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TOTEM TIMES

19 Wing CFB Comox B.C.



VOL 37 NO 1

THURSDAY 12 JANUARY 1995

COST: PRICELESS

January Visitors



Jan 23-27

Base Prepares for Fighter Exercise

CFB Comox will be the site of a major air superiority exercise from Jan 23-27. Augmenting the base's eight participating T-33 jets will be two C-144 Challengers, eight CF-18s and a Boeing tanker. The exercise will test the interception techniques of the CF-18s and the electronic warfare capability of the T-33s and Challengers. The overall objective of

the exercise is to test the effectiveness of coastal aerial defence, which today supports such non-traditional roles as drug interdiction.

The T-33 jets flown by 414 Squadron have proven to be the most cost-effective means of testing the air defence systems of other aircraft and naval ships. Though the plane is now over 40

years old, it consumes substantially less fuel than a more modern jet fighter.

A flight of CF-18 aircraft is periodically detached to Comox from its normal base of operations in CFB Comox was the principal NORAD base in Western Canada. Flying CF-100 Canucks and CF-101 Voodoos, the pilots and ground crews of the base were

tasked with defending North American airspace from Soviet attack. Today, that fighter presence continues with the ongoing presence of 414 Electronic Warfare Squadron, which moved to Comox from North Bay, Ont. in 1992, and the regular detachments from Cold Lake.

Media will be invited to view this exercise from the vantage

point of a Challenger jet, which will allow reporters a unique opportunity to view the proceedings from the air and watch the electronic tracking devices in action.

For more information call Capt. David Krayden, Wing Public Affairs Officer, 19 Wing Comox, at 339-8201.

On & Off the Base

Christmas Gifts



Chaplains Chatter

by Padre Fraser Harvey

As I sit down, putting fingers to keyboard trying to meet the deadlines for this issue of Totem Times, I am reminded that today is the Epiphany of our Lord. For many people, today is Little Christmas. This is the day that the Church celebrates the coming of the Magi to the baby Jesus with their gifts of gold, frankincense and myrrh. (The Magi giving their gifts to Jesus is where the tradition of giving gifts at Christmas sprung.) For many centuries, Epiphany was more important than the Nativity of our Lord (Christmas). Many Christians

still follow this tradition and celebrate their Little Christmas with the giving of gifts and a great family supper.

Now usually when the topic of giving comes up most preachers are inclined to pull out the old adages of it being better to give than to receive; that we are a society of takers and not givers; and it is not the gift that counts but the thought. There is no need in focusing on being better givers because we have become excellent givers. At Christmas businesses depend on us being good givers. In January we have the bills to prove how well we gave. We do not need to become better givers but we need to improve at receiving gifts.

I was shocked at a news article on the TV about people returning gifts. The biggest reason was not that it did not fit but it was not what they wanted! I guess this is to be expected when we encourage people to tell Santa what we want for Christmas. What did surprise me was when Santa asked one child what he wanted for Christmas, he said that he would be happy with whatever he got. No matter how much Santa

prompted for a specific item the child's response was the same.

Most of us are not gracious receivers. We smile politely when complimented not knowing what to say. If we are given a gift we feel obliged to also give one. Yet this Christmas I watched as many units and individuals gave without expecting anything in return. Food hampers were given out, families adopted and toys were given to children. All were graciously received and I am sure, put to very good use.

God gave us a gift a long time ago that keeps on giving. He gave us his love. Some people look at this gift and wonder what to do with it. Others don't want it. Some say "Thank you" and put it away. Some know exactly what to do with it...they share it with others. I think most people fall into this last group even if they don't know it.

This Christmas, I was very moved by the outpouring of love by this base. I would also encourage you to keep this Christmas spirit all year. May God's blessing be on you and your families in this new year.

Resumé Workshop

Date: Mon 23 Jan Time: 1230 - 1530

Place: WPSO Classroom 16, Bldg. 22

Dress: Dress of the day

To Register: Contact WPSO office, local 8293

*** Military spouses welcome***

Job Interview Workshop

Date: Tue 24 Jan. Time: 0800 - 1130

Place: WPSO Classroom 16, Bldg. 22

Dress: Dress of the day

To Register: Contact WPSO office, local 8293

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- the Canadian Forces, or
- the RCMP

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

While it Still Works



Wing SAMPO Lt(N) Matt Joost accepts a Base Commander's Commendation from Col Terry Rogers and flexes his wrist one more time for good measure, just hours before breaking it during a reportedly intense game of "shore patrol" badminton. Curiously, this is the last photo taken of Lt(N) Joost before being outfitted for a cast so, if you don't buy the badminton story, we suspect this was a true "grip-and-no-grin" photo. The SAMPO flight was given and commendation in recognition of its superb maintenance of security during the Comox International Airshow, Royal Visit and other VIP events.

Promotion



Cpl Hall receiving her new rank and a hearty congratulations from the W SAMPO, Lt(N) Joost.

On & Off the Base

1994 Report

Women in the NATO Forces

by Capt

Catherine Crowell

"A woman's role is to give life and not death." As a pregnant 12-year veteran of the Canadian Forces, I had to chuckle when I read Franc's position on women in battle in the 1994 edition of *Women in the NATO Forces* report. The report itself is quite comprehensive. In the words of Field Marshal Sir Richard Vincent, Chairman of the NATO Military Committee, "It provides an excellent overview of the organization and current status of women in the Armed Forces of the NATO Alliance." Delegates representing 13 member nations supplied a report on the status, organization and general conditions of service of servicewomen in the Alliance. What follows is a brief and purely unscientific survey of member countries' accomplishments, or the lack thereof, in equal opportunity.

It appears that Norway comes out on top. While some countries' reports fall into the "doth protest too much" category, Norway's adopts the "what's the big deal" attitude. In Norway, "All career fields are open to women in the Armed Forces. There are no restrictions at all for either officers or privates and enlisted personnel. They are educated within all the three branches - executive, engineering and logistic and the same career plans apply for both sexes. Women are posted in a variety of combat and non-combat positions in all three services." This general statement can be applied to the policies of other countries as well, such as Canada,

Belgium, Denmark, and the Netherlands.

There are two other factors, however, that contribute to make Norway remarkable. One is a generous maternity leave period of 48 weeks with full payment, or one year with 80% of salary. The other is *The Network for Female Officers* which was founded in 1989. The network sponsors professional related talks, social fellowship and provides a support system for women to adapt as a "Minority group in a male dominated system."

At the other end of the continuum one finds France. Its submission makes a curious distinction between roles for women versus roles for mothers. In order to provide a balanced view, it is fair to state that their official policy is that "female staff serve under a common regime with the same advantages, guarantees and duties as the male staff." Statements like this are followed by pages of statistics covering their quota system. Their report concludes with a discussion of the fact that the limit set for female candidates to military academies will soon be saturated because their intellectual level is often higher than that of male candidates. The trend to have women in the military is dismissed as a possible "fad (that) is only a passing one for the very atmosphere of preparation for direct combat and corresponding constraints might show many women that they are not made for operational tasks."

Germany and the United Kingdom also score low on the equal-

ity scale.

Turkey is an example of a country where one might be expected to find very traditional roles for women. Instead, Turkey shows a desire to include more women in non-traditional roles. They are subject to the same terms and conditions as males and since 1993 all branches of the Turkish Armed Forces are open to women as officers. Their integrated training is especially designed for combat branches and includes tank hunting, combat training, armaments and firing drills, maintenance, combat service support, and leadership NCO occupations will soon be open to women, as well.

Portugal and Spain have recently begun experimenting with women in all occupations, but their numbers are largely limited to the medical professions. Likewise, Greece has only nursing officers in the Hellenic Armed Forces.

The NATO Alliance member countries represent the entire spectrum of attitudes about women in the military. The report is fascinating reading and has been distributed to CFTS schools dealing with leadership/management issues. Anyone who wishes to read more should request a copy of the report by contacting the Director Personnel, Policy and Conditions of Service at National Defence Headquarters at (613) 996-7856 or 995-1115.

(Capt Catherine Crowell is a Training Development staff officer at CF Training System Headquarters, Trenton.)

Management Certificate offered at CFB Comox

If you are looking for a qualification bridge to the civilian world, or plan to enter (or are in) management positions with the military and need some formal qualifications, a new educational program now available at CFB Comox answers your needs.

The Canadian Institute of Management will be offering its four-course *Certificate in Supervisory Management* program at CFB Comox starting 25 Jan. Beginning with Communications Skills, the certificate also covers Human Relations Skills (Spring 95), Human Resource Management Skills (Fall 95), and Financial Management Skills (Winter 96).

Anyone interested in registering in one or more of the courses should contact the WPSO at local 8293, or stop by her office in building 22. Registrations are limited to 20 people per course. The courses are open to anyone with a base pass.

The primary benefit of the program is developing the foundation management and leadership competencies you need for successful careers. Formal certification adds value to your résumé, and shows you are the kind of person who is prepared to invest

time and commitment to succeed. Senior executives across Canada are expressing concern that the knowledge and skills they most need in their organizations - communications skills, people skills, planning and organizational skills - are in short supply. The institute program is the first step in building your skills toolkit.

