TOTEM TIMES

19 Wing CFB Comox B.C.

VOL 36 NO 20 | THURSDAY 22 DECEMBER 1994 | COST: PRICELESS

Merry Christmas

We live in a world of stark contrasts: while we gather with our families and friends to celebrate Christmas, with food, drink, gifts and merrymaking, there are others in this country, and elsewhere in the world, for whom Yuletide is just another period of struggling to survive. Yet, even the victims of poverty, famine and war still find the time to remember that December 25 is the birthday of Jesus, and that in His name there is hope for this world. It is well to remember that Our Lord came to us 1994 years ago. Santa Claus came later.

The Chaplains of 19 Wing, CFB Comox invite you to join them in worship this Christmastide.

Thank you, and Best Wishes

The Editor and staff of the Totem Times would like to take this opportunity to thank our contributors, advertisers and support staff on base for their help in 1994, and to wish you all a safe, enjoyable holiday, and a new year with your wishes fulfilled.

On & Off the Base

Merry Christmas and a Happy New Year

by Fr Conrad Verreault
Wing Chaplain (RC)

Chaplains Chatter

For the past few weeks, most of us have been busy shopping for Christmas gifts or preparing Christmas parties. But on Christmas Day, everywhere around the world the Christians are celebrating the coming of the Lord Jesus.

This Holy Day is a special day: day of light, day of faith and day of love.

Day of Light: Yes indeed, Jesus is the "**light**" given to the world to bring life in abundance and to enlighten all men of goodwill. This light brings joy to everybody. To symbolize Jesus as the Light of the World we like to use colourful light bulbs everywhere, in our Christmas trees, in our streets, around our houses, etc.

Day of Faith: Jesus calls us to live a new friendship. It is a special occasion of the year in which people decide to change their life and come back to HIM. On Christmas Day everybody would like to be a better person - more loving, more caring.

Day of Love: Everywhere in the world, *sometimes* it is one of the days on which nations at war accept to have a short cease fire. On this Christmas Day everyone would like to truly love, to do something good for his brothers and sisters. It is a holy season of the year in which we all would like to share freindship with others.

On this special season, I wish to each and everyone of you a "**Merry Christmas**" and a "**Happy New Year 1995.**" May the Lord Jesus bless you all and bring to you **JOY, HEALTH AND PEACE.**

Le Coin du Padre Joyeux Noel

Dans la nuit de Noel, les anges souhaitent la paix aux hommes que Dieu aime. C'est sur ce voeu du ciel que s'ouvre le Nouveau Testament. Ce message est central, puisque dans l'Evangile c'est le souhait que le Seigneur formule souvent à l'adresse des siens. Au soir de la résurrection, Jésus apparut à ses disciples et il leur dit: "**La paix soit avec vous.**"

Depuis la venue de Jésus, la paix s'est-elle établie sur la terre? Hélas! un regard sur le monde d'aujhourd'hui suffit pour nous convaincre que non. Dieu respecte notre liberté et la guerre prend naissance dans le coeur des hommes. Il faut obtenir que Dieu change les coeurs. C'est pourquoi la prière de la paix est d'une souveraine importance.

Pourtant, le souhait de Jésus "**La paix soit avec vous**" garde toute sa force et se réalise sans cesse dans son Église. C'est que la paix à laquelle il nous convie est bien particulière: "**Je vous *laisse ma paix, je vous donne* ma paix. Ce n'est pas à la manière du monde que je vous la donne.**" Et il précise: "**Que votre coeur ne soit pas troublé.** Dans la Bibe, la paix est don par excellence: elle est plénitude de vie. C'est en ce sens que Jésus en parle, qu'elle est "sa paix."

Voilà la vraie paix que le chrétien doit recherchée. Le coeur qui est rempli de son Dieu ressemble à la mer dont la surface est agitée sans qu'elle soit troublée dans ses profondeurs. Les épreuves peuvent venir, maladies, échecs financiers, perte d'un être cher. C'est la tourmente, mais dans les profondeurs de l'âme, *c'est la paix: "Votre coeur alors* **se réjouira et cette joie, nul ne vous la ravira.**" **(Jn 16,22)**

N'est-ce pas cette paix et cette joie que nous devons offrir à tous à tous à l'occasion de Noel et du Nouvel An?

Joyeux Noel et Bonne Année.

Air Command Excellence System

Accelerated Redesign

Over the past three years we have gained considerable experience with change at the section and squadron level. The traditional Socio-Technical Systems (STS) model was used to redesign work within two CE squadrons and here at AIRCOM HQ within DCOS CE. Significant changes in attitudes towards achieving quality, improving productivity and working in a cooperative environment for both civilian and military members are results of the STS experience. These are the very results we are looking for from D2000 and the ACES programmes. This traditional model takes time to get results - 12 to 18 months - which is also a major benefit. The time and effort expended by the workforce in the redesign process generates a high level of commitment to make it work. However, we must find faster ways to achieve change.

The past year has seen increased change activity resulting from the need for efficiency in our procedures, practices and systems. Budget 94 has created increased urgency in being more cost effective and reducing infrastructure and overhead. Total Quality Management (TQM), Reengineering and STS redesign are the models being used here within DCOS Maint, DCOS Log and at various Wings within CE squadrons. Again, these processes take time and involve only small parts of the organization. Accelerated work redesign using the STS Conference model provides significant resource savings in less time than traditional methods, maintains high commitment from the workforce and confirms the model's viability for large system change within Air Command.

The scope of the change for 15 Wing is, ultimately, the entire Wing beginning with the Logistics Branch and to redesign all the personnel services provided in support of individuals. This could include administration, messes, personnel services, medical, dental, comptroller functions and any technical support that is provided to individuals (e.g. maintenance of married quarters and movement of F&E on posting) rather than units.

Conference Model

The conference model follows the same basic steps as the traditional STS process but does so using a minimum of four conferences. The process takes less time than traditional methods, involves a much larger number of the workforce and increases early commitment because more people are a part of the redesign. Conferences last two to three days, involve up to 80 people from the organization and are held approximately one month apart. Redesign requires four to five months with almost immediate implementation after the visioning, customer, technical/social analysis, redesign and implementation conferences. Fewer full-time assets from within the organization are required, however, more consultant and facilitator support is needed.

Gander and Goose Bay are planning to utilize STS to redesign their Logistics Branch/CE Sqn in the near future.

PEACE PEACE PEACE

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)

JOY JOY

PEACE PEACE PEACE

NOEL NOEL 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

PEACE PEACE JOY JOY NOEL

NEXT DEADLINE 6 JAN. NOON

HARVEST VALLEY FOODS LTD.
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CHRISTMAS FREEZER ORDER
and receive at no extra charge:
15 lb. Turkey & 10 lb. Ham
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STAPLES ✶ FREEZERS ✶ CASE LOTS
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On & Off the Base

CF Relocation Programme

CFRP - The latest

The CFRP was introduced three years ago to assist CF members and their families in coordinating the many aspects of moving as a result of a posting. Although participation in the CFRP was obligatory for members who intend to take a HHT,or who will be selling a principal residence, any member who intends to purchase or rent a principal residence may also participate. To enter the program, the member's R and D section will provide him/her with a relocation assistance authorization form (RAA), and will assist in arranging an initial interview with a relocation consultant. The consultant will then assist the member through the relocation process by providing individually tailored counselling based on the members needs.

Some of the key aspects of the CFRP which will benefit members are:

- home sale and purchase strategies;
- advice on mortgage and lease liabilities, penalties and information on rental arrangments;
- coordination of events and timings to reduce stress to the member and family;
- rental accommodation finding services, including descriptions of residence areas and maps of these areas;
- advice on allowable tariffs, commissions and reimbursable limits in respect to real estate and legal services, and
- many other services to assist members and families in arranging an efficient and successful move.

Royal LePage Relocation Service (RLRS), a division which is separate from Royal LePage Real Estate, will be providing the CFRP services beginning in January 95. Members remain free to engage solicitors and realtors of their own choice, or RLRS can recommend someone if the member so desires.

This constitutes advance notification of this important program. Further details and information will be published in the Jan 95 personnel newsletter and in base papers.

In Recognition

During a recent visit to Air Force HQ in Winnipeg, Wing Commander Col Terry Rogers was formally presented with a Commander's Commendation from the Commander of Air Command, LGen Scott Clements. The award was given to all the personnel of 19 Wing in recognition of their part in the success of events like the 1994 Royal Visit and for superb hosting of major VIP visits.

42 Days to the Winter Carnival

NEXT DEADLINE 6 JANUARY 1994 – NOON

TOTEM LOUNGE

NEW YEAR'S BALL

WOs' & Sgts' Mess

Menu

Chateau Briand with all the trimmings
Bottle of wine
Noise makers/hats
Corsages for the ladies
Courtesy bus to & from the Mess
Live entertainment
featuring
The Lori Jordan Band

PLUS
FREE ADMISSION to the LEVEE next day

****

Cost per couple
Reg. $60, Assoc. $70, Guest $80

NEW YEAR

Editorial

Best Wishes from the Wing Commander and Family

(Photo by Rod Cando & Edith Cuerrier)

Col Terry Rogers, Mrs. Heather Rogers and Casey.

Wing Commander's Christmas Message

This year has been a very busy and challenging one at 19 Wing for all personnel and their families, both military and civilian. These challenges *have also brought intrinsic rewards, recognition and much job satisfaction to many individuals. The outstanding success that* Comox has achieved during operations, training, exercises, AIRSHOW '94, the Royal Visit and other important events was the result of the leadership, dedication and perseverance of our personnel. Hopefully the reduced pace of current activities will now permit some quiet reflection and introspection on the events of 1994 as we begin our preparations for the holiday season.

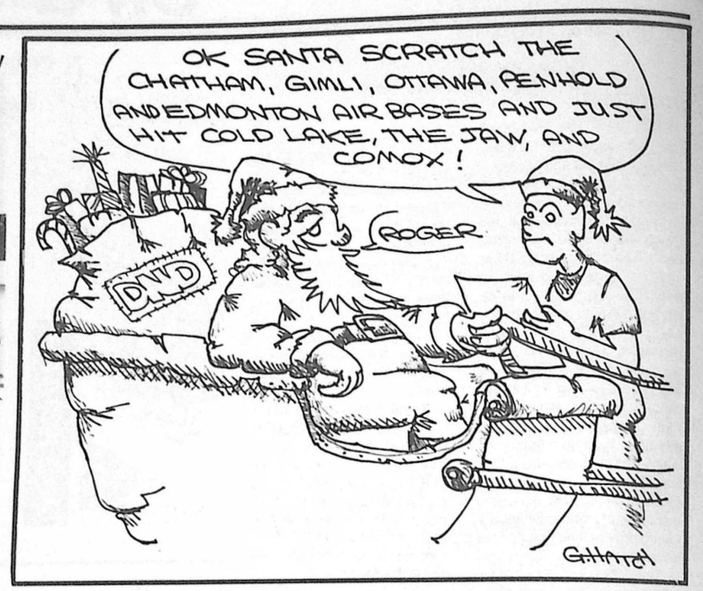
I hope each and every member of Mr. Rogers' neighbourhood takes the time to find the true spirit of Christmas and enjoy the fellowship of friends and family. From Heather and I, we offer our sincere best wishes for the happiest of holidays to you and your family and health, happiness and prosperity in the New Year.

