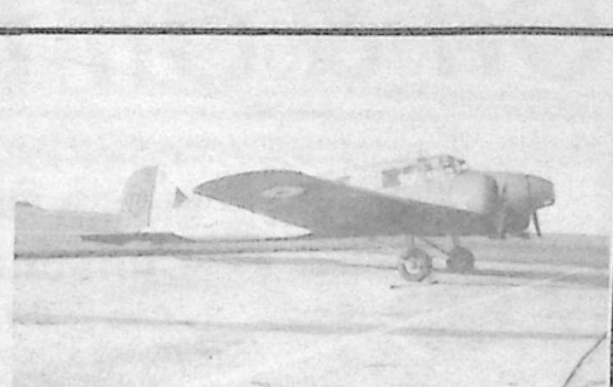


Russians See Inside Aurora

....page 3

British Common- wealth Air Training Plan

....page 10



TOTEM TIMES

19 Wing CFB Comox B.C.

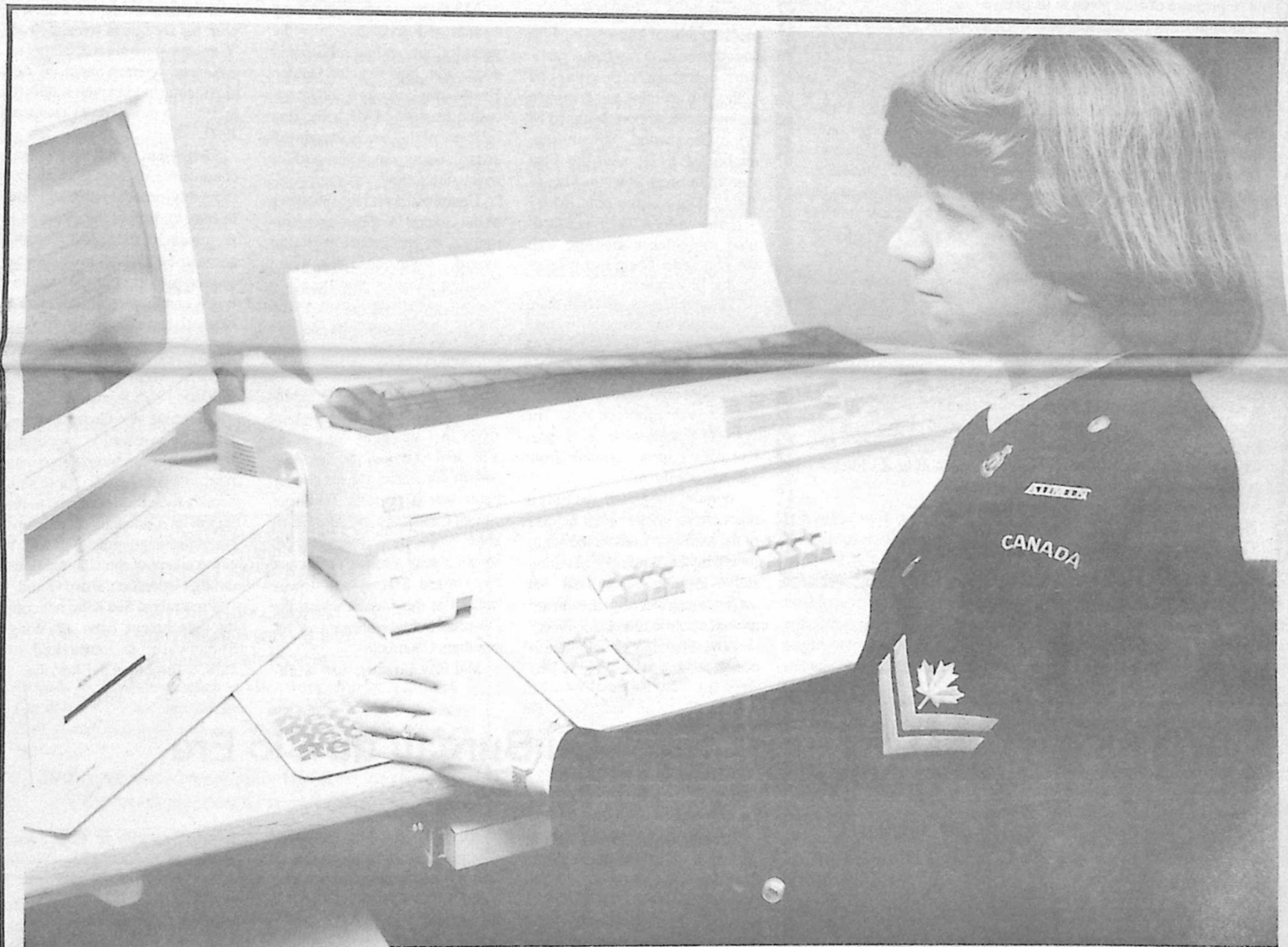


VOL 36 NO 18

THURSDAY 24 NOVEMBER 1994

COST: PRICELESS

FRP Wizard



MCpl Ginette Descarie was recently recognized as the 19 Wing Service Person of the Quarter for her many hours spent in front of the computer processing Force Reduction Program (FRP) applications. It's been a very busy year for MCpl Descarie. (Photo by Cpl Luc Champagne, 19 Wing Photo Section.)

Defence 2000

Defence: A more business-like approach

"Government isn't a business, but we can do things with a more business-like approach."

That was the message given to senior managers of the Canadian Forces and the Department of National Defence in September, by Defence Minister David Collette. The minister was speaking to the Defence 2000 Senior Management Symposium.

Now that same message is being carried to the west. "A Regional Renewal Seminar" for DND/CF middle managers (LCol/Maj/civilian equivalents) is planned for Calgary Dec 5 - 8.

According to BGen Keith Penney, Chief of Management Renewal Services, this seminar is aimed at approximately 200 middle managers from the three func-

tional Commands, from headquarters, and from bases and stations across Western Canada, the NWT and Yukon.

With the theme "The Many Faces of Renewal," the conference will provide managers with a practical understanding of the many renewal projects completed, underway, or being planned. It is also designed to

encourage new renewal efforts on the part of all those attending.

The presentations will feature renewal initiatives, not only within DND/CF, but from other departments and governments and the private sector as well. Organizers of the 4-day event note that the greatest benefit for attendees to this gathering will be the opportunity to network with other

middle managers.

Invitations for this seminar have been sent directly to Base Commanders and Commanders of Commands. Additional information is available from the Office of Management Renewal Services, LCol A.Z. Palmer (613-996-9570) or Carrie Monroe (613-996-5503). Fax 613-996-9587.

On & Off the Base



The Month Before Christmas

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

'Twas the month before Christmas and all through the base
Each branch and each section, with smiling face
Was, for Christmas, preparing traditional ways,
Many parties and dinners that lasted for days.
All getting excited and hooked on the season,
And in the great gala forgot the real reason
For all of the hoopla, the turkey, the stuffing
That left 'em all moaning and groaning and huffing.
Great fun it was had by most of the people
All within sight of the Wing Chapel steeple.
The reason we have this long celebration
The story was one of great tribulation.
The birth of a babe in a far eastern place
That changed all the world and the whole human race.
The Christ child came to forgive us our sins
And to give us some peace in the noise and the din.
The promise of God given to us in love
Through Jesus the blessing of heaven above.
It's so easy to leave the real meaning behind
And in all the glitter, not easy to find.
Sometimes all the partying gets in the way
Of keeping life safe and protected each day.
Sometimes the festivities just go too far
We get into the booze and then in the car.
The next thing we know is the chaplain gets called
To pass on a message that someone's been mauled.
It's not a great sight for a family to see,
But it happens too often...and don't say "not me."
"It just happens to others" we so often say
Yet once in a while it's our turn to pay.
We hope it won't happen so let's play it safe
We don't want your child becoming a waif.
We pray that when Christmas arrives at your home
That Santa, his elves and maybe a gnome,
Will find you all ship-shape, as happy can be,
Not forgetting the reason 't was Mary's baby.
Merry Christmas to each, from all of us here.
Leave your work at the office, and have a good cheer.
Keep yourselves well and healthy, and do not be troubled.
Keep your sight true and right, and your fun will be doubled.
It's time to shut up and get this to the press
You've had a good year, now let's have a rest.
Now during the holiday, away or at home
God Bless you, take care, and to all a Shalom.

Golden Hawks Award to roost at MAGHQ

by Susan Davis

Maritime Air Group (MAG), located in Halifax, N.S., was recently awarded the Golden Hawks Award for excellence and outstanding contribution in the field of military aviation. The award, presented by the Air Force Association of Canada, was given to the maritime air community for bringing Canada international recognition in the quest for world stability as a result of MAG's eight month Aurora deployment to the Adriatic Sea.

The deployment, which was part of Operation Sharp Guard, provided Aurora support in enforcing the United Nations fuel and arms embargo against the former Republic of Yugoslavia. Two armed Aurora long range maritime patrol aircraft, equipped with a full air crew and complete maintenance support, departed 14 Wing Greenwood, N.S. in September of 1993, with the final Aurora mission flown in May of 1994. During this time, MAG was able to fly 97% of its scheduled surveillance mission, with the remainder being lost primarily due to weather.

These missions, of which there was one per day, lasted an average of 10 hours, and were flown both day and night, ensuring a constant supply of information on the movement and cargo of merchant vessels in the embargo area. The Auroras were also on site to protect Allied surface vessels from sub-surface threat.

Winning the award was truly a team effort, involving all aspects of the maritime patrol community including headquarters planning staffs, training, operational and software engineering squadrons, as well as air maintenance units.

"The planning for this short notice tasking was expertly and

thoroughly completed, the deployment flawless and the execution an outstanding example of tactical effectiveness and dedication... (it) exceeded all expectations," says Brig Gen Jack Partington, Chief of Staff Personnel and Training at Air Command Headquarters, who recommended MAG for the Golden Hawks award.

To many, the win came as no surprise. "Over the years MAG has earned a reputation for excellence throughout the North Atlantic Treaty Organization (NATO)" says Maj Gen Borden Campbell, honorary president of the Air Force Association of Canada.

MAG has received many awards and accolades over the years for outstanding service and dedication, however, the Golden Hawks award marks a unique occasion because MAG is the first recipient of this newly introduced award, setting a high standard for those who follow.

Campbell, a previous member of the Golden Hawks, was instrumental in the creation of the award. "We chose the name Golden Hawks because we wanted something which would be of significance to the Air Force" he explains.

A good choice considering the history of the Golden Hawks. Formed in 1959 to celebrate the 50th anniversary of powered flight in Canada, as well as the 35th anniversary of the Royal Canadian Air Force, the air display team was a popular favourite among Canadians and Americans alike. "We flew more than 70 shows a year across Canada and the United States, and I was amazed at the way in which the Canadian public embraced us" remembers Campbell.

Maj Ray Cowper, now work-

ing with flight safety at 14 Wing Greenwood, has his own memories. Cowper, who was the first detachment commander for the Aurora deployment, was at the awards ceremony as a representative for the operational squadrons and the Wing; an appropriate choice given his involvement in the initial set up and implementation for the operation. "I was representing many different people and it felt gratifying... and I found it particularly significant that we were speaking before veterans as members of today's Air Force," says Cowper of the experience.

Although Cowper has been back in Greenwood for almost a year, his memories remain clear. "It goes on... we are still talking to the veterans about the deployment... linking their activities in 1943 to more recent event in 1993."

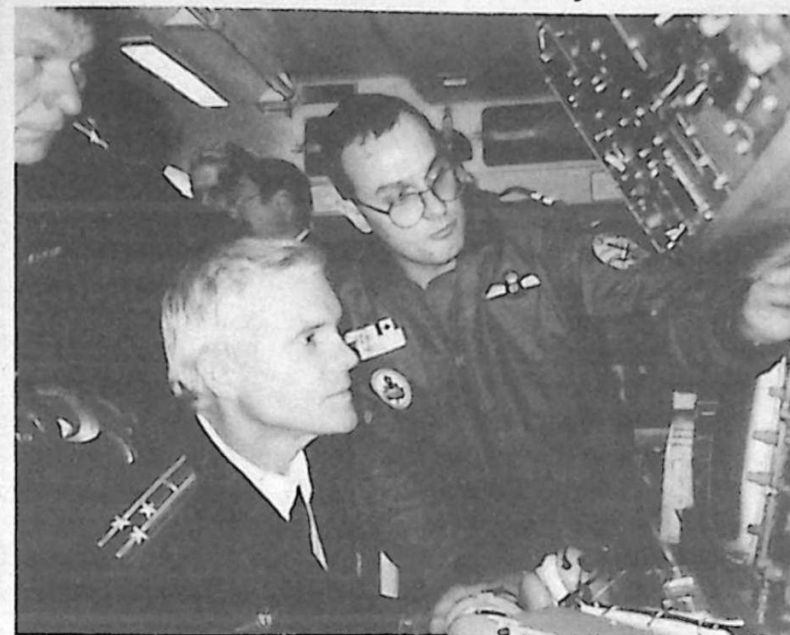
Brig Gen Brock Horseman, commander of MAG, is understandably proud of the win and intends to display the award in a prominent location. "All Canadians can take great pride in the service provided to the international community in the interest of peace and stability by the men and women who flew and maintained the Auroras deployed on the peacekeeping mission in the Adriatic," said Horseman.