Tuition fees for each 36-hour course are \$160 per course, with textbooks ranging from \$22 - \$32 per course. Fees may be paid for each course separately. Reimbursement of tuition fees may be available under CFAO's, or, if not applicable to you, are tax deductible. To gain credit through the CIM you must also be a member of the institute. Membership fees are also tax deductible.

The Canadian Institute of Management has equivalency agreements with several colleges and universities in Canada, and you may be able to transfer credits from the institute to a post-secondary institution of your choice, including Athabasca University.

The institute is a professional association of managers and future managers, with 23 branches across Canada. Entering its 53rd year, the institute offers a wide range of formal educational

courses and professional development activities to its members. Brochures about the institute are available from the WPSO.

The institute also offers an advanced eight-course *Certified in Management* program, leading to the professional designation, C.I.M. There is potential to offer this program too at CFB Comox. Anyone interested should contact the WPSO. The advanced program is also available by correspondence, particularly important if there is a possibility you might be transferred somewhere the program is not offered live.

In addition, the institute recently introduced its graduate-level program, a 12-course equivalency program that leads to the professional designation, C.Mgr. A third professional designation, Professional Manager, is awarded to members who achieve the required level of management experience and academic achievement. Information on all programs and designations is contained in the institute brochures in the WPSO's office.

For more information contact: Lt(N) L. McNally, WPSO, local 8293.

Women's Day Conference - 8 March 1995

The organizing committee for the Women's Day Conference to be held at CFB Comox, 8 Mar 95, is looking for interested volunteers. Military spouses are most welcome. The next meeting is 1000-1200 hrs, 12 Jan, in Classroom #11, Bldg. 22. For further information, contact Lt(N) McNally at 339-8293.



Picture courtesy Mrs. A.B. Hetman, AFIS.

Memories of Baden

by Sydney Phillips

I look at the airfield there, so close to the River Rhein And sadly see the roads covered with needles from the pine The many different people who once lived and worked here Would think of all their fond memories and sadly shed a tear The buildings standing so quiet, still all painted green The wildly growing weeds paint a different scene No red and white license plates on any cars around No whining jets overhead making their terrible sound It seems so sad to see the place so barren and so bare Where once was a busy Fighter Wing, operating above All is very silent now, but we will never forget The strangers who became friends, after they had met Remember Four Fighter Wing has its pride of place Let your own fond memories light up your smiling face Don't ever forget that you were once posted over here Eating lots of schnitzels, brotwurst and quaffing all the beer Search through all your memories, and one day you will find Lots of pleasant thoughts, gently flowing through your mind 'Bout the fog and pouring rain, there's that alert siren once again Children learning something new about the place where up they grew The fun times, the friends they met, fixed in their minds, never to forget Though nothing ever takes the place of greetings spoken face to face Still, thoughts must often cross the miles to take the place of words and smiles So on this festive holiday, this card brings fondest thoughts your way Besides a little thought or two, that things are going well for you I wish you all you wish yourself, lots of good cheer, and the best of health Now I must bring to an end this letter to you, dear friends And wish to you all a fond Adieu, the best of regards and God Bless You.

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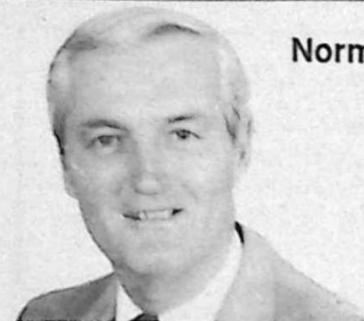
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Brian Willis

Editorial



Norm Blondel

Marking Time

1995 promises to be a good year if you're looking for a job, have investments of various kinds or are slated for FRP, but not so sanguine in terms of peace. Two articles in this edition, "No Peace Dividend," (page 4) and "Security in a Changing World," (page 5) take a somewhat gloomy view of the current situation in the former USSR, and of military downsizing where it applies to the Air Force, (if we may use the term). And we have the on-and-off conflict (presently off) in Bosnia, where CF troops and troops of other nations are still taking casualties, to add to a generally pessimistic feeling about 1995 being a year of peace.

It seems the best we can hope for in places like Bosnia and the old USSR, is a sort of Mark-Time.

Looking back to my editorial of 25 Jan 1990, "Fragile Democracies," I quote: "There is as much a possibility of intolerance among the new movements seeking to replace the Communists as there was among the Communists themselves. The movements may fail to satisfy their populations, new dictators may rise in their place or their systems may collapse into anarchy.... It would appear premature to think of disarmament as the next step to take, except in careful, deliberate stages fully attuned to the progress of the democratic movements in Europe, and with a wary eye on the rest of the world. If the next few years are to be full of hope for peace and freedom....they must also be ones of caution for the old democracies. We didn't get to be old democracies by throwing our weapons away."

I believe the articles, by George Nikolski and MGen (ret.) Mo Morrison, sound a proper note of caution. Marking time without your weapons is only good for the parade ground.

It's Friday Now

"Old habits are hard to break." That's not one of Wife's sayings about me, although it could be. In this case we refer to our new deadline of Noon Fridays, brought about by a revised printing schedule. We still receive some of your input on Mondays, and, most of the time, it has to wait two more weeks before it reaches our avid readers. Please break the habit. If you are using Base Mail, remember to allow time for your contribution to reach us by Noon on Fridays.

Light Table Anyone?

The Totem Times would like to acquire a light table - basically a table with a frosted quarter-inch glass top, with fluorescent lighting underneath, for use in cutting text and photos to the proper size. If there's a section on Base which has one no longer in use, or if anybody knows where we can get such a useful piece of equipment, please call 339-2541 and leave a message.



No Peace Dividend

(From a recent speech by George Kamoff Nikolski to the United Services Institute.)

There is no experience with democracy and at present there are 18 wars going on in what was the USSR. Russia has 160 nationalities speaking 97 languages, 250 political parties, and all varieties of moslems who are constantly bickering among themselves.

The Ukraine has belonged to Russia since 1667 and its army is 27% Russian. The Baltic states have only been independent for about 20 years since 1759, that was from 1918 to 1941. Stalin had transferred factories and workers to other republics to make parts for assembly plants in Russia. However, his hidden purpose was to install a loyal population. As a result, today Russians make up 50% of Latvia, Lithuania 10%, Ukraine 25%. Russians are a significant minority in all of the republics.

The end of the cold war was expected to bring peace and sta-

bility; the reality is conflict and instability. The end of communism was interpreted as democracy; the reality is mixed ideology. The end of the KGB should have brought freedom of choice; the reality is the Mafia and crime.

Kamoff, who is still under contract to the Department of National Defence, went on to say: "The end of the controlled economy has brought about chaos, illegality and inflation. The ruble was worth \$2.00 US, now \$1.00 buys 4,300 rubles."

Troops moved back from Germany, Poland, Hungary, etc., have no accommodations and no pay. The only ones being paid are the strategic force and the Internal Security force. The others get chits they can spend in their own canteens.

In the spirit of enlightened self-interest, the Americans rebuilt Germany and Japan after the war. Now, although the western nations have announced \$68 billion in aid, to date only 7.1 billion

has been delivered and Russia is seeking more. She is still powerful (her nuclear weapons have not been destroyed) and has tremendous mineral resources."

Kamoff pointed out that Germany must import all minerals, America has 12% of the 48 minerals that are used. Russia has 48.

Among their pressing problems: the distribution system has never worked well, the black markets make money, including disgruntled soldiers who sell rifles and clothing. Poland is again turning to Communism with 67% support, the Ukraine appears to be going Communist again too.

Republics are more scared of Russia than they were of the USSR, the people are not motivated. External threat always held the USSR together and now that the NATO threat is removed there is little patriotism. The prospect of another dictatorship is very real and there is no reason to believe that we should expect a so-called peace dividend.

Comment

Letters

Greetings from Central Registry

A late-for-deadline message from the ladies in CR: Jingle Bells, Jingle Bells, Jingle all the way. Oh, what fun it is to work With mail bags all the day. (Refrain) With one arm full of messages, And the other on the phone Stamping all those letters With now and then a groan.

(Refrain) Clerks and secretary's requests, Raising our spirits with glee, Oh, what fun it is to work In Central Registry. (Refrain) Merry Christmas from Gail, Debby and Vicky, too.

See you in the New Year When we return to the zoo!

The Sound of Freedom

Dear Editor, As a reader of the Totem Times, I enjoyed one part of Section News (page 7) where it states: "Adjust your earplugs, the F-18s are back." For me, I don't really mind the F-18s, or for that matter any aircraft, whether they are flying over the base or over my place. The one thing that really bugs my ears is when people bel-lache about the noise of different

aircraft. Perhaps these people are the sons and daughters of "Ban the Bombers," or tree huggers who should fight forest fires if they want to save the trees.

Have safe take-offs and landings. Sincerely, Allen Angst (It's the sound of freedom, Allen - Ed.)

