



**Remem-
brance
Day
Observed**
pages 11 & 20

Totem Times
1995 Publishing Schedule
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TOTEM TIMES

19 Wing CFB Comox B.C.



VOL 36 NO 19

THURSDAY 8 DECEMBER 1994

COST: PRICELESS

A Classic Picture



Enjoy this view while you can: the Comox Glacier remains, but 442 Squadron's Labrador helicopters will be replaced by soon-to-be-announced "off the shelf" aircraft. Labrador and Buffalos of 442 Squadron have the best life-saving record in the world.

Canada in Shootout

415 Sqn drops tie-breaker in Aussie Fincastle competition

by LCol Bill Ricketts
and Capt Joe Hood

Wow! What a shootout! All four competing teams from Australia, Canada, New Zealand and the United Kingdom arrived at Royal Australian Air Force (RAAF) Base Edinburgh, near Adelaide in South Australia, hoping to prove that they were the top

all four teams obtaining perfect scores for their two competition sorties, put the teams among the best in the world. But it was the Australian team that would win the day, and the coveted Fincastle trophy, for the second consecutive year following a 14 year drought. This competition, which has been held for the last

in the world.

Normally very elusive, this year the submarine was detected during each mission and endured eight separate simulated attacks by the competition crews; each of which underwent intense scrutiny by two competition analysts, including one from Maritime Air Group Headquarters, before being declared valid by the interna-

The Fincastle committee, headquartered in London, England, and comprised of senior officers from the four competing nations, not only organized the competition, but ensured fair play prevailed throughout in true Fincastle spirit.

Once again a short controlled exercise scenario would come into play as the tiebreaker. All

marine target which was determined to break contact with equally aggressive competition crews. With more than one valid simulated attack, the final tie-breaking step involved a comparison of timings to break the deadlock. In the end, the Australian crew proved victorious, winning by a scant 30 seconds! As the final announcement was

On & Off the Base

Return your Stolen Goods!

by C. Russel Elliott
(Reprinted by permission)

Late Autumn is the time for Hallowe'en. Soon it will be Christmas. Previous to Lent comes Shrove Tuesday or Mardi Gras and immediately after Lent comes Easter. These have always been particularly significant days in Christian life, observed by particularly devotional traditions. But our society must be remiss. You have stolen these deeply religious and deeply treasured practices from the Church. We would like the stolen goods returned.

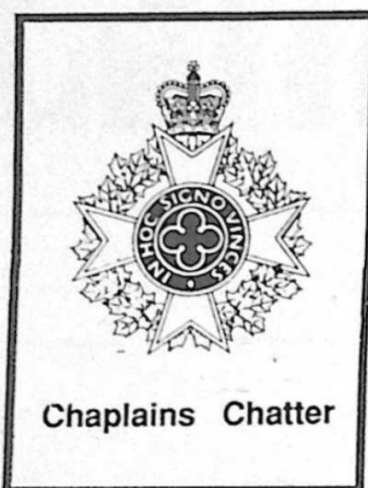
It is not that we are selfish or do not want to share our treasures. In fact that is how you got them in the first place. Christians wanted everyone to share the joys of our faith.

But you must admit that you have not only been greedy but you have also been dreadfully offensive and shockingly repulsive in the way you as a society have treated our gifts. You have snatched them away from us and smeared them with dreadful mire. Some of the more critical among us describe it as casting pearls before swine, and some of the more devout even hesitate to observe the days at all because of the mire now attached to them.

For myself I would be happy and grateful too if you simply returned these special occasions to the rightful owners to observe in their own way and drop them entirely from your own observances.

Why shouldn't society have these days? It is not because the Church is a dog in the manger - but look what you have done to them! People cannot handle Hallowe'en, shopkeepers board up

windows and patrol their premises. Parents tremble for fear of razor blades in apples or drugs in candy. Thousands of other criminal things have replaced the innocent pranks and funny costumes once designed solely to ward off evil spirits.



Chaplains Chatter

Much has been written about the crass commercialism of Christmas, the substitution of Santa Claus for the Babe of Bethlehem, the office parties and other eating and drinking orgies that displace Christ's Mass. Oh for a return to simplicity of devotion practised by Saint Francis of Assisi around the crèche!

Mardi Gras! Look what has been done to it. The name literally means "fat Tuesday" because that was the day Christians used up all the fat and rich food in the house in preparation for the lean fare of the Lenten fast. (Hence an appropriate day for pancakes!) In some areas Mardi Gras has taken on more of the character of the pagan orgy of the Spring Equinox than the solemn penitence of Christian preparation and confession. Shrove Tuesday is a term with an Anglo-Saxon root that re-

fers to personal confession and forgiveness. Mardi Gras is a title sometimes used now for events of unrestricted revelry which have absolutely nothing to do with Tuesday or fat foods, or even with religion.

Much has also been written about Easter and its commercialism, a parade of finery to compete with Christmas. The resurrection theme of Christians has been expanded to include so many fictional items that the general public hardly knows fact from fable. In an ad which has a rabbit laying eggs and clucking like a hen neither Christian fact nor classical fable can be detected.

So I plead again that these stolen goods be returned so that their true character might be restored. This would not only benefit Christians, but society as well. After all, our society itself has the roots of its character in the Christian religion. I hasten to add that I do not infer that society should not have its festivals and celebrations. Of course it should. There are July 12, Labour Day, Remembrance Day and several others. You can add a day for the Toronto Blue Jays and another for the Montreal Canadiens. Regional days like the Apple Blossom Festival or a tubing contest on the Gaspe River are plentiful.

It is hoped that society will know the difference between celebration and degeneration. The difference is a mark of civilization.

In fact, while I now plead for a return of stolen goods I could even be convinced to change my mind if society cleaned up its act - and kept it clean!

Butt Out Programme

There will be an information session on the BUTT OUT programme on 9 Jan 95 in Bldg 22, Rm 11, from 1330-1500 hrs. This program is open to all military and civilian personnel.

The BUTT OUT Quit Smoking Program is intended to provide a framework for CF personnel to quit smoking and stay off, once they have made the decision to try. Until the development of BUTT OUT, there were no coordinated efforts for smoking cessation, although many bases tried stop smoking efforts, with variable success. BUTT OUT has been developed especially for the CF to take advantage of particular circumstances in the military. For example, in the civilian population, it is often difficult to find competent consultants

who will follow through on the programme. In addition, civilian clients are usually more widely separated geographically, making frequent sessions difficult to schedule even during rough phases of quitting. Circumstances in the CF can overcome these difficulties, and so make the outcome of the quit smoking programme more successful.

BUTT OUT is based on a self-management model of behaviour change. It organizes the participants' efforts at quitting smoking by instructing them in identifying the reasons they smoke and personalized alternatives which will substitute for smoking. In this sense it helps them create a new lifestyle, a task requiring considerable effort.

Using the self-management

model, the BUTT OUT program has had good success. While high success rates may be claimed immediately after quitting, typically only about 5-20% of persons who join other programs are still not smoking one year later. By way of comparison, BUTT OUT participants had a 50% abstinence rate 12 months after the programme. These data illustrate the benefit of following a model for constructing a quit smoking programme.

For more information about BUTT OUT, contact Capt M. Bush (SMOKEE 1) loc 8215 or Lt J.M. Nogue (SMOKEE 2) at loc 8204.

The BUTT OUT programme is a unique opportunity... IT'S YOUR OPPORTUNITY.

**Only 57 days until the
19 Wing Winter Carnival**

NOEL PEACEPEACEPEACE NOEL

ST. MICHAEL & ALL ANGELS
PROTESTANT CHAPEL
19 WING COMOX

HOLIDAY WORSHIP SERVICES

Saturday, 24 December 1994
1930 hrs - Family Worship Service
2330 hrs - Holy Eucharist

Sunday, 25 December 1994
1100 hrs - Divine Worship

Sunday, 1 January 1995
1100 hrs - Holy Eucharist
(Come as you are - PJs, Ball Gown, Tux, Mess Kit, or what ever)

JOE

NOEL PEACEPEACEPEACE NOEL

OUR LADY OF THE SACRED HEART
CHAPEL (RC)
19 WING COMOX

HOLIDAY MASSES

Saturday, 24 December 1994
1900 hrs - Early Family Mass
2330 hrs - Christmas Carols followed by Midnight Mass

Sunday, 25 December 1994
1000 hrs - Regular Sunday Mass

Saturday, 31 December 1994
1700 hrs - Regular Saturday Evening Mass

Sunday, 1 January 1995
1000 hrs - Regular Sunday Mass

JOE

**NEXT DEADLINE 16 DEC
NOON**

HARVEST VALLEY FOODS LTD.

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CHRISTMAS FREEZER ORDER
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15 lb. Turkey & 10 lb. Ham

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On & Off the Base

Comox Driver is CF Champ



Joe "Jif" Arsenault capped 10 years of competition with the CF Champion Driver Award.

Arsenault CF Driving Champ

It was an unusually warm fall day in the middle of Sep in CFB Galetown. There were 75 drivers competing in five different categories. In order to participate, each competitor was required to place in the top three at Base and Regional levels to qualify for the National competition. During the previous 10 years of competition, Mr. J.I.F. Arsenault received a total of 18 trophies at different levels and categories, although placing first at the Nationals had always eluded him.

After the first round at the Nationals, Mr. Arsenault placed third, 24 points behind the first place driver. During the second

round, everything seemed to fall into place for Mr. Arsenault. Then started the waiting game for Mr. Arsenault since scores would not be revealed until the closing ceremonies. Stomachs turned and palms were sweaty as competitors waited in anticipation for the chief judge to divulge the final scores.

This year, Mr. Arsenault's dream was finally fulfilled. His determination and perseverance finally paid off. He not only caught up to his opponent but he also beat him by a total of seven points. Congratulations "JIF" on reaching the trucker's ultimate goal.

Auroras represent Canada

Historic Peacekeeping Exercise

by Capt John Blakeley

"This is going to be a mission unlike any other you've ever been on before," said pilot Capt Jim Irvine to the Aurora crew. They had gathered together just before midnight in the darkened tactical compartment of their long-range maritime surveillance aircraft. He wasn't joking.

Crew Three of 405 (Maritime Patrol) Sqn was about to take off to join ships, aircraft and observers from Russia, Lithuania, Sweden, Poland, Estonia, Finland, and Romania, along with those of most NATO member nations. Together they would make their mark on history by participating in the first major international peacekeeping, humanitarian and search and rescue at sea exercise of NATO's Partnership for Peace nations.

The exercise, named Co-operative Venture 94, was conducted by the crews of 18 ships and 13 aircraft in the Skagerrak area of the North and Norwegian Seas from 28 Sep through 7 Oct 94. Based on a maritime peacekeeping scenario in support of the United Nations, the exercise familiarized approximately 3,000 personnel of the participating maritime and air forces of NATO and Partnership for Peace nations with each other and enhanced their capability to work together in future peacekeeping and search and rescue operations. During the exercise they practised basic naval and flying operations to overcome differences in equipment, languages and procedures.

The Aurora, one of only three maritime long-range patrol aircraft to participate in the exercise, was sent to represent Canada in the historic exercise. The Aurora, capable of monitoring up to 300,000 square kilometres of ocean and airspace during a routine 10 hour patrol, represented a significant contribution to the exercise.

During the exercise the Canadian Aurora surveillance crew provided an overview of all of the vessels and aircraft in the operat-

ing area to the ship in charge of the naval task group and visually identified those which the task group could not. The Aurora crew was also available to provide on-scene coordination during at sea search and rescue portions of the exercise.

The selection of Crew Three of 405 (maritime Patrol) Sqn to represent Canada was a logical choice according to Maj Rory Kilburn, the Aurora's maritime patrol crew commander. Crew Three was selected as the best crew in 405 Sqn earlier this year.

"We were selected because of our experience in all aspects of the exercise," said Kilburn, a navigator with 22 years of experience in the air force. "The crew has extensive experience in coordinating search and rescue operations at sea, was among the first Canadian maritime patrol crews to gain experience in supporting the peacekeeping initiatives of the United Nations off the coast of the former Republic of Yugoslavia, and routinely work together with the maritime and air forces of other NATO nations in the North and Norwegian seas."

The crew left Greenwood, N.S., where its squadron is based with 12 Wing, just before midnight on 27 Sep. Members of the crew worked with their onboard sensor and communications equipment throughout the night on their way across the Atlantic, honing their maritime patrol skills. When they arrived in Kristiansand, Norway, the following day, they went straight to work with their counterparts from the other nations. Gathering in working groups, they sat down face to face and shoulder to shoulder with former adversaries and allies alike, together with members of previously non-aligned nations, to discuss how they would work together to overcome differences in equipment, procedures and languages. They knew it was not going to be easy.

At first there appeared to be some hesitation to share information among the exercise partici-

pants. The military officers, who had trained for years to suspect each other, initially found it difficult to divulge details about their ships and aircraft which would need to be shared in order to work safely together as a team on the surface of the water and in the air above it, they rose to the challenge.

Recognizing this in advance, events had been planned to encourage participant interaction and confidence building. Sporting events were also held and people were invited aboard each other's ships and aircraft.

