pm enjoy the amazing sounds of our local elementary school choirs combined in harmony as they sing a variety of Christmas songs.

Visit our live nativity scene outside.
Soak up the atmosphere of Christmas song and caring.

Sip on a free hot chocolate from the Kiwanis and more.

Please bring a friend or two and a donation to our local food bank.

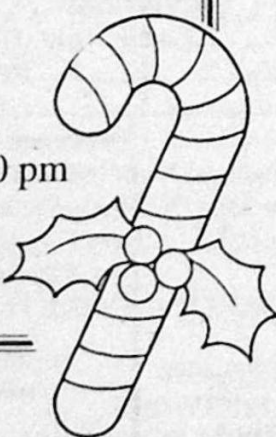
Sponsored by:
The Town of Comox Recreation Department
The Record
The Kiwanis

FOR MORE INFORMATION CALL THE COMOX RECREATION
DEPARTMENT 339-2255

Making a Christmas Centrepiece

Come and celebrate the season by creating a Christmas centrepiece, using natural greens and cones, which will last into the New Year.

Date: Wednesday,
December 7th
Time: 7:30 pm - 9:30 pm
Cost: \$8.40 + GST
Where: CCC Room B

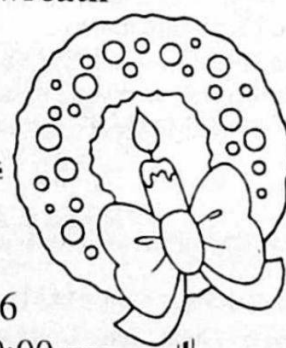


Register at the Comox Community Centre
339-2255

Christmas Cone Wreaths

Make your own original or
personalized Christmas wreath
this year.

Date: Wednesday,
November 16
Time: 7:00 pm - 10:00 pm
Cost: \$8.40 + GST
Where: CCC Lounge



Register at the Comox Community Centre
339-2255

On & Off the Base

CMFRC Family Basket



Family Basket Won!

Congratulations go to Christie Chalmers, a new resident of Wallace Gardens, who won the CMFRC Family Basket. The draw was held on Oct 24 at the CMFRC Annual General Meeting. The basket was full of all sorts of wonderful items and we are sure Christie and her family had fun finding out exactly what they had won.

A total of \$690.00 was raised through the sale of Family Basket raffle tickets. The proceeds of this fund raising event will go towards building a playground for the CMFRC Child Care programs.

We would again like to thank the following businesses who so generously supported us with our fund raising activity:

Businesses who contributed to the CMFRC Family Basket

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



**Buy a Poppy
help a Vet**

CMFRC Programmes

Adult Programs 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: 17 November
Time: 6:00 - 9:00 pm
Cost: Fee for materials \$9.00
Location: Parish Hall
Registration: Call the CMFRC at 339-8290
Registration Deadline: 10 Nov

Self Esteem Workshop

This workshop provides participants with opportunities to strengthen their self-esteem through increased self-awareness and skill building.

Dates: 4 sessions - Nov 23, 29, 30 & Dec 7
Time: 6:30 - 8:30 pm at the CMFRC

Cost: No fee
Registration: Call the CMFRC at 339-8290

New! New! New! French Conversation Group

Are you interested in keeping your French conversation skills in good working order while living in the beautiful Comox Valley? This new group is for anyone whose first language is not French and who wants to keep up on their day to day conversation skills in a relaxed and friendly atmosphere. The first get together will be held Thurs 17 Nov, 10 - 11:30 am at the Parish Hall. Subsequent meetings will be held every Thurs 10 - 11:30 at the Parish Hall. Call 339-8290 for more information and bring a friend!

Drug Awareness Week Activities 14 - 18 November

A collaborative effort between 19 Wing Comox, the Comox Military Family Resource Centre and Comox Valley Community Agencies.

Video Creation Evening

Tues 15 Nov at the AFIS Theatre from 7:00 to 9:00 pm: Youth in our community will have a unique opportunity to express their ideas and concerns regarding drugs and alcohol in video format. Youth 12-18 years of age are encouraged to come out and create a video that expresses their point of view and experiences. Call the CMFRC at 339-8290 for more information.