From the Desk of HamishH

You in your small corner and me in mine, if Ye Editor so allows:

The other day I was talking with Norm, yeh, the famous author who from time to time graces the pages of the Totem Times. He's at sea quite a bit but he keeps you in suspense. Which reminds me of the Knock, knock -- "Who's there?" "Pencil." "Pencil who?" "If I don't wear my suspenders my pencil fall down!!"

Anyway, he was telling me how he was such a hit with the W.D.'s when he was a dashing LAC, white flash in his wedge cap and all. Then he asked me if I still had an eye for the gals. I replied, "Well, I guess I do but I can't remember why!" He laughed and said, "Yeah, I know what you mean."

I then came up with this astute observation: we often hear of "dashing young men" but we don't hear of "dashing young women" what with Wimmens' Lib and all. Norm agreed but

made no further comment. So I asked him if he, once being a dashing young airman, still chased after the women? To which he quickly responded, "Who? Me? Chase after women? If a dog chases after a car and catches it, what would he do with it?" At my age I understood! And end of subject. (Editor's comment: I hasten to point out that HamishH is referring to Norm Whitley, our erstwhile writer of maritime stories. I wore an orange band on my service cap (at Halton) but never a white flash in my wedge. Too rank for that.)

On a more complicated subject; as I was going to St. Ives I met a man with seven wives. Seven wives had seven sacks. Seven sacks had seven cats. Seven cats had seven kits. Kits, cats, sacks and wives. How many were going to St. Ives? (If you don't know the answer contact Ye Editor, he knows where St. Ives is.)

About Trivia

Vickers Vancouver

Dear Sir, Re: Air Force Trivia I believe your picture is of a Vickers Vancouver.

This open-cockpit flying boat was introduced into the RCAF in the early thirties. Five Vancouvers still served in October 1935; it's possible #904 was one of these. Only two airworthy examples still flew at the outbreak of WWII in 1939, these being stationed on the west coast of Canada.

According to Group Captain

G.O. Johnson, head of Western Air Command at the time, the Vancouvers, "due to their unreliability and poor performance, are unsuitable for operations except under fairly favourable conditions and should be kept within easy reach of adequate repair facilities."

I don't know when they were officially decommissioned, but they were not serving by 1940, having been replaced by more modern aircraft types.

Phil Umpherville

You'll Get Used to It Security in a Changing World

by Mo Morrison

(Mo Morrison, aka MGen L.C. Morrison (Ret) is a frequent contributor and a former Director General Information at National Defence Headquarters. Reprinted from "Airforce" Winter '94-95 edition.)

The title of a recent publication "Security in a Changing World" will conjure up different ideas for different people. For the new parent it might suggest the safety pin in the diaper, for the retiree it could be the RRSP that may or may not be under attack. For a group of Canada's parliamentarians who used it to label their late October report it seemed appropriate. But I think I would have prefaced it with *The Search for...* for that's what it was - a search for a framework for a Canadian defence policy.

When asking for directions in these parts, one is often given the standard "you can't get there from here" and the giver of this doleful advice is sincere if it's a straight line from A to B you are looking for. Likewise with defence policy - "you can't get there from here" if you are looking for an easy route into the 21st century. This doesn't mean the Special Joint Committee didn't try, they tried mightily and to a very large extent they succeeded.

They succeeded by using the same technique our forefathers used in building the country - they worked at it!

And how! In eight months they held public hearings from Victoria to St. John's, heard 275 witnesses (some more than once) at 47 meetings, considered 300 written submissions and travelled to locations in Europe, the United States and Canada where Canadian servicemen and women live and work. That was the easy part. Compiling a report that captures the essence of what they had seen and heard and making it into a comprehensive document (in both official languages) complete with charts and graphs and writing it in a style that is at once informative and readable requires skills one would not have ex-

pected from such a disparate group.

Made up of parliamentarians from both houses and all parties this committee worked together with a sense of multipartite zeal and enthusiasm rarely seen. Despite the minority report from the Bloc Quebecois, this was a team.

So what did all this result in? In my estimation it is a decent guide for those who will write (or have written - this editorial was written in November) the new white paper on defence. Maybe more than a guide, perhaps a platform. If it is a platform it does have a couple of suspect planks from the airman's point of view. There doesn't appear to be a place for Air Command in the report's proposed restructured force and, if accepted, I think that would be a disaster for the Air Force if not the country. There has to be a room in the re-built house with Air Force on the door. The people of the Air Force must have a home and a leader - they fought too long and too hard to give it up in a burst of enthusiasm for contributing to solving Canada's politically driven current debt and deficit crisis. They already gave at the office, and gave, and gave.

This is not idle rhetoric. I have seen and lived through the ups and downs of the Air Force for more than 50 years and it is only since we got back into a blue uniform and had an appointed leader and a spiritual home in Winnipeg built for us that I have begun to hear again the proud response to the question "what do you do?" with "I'm in the Air Force." The unified force is the right answer for Canada but there must be a clearly identified Air Force within it. The authors of the report clearly recognize the importance of identification on morale but must have missed on this one.

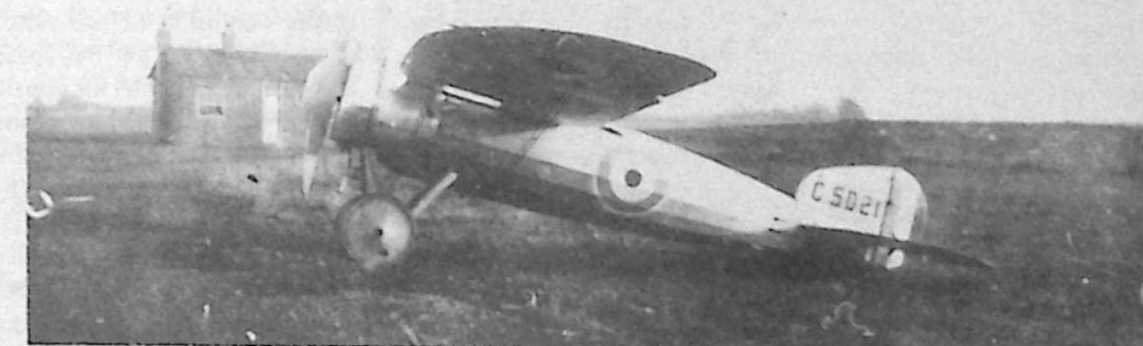
Another suspect plank is one that is actually missing. The report fails to discuss in any way the use of armed combat helicopters in a new force structure. This is not surprising as nobody to my knowledge presented a paper on the subject to the committee nor

did the "army" or the "air force" briefers make much of a thing of it. My guess is that to do so might have suggested priority and maybe get in the way of saving something else. This is a huge mistake. To even think that Canada would field a combat group of soldiers in a war zone of any intensity without its own dedicated combat helicopters is a recipe for another Dieppe, or Hong Kong.

And this brings up another missing plank...internal security. The briefers to the committee and the writers of the report dance around the subject with platitudes about sovereignty, coastal patrols and aerial intercept requirements without putting the finger on the real requirement for armed forces - they are the last resort a government has in the face of insurrection, or apprehended insurrection, or armed rebellion, or a number of circumstances where police forces cannot and should not be employed. The Canadian Armed Forces must be manned, trained, equipped and ready for internal security actions before even considering ordering them into peacekeeping, however noble such adventures appear to the orderers - if not the ordered. Much as we love to think we live in the peaceable kingdom we do have to beware the dragons.

Enough of gloom. The report "Security in a Changing World" is a first rate piece of work that clearly recognized the need for a core armed force for Canada that Canadians can be proud of even in these difficult times and one able to be built upon as circumstances change and money gets easier. Without preserving the core, or critical mass - roughly as proposed - we would indeed wander into the Boy Scout posture proposed by some idealists and, more importantly, with no base upon which to rebuild when sanity returned. The committee deserves the thanks of all Canadians but particularly from those who have dedicated their lives to helping provide security in an ever changing and challenging world.

Air Force Trivia



Trivia Answer

Interesting photo of a Vickers Vancouver, described in more detail by Phil Umpherville, left.

NEXT DEADLINE 20 JANUARY - NOON

TOTEM TIMES

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CARTOONIST.....Gord Hatch
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On & Off the Base



19 AMS Nondestructive Testing

Analytical Ferrography

In our last installment we looked at the use of Spectrometric Oil Analysis (SOA) as a tool for diagnosing the condition of oil-wetted components. Although SOA was relatively quick (31 seconds per sample burn) it was limited to detecting wear particles 10 microns (millionths of a meter) and smaller. Today we are going to look at a process known as Analytical Ferrography.

Developed in the early 1970's Analytical Ferrography allows us the capability to accurately detect wear particles in the critical .5 to 250 micron range, a range that other oil analysis procedures such as SOA and Chip Detect Systems can't cover. Wear particles in this size range are key indicators of component problems, and early detection can stop minor problems (bearing replacement) from becoming major ones (in-flight failure).