Then, like a trickle of water which leads to the eventual bursting of a dam, the atmosphere improved slowly and steadily as participants recognized the professionalism of their counterparts. Suddenly, the barriers swiftly crashed down and the nations worked together to overcome the obstacles and challenges of the exercise.

Included in the many exchange visits, the Canadian aircrew was provided its first tour of Russia's most modern destroyer, NRS Neustrashimy. In turn, the Russians were invited for their first visit aboard the Aurora maritime patrol aircraft.

The feeling was more than just a little odd for most of the aircrew, including WO Fred Rideout, an airborne electronic sensor operator aboard the Aurora.

"Most of us spent a great part of our lives training to fight these guys," said Rideout. "Then suddenly, there they are in your aircraft; in your seat!"

But, like most others, Rideout was impressed most with what the Aurora crew and the Russians had in common.

Within five days, everyone felt confident that the ships and aircraft could communicate and operate safely together at sea. The task group, under the command of Commodore Hooft, the commander of the Netherlands task group, left Kristiansand harbour

1st COMOX SCOUTS

XMAS TREE SALE

COMOX LEGION PARKING LOT

**DEC 9-10 10:00am
16-17 4:00pm**

\$20.00 PER TREE

FRASER RIVER SOCKEYE PUBLIC REVIEW BOARD

PUBLIC NOTICE

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

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

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

The Board will hold the following public meetings:

December 12, 1994 in Victoria at the Victoria Conference Centre - Saanich Room from 10:30 am - 12:30 pm and 1:30 pm - 5:30 pm;

December 13, 1994 in Campbell River at the Austrian Chalet Village - Vienna Room from 2:30 pm - 5:30 pm; and

December 14, 1994 in Campbell River at the Austrian Chalet Village - Vienna Room from 9:00 am - 12:00 noon.

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

Please advise the Board as soon as possible of your intent to appear. Written briefs will be welcomed immediately and must be received no later than **December 9, 1994**. Your briefs should be addressed to the Executive Director at the address below and should be limited to 20 pages.

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

1-800-591-9299

or write:

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

Continued from page 5

Editorial



Norm Blondel

Annus Notsogoodus

When HM the Queen indicated 1993 had not been such a good year ("Annus Horribilis"), what with Windsor Castle burning and all, we didn't think we'd have to lay a similarly dubious claim for 1994. The strike at Comox District Free Press threw a hefty monkey-wrench into our works, resulting in a cancelled edition and a flurry of phone calls, consultations, road trips and general stick-handling to keep those Fishwrappers coming.

We also had camera trouble (traced to a well-hidden Allen screw), resulting in some pasty-looking pictures for a while.

And our laser printer: what can we say about it without using banned language? Neatly after the warranty runs out, it decides to burn out a fuser. (That's the drum that fastens print securely to the page). The repair bill would buy us another printer.

If it wasn't for an understanding Base Fund Chairman and membership, the Editor might consider having his first ulcer. But there's a plus side to all of this: we can now claim the Totem Times as the oldest newspaper in the Comox Valley.

We already have the oldest editor.

Would you believe 16 pages?

Time was, the Fishwrapper had easily enough material to fill 24 pages. Then your contributions tapered off, so we reduced to 20 pages. To help fill even that space, we allot a full page each to the Comox Recreation Department (the CFB is located within town boundaries) and the Military Family Resource Centre. Sure, the CF is shrinking, but 19 Wing Comox isn't noticeably smaller, so your news and gossip is still important to us. We're not looking for thousand word essays - a couple of pages, typed, double-spaced, will do fine. This is your military community newspaper, coming to you in 20 pages.

We'd hate to go to 16.

Are you retired or about to retire from

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

If so, it is to your advantage to join the

FSNA

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

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



Maritime Air Group

New Group CWO

On Oct 14, Maritime Air Group Headquarters bid farewell to a number of military personnel who elected to depart the headquarters under the force reduction program. Among them was Chief Warrant Officer Colin Ainsworth. Ainsworth's retirement opened the door for a co-worker, Chief WO Eric Welin, to become the new Group Chief WO (GCWO).

As GCWO, Welin is responsible for advising Commander MAG on all issues related to senior non-commissioned members (NCMs). Welin is the senior representative for NCMs and acts on their behalf through his direct link with Commander MAG. This necessitates frequent liaison and contact with the wing CWOs at 12, 14, and 19 Wing, as well as communication with the Air Command CWO.

"I enjoy travelling to the wings...speaking with and listening to the NCMs in all areas. It is important to get their point of view on conditions of service and morale," says Welin.

GCWO positions are currently considered a secondary duty, however there are plans to make the positions full-time in the future. "The GCWO will have more duties, partly as a result of the planned devolution of specific duties at Air Command," says Welin.

Born and raised in Timmins, Ont, Welin joined the RCAF in 1960, at which time he was trained and employed as a metals technician. Welin remained in this trade for more than 10 years, working at various bases throughout Canada and Europe. In 1970, Welin remustered as an airborne electronic sensor operator. Since then, he has flown onboard the Argus and Aurora out of 19 Wing Comox, B.C. and 14 Wing Greenwood, N.S., including time onboard the Sea King maritime helicopter. Welin also has flown as an acoustic operator on a P3C Orion while on exchange with the United States Air Force.

While employed with HMCS Iroquois's helicopter air detachment, Welin was awarded the Medal of Bravery for his part in the rescue of 20 Korean crew members as their vessel succumbed to a violent storm 600 miles off the coast of Newfoundland.

Welin, who had thoroughly enjoyed his career to this point, looks forward to the new challenges that this position will bring.



CWO Eric Welin

In addition to his new role, Welin retains his previous status as a staff officer with fixed wing.

NEXT DEADLINE 16 DEC NOON

TOTEM TIMES

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Monday; 0830 - 1600
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Comment

1995 CFB Comox Winter Carnival

The 19 Wing Comox Winter Carnival is just around the corner, scheduled for 2-3 Feb 95. At this time, a group of experts is planning this event under complete secrecy (rumours are that the Rio Carnival organization is trying to steal some of our ideas). Therefore, it is requested that all 19 Wing members do not mark their calendars with the upcoming Carnival and ensure that the word is not passed around to other members of the wing.

442 Sqn Thanks:

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ATTENTION ALL MEMBERS OF ROYAL CANADIAN LEGION BRANCH 160 COMOX

1995 Membership dues rates:
Ordinary & Associate Members under 65 years of age...\$30.00
Ordinary & Associate Members over 65 years.....\$20.00
All Fraternal Affiliates.....\$40.00
Membership dues may be paid at the Branch Office or left at the bar. If you wish to mail your dues in, please make cheque or money order payable to Comox Legion Br. 160 and mail to: Comox Legion Br. 160, 1825 Comox Avenue, Comox, B.C. V9M 3M3.

CF INVITATIONAL/PRAIRIE REGION SWIMMING CHAMPIONSHIPS

- 18 Wing Edmonton will host subject championships on 25 - 26 Apr 95.
 - Intent to enter NLT 15 Feb 95.
 - Teams may consist of up to 10 members.
 - Best time results forwarded for possible entry for 95 CISM Team.
- For more information contact Mil Sports Cell, loc 8783

ALL EX-AIR CADETS FROM 386 RCACS "BE AWARE"

386 Royal Canadian Air Cadet Squadron (Komox) invite all 386 Ex-Air Cadets to help celebrate their "50th ANNIVERSARY" 6 & 7 MAY 1995
Registration/Greet & Meet will take place at 888 Wing RCAFA 1298 Military Row (Little River Road), Comox, B.C.
Saturday 6 May 1995 at 18:30 hrs.

The Anniversary Parade will take place at the CFB Comox Arena Sunday 7 May 1995 at 11:00 hrs.
Ending with a B-B-Q at the 888 Wing at 13:00 hrs.

Cost: \$15.00/person
For confirmation contact: Capt Melançon 604-339-7768

Tiny Trivia



Not an aircraft, but an important piece of airfield equipment - what is it?

Wing Learning Centre

Supervisory Management Programme

The Wing Learning Centre, in conjunction with the Canadian Institute of Management is offering a Certificate in Supervisory Management Program which will commence Jan 95. The program includes four courses which will be run over the next year. Each course is 12 weeks with one 3-hour class per week. To receive certification, students must complete all courses and become members of the Canadian Institute of Management (membership fees \$150.00 per year, which is claimable on income tax). Students also have the option of receiving credit through Masakane College in Alberta; however, additional courses would have to be taken in order to meet Masakane requirements for certification. Courses include:

1. Human Relations: Management Today, Making Decisions, Motivation, Team Development

2. Communications: What is Communications? Language & Communication, Developing Communication Projects
3. Human Resource Management: Quality of Work Life, Human Resource Planning, Recruitment and Collection, Training and Development, Conflict in the Workplace, Time Management, Managing Stress, Managing Change, Managing Meetings
4. Financial Management: Functions of Bookkeeping, Accounting Cycles/Review, Trial Balances and Adjustments, Interpreting and Analyzing Financial Statements, Assessing Financial Condition and Progress

Cash Flow, Budgeting, Performance Analysis, Forecasting, etc.

The first course that will be offered will be Communications, which will commence: Date: Wednesday evenings 25 Jan - 12 Apr 95. Time: 1900 - 2200 hrs. Place: WPSO classroom #16, Bldg 22. Cost: \$160.00 tuition plus \$22.00 text. Registration deadline: 17 Jan 95.

Courses are reimbursable under the Academic Upgrading Reimbursement Program (for military members) and students should be advised that this reimbursement is deemed a taxable benefit and is therefore taxed at approximately 40%.

Military personnel and dependants and civilian employees are invited to participate.

For further information, contact the WPSO office at loc 8293.

More Russian

Continued from page 3

on Oct 3. The Canadian Aurora crew flew to Stavanger, from where they would operate during the at-sea phase of the exercise. As expected, there were some difficulties experienced on the first day, particularly with communications.

"It was especially frustrating for the communicators," said Capt John Whalen, the navigator/communicator aboard the Aurora. "Because they (Partnership for Peace nations) are not used to our procedures and may not have compatible equipment,

everyone was spending more time talking on the radios. But we all recognized that the safety aspect was most important and therefore, especially with the language difficulties, the radios were really tied up."

Over the course of the next few days, work improved. Means were found to refuel ships at sea and better communication was established among the ships and between the aircraft.

"The exercise was a great success," said 14 Wing Commander Col Tom Johnson, who repre-

sented Maritime Air Group as the senior Canadian officer. "We demonstrated, for the very first time on such a large scale, that the participating countries can work together on the surface of the ocean and in the air to perform those types of operations which we could be called upon to perform in a peacekeeping mission in support of such agencies as the United Nations. To say we were proud to represent Canada in such a historic event would be an understatement."

More Fincastle

Continued from page 1

made, cheers and hearty congratulations filled the packed room, once again demonstrating that Fincastle is much more than a competition. It's also a gathering of highly skilled professionals sharing a common expertise and an intense, yet friendly rivalry.

Crews never left the ground or returned without representatives from all nations to wish them luck and welcome them home, regardless of the late hours. There was only one true enemy: the submarine.

Some may argue that one aircraft or another is better, but in the final analysis, victory rests in crew ability and coordination.

The crews spent considerable time "talking shop" in the VPI lounge, as well as participating in

several briefings with other aircrew, including exchanges with the submarine crew, on tactics and manoeuvres, resulting in many benefits on an international scale.

"We came here to do a job and we did it right," said Capt Chris Mills of 415 "Swordfish" Sqn expressing pride in air and ground crews alike in his competition team. A justifiable comment in light of Fincastle tradition where typically the winner has been the only team with a perfect score and, on some occasions, even less!

Not this year though. Capt Mills and his team's great efforts fell just short in the highest scoring Fincastle in memory.

"We'll all be back next year to win for Canada!" was heard fre-

quently throughout the detachment, where thoughts are already moving ahead to 1995 and Royal Air Force (RAF) Base Kinloss in Scotland, homebase for the next Fincastle competition. A win may be in the cards too as the United Kingdom was the host country for Canada's last Fincastle win in 1989. All superstition aside, Canada, as always, is in the running.

(Note: LCol Bill Ricketts, who attended the Fincastle competition this year in Australia, is the senior staff officer for fixed wing aircraft at Maritime Air Group Headquarters located in Halifax, N.S. Capt Joe Hood, a participant in this year's Fincastle competition, is a navigator with 415 Sqn in Greenwood, N.S.)

NEXT DEADLINE 16 DECEMBER NOON

Section News

Across the Moat

Finding the Grail

Sir Al, who by now had assumed leadership of the Knights, sat in his favourite chair. It had become his favourite chair by default; the rest of his furniture was still enroute from the land of Frozn Noz, in the territory of the Great Goose.

"Now that I am leader," he thought, "the Rush Limbaugh type writer who almost grabbed control of this column is gone. The Scribe, who everyone thought had disappeared, had merely gone underground to do some information gathering. Some would later say that the Limbaugh character was merely a bizarre alter ego that had surfaced during a momentary loss of control. This would never be resolved to anyone's satisfaction, and the short-lived reporter would join the rest of the legends that were to grow as time moved on.

Knowing that it had been some time indeed since the Knights had been away, Sir Al made plans for someone to lead a foray into the Excited States. They would be charged to search for culinary delights that could be presented at the next meeting of the Round Table.