Video Presentations, RCMP (and police dog) and Military Police

Weds and Thurs evenings 16 & 17 Nov at the AFIS Theatre from 6:00 to 7:30 pm: For children 6 to 12 years of age. Call the CMFRC at 339-8290 for more information.

Video Presentation and Question Period

Weds and Thurs evenings 16 & 17 Nov in the coffee room at the AFIS Theatre from 6:00 to 7:30 pm: For parents and concerned adults. The videos created by the young adults on Tuesday evening will be shown, followed by a question period with the panel of guests from Alcoholics Anonymous, Alanon, Alateen, Narcotics Anonymous, Overeaters Anonymous and the 19 Wing Pharmacist. Call the CMFRC at 339-8290 for more information.

Information Booth at Driftwood Mall

Mon 14 Nov to Fri 18 Nov.

Child Care Programs

Origami - Japanese Paper Folding

A workshop for parents and children 3 - 5 years old.

Fee for supplies: \$2 per family

Location: Wallace Gardens Community Centre
Date: 29 Nov 1:30 - 2:30 pm

Registration: Call the CMFRC at 339-8290 before 25 Nov. Child care services are

available for children infant - 3 years for a fee of \$2 per child, or \$4 per family

Toy Lending Library

Open every Weds 12:30 - 4:30 pm

Location: CMFRC, 119 Kin-nikinnik

Annual Membership Fee: \$10.00

Precious Little People Preschool

For ages 3 - 5 years. Spaces are available on Mon and Wed 9 - 11:30 am

Fee: \$60.00 per month
Registration: Call 339-8290

Precious Little People Childminding

A playgroup for children 18 months - 5 years, Tues & Thur 9 am - 12 noon.

Location: Wallace Gardens Community Centre

Drop-in fee: \$7.00 per morning

St. John Ambulance Babysitting Course

Dates: Nov. 25th (Fri) 6 - 9 pm &
Nov. 26th (Sat) 10 am - 3 pm
Location: Bldg 22 (across from the Base Hospital)
Cost: \$22.00
Ages: 11 (mature) and up
Registration: Call the CMFRC at 339-8290

*Certificate from St. John Ambulance
upon successful completion*



Another program brought
to you by the CMFRC

THE MARTIN GROUP

Career Transition and Outplacement Counselling & Services

Attention Canadian Forces Personnel (eligible under the 1994 Forces Reduction Program)

Our objective is to help you secure the best possible position in the shortest period of time. The Martin Group provide a professional, practical and portable approach to job search techniques and career management based on personal counselling, realistic self analysis, networking, and proven job search techniques.

For further information call: The Martin Group at (604) 878-0697 or 1-800-303-7488 (24 hours).