Ferrography is a powerful technique for the non-intrusive examination of oil-wetted parts within a component. Ferrography isolates the particulate wear material from an oil sample so that the Lab Technician can examine and analyze the condition of the component. Once an oil sample is received at the Lab the Analyst places the sample in an oven for 15-20 minutes at 65°C. This causes an accelerated movement of the molecules within the oil allowing greater mobility of both the oil and the wear particles suspended within the oil. During this time the Analyst records all pertinent information about the component, prepares and mounts a glass sampling substrate (slide) in the Ferrograph Analyzer, threads the required Teflon tubing through the Analyzer positioning the exit end of the tubing above the substrate, and prepares 2 vials of Fixer solution (one containing 5 milliliters [ml's] the other 1 ml). Once the oil is heated sufficiently the sample is shaken vigorously for 30 seconds by means of an automatic shaker to ensure proper suspension of the wear particles. 3 ml's of oil are then mixed with the 1 ml of Fixer solution and once again shaken. The inlet end of the Teflon tubing is then inserted into the diluted oil solution and the Analyzer pump turned on. The Analyzer will now pump the 4 ml solution slowly (approximately 12 minutes) to the exit point of the tubing where it drips onto and then gravity flows

down the length of the substrate (56 mm's). The substrate is mounted above two powerful magnets with a tilt of about 3 degrees. This tilt allows the oil to flow across the slide but not quickly enough to have a washing away effect of the particulates we want to examine. The magnets provide a powerful magnetic field and as the ferrous wear particles settle on the slide they align themselves with these magnetic flux lines, while non-ferrous particles settle out in random fashion. The 5 ml's of Fixer are then slowly (15 minutes) flowed across the substrate to wash off any remaining oil leaving only the wear particles to dry (another 15-20 minutes) in place on the slide.

So we are already about 1 hour and 10 minutes into this procedure and the analysis is just about to begin. Looking at the wear particles deposited on the substrate with the aid of a microscope, capable of up to 800 times magnification, the Analyst now examines the condition of the component by evaluating the tell tale wear particles it has generated. He can now record the size and quantity of the particles (size- .5 to 250 microns and greater, concentrations- trace, moderate or heavy) and see exactly what the particles look like. Small spheres less than 5 microns in diameter indicate early warning of rolling element bearing failure while long curled strips of metal (cutting wear) are indicative of misalignment of internal components or abrasive contamination in the lubricant. What we hope to see are trace to moderate concentrations of flat platelets, 5 microns in major dimension, as this is normal machine wear. This analytical viewing process can take anywhere from 5 to 45 minutes.

If for example we have moderate concentrations of cutting wear, we still have to ascertain what material it is to figure out where it might have come from. So we note where a few of these particles are on the substrate and then go through a series of up to 4 heat treatments while viewing the changes to the particles between heatings. This is carried out by placing the thin glass substrate, a good conductor of heat, on a Hot Plate pre-heated to a given temperature. At 330°C for 30 seconds carbon and low alloy steels will start to turn blue in color while high nickel and high steel alloys exhibit no change, organic material within the oil will exhibit charring, contraction in size, and possibly vaporization

depending on the type of material. Now I know that some of you are going to be saying to yourselves that it takes a little longer than that to get metal to change color, and normally you would be correct, but we are dealing with particles that are only MILLIONTHS OF A METER in size. 400°C for 30 seconds sees our bluing carbon steels and low alloy steels turning light grey, some yellowing of high alloy steels, but no change in our high nickel content particles. Next we try 480°C for 30 seconds. Now our high nickel particles are bronze in color with significant bluing on most particles while the high steel alloy particles are straw to bronze in color with very slight bluing. By 540°C for 30 seconds the high nickel alloy particles are blue or blue-grey while high steel alloys are still straw to bronze with some particles showing mottled bluing. We could very well be at about the 1 hour and 40 minute mark by this time and still a report has to be written, another 30 to 50 minute process.

As you can see Analytical Ferrography is very time consuming and that is its major drawback. For this reason Ferrographic Analysis is only performed in the following circumstances: components on a Code RED/Yellow recommendation, a component exhibiting High vibrations, suspected oil contamination, on special request from the AMDU, and at the AOAP Lab's request. To put it in perspective, the 19 AMS NDT/AOAP Lab has done approximately 800 SOA burns (the majority from 442 Sqn here at 19 Wing Comox) this year and about 180 Ferrograms (the majority from units other than those belonging to 19 Wing) with the Ferrography workload far surpassing that of SOA.

Ferrographic Analysis when used in conjunction with Spectrometric Oil Analysis gives us a complete diagnostic tool as to the condition of oil-wetted components. We get the speed and economy of SOA for normal routine sampling and the more detailed information, required for our suspect samples, provided by Ferrography. Armed with this information the AOAP Analyst can make accurate recommendations as to a component's condition; one of the many ways that 19 AMS contributes to flight safety here at home and on aircraft as far away as Winnipeg.

Check your oil sir?



Oil analysis ferrography test equipment.



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AND
RECYCLE**

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Saturday.....1700 hrs

Sunday.....1000 hrs

Daily Masses.....Tues, Wed, Thurs.....1900 hrs

RECONCILIATION:

Confessions will be heard before each Mass or upon request. Penitential Celebrations are held during the Advent and Lenten seasons.

BAPTISMS & MARRIAGES:

By appointment - please notify the Chaplain well in advance.

CATHOLIC WOMEN'S LEAGUE:

Meets the second Tuesday of the month in the Parish Hall, after the 7:00 p.m. Mass in the Chapel. President: Bonnie Gillis, 339-3496.

RELIGIOUS EDUCATION CLASSES:

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

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CHAPLAINS - Maj Charles Massey

Capt Fraser Harvey

OFFICE - Bldg 22, north-west corner

TELEPHONE 339-8273 or 339-8275, Locals 8273 or 8275

SECRETARY - Mrs. Anita Spurrell

SUNDAY SERVICES:

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

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

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

NURSERY: During each Service for children under 3 yrs.

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

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

BAPTISM AND MARRIAGES:

By appointment only - 90 days notice is required.

Officers' Mess Ladies Club

Welcome back everyone! We hope your holiday season was a merry one.

We are busy getting ready for our January meeting. It's guaranteed to be a wonderful evening. Edward White from "Edward's Catering" will be teaching us how to create appetizers and a dessert using "choux pastry." Wed 18 Jan, 7:00 for 7:30 pm in the lounge of the Officers' Mess. Admission is \$2.00 for members, \$5.00 for non-members.

If you need more information please call Lynn Brennan at 339-7503.

Section News

Another Year Through the Spotter's Window

Just as Christmas is a time for celebration, New Year's is a time for reflection. It's when we take the time to look back over the preceding year, celebrate our victories, mourn our losses and decide how we can make the coming year better than our last.

Despite cutbacks, postings and FRPs, 1994 has been a banner year for 442 Sqn. Although FRP has changed the faces in the unit unlike ever before, almost a total change-over from the MCpl level up, the enthusiasm, pride and competitiveness of the people has grown rather than shrunk.

It has been another year of victories for the squadron: the Commander's Cup, the No-Snow festival, SAREX, and many others have added to the unit's collection of trophies and to the equally important bragging rights that go with them.

Despite the SAR Tech section's usual collection of broken bones, the unit's personnel have

survived the year healthy and prosperous. Contrary to the usual



collection of nasty rumours, we have come through the budget cuts and are, for the time being, still flying 10 aircraft and operating with the same number of air and ground crew.

Despite our misgivings at the beginning of the year, we have also survived another year of the

CO's bad jokes, almost as hard as surviving the budget cuts, but the agony is stretched out over a longer period of time; a new addition to the squadron, SAR Tech Sgt Brian Dunham, has brought with him an assortment of jokes that rivals the CO's for content and humour (poor on both counts).

The most successful and often overlooked part of the year is the fact that the squadron was responsible for saving hundreds of people from situations that might have meant death for them. Each one of the 207 members of the squadron can take credit for part of each life saved.

Like the New Year's past, this one gives us each a chance to make changes to our lives; judging by 442's performance over the past year, we would all have to work pretty hard to make this year better than the last - I'm sure we will!

442 Strikes Again!

by Al Banky

The holiday season has been a busy one for the Snakes. Between 15 Dec and 3 Jan the squadron responded to more than 2-calls for help, ranging from routine Emergency Locator Transmitter (ELT) searches to an operational jump by two of the squadron's SAR Techs into a helicopter crash. If the holiday is any indication of the year ahead, it's going to be a busy one.

#1 (14 Dec): A Labrador was tasked to escort a disabled tug to safe harbour NW or Port Hardy.

#2 (14 Dec): Lab tasked to evacuate an injured lighthouse keeper from Quatsino lighthouse.

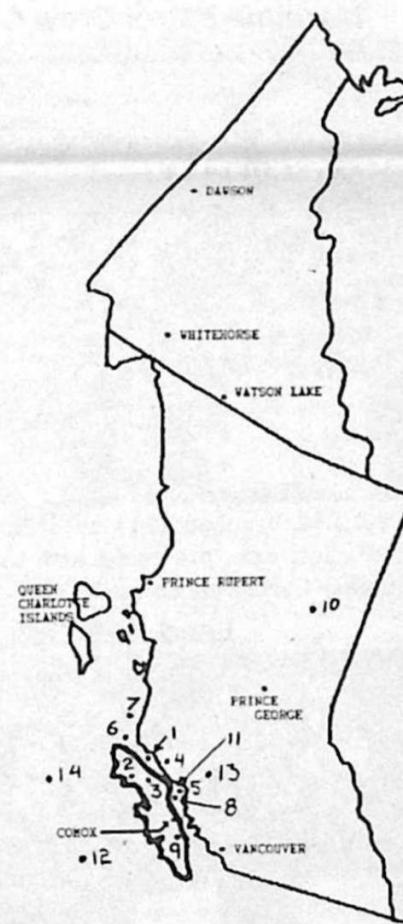
#3 (15 Dec): Lab tasked to medevac a pregnant woman from Port McNeil to Campbell River. The delivery went ahead without complications and the Lab was stood down.