Being a searcher of some renown, Sir Boots jumped up and formally presented his case: "Pick me! Pick me!" he screamed, raising his mailed fist to get Sir Al's attention.

"And what may be your qualifications?" Sir Al demanded.

"I have searched the world for the Grail," said Sir Boots, "and for me the Grail consists of a huge pot of chili, one that not only will warm the cockles of your heart, but also continue to provide heat

the following day."

"We have no shekels for the trip," whined the Bean Counter. "Winter is fast approaching, the chimneys need sweeping, there is very little wood, and the moat is starting to smell again and must be drained and cleaned."



"Fear not, for we are prepared to live off the land," confidently replied Sir Boots. "I have much experience with this, and know that with resolve and some luck, it can be done."

"Go forth, and do not multiply," directed Sir Al. Sir Boots and his band of what was to become known as his Merry Men scammed out of the Great Hall, calling for the horses to be saddled so as to leave before Sir Al changed his mind.

"Upon their return from the search, they must give a full accounting of their findings," thought Sir Al, "and surely those findings that one dares to print could be the subject of a later report."

Time did move on, as time is wont to do, and Sir Boots returned, along with a somewhat more bedraggled group of Merry

Mep.

"We have succeeded in finding the Grail," he reported to Sir Al with pride, "and I can speak with much authority on its power. I present myself as living proof that the energy found in chili should be harnessed. It contains explosive forces that could be utilized as a source of combustion, providing motive force for our steeds."

"And is this source of power easily harnessed?" queried Sir Al.

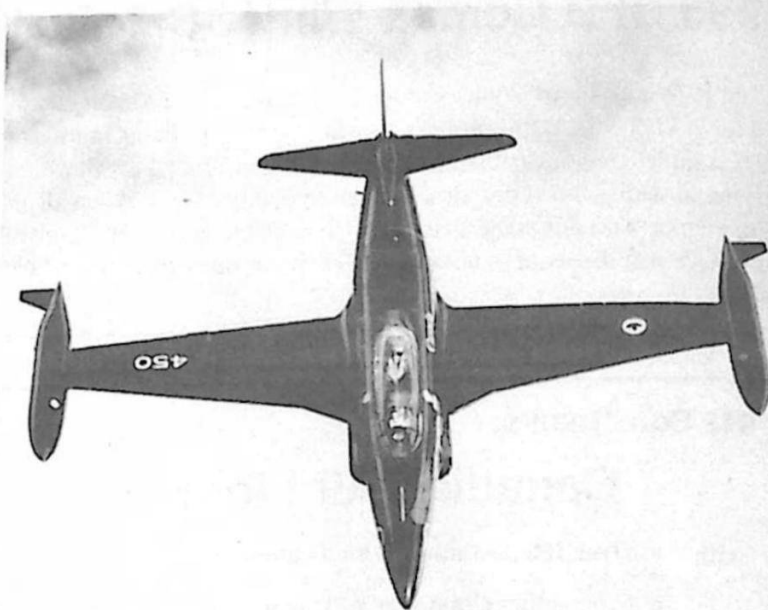
"Ah, that is the one problem with which we are faced," replied Sir Boots. "There is currently no way to predict with any certainty exactly when these explosions will occur. In addition, should it escape its container, we have observed an adverse effect on the eyes of those in close proximity, causing intense watering. I have a dream that it may one day have application as a form of tear gas, however I deem that it has the potential for much danger."

Sir Al, faced with a scientific breakthrough that could not be controlled with existing technology, wisely decided to put further research on the back burner until a later date. He also took into consideration Sir Boots' reputation as a Dreamer, and felt that further study was too dangerous. Instead, Sir Boots would be charged with developing a more efficient wheel, and means of rapid transit.

Sir Al then called in his Guardian of the Coffers to discuss plans which would allow wood to be purchased for the coming winter. Work parties could be raised to clean the chimneys. Cleaning of the moat would have to wait.

Sir Cedric

414's Black Steed



Black T-33 with a red maple leaf on its underside represents 414 Sq (not 441, as shown in November ROUNDEL).



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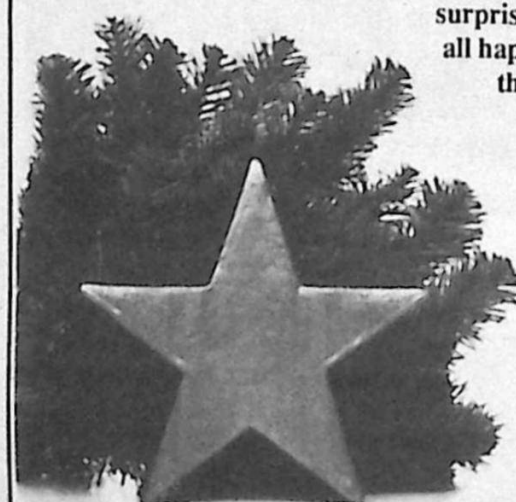
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Section News

Changing Times

by
MCpl Neal Kwasnicki

In this edition of the Totem Times, I would like to give you my (somewhat biased) viewpoint on the new trade amalgamations taking place in our military.

At the beginning of my military life, which started way back about 15 years ago, my career began as a Communications Systems Technician (Moc 522). I liked my occupation - a lot. So did the Radar Systems Techs (Moc 523) I guess, because in 1984 they wanted to be affiliated with the most sophisticated and versatile trade in the Canadian Armed Forces - us. We, as Comm Techs were a little reluctant at first, but decided that it would be in the best interest of the CF to welcome these former Radar Techs with open arms. We even allowed them to keep their name with ours! - now calling the trade Communications/Radar Systems Techs (Moc 524). The amalgamation of Comm and Radar has worked so well over the past 10 years that it appears we are going to do it again!

With drastic budget and per-

sonnel cuts proposed, the military is trying to make a lean, yet still efficient, organization by amalgamating many of the aircraft trades into a few "common" trades with a wider range of responsibilities. In the case of the aviation electronics trades, this meant integration of Comm Radar Techs (524), Integral System Techs (521), and a small but lucky number of Instrument Electrical (551), Air Weapons (572), and Photo Techs (541) into one "Avionics" trade. The remaining personnel will become Aviation Techs with the exception of Photo, who will remain "Photo." Note that this would make us quite similar to our civilian counterparts, which wouldn't be all that bad - or would it?

We, as "Comm Radar" Techs are again a little reluctant at the idea of yet another amalgamation, but looking back on how well it helped out those Radar Techs, (and in the best interest of the CF) we'll again welcome with open arms those who wish to become part of the most sophisticated and versatile trade in the Canadian Armed Forces! See you in the Lab.

One of the technicians' delights in our lab is the APS-505/Weather Radar system since it covers a broad array of principles pertaining to computers, colour TV, microwave and meteorology, plus much more. This article will be a brief description of the system with an overview of its purposes and characteristics.

The system was primarily designed for aircraft engaged in maritime patrol, and search and rescue. The Bendix-made weather radar system is comprised of four components: the receiver/transmitter (R/T); the antenna; the interface (used to split information between two indicators) and the indicator (the "superstar" of the system). The system has five modes of operation: three air-to-surface search and detection modes and two conventional weather avoidance modes.

The three search modes provide for short-range mapping in a cluttered sea environment. This mode filters sea noise to provide reliable info on the screen, for such things as bridges, islands, etc. The use of maximum clutter

returns even enables the system to map oil slicks. Short-range mapping also provides a very high resolution for precision ground mapping.

On the other hand, the weather modes are used for continuous enroute weather information relative to cloud formations, rainfall rate, thunderstorms and areas of icing conditions. The video signal received by the receiver/transmitter is digitized to provide four possible states on the scope: red for strong signal return; green for moderate returns; yellow for low returns and blank for levels too low to be detected by the radar system. For example, a dense cumulonimbus will show up as a yellow/red cloud while a blanket-like cloud such as a stratus (stratiform type) normally appears on the screen as green, or blank if returns are not strong enough to be deciphered by the R/T.

The six inch wide colour cathode ray tube indicator always seems to surprise visitors, perhaps because they imagine it would be the size of a wall like the weather satellite channel! The tube has a horizontal deflection of 256 lines (a standard TV has

around 525 lines) but, unlike TV, the system digitizes video and then stores data from outside the ranges not displayed into a 64K RAM for future use in the time frame corresponding to the range selected. The system also possesses a ROM for all permanent window alphanumeric characters. Another different feature that visitors notice about the radar is how it refreshes its information from left to right then from right to left in a rota-theta fashion, similar to the way an automobile windshield wiper moves.

The system uses a Phase Planar Array antenna which is known for its small size, high fidelity and high gain. It is similar to the type of antenna used on the CF-18 which provides multiple aircraft lock-on capability through electronic scanning.

In conclusion, the system is a neat and reliable piece of equipment for all parties involved. But my crystal ball tells me that HDTV (High Definition TV) and those revolutionary miniature satellite dishes could bring a new aspect to the exciting future of weather radar capabilities.

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Section News

407 Sqn



Demon Doin's

As a new first officer fresh off the MOAT course, I found my first few weeks in the squadron a little bewildering. With all the new procedures to learn, people to get reacquainted with and publications to read, it was just something else when I found out that my newly acquired crew and I were going to JMC. My first question was, "What's JMC?"

As it turns out, for those who do not already know, JMC is a NATO exercise held yearly in Scotland and hosted by the Royal Air Force and Royal Navy. It is designed to train the forces for surface and sub-surface maritime warfare. What do we get out of it? Well, we get a lot of valuable experience in working with our hosts and other countries - and a good holiday.

With all sincerity, the few days off that we had in Scotland were well enjoyed by everyone but when it came time to work I think DND got its money's worth. All together the deployment lasted 21 days, 14 of which were in Scotland and the rest in Greenwood preparing for JMC, or in transit.

While in Scotland, 407 flew a total of six trips and all of them were in some capacity against or, in one case, in direct support of submarines. During the war phase of the exercise we would typically lay 3-4 successful attacks on a submarine. Most of the attacks were self-directed after a ship gave us an idea as to where they thought it was. This was the first time I had seen that sort of coordination and typically it went well. Working at night in close proximity to ships and helicopters made for some very busy moments.

In today's world where there is a lack of submarines to work against, the experience turned out to be beneficial. Personally it was the second time that I had the opportunity to work with a submarine, never mind a task force. The first time was on MOAT and that exposure lasted approximately five minutes because we lost him on our sonobuoys. But that's another story, right Dale?

From a pilot's perspective, I managed to learn a great deal about flying internationally. From flying across the Atlantic, the United Kingdom and Iceland, to dealing with ships and helicopters in our operational area, the procedures of other countries can vary considerably. Fortunately, in the United Kingdom military air traffic is catered to by air traffic control. They were extremely helpful, giving us priority over other traffic and doing their best

to keep us informed. The priority that ATC gave us felt, at times, as if we were carrying dignitaries.

In our operational area things proved to be a little different. We were left to our own devices to maintain separation. Upon entering an area we would confine ourselves to a predetermined altitude and establish communications with other aircraft to maintain flight safety.

It goes without saying that I learned more about ASW flying from the two weeks on JMC than during the entire MOAT course and I'm sure that the rest of the crew feels, to some capacity, the same way I do. A great deal of what we saw there was, for many of us, the first time and, hopefully, not the last time.

While in Scotland we stayed in the small town called Forres which was about 10 minutes away from the airfield in Kinloss. The Royal, or "The Hood" which we affectionately called it, was the hotel we stayed at. It was renamed the Royal after English royalty stayed there some time long ago. What it was called before, I don't know. The Beatles had apparently also stayed there at some time but that was before their climb to stardom. Rumour has it that they had run out without paying their bill. A lot of people had stayed in the hotel through the years, and it showed. The hotel was built in the late 1800s and I don't think much has changed since then. Dark and, in some rooms, cold it was a cross between staying in a well used closet and a museum. The staff on the other hand were different and they did their utmost to make us comfortable.

During our days off some of us toured Scotland, socialized with the locals, or just slept. Our flights were usually in some of the oddest hours and, as a result, some of us tended to sleep a little longer than normal to recuperate. The Rack Monter, aka "JD," aka "The boots sticking out into the alley on your way to the galley," or better know as Mike Saville, was a man on a mission. I think he was out to see just how much sleep he could get while on deployment. Maybe I'm being unfair but it seems to me that he was awake for the take offs, landings, acoustic contact, and occasionally we saw him in the bar with his Jack Daniels and cigarettes, but that's it. After 17 hours worth of sleep per day I'm sure he stayed revitalized.

The hotel was near the train station which allowed us to go into the cities nearby and if we couldn't get there by train we used the rental car at our disposal. Elgin, Edinburgh, Inverness and Aberdeen were just some of the places that the crew frequented. Anything within a day's travel was fair game. Most people took every opportunity to see as much of Scotland as possible.

407 Sqn at JMC

(What's JMC? - read the article)

One even went out of his way to see Scotland from a different perspective. Being the birthplace of golf, Scotland was the lotus land in the eyes of Jamie Bull. He seemed to do his best to visit all the golf courses in Scotland including St. Andrews, which is, as he said, the second oldest golf course in the world. If he was not with us then he was on the road in his rental on his way to another course. You have to respect the man's passion.