 <p>KEN STEWART bus. (604) 334-3111 dir. line 684-2931 fax 338-8315 res. (604) 338-0868</p> <p>NRS BLOCK BROS. REALTY LTD. 1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8</p>	<p>FRANCIS AUTOMOTIVE</p> <p>COMPLETE AUTOMOTIVE SERVICES OWNER-OPERATOR COMPUTERIZED & MODERN EQUIPMENT IMPORT & DOMESTIC. 4 WHEEL DRIVE WHEEL ALIGNMENT SERVICES.</p> <p>330 ISLAND HIGHWAY NORTH COURTENAY B.C. V9N 3P2 Ph. (604) 338-9660</p>	<p>MARKET TRAVEL WORLDWIDE PROFESSIONAL TRAVEL ARRANGEMENTS (Area Code 604) 338-1474</p> <p>FAX No. (604) 338-8377 OR B.C. TOLL FREE 1-800-232-9294 549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2 ACROSS FROM THE BANK OF NOVA SCOTIA</p>
<p>"Easley done, Easley SOLD"</p> <p>MARGE EASLEY, C.G.A., R.I.B.C. bus. (604) 334-3111 dir. line 684-2931 fax 338-8315 res. (604) 339-7910 pager 1-978-2263</p> <p>NRS BLOCK BROS. REALTY LTD. 1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8</p>	<p>THE GRIFFIN</p> <p>Darts Pool Section Parties</p> <p>339-4466</p> <p>PUB 1185 Kilmorey Rd. Comox</p>	<p>SERVING COMOX VALLEY SELLERS AND BUYERS</p> <p>19 YEARS REALTY (COMOX VALLEY) EXPERIENCE OVER 1000 FAMILIES OR INDIVIDUALS PROPERTY SALES NEGOTIATED TALK TO ME ABOUT YOUR PLANS. HOUSE & LOT LISTINGS REQUIRED</p> <p>RE/MAX ocean pacific realty 282 anderton road comox office: 339-2021 tom procter 339-2668</p>
<p>COAST COUNTRY INSURANCE</p> <p>*DRIFTWOOD MALL 338-8318 *COMOX MALL 339-7774 *DOWNTOWN COURTENAY 334-3443</p> <p>HOME OWNERS & AUTO PLAN INSURANCE</p>	<p>HARTMAN AUTO SUPPLY LTD.</p> <p>338-7261 480 Puntledge Road We've Moved! Parts, Accessories, & Tools</p>	<p>COMOX MINI WAREHOUSE "BEST LITTLE WAREHOUSE IN THE WEST"</p> <p>U Store It Lock It Keep the Key</p> <p>CLOSE TO THE BASE & TOWN</p> <p>*Safety *Security *Supervision Knight Rd & Pritchard Rd Comox, B.C. 339-3424</p>
<p>Country Village Kitchen Bin</p> <p>Beans to You Our new gourmet coffee bar We serve the Service</p> <p>190 Port Augusta Mall, Comox, B.C. V9N 5H5 Don Gates "Our Business is a Grind" 339-7313</p>	<p>BRUCE TRAINOR SALES ASSOCIATE</p> <p>Holland and Associates Realty Limited</p> <p>Business (604) 338-1334 Residence (504) 338-0740 Facsimile (604) 338-0896 625 ENGLAND AVENUE, COURTENAY, B.C. V9N 2N5</p> <p>ROYAL LEPAGE MEMBER Associate Broker Network</p>	<p>Invest in the Comox Valley and Invest in Your Future.</p> <p>REALTY WORLD</p> <p>REALTY WORLD - Coast Country Realty 576 England Ave., Courtenay, B.C. V9N 5M7 Bus. (604) 334-3121 / 339-5501 Fax: (604) 334-1901 Res. 339-9987</p> <p>Maureen Davidson Sales Associate</p> <p>Each office is independently owned and operated.</p>
<p>COMOX AIR FORCE MUSEUM GIFT SHOP</p> <p>GIFT IDEAS AVIATION MEMORABILIA BOOKS, FLAGS, MODELS, POSTERS, HATS, SWEATERS, SHIRTS, PINS, PATCHES, AND MUCH, MUCH MORE! Phone: (604) 339-8162</p>	<p>This space available \$15.00 + GST per edition Ph. 339-2541, 338-0259</p>	<p>This space available \$15.00 + GST per edition Ph. 339-2541, 338-0259</p>

Public Announcements

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

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.

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.

Western Line Dancing
For all ages. Call 339-6016 for more information.

19 Wing Pacific Divers Scuba Club
Hours of Operation:
1830 - 2000 hrs, Monday and Thursday nights.

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.

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.

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.

Avis

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

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.

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.

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.

November Walks

Comox Glacier Wanderers Volkspport Club will hold two 10 Km. walks in November:
19 Nov - starting at Comox Mall NW entrance. Register 8:30 am - start 9:00 am.
26 Nov - starting at Comox Mall NW entrance. Register 8:30 am - start 9:00 am.
Phone 339-4145 or 339-6566 for more info.

Volkssport Club AGM

Comox Glacier Wanderers Volkspport Club Annual General Meeting will be held on 16 Nov at 7:30 pm at 888 Wing, RCAFA, Little River Road. Wine and cheese to follow. For more info please call 339-4145 or 339-6566.