Noon on Fridays

Our new Friday deadline is now a permanent part of the schedule, due to a change of printer from Courtenay to Ladysmith. If your material arrives at the CR mail room or at the Totem Times after 12 noon on deadline day, chances are, you'll be out of luck. We are schedule-driven, and have a rigid print deadline of our own. Please cooperate by having your material in on time.

"Tiny Trivia" Answer

The "Tiny Trivia" in our Dec 10 edition is an illuminated airfield windvane, used in night-flying.



Drinking-Driving Counter Attack

Poster Contest

CFB Comox held a DND dependant poster colouring/designing contest from 25 Nov to 5 Dec. The contest was held in support of the Drinking Driving Counter-Attack Program. There was a significant increase in the number of entries from the 1993 contest, with the ages of the contestants ranging from 2 - 12 years of age.

We would like to thank the following for their assistance: Norm Blondel (advertising), Sgt Parris & MCpl Peynenburg (poster design), Sgt Tromblay & Jessica Johnston (certificate design & production), Katie Wylie (typing), Gail Newhouse (duplicating), the Family Support Centre (pick-up/drop off point), and the CFB Comox Drug Education Coordinators (UDECs) who helped by advertising and fund raising in their sections.

414 Sqn issued a challenge to 407 and 442 Sqns, as well as to other sections on base, to try and match their $60 donation towards prizes for the contest. We would like to thank the following sections for their donations: WPers Svcs O, LCdr Garwood ($100), 414 Sqn ($60), WOR/WCompt ($36.76), WSupO ($25) and WTnO ($10 gift certificate for Comox Videos 'n More!).

We would also like to thank the judge panel consisting of WCWO Sarty, CWO Johnson (414 Sqn), CWO Baker (442 Sqn), CWO Landry (407 Sqn), CWO Bailey (407 Sqn) and CWO Jeffrey (WOPs), who did such a superb job of rating the posters.

The top three winners in each category received cash prizes and a certificate of achievement personally signed by the Wing Commander, Col T.B. Rogers. The following is a list of this year's winners:

3 years and under

Jared Shackleton ($15), Elliot Norman Harker ($10), Cody Kazimer ($5).

4 & 5 year olds

Kristen Jasmine Burton ($15), Ashley Wyatt ($10), Joey Malone ($5).

6 year olds

Kirsten Wendlandt ($15), Niko Masnyk ($10), Jillian Harris ($5).

7 year olds

Nicole Bondy ($15), Colin Esplen ($10), Aaron Bugutsky ($5).

8 & 9 year olds

Nicky Messaoud ($15), Terry Knott ($10), Lawrence Goble ($5).

Ten year olds

Christina Chellew ($15), Tye Harlock ($10), Stephen Esplen ($5).

11 & 12 year olds (poster design

Joron Dumond ($20), Brigitte Messaoud ($10), Sebastien Asselin ($5).

Note: All of the non-winners were eligible for the following two draws (Maj Lavoie, 414 SAMEO, drew the names). $10 gift certificate (Comox Videos 'n More!) was won by Joanne May Harker. $6.76 was won by Keith Spragg.

If any of the above winners have not yet been contacted please call Sgt Shackleton at local 8839 (0730-1530 hrs).

NEXT DEADLINE 6 JANUARY - NOON

TOTEM TIMES

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Tuesday;	0830 - 1200

Comment

Letters

Royal Roads Book

Dear Editor,

Re: Forthcoming publication

The imminent closure of Royal Roads Military College has prompted the production of a coffee-table book entitled **"The End of an Era."** It will be a contemporary photographic celebration of cadet activities, the grandeur of Hatley Castle and the natural beauty of the gardens and estate through the seasons.

The photographers involved are Beverley Hall, Paul Price and Maurice Robinson. Text will be kept to a minimum and will consist of a few carefully selected phrases which are appropriate to the general theme of the book and the photographs. We are presently soliciting contributions from former faculty, staff and cadets.

If you are interested in making a contribution, would you please limit it to just one or two sentences, or a notable quotation. Suggested topics might include the following: the spirit of Royal Roads; your pride in being a cadet or a member of the staff; a sense of belonging; or reflect the natural beauty of the castle and grounds. As time is of the essence (final copy to the printer in early February) an early response would be appreciated. A release date for the book is scheduled for the college closing ceremonies in May 1995.

Sincerely

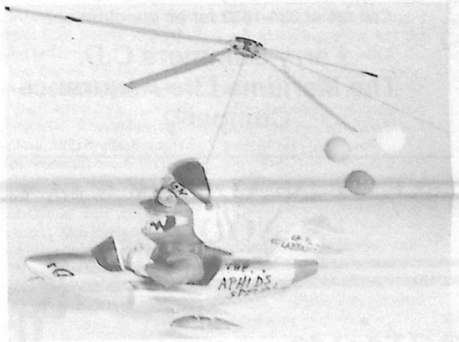
Maurice Robinson

Please address all correspondence to: Dr. Maurice Robinson, Chemistry Department, Royal Roads Military College, FMO Victoria, B.C. V0S 1B0

Fax: 604-363-4513

E-mail: Mrobinso@post.royalroads.ca

"Labradoo"



AFIS proposal for Labrador/F-18 replacement

Comox Inbreeding

When you're stationed way out here
(The Lotus Land of fish and deer)
And you're made to rescue all lost mountain climbers
You need a steed that goes the fastest
O'er ridges, through the passes
And **straight up**, so's you
Can get there "just in timers!"
Partly jet and partly chopper
It must be a sprightly hopper
Persevering through the sleet and snow and goo
It is "yellow," but it's Brave
It's a Fighter, but will "save"
That is why our major flies - the "LaBradoo"

Chorus:
It was mean, mean, mean
We didn't get our new whirly machine
Mean! Mean!
Mean! Mean! Mean!

We wanted a new rig
A brand new whirly gig
We're flying that ol' yellow submarine
Mean! Mean!
Mean! Mean! Mean!
So the boys they did some hatching
And with a little fancy patching
They "mated" an old Voodoo with a Lab!!
It flies faster "down" than ever
Gets you sooner there than never
And the Government will always pay the tab!
So when you hear it hummin'
Or when you see it comin'
Straighten up and give it your attention

As "Hi-tech" it sure ain't much
(And it needs another clutch)
But it sure is something as a **Weird Invention!**

Bored with Barracks? Nothing on the Tube?

Paperback Book Sale
(mostly for men)

Come in when we're open
at the Totem Times

On the other side of the Camera; an Award and a Tribute

The folks at Wing Photo usually take award pictures; seldom are they on the receiving end. The finest shutterbugs in the Air Force were recently recognized for their tireless efforts in promoting the people, life and work of 19 Wing, with a Base Commander's Commendation. Accepting the framed certificate from 19 Wing Commander Terry Rogers is NCO i/c Sgt Hal Fraser. With him (L-R) are dedicated photographers, Cpl Al Brace, MCpl Rod Cando, Cpl Fred Spence, Cpl Luc Champagne, MCpl Edith Cuerrier and graphic artist Jessica Johnston. 19 Wing Photo section received the commendation because of its enormous contribution to the success of major events like the Royal Visit last summer. The Totem Times heartily endorses this award. Our Wing photographers have supported and enhanced the quality of this newspaper over the years with highly professional and often artistically outstanding work. Bravo!

Greetings from A.F.I.S.

Our friends and neighbours in AFIS (Air Force Indoctrination School) would like to wish all the readers of Totem Times a merry and safe festive season, and a happy and prosperous New Year. Standing (L-R): Capt H. Price, MCpl C. Oshiro, Capt R. Richter, Capt M. Forbes. Seated: Maj J. Clarkson, CO AFIS, and Mrs. A.B. Hetman.

Air Force Trivia

Trivia Answer

Three-seater modification of a DH-9.

On & Off the Base

Long Service Awards

Recipients of 25 year plaques (front row): Mr. J. McMullen and Mrs. J. Lever; 35 year medallions (back row L-R): Mr. E. Menard, Mr. K. McArthur, Mr. W. Hupman and Mr. G. Thompson. Mr. P. Vogel (unavailable for photo) also received a 35 year medallion the same day.

Attention all Canadian Women in Aviation!

The third Canadian Women in Aviation conference is on the runway and is slated to occur Aug 3-7, 1995 at McMaster University, Hamilton, Ontario. This conference is a bi-annual event and has taken off since the first one at Trinity Western University, B.C. in 1991.

Numerous speakers are planned to cover such topics as military aviation, astronautics, crew resource management, aircraft engineering, accident investigation, air traffic control, women's health issues relating to aviation and commercial airline careers.

For all those who attended this conference in the past - let's get together again! Bring a friend, fellow worker, and let them enjoy the camaraderie and information packed into this interesting, rewarding conference. For those who have not attended in the past - welcome! There will be a tremendous mix of women in aviation - from those who flew in Canada's early aviation beginnings to those exploring the stars.

A concise information package and application form will be sent out in February 1995. Look for yours!

Contact Capt Micky Colton ATGHQ CFB Trenton AVN 827-3838 or COM 613-965-3838.

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FRP
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The Options
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A free one-on-one consultation to guide you in making the correct decision for your future.
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NEXT DEADLINE 6 JAN NOON

If You Have A Question . . .
COMOX VALLEY WINTER GAMES
Ask The World ! ! !
To Access The Internet From The Comox Valley, or For Workable Networking Solutions, Contact
Irenyx Data Group Inc.
Home Of The Digital Ark
Tel: 334-1662 • Fax: 334-2365
Yellow Pages

Section News

19 AMS

Making the world safer for Rate Gyros

The IS lab has gone into "RESET" mode following APS 94. Yep, switch OFF, cold restart. We lost all of our experienced techs, from Sgt on down, save one (overworked) Cpl. In addition to the six-out, four-in postings there was one promotion to MCpl last summer, just in time for the parade for the Queen.