Talking of road trips, I'm reminded about a story that I was told. As the story goes, Goober, I mean Mike Baillargeon, confused the power window switches which were on the centre pedestal of the rental. While driving, he lowered the passenger window thinking that he was lowering his own, and spit. Naturally its projection was stopped by his window. Nicely done Mike! Since I never saw a great deal of traffic on the roads while I was there I would have to assume that he was distracted by driving on the left side of the road. Maybe it was doing two things at once that confused him. I don't know. Whatever the problem was, we'll be keeping an eye on him from now on.

Probably one of the best ways to see Scotland was by bicycle. Darcy Sullivan and Steve Jackson were the only ones who brought their bikes and they left us wishing we had. In spite of the narrow roads and Darcy's dance with the dirt I'm sure they managed to get a lot out of it.

In preparation for the exercise, the deployment leads had to attend a briefing in Edinburgh. Non-essential crew members spent the day off. A certain FO and navigator decided to hitch a ride on the Aurora going to the brief to take in the sights of Edinburgh. After changing into civvies and jumping off the plane, in search of transport to downtown they started to walk across the tarmac towards the civilian terminal (there was a division between the military and civilian sector of the aerodrome). Any place in Canada and this would not be much of an issue, however it was not long before our intrepid adventurers were arrested by the airport police. They had not seen them get off the plane and assumed the worst about who they were. I guess they take their airport security a little more seriously than we do. Alright, I guess I should confess. If you have not already guessed, I was involved along with Adam Chalmers. It didn't occur to us until too late that it may not have been a good idea. Still, all we were really guilty of and charged with was assuming the world is a safer place than it really is - lesson learnt. After convincing the police of who we were, they let us go with a verbal warning. A little red-faced, we headed off in the right direction and finally found

our way downtown.

On our return trip we stopped into Iceland overnight. Determined to make the most of the short visit we headed off for the Blue Lagoon. The Blue Lagoon is a natural hot spring of apparent world renown. Located about 10 miles off base, it proved frustrating to get to. We borrowed an old VW bus that overheated every couple of miles, so it took nearly three quarters of an hour to get there. The trip was going really slow until someone thought about using snow to keep the engine cool. Fortunately the engine was accessible from the cabin so we kept a reservoir of snow inside which we kept stacking onto the engine. With the heater running at max and the snow on the engine

we only had to stop once on the way back to the base. The spring is normally open all year round but it is fenced off to prevent people from wandering into some of the more dangerous areas. Unfortunately it had closed about an hour before we got there. So much for luck.

In spite of some of our misadventures, I think we left Scotland a better place and we came away learning a great deal more about our jobs and the world around us. Our last night there, the Canadian contingent held a going away party attended by what seemed the entire town and surrounding area. It was the party of the year for them and I'm sure they are looking forward to next year. I know I am.

Who Stole the Sign?

407 has been busy lately with deployments. Crew 6 recently came back from an exercise in Scotland, only to be accused by Scottish authorities of borrowing a certain street sign. It turns out it was either a Greenwood crew or a Herc crew from Trenton that had decided to liberate the oppressed sign.

Crew 5 was in San Diego a while back, where Acousticians Lt Dave "Jonesy" Proteau and Capt Dave "Gloria" Stephan made short work of the opposition. Needless to say, there was some minor confusion when Capt John "My spidey sense is tingling" Brennan asked Dave for an update. The missions were successes even though they had problems keeping the pilots serviceable. Now that Demon Tech has conquered the planes (Demon Tech had 100% aircraft serviceability this week - well done) maybe they could do something about the pilots.

Crew 2, recently back from Hawaii, had a few honourable mentions. Sgt Jim "Walks with shame" House was at the top of the list. Crew members commented on Sgt House's attire: a T-shirt, shorts, sandals and blaring white socks. MCpl Grant "Moon over Sunset Beach" Gilfillan also ranked near the top. Apparently he went boogey boarding, found the biggest wave then got off the plane and assumed the worst about who they were. I guess they take their airport security a little more seriously than we do. Alright, I guess I should confess. If you have not already guessed, I was involved along with Adam Chalmers. It didn't occur to us until too late that it may not have been a good idea. Still, all we were really guilty of and charged with was assuming the world is a safer place than it really is - lesson learnt. After convincing the police of who we were, they let us go with a verbal warning. A little red-faced, we headed off in the right direction and finally found

has three teams. The Demons play in the "A" division and the rebels and Devils play on the "B" side. The Devils (for whom the author plays and shows extreme bias) are doing rather well. Their recent game with 442 (I can't believe we lost to these guys) was a humbling experience. Devils' members are still commenting on how could we lose to them considering they were too busy running into themselves (no full names Rob and Aaron) to really play hockey. Luckily their goalie (aka The Wall) kept them in the game, but we'll be ready for you next time.

VPI (Maritime Patrol International) held their annual pub crawl on 26 Nov. They logged 12.1 hours before they all stopped due to maintenance problems (i.e. maintaining balance).

Combat (I mean rugby) has also taken its toll on squadron members. Members are sporting sore ribs, broken fingers and concussions just to mention a few wounds.

Grey Cup Sunday witnessed a good turn out for the pre-Grey Cup game (or should I say mud puddle goon) and, of course, the West won. Thanks to all who turned out and hats off to Maj Don Irvine and Capt Terry Barton - not bad for a couple of "experienced" gentlemen. By the way, Lt Dax Harvey of Wing Telecom is a GOON! Editor's comment: Be nice: I hope those are the initials for something.

I'm really starting to enjoy writing these fact-filled, unbiased articles.

Until next time, Demons out.

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On & Off the Base

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Mon 26 Dec 94	1300-1700	Open Casual
Tues 27 Dec 94	1300-1700 1800-2100	Open Casual Open Casual
Wed 28 Dec 94	0730-1530 1600-2100	Mil Personnel Open Casual
Thurs 29 Dec 94	0730-1530 1600-2100	Mil Personnel Open Casual
Fri 30 Dec 94	0730-1230	Mil Personnel
Sat 31 Dec 94	Closed	
Sun 01 Jan 95	Closed	Happy New Year
Mon 02 Jan 95	1300-1700	Open Casual
Tues 03 Jan 95	0730-1530 1600-2100	Mil Personnel Open Casual
Wed 04 Jan 95	Normal schedule resumes	

ARENA HOLIDAY HOURS

Mon 19 Dec 94	Public Skating Base Team Practice Minor Hockey	1200-1330 1400-1530 1545-2100
Tues 20 Dec 94	Public Skating Silver Totems Minor Hockey	1300-1500 1530-1700 1715-2100
Wed 21 Dec 94	Public Skating Base Team Practice Minor Hockey	1300-1500 1530-1700 1715-2100
Thurs 22 Dec 94	Public Skating Silver Totems Minor Hockey	1200-1330 1400-1530 1545-2130
Fri 23 Dec 94	Public Skating OT/Base Hockey Team Family Skate	1200-1330 1330-1500
Sat 24 Dec 94	Public Skating	1100-1330
Sun 25 Dec 94	Closed	
Mon 26 Dec 94	Closed	Merry Christmas
Tues 27 Dec 94	Public Skating	1200-1330
Wed 28 Dec 94	Minor Hockey Public Skating Base Team Minor Hockey	0800-1145 1200-1430 1500-1700 1715-2000
Thurs 29 Dec 94	Minor Hockey Public Skating Silver Totems Minor Hockey	0730-1145 1200-1330 1400-1530 1545-2000
Fri 30 Dec 94	Minor Hockey Public Skating Minor Hockey	0800-1145 1200-1330 1400-1945
Sat 31 Dec 94	Minor Hockey Public Skating	0800-1045 1100-1300
Sun 01 Jan 95	Closed	Happy New Year
Mon 02 Jan 95	Public Skating	1200-1330
Tues 03 Jan 95	Public Skating	1200-1330

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Barry Sweeney
music reviews and
syndicated columnist

Musically Speaking

Shampoo, Chili Peppers & more

by Barry Sweeney

Described as pop-punk princesses Jacqui and Carrie have become the overnight sensations of pop music. Billed as Shampoo, with a sound that hits somewhere between early Go Go's and Bananarama the duo are in the process of taking their sound from its London base to international charts.

Trouble, the first single from We Are Shampoo (Food) is a bouncy pop gem that smacks of commercial success while their overall album has the ingredients to become a teen pop anthem. Obvious hit follow-up is Viva La Megababes where they sing about being "blonde teenage terminators." Bubbly pop duo have struck a responsive chord and will likely reap platinum rewards from this album. From Shiny Black Taxi Cab through Game Boy to House of Love this album is a potential blockbuster.

Out In L.A. (EMI) is a 19-track outing of Red Hot Chili Peppers live, rare, unreleased and hit sounds. Opening with their reggae flavoured Higher Ground and moving Behind The Sun and on to such previously unreleased material as Green Heaven, Nevermind and Police Helicopter group show why they are so popular. Their live renditions of Castles in the Sand and Special Secret Song Inside gives the listener a glimpse of their concert appeal. Lyrics are street wise and performance is powerful.

Willie Nelson

Over the past 30 years Willie Nelson has released more than 100 albums and sold in excess of 50 million units worldwide. With his well publicized fight with the IRS behind him and, after 19 years with Columbia, Nelson has signed with SWK Liberty and released his Healing Hands of Time a CD of lushly orchestrated romantic ballads. Backed by a huge orchestra Willie renders such self-penned standards as Funny How Time Slips Away, Crazy and I'm Falling In Love Again. He reaches back in time and updates such evergreens as I'll Be Seeing You and All The Things You Are. For Nelson the hands of time have truly healed many wounds. This album is poised to repeat the multi-platinum groundwork he laid in Stardust. Superb collection. Remember to support your local food bank.

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Feature



By Hamish

Each month, as the selection committee made its decision, some students would be transferred to other aircrew trade schools; B & G (Bombing and Gunnery), Wireless school, or Navigation school. A few might be "washed out" of aircrew training, usually for medical reasons. These students were still eligible for a variety of "ground trades" such as ground school instructors, administration, control towers, etc. Those remaining at the end of the course received their promotion to LAC (Leading Aircraftman) and were permitted to wear a white "flash" in their caps. They were then transferred to Elementary Flying school.

Each trade school carried out concentrated courses. At B & G the student divided his training between ground school instruction and flying in a "gunnery ship" in a gun turret doing air to air or air to ground target practice. The same applied to bomb aimers in a bombing aircraft dropping practice bombs on a target site. The latter was also carried out in

The BCATP

Conclusion

night flights towards the end of their course. On the ground they did their preliminary bombing in bombing "silos" with simulated bombing. Ground training also included familiarization with all forms of armaments.

Navigation also meant more advanced training in both ground school and lengthy flights by day and night. The Canadian Pacific had bought a few "bush airlines" and had expanded into commercial aviation across Canada. They were given a contract to operate a number of Navigation schools for the BCATP. The RAF supplied them with suitable aircraft and allowed some airforce pilots to transfer to CPA to fly as civilian pilots. The pay was higher but there were off-setting benefits in the airforce they chose to give up.

Wireless school concentrated on the various forms of signals. Learning the use of and working with radios. Advanced Morse Code, Aldis Lamp and the use of radio navigational aids were taught on the ground during flights by day or night.

The Elementary Flying schools were operated by civilian flying clubs who were contracted to teach basic flying in small, single engine aircraft, (the famous

Tiger Moth, followed by the Fairchild Cornell). A student was expected to fly solo within eight hours of dual flying with his instructor. A number of instructors were volunteer American civilian pilots, some commercial and some "weekend flyers." All the civilian instructors had to complete the RCAF's standard courses for instructors. The student's time was divided between ground school and flight training. As a pilot, the student was required to learn all the other aircrew trades. His training period was therefore extended to six months; three months at EFTS (Elementary) and, if successfully completed, three months at SFTS (Service, or advanced flying school).

At Service school all the students' skills were refined and regularly tested, an arduous routine. Potential fighter pilots trained on advanced single engine type aircraft, (the Harvard). Potential bomber pilots trained on multi-engine planes, (Avro Ansons or Cessna Cranes). Those completing the course graduated as sergeants. They were then assigned to an advanced posting at an OTU (Operational Training Unit) and possibly overseas.



A Bolingbroke (Bristol Blenheim IV) "Gunnery Ship" on the drogue line. (Photo taken from Lysander drogue ship) 7 B & G Paulson, Man.

Some were awarded commissions as junior officers. Some went to FIS (Flying Instructor school). In that fast-moving training program, one could be a sergeant graduate one month and, three months later, could be back at one's former school, or a similar one, as a staff pilot, perhaps even as an officer.

Up to this point, the trainee had been on an extensive training program for at least a year and a half and there was possibly many more months of advanced training before he might see action overseas.

In the spring of 1945 the BCATP training program began to wind down. Recruiting had slowed down or stopped. As each course graduated the schools closed or were combined with another. Overseas postings were reduced and finally crews began returning home for discharge.

The BCATP was considered a qualified success, an example of

cooperation throughout the Commonwealth, and a job well done.