#4 (16 Dec): Lab rescues two people from the water near Thompson Sound after their boat sinks.

#5 (19 Dec): Buffalo directs the Coast Guard to a diving boat marooned off Quadra Island.

#6 (19 Dec): Lab escorts the M/V Saidi to safe harbour near Port Hardy.

#7 (21/22 Dec): Buffalo drops a pump to the M/V Ocean Tide NW of Port Hardy. Lab tasked to



lower more pumps and evacuate crew, but poor weather prevents it from going past Port Hardy. Crew is removed by Coast Guard boat.

#8 (22 Dec): Lab tasked to investigate a flare sighting near Powell River - no results.

#9 (27-29 Dec): The Lab was tasked three times over a 3-day

period and the Buff once to investigate a mysterious ELT signal in the Nanaimo area. Although the results varied, it was assumed to come from one of the hundreds of boats in the harbour; perhaps the Christmas Gremlins.

#10 (27 Dec): Buff tasked to investigate an ELT near Fort St. John - tracked to a helicopter being transported on the back of a truck.

#11 (29 Dec): Lab tasked to home an open mike in the Campbell River areas; stood down.

#12 (31 Dec): The two standby crews welcomed in the New Year by rescuing an injured crewman from a freighter at sea 100 miles off Tofino. The Lab hoisted the injured man from the vessel while the Buff provided navigation and communications support.

#13 (2/3 Jan): The Buff was tasked to investigate an ELT and a Mayday call in the mountains near Chilko Lake. After finding a crashed helicopter with the pilot and three heli-skiers, the Buff's SAR Techs carried out a night parachute jump and assisted the four survivors. The following day, the six were picked up by a 442 Lab. A good start to the New Year.

#14: The Buff dropped two survival kits containing food and water to a sailboat in distress 120 miles out to sea.

Window on the Island



Photo by BGen Brace, Commander Air Transport Group, was taken through the observation window of a 442 Sqn Buffalo, on a flight over Vancouver Island.



Junior Ranks Mess UPCOMING EVENTS

Fri 13 Jan.....TGIF.....supper starts at 16:30 hrs. Pizza will be served, following with pool at 17:30. Don't miss it!

Next TGIF will be on 20 Jan.
Winter Carnival coming up 2 - 3 Feb. (More to follow)

Money
is
flat
and
meant
to
be
piled
up.

Scottish Proverb.

A simple message that, in reality, can sometimes be very difficult to follow. One thing is certain: the sooner you get a start, the sooner you'll get ahead. And that's where I can help.

Stop by my display at the Canex Mall Wednesdays & Thursdays.

Kevin Dobbeltsteyn, MBA
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21 Days to Winter Carnival

Section News

407 Sqn



Demon Doin's

Demons Photo Gallery

Aerobic Excellence Certificates



Cpl K. Christensen and Cpl M.J. Storozuk were presented with the silver seal and the CF Physical Award of Aerobic Excellence Certificate respectively by the CO 407 (MP) Sqn, LCol G.B. Lewis.



(L-R) MCpl G.M. Gilfillan and MCpl D.J. Arden received their Special Service Medals from the CO 407 (MP) Sqn, LCol G.B. Lewis.

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Phone: 339-4847

407 (MP) Sqn Servicing Section Re-Opening



On 5 Dec, the CO of 407 Sqn, LCol Bruce Lewis cut the ribbon commemorating the re-opening of 407 Sqn's Aircraft Servicing section after extensive renovations. Pictured with the CO and Capt Terry Barton (407 Sqn ASO), are but a few of the many skilled labourers and managers involved in the renovation. (L-R): Capt Barton, Cpl Larry Izard, Mr. Isaac Lucas, Cpl Stu Hayes, Mr. Tim Prad, LCol Lewis, MWO Trevor Hallam (407), Mr. Fed Laage, Mr. Dirk Vantongerren, Capt Al Taylor (WCE) and MWO Marty Cote (WCE).

407 Promotion



MCpl D. Burneau, AES Op.
407 Promotion



MCpl T. Rodrigue, AES OP.
407 Promotion



Cpl D. McCutcheon, IS Tech.

New Captains



(L-R): Lt E. Tabard, Lt M. McGahey, Lt D. Lines and Lt A. Skinner were presented with their promotions to Captain, effective 1 Jan 95, by LCol G.B. Lewis, CO 407 (MP) Sqn.

Maritime Patrol Crew Commander Certificates



Capt J.M. Brennan and Capt D.B. Livingston, both members of 407 (MP) Sqn were presented with their Maritime Patrol Crew Commander Certificate by the CO, LCol G.B. Lewis.

Lead AES Ops Certificates



(L-R): Sgt Y. Jean, WO K. Bedford, WO B. Yhard and MCpl J. Bull were appointed Lead AES Ops and received their certificates from the CO 407 (MP) Sqn, LCol G.B. Lewis.



(L-R) Top row: MCpl S.J. Jackson, MCpl N.R. Espenberg, Cpl P. Williamson, Cpl J.C. Tallon. Bottom row: Cpl C.T. Kelley (Special Service Medal), MCpl B. Roy and Cpl S.C. Hendricks received their Canadian Forces Decorations from the CO 407 (MP) Sqn, LCol G.B. Lewis.

On & Off the Base



by Gregg Olynyk
On-Deck Systems

You can dial-up friends to send files, mail, or even play jointly on games such as flight simulators and golf. I know someone working at a phone company, who shall remain nameless, who plays a jet fighter game on a modem phone line while talking voice on another, "bank left and follow my lead to the destroyer" was often heard.

Modems are used all over. Stores link to banks for credit cards using a modem, computers can control distant devices via modem, such as remote water chlorinating stations, pumping stations, etc.

Remote communication can also be used for computer support contracts over large distances. We can call into somebody's computer when the person requiring assistance allows remote entry, and we can control their computer as though we are physically there. We can make any required alterations while the customer looks on and learns how to do it for themselves the next time. Remote teaching may have an amazing future.

E-Mail is catching on and seems to do away with phone-tag which is so prevalent in doing business by phone. Until everyone, or at least, most of your clients have E-Mail boxes, it can only be an additional source of contact for a limited few. Some of our suppliers have their own BBS (Bulletin Board System), where we can see costs and availability of product as well as place orders, get tech info, etc.

Modeming is very popular. The valley is booming, more BBSs are coming in every month. Now, through IRENYX in Royston, you can subscribe to a local node of the INTERNET for a fee. Local boards are great to get acquainted with your modem, by providing a free forum for: social chatting, playing role games, world wide personal columns (where people register their personal stats, and hope to get

Modems and You!

interesting mail...), free software of all types, etc. Some people actually met through the boards and later married!

Many message bases are available, depending on the SYSOP (SYStem Operator) the person managing the registration of new users, getting message uploads, files, games, utilities, etc. Ask the experts (IBM tech questions and answers, CD-ROM info), photography info, home based business base, etc., are just a few of the message bases on just one BBS! You name it, there probably is a message base somewhere on it, like AutoCadd, C+ programming, etc. Buy and Sell Local, BC Wide, CANADA CHAT, etc. INTERNET has links to major government offices, schools, etc; a major source of information! Sifting through can be tricky, a tour guide is always preferred. Windows utilities can make surfing the net a little safer.

The transfer of info, reading and writing mail on-line takes time and can be costly, or at least use up your allotted on-line time (one hour usually) so Off-Line mail readers are available for free. You select the message bases you wish to "join" and the board grabs all the messages and packs them into a message packet, which you download to your PC over the modem. After the call is over, you can use the Off-Line reader to selectively open the packet to read the messages, by title or content, respond or add to any messages you wish, re-packing your replies automatically to put onto the BBS your next call! When you call back, you'll get new messages that have been added since your last call! And the cycle continues! Joining too many bases can be overwhelming and a real time burner!

E-Junk mail: someone actually tried this on the INTERNET! They sent an ad to everybody on certain message bases. They were hoping to get a good response - they sure did, of mostly nasty mail cursing their use of the Information Highway for Junk Mail! There was so much mail directed back to them that the board they used was overloaded and revoked their registration.

The culprit company is probably black-listed in many people's books as well. Businesses are becoming aware of the enormous potential of INTERNET as a tool to reach a mass audience. Any intelligent company will tread carefully on this new ground, for misbehaviour on the net can have serious and long-lasting repercussions.