Maritime Air Group continues to be involved in supporting the United Nations embargo with maritime helicopters. These helicopters have been deployed to the region in Canadian Navy ships since the beginning of NATO's enforcement of the UN sanctions through Operation Sharp Guard.

Presently, a Sea King helicopter detachment from 12 Wing Shearwater is embarked in HMCS Toronto in the Adriatic.

On & Off the Base

Son of a Gun! So that's how they found us!



Russians' first peek inside Aurora

Capt Andre Boudreault, a navigator aboard a Canadian Air Force CP-140 Aurora aircraft explains the Aurora's communications and sensor equipment in the tactical compartment of the long range patrol aircraft to a senior Russian Air Force officer who was permitted to tour the aircraft for the first time as part of Exercise Cooperative Venture 94.

Canada deployed a CP 140 Aurora long range maritime patrol aircraft from 405 (Maritime Patrol) Sqn based at 14 Wing in Greenwood, Nova Scotia, to join with ships, aircraft and observers from Russia, Lithuania, Sweden, Poland, Estonia, Finland and Romania, along with those of 10 NATO nations, to participate in exercise peacekeeping scenario in

support of the United Nations. It was designed to familiarize maritime and air forces of NATO's Partnership for Peace nations with each other and to enhance their capability to work together with NATO in future peacekeeping operations.

Almost 3000 personnel, 18 ships and 13 aircraft participated in the exercise, practising skills in command and control, tactics and basic maritime procedures used in the conduct of peacekeeping, humanitarian, search and rescue, and salvage operations. The exercise was conducted in the Skagerrak area of the North Sea and the Norwegian Sea from 28 Sep through 7 Oct, and also included training in environmental and safety issues.

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Popular Myths about Drugs

By
Lt J.M. Nogue, WDEC

There are many myths and fantasies that encourage people to experiment with drugs. Here are some of the most popular.

"It's only alcohol, I don't do drugs"

Because alcohol use is very common (79% of Canadians over the age of 15 years report that they drink), there is a tendency to consider it a benign substance and not a potentially harmful drug. Many who use alcohol, use it in a responsible manner and there is a tendency not to see the problems that can develop - accidents, absenteeism, lost productivity, violence, family conflict - and to ignore the very considerable costs to society that result.

"It's an aphrodisiac"

Though many substances have laid claim to this much sought after label, such as MDA, the so-called "love drug," there are no aphrodisiacs. Many psychoactive drugs are capable of lowering inhibitions because of their action on specific brain centres, particularly the older part of the brain called the limbic area, which controls mood and emotional states. This is what accounts for the aphrodisiac myth.

The evidence is quite strong, that regular drug users are far

more preoccupied with obtaining a steady supply of drugs than with a healthy sex life. The drugs that are used generally have such a powerful effect on the brain that they replace the sex drive with an artificial desire based on craving the drug.

"I Just Want To Try It Out"

Possible outcomes to experimentation include: the user won't like the effects and will stop use; the user will like the effects and will continue using; the user, not knowing anything about the drug's purity or dose, will have a very unpleasant experience, possibly even a fatal overdose.

Street drugs are notorious for being diluted with chemicals that can be extremely dangerous. Drug sellers are not concerned with the health of users. Another problem with experimentation is that users are convinced they will never become dependent. Addicted people, no doubt, start off "just trying it out."

"This Is The Only Stuff I'm Using"

It is very difficult to predict the course of one's relationship with a drug. While present use may pose few risks, the circumstances in a person's life may change and result in more harmful use. Few

dependent users limit themselves to one drug. A wide range of substances are now available, in part because supplies are unpredictable and also because illicit laboratories are very inventive.

In using an illicit drug on an experimental basis, the user may come into contact with other people who use drugs and be offered other substances. Drug involvement that begins with the use of tobacco and alcohol may go on to illicit substances such as marijuana and cocaine. This is particularly true for users who start at a young age.

"It Will Never Happen To Me"

This variant of the "I just want to try it out" myth has special appeal to well-educated managers and executives. Executives accustomed to a "liquid lunch" or who have a drug habit, such as using cocaine, can do great harm to themselves and their company.

Poor judgement and lost productivity may be harder to detect with a manager than with the line employee who is responsible for an accident, but can mean enormous costs, nevertheless. Education and a high-paying position do not make one immune to drug dependence and its harmful consequences.

Staying Alert - at all Times

by Capt David
Krayden, WPaffO

Many base personnel who arrived at work one Monday morning this month were surprised to discover a long line-up at the main gate and even more amazed to be asked for their military ID upon reaching that gate. An alert here at Comox?

The situation wouldn't have raised any brows at one time.

Many of us who served at CFB Comox during the 1960s and 70s (or who grew up in Comox during these same years) can well remember the frequency of alert status at the base. In those days there was sometimes a sense of dread, often a mild curiosity, and usually a quick start when the siren began to howl recalling duty

and battle staff back to the base. The threat of Soviet attack was very real in that era and the operational use of the CF-101 Voodoo well-known. Many of us knew what that droning call to arms might potentially mean: fighter interception in support of the NORAD alliance.

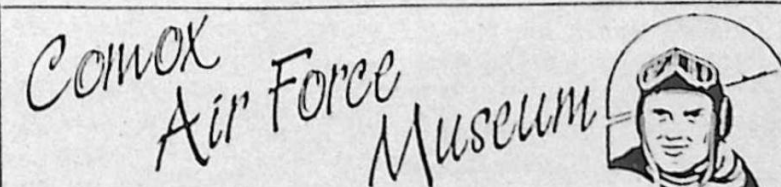
So here we are in the 90s and the Cold War, we have all been told so often by so many people, is over. The only uncertainty of the Cold War was whether the mutual hostility of NATO and the Warsaw Pact would ever lead to war. Everything else was transparent: we knew who we were fighting, what we were fighting for, where we would fight and how we would fight. We just didn't know if or when.

Today we often aren't sure of any of this.

Today our very enemy is uncertainty. The threat to sovereignty, to freedom and to security is not well-defined, but a vague threat requires as much vigilance as a specific one. Human nature hasn't changed nor has its fondness for aggression.

That is why this month's alert exercise was so essential not only for operational readiness but for psychological motivation. The base and Canada both can be threatened by a variety of sources. The end of the Cold War shouldn't mean the end of military preparedness, either by the nation or the base. An alert, every now and then, reinforces that reality.

NEXT DEADLINE 2 DEC. NOON



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Du Bureau du Clo Ere

Si vous êtes intéressé à suivre des cours de langue seconde, le CLO Ere peut vous aider. Le CLO Ere ou Coordonnateur des Langues Officielles de l'Escadre (vous savez enfin la définition de CLO Ere) offre des cours de français et d'anglais pour différents niveaux de compétence.

Le Programme d'Enseignement des Langues Seconde Décentralisé offrira entre le 9 jan 95 et le 24 mar 95 des cours de français et d'anglais.

L'horaire des cours suivra le même format que l'horaire utilisé présentement (6 heures/semaine: 3 heures pendant les heures de travail et 3 heures en soirée). L'horaire final des cours sera publié lorsque toutes les demandes d'inscription seront reçues et lorsque tous les examens de classement seront terminés. Les cours suivants seront offerts si le budget le permet et si un nombre suffisant d'étudiant s'inscrivent:

a) 3 niveaux de français: débutant, intermédiaire et avancé (recyclage) (destiné aux membres ayant un profil de niveau 2 ou mieux); et

b) un niveau d'anglais écrit: intermédiaire/avancé ayant pour but d'améliorer l'anglais écrit et parlé des participants.

Toutes les personnes intéressées doivent remplir une demande d'inscription incluse dans les ordres courants en s'assurant que leur superviseur et leur officier commandant signent la demande. Les demandes d'inscription doivent être envoyées au CLO Ere avant le 25 nov 94. Les membres participant au programme pour la première fois doivent contacter le CLO Ere au poste 8299 avant le 25 nov 95 afin de prendre un rendez-vous pour un examen de classement. Les examens de classement auront lieu le 29 et 30 nov 94. Pour de plus amples renseignements,

prière d'appeler le Capt Pierre Bouclard au post 8299.

Je pense que ce premier article comprend assez d'information utile. Dans mon prochain article, j'aborderai les sujets suivants: traduction et les examens de compétence linguistiques. Si j'ai le temps, je dévoilerai une façon sûre et efficace de choisir les numéros gagnants du 6/49. Pour terminer, le commentaire suivant de Victor C. Goldbloom, Commissaires aux langues officielles, me semble approprié. "Plutôt que de souligner les problèmes suscités par nos différences linguistiques, nous devrions reconnaître les progrès que nous avons accomplis avec le temps. Notre souplesse et notre pragmatisme ont non seulement permis de survivre à nos querelles linguistiques, mais aussi d'améliorer sensiblement le sort de nos deux communautés."

Editorial

Serviceperson of the Quarter

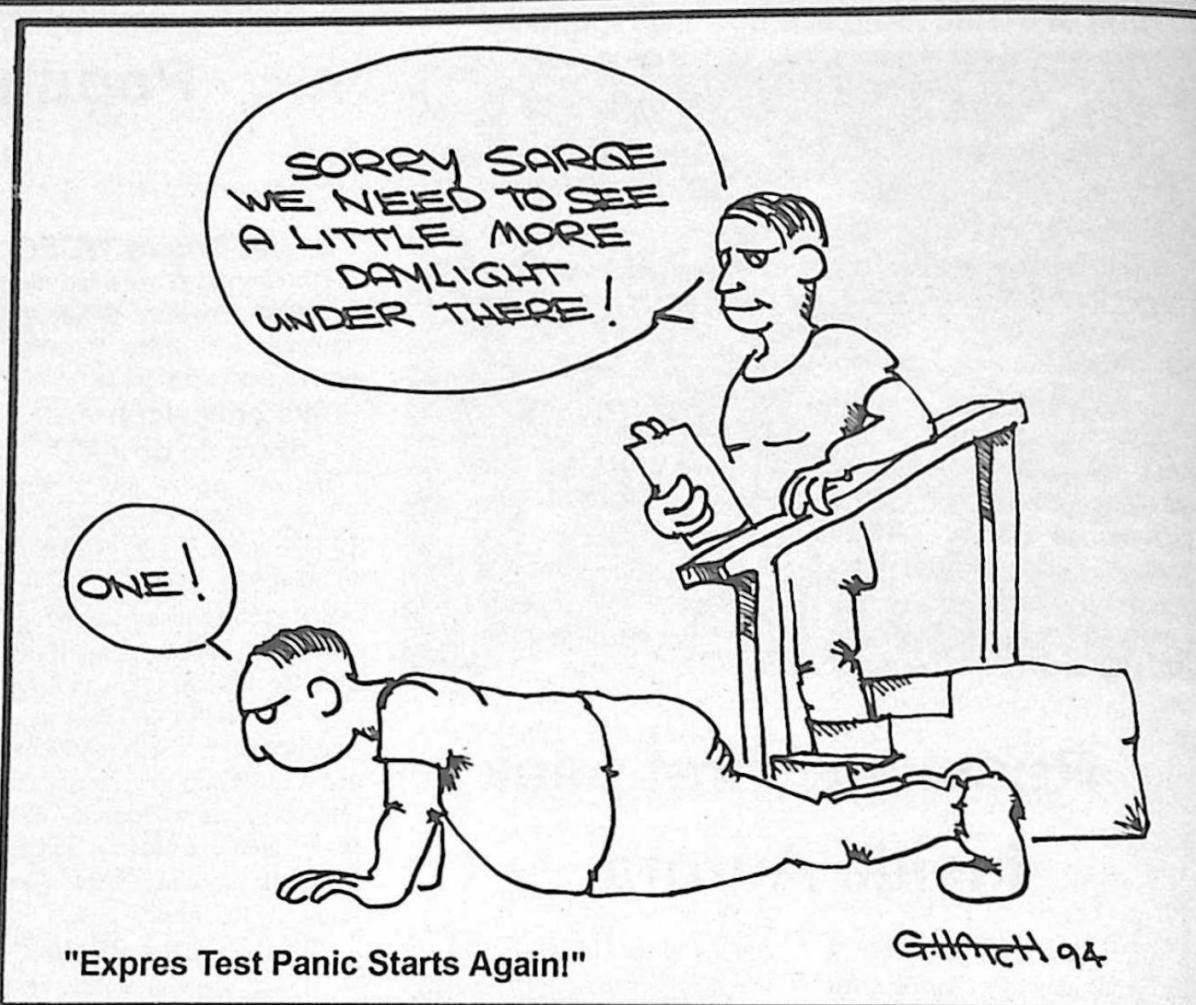
MCpl Ginette Descarie

See photo, front page.