A few statistics: due to the availability of open land suitable for flying training, 57 of the 71 training schools were spread across western Canada under #2 Training Command at Winnipeg and #4 split between Regina and Calgary. Of the 3 ITS - 2 were located in Sask and 1 in Alta. 19 EFTS - 1 was located at Fort William, Ont, 4 in Man, 6 in Sask, 5 in Alta and 3 in B.C. 21 SFTS - 5 in Man, 9 in Sask and 7 in Alta. 1 FIS - in Alta. 5 B & G schools - 2 each in Man and Sask and 1 in Alta. 6 Air OB/Nav schools - 3 in Man, 2 in Sask and 1 in Alta. 2 Wireless schools - 1 each in Man and Alta. OTUs were operated on the East Coast by Eastern Air Command and on the West Coast by Western Air Command. West Coast OTUs were located at Boundary Bay, (#5) Pat Bay (#3) and Comox, (#6, DC3, Dakota Conversion school).

Bolingbroke

Feature

New Recruit? (1)



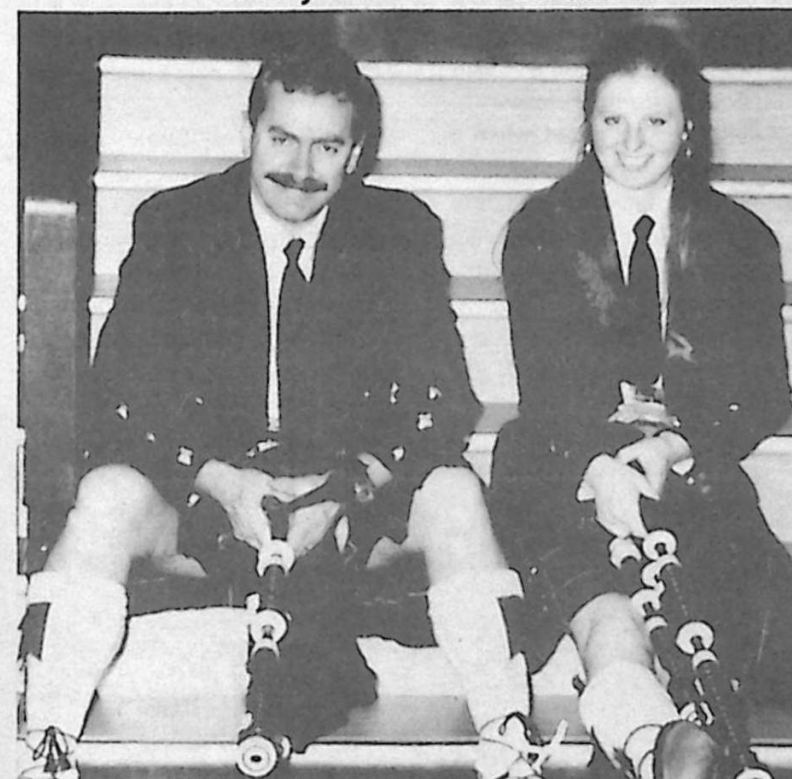
Courtenay Pipe Band - and admirer.

New Recruit? (2)



"Love that drum Debbie."

Have you ever wondered....?



We came close to getting the answer here.

Scenes from Remembrance Day

- in the Rec Centre

Luciano Krayden



WPaffo belts out a song with the CAMPA band.

New Recruit? (3)



"Maybe, when I get some height..."

BANK OF MONTREAL, COMOX BRANCH

is pleased to announce it is extending its business hours effective DECEMBER 12/94 to 6 day banking! New hours are:

Monday to Thursday & Saturday
9:30 am to 4:00 pm
Friday 9:30 am to 5:30 pm

Bank of Montreal is the only financial institution to provide you with 6 day banking at two locations in the Comox Valley!



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585 England Avenue
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334-3181

1771 Comox Ave
Comox, B.C.
339-0330

Maida's Boutique

Lingerie

Complimentary gift wrapping if asked. Gift certificates.

Christmas hours:
Dec 12-16, 9:30-9:00 p.m.
Sat Dec 17, 9:30-5:30 p.m.
Sun Dec 18, 11:00-4:00 p.m.
Dec 19-23, 8:30-9:00 p.m.
Dec 24, 9:30-5:00 p.m.
Open Boxing Day
11:00-4:00 p.m.
338-1550
202-307 5th Street, Courtenay

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TOTEM TIMES 1995 PRINTING SCHEDULE VOLUME 37

DEADLINE (NOON)	PUBLICATION
NUMBER	DATE
1 JANUARY 06	JANUARY 12
2 JANUARY 20	JANUARY 26
3 FEBRUARY 03	FEBRUARY 09
4 FEBRUARY 17	FEBRUARY 23
5 MARCH 03	MARCH 09
6 MARCH 31	APRIL 06
7 APRIL 21	APRIL 27
8 MAY 05	MAY 11
9 MAY 26	JUNE 01
10 JUNE 09	JUNE 15
11 JUNE 23	JUNE 29
12 JULY 07	JULY 13
13 JULY 21	JULY 27
14 AUGUST 11	AUGUST 17
15 AUGUST 25	AUGUST 31
16 SEPTEMBER 08	SEPTEMBER 14
17 SEPTEMBER 22	SEPTEMBER 28
18 OCTOBER 13	OCTOBER 19
19 OCTOBER 27	NOVEMBER 02
20 NOVEMBER 10	NOVEMBER 16
21 NOVEMBER 24	NOVEMBER 30
22 DECEMBER 08	DECEMBER 14

Health Fitness & Leisure



Comox Valley Ski Club

Whistler/Blackcomb Ski Package

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

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

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

Package Price \$325.00

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

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

Do You Know Cannabis?

by
Lt J.M. Nogue, WDEC

(Excerpt from an article by the Addiction Research Foundation)

Cannabis is the name that covers marijuana, hashish, and hash oil - all of them come from Cannabis sativa, a plant that grows in many parts of the world. All three drugs contain THC, a chemical that changes the way you think, feel and act. Cannabis is much more powerful today than it was 20 years ago because growers have developed strains that contain much more THC than before.

It is the most commonly used illegal mood-altering drug in North America. In 1989, an estimated 2.1 million Canadians (18 and older) used it at least once during the year.

How will Cannabis affect me?

Cannabis affects different people in different ways, depending on the mood they are in, how they expect they are going to feel, the amount they take, how strong it is, and whether they eat it or smoke it.

Soon after smoking cannabis, most people feel "high," more relaxed and talkative, and less concerned about what they say or do. However, cannabis makes some people nervous, dizzy and upset.

Later on, you may become reflective and sleepy. Physically, you will probably notice that your eyes redden, your heart beats faster, and your appetite is enormous (often called "the munchies"). Cannabis can affect your balance, judgment, memory, reaction, and perceptions, especially if it is used together with alcohol. In fact, very large amounts can cause hallucinations - seeing and hearing things that don't really exist.

Is Cannabis dangerous?

Twenty years ago, there was

little scientific research on the effects of cannabis on the body and brain, and some people claimed it was less harmful than alcohol or cigarettes. Today, scientists know that it is not true, and there is growing scientific evidence that cannabis carries these health risks:

- Long after the "high" has gone, the drug remains in the brain and affects memory and learning. You will be less able to speak, read, compute, or reason. It also slows down your reaction time, making it dangerous to perform complex tasks such as driving a car.

- Cannabis causes hormonal changes that could alter normal patterns of growth and sexual development. When cannabis is used by women during pregnancy, babies may be born prematurely, with low birth weights, or with other abnormalities.

- Cannabis smoke contains up to 50% more tar and cancer-causing chemicals than tobacco cigarettes, and can cause bronchitis and such major lung diseases as emphysema and cancer. It also harms the immune system, which fights off infections and disease in the body.

Can you become dependent on Cannabis?

With regular use, people can become psychologically dependent on cannabis. They crave the "high," and become edgy and anxious if they cannot get the drug.

People who use large doses on a daily basis can become physically dependent and suffer withdrawal symptoms when they stop using the drug. For a week or so they may have trouble sleeping, feel anxious and irritable, and lose their appetite.

info health

Dr. Bob Young



Losing Weight

Doesn't happen often, but every now and then I, and probably you, have congratulated someone by saying something like "Gee, you are looking great. You have lost a lot of weight since I last saw you." In our generally overweight society this is usually intended as a compliment. But weight loss is not always good news.

It may, especially if the loss has been involuntary, indicate the presence of a disease. If a person whose weight seldom varies loses five percent or more within a six-month period, there may be cause for concern. That's only seven or eight pounds for a 150 pounder, or three-and-a-half kilos for a 70 kilo person.

Weight loss, when it occurs in the absence of other symptoms, can be a real stinker to diagnose. Where do you start to look? Is the patient eating less, or not absorbing as much of their regular diet? Are poor teeth hampering eating? Has the spouse that does the cooking died or left? Has there been vomiting or diarrhoea?

There has been little research

regarding causes for weight loss, and what has been done has given inconsistent results. Studies have found that from 10 to 36 percent of people with weight loss will have cancer, 28 to 50 percent some other organic disease, and from nine to 42 percent an emotional or psychiatric illness. The cause for the weight loss remains a mystery in one quarter of the cases.

During the search, careful questioning will reveal appetite changes and other intestinal symptoms. Eating disorders in the young (bulimia or anorexia) and depression at any age might be detected through talking with the patient, or with family members. A systematic search for symptoms may uncover some the patient has ignored.

A careful physical examination might provide a clue or two, and the clues serve to guide the physician in ordering lab tests and imaging studies such as X-rays. A sense of proportion must be maintained. It is all too easy to get carried away and order every

test in the book, forgetting that each of them cost money.

Nor is this necessary. A relatively few tests will generally serve the purpose, or will narrow the field sufficiently to close in with a specific test or two to make the diagnosis.

Sometimes weight loss may be the only abnormality. It might occur before the disease causing it can be diagnosed. Then about all anyone can do is wait, and repeat the tests later. Eventually the truth will come out (or the patient will regain the weight with nobody knowing why it went down.)

It is important to be aware of our weight. Stepping on scales occasionally will remind us of our usual weight; changes in belt size or loosening of clothing, if noticed, will signal weight loss. In many instances a cause can be found and useful treatment provided. In other cases early detection might change the outcome of serious diseases such as cancer. When your body is telling you something, pay attention!

Enterostomy Therapist

One expects a surgeon to know where to make the cut, and by and large they do. Sometimes they seek advice or guidance now that the concept of team health care is a reality. Given that surgeons, by and large, tend to be at least moderately aggressive, self sufficient, and their own boss, it is a bit surprising to find them asking for and accepting help.

In some instances a surgical procedure is just an episode in a patient's overall treatment plan. Or perhaps the operation is done to make the patient's life easier in some way.

A surgeon may seek the advice of an enterostomy therapist (the original ET) when deciding where to bring the bowel out on the abdominal wall when the patient needs a colostomy or ileostomy. When the colon or large bowel is involved, the opening or "stoma" is called a colostomy. A small intestine detour is

called an ileostomy, as it is the ileum that is used. In either case the patient will have to deal with a bag attached to the abdominal wall.

Usually the training involved in attaching, emptying, and changing the bag is started before the patient has the surgery. The ETs do this, and in the process usually assess the contour of the patient's abdomen and its skin creases. They look for a place where the skin is smooth, there are no rashes, and the bag will be out of the way of belts and underwear elastic. The spot is marked with skin ink, and, other things being equal, the surgeon will usually place the stoma there.

Advice is also given when a limb, or part of one, must be amputated. This applies particularly to an arm. Here the other team member is likely a prosthesis (artificial limb) specialist, a person who will be supplying, and possibly crafting, the replacement arm

or leg. The long term benefit of the amputation often depends upon the success of the fitting, particularly when one of the newer electric (or electronic) limbs is used.

Operating the artificial limb requires some activity of the stump - either minimal muscle movement or an intact nerve supply. The level where this is available must be determined before the dotted lines for the amputation are drawn. Sometimes other factors must be considered. More of the limb is likely to be sacrificed if cancer is the problem that in the case of, say, a hand or foot injury.

These are only two examples of surgical planning, thinking ahead and modifying the procedure (usually only slightly) to improve the final outcome, or to make life easier for the patient in the future. As the song tells us, little things mean a lot.

Comox Air Force Museum

MUSEUM GIFT SHOP

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



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

"West Coast War" and
Golden Treasury of Memories
1943 - 1993
PHONE 339-8162

On & Off the Base



888 Wing Notes

by Wingnut

The entertainment season got off to a great start with a series of successful BBQs. Thanks to Duke Reid and the many volunteer cooks and kitchen staff, things ran very smoothly.

Our OGNIB Nite has been very well attended, although we could use a few more players. After three sessions, the jackpot has not been won. It will be \$80.00 in 56 numbers. At the next, the Xmas OGNIB, on Sun 18 Dec it is planned to start off with a brunch at 11 am - 1 pm. \$3.00 per person. The OGNIB starts at 1:30 pm. An assortment of turkeys, hams and wines will be offered as prizes.

The annual Oktoberfest was once again an outstanding success thanks to Doris Cameron who was assisted by her daughter. 120 tickets were sold for this event and a great time was had by all.

Medieval Nite took place on 19 Nov. Period style dress was worn by many and all enjoyed a five course dinner. Entertainment was provided by a pre-selected group of Wing members.