This is just using your modem, how about the FAX part? The FAX modem can be more convenient than a true FAX machine, however a scanner of some sort is required for hand written FAXing. Documents you type onto the computer can be FAXed as easily as printed, without even leaving your word processor. When you receive a FAX (your PC must be on and in "receive" mode) the FAX is simply a graphical (drawing) document on the PC, you can look at it and delete it or print it if you wish. Some people FAX their own PC with a drawing on another real FAX machine to get graphics into their PC (a cheap scanner!) the resolution (clarity) is limited. You can run OCR (Optical Character Recognition) software on it, to transfer the text part directly into editable word processing.

What is the future of modems and communications? Some people are working on a method of sharing the phone line with both voice and data simultaneously! You will be able to receive a FAX while talking to the person. Phone lines are now a limiting factor to speeds of data transmission. New fiber optic lines allow more error-free transmissions. It is believed that soon all information will be transmitted to and from your home or office on a single line. This line will share all data such as telephone, FAX, modem, TV reception, and you probably will be able to do your banking, shopping, voting, etc., as well. Security always will have a challenge of keeping pace with the technology and technoterrorists/criminals.

If you have any interesting uses or comments about modems drop me a note at Totem Times or E-Mail me at:

Mobious@Rushnet.Com.
Happy modeming.

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19 Wing Pickle Ball Extravaganza

19 Wing PERI staff hosted the '94 Pickle Challenge on 7 Dec - providing a FUN, highly competitive day for all involved, with the entry fee proceeds going towards the local Comox Valley Food Bank.

Pickle Ball is a sort of indoor tennis played with paddles a bit larger than ping-pong bats, and a "Whiffle Ball" - a plastic ball with holes in it. The net is a badminton net, strung at tennis level.

The following Princes and Princesses of Pickle proved to be the true Dills of the Hills, taking home the prizes:

Presented by WPERO Lt Bobbi Howard
Doubles Champions



Cpl Don Huard & MCpl Brian Swainsbury.

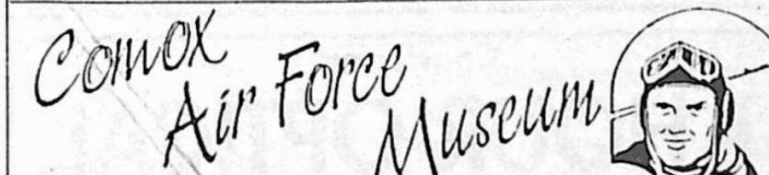
Ladies Singles Champs



Mrs. Geannynne Rodgers.
Men's Singles Champs



Capt Al Taylor.



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On & Off the Base

Book Review: *No Life Like It*

Nothing Like It

by Capt David Krayden

Any who have suffered under the intellectual burden of Marxist indoctrination via a university political science course should be aptly prepared to digest the controversial work *No Life Like It*, a book which purports to tell the "revealing and often disturbing" story of military wives in Canada. They should, however, be prepared for some indigestion. Authors Deborah Harrison and Lucie Laliberte have truly painted a skewed view of the military and tried to make the data fit a preconceived politicized methodology, a theory of gender inequality that is largely based on the Marxist-Feminist model but which views "patriarchy" as an even greater evil than capitalism. They then proceed to pursue their quarry with a dogmatic exuberance that is ultimately wearying.

Give the authors some credit though, because at this point, readers at least know what they are in for if they continue reading. This book is, in effect, another exegesis on feminism, another attempt to revitalize discredited Marxist political theory and is replete with the usual arcane language and sociological jargon so typical of left-wing writing. We can perhaps thank Harrison, who teaches "Women's Studies" at Brock University (and described as the "Chair" of the sociology department there), for the overall anti-male tone of the book and the slavish insistence on defining everything within Marxist/Feminist terminology. The result is a half-baked, imagined account of today's military.

The authors begin their "study" by attempting to explain their research methodology. Marriage is only discussed in the context of a socio-economic union of two careers; marriage as a life-long partnership, as a sacred institution, as a spiritual commitment does not exist, because this traditional view "is no longer taken seriously by sociologists in the 1990s." How quaintly dismissive. Military life, because of

its tendency to reinforce traditional views of the family, is seen as particularly repulsive. How unfortunate for the authors that this traditional view of marriage, in which husband is the predominant provider and protector, and where clearly defined sex roles exist, is taken seriously by many non-sociologists, which is perhaps a better endorsement of the concept.

Hence, once we have accepted this initial assumption and managed to forge through a windy explanation of the methodology, we are ready for the "research" which was apparently based on interviews with 150 military wives (all anonymous of course) from all elements and ranks of the Canadian Armed Forces.

If we disagree with the philosophical assumptions of the book, at least these have been accurately depicted in all their stunning pretension. Their depiction of military life is arguably anything but completely accurate. There are many instances of poor journalism with sketchy details, vague accusations and misinformed perceptions, where the facts seem to have been forced into the narrow confines of the initial theoretical assumptions. One piece of erroneous information posits that a full-time career in the Canadian military was impossible before 1950.

No real attempt is made to differentiate between the various customs and lifestyles of the Navy, Army and Air Force. The naval officer who spends up to six months at sea is clearly earning the Queen's Shilling in a different manner than the Air Force officer who is usually home for dinner. Likewise, mess life varies enormously from Petawawa to Comox. The book's description of TGIF will appear ludicrous to anyone who has seen an empty Officer's Mess on a Friday afternoon. Somehow we are missing the TGIF celebrations that begin on Friday afternoon and end

sometime the next morning. And apparently wives never know if their wretched military husbands "will come home, will come drunk or will come home at all." Worse, if military wives dare to enter the mess to pick up their wayward husbands, the drunken souse of a spouse is subject to "teasing and ridicule" at the hands of his drinking comrades. This description of mess life might be more aptly suited to a British Army colonial outpost during the early Victorian era.

It is passages like this which quite effectively destroy the credibility of the book, making one wonder if the book's military research was limited to a viewing of *Gunga Din* and *Lives of the Bengal Lancer*. When the subject of the interview is allowed to talk, there is much merit in their testimony. Unfortunately Harrison and Laliberte are too often busy interpreting their words for the insensitive, unprogressive, exploitive (read male) readers.

You would think from reading this account, that the military was the only corporate entity to transfer its members across the country. You would think, in short, that anything unpleasant was unique to the armed forces.

No military wife would deny that marriage to a military member requires commitment and that it is far from easy. My mother was a military wife for 30 years and my wife has been one for five years. Along the way, there has been much inconvenience, some unhappiness and the occasional missed opportunity. There has also been much joy and achievement in sharing a commitment to Canada's military. No, being a military wife is not easy; that is why groups like the Canadian Forces Family Resource Centre are filling a desperately needed gap. Military wives deserve the unqualified support of their husbands and the CF; they did not deserve this unwieldy, self-serving political tome.

19 Wing Hosts Safety Management Course



19 Wing Comox hosted a 3-day Safety Management Course from 8-10 Nov 94. The course was designed to familiarize civilians and military supervisors and managers with their safety responsibilities and functions in support of the Wing General Safety Program.

The course covered the causes of accidents, accident investigation and reporting, hazard recognition, inspections, standards, the Canada Labour Code, guarding, personal protective equipment, Occupational Safety and Health Workplace Committees and statistics.

This course was conducted by Mr. Norman Baum, a freelance Safety Instructor associated with Lafleur, Bossé and Associates Inc. of Montreal, a safety consultant organization which provides safety instructional services to DND and other federal and provincial government departments.



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.

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On & Off the Base



Community Council Corner

Santa's Visit

Santa Claus came out and visited all the children in our PMQ Association. He visited each and every one of the children living in the houses that had requested the visit. Although it was raining it did not dampen the children's spirits. Santa and his helpers talked to each and every child and presented them with a small package. A lot of work went into the planning of this festive event and we would like to thank the committee for doing such a wonderful job.

Sock Hop

Do you know that the Wallace Gardens community has a Sock Hop every second Saturday of the month? It is held at the Community Hall and the last dance hosted 68 children in all.

Sharla Hunter organized these events for the children and arranged for the fun activities that took place. The children helped decorate the hall and 25 gifts were purchased for door prizes, dancing contest prizes, as well as games. Sharla spends a lot of time with the children living in PMQs and sometimes it is very difficult getting adults to donate their time for these events. If you could find time to help out once a year at one of these events it would be greatly appreciated. Just give us a call at 339-8211 and ask for extension 8571. We would be happy to put your name down and Sharla will get in touch with you. The support we have received has been terrific but our group of children is getting bigger and bigger and your assistance would really help.

Did you skate with Santa?

Did you come out to skate with

Santa? On Dec 24 Santa came out to skate with over 50 children at the Wallace Gardens ice area. A fun time was had by all and it was a day filled with laughter and excitement.

Hospital Visit by Guides and Brownies

The 2nd Komox Brownies and 4th Komox Guides went out on Christmas Day to visit St. Joseph's Hospital. They visited over 30 people and gave them table favours that they had made. This is the true meaning of Christmas and we would like to send a special thank you to the girls and their leaders for this outstanding and unselfish act. This is only one of the reasons the Wallace Gardens Community Council is proud to support organizations such as the Brownies and Guides.