During the third quarter of 1994 MCpl Descarie, as Wing Release Clerk, was essentially the OPI for all FRP releases. This was by far the largest reduction program in the series to date and, for the first time, included officer classifications. She efficiently processed 144 FRP in addition to 29 non-FRP releases in ranks, ranging from Pte to LGen. Despite the overwhelming enormity of the task, MCpl Descarie managed to personally audit each member's Pers File and records to accurately determine benefits. Additionally, she scheduled individual interviews to give and ascertain information to assist each member in selecting options to his/her best advantage. Throughout the process she maintained an open office approach to individual concerns, often having to redo documentation in response to desired changes to release date or recalculation of benefits as a result of leave expenditure. Here preparations for the week preceding 15 Sep 94 were truly outstanding. She had mustered all available resources to prepare the myriad of documents and, for the first time at this unit, scheduled and successfully conducted final release procedures in group format. Due to manpower shortages throughout this three month period, MCpl Descarie reported for work at 0630 hrs each day and, in addition, logged a further 193 hours of overtime.

In addition to her hectic schedule, MCpl Descarie found time to: discharge her duties as a UDEC, assist in organizing the Admin Sqn FRP farewell luncheon; and volunteer her services in RC Chapel activities.

Bravo Zulu! Ginette



"Expres Test Panic Starts Again!"

G.H. 94

Programmed Pests

Much is being made, these days, of the wonderful future we're going to have as travellers along the "Information Highway." So far, I'm less than fully impressed. Take our FAX machine: it has paid for itself twice over in the 18 month we've had it, but the downside is that our FAX line is open to anyone with the whim or malice to send reams of junk out, consuming costly FAX paper with pages of rubbish. Most editors really don't give a hoot about press releases from the "Snapping Turtle Survival Coalition" et al, preferring either hard news or advertising. This week, our FAX has been tied up by some programmed junk that won't quit trying to get through, regardless of our attempts to stop it. It wasn't even sent properly, so our machine just sits and warbles, refusing to print.

On the "Information Highway," as with any other road, there ought to be a penalty for littering.

Junior Ranks present to United Way



L-R: WComd Col Rogers, Cpl Carr, Capt Potvin, UW President.

Auto Hobby Club Awards United Way



A cheque for the United Way from Base Auto Club. (L-R): Cpl Rioux, Cpl Gebauer, WComd Col Rogers, Cpl Wain, Cpl Brenson, Capt Potvin, Chairman United Way CFB Comox.

United Way Campaign Finale

The 1994 19 Wing United Way Campaign is officially over but a few photos came in late and it is only fair to show the smiling faces of these happy Wing contributors. Our final tally for the Wing campaign was \$25,417.97; an impressive amount considering the

financial restraints we have all been under for a few years now.

A reminder for all the canvassers: the official wind-up thank-you function is slated for 1900 hrs on 1 Dec at the Wing Social Centre/Golf Club. Come out and meet each other and the Comox

Valley United Way Board of Directors. Once again, I wish to thank you for a job well done and also very special thanks to the contributors, without which the Comox Valley United Way would not have a reason to celebrate.

Comment

Gongs

Dear Sir,
The following article appeared in the Comox Legion Log of March 1978. Considering the proximity of Remembrance Day and the issue of new "gongs" since then, it bears repeating:

Gongs

Some time ago, with some political flourish, the Prime Minister announced that we were to have genuine made-in-Canada hero gongs. To DND it appeared that because they were tainted with service affiliation, the Navy DSC, the Airforce DFC and the Army MC must go. Into the archives also were sent their non-commissioned equivalents, often more highly regarded as more difficult to get: the DFM, AFM and MM. They all had to go since their retention was not in keeping with Hellyerization and all that "up-to-date" stuff.

The value of any gong is written in the blood of heroes. So, at the moment, our new ones have little recognition. We do not know the value of those they re-

placed. Their worth is written in terms of courage displayed on a thousand battlefields, on every ocean and the skies over them. We are confident, however, that since recommendations for these awards are in military hands the same high standards prevail. But, at the moment, they have unfamiliar names which rank valour, courage and bravery in descending order. Curious.

So, if you happen to be the recipient of one of these new gongs and are asked at the pre-prandial hour, or at some other equally important occasion, what that funny ribbon is you are wearing, don't allow your pride to be bent too much, for the asker is likely to be a little bent from age and the weight of the gongs he too must wear on ceremonial occasions. Bear with him, for one day, after they have been truly tested, he too will look upon these new gongs with pride equal to yours.

It takes time.
Yours sincerely,
Geo. J. Mealing

Hybrid Mustang

Dear Editor,
Some wild guessing by me on your latest "trivia." It appears to be a hybrid version of the Mark 1 P-51 North American Mustang. By the registration number on its wing, and the musical motif and title "Beguine" on its fuselage, I

surmise it to have been owned by a civilian operator. A number of P-51s were sold off to civilian pilots, who then modified them for use at air races and air shows.
Yours sincerely,
John Novak

Mustang "Beguine"

Dear Sir,
Re: Air Force Trivia
Your picture is of a highly modified A-36 (P-51C) Mustang. "Beguine," flown by Bill Odom, won the 1949 Solio National Air Race at an average speed of 388.4 mph. Odom had qualified the aircraft at 405.565 mph and the engine was not open! Undoubtedly one of the fastest piston-engined planes in the world, this Jackie Cochran (of air racing fame) owned P-51C was fitted with wing-tip radiators in place of the regular air scoop under the belly. However, clipping off the wings and ailerons 25% to make room for the radiators had raised the stick forces to critical

values.
During the Thompson "R" Trophy race of the same year, Odom, with insufficient racing practice, overturned pylon 2, and high-speed stalled to the right when he tried to get back onto the course. The Mustang flipped over and exploded into a house, killing Odom, a mother and her 13-month old boy.

This racer was overall dark green and decorated with the opening lines to the music of "Beguine," a lively dance of the islands of Saint Lucia and Martinique.

Sincerely,
WO Phil Umpherville
Wing Air Traffic Control

Plaudits for CANEX

Having spent 34 years in the service and retired on a fixed income, my last 10 years have been devoted to maintaining a comfortable home and necessities for my wife and I.

Six months ago we purchased a well-known stereo system from Canex. This unit brought us many hours of musical enjoyment. As it so happened, we had no sooner paid the last instalment when the stereo system became non-serviceable. After a month of anticipated repairs, we realized we could no longer enjoy our music (interludes) unless a replacement was forthcoming.

We approached the Canex Supervisor, MWO Pepitpas, and ex-

plained our situation. After a quick phone call to the manufacturer, they stated they were not prepared to replace the system. In the true professionalism of a Canex Supervisor, we were given the opportunity to replace a system of equal value from the stock available. To me, this is truly dedication to Canex customers for this is something he did not have to do.

We now have a stereo system that has fulfilled our needs and our sincere thanks goes to MWO Pepitpas.

My toast to you "Ein Prosit," CWO Harry McDonald (retired) S.R.R.

Oil Dilution: Hamish Replies.

Dear Sir,
Re: Oil Dilution and other technicalities

WE owe Harry an apology. It was not my intention to confuse him with my lack of technical knowledge. I knew that "motors" powered street cars and "engines" pulled trains. I also recall the headings in my Log Book referring to "Single Engine" and "Multi-Engine" but somehow the word "motor" was used in my letter to you. Being the technical newspaper it is, I thought the Editor might have picked up on that. Sorry Harry. However, I recall my first flying instructor, an American, referring to the engine as "the motor" and later on an Aussie instructor referring to "the engines." Confusing!

Then there is the Ford Motor

Co. who built an aircraft known as the "tin goose," also known as a tri-motor Ford. There was also the tri-motor Stinson. Also, Mr. Webster defines "engine - a machine that uses energy to develop mechanical power" and "motor - an engine, esp. an internal combustion engine." Do you think we are becoming Americanized?

Concerning the oil dilution; WE goofed! The manual said, "Pull handle (G) for 1 minute before shutting down, ...aging memory recall said "G for Glycol" even though they were radial engines, (no anti-freeze). Again, Mr. Editor, you should have come to my rescue. Isn't that what they PAY you for? "G" for gasoline!

The "hot bricks in air intakes" was supposed to have come out on a work order from "Central

Command." The aero-engine mechanics told us they weren't implementing the order "as yet" as the bricks hadn't been received. After much discussion it was noted the "work order" was dated April 1st!

Mr. Editor it is good to know we have a number of observant readers of the "fishwrapper." May they long continue to be there and keep us on our toes.

I wonder what ever became of Miss Kitty Bangbang??? Is she(?) still a subscriber? Over to you N.W.

Regards,
Jim (Hamish) Kirk
Editor's comment: I was an IS Tech, not a "!!#y Fitter! Ref. Miss Bangbang, she's been on a bit of a sabbatical, we'd enjoy hearing from N.W. again.

Retirement (1)

Doreen Erikson receives her retirement certificate from WAdmO LCol Terry Burt. Doreen served 26 years, most recently as Foreman, Building Services.



Retirement (2)

Kevin Burns, Cleaning Supervisor for Building Services, recently retired after 25 years. He received his retirement certificate from LCol Terry Burt, WAdmO.



Air Force Trivia



Trivia Answer

Same answer, two perspectives. See letters by Phil and John.

TOTEM TIMES

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Section News



More than just a two-man SAR Tech team. The 43 personnel in this recent photo represent the sections directly involved in the support of a life saving team. (Photo by 19 AMS Photo, MCpl Rod Cando & Cpl Fred Spence.)

442 Strikes Again!

As part of our efforts to keep you, the reading public informed, we have started a new feature. Future issues of the Totem Times will contain this map, along with a brief description of what 442 Sqn has done over the previous two weeks.

Some of the acronyms we use may be foreign to you, but we will attempt to explain any unusual ones along with the map. The number beside the description of the incident corresponds to the place on the map where it took place.

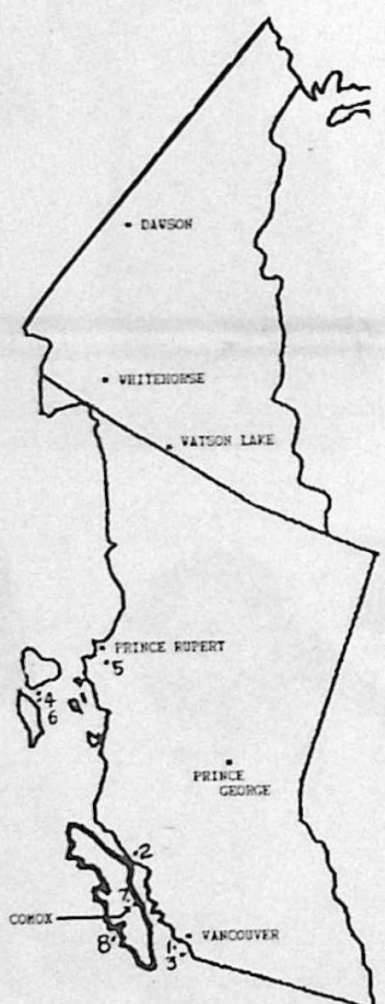
As you can see, our SAR area has grown over the past few months and we are now responsible for the entire Yukon Territory.

4 - 14 Nov 94

Although most of these missions turned out to be false alarms, they illustrate the huge area that 442 is responsible for. The incident on 10 Nov resulted in four lives being saved.

#1 (4 Nov): Buffalo responds to a flare sighting west of Vancouver.

#2 (4 Nov): Buff searches for an Emergency Locator Transmitter



(ELT) signal near Jarvis Inlet.

#3 (6 Nov): Labrador responds to an ELT near Boundary Bay (south of Vancouver).



#4 (9 Nov): Buff searches for missing fishboat near Sandspit.
#5 (10 Nov): Lab searches for a group of missing hunters near Kitimat; found by Lab OK.

#6 (11 Nov): Lab crew, returning from 10 Nov search, sent to Sandspit to search for an overdue fishing boat.

#7 (13 Nov): Buffalo tasked to search for an ELT signal near Campbell River; ELT disappeared when Buff arrived.

#8 (14 Nov): Buff searches for an ELT near Uclulet; homed to marina.

Taking a Student to Work



As part of the Take a Student to Work Day held at CFB Comox on Nov 3, Highland Secondary School student Brian Rapanos explored the world of the military pilot first-hand with 442 Sqn host Capt Mike Rafuse. Seven local students in all participated in the one-day event which introduced them to various base occupations, such as military police officer, air traffic controller, pilot and cook. Five other students from Highland participated: Chris Wangler, Steve Poulson, Ryan Scott, Natalya Kersey and Clayton Roy as well as Geoff Sharein from Lake Trail Jr. High. (Photo by Cpl Luc Champagen, 19 Wing Photo Section.)

BC 21 Community Projects make community visions realities.

Non-profit organizations, local government bodies and community organizations can apply for small or large capital grants, up to \$1 million covering up to 1/3 of project costs.

The next deadline is January 1, 1995.

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Phone: 356-1187 Fax: 356-9358
or contact your local MLA Constituency office.

The Honourable Glen Clark
Minister of Employment and Investment
The Honourable Bill Barlee
Minister of Small Business, Tourism and Culture

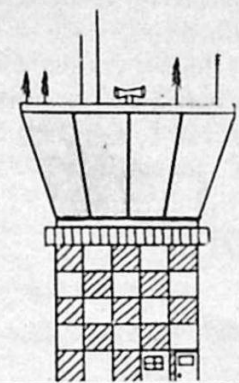


Building B.C.
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Section News

A Military Police Escort

As the Beacon Turns



Adjust your earplugs, the F-18s are back again for another month. It will be interesting to see what "adventures" take place this time.