Sun 27 Nov was Grey Cup Day with roast beef on a bun being provided.

We are now holding a Friday Night Dance once a month. The aim is to get members out to use the Wing. The Music Man plays the music and we are hoping that you will come out for a casual evening of dancing and meeting friends, if these dances continue.

Out of the Friday dances has grown a Line Dance evening. This takes place every Tuesday, starting at 7:30 pm. The instructors are Shirley & Dave Carter, whose enthusiastic instruction keeps 16-20 dancers hopping all evening.

The Christmas season started off with a Pot Luck Wing Decorating Party on 2 Dec. The Christmas Dinner will be on Sun 11 Dec at 6:30 pm with dancing to the Music Man.

The season ends with New Year's Eve at the Wing, where those gathering there are requested to bring along finger food and to help celebrate the seeing in of the New Year 1995. The Wing Levee will be held on New Year's Day.

from ICBC

Auto Insurance Rates Rise Only Slightly in 1995

Mid-Island (Comox Valley) rates to rise from \$1 to \$17

Transportation and Highways Minister Jackie Pement recently announced that ICBC will keep 1995 premium increases for most claim-free drivers below the rate of inflation for the second year in a row.

Pement, minister responsible for ICBC, said the Crown Corporation will need only 1.75 percent more in premium income to meet the expected cost of crash and crime-related claims next year.

Across the province, premiums for the minimum coverage required by law will rise an average 3.7 percent. This will be offset by an average 1.5 percent drop in premiums for Collision Coverage while the cost of Comprehensive Coverage will drop an average 7 percent. All changes take effect 1 Jan 95.

More than 40 percent of claim-free motorists in B.C. will see their Autoplan premiums fall by up to five percent in 1995. Another 40 percent of them will have increases of four percent or less. Premium changes for individual motorists will depend on their coverages, territory, type of vehicle and their individual driving record. Most claim-free drivers can expect premium changes that range from a drop of \$25 to an increase of \$45, depending on the coverages and deductibles selected, the type of vehicle, the ter-

ritory in which they live and their individual driving record.

Pement credits one of the smallest rate increases in the Corporation's history to the success of ICBC's Board of Directors, management and staff in meeting the government's objective of controlling operating expenses and claims costs. Introduction of the Road Sense program to prevent crashes and crimes has been instrumental in helping meet this objective.

"To keep ICBC rates down, we need to address key traffic safety issues such as speeding and drinking and driving. These are the greatest contributing factors to the more than 500 deaths, 47,000 injuries and millions of dollars in property damage caused by traffic crashes every year. To address this, we are working toward a "made in B.C." traffic safety program and the government wants to hear the views of British Columbians on these issues," said Pement.

According to ICBC President Bill McCourt, the Corporation's financial health, a subject of some concern a few years ago, is much improved. "The same cost control and prevention programs that helped us keep premium increases at or below B.C.'s rate of inflation have also worked to restore ICBC's reserves to a level recommended by independent auditors," McCourt said.

"These reserves will be available to the International Group

able to protect B.C. motorists from any future "rate shock" caused by a sudden upswing in the number or cost of claims," he added.

McCourt noted that the small premium increase, combined with the new Autoplan coverages announced earlier this month, will be good news of B.C.'s best drivers, those who have kept their full 40 percent premium discount for more than five years in a row. All will receive free Discount Protection in 1995, which could spare up to 55,000 of them from higher rates due to their first "at fault" mishap in years.

But McCourt said there is no good news for B.C.'s worst drivers. Changes to ICBC's Claim-Rated Scale will mean steep rate hikes for people paying premium surcharges, with most doubling next year.

When Pement announced these coverage changes in early November, she said, "ICBC is making it clear that we place a high value on motorists who have proven themselves to be good drivers through years of claim-free driving. We're also sending a signal to bad drivers that they must clean up their behaviour on the road."

Pement added that traffic crashes, injuries and fatalities remain at "an unacceptably high level," and that responsibility for improvement rests with individual drivers.



Above: Canadian Aurora crew with Russian Air Force - see article on page 3. Below: CO 405 with senior Russian officers.



888 (KOMOX) WING

RCAFA

CALENDAR OF EVENTS - 1994/95

December/January

Wed Dec 7.....GENERAL MEETING of All Members
Sun Dec 11.....CHRISTMAS DINNER - Music Man 6:30 pm
Sun Dec 18.....CHRISTMAS BRUNCH 11:00-1:00 pm(\$3.00)
Raffle and OGNIB 1:30 pm
Sat Dec 31.....NEW YEAR'S EVE - 8:00 pm (finger foods)
Sun Jan 1.....NEW YEAR'S DAY Levee - 11:30 am-4:00 pm
Wed Jan 4.....GENERAL MEETING of All Members

DND AND MILITARY PERSONNEL WELCOME

HOURS OF OPERATION:

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

PLEASE SUPPORT WING SOCIAL EVENTS
MAKE NEW FRIENDS

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

Dr. Bill Toews

(dentist)

is pleased to announce his association with

Dr. Phil Nasralla

Clinic hrs: Mon to Fri 7:30 a.m. - 5:00 p.m.

Some Saturdays

NEW PATIENTS WELCOME!

339-2251

NOUS PARLONS FRANCAIS

NEXT DEADLINE
16 DEC.

NEXT DEADLINE 16 DEC.

On the Base

Self-Esteem

Building a Positive Self-Image

Self-esteem is how you see yourself as a person. If you value the type of person you are, you have a good sense of self-esteem and you're proud to be you. You value your skills and talents, respect your own intelligence and act on your beliefs and feelings. But if you could feel better about yourself, these tips might give you some ideas about how to start.

Listen to Self-Talk

We all carry on a steady mental dialogue. Do you ever hear what you're saying to yourself? Do you put yourself down or call yourself names? Learn to listen to the things you say about yourself, then replace that dialogue with positive images. Stop negative self-talk at the source to take the first step toward a more positive self-image.

Recognize Accomplishments

Make a list of your accomplishments, no matter how small

they may seem to you. Maybe you won't win a Nobel Prize, but your accomplishments have worth to you. By recognizing them, you can begin to understand that you are important and that you have self-worth.

Employee Assistance Programme



Be Assertive

Learn to be assertive and to practice clear communication.

Wallace Gardens Community Council



Lights and Decorations

Another event has come and gone. The Wallace Gardens Community Council hosted its annual Christmas Bazaar on Nov 19. We were pleased that so many people came out and supported us. There were tables filled with home made candy, chocolates, Christmas tree ornaments, dolls, ceramics, toys and many other articles by some very crafted people. While listening to music, you could sit down to donuts and refreshments served with a smile by the Protestant Ladies Guild. Can you answer this \$64,000 question? Are you paying your PMQ registration? A lot of families do not realize that everyone in the Armed Forces has the right to belong to the PMQ Association. A sum of \$3.21 a month (the price of four small chocolate bars) enables you and your children to join us for all of the activities taking place on the base. This

money is taken from your mess dues and is well worth every penny. Throughout the year we have parties (Hallowe'en, Easter, Santa Visit, Family Fun Days, Video Afternoons, Sock Hops, Family Skating) and many more events too numerous to mention. We would also like to thank all the members who support us and do not have children. Without your support we could not hold the events that are planned throughout the year. Please call the office if you wish to know whether or not you are members. Are you getting ready for Christmas? Don't forget that Santa will be coming around to the PMQs on Dec 22, starting at 4:30 pm, to visit all the children who are 12 years of age and under. Your Ward Councillor will soon be around to collect the names and ages of the children and whether or not you want Santa to speak

Canada Remembers Contingent

Animal Control Officer for Wallace Gardens



Jean Pierre Hebert

Wallace Gardens Community Council has hired a new Animal Control Officer. To those who have not met him, his name is Jean Pierre Hebert and he will be visiting each and every one of you in the near future.

Please keep in mind that every dog, cat, rabbit, etc., must be registered when living in PMQs. He would much rather you come in on your own to register your animals and in this way avoid a costly fine. Registration is always held in September but people who are posted in throughout the year can register any time at the PMQ Association office in Canex, or give Jean Pierre a call at 339-3715 and he will be happy to get back to you as soon as possible. Please try to keep in mind that he is only doing the job that we have asked him to do.

All animals must be kept on a leash at all times and it is your responsibility to pick up after your animal. The PMQ Association gets at least two calls a day from people who complain about cats and dogs running loose. If you have a complaint you can now call our Animal Control Officer at home and leave a message on his answering service if he is not home. If each one of us does our part it will make for a happier place for everyone.

EAP Referral Agents

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



Dear Santa,
HO...HO...OH!
During this Traditional festive season, thought you should be aware that the **Heritage** restaurant is featuring take out

TOURTIERE (meat pie a la Quebecoise) **\$14.95** (serves 5-6) + GST

like Mom used to make, baked in our own kitchens! (please allow 3 days for preparation)

Traditionally yours,
The Heritage Restaurant

630 A.M. - 10 P.M. 7 DAYS A WEEK
338-9880
OWNED AND OPERATED BY THE COLLINGWOOD INN

Junior Ranks Mess UPCOMING EVENTS

SUN 11 DEC: Children's Christmas Bingo (8 and over). Starts at 13:00 hrs. Don't forget to bring one non-perishable item for the food bank.

SAT 31 DEC: New Year's Eve. Welcome to all JRM members! Doors will open at 18:30, dinner will be served at 20:00 hrs. Advance tickets only: \$15.00 members/\$30.00 per couple. \$18.00 non members/\$36.00 per couple. Tickets are being sold at the JRM office and at the bar, by acquaintance roll or cash, until Dec 22.

NOTE: TGIF will start again on 13 Jan 95

Members of the Canada Remembers Contingent on parade during commemorative ceremonies in the medieval town of Brugge. See article, page 15.

On & Off the Base



Legion Log

BRANCH 17 COURTENAY
334-4322

DANCES

(Every Friday night, commencing 8:00 pm)

Dec 9.....MIDNIGHT FLYER
Dec 16.....WYLIE & THE OTHER GUY
Dec 23.....CC TRAIL RIDERS
Dec 30.....ALLEYCATS

REGULAR ACTIVITIES

BINGO.....every Thur, Fri & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
FUN EUCHE.....every Monday, 7:00 pm
FUN CRIB.....every Wednesday, 8:00 pm
CASH CRIB.....Sunday 22 January, 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
GENERAL MEETING.....DECEMBER 20.....7:30 pm

XMAS PARTY - Saturday 17 Dec, 7:00 pm

Turkey & hams, etc. Entertainment & food

NEW YEAR'S DANCE '95

Entertainment by Linda Jones (dance 9:00 - 01:00)

Free corsage & door prize. Doors open 8 pm, cold buffet 9 - 11, free transport 12 on. Cost \$20.00 each, reserved seating.

MEMBERS & BONA FIDE GUESTS WELCOME

Building is Handicapped Friendly

BASE PERSONNEL WELCOME AT BR. 17

Office: 334-4322 Service Officer: 334-3613

BRANCH 160 COMOX
339-2022

ENTERTAINMENT

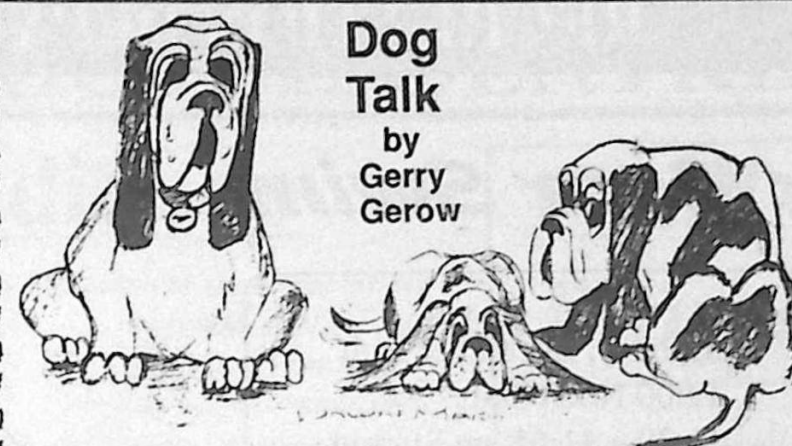
Dec 9.....BEACH COMBERS
Dec 16.....WESTWIND
Dec 18 (Sun afternoon). Music in the Lounge provided by WYLIE & THE OTHER GUY
Dec 23.....WILD RIVER
Dec 30.....BEACHCOMBERS
Dec 31.....NEW YEAR'S PARTY - Branch Upper Hall 9 pm until ??? Music by THE ALLEYCATS. Tickets now on sale at the Branch office - \$25.00 per couple includes free transportation from and to your home (Courtenay/Comox). Good food, noisemakers, hats, etc.
Jan 1 (Sun afternoon).....NEW YEAR'S LEVEE
.....Music in the Lounge provided by THE ALLEYCATS
Jan 6.....HEARTLAND
Jan 13.....WESTWIND
Jan 20.....BEACHCOMBERS
Jan 27.....HIGHWAY 19
Annual Burns Dinner - Branch Upper Hall, Sat 28 Jan 94. Please watch for further details.

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.