The new crew has striven mightily to take up the slack and whatever they may lack in experience has been more than offset by their enthusiasm. Cpl Kerry Stack, formerly of 435 Sqn, Edmonton, has made the world safer for Rate Gyros with her mod to the Rate Table. Having tasted success, and having been hooked on the flavour, she's gone on to request that Workshops build the missing parts to our Standby Attitude Indicator Tester. So, how'd she know the parts were missing? That's a trade secret, but I've often been amazed by what can be learned from reading a CFTO - kudos to Kerry!

Cpl Darren Hartley and Pte Dan Gagnon, recent arrivals from 7 Wing, Ottawa, have made their presence felt. Darren has rebuilt our SAS Amp Bench, giving it a spiffy new face plate, with colour coordinated test jacks and custom racing lettering. (I think that's the Sport rather than the Touring Package.) Dan has been honing his skills as welder-extraordinaire on the precision soldering bench. "Today plated-through holes; tomorrow, the Eiffel Tower!" eh, Dan?

Cpl Marc Fricker, accelerated-promoted just last year is the "old-man" of the group. Marc is our last, best hope that we won't be left rudderless on the seething seas of technocracy. The fact that we have to prostrate ourselves and pay sundry other homage before entering his shrine is becoming a bit trying, though. One of Marc's projects completed early in the year was a bench built to test Slaving Controllers for 442 Sqn. Stuff currently in the works includes building an Attitude Switching Assembly Tester for the CH113 aircraft. He's also working on new goodies for the FDR/CPI and grazing on the possibilities for improvements to a number of procedures. If Marc keeps this up we oughta be able to fix the whole world by early '98!

Sgt Doug Ashbee's departure left a vacuum only partially filled by Sgt Stan Murdock; 'cause Stan's a lot skinnier than Doug.

A recent happening was the amalgamation of IS with FLIR. Shquld be an excellent opportunity for cross-pollinating of things technical. One hopes that the hybrid offspring bears the best traits of both parents and isn't a genetic monster. "Such a cute couple, howcum their baby's so ugly?" *Anybody remember "The Fly?"* We're hoping for the best.

All in all, a momentous year - and the brochure advertised Comox as the "Recreation Capital of Canada." Hope we all get some of that soon!

"Tree of Light"

The lights of the base Christmas tree were turned on last week to inaugurate the fourth annual Tree of Light campaign at CFB Comox. The bulbs on the tree may be purchased by donation, with the proceeds benefitting the Military Police Fund for Blind Children. Bulbs may be obtained at the CANEX, CFB Comox main gate, Good's Groceries or the MP detachment office. In the photo (L-R): Patrick Carten, Leading Seaman (Santa Claus) Stephan Longin and Acting Base Commander LCol Rick Hardy. *Photo by Cpl Luc Champagne*

Wing Learning Centre Certificate in Supervisory Management Program

Four 12-week courses: Communications, Human Relations, Human Resource Management, Financial Managment.

First Course: Communications
Date: Wednesday evenings 25 Jan - 12 Apr 95
Time: 1900 - 2200 hrs
Place: WPSO Classroom #16, Bldg 22
Cost: Tuition $160.00. Text $22.00.
Registration deadline: 17 Jan 95
For information call WPSO office Local 8293

Christmas through the eyes of a Buffalo pilot

by Lt Andrew "Bird" Mctaggart

442 Sqn

For me, the Christmas season brings warm thoughts: too much eggnog, the smell of pine trees, the colours red and green, K-Tel Cathy Lee Gifford Christmas albums, mandarin oranges, and perfume drenched relatives I never seem to remember. Many things that have happened at Christmas stand out in my mind, they bring back the nostalgia of my childhood.

I don't recall having a really bad memory of Christmas. Like most children, I ate too many mandarins and spent a lot of time in competition with the family dog for the title of "Worst gas in the house." (She did beat me one summer after eating 20 half-rotten pears that fell off the tree in the back yard.)

I vividly remember the year I electrocuted myself. When those flaky coloured lights (the ones that reach nuclear reactor temperatures) burn out they become impossible to unscrew without breaking off the metal socket part. It's quite easy to see how a handy five year old would forget to unplug the lights prior to engaging in a repair job with uninsulated metal needle-nose pliers. My parents were unaware of my momentary heart stoppage; my hair stood on end all the time anyway, and I didn't feel the need to unnecessarily worry them. At the time, my mother was busy with my sister who was busy throwing up after drinking too much eggnog.

One Christmas Eve, when I was about eight years old, an event happened that blew me away. Late in the afternoon, as I was getting ready for bed, there arose a clatter. I looked out of my window to see what was the matter. (Excuse the plagiarism. I'm not in college any more so I can do this now.) I have always been crazy about planes so when I saw a Labrador helicopter chopping and grinding its way towards our north-shore house, I leaped out of bed and motored down the hall, *socks smoking on the hardwood floor.* When I got outside, it was like the angels had arrived. The Lab drifted effortlessly over my house and the sky was full of music. Silent Night was being piped out of huge speakers affixed to the Lab. It was Christmas cheer being spread to everyone, in the most festive, propagandarish kind of way. For an eight year old aviation freak, the Christmas spirit couldn't have been better.

Today, 17 years later, I must admit that some of the innocence has vanished. I am a Buff pilot, so those Lab guys can't pull any of that "sent by angels from above" stuff on me any more. I now realise that the Lab probably didn't float gracefully over my house but rather smashed through the air defiantly.

Some things about the way I view Christmas have changed but for the most part it's still the same: I still believe in Santa, I still eat too many mandarins, I still electrocute myself, and my sister still drinks too much eggnog and throws up. As I pen this article, one by one, my hairs are starting to stand straight up and, quite honestly, I'm getting excited!

I sincerely hope that everyone has a very nice Christmas and New Year. From myself and on behalf of everyone at 442 *Sqn Buff Flight....MERRY CHRISTMAS!*

NEXT DEADLINE 6 JAN.

WHO NEEDS A FINANCIAL PLANNER?

• If you think you are paying more taxes than you should	YOU DO
• If you want to preserve your estate	YOU DO
• If you want to invest wisely ... without worry	YOU DO
• If you want a financially worry-free retirement	YOU DO
• If you sell property or receive a large sum of money	YOU DO
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Section News

Demon Doins

"Al Bundy" Santa Claus

It's time again to talk about all that Christmas stuff that's been happening on squadron. The month started out with the Icemen banished to Greenwood to do their simulator sessions. Between the Icemen and those other Demons participating in the Crew Commanders' Course and the Standards course, Greenwood's Officers' Mess TGIF was more of a Demon Det Party than a Greenwood Party. Getting into the Christmas spirit was not difficult. With 404 Sqn and Greenwood's Base Supply all having their Christmas parties while the Demon's were in town, the Pit Stop was well decorated and a little Christmas cheer was spread.

Not to be outdone by Greenwood, 407 Sqn held their Christmas get-together on the evening of 9 Dec. A grand time was had by all - there have been nothing but good comments and a feeling of well-being expressed by everyone who attended. Some people had more fun than others, as is always the case. Rumour has it that the Demons had a traditional "Al Bundy" Santa Claus this year. Apparently several of the serving staff were impressed with Sgt Trevor's (aka Santa Claus) ability to "shake that booty" and "get *down and dirty!!" His dancing efforts did not go unnoticed, neither did the slippage of his drawers, as he demonstrated the typical plumber's pose.*

Lt "Gumby" Lines was on his best behaviour the night of the squadron Christmas party. After being told that beer was good for the hair, he managed to impress the CO and Mrs. Lewis by pouring some all over Mrs. Lewis. The official excuse was that he was so excited about his upcoming promotion that he couldn't thank the CO enough. We still question whether this is the best tactic to use.

Lt. Lines was not the only navigator to receive the news of impending promotions. The Demons would also like to congratulate Lts (soon to be Captains) Saville, Tabard, Roberge, Skinner and McGahey. Although the pilot trade was conspicuous by its lack of promotions, we don't want to rub it in too much.

Those are all the antics we have to report for this edition of the Totem Times. The Demons wish you all a safe and happy holiday season! 'Nuff said...

Taz Talk

by Sgt Jim Cahill

It's round two: in the last instalment I talked about the change in weather and how we should be prepared for the wet and rainy season. What I forgot to mention was that at this time of the year, with the shorter daylight hours, you should ensure that you can be heard, or at least seen, in all types of weather. Although the SAMEO had the right idea, as shown in the accompanying pic*ture, we think he may have carried a good thing a bit too far.* If he is serious about riding this bicycle the Armourers can help him make his transport a little more road worthy, with only a small chance of personal injury.

The Armourers have been pretty quiet lately, but the longer that lasts, the bigger the blowout in the end. MWO Nurse has moved upstairs to his new job as ETO and WO Gale was quick to move into his office. The MWO says his new job is going to be interesting, but we see him more often now than when he worked in this section. Sgt John Dimock has finally shown up and nobody seems happier than MCpl Mac*Neill. Welcome to 407 Sqn Ar*mament John, and in spite of your having worked on the Aurora in Greenwood, we're confident it won't take too long to show you the correct way of doing things.

MCpl Buck will be coming back to servicing in the New Year and MCpl Periard will be taking his place up in AMCRO. We've heard rumours that the reason this all came about was because Capt Gordon didn't like Bucky work-ng for his twin brother Kurt. Good luck in your new job Darla and I'm sure it won't take long for you to belly up to the task.

There was an earth shattering crunch on 23 Nov and Al Tilley finally decided to buy a new truck. From what I'm told, the only thing he really liked about his old car was the stereo, and apparently that was the only thing he kept as a memento.

Tom Gale has been a bachelor for the past two months and, although he won't admit it, he will be glad to see Anne return. He has been doing good in the free meal department and he hasn't lost any weight; but, he had to take a week off work to clean up the house before Anne gets home.

The social event of the year occurred on 2 Dec and by all accounts everybody had a good time. Santa made an appearance at the party but he seems to have lost some weight and looked a lot like Tony Wells. I'm sure it was Santa because he was in a jolly mood, was eager to give out presents and towards the end of the night his nose was glowing (although I thought that was Rudolph). The rowdies in the corner tried to save Dave Carter from having a hangover by absconding a bottle of wine from their table but Shirley would have none of that and quickly recovered it. The party was a total success as nobody was thrown in jail and, as of printing time, no charge reports have come through the office.

Until we meet again "Per Taz ad astra."

407 (MP) Squadron Presentations

Top row (L-R): Lt J.M. Nogue, Cpl J.L.S. Germain, Cpl E.A. Akmens. Bottom row (L-R): MCpl T.E. Reid, Cpl R. Millaire, Cpl A.R. MacFayden and MCpl D.D. Sawler received their Canadian Forces Decorations from the CO 407 (MP) Sqn, LCol G.B. Lewis.