It seems MCpl Pat Leonard had his own adventure recently. One day, Pat went to fill up Ops 10 at MSE and when he tried to return to the tower he was stopped by a vigilant commissioner. He didn't have his Security Area Pass. Pat was finally allowed

through the gate, but not before picking up a nice white car with lights as an escort. When they arrived at the tower, Capt Tack had a difficult time locating Pat's pass, causing further irritation for Mr. Leonard. I guess you won't forget that pass any more!

Capt Noel Murphy checked out the tower recently, so I guess we can expect a few free "beverages" in the near future. While on the topic of beverages, the "Gravel Pit," a small building behind the IFRCC where we hold important section meetings, got a new face lift. Well, at least a new coat of paint, courtesy of Lt Finamore and his trusty paint gun. More renovations are delayed till the spring, thanks to the chilly weather we've had recently.

MCpl Dave Couvrette, MWO Phil Nakashima, Lt Dave Thurston and Capt Kelly Olohan went to the "Snowdon Hassle" in Trenton. This is the ATC Annual Curling Bonspiel. They played quite early on the first day, and even though some of the players

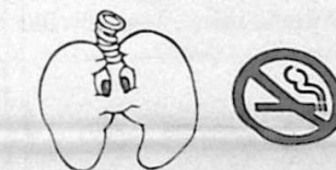
were still affected by "jet lag" they won the game and continued to win, resulting in their being crowned "A" Division Champions. I'm still a bit curious about this jet lag. I've heard it called many things, but never that. During the bonspiel, MWO Nakashima won twice on ticket draws. He won a laminated photo of a C-130 on a LAPES drop and, even better, a "Texas Mickey" which he plans on sharing with the section; right? Congratulations guys on the win.

We've had what should be our last arrival for the year. Capt Barry Scott, who came here from Goose Bay. I guess this cold weather should make him feel more at home. He's starting to checkout down in the IFRCC. Aren't simulations fun Barry?

We will be saying goodbye to two guys, well at least for a while. Cpl Bill Best and Capt Rob Dimmer are going to the sunny Sinai for the next six months.

That's all for now. Til next article you're cleared for take-off.

PROTECT YOUR LUNGS



DON'T SMOKE

† British Columbia Lung Association

Tower Promotion



Maj Hopp (R) presents Lt MacMullin with his new rank.

Forecast Centre Promotion



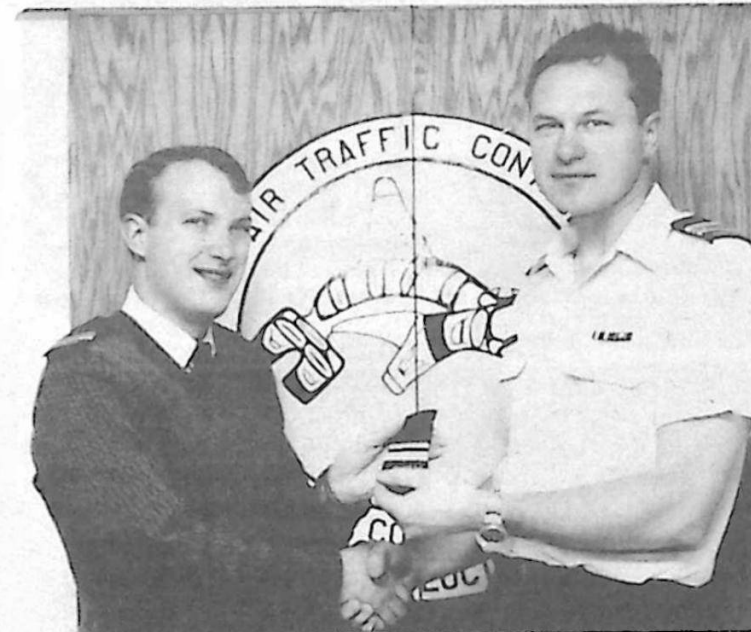
The Wing Ops Officer, LCol P.A. Drover, presented Sgt J.A.Y. Wiseman from the Canadian Forces Forecast Centre with his promotion. Congratulations Yves.

SANTAS WORKSHOP

Help make a child's Christmas a happy and joyful one. We are asking you to please donate any new or used toys (in good condition) to brighten a child's Christmas morning. Drop boxes are at various locations throughout the base, for all toys large or small.

Thank you
Wing Fire Hall Loc 8250
In support of Santa's Workshop

Tower Promotion



Maj Hopp (R) presents Lt Statham with his new rank.

Forecast Centre CD



The Wing Ops Officer, LCol P.A. Drover, presented Cpl J.F.E.C. Leduc of the Canadian Forces Forecast Centre with his CD. Congratulations Claude.

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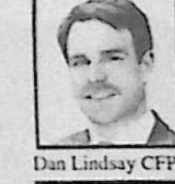
Russ Porter



Kim Vogel



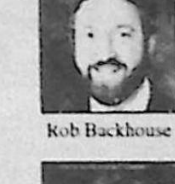
Gary Triggs



Dan Lindsay CFP



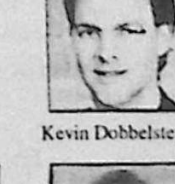
Walt Moon



Rob Backhouse



Anne Davies CFP



Kevin Dobbeltsteyn

FRP

The Problem

What is the best option for a successful retirement?

The Options

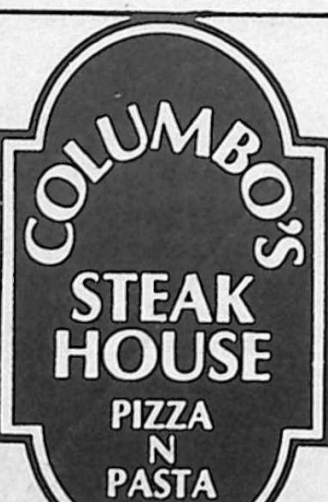
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Section News

407 Sqn



Demon Doin's

by MCpl John Surch

Well, after a long sabbatical, the poison pen is back for yet another instalment of 3 Crew Demon Doin's. First we should recognize all the new rookies roaming the corridor of 7 hangar. Sgt Roger Provencal is just in from HS 443 Sqn and apparently really misses the close "family atmosphere" experienced on the high seas. Newly promoted MCpl Bill Malouin used up every bit of his travelling time to join us from 414 Sqn. From Maintenance, we now employ Cpl Ron Gaudet who, as a CRST, appears to enjoy NOT slinging engines for a living; it has something to do with not being able to keep his fingernails clean while in ARO.

MCpl Claude "I'm doing a Sgt's job" Marcotte and "Baby

MCpl" Jean English have joined the team from one of those other crews. Ottawa was generous to us this year. From there we welcome Cpl Dave Stahn, Cpl Chris Lemon and, direct from the electricians career shop, is WO Rick Skrzyzala (no joke on the spelling!).

MCpl Annette Hurtubise is in from 19 Wing IE/IS labs and reached her new lofty height (promoted) just prior to coming downstairs. Also from 19 Wing CRS labs we've pinch-hitted Cpl Dan Janelle for Cpl "I finally made it to labs" Babiak. Re-joining us for yet another tour of midnights is Cpl Diane Koenig. Word has it she is trying to bribe CE to install a bunk bed in the newly renovated servicing shack.

As you can see, the crew has definitely taken on a whole new look during this very active APS so, with that, if this reporter has missed anyone he apologizes. To all the strange looking faces, 3 Crew welcomes you aboard, and to all those departing - thanx, it's been a slice!

Cpl Ruth Kazimer just recently returned from three glorious weeks in Kinloss, Scotland. She seems to be sticking to the

3 Crew's Suicidal Paratroopers

story that not a single day off was to be seen and it was a brutally tasking TD. For someone so UNFAIRLY overworked she seems to be awfully content and is definitely chomping at the bit for another trip.

While on the subject of trips, here's a good one. Cpls Mitch Johnston and John Speerin are at present representing 3 Crew down in San Diego. This reporter will reserve comment, while being extremely anxious to get the stories first hand when they get back!

I don't think many have noticed, but Cpl Bob Strutz left us about a month ago to join his mentor in tool crib. Rumour has it he was missing MCpl Martel's methodical approach to everything so much that he requested an extended three month tour of duty in servicing support.

We now have a group of crew paratroopers on crew, led by Sgt "Man, what a rush" Provencal and followed by Cpl "I can't let go of the tire" Brenson, and Cpl "Where's my lunch" Leger. The boys were getting bored with life so decided that being a little suicidal would spice things up a bit.

Cpl Jeff Hamilton has just come back off five weeks of strenuous band practice in Greenwood, or was he on course? When questioned, he couldn't remember much about the quality of training but did mention that "MODSTOCK 94" went off without a hitch. Cpl Dan Janelle is still there and apparently has been

commended by Greenwood's military police section for FINDING the Base Commander's flag on the ground, or was it his room, and appropriately returning it to its rightful owner.

Well fellow Aurora techs, that's about all the non-news we have for now so I'm going back on AAC3 for now...UNTIOOH.

407 Promotions



MCpl Greg Fleet takes the next step. Presented by CO 407, LCol G.B. Lewis.



Cpl Keith Babiak receives his hooks from CO 407, LCol G.B. Lewis.

Tower Promotion



Maj Hopp (R) presents Lt. King with his new rank.

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

— Nicole Robinson



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

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

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

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

airBC

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Feature

MSE Safety

National Safe Driving Week 1 - 7 Dec 1994

hind a large glass window as someone has to identify you...

Yes, ...they are waiting for you:

the police,
the ambulance,
the coroners, at the morgue,
the morticians.

They are expecting you. Remember that - tonight - when you toss down that last drink, and climb behind the steering wheel.

The Hidden Faces of Impaired Driving

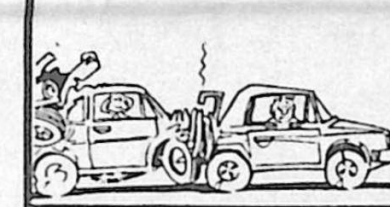
Alcohol is still a contributing factor in close to 50% of all driver fatal crashes on Canadian roads.

In 1992, 48% of all fatally injured drivers had some alcohol in their bloodstream. Over 30% of these people had a blood alcohol content (BAC) of close to twice the legal limit.

Many people feel they are exempt from the devastation of drinking and driving. They believe it will never happen to them.



MSE Safety



FIRST CALL



LAST CALL



The reality is if anyone consumes alcohol and then drives, it is everyone's problem.

Most people are aware that if they are convicted of impaired driving, impaired driving causing death, or vehicular manslaughter, they may face a jail sentence, and they will have their license suspended. Not many people know that there are a number of other penalties stemming from an impaired driving conviction.

Criminal Record

When you are convicted of impaired driving or any related impaired charges, you immediately receive a criminal record. This record follows you for the rest of your life. Employers, police, insurance companies and customs agents have access to this information.

A criminal record can prevent you from obtaining certain types of employment. Countries can

deny you access at the border when you are travelling because of your criminal record.

Financial Burdens
A fine for impaired driving is one of the smallest of the financial worries you will have if you are convicted of impaired driving.

If you are charged with impaired driving, on average to enter a guilty plea it will cost you \$1,000. To plead innocent and mount a defence, it will cost you on average from \$4,000 to \$10,000 (or more), depending upon the circumstances. These figures represent legal fees only.

If you are convicted, any injuries you received or damage your vehicle sustained will not be covered by your insurance company. Your insurance premiums will also skyrocket if you are convicted. Your partner/spouse and children may experience insurance premium increases or have difficulty obtaining insurance at all.

Conviction in many provinces can also leave you, personally, open to a negligence lawsuit. Courts in Canada have recently been awarding considerable sums of money to impaired driving victims.

Personal/Family Suffering

What about your reputation? People will probably be disappointed and may begin to lose trust in you. Your name may appear in newspapers. If you hurt or kill anyone, your partner, other family members and friends who love you may find it difficult to support you.

Think about your self-respect. A conviction could change the way you view yourself. Being the cause of pain and suffering of others can bring you intense feelings of guilt and remorse which can impact all aspects of your life.

Freedom

Depending upon which of the impaired driving or related impaired charges you are being tried for, and whether you have been previously convicted on one of these charges, you may face a prison sentence upon conviction.

Beyond time spent in prison, your freedom of movement will be further curtailed because your license will be suspended, perhaps for years. Alternate transportation is not always as reliable or convenient as having a vehicle of your own at your disposal.

If you previously relied on being able to operate a motor vehicle for your employment, you may have to seek employment elsewhere. Having to seek new employment will not be a pleasant prospect given the high unemployment rate in the Canadian market.

Defense

There are only two defenses which ensure none of the penalties mentioned in the article will affect you. Very simply, IF YOU DRINK - DON'T DRIVE or IF YOU DRIVE - DON'T DRINK.

Free Headlight Alignment

In support of Safe Driving Week, the WEME Maintenance Flight, from 1 - 2 Dec and 5 - 9 Dec, is offering free headlight alignments to POMVs owned by military and DND civilian employees of 19 Wing Comox. Alignments will be performed (approx. 15 minutes per vehicle) in the north-west corner of Building #101, between 0800 and 1500 hrs, on a first come first served basis.