Dog Talk by Gerry Gerow



A Guide to the Dalmation

your dog after the baby or child arrives. If they are still getting the same amount of your time, they will not be put out about the new puppy coming into the house. If anything, you should increase the attention to the animal and try to include it when you are doing things with the baby.

On the other side of the coin, I have found that my dogs will put up with things from small children that they wouldn't put up with from adults. They can seem to sense that a child is the same as a puppy and horse-play is accepted in the same manner it would be from a puppy. Your dog needs to learn quickly that the new child is part of its family, and not a threat to the things it considers as its own. Also be sure to inform all children who may be in your home not to go near the dog when he/she is eating. Food dishes are very private. My dogs are best buddies and play together all the time. If a plate of something is put down for both of them they will cheerfully share what is on it. But if one goes near the other's regular food dish, look out for flying fur.

Dogs need to feel secure in their environment and if you ensure that they feel this way, you will eliminate all the problems, before they start.

This week I have another breed book: "The Pet Owner's Guide to the Dalmation" by Geraldine Gregory, Howell Book House, New York, US \$8.00.

Geraldine Gregory has been breeding and exhibiting Dalmations for almost 30 years. Her book starts out with the history of the dogs, which goes back over 2,000 years. Once they were used as hounds in hunting, but later in history became carriage dogs. It was fashionable to have a spotted dog running behind your carriage.

Most attributes of a good breed book are here, but they are in abbreviated form. This hard covered edition has only 80 pages with almost 50 colour photographs. Fairly limited by most breed book standards but then at the price, who can complain? The photos alone are worth the price. It's new, so ask the book or pet store to order it for you.

What happens when you introduce an interloper into your doggy's world? Frequently this takes the form of a new baby. Particularly in a previously childless home, this can be a real big

problem to the dog. To his or her little mind, you have gone out and got a new puppy and he/she thought they were doing a real good job and there was no reason for you to get another. Then when the doggy notices that you are paying more attention to the newcomer than to it, noses get out of joint.

When my grandchildren come to visit my dogs don't like it a bit. In fact, the resentment becomes quite clear when these loving family pets become suddenly aggressive towards the newcomer. A properly bred and socialized dog will never actually attack the child, but a warning to back off can come easily.

It is very important to condition your dog to children before they arrive, not after. Take the dog to obedience training so he/she will learn to walk quietly beside you when you take the baby out in the stroller. You can also take the dog to places where there are lots of children around so it can get used to the noises and activities of children.

Above all do not neglect the attention you normally pay to

Canada Remembers Contingent

Parading into History

Italy, Sicily, England, France, Belgium, Holland and Wales - an impressive travel itinerary for most of us, but for the men and women of the Canada Remembers Contingent these countries provided the backdrop as they performed their ceremonial duties over the past seven months.

Since May the contingent has taken part in almost 150 events - all but three of them overseas. The final parade at the National War Memorial on Remembrance Day marks the passing of a truly unique unit.

Some may think "unique" is too strong a word - overused and even inappropriate. But the facts speak for themselves.

Formed to represent Canada and the Canadian Forces at events in 1994 leading up to the 50th anniversary of the end of the Second World War, the contingent not only performed a host of ceremonial duties, but its members also completed a full program of general military training.

Training was conducted in between five major deployments to Europe. While overseas the unit took part in events ranging from the major international D-Day service on the Normandy Beaches on 6 June, to much smaller and more moving ceremonies in places like Brunsum, Holland and Beaumont Hamel in

Belgium. Each ceremony meant a great deal to organizers and participants and the contingent's presence at these events - sometimes the only Canadian representation - showed Canada's gratitude to those who clearly remember the Canadians as liberators and still thank them for their freedom.

Saying "thanks" played a big part in the contingent's job as well. Through its members, and their participation in so many commemorative activities, the unit provided a way for members of today's armed forces to pay tribute to the deeds and sacrifices of their war-time forebears in the Royal Canadian Navy, Canadian Army and Royal Canadian Air Force.

By all accounts they did a great job.

"From the unveiling by Her Majesty of the Canada Memorial in Green Park, through the performance at Gosport, to events at Courseulles and Beny-Riviers, the standard of ceremony and the performance of the Canada Remembers personnel were quite simply outstanding," said LGEn G.M. Reay, Commander Canadian Land Forces.

His opinion is shared by Brig-Gen D.M. Dean, senior officer at Canadian Defence Liaison Staff in London, "The Canada Remem-

bers Contingent did an outstanding job in the United Kingdom. From Netley to Gosport and all stops in between, they were a great credit to the Canada Remembers Project, the Canadian Forces and Canada."

Next year a new Canada Remembers Contingent will be formed, mainly to handle ceremonial duties associated with Canada's liberation of the Netherlands. But the schedule will not be so gruelling, nor the time away from home so long. The 1995 contingent will have an equally important job to do, but they will have some very large shoes - or boots - to fill.

Andrew Maywood, a British spectator at one event, did not know he was issuing a challenge to next year's unit when he wrote to Canada's High Commissioner in London, "Yesterday I watched a D-Day ceremony at Bushy Park in West London. There were a number of military contingents and bands but they were put in the shade by the Canadians. Their turn-out, drill, marching and presence were a credit to Canada. Everyone else looked positively sloppy in comparison."

The 1994 Canada Remembers Contingent: unique by any standard.



TOWN of COMOX RECREATION DEPARTMENT

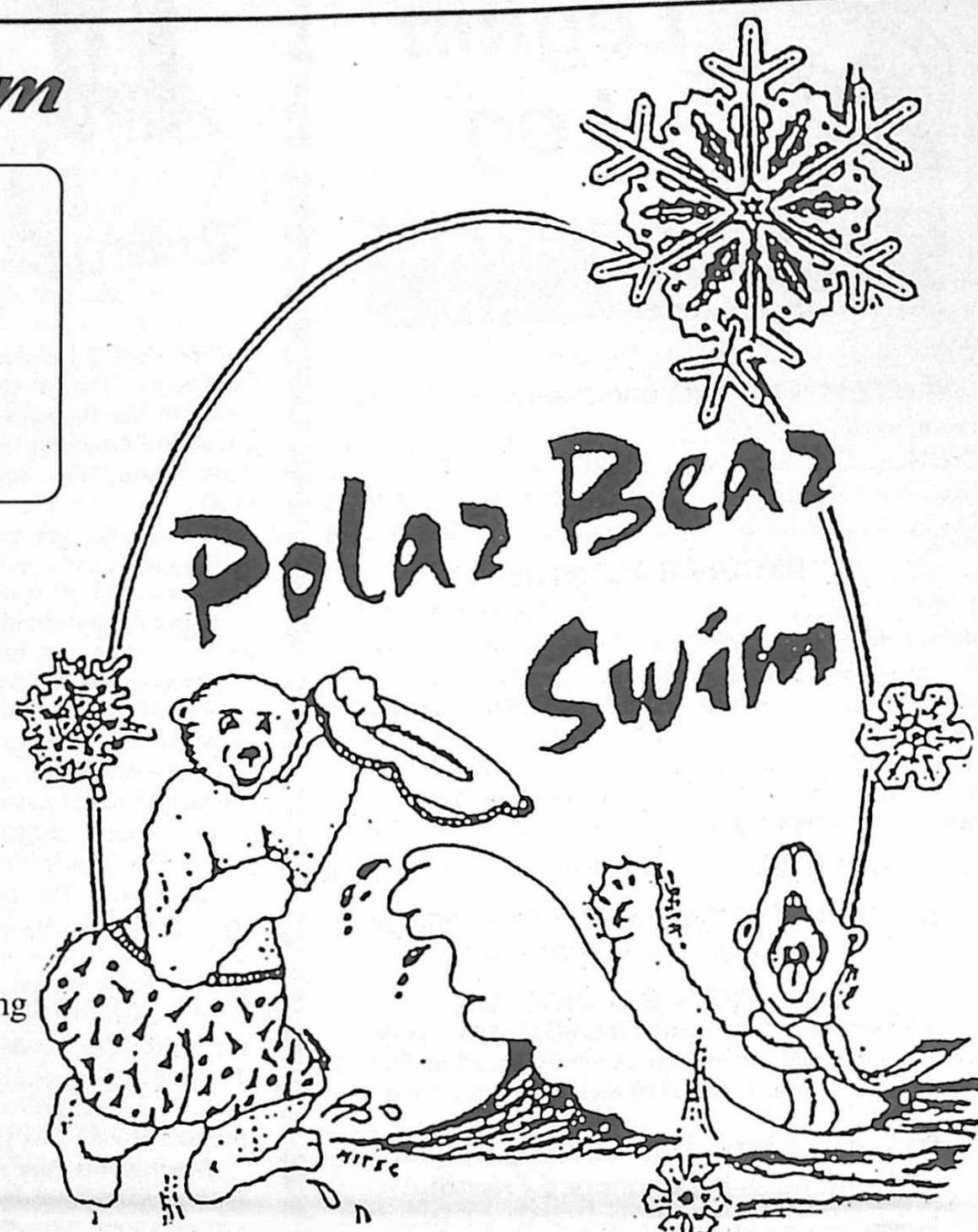


Polar Bear Swim

DATE: Monday, December 26th
TIME: 12:00 Noon Start
 11:30 ~ 11:55 am Sign-in
LOCATION: Comox Goose Spit Bay
AGES: 8 years +
FEE: No Charge

T-SHIRTS: T-shirts are available \$10 (adults) or \$9 (childrens) but **MUST** be ordered through the Comox Recreation Dept by Monday, December 19th at 4:00 pm. There will be no orders taken after this time. Shirts can be picked up at the Polar Bear Swim.

OTHER: Each child (8 yrs+) participating in the Polar Bear Swim will have their name put into a draw for a small stuffed polar bear.



Chill your bones with us at this year's Polar Bear Swim. What a great way to finish up your Christmas weekend. Grab your blanket, a friend, some warm clothes and, of course, your camera (for proof that you really did it). *This is one event that you won't forget!!*

Christmas Break Programs



Kris Kringle ~ Kid's Day Camps

225 Wednesday, December 21st
 226 Thursday, December 22nd
 227 Friday, December 23rd

Live Into '95 ~ Kid's Day Camps

228 Wednesday, December 28th
 229 Thursday, December 29th
 230 Friday, December 30th

Fee: \$16.80 per day per child
Time: 9:00 am ~ 3:00 pm
Location: CCC Sneakers and Gym
Ages: Kindergarten ~ 12 years

Looking for a way to keep busy and have a great time over Christmas Break? All of our Day Camps will keep you entertained in activity, sports, games, crafts and tons of fun. Bring a lunch, weather appropriate clothing and lots of energy for a great time.

231 Christmas Bike Safety Camp

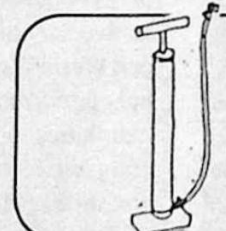
Date: Monday, December 19th
Time: 9:00 am ~ 12:00 noon
Location: CCC Sneakers
Ages: 6 ~ 10 years
Fee: \$15.75
Instructor: Simon Brampton



Let Simon teach you to respect your bicycle and your riding environment. Practice basic bike handling and safety skills. Please bring your bike and an approved helmet.
Learn to ride with pride.

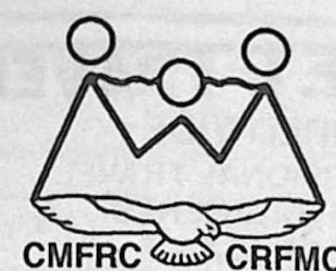
232 Christmas Bike Maintenance Camp

Date: Monday, December 19th
Time: 1:00 ~ 4:00 pm
Location: CCC Sneakers
Ages: 10 ~ 14 years
Fee: \$15.75
Instructor: Simon Brampton



Learn the basics of bicycle maintenance. How to keep your bike working and safe on a daily basis. Simon will show you all of his tricks in this afternoon camp.

Registration for these and other Winter Wonder Programs starts December 14th. For more information please call: The Comox Recreation Department 1855 Noel Avenue (across from the Comox Firehall) 339-2255



COMOX MILITARY FAMILY RESOURCE CENTRE

Christmas Traditions

All families have Christmas traditions that are unique to their family. These might be simple traditions such as putting orange peels on a hot stove for their fragrance, stringing popcorn for the tree or listening to the Queens Message Christmas morning. Sometimes these are related to ethnic or religious backgrounds, sometimes they arrive out of necessity or perhaps just a good sense of humour. The following are some Christmas traditions that we would like to share with you;

• The Phantom Clam

At Christmas time there are those terribly practical gifts that you don't really want to ask for, but are needed. Such things as potato peelers, corkscrews, or a small screwdriver for you eyeglasses etc.. It is the Phantom Clam who will make sure these practical

items make their way to your stocking or under the tree.

Messages are left for the Phantom Clam in the cheese drawer of the refrigerator, because the PC really likes cheese!

White Elephant Party

Family and friends get together on Boxing Day bringing with them wrapped unwanted gifts. These gifts have either been received on another occasion or are perhaps an item that has simply been hanging around the house too long.

Everyone's name is put into a hat and when their name is drawn they can either pick a present from under the tree or take a gift from someone who has already picked one. Gifts, however, cannot be unwrapped until everyone has one.