Winners of the Christmas Lighting Contest

From the way our telephone has been ringing off the hook, I guess you are wondering who won our Christmas Lights contest. The Wing Commander, the Mayor and the Deputy Mayor went out on 21 Dec and judged all the association members' houses. They said it was terrific the way the Christmas Spirit hit the PMQ area. They commented that each year it seems to get harder and harder to pick the winners and it was extremely difficult doing it this year. Not everyone could win and the following is a list of 1994 winners:
1st: 32A Sgt Trenholm and family \$75.
2nd: E7 Cpl Kilmury and family \$50.

Animal Control Officer

During the month of February the Animal Control Officer will be visiting every house from door to door to verify that your pets have been registered. Please keep in mind that we do not want to issue any fines, so come in and register your animal now. For those who have received animals over the Christmas period - you have 72 hours to register your animal after you bring it home. To register your animal please come in to the community office, located in Canex next to the Barber Shop, or give our Animal Control Officer, Sgt Hebert, at 339-3715 a call. Sgt Hebert will be more than happy to come to your home and save you a trip out in the cold. Please keep in mind that he is only doing the job we have asked him to do.

Announcement The Eating Disorders Awareness Project

Beginning February 7, 1995 Sharon Lazare, M.A., Registered Psychologist and Lori Ladd Thurston, M.A., Therapist will be offering group therapy to treat anorexia nervosa and bulimia nervosa. The group will meet on Tuesday evenings from 7:00 to 8:30. For more information please call 338-9241 or 339-7524.



888 (KOMOX) WING RCAFA

CALENDAR OF EVENTS - 1995
January

Fri 13.....Pot Luck Supper & Dance
Bring your own music (tape or disc). 1900 hrs (7:00 pm)
Sat 14.....OGNIB 2000 hrs (8:00 pm)
Sat 28.....Italian Night with Music Man
1900 hrs (7:00 pm). \$10.00 each. Maximum 80 tickets.

February

General Meeting.....Wed 1 Feb at 2000 hrs.
Executive Meeting.....Wed 25 Feb at 2000 hrs.

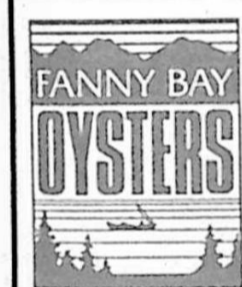
Sat 4.....OGNIB 2000 hrs (8:00 pm)
Sat 11.....Gourmet Night. Music Man
1830 hrs (6:30 pm). \$15.00 each. Maximum 80 tickets.
Sat 25.....Pot Luck supper & Dance
Bring your own music (tape or disc). 1830 hrs (6:30 pm)

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.



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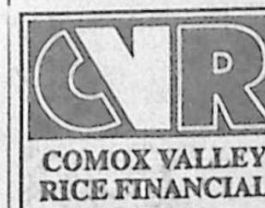
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For every dollar invested you will receive:

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20¢ Federal Tax Credit Savings
40¢ Approximate Tax Saving with RRSP contribution*
20¢ Actual Cost of Your Investment*



FREE SEMINAR

January 23, 1995
Washington Inn
7:00 p.m.

• Call 338-8713 to register

This advertisement is not a solicitation or an offer to sell securities of Working Opportunity Fund (WOF) Ltd. The offer is made solely by a prospectus which contains full details of the offering.



WORKING
OPPORTUNITY
FUND

NEXT DEADLINE 20 JAN. - NOON

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.

Learning How to Hiss!

The North Island College Community Education Programme offers an Anger Workshop facilitated by Jürgen Jung. There are basically three different ways people respond to annoying situations - HISSING, stuffing and biting, explains Jürgen Jung.

HISSING in this context means letting the other person clearly know that we are annoyed and angry. This anger is a necessary response when we feel frustrated, insulted, threatened, or when our needs are not met. Jung sees hissing as self-protective anger.

Unfortunately some people believe anger is a "wrong" feeling. They may pretend something didn't bother them when it really did, or they may decide not to show their anger. They may believe "good" people never get angry and stuff their feelings of irritation.

Anger is not a "wrong" feeling,

Romance and the Cigarette

by
Lt J.M. Nogue, WDEC
(Excerpts from an article by
Capt (N) R.C.D. Climie.)

A recent article in the *Journal of Drug Education* explored some of the social effects of being a smoker. It was hypothesized that being a smoker has generally negative effects on dating and marriage prospects.

The authors did three studies to explore the hypothesis, all of which involved United States college students. Subjects were asked to complete questionnaires on the desirability of dating and marrying two hypothetical mem-

- 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/teach 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.

info health

Dr. Bob Young



New Year's Predictions

It's the time of year for predictions, so I will once more devote the first column of the year to preview what might lie ahead for matters medical. This is usually a fairly safe exercise as I do not think anyone is likely to confront me with my words a year from now.

I also feel quite secure in making the first prediction. Methods for lowering the cost of medical care will continue to be developed in 1995. Governments continue to have difficulty finding the funds required to finance modern high-tech medicine, and innovative schemes to stretch the money that is available will continue to be found. The economy does seem to be improving, which might mean that there will be some extra money available.

Regionalization of health care decisions and delivery remains a worrisome prospect for many. While decentralization certainly has its proponents in several areas of Canada, and is well underway in British Columbia, there is concern about both the qualifications and personal agendas of some of the individuals who have been

chosen to oversee the new system. Allotting and distributing health dollars, and selecting priorities is difficult enough for experts. Amateurs will have to learn quickly.

Young doctors will continue to have difficulty starting practices in 1995. Severely reduced payment schedules for newcomers virtually excludes them. In addition, available space for specialty training remains tight, with no assurance that there will be an opportunity to follow one's own chosen career path. Young doctors will continue to be hampered by the fact that they now have to "pick a specialty" very early in their medical school career, often long before they know much about any of them.

Acutely ill and injured patients will continue to get satisfactory and prompt care but the ability to provide this will mean that waits for hospital beds for elective surgery and non-urgent medical care will persist. For some this will regenerate the argument that some privatization of health care should be permitted. The Canada Health Act outlaws private clinics

that charge patients, although there are a few around.

I predict that efforts to revise some of the more stringent regulations within the Act will intensify, and eventually (but probably not in 1995) some alternative methods of paying for personal health care will be permitted. Patients are increasingly showing anger when faced with excessive waiting periods for such things as hip and knee replacement surgery.

Politicians may soon find that some provisions in the Canada Health Act are a hindrance, rather than a help, in attracting votes. In fact, promises of "newer and more" health care facilities are seldom heard on the campaign trail these days. They cost too much to fulfill.

As always the new year will provide its share of dramatic medical advances and breakthrough discoveries. It will no doubt also demonstrate that 1994 and the years before are so much poppycock.

Have a happy and healthy 1995!

Christmas in Retrospect

Hospital corridors and wards are once again decked out in a wild array of festive knick-knacks and evergreen boughs. Nursing and other staff on each ward compete with other hospital departments as they try to win recognition for having the best decorated area. The voting is a serious affair; the jury is well aware that many hours of volunteer time has been donated - and feelings can be hurt.

There has been a change in decorative themes used for the Christmas season in recent years. They have, in many institutions, become "politically correct," with reference to Christianity (or any other religion) being carefully avoided. The reasoning, of course, is that, in our multi-cultural society, it is somehow not right to expose those of other persuasions to too many trappings of the Christian religion. It is now unusual to see a nativity scene on the ward of a general hospital during the holiday season. (Exceptions include hospitals affiliated with a Christian church.)

The same sort of thinking led to a "cleansing of carols" edict that affected a festive musical

evening outdoor concert recently in Victoria. Carols containing the words "Jesus," "Christ" or "Christmas" were not to be included in the program. Personally I find the tendency of officialdom to interfere with well-established traditions (of any culture) in order to protect those who don't celebrate them to be offensive and insulting.

Editor's comment:
Amen to that! Should we "edit" Hanukkah or Ramadan so Christians don't feel left out? Our Jewish and Moslem friends would feel equally insulted.

But we stray from the topic. While decorated trees, glass baubles, and evergreen boughs still abound as foundations for seasonal brightening of hospital wards, visitors are as likely to discover themes ranging from Garfield to the Who. Pinks, yellows, and blues are as evident as red and green. In short, there are no rules. Innovation in craft production is still out there, though. Today I noticed some rather attractive baubles dangling from the ceiling of a surgical floor (excuse the jargon!). They had been made using the plastic rings from six-packs of

beer tins, carefully silver-sprayed.

Another change that has affected the amount of decorating that is done is the loss of student nurses from the hospital. Nurse training is now college or university based, and the hospital has less access to the talented young people who used to paint the windows in patients' rooms. The administrators are probably pleased about this as they don't have to pay staff to clean the paint off the windows come January.

Those who believe that Christmas is for kids will be happy to know that pediatric wards are still decorated with children in mind. Santa and toys are the dominant theme - and if these were not already part of the culture of younger newcomers to our country they soon become so. Being hospitalized during the holiday season is tough on anyone, but especially so if you are a sick kid.