407 Sqn

Demon Doin's

AMCRO "Excalibres"

A new season has arrived for the "AMCRO Excalibres" along with a new line-up. The 94 posting season brought nine new players to the MACRO team including Capt Glen Gordon (AMCRO), MWO Rick Gaudet (D/AMCRO), MWO Tom Nurse (D/ETO), Sgt "Vince" Vincent (NCO i/c Research), MCpl "Buck" Buck (AWS Research), MCpl Larry Jensen (AFT Research), MCpl Les Quines (AET Research), MCpl Tracy Reid (CRS Research), and Cpl Guy Desrosiers (Log Control/Ammis Coord).

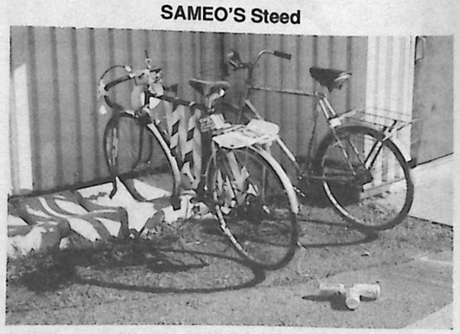
The first game of the season took place in the bowling alley which definitely separated the men from the boys (figuratively speaking, of course). One peculiar factor of the scores is that they seem to have a direct relation to the duration of the individual's military service.

The "Excalibres" pulled together, enlisted outside help, and put an entry into the annual pumpkin carving contest in October. The jack-o-lantern may not have won the contest but it did prove to be a beneficial tool when the emergency lighting failed during a power outage.

Now that the Argus aircraft is on its pedestal, a certain individual with historic interests has found it necessary to take up a new hobby, that of collecting pennies. The indiscriminate, yet very extensive, collection has been entrusted to the SAMEO's secretary, Judith McLeod. Any donations to Judith's penny collection can be dropped into her office, preferably when she is not at her desk!!

Beyond this, Les Quines reports that all is quiet in AMCRO. T.S.L.S.I.R.

SAMEO'S Steed



See TAZ Talk

Reunion 22-24 Sep 95

A reunion for Observer Mates, Naval Aircrewmen, Radio Navigators, Air Observers and Airborne Electronic Sensor Operators will be held at Greenwood, Nova Scotia, 22-24 Sep 95.
Contact Brain Goldie, PO Box 2145, Greenwood, N.S., B0P 1N0.
Phone: (902) 765-6507 Fax: 765-8892

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NEXT DEADLINE 6 JAN.

On & Off the Base

GYMNASIUM HOLIDAY HOURS

Sat 24 Dec 94	Closed	Merry Christmas
Sun 25 Dec 94	Closed	
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	Happy New Year
Sun 01 Jan 95	Closed	
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	Merry Christmas
Mon 26 Dec 94	Closed	
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 Regular evening	1200-1330 schedule resumes

BOWLING ALLEY HOLIDAY HOURS

Closed: 23 Dec 94 - 03 Jan 95

Special Functions can be arranged through Bowling Alley Manager, Scott Teasdale (home) 334-1937

42 Days to the Winter Carnival

Soundbites

by Lt(N) Kent Page

(*Rating*: *****Classic, ****Excellent, ***Good, **Fair, *Poor)

Canadian Spotlight: Neil Peart - Burning For Buddy (Anthem)*1/2** Tribute to the music of drummer Buddy Rich. Produced by Rush's drummer, Neil Peart, this is a collection of the swing, big-band, jazz-rock music drawn from the Buddy Rich Big Band repertoire. A great tribute, just don't forget to check out the originals.

Canadian Spotlight: Choirs of the Church of St. Mary Magdalene (Virgin)**1/2** The sound of Xmas. Now every day can be Christmas as you relax to the soothing, angelic harmonies of the world's most beatiful instrument - the human voice. A great gift of pure joy.

Shampoo - We Are Shampoo (EMI)* Tenage girl, bubblegum punk duo. The current darlings of the UK music press: NME says "Makes Banarama look like charter members of the avantgarde." Pure irresistible pop. Banarama meets the B52's. Will they just be the flavour of the month? Who knows, but for now they're lots of fun.

Various Metal - Nativity in Black (Columbia)** The heaviest, darkest cd of the season. Megadeth, White Zombie, Ozzy, Sepultua, Faith No More & tribute Black Sabbath - just in time for Xmas! In the words of Rob Zombie "They wrote every single good riff - ever." Paranoid, The Wizard, IronMan, WarPigs, NIB, etc. Pure rawk.

Frank Sinatra - Duets II (EMI)*1/2** The Chairman is back, hot on the heels of the success of "Duets." Willie Nelson, Stevie Wonder, Jimmy Buffet, Neil Diamond, Chrissie Hynde, Jon Secada & more join in for a less contrived, more enjoyable ride with "Mack the Knife," "Come Fly With me," "My Kind of Town" & "A Foggy Day."

Willie Nelson - Healing Hands of Time (EMI)* Lush, romantic covers of standards features Willie, a country band and a 60-piece orchestra. With 100+ albums to his credit he again pushes his music to new borders on "Funny How Time Slips Away," "Crazy" & more.

Various - Woodstock 94 (A&M)*1/2** A two-cd package documenting Mudstock. Features: NineInchNails, Aerosmith, Sheryl Crow, Metallica, Peter Gabriel, CSN, Dylan, Green Day, Cranber*ries, Rollins Band, etc. Good collection of old, new & alternative rock.*

Canadian Spotlight: Anne Murray - Now & Forever (EMI)* A three-cd box set features 64 remastered tracks spanning her entire career, including the first song she ever recorded back in '64.* Includes live versions of "You Won't See Me" & "A Million More" & the alternate tracks "Snowbird" & "Heaven Is Here." She's picked all her faves.

Sting - Fields of Gold (A&M)* If you like Sting solo, this is the best of his solo decade. Includes: If You Love Somebody, Englishman In New York, We'll Be Together, Be Still My Beating Heart, When We Dance, Russians, If I Ever Lose My Faith In You.

Canadian Spotlight: The Grapes of Wrath - Seems Like Fate (EMI)* Retrospective for this credible B.C. band who never quite reached the songwriting peak or success that they seemed on the verge of between '84-92. Still some great songs like "What Was Going Through My Head," "You May Be Right," "A Fishing Tale" & "Seems Like Fate."

Various Sopranos - Prima Divas (EMI)*** For the opera lover, Lehar's The Merry Widow, Puccini's Madame Butterfly & more classics from the world of opera. A wonderful introduction for anyone wishing to hear the passionate voices of opera's best Prima Divas.

Michael Nyman - Live (Virgin)* Live set of compositions by the artist who wrote The Piano soundtrack (featured here). The Upside Down Violin experimental features Moroccan influences & rhythms.

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NEXT DEADLINE 6 JAN.

Feature

Tom Procter's Realty Report

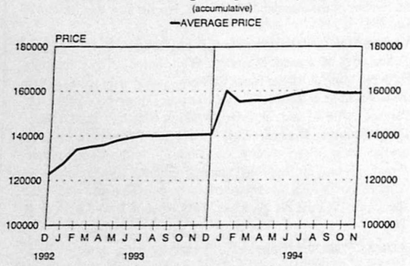
Comox Valley
November 1994

Season's Greetings to you all.

Once again we are at the end of another year and for any observations and comments with respect to realty markets to be valid they are best considered over a 12-month period. 1994 has been a year of change. The first six months we continued on the boom which began in 1987-88. Then, in July, the number of sales in all categories dropped dramatically, almost the same as in 1981. We had experienced a seller's market for about six years.

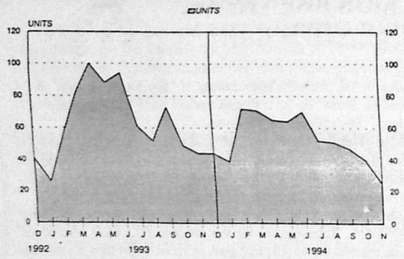
Note the graph below for the average single family house sale price. Early in the year, for the past several years, we have experienced a $10,000 to $15,000 price rise. In January 94 it was $20,000 and the average price has maintained steady at $160,000 throughout the year to the time of this report.

Residential Average Single Family Sale Price



Our second graph "Single family units reported sold," reflects the downturn in the number of sales from 70 houses in June to 25 in November.

Single Family Units Reported Sold



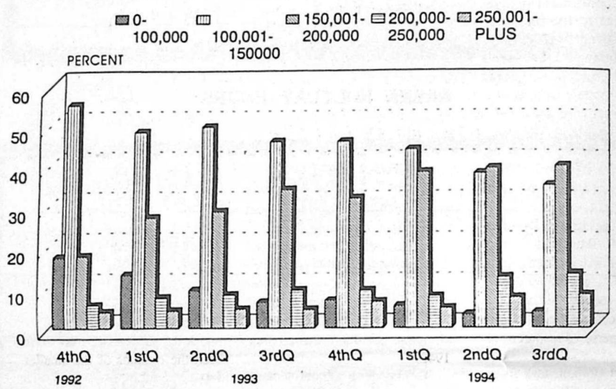
The number of lot sales is also down. In November 94 only 8 lots sold compared with 18 in Nov 1993 - a drop of 55%. Houses in Nov were down 44% in the number of sales from Nov 93 44 houses to 25 in Nov 94. Not a very happy state of affairs at all for your friendly neighbourhood realtor. We can draw a couple of conclusion from the foregoing however:

- The market changed from a seller's market to a buyer's market around midsummer.
- The market prices have risen so dramatically over the past few years that a correction was due and although prices have not dropped very much to date, decrease in the number of sales usually heralds a decrease in prices.
- The good news for the homebuyers for 1995 and 1996 is that housing in the Comox Valley will be cheaper and the next couple of years are going to be a good time to purchase a house.
- For the sellers the good news is the replacement home you are probably buying will be cheaper. If you are posted and leaving the valley you will find lower prices in many areas as the decreasing number of sales is fairly well nationwide. The C.R.E.A. statistics for September show only Thunder Bay and Saint John showing a higher number of sales over September 93. Ottawa was down 41%, Edmonton 30%, Halifax 15%. (These statistics from CREA Newsletter Nov 94).

Researching back in the MLS record for 30 June 94 we find that from 1 January to 30 June 94, 138 lots and 381 houses had sold; between 1 July and 30 November 66 lots and 215 houses. The market adjustment on number of sales has taken place. Prices have stabilized with some reduction in price evident in properties priced above $175,000.

Next we have a graph showing the percentage of the market buying in $50,000 price bands.