The following information is required by the WEME technicians in order to expedite a headlight alignment per vehicle:

- make of vehicle.....
- model #.....
- year of manufacture.....and,
- recommended tire pressure:

(i) front.....lbs or kps, and

(ii) rear.....lbs or kps.

POMV owners are required to sign a waiver of liability at Building #101, prior to any tests and adjustments being carried out to their vehicle headlights.

Message from the Base Commander

The first week of December will mark the 38th anniversary of National Safe Driving Week sponsored by the Canadian Safety Council. Over the years these campaigns helped in saving countless people from serious injuries and grave suffering. However, traffic accidents persist and increase the precariousness of our streets and roadways for everyone.

The Canadian Forces actively support the National Safe Driving Week activities. Regardless of our occupation, we in the CF remain vigilant in all aspects of MSE and POMV safety.

I wish, therefore, to strongly urge all members of 19 Wing and CFB Comox to join the millions of Canadian drivers in their quest for a safe driving environment. Also, I would like to take this opportunity to remind everyone that although a special effort is made during Safe Driving Week each and every one of us must be safety orientated 365 days a year to avoid the human suffering caused by vehicle accidents.

SAFE DRIVING WEEK 1-7 DEC 94

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RCAFA

CALENDAR OF EVENTS - 1994

November/December

- 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)
Fri Dec 2.....Pot Luck - Decorating Party 6:00 pm Bring your favourite food
Sun Dec 11....CHRISTMAS DINNER - Music Man 6:30 pm (Charge \$10.00)
Sun Dec 18....CHRISTMAS BRUNCH 11:00-1:00 pm(\$3.00) Raffle and OGNIB 1:30 pm
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Feature



by Jim Kirk

It is probably a "safe bet" there are no aircrew members flying today who took their training in the B.C.A.T.P. After all, it closed down almost 50 years ago!

During the thirties the RCAF was doing little or no recruiting. Canada was in the midst of "the great depression." Funding had dropped from more than \$5 million to less than \$2 million. During that period Britain realized, because of weather conditions and a scarcity of land, there was a need for training schools outside of Britain and discussed this with the Commonwealth Dominions. In 1938 Canada agreed to train 15 Canadian pilots for the RAF at Trenton, Ontario. Of the 15 trainees, 13 completed the course and were sent to Britain.

In 1939 another 15 were trained and were kept in Canada. At the same time, because of an increase in German air forces, an additional 120 trainees were required for the Commonwealth. This meant that, besides Trenton and Camp Borden, three new schools would be needed. The number of trainees was soon increased to 300 with the United Kingdom sending recruits if necessary.

After war was declared on 10

The BCATP

From the Ground Up - Part 1

Sep 1939 an agreement was worked out whereby, because of Canada's closeness to Britain and the USA, the RCAF would take control of a Commonwealth training plan, to be known as the BCATP (British Commonwealth Air Training Plan). It was to have top priority even to the extent of delaying the sending of Canadian Expeditionary troops to Britain. Britain called for a minimum of 50,000 aircrew annually but this was scaled down to under 30,000. The Commonwealth Dominions were to contribute their share of the training costs and elementary flying training would be carried out in the three Dominions. Those trainees, including RAF, would be transferred to Canada for advanced training. All other aircrew trades; navigators, gunners, bomb aimers, etc., would take their entire courses in Canada. Australia opted to fully train a percentage of their trainees.

The plan required 12 elementary schools, 25 advanced schools, and 34 other schools. To operate these more than 50,000 personnel, airforce and civilian, were needed along with 5,000 aircraft. Costs were estimated at \$750 million with Canada to pay half and Australia and New Zealand paying the balance. Canada also expected to supply half the trainees and support personnel. Some adjustments were later

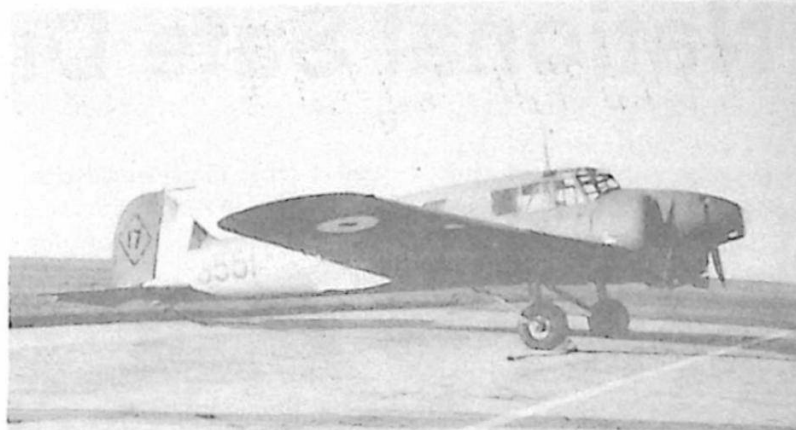
made based on population, particularly with Australia and New Zealand. Britain would also contribute a larger share and purchase more wheat from Canada.

By war's end more than 130,000 aircrew had been trained in Canada. How did this large number of recruits become trained in less than four and a half years? As the RCAF coat of arms proclaims: "Per Ardua Ad Astra" (Through Adversity to the Stars). There were other interpretations of this banded about from the lowly "erk" up to the highest altitudes where "the eagle shall soar!"

Before the plan's "i's" and "t's" were crossed flying field sites were being selected, surveyed and construction begun. Politicians across the land were recommending "choice" pieces of land that belonged to them or their friends. Heavy freight contracts by the Federal Government seemed to favour the CNR as versus the CPR. Despite the wheeling and dealing, the required 71 training schools were built and put into service.

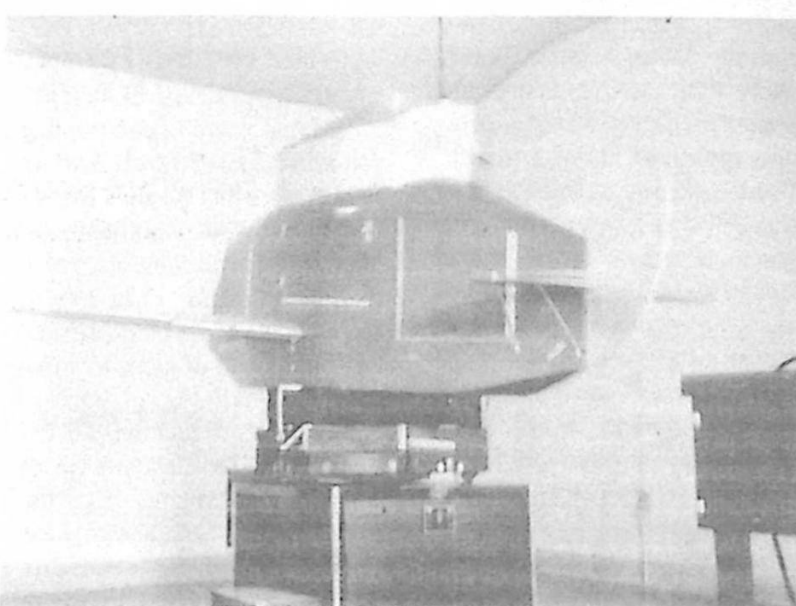
At recruiting centres potential aircrew trainees were selected. If they had completed their education more than four years previous they were sent for a short refresher course at WETP schools, (War Emergency Training Plan) instructed by qualified civilian teachers. If trainees completed that satisfactorily, (four years of high school in three months) they were sent to Manning Depot for the mandatory military training, marching in columns of three and distinguish-

BCATP Workhorse - 1



A.V. Roe "Anson." 17 SFTS, Souris, Man.

BCATP Workhorse - 2



The LINK: "The bird that can do everything but fly."

ing between left and right feet while carrying a Ross rifle, aircrew for the use of. Not to forget receiving the dreaded "shots. All happy memories!

Then on to ITS (Initial Training School). There, in a 3 months' period, besides maths, geometry, physics, etc. highly concentrated courses were taught covering all aircrew trades necessary in war time flying. Instruction included aircraft recognition, friend or foe, with silhouettes flashed on a screen at a 25th of a second and faster. Armaments with revolvers and machine guns. Signals with Morse code and

Aldis lamps. Theory of flight with training given in flight simulators for testing pilot skills. Altitude testing was carried out in large pressure tanks with and without the use of oxygen. Physical and medical testing was ongoing with emphasis on heart, lungs, hearing and sight. Taking charge of a squad of airmen and giving parade ground commands. Individual interviews with various officers for their recommendations to the selection committee as to each trainee's qualifications, officer material, etc. The interviews were usually held in the evenings after regular classes.

CANADA'S INTERNATIONAL IMMUNIZATION PROGRAM

HELPING CHILDREN BEAT THE ODDS

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

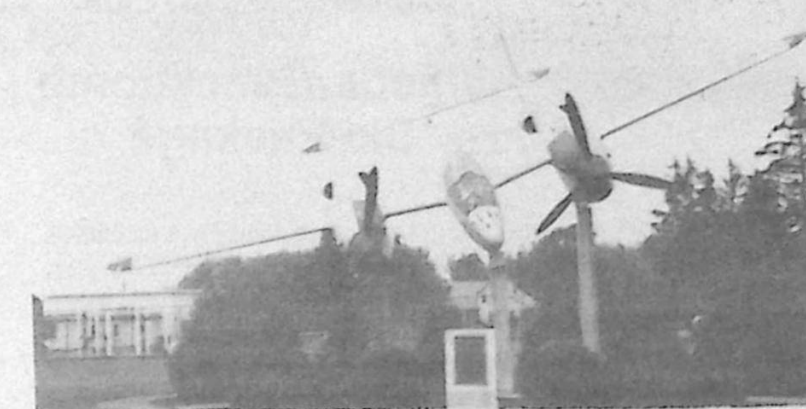
Through the worldwide initiative, more than three million young lives are saved each year. Despite this encouraging statistic, nearly two million children a year still die for lack of immunization. The odds can be beaten with your help.

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

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Telephone: (613) 725-3769
Fax: (613) 725-9826

Feature

Dick Bong's Lightning



Memorial site in Poplar, Wisconsin

which was no longer required by the US Air Force, and it was erected near the proposed auditorium site. With contributions collected from the community, the

American Legion, and the Veterans of Foreign Wars, the memorial project was completed in 1955, ten years after Dick Bong's death.



by John Novak

Links with aviation tend to pop up in some odd locations. While passing through the village of Poplar, Wisconsin last July, a small sign at the roadside caught my eye. The sign gave directions to a memorial site, and also displayed in large letters the name of one Richard Ira Bong. That name rang a bell and I remembered that there was a fighter "ace" Dick Bong, who had served in the Pacific during WWII.

After driving several blocks I turned onto a narrow road and came upon the memorial site. It was a striking one; a P-38 Lockheed Lightning fighter in an attack attitude perched on three columns. Situated nearby there was a school, its playing fields, and an auditorium named after Richard I. Bong.

Delving into the history and background of this unique memorial, I came up with the following narrative:

"Dick Bong was America's leading air ace of WWII. Born in 1920, he was raised on a farm, and

progressed through the normal route of education. He eventually entered the Superior State College, where he received Civil Aeronautics training and gained his private pilots license. In May 1941, Bong joined the US Army Air Corps and, after some formal military flight training, he was assigned to duty as a flying instructor. This type of duty did not sit well with young Bong, as he had enlisted with the sole intention of becoming a fighter pilot.

His boredom increased daily, and to relieve his frustration he decided to loop his aircraft around the centre span of San Francisco's Golden Gate Bridge. This flagrant breach of flying discipline produced the desired effect and Bong was posted to the Southwest Pacific theatre of war.

Flying the Lockheed P-38 Lightning out of bases in New Guinea, and the Philippines he became America's top "ace" of WWII. From Dec 1942 until Dec 1944, Bong flew 146 combat missions, during which he shot down 40 enemy aircraft. He did not consider himself a good shot, but said he simply flew his P-38 straight at his target before opening fire at point blank range. He

attributed his successes to the P-38, for both its "firepower wallop," and its ability to climb "like a homesick angel."

After his 40 victories, Maj Bong was posted back to the US and was assigned to the Lockheed Aircraft Company, as a test pilot. On Aug 6, 1945 he was killed in a test flight of the P-80 Shooting Star prototype. Investigation of the crash revealed that engine failure had occurred shortly after take off.

During his military service Bong received 10 decorations, including the highly prized Medal of Honour which was presented to him by General Douglas MacArthur.

Dick Bong was buried in his home village of Poplar, Wisconsin, and two weeks after the funeral some local businessmen got together, to organize a foundation to perpetuate his memory. It was decided that the monies raised by the foundation would be used to build an auditorium, a much needed facility by the village community. The auditorium would be a living and lasting tribute to Dick's memory.

In 1949 Post #435 of the American Legion, secured a P-38

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

ANNOUNCEMENT

Comox Valley Insurance Service Ltd.
is now expanding its services to include
Financial Products

We are especially pleased to welcome **Susan Barr** as our representative in this area. Susan brings with her over 14 years of experience in the financial industry and would be pleased to discuss:

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- Retirement Planning
- RRSP's & RRIF's
- Mutual Funds

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339-4847
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- ALSO AVAILABLE
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NEXT DEADLINE 2 DEC.