Kids & Tobacco It's a crime.

BREAK free

NEXT DEADLINE 18 NOV.

On & Off the Base



Bookshell Bestsellers

Pat Bolen

Proprietor

10% off for mil pers - show ID get your Totem Times here

Week Ending 12 November

Bookshell Bestsellers Softcover

1. Bad Love.....Kellerman
2. Voyager.....Gabaldon
3. Tek Secret.....Shatner
4. Embraced by the Light.....Eadie
5. You Belong to Me.....Lindsey
6. Hammer of God.....Clarke
7. Dead Eyes.....Woods
8. Fires of Heaven.....Jordan
9. The Door to December.....Koontz
10. Mr. Murder.....Koontz

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.

It's A Girl!

19 Wing baby finally arrives



Victoria Elizabeth Krayden

Victoria Elizabeth Krayden was born 19 Oct 94 at 0714 hrs. to proud parents, David and Shirley Krayden. Overdue by over two weeks, the baby kept both parents wondering when the delivery date would be with an almost Hitchcockian manipulation of suspense. Victoria was born in Comox's St. Joseph's General Hospital, the same place where her father was born 29 years ago, and weighed in at 8 lbs. 1 oz.

"This baby is already demonstrating an acute sense of public affairs," said Wing PAFO father David, "because she decided to be born on the same day as the visit by the Minister of National Defence to the base."

L'Association Francophone de la Vallée de Comox est heureuse de vous annoncer le nom de la personne gagnante du grand prix de 500\$. Il s'agit de :

MME CAROLE FRAPPIER, de Courtenay.

Félicitations Mme Frappier et Merci à tous les gens qui ont participé à ce tirage.

The Francophone Association of the Comox Valley is pleased to announce the winner of the 500\$ grand prize. This is:

MRS CAROLE FRAPPIER, from Courtenay

Congratulations and thanks everyone who buy tickets.

Bulletin Board

All insertions will be \$5.00 incl. GST per column/inch. 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.

Trailer for Sale

1971 trailer, 60 x 12, 2 bedrooms, new paint & carpet, appliances included (F/S) (W/D), 12/12 wired work/storage shed. Phone Nora: 339-2926.

For Sale

King size foam mattress, with washable cover. Was replacement for a waterbed. For further details, please call 338-0259.

WANTED

A volunteer - to help Totem Times staff with their computers. If you are computer literate and would like to assist us, please call 339-2541, or 338-0259 if the office is not open.

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.

Save on Insurance

Save 40% or more when renewing your car insurance. I saved over \$200.00 using these three tips. Save some extra money for Xmas. Write George S. P.O. Box 323, Lazo, B.C. V0R 2K0

BUILDING MATERIALS

Lumber & Plywood
Panelling - Arborite
Doors & Windows
Builders Hardware - Tools, etc
Electrical & Plumbing Supplies
Paints & Finishes
Roofing - Siding
Cement Department
Truck Delivery
Customer Financing

CENTRAL BUILDERS

610 Anderton Avenue
Phone: 334-4416

Fireplace Bargains for Sale

• Pacific Energy wood stove: red enamel, glass door with gold plated trim. Seldom used. In excellent condition. \$799.00
• Wait "Elegance" freestanding propane gas fire, 17,500 BTU, black with brass trim. In new condition. \$300.00
• Kerosum "Radiant 8" kerosene heater. Ideal for garage or workshop. \$60.00

Phone: 339-3486



Buy a Poppy Help a Vet

LE CANADA SE SOUVIENT
CANADA REMEMBERS



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 amazingly low price of
25 each!



649 Anderton, Comox **339-5400**

On & Off the Base

Fire Prevention Week observed

Honchos for a Day



Fire Chief and Deputy Fire Chief for a day, Marc Lalonde and Alexis Fletcher, with DFC MWO Christie.

Alexis, Jaws and Marc



Deputy Fire Chief Alexis Fletcher, the Jaws of Life, and Fire Chief Marc Lalonde.