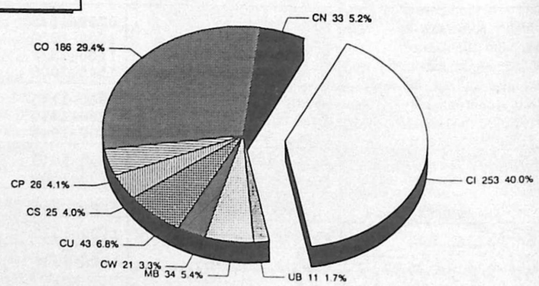
Percentage of Market Share by Price Range
Board Area



And finally a pie graph depicting areas people are buying family homes in.

CI - Courtenay City
CN - Courtenay North
CO - Comox (Town of)
CP - Comox Peninsula
CS - Courtenay South
CU - Cumberland
CW - Courtenay West
MB - Merville/Black Creek
MW - Mount Washington
UB - Union Bay

Completed Single Family Sales
January 1, 1994 - November 30, 1994
for Comox Valley — by Subarea



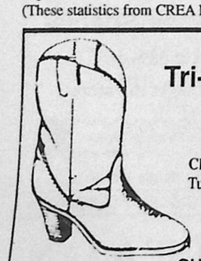
TOTAL COMPLETED SALES UP TO NOVEMBER 30, 1994 = 632

I would like at this point to thank the Vancouver Island Real Estate Board for the graphical statistics . They provide the realty industry and the public we as realtors serve with accurate and current market information

In conclusion, I would like to say that the future market for realty is more difficult to predict than I have encountered before. Probably a decrease in prices will occur slowly over the next two years, due to an oversupply of dwellings. At the present time there are approximately 500 houses, 350 condominium and 300 lots for sale in the valley. I personally cannot recollect as many unsold new houses on the market as there presently are. Interest rates rising may deter a few buyers but the answer to this is lock in for the short term. Change is inevitable.

In the aftermath of the Cold War and we in British Columbia are beginning to feel it. How we individually deal with it is up to each and everyone of us. But whatever your route through life may be my advice to you is deal with your housing and shelter problems by acquiring home ownership earlier rather than later. Realty is a very tangible investment. You enjoy it every day and it is one investment where your capital gains are still tax free.

All the very best of good luck and have a happy holiday.



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Feature

Estevan Point Update

by Lloyd J. Bailey

When I closed the case of the mysterious shelling of the Estevan Point lighthouse on 20 June 1942, my last article provoked substantial additional information. Several questions had remained only tentatively answered but they can be put to rest now, I feel.

It would appear that there were between three to five Japanese submarines sighted off Vancouver Island during the 24-hour period of 20 June 1942. The Japanese Navy maintained covert contact with some Japanese fishermen involving secret ammunition cashes, watering stops and supply depots such as one speculated on Calvert Island, just north of Cape Scott.

They torpedoed a Russian freighter off Bamfield during 1942 as well, evidence of a general strategy to probe the coastline, cause local panic and, in raising havoc, force the American Navy to disperse its resources of war here.

The Pearl Harbour task force left Japan heading for the Aleutian Islands off Aslaska in December 1941. In the spring of 1941, many American warplanes were flown over Canada with fuel stops in B.C. on their way to Fairbanks. When the main Japanese fleet detoured for Hawaii, it went undetected. To hit Alaska and Hawaii at the same time was apparently the Japanese strategy.

The American Navy was losing the Pacific War until the momentous Battle of Midway, 3-6 June 1942. They had nothing on the coast to combat the Japanese threat and higher authorities in both Canada and the United States were "running scared" in 1942. Even after Midway, the Japanese Navy continued its probing strategy. Dutch Harbour, Alaska was bombed by Japanese warplanes on 8 June 1942. That previous winter 58 enemy sightings occurred with 16 hostile engagements in Alaskan waters.

The heaviest argument in favour of constructing the Alaska Highway was the admission by the American Navy that they could not guarantee the safety of shipping from Seattle to Alaska in 1942.

The fear of a Japanese invasion of coastal North America was very real in 1941 and 1942. The internment of all Japanese Canadians in British Columbia seemed necessary for national security at the time. Similar harsh measures were undertaken in the United States where a few Japanese warplanes buzzed Los Angeles and a coastal oil refinery was shelled by a Japanese submarine.

Any argument supporting some clandestine American operation at Estevan Point so as to panic Canada into a greater war effort falls flat when the hopeless inadequacy of U.S. forces is realized. Eventually, the U.S. submarine service was able to destroy one third of the Japanese Navy and two thirds of its merchant shipping, but that occurred after 1942.

The Japanese submarine navy was very large in 1942 with its "I" class super edition being the biggest in the world, mounting a giant gun with an 80 pound shell. One such giant submarine was sunk off New Zealand in 1944, some surviving crew members confessing to the Estevan Point shelling incident of two years previously.

Apparently the Japanese never appreciated, nor mastered, the tactical value of their submarines, prefering to use them for transports or the mini-subs for sneak attacks. They largely wasted their submarine potential on isolated ploys like that at Estevan. Slow, even clumsy, attacks could be explained by such poor tactical mastery. Japanese "I" class submarines were of the mammoth class and their huge size could confuse any eyewitness that a surface warship, a cruiser according to Peter Lally, the keeper at Estevan Point, was on the attack.

Disparate sizes of shells found on the beach after the June 20th barrage would be explained by the probable participation of a junior Japanese submarine in the exercise that evening. That the Japanese were out in full force off the B.C. coastline and several submarines working in tandem can be borne out by the accounts of local residents near the lighthouse.

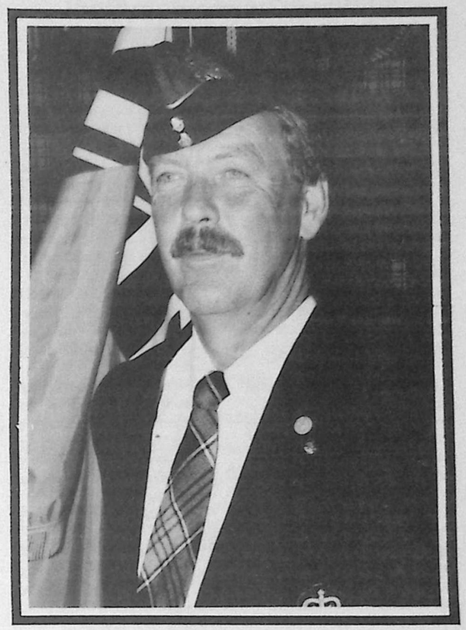
The "grog accident" version of Esteven Point cannot be given much credence when the paltry condition of the Royal Canadian Navy is realized. Few ships were available and most were small corvettes with limited firepower. The shells could not have been fired by a drunken crew with such three-stage accuracy in such a voluminous barrage, avoiding the lighthouse altogether. That beacon of light was just as vital to the enemy as to the Allies, explaining Japanese "inaccuracy."

The reported oil slick off Cape Beale, as such evidence of the RCAF claim to have bombed the attacking submarine, may have been the remains of the smaller Japanese submarine, the larger one escaping to meet its fate later in 1944 off New Zealand. The quantity of oil would indicate no more than one vessel destroyed.

Whichever Japanese submarines attacked Estevan Point on 20 June 1942, and also the Canadian freighter, Fort Camosun, earlier that day, the evidence is clear that the Japanese exercised a scare strategy rather than a massive destruction of shipping off the B.C. coast. In essentially wasting their powerful submarine force here they also displayed mediocre tactical prowess. The incidents of attack not only scared contemporary residents of the coast they also confused them.

The "mystery" lay in Japanese incompetence.

Flight-Lieutenant Bill Shields



888 Wing RCAFA was the scene of a Service of Remembrance on Monday Dec. 12, for former Wing President Bill Shields. Prior to his retirement, Bill served with 409 Sqn in CF-100s, Bill passed away at Comox on Dec. 9, 1994.

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On behalf of the Service Insurance Board of Directors and all support personnel, thank you for the privilege of allowing us to serve you during 1994.

Best wishes for peace, happiness and a prosperous and safe holiday season.

Au nom de tous les directeurs du conseil d'administration et de tout le personnel de soutien, merci de nous avoir accordé le privilège de vous avoir servi en 1994.

Nos meilleurs voeux de paix, de bonheur et de prospérité vous accompagnent. Soyez prudents.

From the Management and Staff of Comox Moving & Storage To All Personnel of Canadian Forces Base Comox A VERY MERRY CHRISTMAS & A HAPPY NEW YEAR

northAmerican VAN LINES CANADA

De la Direction et du personnel de Comox Moving & Storage A tous les membres des Forces Canadienne de la Base de Comox NOUS SOUHAITONS UN TRES JOYEUX NOEL ET UNE HEUREUSE ANNEE

Health Fitness & Leisure

19 Wing Gymnasium/Pool

Commencing Jan 95, all personnel utilizing gym/pool **must**, after normal working hours, produce for the Gym Attendant one of the following: Mil ID; Dependant Pass; or Weight Club Membership Card.

Sign-in Book

Above mentioned authorized users are permitted to **SIGN IN**:

1) One guest only - and they are responsible for their guest's actions while in Rec Facility.

2) All sports equipment must be signed out/in, on equipment register with the Gym Attendant.

Squash Courts

The courts are still on target to be opened mid-Jan 95. The following rules/stipulations will be in effect upon opening:

1) Mon - Fri 0730-1530 hrs reservations will be for Military and DND employees only.

2) Reservations will be accepted max 24 hrs in advance (8782 Sports Stores - during normal working hours and after normal hours 8315) with a 10 min grace period to honour reservations.

3) **Weekend Routine:** to guarantee weekend time slots in advance, reservations must be made by 1500 hrs - Fridays thru Sports Stores.

4) All time slots will be a maximum of **45 min** in duration. Both players' names and locals will be taken to alleviate double bookings. Any unreserved time slots will be filled on a first come first served basis.

5) All squash court users **MUST** wear safety approved eye protectors **(not provided - personal item)** and clean non-marking court shoes.

6) For all would-be squash players the following personnel have volunteered (time permitting) to instruct/téach or lend their expertise in promoting and educating newcomers to the wonderful world of squash:

Maj Donaldson - WCompt - 8205.
CWO Johnson - 414 Sqn - 8615.
Sgt Chatwin - PERI Staff - 8783.
PO2 Priestly - Claims - NCO I/C - 8353.

Christmas Turkey Tournament

by Rose McCliesh

A total of 57 golfers took to the links at Glacier Greens on Sun 11 Dec to compete in the annual 9-hole Christmas Turkey Tournament. Although the skies were overcast and a moderate wind was blowing, players were thankful that rain was not a part of these conditions. As well as the turkeys that were being played for, Sunday Golf Coordinator, Mr. Ron Carter, would like to thank Mr. Fred Williams and Mr. Doug Cull for their donation of the Cornish game hens.