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Friday Nov 25th
9:30 am - 11:00 pm

MOONLIGHT MADNESS

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Mens/ladies. Spikes/spikeless.
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starting at \$249.99 set

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Vests, Rain Suits

Huge Selection
of Christmas
Stocking Stuffers

BALLS

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Spalding
Tour edition \$19.99/doz.
Grade A
Experienced balls \$9.99/doz.



Wilson. Killer Whale

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- Graphite shaft
- While quantities last

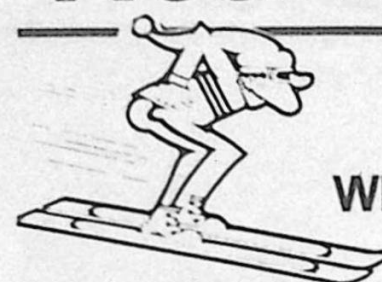
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Courtenay, B.C.

338-5596

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 Mountinside 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.

Breaking in the Kitchen



The final steps to begin the construction of the Quadra kitchen have finally been taken. The project was sent out for tender with Eran Construction Ltd. receiving the contract. Finding the highest and softest spot, the ground breaking ceremony for the \$3,000,000 complex took place on 24 Oct at HMCS Quadra. The estimated completion date for this project is set for 30 June 1995. In attendance (L-R): Maj Fraser, WCEO; Mr. Woodward, DCC; Lt Guymer, WF SvcsO; LCol Abbott, WLogO; LCol Drover, A/W Comd; Lt Gelinas, WCE EngO and Comdr Draybee, Comdr HMCS Quadra.



Comox Valley Lions

Christmas Party for Children with Disabilities

Sat 10 Dec 94 ••• 11 am - 2 pm

Filberg Centre, Courtenay, B.C.

Name of organization, home or family supplying this information: _____

Phone: _____

Street Address _____ City _____ Postal Code _____

Handicapped _____ child: _____

Name _____ Address _____

Age _____ Boy/Girl? _____ Wheelchair? _____

Others attending: Siblings (names) _____

Adults (names) _____

Special diet requirements _____

Other comments _____

Note: Replies MUST be in the hands of the Lions by 4 DEC 1994. Please return to: Malcolm Smith, Chairman, Christmas Party for Children with Disabilities, 3894 Royston Road, Royston, B.C. V0R 2V0. Phone: 338-6043

info health

Dr. Bob Young



Psychic Powers

"The wife thinks you are psychic, Doc. She can't figure out how you did it the other day."

I knew exactly what the "it" was. And while it was gratifying to hear that my patient had been impressed, there was nothing magic about it.

"It" happened on a Saturday when I was on call for the group of doctors with whom I share weekend and evening calls. We have recently installed an electronic call-forwarding system that tells us when a patient wants to hear from us. This has replaced, for us, the live-operators telephone answering system that had been a fixture for years. While it had the advantage of having a person at the end of the line, the service had become overloaded and too many patients

were being placed on hold.

Now our patients leave a message on an answering machine which, in turn, informs us that there is a message waiting. When we phone the machine and enter a code we find out who has called, what the problem is, and the patient's phone number. Then, of course, we phone the patient, and those of us with cell phones can do it immediately. Patients have noticed, and appreciate, the improved promptness of our response time.

On the Saturday in question I was in the car, driving home after visiting a patient in a nursing home. My cell phone told me there was another call. It turned out to be from one of my own patients whose house happened to be a block down the road from

where I was driving. Since this patient's calls were usually legitimate I decided to make the visit without bothering to phone first.

So, about one minute after she had called me, there I was at her door, black bag in hand. She was so surprised she almost forgot why she had placed the call, and she couldn't quite understand how all my fancy electronic equipment worked. It was apparently easier for her to believe that I possessed psychic powers and had come to visit her in response to her thought rather than her phone call.

And this is what she told her husband, and what he shared with me. I assured him that my practice is physic, not psychic.

Diabetes 1 & 2

Type 1 diabetes is the kind where failure to produce insulin is the problem. It is also called insulin-dependent diabetes. In Type II diabetes the patient produces insulin but their body does not use it well. Type I diabetics usually require insulin sooner or later. Mild cases can sometimes be controlled by diet alone, but in time the pancreas, which makes insulin, fails to do so and insulin must be given by needles.

This works very well in most cases, as millions of diabetics can attest. There are problems sometimes with the dosage. Too much insulin causes the blood sugar to drop. Insulin shock can be dangerous as the patient may become unconscious and have to be revived. Not enough insulin can lead to diabetic coma at worst, and elevated blood sugars lead, over time, to the serious complications the insulin is being given to try and prevent. These include kidney failure, blindness, heart attacks and other disasters.

Even the most conscientious patient cannot measure their blood sugars as often as it changes,

which may be every few minutes. Adjusting the dose frequently will help keep the blood sugars within an acceptable range, but some patients may consistently run high. We need an automatic system, one that measures the blood sugar constantly, and pumps in just the right amount of insulin to keep the level where it should be.

There are machines that can measure the blood sugar automatically, and insulin pumps that can deliver trickles of insulin on demand, but the combination is not a practical piece of apparatus for a patient to wear or carry around.

But there is something that can act as an automatic feedback system, accurately supplying the body with just the right amount of insulin at the correct time. It is the pancreas, the organ that failed in the first place. Why not transplant a pancreas from a donor into the diabetic's body and let it provide insulin? Why not indeed. This operation has been done over 3,600 times. Over 90 percent of patients survive a year or more, and almost three-quarters no

longer need to take insulin (the implanted pancreas survives and works in the recipient's body). Usually the patient receives a kidney transplant as well. This is because their kidneys have been destroyed by the diabetes, and if a kidney transplant is done alone the new one might also be destroyed.

Ideally the transplanted kidney and pancreas come from the same donor. Potent drugs are required to prevent rejection, as is the case with all transplants. The donor organs are grafted in place; the patient's own kidneys and pancreas are not removed. The operation takes about five hours.

The procedure must still be considered to be experimental, but several centres are actively engaged in exploring the possibilities of the surgery, determining which patients are best suited for the transplant, when it should be done, and its effectiveness in providing control of diabetes.

And diabetes, in spite of all the advances that have been made, remains a very serious disease for many.

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A la Mode

Crabby Guests

Whenever people came by our house near the holidays, my mother would produce these wonderful trays of food for them. She spent many hours making up homemade goodies; meat tarts, quiches, squares. One of my favourites were her mini crab quiches, which I now make myself. Using frozen tart shells, they are a cinch to make and, with cans of crab meat under \$2.00, they are not too expensive either. They can also be made with small shrimp, or even ham if you are not fond of seafood.

The stuffed mushrooms are another favourite, and they disappear quite fast. Be sure to allow them to cool before serving as they get quite hot inside. More than a few people have snatched one off the cookie sheet and regretted it. I have made them with either the crab or the crumbs, and they are good both ways.

The best way to clean mushrooms is to roll them around in a tea towel, but if they are very dirty quickly rinse them off before us-

ing a towel to dry them. Long rinsing or soaking will cause them to absorb water like a sponge. If washing is necessary, do it just before you use them. Also, do not store mushrooms in a plastic bag. Use paper bags or an old tea towel to allow air to circulate.

Mini Crab Quiches

20 unbaked mini tart shells
2 T. finely chopped yellow or green onion

2 T. finely chopped celery
1 T. chopped parsley
1-1/2 cups shredded Swiss cheese

1 T. flour
1 5-oz. can crab, drained
3 eggs
1/2 tsp. salt
pinch white pepper
1-1/4 cups light cream

Toss cheese with flour in a large bowl. Sauté onion and celery in a few drops of oil for 1 minute. Add to bowl along with parsley, crab, salt, pepper and cream. Beat eggs slightly and stir into mixture. Divide evenly into

shells and place on a cookie sheet. Bake in 375° oven for 15 - 20 minutes, until set and slightly browned. Serve warm or at room temperature. Can be reheated later for 5 minutes at 350°.

Stuffed Mushrooms

40 white mushrooms
1 cup grated Swiss or Mozzarella

1 cup finely diced onion
1 cup soft breadcrumbs OR
1 5-oz. can crab meat, drained
plus 1/2 cup breadcrumbs
1 T. chopped parsley
2 T. butter

Salt and pepper to taste
Remove stems from mushrooms and wipe clean. Melt 1 T. butter and sauté mushrooms until starting to soften. Arrange on a cookie sheet, bottoms up. Add remaining butter to pan and sauté onions until soft. Transfer to a bowl and add remaining ingredients. Push small balls of the mixture onto the mushrooms. Bake at 350° for 10 minutes, or until topping is melted. Allow to cool 5 minutes before serving.



"The ones that didn't get away."



Pumpkins Float

Pumpkins float. Did you know that? Never put much thought into it myself, but they do. They float.

No really, it's sort of a powerful gourd instinct. Centuries of growth in contact with Mother Earth has endowed the pumpkin with a powerful urge. When submerged in a body of water (let's say off Goose Spit) they stoically struggle to the surface and seek their way back to the patch; the pumpkin patch. Scientific fact. Trust me.

Such were the generations of pumpkin instinct we were forced to battle in the Pacific Divers first annual pumpkin dive. (It's an underwater pumpkin carving contest!) Our numbers were few, spirits were high, and the prizes

were nifty. Skipping the gory details, I leave to your imagination five untethered divers, inches above the ocean floor, wrestling with an awkward diving knife and their own creative challenges; not to mention a pumpkin fighting for its life! It was 40 minutes of carnage. Here is the final tally:

Best face - John Sims
Scariest - Andrew McTaggart
Most creative - Ross Ackland
Best dressed - Glen Coates
Most unusual - Kristen Gagnon

In other dive news, we tackled Madronna and Cottam Point in Parksville on a club dive. A few octopus were spotted, as well as one HUGE tentacle whose owner, I'm thankful, chose not to show himself.

Computer Networks



by Gregg Olynk On-Deck Systems

Computer networks have been around for quite some time, with early main frame computers, such as at McGill University, where information, printers and programs could be shared throughout the university. An example of a simple computer network is having two computers connected together by an electronic cable. This allows information to be shared between the computers and for the computers to share devices such as a laser printer. Where would one need such sharing? Say you want to enter information at the front service desk, such as at a clinic, and at the same time the Doctor in his office wants access to these patient files; go network.

There are many types of computer network set-ups. Lantastic, Novell, Banion Vines and Windows for Workgroups are just some types of networking environments. To set up a network, you need the computers, cables, cards that go inside each computer, cable connectors and the appropriate software. One type of cable is called 10Base-T, which resembles your telephone cable, (also called UTP for Unshielded Twisted Pair). Another main type of cabling is called COAX for Coaxial Cable (also called 10Base2) which resembles Cable-TV cable. High-performance fiber-optic cables are also being

tastic software and Windows for Workgroups software.

There are basically two families of computer networks: LANs, for Local Area Network, and WANs, for Wide Area Network. Local means just that, within a local area, such as your office building. Wide refers to the capability to connect a LAN or single PC with another distant LAN or PC. Some of the methods of this link-up are by modem using telephone lines, satellite link-up and fiber-optic cables. When you use the local Insta-Bank machine, the information is instantly sent to the local computer then to the central bank computer, which may be in Toronto, to update your account. Retail stores with more than one location can now also share information such as sales information and inventory so each store knows what the other has in stock.

The initial expense of a network is often way offset by the numerous advantages and cost savings of sharing expensive hardware such as laser printers.

Some companies may even have a network yet not be taking full advantage of the powerful potential they are sitting on. Having a qualified network supervisor on staff or on call can be quite advantageous. The cost of a simple network with only 2 PCs, can start at around \$400. An inexpensive non-upgradeable setup may get you started yet be very expensive if it must be totally replaced in order to grow. It is recommended that you consult with professional

als as to which way would best suit your present and future foreseeable needs.

The Future? Network capabilities and "user-friendliness" are constantly being updated. Soon we may all be networked together and share all of our high-tech devices on a single fiber-optic

line, or some futuristic method of transmission yet to be developed. Just think of the possibilities of home shopping, information retrieval, communications far and abroad, and so on. Internet is the beginning of a global network which may blossom into something truly wondrous!

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On the Base

Employee Assistance Programme



The urge to light up a cigarette is going to be with you for awhile after you have given up smoking. Small urges may crop up for the rest of your life, so you are going to have to learn to deal with them. Just as you learned how to smoke, you have to learn how *not* to smoke.

Getting Through the Short Run

Do not look too far ahead when you are in the beginning

Behaviour Modification Techniques

One Smoke-free Day at a Time

stages of quitting. Break the day into segments and concentrate on getting through a few hours at a time without smoking. When you get through one stretch successfully, go on to the next, and then the next. Let your first victories be small ones. They will add up to the big one.