If someone takes your present you can choose another from under the tree or from someone else, but you cannot pick the present just taken from you. A good rule of thumb is to try not to end up with something that couldn't easily be hidden in the junk drawer!

St. Nikolaus Day in Germany

On the 6th of December St. Nikolaus (dressed in a red robe and bishop's hat) and Servant Ruprecht (dressed in a dark robe, holding a huge brown sack filled with goodies) come to town. The children clean their boots and put them outside the front door for St. Nikolaus to fill them with oranges, apples, nuts and cookies.

Children who have not behaved during the year may receive coal instead of goodies in their boots!

CMFRC Drawing Contest

The Comox Military Family Resource Centre is holding a drawing Contest for children 3 to 12 years of age. The topic for the drawing will be:

"What do you enjoy about nature?"

• Drawings entered into the contest must be on a minimum size of 8.5 x 11 inch paper.

• Deadline for contest entries is 4:30 pm Dec. 30th, 1994.
 • Contest Rules can be picked up at the CMFRC.
 • Prizes will be awarded to one child from each of the following age categories; 3-5 years, 6-9 years & 10-12 years

For more information call the CMFRC at 339-8290

French Conversation Group

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.

Groups are being held every Thursday 10-11:30 at the Parish Hall. Beginners to advanced welcome. Call the CMFRC at 339-8290 for more information.

Upcoming Workshops



Ornamented Fabric Boxes

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

Date: December 15th
Time: 7:00 - 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 12th

Program Planning for Winter/Spring 1995

It's that time of year again when we need to start thinking about what programs will be offered in winter/spring of 1995. Some of the programs previously offered have been;

- Basic Computers
- Self Defence for Women
- Making Dream Catchers
- Self-Esteem Workshop
- Life Skills Program
- Parenting Teens
- Interior Decorating

• Creating a Topiary Tree
 Plus many more.....

One of the most vital aspect of the CMFRC being able to offer such a wide range of programs is due to volunteer facilitators. People just like you, who are willing to share their time, knowledge and skills.

If you have an area of expertise or hobby that you enjoy give Mara a call at 339-8290 ASAP.

Child Care Programs



Please note that all Child Care Programs will be closed from Dec. 19th, 1994 to Jan. 2nd, 1995.

• Toy Lending Library

Open every Wednesday 12:30 - 4:00 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.
 Fridays 10:00 - 11:30 am.
Location: Wallace Gardens Community Centre



Youth Activities

Skiing, Skiing, Skiing

Date: Tuesday December 20th 8am - 5pm
Location: Mt. Washington depart and return from Canex
Cost: \$42- lift, lesson & ski rental; \$60 - lift, lesson & snowboard rental; \$32 - lift & lesson
Registration: Call the CMFRC at 339-8290 by Dec. 15th

Sunday Christmas Party and Dance Decorating, Dancing, Food & Fun!

Date: Sunday December 18th, 7pm
Location: Wallace Gardens Community Centre
Cost: One prewrapped gift worth no more than \$3
Registration: Call the CMFRC at 339-8290 by Dec. 16th

Christmas Break

There are no activities scheduled from Dec. 22nd - Jan 4th
 Enjoy your vacation time and see you in the New Year!

 NRS Diamond Club NATIONAL REAL ESTATE SERVICE KEN STEWART bus. (604) 334-3111 dir. line 684-2931 fax 338-8315 res. (604) 338-0868 NRS BLOCK BROS. REALTY LTD. 1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8	FRANCIS AUTOMOTIVE  COMPLETE AUTOMOTIVE SERVICES OWNER-OPERATOR COMPUTERIZED & MODERN EQUIPMENT IMPORT & DOMESTIC. 4 WHEEL DRIVE WHEEL ALIGNMENT SERVICES. 330 ISLAND HIGHWAY NORTH COURTENAY B.C. V9N 3P2 Ph. (604) 338-9660	MARKET TRAVEL WORLDWIDE PROFESSIONAL TRAVEL ARRANGEMENTS (Area Code 604) 338-1474 FAX No. (604) 338-8377 OR B.C. TOLL FREE 1-800-232-9294 549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2 ACROSS FROM THE BANK OF NOVA SCOTIA
 "Easley done, Easley SOLD" NATIONAL REAL ESTATE SERVICE MARGE EASLEY, C.G.A., R.I.B.C. bus. (604) 334-3111 dir. line 684-2931 fax 338-8315 res. (604) 339-7910 pager 1-978-2263 NRS BLOCK BROS. REALTY LTD. 1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8	THE GRIFFIN  Darts Pool Section Parties 339-4466 PUB 1185 Kilmorley Rd. Comox	SERVING COMOX VALLEY SELLERS AND BUYERS ...19 YEARS REALTY (COMOX VALLEY) EXPERIENCE OVER 1000 FAMILIES OR INDIVIDUALS PROPERTY SALES NEGOTIATED TALK TO ME ABOUT YOUR PLANS. REQUIRED HOUSE & LOT LISTINGS RE/MAX @ ocean pacific realty 282 anderton road comox office: 339-2021 tom procter 339-2668
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Country Village Kitchen Bin  Beans to You Our new gourmet coffee bar We serve the Service 190 Port Augusta Mall, Comox, B.C. V9N 5H5 Don Gates "Our Business is a Grind" 339-7313	BRUCE TRAINOR SALES ASSOCIATE Holland and Associates Realty Limited Business (604) 338-1334 Residence (604) 338-0740 Facsimile (604) 338-0896 625 ENGLAND AVENUE, COURTENAY, B.C. V9N 2N5 ROYAL LEPAGE MEMBER Associate Broker Network Bruce Trainor	Invest in the Comox Valley and Invest in Your Future.  REALTY WORLD REALTY WORLD - Coast Country Realty 576 England Ave., Courtenay, B.C. V9N 5M7 Bus. (604) 334-3124 / 339-5501 Fax: (604) 334-1901 Res. 339-9987 Maureen Davidson Sales Associate Each office is independently owned and operated
 COMOX AIR FORCE MUSEUM GIFT SHOP GIFT IDEAS AVIATION MEMORABILIA BOOKS, FLAGS, MODELS, POSTERS, HATS, SWEATERS, SHIRTS, PINS, PATCHES AND MUCH, MUCH MORE! Phone: (604) 339-8162	Open House Dec 10 & 11 2:00 - 5:00 pm  Aloette VICTORIA because your appearance says so much about you. PRIVATE CONSULTATIONS BEAUTY SHOWS DIANE PIERCEY Executive Beauty Consultant 239 B Mitchell Pl. Courtenay, B.C. V9N 8R8 (604) 338-4897	 On Deck Systems Inc. Computer Consultants to the TOTEM TIMES Phone: 334-0638 Fax: 334-9369 104 - 1742 Cliffe Avenue Courtenay, B.C. V9N 2K8 Computers Software Systems Service

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.

Volkswalk
 The Comox Glacier Wanderers are having a 10K "Christmas Lights" Volkswalk in Comox on Wednesday 14 December, starting from the Masonic Hall on Church Street. Registration will be at 5:30 pm for 6 pm start. A "Pot Luck" supper will be held in the hall following the walk. Bring your own plate, glass and silverware. For further info phone: 339-4145.

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

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
 We have bestsellers, pocket book exchange, children's books, Base newspapers and magazines.

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

19 Wing Pacific Divers Scuba Club

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

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.

Public Skating

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

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

Pat Bolen

Proprietor

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

Week Ending 10 December

Bookshell Bestsellers Softcover

1. A Dangerous Fortune.....Follett
2. Tek Secret.....Shatner
3. Slow Waltz in Cedar Bend.....Waller
4. Nightmares and Dreamscapes.....King
5. Bad Love.....Kellerman
6. Honourable Enemies.....Webber
7. Den of Lions.....Anderson
8. Notes from the Country Club.....Wozencraft
9. Power of Attorney.....Latt
10. Hammer of God.....Clarke

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.



HITEC SCREEN PRINTING
 Custom T-shirt & T-shirt Design Specialists
 830F Cliffe Ave. Courtenay, B.C.
 Phone/Fax 334-3656

IT'S A MATTER OF LIFE AND BREATH
DON'T SMOKE
 British Columbia Lung Association

CHAPEL CHIMES

OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - LCdr Conrad Verreault
 OFFICE - Bldg 22, north-west corner
 TELEPHONE - 339-8274 or Local 8274
 SECRETARY - Mrs. Anita Spurrell

MASS SCHEDULE:

Saturday.....1700 hrs
 Sunday.....1000 hrs
 Daily Masses.....Tues, Wed, Thur.....1900 hrs

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 - please notify the Chaplain well in advance.

CATHOLIC WOMEN'S LEAGUE:

Meets the second Tuesday of the month in the Parish Hall, after the 7:00 p.m. Mass in the Chapel. President: Bonnie Gillis, 339-3496.
RELIGIOUS EDUCATION CLASSES:
 September to May in the Chapel and Parish Hall every Sunday morning at 0900 hrs. Coordinator: Mrs. Mary Rogers, 339-6181.

ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

CHAPLAINS - Maj Charles Massey
 Capt Fraser Harvey

OFFICE - Bldg 22, north-west corner
 TELEPHONE 339-8273 or 339-8275, Locals 8273 or 8275
 SECRETARY - Mrs. Anita Spurrell

SUNDAY SERVICES:

0900 hrs Holy Eucharist on the 2nd, 3rd, 4th and 5th Sunday of the month.

1100 hrs Divine Worship on 2nd, 3rd, 4th and 5th Sunday of the month, Holy Eucharist on the 1st Sunday of each month.

SUNDAY SCHOOL: 1045 hrs each Sunday in the Chapel Annex.

NURSERY: During each Service for children under 3 yrs.

CHOIR: Meets each Thursdays at 1900 hrs in the Chapel.

CHAPEL GUILD: Meets the third Thursday of the month in the Chapel Annex. President Sandy Lloyd, 339-2173.

BAPTISM AND MARRIAGES:

By appointment only - 90 days notice is required..

Bulletin Board

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

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

CHRISTMAS TREES

All sizes. Comox Valley grown and NO GST! Pine, fir, balsam & spruce. 1994 special on #1 NATURAL. Cut daily for freshness. Decorative & memorial wreaths. 16 ft. front door garland. 1/2K south of Driftwood Mall Open 11 am - 9:15 pm C.V. Murray

Family business since 1947
 Also available at:
C & N Rentals, 662 Anderton, Comox and Merville Crafts, Merville.

HOT

Gift idea for Back East friends
 West Coast SMOKED SALMON
 Whole sides frozen & vacuum-packed ready to eat or travel. \$5 to \$10 per side
Bill's Meats at Goods Groceries

For Rent

3-bedroom house in Comox, \$800.00 month. Washer, dryer, dishwasher. Phone: 682-2870

Woodstove for Sale
 Pacific Energy wood stove, CSA and Oregon approved: red enamel, glass door with gold plated trim. Seldom used. In excellent condition: \$799.00
Phone 339-3486

BUILDING MATERIALS

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

CENTRAL BUILDERS

610 Anderton Avenue
 Phone: 334-4416

Xmas Tree "Personal"

5' - 8'
 Fresh, Local
 Green 'n Single
 Non-smoking, Drug-free
 Uncultured but - adaptable
 Seeking fun-loving home that can change me into a Christmas beauty
 \$6 - \$18
 10 - dark
 1496 Ryan Road
 between Good's and Petro Can

GLACIER GREENS SOCIAL CENTRE

On the Golf Course
 Open daily 8 am - 6 pm
 All ranks welcome

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

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

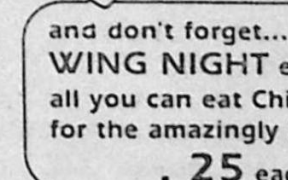


THE LEEWARD

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

caesar! caesar! night

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



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



649 Anderton, Comox

339-5400

On & Off the Base

More Scenes from Remembrance Day

The WComd at
Cumberland



Col Terry Rogers salutes the Fallen.

Padre Harvey at Cumberland



Padre Harvey conducted the Remembrance Day service at Cumberland.

Canada's Finest



Without protection from the pouring rain, members of the Comox Valley RCMP detachment paraded at Courtenay, Cumberland and Comox.

Piping the Fallen



Local piper plays "Flowers of the Forest" at Cumberland.

Boom-Boom Debbie



Debra Martin, former Editor (Greensheet) is Pipe-Major Courtenay Legion Pipe Band, but doubles on the Bass Drum.

Remembering (1)



"Cyclops" Sid Burrows and Duke Warren.

Remembering (2)

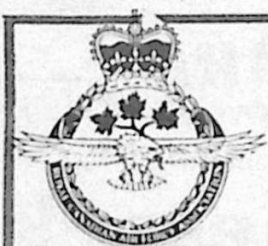


Former BComd Ted Gibbon, Nanaimo's Max Bell and Col Terry Rogers.

Remembering (3)



More vets, lots of medals.



888 (Komox) Wing Royal Canadian Air Force Association

Regular Membership: Who is eligible?

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

Associate Membership: Who is eligible?

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

For more information contact either:

Cec Donovan - 339-7292 or
Alan Scott - 339-4035