Winning teams

1st L.G. Bob Johnson, Lloyd Billings, Irene Perry, Keith Lillies, Ardyth Wood.

2nd L.G. Bing Shearer, Jack Hawkins, Rod Verchere, Muriel Fielding.

3rd L.G. Garry Usher, Phil Nakashima, Glen Caslake, Len Doyle, Jim Trask.

K.P. Team on Hole #4: John Webber, Nick Stolarchuk, Doug Cull, Fran Hume.

1st L.N. Dan Aubet, Ted Sauvé, Reg Warren, Shirley Shearer, Barb Carter.,

2nd L.N. Bob Marshall, Fred Williams, Larry Blais, Lori Cameron.

3rd L.N. Richard Wand, Hank Fortin, Steve Shaw, Rejeanne Arsenault, Carmel Horochuk.

K.P. Team on Hole #7: Ferg Webster, Jim Clarke, Bill Ballance, Bill Krier, Mary Kelly.

The **All Time Record Score** for the Cornish game hens went to the team consisting of: Arnie Mathus, Chuck Perry, Al Passanen, Rose McCliesh.

The Glacier Green Social Centre held their annual staff party on Fri 9 Dec. Staff and invited guests were treated to an evening of good food and great fun. Lounge Supervisor, Diane Frost, and staff hosted the evening. Following dinner, all ladies were invited to a special treat at the bar, compliments of the lounge staff. The exchanging of gifts, accompanied by many humorous asides from the audience added to the enjoyment of the evening. Music was supplied by Doug Cousens. A special thank you to the ladies for helping with the food table.

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 6 JAN

info health

Dr. Bob Young

Phobias

I tell my patients that everyone is allowed to have one phobia, if only because most people do. Each of us can probably think of a situation or an idea that gives us the shivers. Mine is a fear of falling - not from a height, just falling. Probably due to my ineptness, as a youth, at gymnastic tumbling.

Phobia is a Greek word meaning fear. In psychiatry, the term implies an unrealistic or exaggerated fear - an aversion to things or places that cause little anxiety in the majority of people.

Simple phobias are common, often nervously "laughed off" by the sufferer, and are seldom significant problems. Fear of heights, small enclosures, animals (snakes, spiders, mice - even dogs and cats), blood, thunderstorms, or flying are familiar examples. Unpleasant, but not incapacitating.

Agoraphobia is a fear of being trapped, a fear of open, or public places - there are a number of definitions. People with this condition become extremely anxious, to the point where they may be unable to function, in certain situations. The symptoms of an anxiety neurosis are present; sweating, shaking, dry mouth, overbreathing, bowel and bladder urgency and frequency, and headache, among others.

Agoraphobics may be afraid to leave home alone, enter an elevator, stand in line, travel even a few meters away from home, or enter a store. As they restrict their activity to avoid known anxiety-producing situations new symptoms appear. The patient may retreat completely, never leaving home.

Behaviour therapy is effective in treating both these phobias but the challenge is much greater in the case of agoraphobia. Behav*iour therapy means exposing the* person (under professional supervision) to the anxiety-triggering factors.

Social phobias involve other people, particularly when they are interacting with or observing the phobia victim. Social gatherings, business or other meetings, buses or subways are frequent locations. Patients feel others are examining them in a critical manner, and the symptoms are similar to those outlined above. This phobia is often incapacitating, and much more severe than mere nervousness.

Again, treatment is by behaviour therapy, using exposure techniques called habituation, desensitization, and flooding. All are relatively simple and can be taught by trained people and even learned from books or computer programs. Drugs, particularly antidepressants, are also used, but are not as effective.

Exercise is good for you

Trying to get the older folk off the couch and into the street is no easier than attempting to get younger people to exercise. It seems that some people are enthusiastic about working out, while others do it only under protest. I don't know whether athletes are born rather than made, but it does sometimes seem that sportsmindedness starts at an early age. Physical activity, for some, carries a high priority.

It is recognized that exercise does provide benefit to elderly people. Often it must be prescribed with some degree of caution, particularly if the patient has heart or lung problems, or if their mobility or balance is impaired. Sometimes it is a matter of relative risk, and often engaging in exercise will improve the very conditions that made exercise risky in the first place. In the elderly, a cautious approach is wise.

Those supervising and prescribing exercise programs must have a realistic appreciation of what is possible. Improvement in performance is not measured in the same way as it would be in the case of athletic training. Competing should not be a factor in a rehabilitative exercise program except to provide encouragement. The aim is not necessarily to obtain the maximum performance possible from the person, but just to get them doing more than they were before. Motivation often requires gentle persuasion.

The benefits of exercise are no longer questioned. Muscle strength increases, bone loss is reduced, heart and lung function is improved, and excess weight, if present, is decreased. Older people who exercise regularly seem to feel better, enjoy sharper mental function, and sleep better. They are less prone to anxiety and depression, and, from the perspective of younger people, are more fun to be with.

People who have gotten older while playing tennis, golf, or while swimming, walking or bicycle-riding on a regular basis probably don't need much in the way of medical advice if they want to continue. There are few if any tests that will provide more information than the patient's own report of their exercise tolerance. There are some, of course, but they are elaborate and expensive, and probably not needed in this group.

It is a different story when exercise is prescribed for an inactive individual. Conditioning of the unfit and lethargic senior must be done cautiously. When practical it is probably wise to obtain an exercise stress test prior to engaging in vigourous activity. An occasional patient might be inclined to be too enthusiastic and try to do more than they should, too soon.

Fitness instructors trained in the special needs of the elderly, (and aware of necessary cautions) are increasingly available. They are a very useful resource for both doctors and patients when exercise is the prescription.

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

The Winter Carnival Corner

What is it all about? Why?

One of the first questions that you will probably ask yourself is: "What is the Winter Carnival all about?" Since I am on the committee supposed to organize this event, I think I should be able to answer this question. (Am I feeling a sensation of inadequacy?...) First, I can provide you with two definitions which should help us answer the questions (I hope). From the Concise Oxford Dictionary:

Winter: Coldest season of the year.

Carnival: Festivities occurring at a regular date.

From these definitions, we can therefore conclude that the Winter Carnival is composed of festivities occurring during the coldest season of the year. (Am I feeling more and more inadequate?) I can hear people say, "What is he talking about?" If I knew, my article would already be finished. Being a conscientious individual, I must try again before accepting defeat. Let's look at another definition.

Festivity: gaiety, rejoicing; festive celebration, festive proceedings.

Now I think it is more obvious. (Am I feeling more and more adequate?) I hope that you will agree with me that the word "festivity" sounds like fun (gaiety, rejoicing). Therefore, I can conclude that FUN is what the Winter Carnival is all about. Any other questions?

What? When? Where?

At this time, the definitive schedule of the No Snow Festival is not completed but to keep you informed on the events which are being planned, the following schedule is included. A definitive schedule including specific timings and details will be published at a later date.

First half of Jan 95

Formation of the teams who will represent their unit during the No Snow Festival and compete to prove their supremacy.

Second half of Jan 95

Sale of the buttons ($5.00).

No Snow Festival

2 Feb 95: FUN

Evening activities at the arena: - Family skate and
- Mixed up hockey

3 Feb 95: MORE FUN

Morning activities at the Junior Ranks' mess and Gymnasium: - Breakfast and
- Sports tabloid

Afternoon activities at the Arena: - COs tricycle race and
- Other games such as relay race, chariot race, etc.

Evening activities:
- Light supper
- Announcement of the results (prizes), and
- Dance

Please keep in mind that the list of activities can still be changed but the essence should remain the same.

How?

A button is all you need for all the events, the food, the dance and the prizes.

The sale of the buttons will start around the middle of January 1995 and the buttons will be valued at $5. A list of the various prizes will be published at a later date, but keep in mind that by purchasing your button at the beginning of the sale campaign you will increase your chances of winning a prize.

What should a good No Snow Festival participant do prior to and during the Festival?

1. Have a safe holiday;
2. Read the Totem Times, the Routine Orders and watch for signs and posters which will provide the latest information about the Carnival;
3. Buy the official button early during the sale campaign;
4. Ensure all her/his co-workers are well informed on the No Snow Festival by ensuring they do Step 2.
5. Ensure his/her unit is well represented during the Carnival; and
6. Have as much FUN as possible during the Carnival by participating in all the events.

Only 42 days to 19 Wing Winter Carnival!!!

Association Francophone de la Vallée de Comox

Au Secours!... Help!

Bénévoles Recherchés

L'Association Francophone de la Vallée de Comox est à la recherche de personnes bénévoles pour combler les postes suivants au Conseil d'administration.

Trésorier(ère)

Il est responsable de tous les livres comptables et autres documents nécessaire pour la bonne tenue d'une comptabilité approuvée par le Conseil d'administration. Il dépose tous les argents dans un compte de banque approuvé par l'Assemblée générale. Il prépare les rapports financiers ainsi que ceux présentés à l'Assemblée générale annuelle après les avoir fait vérifier par le vérificateur-compatable. Il participe aux réunions du Conseil d'administration.

Directeur(trice) des communications

Il est responsable de la publicité de l'Association Francophone, il rédige des articles de journaux avant et après les activités. Il participe aux réunions du Conseil d'administration. Il doit avoir un bon français écrit et une bonne connaissance de l'anglais écrit.

Si vous êtes intéresse par un de ces postes, veuillez communiquer avec Angèle au 334-8884, entre 13h et 16 h, du mardi au jeudi.

Volunteers Needed

The Comox Valley Francophone Association is looking for volunteers for the following position on the Board of Directors:

Treasurer

Shall be responsible for all the financial records and other documents required for effective accounting, the form of which shall be approved by the Board of Directors. He shall deposit all moneys in an account at either a credit union or bank approved by the general membership. He shall prepare financial reports as well as those presented to the Annual General Meeting, after having them verified by the auditor.

Director of communications

He will be responsible for the publicity for the Board of Directors, as well as verifying all activities for publication, before and after each event. A good knowledge of both written French and English a must. Must participate at the Board meetings.

If you are interested, please call Angèle at 334-8884, from 1-4 pm, Tuesday to Thursday.

****

The French Community Centre '(Le Centre Communautaire Francophone) is the new kid on the block at 479 Fourth Street (above Centra Gas).

It is a non-profit organization regrouping the Comox Valley Francophone Association and Educacentre, an educational and training service for adults.