Getting Through the Urges

By this time, you should know exactly what situations trigger your desire for smoking - a cup of coffee, an alcoholic drink, a ringing telephone, the end of a meal. Sometimes you can avoid the situation entirely, but often you will have to change your own behaviour. If coffee or alcohol mean cigarettes, avoid them at least temporarily. Drink fruit juice or water instead. Stay away from bars. Take a walk during your coffee break.

Just about all smokers enjoy a cigarette at the end of a meal. This can be a critical point. Instead of lighting up, leave the table as soon as you are finished. You might clear the dishes, brush your teeth or walk around the block. Keep your mind off cigarettes and take up new post-meal activities.

These are just a few examples of how to change your routine. Play little tricks on yourself to avoid situations in which you routinely smoke.

When you're Out

More and more restrictive legislation is being enacted to keep buildings free of cigarette smoke. Many cities limit or totally ban smoking in public offices, stores, elevators and theatres. These places make it easier for you because you have no choice to smoke. If you are in an area

where you have an option, such as a restaurant, always make sure you sit in a non-smoking section. No matter where you are, and as much as you can, try to avoid people who are smoking.

Filling the Void

There is going to be some emptiness in your life once cigarettes are gone. To keep your hands busy, try holding a pencil or rolling a toothpick through your fingers. For oral gratification, chew a toothpick or keep a supply of celery, carrots, or sugarless gum nearby. Occupy your free time with activities that do not allow you to hold a cigarette - exercise, housework, handiwork, hobbies, gardening, or washing the car. Keep your mind and hands busy and do not dwell on the fact that you are not smoking. Breathe deeply to help you relax or imagine yourself away

from temptation. When stress closes in, pretend you are relaxing on the beach, in the woods, or in the mountains. Learn to switch the signals that trigger your urges.

These are just a few of the things you can do to carry you from day to day. Try and develop your own methods that will carry you over the humps and detour you around the cravings.

EAP Referral Agents
Patrick Landroche - Loc. 8374
Evelyn Femia - Loc. 8336
Capt. Dimmer - Loc. 8848



† British Columbia Lung Association

VOLUNTARY RECALL

Computer Monitor

A recall has been issued by Dell Corporation for its 14 inch SVGA colour computer monitor model DL 1460N1 as they pose a potential fire hazard. Only 1200 of these units have been sold in Canada and no incidents have been reported.

The recalled units have the model number DL-1460N1 located on the back of the monitor. Owners of this model are advised to contact Dell Corporation at 1-800-913-3355 to arrange for shipping and repair of the monitor.

Officers Mess Ladies Club

Our "Christmas Craft" evening was a huge success - 63 ladies attended. Thank you to Lois Robertson and Jan Clark from "Decorama" for a job well done.

The evening began with a general meeting. It was decided that the proceeds raised by November's "Ornament Auction" would go to a worthy charity. Everyone had a great time and left with a beautiful bell or cameo.

Don't forget about our Christmas Food Donation Box that is in the Officers' Mess!!

(Editor's apology: We had an equipment failure during our last edition and in the resulting kerfuffle the OMLC article was overlooked.)

Just roller blading...



Legion Log

BRANCH 17 COURTENAY
334-4322

DANCES

(Every Friday night, commencing 8:00 pm)

Nov 25.....NORM'S COMBO
Grey Cup Sunday 27 November
Large TVs and food available. Come and support your team.
Dec 2.....SHABOOM
Dec 9.....MIDNIGHT FLYER
Dec 16.....WYLIE & THE OTHER GUY
Dec 23.....CC TRAILRYDERS
Dec 30.....ALLEYCATS
NEW YEAR'S EVE.....LINDA JONES

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

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BASE PERSONNEL WELCOME AT BR. 17
Office: 334-4322 Service Officer 334-3613

BRANCH 160 COMOX
339-2022

ENTERTAINMENT

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)

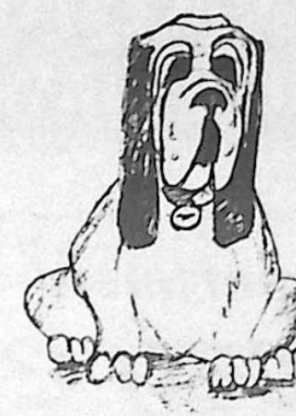
REGULAR EVENTS

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
Upper Hall, 7:00 PM
Comox Valley Men's Crib League, 8: PM. Start-up 5 Oct.
THURSDAYS.....*1st Br.160 Exec. Mtg. Upper Hall, 8:00 PM
*1st L.A. Executive Meeting (as required)
*2nd L.A. General Meeting, Upper Hall, 8:00 PM
*3rd Branch 160 General Meeting, Upper Hall, 8:00 PM
FRIDAYS.....TGIF in Lounge
Meat Draws in Lounge, 3:00 to 6:00 PM
Dance (normally downstairs unless advised)
SATURDAYS.....Meat Draws in Lounge, 3:00 to 6:00 PM

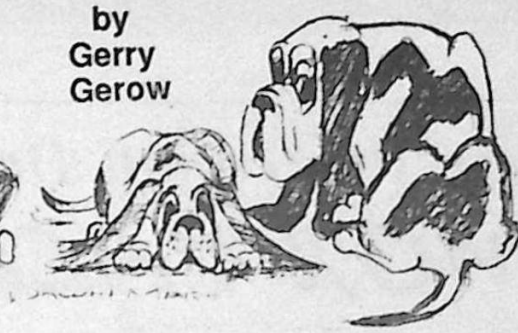
Hall Rentals or requests for Special Functions: Please contact Ken Seymour in office, Mon - Fri, at 339-2022.

NEXT DEADLINE 2 DEC
NOON

On & Off the Base



Dog Talk
by
Gerry Gerow



Greyhounds

their actions. Many parks and beaches now have by-laws forbidding dogs. It is a real shame that people cannot take their pets to these places and enjoy them, just because of the actions of a few. It is so simple to carry a plastic baggy in your pocket when you walk your dog, and to easily scoop up and dispose of his/her messes in the nearest garbage can.

When I was in Europe I found that just the opposite was true. People cleaned up after their animals, and they were welcome everywhere. I still remember asking if my dog was welcome in hotels and being answered by a stare because I had asked a stupid question. Of course dogs are welcome because individuals who do not take responsibility for them are few and far between. In Canada today it is difficult to find a motel/hotel which will accept your pet.

So the next time you walk your pet, or travel with him/her, take a few minutes to clean up after it. Maybe some day we will once again be able to take out pets in the parks and onto the beaches without complaints.

Another breed book for you this week, but a very interesting one: "The Complete Book of Greyhounds," edited by Julia Barnes, Howell Book House, New York. US\$30.00.

Julia Barnes is an avid greyhound fancier who lives in England. The book draws on the expertise of a host of contributors, including specialist veterinarians, breeders and trainers.

Greyhound racing is a big sport in several countries. Fortunately, Canada is not one of them. Literally thousands of these beautiful animals are euthanized every year, simply because they can't race any more. It is a real shame. These dogs make wonderful pets and companions.

This is a hard cover 238 page edition, well illustrated with over 150 photographs, many of them

in colour. It is just published so you may have to have the book store order it for you. It really should be read by anyone thinking of acquiring a greyhound. (Editor's note: If anyone is interested in adopting a former racing greyhound they can contact Greyhound Pets of America's B.C. Representative: Liz at 942-6287 (Coquitlam). John & Jenny Cooper at 339-3486 could also provide you with information on what it is like to own one of these beautiful dogs.)

We still hear complaints every day, almost, about dogs. Most of these complaints are the direct result of persons who will not take responsibility for their dogs. Dog owners permit their dogs to soil other people's property, the boulevards and the parks, without regard for the consequences of

CHAPEL CHIMES

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - Maj Conrad Verreault
CHAPEL - Our Lady of the Sacred Heart (on Base)
OFFICE - Bldg 22, north-west corner, Local 8274
MASS SCHEDULE:

Saturday.....1700 hrs
Sunday.....1000 hrs
Daily Masses.....Tuesday, Wednesday & Thursday evenings at 1900 hrs

Changes will be announced in the bulletin
RECONCILIATION - Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten Seasons.

BAPTISMS & MARRIAGES - By appointment - notice well in advance please.

CATHOLIC WOMEN'S LEAGUE - Second Tuesday of the month in the Parish hall, preceded by Mass in the Chapel at 7:30 p.m. President: Bonnie Gillis, phone 339-3496.

CATECHISM CLASSES - September to May in the Chapel and Parish Hall every Sunday morning at 0900 hrs.
Coordinator: Mary Rogers, 339-6181.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

BASE CHAPLAIN (P) - Maj Charles Massey (UCC) 339-8273
Capt Fraser Harvey (ACC) 339-8275

CHAPEL - St. Michael & All Angels, Wallace Gardens, Bldg 88

OFFICE - Bldg 22, north-west corner
Telephone 339-8273/339-8275
Secretary - Mrs. Anita Spurrell

SUNDAY SERVICES - Summer Services at St. Michael and All Angels Chapel for the period Sunday, 3 July to Sunday, 4 September will be at 1000 hrs.

(any changes will be announced as early as possible)

NURSERY - during Service for children under 3 yrs.

CHOIR - 1900 hrs, Thursdays at the Chapel.

CHAPEL GUILD - Meets the third Thursday of the month.

President Gail Rodger 338-2162.

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

Santa's Workshop: 9 am - 9 pm, Mon. to Sat.

Volunteers are needed for minor repairs, washing, etc. Donations of toys, new and used can be made at squadrons, Base Fire Hall or Canex. For more information call:

Dan Meldrum 334-2961 or Workshop 897-1994

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(Advertising space donated by this publication)

EveryOne's Computing

December Classes

Morning classes... 9:30am - Noon
Afternoon classes... 3:00pm - 5:30
Evening classes... 6:30pm - 9pm

Monday	Tuesday	Wednesday	Thursday	Friday
	November 29		December 1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
27	28	29	30	31

Morn 3 pm Eve

Bookkeeping with AccPac Simply

This course is designed for small business owners and others who are looking to become fluent in today's bookkeeping methods. We will take it right from the beginning. AccPac Simply Accounting is the only program you need for payables, receivables, payroll, inventory and general transactions. All of these modules can be integrated, so that when you make an entry into one journal, all the corresponding journals and ledgers affected are automatically updated. Why not learn to do bookkeeping for a small business the most efficient way? Upon completion you will be able to record daily transactions for a business. You will also gain experience setting up the books from scratch.

Eight sessions of 2 1/2 hours
Price \$275

To enrol please call or drop in to EveryOne's Computing
1787 Comox Avenue, Comox, B.C. V9M 3L9
339-5733

Intro to the Personal Computer

This adult course is structured to provide a well rounded introduction to the personal computer. You will gain hands on experience with a computerized spreadsheet, a database, and a word processor. We will use Microsoft Works and Windows. While you are a student with EveryOne's Computing we also make the classroom available to you (with an instructor on hand) Monday to Thursday from noon to 2:30 free of charge. If you have been looking for a place to start with computers, you have found it, right here.

Four sessions of 2 1/2 hours - \$175

Windows Level Two

Windows is the program which now runs behind your applications. If you have been working with Windows for awhile or if you have taken an intro course using Windows, you are ready to learn about customizing Windows to your liking. This course is aimed at getting the best performance from the computer through Windows. The course will continue with Microsoft Works where the Intro course leaves off, and will compare Works to Microsoft Office.

Four sessions of 2 1/2 hours - \$175

Eve CorelDRAW

If you need to manipulate graphics and produce your own advertising, you will find Canada's own CorelDRAW to be invaluable. Gain experience with changing the appearance of text, extruding and adding perspective to graphics, blending and contouring text and graphics, and putting it all together with real life examples.

Four sessions of 2 1/2 hours - \$175

WordPerfect for Windows or DOS

Throw those typewriters away! Once you have learned the magic of WordPerfect, you'll never want to go back. Each student will gain hands-on experience with step by step instructions on one of today's most popular word processors. From text enhancements to tables, you will learn to make use of WordPerfect to create professional looking documents.

Four sessions of 2 1/2 hours - \$175

Word for Windows Level One

Microsoft Word and Windows were made for each other. If you appreciate the intuitive and graphic nature of Windows, you will love Word for Windows. Every student will gain hands on experience creating, formatting and printing with Word. You will be amazed at how easy it is to create professional looking letters, reports and proposals with this friendly and powerful word processor.