Explaining Fire Prevention



Wing Chief Fire Inspector Sgt Lariviere explains fire prevention to Airport schoolchildren.

Guiding the Guides



Alice Mann (L), Guide Leader and exchange teacher, is telling local Girl Guides Danielle Cyr (wearing UK guide uniform), Krista Lloyd and Rebecca Hunter, all about her country of England. Alice Mann, of Dartford England, is teaching at Airport School this year and, on her free time, is helping out with the 4th Comox Guide Company. Alice told them about her company of 22 Girl Guides (aged 10 to 16) in Kent and looks forward to camping with Canadian Girl Guides here on the island. (Photo by Edith Cuerrier)

Fire Prevention Week Winners



Receiving a smoke detector from Wing Fire Chief Capt W.B. Benn are PO2 Woodrow and (below) Cpl Drought.



Checking out 442



Marc and Alexis toured a 442 Buffalo and SAR Section.

CAREER FAIR

WHAT: An occasion for all personnel and their families to be exposed to job and education opportunities.

WHERE: 19 Wing Gymnasium.

WHEN: 09 December, 1000 - 1430 hrs.

For more information please contact Lt Bouchard or Lt Traynor at the WPSO, local 8463.

OPPORTUNITIES DE CARRIERES

QUOI: Une occasion pour tout le personnel et leur famille de prendre connaissance de diverses opportunités de carrières et d'éducation.

OU: Gymnase, 19e Escadre

QUAND: 09 Décembre, 1000 hrs à 1430 hrs.

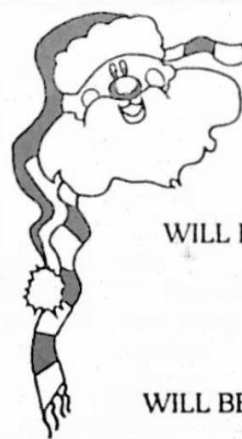
Questions: Appelez Lt Bouchard ou Lt Traynor au local 8463 (OSPB).

COLUMBO'S

STEAK HOUSE

PIZZA
&
PASTA

Luncheon & Dinner
Pickup Available
Italian & Greek Dishes
Banquet Room for Parties
Open 7 Days a Week
1 - 450 Ryan Rd. Courtenay
338-1488



THE JUNIOR RANKS' KIDS' CHRISTMAS PARTIES

THE "JELLY BEANS"

WILL BE @ THE JRM THE 3rd OF DECEMBER AT 11:00 AM
FOR ALL THOSE KIDS 8 YRS AND UNDER

AND

A CHRISTMAS BINGO

WILL BE HELD ON THE 11th OF DECEMBER AT 1:00 PM
FOR ALL THOSE KIDS 8 YRS AND OVER

A LUNCH WILL BE AVAILABLE
FOR THE KIDS AT BOTH PARTIES

THE 8 YEAR OLDS HAVE A CHOICE OF
EITHER THE BINGO OR THE PARTY

**ALL THE YOUNGSTERS
MUST BE REGISTERED
BY THE 24th OF NOV.
(NO LATER)**

A REGISTRATION FEE OF \$5.00 PER CHILD WILL BE
CHARGED FOR THE 8 YRS. AND UNDER PARTY (THE JRM
WILL ADD \$5.00 TO HELP OUT SANTA) AND A FOOD BANK
DONATION WOULD BE VERY MUCH APPRECIATED.

REGISTER AT THE JR MESS MANAGER'S OFFICE
UNTIL THE 24th OF NOVEMBER!!
(0800 TO 1530)

A NON-PERISHABLE FOOD BANK DONATION IS
REQUIRED FOR THE 8 YRS AND ABOVE BINGO
**ALL CHILDREN MUST BE ACCOMPANIED
BY A PARENT OR GUARDIAN**

ANYONE WILLING TO HELP WITH THESE EVENTS WOULD BE MOST WELCOME,
JUST CALL THE JRM MANAGER'S OFFICE (THERE'S A WHOLE BUNCH OF THINGS TO DO)