Starting November 94, Courtenay Manpower is sponsoring a seven month training program which will enable the three participants to acquire practical work experience as well as develop a range of services in French and create a permanent administration within the Centre Communautaire Francophone with the prospect of re-entering the job market. Our three new members are:

Administration - Brenda Mountain, Education and Employment - Françoise Ariss, and Community Relations - Michel Leclerc.

At Educacentre we offer multi-level courses for Anglophones and Francophones in French and English, conversation, theatre, improvisation, library services, workshops and literacy programs. Our goal is to find and compile, create and offer many services in French in our

Continued on page 14

Community Council Corner

New Pet Penalties for PMQs

These are the new approved fines for Wallis Gardens Community. Fines shall be paid to the Animal Control Officer at the time of the notice of offence, or not later than 72 hours, by cheque to PMQ Association.

OFFENCE	FINE
1. Failure to obtain an animal licence.	$25.00
2. Failure to ensure that a collar and tag are worn when an animal is off the premises of the owner.	$25.00
3. Permitting an animal to run at large.	$30.00
4. Failing to confine and house a female animal in heat or failing to notify the ACO of a pregnant female pet.	$25.00
5. Permitting a dog to bark, howl or in any manner disturb the quiet of any person.	$25.00
6. Failure to immediately remove an animal's defecation from public or private property.	$25.00
7. Permitting an animal to damage public or private property.	$30.00
8. Permitting an animal on school grounds, play ground or posted park land.	$30.00
9. Interference with Enforcement Regulations.	$35.00

Wallace Gardens Community Council

Skating Schedule

Sat 1-2:30 pm & Sun 12-1:15 pm
Mon 9-10:15 am & Thur 1-2 pm (Parent & Tots)
Holidays: Dec 23 12-1:30; Dec 24 11-1:30; Dec 27, 28, 29 & 30 12-1:30; Dec 31 11-1:00.

NO SKATING: Dec 25 & 26

888 (KOMOX) WING RCAFA

CALENDAR OF EVENTS - 1994/95

December/January

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.

INTERNATIONAL WOMEN'S DAY CONFERENCE

MARCH 8
at the Base Gym
***speakers**
***displays**
***workshops**

Guest speaker: **Iona Campanola**

Note: We are in need of volunteers to help the planning committee. The next meeting is on Jan 12, 10am to 12noon, in bldg 22, WPSO's office.

For more info and to volunteer, call Lt (N) McNally, local 8293.

On the Base

Families, Drinking & Drugs

What happens in a family when one member has a drug or drinking problem? Everyone in the family is affected in one way or another, and everyone can help determine whether the situation gets worse or better.

Everyone's Problem

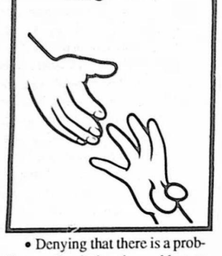
You might think that a drug or alcohol problem belongs to the person who is drinking or taking drugs. But if someone you love has a problem, you probably do too. Because you love them, the way they act affects how you feel, and may affect how you behave. Perhaps you have felt suspicious about "where the money is going," or angry and disappointed when someone's intoxication caused long-awaited activities to be cancelled. You may have covered up when someone missed an appointment, broke a promise or couldn't go to school or work.

Physical or sexual abuse might even be present. Perhaps you wish the "problem person" would change, and fear for the whole family if the problem continues. But, believe it or not, your best chance for rebuilding a happy family life is to start by changing yourself.

Harmful "Help"

Many times, whole families have unintentionally made it easier for the abuser to rely on drink or other drugs. This is called enabling, and it is often done with the best of intentions. Here are some examples of enabling:

Employee Assistance Programme



- Denying that there is a problem, or dismissing the problem as a small one.
- Taking over the abuser's responsibilities.
- Rescuing the abuser from the consequences of his or her drug use, such as by "calling in sick" or lending money.
- Reinforcing drug use by participating in occasions where it is used.

All of these behaviours allow the abuser to keep using drink or other drugs in destructive ways and hurt the enablers as well.

Suggested Steps

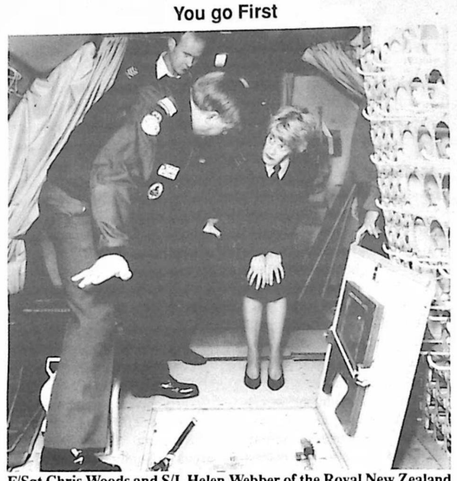
If someone in your family has a drug or alcohol problem, here are some suggested courses of action:

- Learn more about the drug being used, and about drug abuse patterns. Chemical dependency is not caused by lack of willpower or moral decay. It is a treatable disease.
- Get help for yourself from a health professional who specializes in chemical dependency issues. Ask your employee assistance program for a referral, or look in the yellow pages under "drug abuse" or "alcoholism."
- Join a self-help group for families of drug abusers, such as Al-Anon, Coke-Anon, or Nar-Anon.
- Stop rescuing the abuser from the consequences of his or her actions.
- Work with a health professional to plan a way to intervene in your family member's drug use. Get him or her into treatment and build healthier family habits for the future.
- Take good care of yourself, and expect a difficult period. Becoming a drug-free family takes time and patience.

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

Kiwis Visit

You go First



F/Sgt Chris Woods and S/L Helen Webber of the Royal New Zealand Air Force look on as 407 Squadron's Maj Andy Clark explains the differences between a Canadian CP-140 Aurora and the P-3 Orion flown by the Kiwis.

Storytime

S/L Helen Webber smiles patiently as 442 CO LCol Rick Hardy reads aloud from *The Official Book of Newfie Jokes and Anecdotes*, which Hardy co-authored during a posting to Goose Bay. LCol Hardy shared whole chapters of the volumnous tome with S/L Webber, frequently taking time to laugh at the many tales of Newfie misadventure and explain the intricacies of the humour to his visitor from the Royal New Zealand Air Force. S/L Webber declined a copy of the book which Hardy had volunteered to autograph, saying she had "already heard all the jokes more than once."

More Francophone

Continued from page 13

community.

If you need more information, please come and see us or call 334-8884. Our hours are Monday to Friday 9:00 am-4:30 pm.

****

Il y a du nouveau au Centre Communautaire Francophone situé au 479 4th Street (en haut de Centra Gas) qui regroupe L'Association Francophone de la Vallée de Comox et Educacentre pour l'éducation aux adultes.

Depuis Novembre 94, Emploi et Immigration Canada commandite un programme de 7 mois qui à pour but de développer l'employabilité et accroitre l'expérience de 3 participants ainsi que de développer toute une game de services en français qui seront offerts par le Centre.

Les 3 participants sont: Brenda Mountain, à l'administration, François Arriss, emploi et éducation, et Michel Leclerc, relations communautaires.

A noter que le Centre offre déja des cours de français langue seconde, anglais langue seconde, conversation, théâtre, improvisation, service de bibliothèque, séminaires, program d'alphabétisation et autre à venir.

Si vous voulez en savoir plus venez nous voir ou appeller nous au 334-8884. Nous sommes ouvert du lundi au vendredi de 9:00 à 16:30.

EXTENTEDED DEADLINE

JUNIOR RANKS
NEW YEAR'S EVE DANCE
WITH THE
C.C. TRAIL RIDERS

ADVANCED TICKETS ONLY UNTIL THE 27th OF DEC.!

$15.00 FOR MEMBERS
$18.00 FOR NON-MEMBERS
INCLUDES THE PRICE OF THE LEVEE ON THE 1st

BY ACQUITANCE ROLL OR CASH AT THE JR. RANKS MESS MANAGER'S OFFICE DURING NORMAL WORKING HOURS
OR
BY ACQUITANCE ROLL ONLY AT THE JR. RANKS BAR, AFTER HOURS

LEVEE STARTS AT 1300 ON THE 1st @ THE JRM

$6.00 for MEMBERS,
$8.00 for NON-MEMBERS

31st DECEMBER 1994
DOORS OPEN @ 1900

DINNER IS SERVED
2000Hrs to 2130Hrs

IF YOU'RE NOT HUNGRY
COME OUT AFTER DINNER
$6.00 for MEMBERS
$8.00 for NON-MEMBERS
AT THE DOOR
INCLUDES THE LEVEE

Driftwood Mall
40 STORES TO SERVE YOU
2751 CLIFFE AVENUE,
COURTENAY, B.C. V9N 2L8

From the Management & Staff at Driftwood Mall

May we wish our friends at CFB Comox and all the readers of Totem Times, a Merry Christmas and a Happy and Prosperous New Year. We look forward to seeing you in 1995.

HAPPY HOLIDAYS!

On & Off the Base

Legion Log

BRANCH 17 COURTENAY
334-4322

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

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 EUCHRE.....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

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 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.

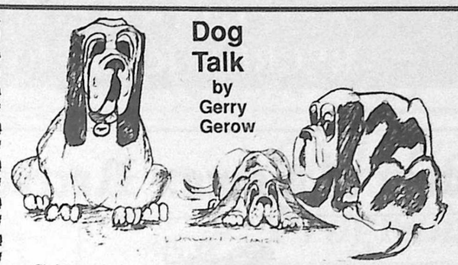
*****REGULAR EVENTS*****

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



Christmas time again. It sure seems to come around fast, the older we get. Time to write cards and letters to friends all over the world that we only seem to write to and hear from once a year. Time also to think about gifts.

Too many people decide to get a puppy for Christmas. Not a good idea, for a number of reasons. The papers are full of advertisements for puppies ready to go to new homes, but what do you know about the people selling these puppies? What kind of breeding has gone into them? All too often there has not been too much thought gone into the match-up. Better to back up a bit and do a bit of research. What kind of a dog is right for your family? The doggy that's right for one is not necessarily right for another. What is your life style? Is your home environment right for a certain type of dog? How often do you travel? How much time do you have to spend grooming and caring for the dog? These and more questions need to be answered.

Sure, make the decision to get a puppy, but do your homework first. Decide on the breed you want, and then investigate sources of supply. Talk to breeders. Make a rational decision.

Right now, someone is reading this and saying "he's pushing pure-bred dogs again." Yes I am, and for a very good reason. When you buy a pure-bred you know what it is going to grow up to be and, if you've done your homework, you will have a pretty good idea of what will be required in the care, and what its temperament will be like.