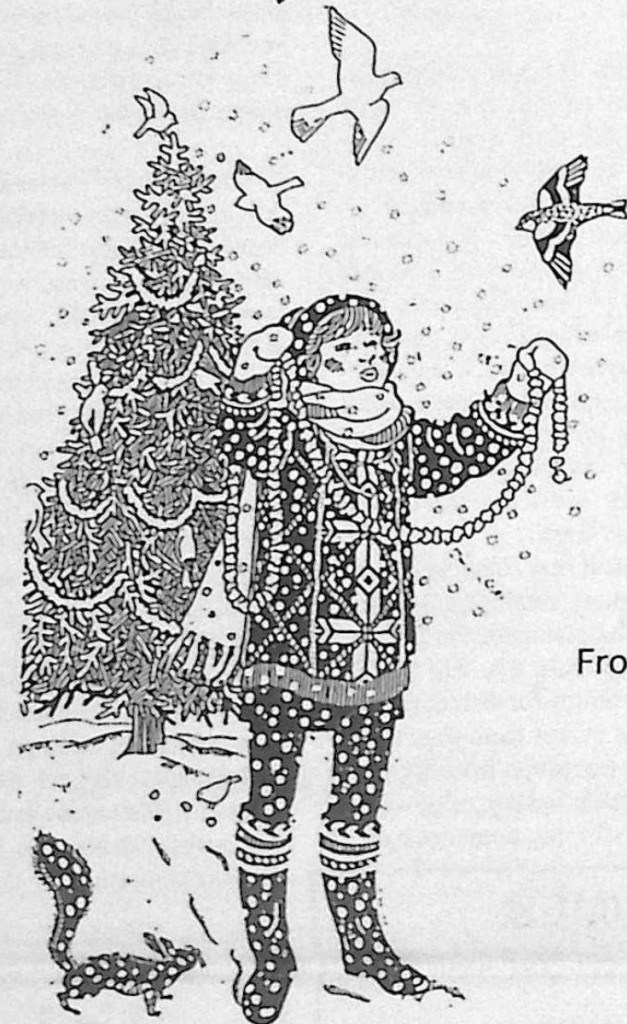
Four sessions of 2 1/2 hours - \$175



TOWN of COMOX RECREATION DEPARTMENT



The Comox Recreation Department invites you to another **COMOX VALLEY CHRISTMAS**



Come Celebrate the True Meaning of Christmas!

Sunday, December 4th, 1994
1:00 pm ~ 2:30 pm
Comox Community Centre Gym
Admission is Free
Seating 12:45 pm ~ 1:00 pm

From 1:00 pm ~ 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
School District #71

For more information call:
The Comox Recreation Department
1855 Noel Avenue (across from the Firehall)
339-2255

911 MAKE A CHRISTMAS CENTREPIECE

Instructor: Jennifer Harrison
Cost: \$8.40 + GST
Wednesday: 7:30 pm ~ 9:30 pm
December 7th



Come and celebrate the season by creating a Christmas centre piece, using natural greens and cones which will last in to the New Year. Participants must bring 4 ~ 5 small branches of cedar, pine or fir, a variety of other foliage such as holly or ferns, sharp scissors or pruners.



CREATING CARDS

1004C \$20.00
Saturday, December 3
10:00 am ~ 1:00 pm
CCC Room A

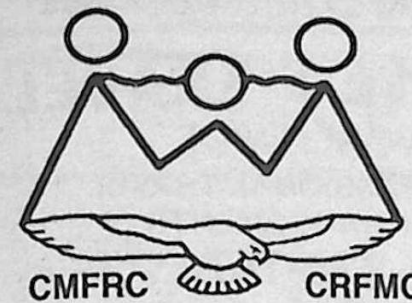
A single session on making a unique Christmas card for that special person. Watercolour paints, paper and white glue are required. Other materials will be supplied.

Don't let those
Christmas Shopping Blues
get to you!!



Give the gift of
Health & Fitness

Gift Certificates
available at the
Comox Community Centre
1855 Noel Ave 339-2255



COMOX MILITARY FAMILY RESOURCE CENTRE

Gifts from the Heart

Even when we start off the Christmas season with the best intentions we may still get swept away into 'consumer madness'. When this happens we can forget the most important things during this season such as sharing our lives with the people we love.

The following are some ideas for Christmas gift certificates that don't cost any money, but are among the most valuable gifts that can be given. They are gifts of ourselves, of our time and are a commitment to share our lives. These are not promises of a certain behaviour i.e.; "I will always be pleasant to your relatives." (one spouse to another) or "I will always be good." (child to parent). Rather they are

gifts of time, gifts of sharing and enjoying the journey of life with the people we love.

1. During this coming year I promise to attend at least two plays and two foreign films of your choice. I will enjoy the time I spend with you and not notice if I am the only one in jeans and a T-shirt (husband to wife).

2. In 1995 I promise to go camping with you at least four times and to enjoy the fresh air and getting dirty. I will buy paper plates and cook every thing over the fire so that no one has to clean up or fuss over meals (wife to husband).

3. I promise to help you make cookies as many times

as you want this year (grandchild to grandmother).

4. I promise to attend as many hockey games, soccer games, track meets and miscellaneous activities as I can, with an accompanying promise that I will yell for you when you do something well and tell you quietly afterwards when there's room for improvement (father to son).

5. I promise to take you to the fall fair again. We will spend most of the day on the big tractors and ditch diggers and watching the portable sawmill cut wood. We will get ice cream near the end of the day and eat it while we go look at the horses (aunt to nephew).

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 next get together will be held **Thursday December 1st, 10-11:30 am at the Parish Hall.** Subsequent meetings will be held every

Thursday 10-11:30 at the Parish Hall. Beginners to advanced welcome.

Call the CMFRC at 339-8290 for more information and bring a friend!

Upcoming Workshops

Self Esteem Workshop

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

Dates: 4 Sessions November 29th & 30th, December 6th & 7th
Time: 6:30 - 8:30 pm at the CMFRC
Cost: No Fee
Registration: Call the CMFRC at 339-8290

Creating Christmas Tree Angels

Add a few new ornaments to your Christmas tree or give them as special gifts.

Date: December 8th
Time: 6:00 - 9:00 pm
Location: Parish Hall
Cost: Fee for materials \$6.00. Due at time of Registration.
Registration: Call the CMFRC at 339-8290.
Registration Deadline: November 29th.

Ornamented Fabric Boxes

Create beautiful ornamented fabric boxes for yourself or as a gift, for a fraction of the cost.

Date: December 15th
Time: 6:00 - 9:00pm
Location: Parish Hall
Cost: Fee for materials \$10 to be paid at time of registration
Registration: Call the CMFRC at 339-8290
Registration Deadline: December 9th

Child Care Programs



• Toy Lending Library

Open every Wednesday 12:30 - 4:30 pm
Location: CMFRC, 119 Kinnikinnik
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 mth - 5 yrs
Tues. & Thurs. 9 am - 12 pm
Location: Wallace Gardens Community Centre
Drop In Fee: \$7.00 per morning

• Parents and Tots Social Group

A social morning for parents and their children, with activities and guest speakers. Participation in this program is by donation. Fridays 10:00 - 11:30 am.
Location: Wallace Gardens Community Centre

Youth Activities



Casino Night

Fun, Excitement & Prizes!

Date: December 2nd, 7pm
Location: Wallace Gardens Community Centre
Cost: \$2 / military family member, \$4 / guest
Registration: Call the CMFRC at 339-8290 by Dec. 1st

Pizza & Bowling Night

Food, Fun & Prizes!

For Ages 12-14
Date: December 8th, 6:45pm
Location: Base Gym Bowling Lanes
Cost: \$5 / military family member, \$7 / guest, \$16 / team (A team is 4 people, 2 must be from a military family)
Registration: Call the CMFRC at 339-8290 by Dec. 5th

Christmas Party and Dance Tree Trimming, Carolling, Dancing & Santa Claus

Date: Sunday December 18th, 7pm
Location: Wallace Gardens Community Centre
Cost: \$1 / military family member, \$3 / guest
Registration: Call the CMFRC at 339-8290 by Dec. 16th

Skiing, Skiing, Skiing

Keep your eyes open for upcoming youth ski trips

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Maureen Davidson
Sales Associate

Each office is independently owned and operated.

Public Announcements

Pool Closure
The 19 Wing Pool will be closed during the winter months due to inclement weather. Estimated re-open date: March 95.

Personal Exercise Programme

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.

BASE LIBRARY
Base Librarian
Colleen Gagnon

Located in Building 10, next to Accommodations. Hours of operation:
Mon - Thur.....6-9 pm
Tues, Thur, Fri.....11:15 am - 12:15 pm
Sat & Sun.....1-4 pm

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.

Pacific Divers Welcome You to RECSPO '94
The club is warming up for RECSPO '94 and looking forward to seeing you there. Otherwise, feel free to drop by the club Mon or Thurs 6:30 to 8:30 pm. We're located next to the base pool (annex to the gym) or call us. Basic courses will begin again in the New Year. -- Kristen Gagnon

Newcomers Club
The Newcomers Club will hold its next meeting on Mon 14 Nov at 7:30 pm at the Comox Community Centre. Come out and learn about the large variety of activities organized through the club. For further information, please call Pat at 335-2427 or Trish at 339-1734.

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

TOBACCO IS A DRUG.
Protect your children.

Public Skating
WHEN: Sat 1300 - 1430 hrs.
Sun 1200 - 1315 hrs.
WHO: Open to general public
COST: \$1.00 adults, 50 cents children.

ARENA ANNOUNCEMENTS
NHL/Noon-hour Hockey League (Shinny)

WHAT: Noon hour Shinny
WHEN: Tues, Thurs & Fri 1130-1300 hrs.
WHO: Military members and DND employees.
Add some noon hockey to your fitness program. All players welcome, especially goaltenders. Full protective equipment mandatory.

Skate Sharpening
Mon-Wed: 1700 - 2000 hrs.
Thurs: 1700 - 2100 hrs.
Sat-Sun: 1100 - 1400 hrs.
1700 - 2000 hrs.

On & Off the Base

Bookshell Bestsellers

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

Pat Bolen Proprietor
Debi Williams Manager

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Week Ending 26 November

- Bookshell Bestsellers Softcover**
1. A Dangerous Fortune.....Follett
 2. Mr. Murder.....Koontz
 3. The Door to December.....Koontz
 4. Seasons of Her Life.....Michaels
 5. Bad Love.....Kellerman
 6. Honourable Enemies.....Webber
 7. The Robber Bride.....Atwood
 8. One More Mission.....North
 9. Dolls Eyes.....Wood
 10. Maggy's Child.....Robards

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.

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. The contest is open to all of 19 Wing military and civilian employee dependants UNDER 19 years of age. There will be three different types of posters and each will be divided into various age categories. There will be a basic poster for kids 5 and under to colour, a poster with more detail for those kids 6 to 10, and an official sheet for adolescents 11 to 18 to design their own poster. Parents are to ensure that they get the applicable poster for the age of their children. First, second and third cash prizes will be awarded to the various age categories.

The posters will be available on or before 28 November at the Military Family Resource Centre, or at the various Unit Orderly Rooms. Entries must be dropped off no later than 1400 hrs on Mon 5 Dec at the Military Family Resource Centre or one of the Unit Orderly Rooms. Unit drug education coordinators are responsible to deliver their unit entries to the OPI Sgt Shackleton, 414 Sqn AMCRS Section, (loc 8839) or Cpl Gerritsen 414 Maint (loc 8924) by 1500 Tues 6 Dec.

Winners will be notified by phone as soon as possible after the judging. A complete list of winners will be published in the 22 Dec issue of the Totem Times.

So kids, why not have some fun and maybe win some cash for Christmas shopping? Get your entries in on time!

WO & Sgt's Mess
NEW YEAR'S EVE 1994
Tickets on sale NOW!!!
Regular 17 Nov \$60.00 couple
Associate 5 Dec \$70.00 couple
Guest 19 Dec \$80.00 couple
Price includes New Year's Day Levee
See Mess Manager for reservations

Bulletin Board

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

For Sale
Custom made King size foam mattress, with washable cover. Was replacement for a waterbed. \$100.00 obo. For further details, please call 338-0259.

Fireplace Bargain For Sale
Pacific Energy wood stove: red enamel, glass door with gold plated trim. Seldom used. In excellent condition. \$799.00
Phone 339-3486
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All sizes. Comox Valley grown and NO GST! Pine, fir, balsam & spruce. 1994 special on #1 NATURAL. Cut daily for freshness.
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Happy 1st Birthday Danical



Love, Mommy & Daddy
Dec 17, 1994

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NEXT DEADLINE 2 DEC. NOON

On & Off the Base

19 Wing Invitational Pickle Ball Tournament

What is Pickle Ball?

So the legend goes, a variation of Pickle Ball first played in Lower Lipdinstein in the early 1800s, when workers on the Pickle Plantations used a perforated style paddle to knock the pickles off the pickle vines into a gathering net. Of course, this changed from work to fun, and field frolics amongst the younger field hands began, the rest is history.

Now the game is played throughout North America and, of course, Lipdinstein where the Annual World Championships are held.

19 Wing Invitational Pickle Ball Tournament

Wednesday, 7 December 1994

0730 - 1500

19 Wing Rec Centre

ENTRY FEE: Donation to Valley Food Bank
All Players Welcome!

Categories: 1. Singles (male) 2. Singles (female)
3. Doubles 4. Mixed Doubles

FUN, FITNESS AND FROLICS

TROPHIES/PRIZES will be awarded to the
"DILL OF THE HILL" or "THE PRINCE OF PICKLE"
Winners advance to the Championships in Lipdinstein.

386 Comox Sqn RCAC Parade 15 Nov 94

Capt Vic Simondson, CO 386 Sqn and B.C. Chairman Stan Horton inspect the young "Troops," 15 Nov at CFB Comox.



386 RCAC Sqn 50th Anniversary

Presentation of certificate marking 50th anniversary of the formation of 386 RCAC Sqn.



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.

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).

NEXT DEADLINE 2 DEC. NOON

FRP Question #1

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