If you go to the animal shelter for a puppy, you will not know for sure about its parents. They may know something about the mother, but what about the father? Probably no one knows. And, do you really want a puppy bred and started off in life by someone who would abandon it to an animal shelter? I know I'll get in trouble for this. I realize that the SPCA does tremendous work. They are a very necessary part of our society. They should not be, but they are. However, no one will ever convince me that the animal shelter is the place to get a pet. There is too much risk involved, and I've seen the result too many times.

How much is that doggy in the window? Never, ever, buy a puppy from a pet store. They are almost always the product of a puppy mill, normally an American one. They are poorly bred and over priced. If you check you will find that you can buy a well-bred animal from a local breeder, cheaper than you can in the pet store. Many of these puppies have medical problems caused by poor breeding practices, and poor care. You don't want the heartache. If you really feel you want to buy one of these puppies, then ask the store owner to let you take it to a vet clinic for an examination. It won't cost that much, and may save you a lot of problems.

To all my readers, I would like to wish a safe and very merry holiday season. See you in this paper next year.

How Much is that Doggie in the Window?

Career Transition Workshop

Topic: The Changing Face of the World of Work
Time: 0800 - 1000, 10 Jan 95
Place: Bldg 22, WPSO Classroom #16
Spouses welcome
To register: Contact WPSO staff, Local 8293

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
338-9880 for reservations
6:30 A.M. - 10 P.M. 7 DAYS A WEEK
OWNED AND OPERATED BY THE COLLINGWOOD INN

The Comox Heritage Aircraft Society

The society was formed under the auspices of the Comox Airforce Museum in 1992. It's goal has been the acquisition and preservation of historical aircraft on the west coast used by RAF/RCAF and recently CAF at 19 Wing Comox.

With the successful completion of the Argus external restoration, the museum now has a dedicated group of aviation enthusiasts willing to tackle the manhour extensive repairs needed to preserve the airpark sentinels. To reduce confusion, the committee has become the society, thereby able to take on a greater role and responsibility within the museum.

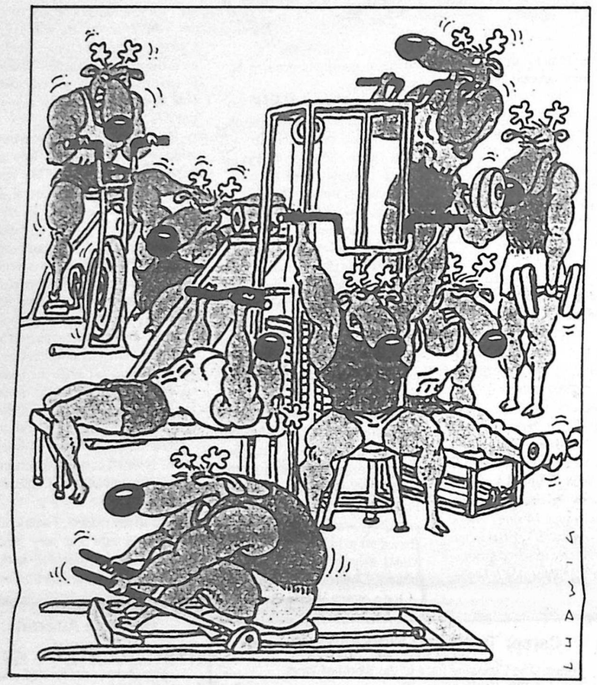
The society is made up of civilian and military members interested in preserving historical aviation in the area. It includes hands-on aircraft repair, increasing public awareness (through displays and magazine articles) and fund raising (for equipment, worksite building, aircraft acquisition and restoration).

The public is encouraged to see the exhibits on display at the Comox Airforce Museum and put forth any ideas that will unfold the mysteries of aviation in the area over the past 50 years. For more information call the museum at 339-8162.

Anyone interested in contributing time to preserving the present and future Heritage Aircraft call Karl Smith at 339-7950, or come out to our next meeting on 8 Jan 95 at 19 Wing Comox, in the ATCO trailer across from Wing CE, at 1300 hours.

TOWN of COMOX RECREATION DEPARTMENT

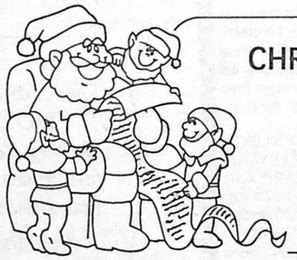
The Town of Comox Recreation Department



Sick and tired of being referred to as "eight tiny reindeer", the boys joined the "COMOX COMMUNITY CENTRE FITNESS STUDIO".

wishes you
a very
Merry Christmas
and a
healthy
New Year

REGISTER NOW
at the
Comox Community Centre
for
WINTER 95 programs



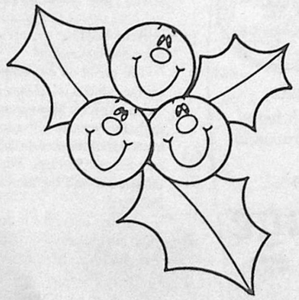
CHRISTMAS HOURS

CLOSED DEC. 25 & 26

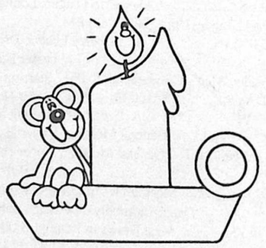
OPEN DEC. 27
10:00 AM - 3:00PM

CLOSED Jan. 1 & 2

Please present this coupon for



1 FREE
Fitness Class
or
1 FREE
Fitness Studio Visit



COMOX MILITARY FAMILY RESOURCE CENTRE

CMFRC CRFMC

Season's Greetings & Joyeuses Fêtes

From the Board, Staff & Volunteers at the CMFRC

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

Program Planning for Winter /Spring 1995

It's that time of year again when we need to start thinking about what programs will 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.

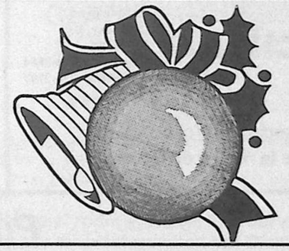
Child Care Programs

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

• Precious Little People Preschool
Licensed preschool for ages 32 months - 5 years
Registrations are being taken for January 1995
Mon. and Wed., 9 - 11:30 am
Mon., Wed., and Fri., 1- 3:30 pm
Fees: $60.00 per 2 - day session
$90.00 per 3 - day session
Registration: Call 339-8290

• Precious Little People Childminding
A licensed playgroup for children 18 mth - 5 yrs
Tues. & Thurs. 9 am - 12 pm
Location: Wallace Gardens Community Centre
Monthly registration or drop in available
Fee: $7.00 per morning

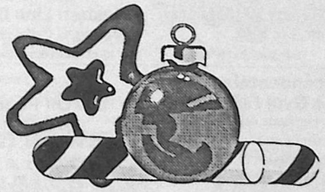
• Toy Lending Library
Open every Wednesday 1:30 - 4:00 pm
Location: CMFRC, 119 Kinnikinnik
Annual Membership Fee: $10.00



Youth Activities

Christmas Break

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



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(Next to Good's Groceries)

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 (1)

The Comox Glacier Wanderers are having their new "Year Round" 10K Volkswalk on Sunday 1 Jan 95. Registration will be 0930 for 1000 start, at The Leeward Pub. Lunch will be available following the walk. Info: 339-4145.

Volkswalk (2)

The Comox Glacier Wanderers are having Courtenay's new "Year Round" 10K Volkswalk on Sunday 8 Jan 95. Registration in The Arbutus Hotel at 0930 for 1000 start. Lunch will be available following the walk. Info: 339-4145.

Western Line Dancing

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

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.

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.

Avis

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

19 Wing Pacific Divers Scuba Club

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

BREAK free

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**

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

TOTEM TIMES 1995 PRINTING SCHEDULE VOLUME 37

DEADLINE (NOON) NUMBER	PUBLICATION DATE
Note: Copy Deadlines are Friday (Noon)	
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

NEXT DEADLINE

6 JAN. - NOON

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.

COLUMBO'S STEAK HOUSE
PIZZA N PASTA
Luncheon & Dinner
Pickup Available
Italian & Greek Dishes
Banquet Room for Parties
Open 7 Days a Week
1 - 450 Ryan Rd. Courtenay
338-1488

NOTICE: CHANGE OF DATES

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 10-11June 95

Registration/Greet & Meet will take place at 888 Wing RCAFA, 1298 Military Row (Little River Rd.) Comox, B.C.
Saturday 10 June 95 at 18:30 hrs.
The Anniversary Parade will take place at the CFB Comox Arena Sunday 11 June 95 at 11:00 hrs.
Ending with a B-B-Q at 888 Wing at 13:00 hrs.
Cost: $15.00/person
For confirmation contact: Capt Melançon, 604-339-7768
Mail cheques to: 386 Squadron 50th Anniversary, c/o A. Melançon, 419 Anderton Road, Comox, B.C. V9M 1Y8

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

479 Fourth Street
Courtenay
V9N 1G9

Tel: 334-8884 Fax: 334-3797

Les Membres due Conseil d'Administration
et le Personnel de l'Association
vous souhaitent
un très Joyeux Noel et
une très Bonne Année 1995
A tous les membres et a tous les benevoles.
****
The Personnel and the Board of Directors
would like to wish a Merry Christmas and a Happy New Year
to all members and volunteers.

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

Bulletin Board

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

Meadowlark Estates Ltd. wishes to annouce the grand opening of Aspen Court at 698 Aspen in Comox For Rent or Lease

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

For Rent

1-yr old Courtenay East home. 3-bedroom, 2 bath, quiet, good neighbourhood, private, 5 appliances. All blinds. Separate 2 car garage/ workshop. No pets. Non-smokers. References required. For Feb 1. $1,000 per month. Phone 338-7736.

CHRISTMAS TREES

All sizes. Comox Valley grown and **NO GST!** Pine, fir, balsam & spruce. 1994 special on #1 NATURALS. 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.

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

For Rent

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

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Introducing the Valley's first, famous and only...
caesar! caesar! night
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the best caesar salads in town (we use fresh, italian parmesan) for the incredible low price of 3.25
caesar drinks, too!
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WING NIGHT every Tuesday ...
all you can eat Chicken Wings
for the amazingly low price of
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MONDAY 1 DAY ONLY

MONDAY 10 A.M. - 4 P.M.

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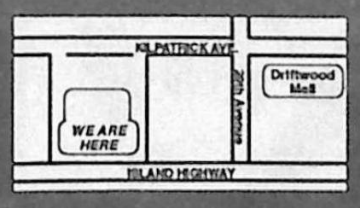

MON-THURS & SAT.
9:30 to 5:30
FRIDAY
9:30 to 9:00
SUNDAY
12:00 to 5:00

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