Try and find time during your own festive season to visit any friends who are confined to hospital. While you are there take a look at the variety of decorations that are in vogue in the mid-nineties.

A la Mode

Guten Appetit!

Guten Appetit!

It has been almost two years since we left Germany, and one of the things I really miss is the wonderful food. I can truly say that I never had a meal in a German Gasthaus that wasn't good. The consistency of quality and portion sizes were never disappointing. Even the food served at street fests was always good. Plates of fat little sausages in Nurnberg or a ragout of spargel (white asparagus), mushrooms and vegetables in cream sauce at the Spargelfest in Hügelsheim; these are some of the things I miss. Anyone ever posted to Germany certainly includes the food as one of the plusses of their tour, along with the scenery.

One thing I came to enjoy is spätzle, or Swabian noodles. They are a tasty alternative to potatoes, rice or pasta. Once boiled, they are sautéed in a little butter and parsley, or sometimes a little garlic or nutmeg. They are the perfect accompaniment to the breaded cutlet and sauce. I don't use a spätzle machine to make mine, I prefer to cut them by hand. It only takes a few minutes. A pizza cutter and a ruler keeps the lines straight and quick to do.

You can easily double the recipe and freeze half, uncooked, for another meal.

Spätzle

1 cup flour
1/2 tsp. salt
1 egg, beaten
1/4 cup water (approx.)
Combine flour and salt in a bowl or processor with dough hook. Add the egg and water, mixing until you have a stiff dough. Add a little more water, if necessary. Turn out onto a floured surface and knead several minutes until smooth. Let rest for 20 minutes. Roll out to about 1/8" thickness. Using a long sharp knife or a pizza cutter, cut into long, thin slivers, then cut into 1" lengths. Cook in plenty of boiling salted water 5-7 minutes, or until cooked but firm, like pasta. Drain and return to pan with a little butter and parsley, season with salt and pepper. Garlic or nutmeg can also be used to season spätzle.

Makes two large or four small servings.

Breaded Cutlet with Cream Sauce

2 pork or veal cutlets, or Scallopine
2 T. flour

442 Workhorse



Photo by Luc Champagne

Magnificent view of a 442 Labrador "chopper" was taken recently by Base Photo's Cpl Luc Champagne. Luc was also responsible for the front cover on our 8 Dec 94 edition.

On & Off the Base

Soundbites

by Lt(N) Michael Sebastian

(Rating: ****Classic, ****Excellent, ***Good, **Fair, *Poor)
Canadian Spotlight: Stompin' Tom Connors - Dr. Stompin' Tom, Eh? (EMI)***** Tom tributes our peacekeepers with his patriotic song "Blue Berets." A moving music video accompanies the song: to see it, contact your nearest regional public affairs office. Great gift for any blue beret. "We shall stand between the mighty & the frail."

Beatles - Live at the BBC (EMI)**** 2-cd set includes 56 songs recorded from '62-65, 30 of which were previously unreleased. Gives a great perspective on their early career when the fun of playing wasn't affected by contracts, tours & artistic differences. Beatles as a club band, not a phenomenon, but you can still hear the magic.

Canadian Spotlight: Glenn Gould - Mozart: The Piano Sonatas (Sony)***** A Canadian genius & eccentric interprets the works of Mozart. Over 4 hours of music including Sonatas 1-18 & 2 Fantasias. Mozart himself would've been impressed & distressed by all of these interpretations, but we are all the richer for them. Brilliant!

Lyle Lovett - I Love Everybody (MCA)**1/2** No wonder Julia Roberts married him. Wonderful, small sounding songs that will touch your heart with their warmth, simplicity & humour. This is highly recommended from one who had never heard any of Lyle's songs before hearing "I Love Everybody." Hard to describe, but it's great!

Garth Brooks - The Hits (EMI)*** His "No Fences" cd sold 42,000,000 copies - the largest in C&W music history & he's loved around the world, but I still think the hype is a little strong. However, if you like Garth, you'll get: Friends in Low Places, Ain't Goin' Down, We Shall Be Free & many more from the cds: Garth Brooks, No Fences, Ropin' The Wind, The Chase & In Pieces.

Bob Dylan - Greatest Hits Vol.3 (Sony)*** Well, Bobby certainly has had a lot of greatest hits, but there aren't a lot of them here although there are some gems like "Hurricane," "Tangled Up In Blue" & "Knockin' On Heaven's Door." If you're looking for a wide mix of lesser hits however, this is for you, as 13 cds are sampled from.

Aerosmith - Big Ones (Geffen)*1/2** 15 cuts from "Permanent Vacation," "Pump" & "Get A Grip." Boston's bad boys rip on Love In An Elevator, Dude, Rag Doll & The Other Side and Wait on Angel, Cryin' & Amazin'. Two new songs: Walk on Water & Blind Man. Biiiig!

Canadian Spotlight: Joni Mitchell - Turbulent Indigo (Warner)**1/2** Jazz-folk with a measured degree of maturity. You get the feeling that you really should be listening to what Joni says, that this is serious stuff. Fortunately, the music is great for a lazy Sunday a.m. & you can just enjoy it without getting too deep.

Vision - The Music of Hildegard Von Bingen (Angel)*1/2** This is 12th century spiritual music, written by HVB: born 1098, died 1179. It has been recorded without alteration & put to the world-pop music of Richard Souther. The result? Music like nothing you've heard before: soaring, mystic, challenging, inspiring & visionary.
Canadian Spotlight: Sam Crosby - Hold My Hand (Indpt)***** She plays T.O.'s Wellington Club & is now recording her country-pop songs in Nashville. For more ph 416-360-8370. Great vocals/music!

Various - A Bouquet of Classics, Vol 2 (EMI)***** 5-cd, 6 hour set of classical music featuring selections from Bizet's Carmen, Dvorak's New World Symphony, Grieg's Holberg Suite, Prokofiev's Romeo & Juliet, Verdi's Aida, Mendelssohn's Midsummer Night's Dream as well as Beethoven, Handel, Rossini, Wagner, Berlioz, Liszt, etc.

Wing Learning Centre Certificate in Supervisory Management Program

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

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

NEXT DEADLINE 20 JAN.

NEXT DEADLINE 20 JAN NOON

On the Base

Airforce Association Award



MCpl L.G. "Mac" MacGregor, Flight Engineer.

Airman of the Quarter

MCpl L.G. "Mac" MacGregor is a flight engineer currently serving with 442 Transport and Rescue Sqn at 19 Wing Comox, B.C. Since his arrival on squadron in Apr 89, MacGregor has actively pursued extra action and squadron responsibilities ranging from management of the squadron kit shop to the organization and coordination of activities and concessions for two national search and rescue exercises (SAREXs).

As the Air Transport Group representative, MacGregor was seconded to the Canadian Coast Guard (CCG) in Prince Rupert, B.C. to set up procedures for their newly-acquired rescue hoist. The resulting letters from the chief pilot and the chief engineer spoke of Mac's outstanding contribution to the CCG and commended his exceptional abilities, expertise and professionalism.

During the recent Comox Airshow, MacGregor volunteered to host visiting foreign aircrews. In a letter to the wing commander, one visiting senior officer made particular note of MacGregor's "outstanding attitude, bearing and professional manner that reflected great credit upon the Canadian Air Force." MCpl MacGregor has also been commended by senior SAR personnel for his "vastly superior competence, always typifying his over-

all performance, whether on routine day-to-day training or stressful and hazardous search and rescue missions."

MacGregor is very prominent in, and highly regarded, for his community activities. Since his arrival at Comox he has been involved with YANA (You Are Not Alone), a non-profit family support organization unique to the Comox Valley. At the request of the wing commander he became the base representative to this worthy community organization.

Because of his dedicated participation and highly developed organizational and interpersonal skills he was selected to be on the board of directors. For their annual Celebrity Auction he solicited the donation of many fund raising items, such as Snowbirds autographs and memorabilia.

Rounding out MacGregor's community and service involvement has been his selection as the chapel head sidesperson. Typical of all of Mac's endeavours, this nomination resulted from his consistent support and effort in all parish activities.

MCpl Mac MacGregor has been an ambassador of the highest calibre who has brought great credit to himself, his squadron, the wing and the Canadian Air Force.

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



Mr. S. Campbell from the Motor Vehicle Branch providing useful information on the current B.C. rules and regulations of the road.

Teamwork the answer to Success of Safe Driving Week

1 - 7 Dec 94 was National Safe Driving Week. 19 Wing Comox took full advantage of this important promotion. With the assistance of the Motor Vehicle Branch, WEMEO, Fire Hall and Canex, the week was a resound-

ing success.

MSE Safety, on behalf of the WTNO, would like to thank the B.C. Motor Vehicle Branch for their expertise and informative display, WEMEO section for the headlight adjustments and gen-

eral maintenance inspections and Cpl Al Gordon for teaching dependants DDC on his time off.

May everyone have a safe and accident-free 1995.

**10% off with Base Card
At Coco studio-57
the casual men's store
on the corner of
5th & Cliffe, Courtenay**

Phone: 338-5736



**21 Days to the
Winter Carnival**

NEXT DEADLINE 20 JAN.



Legion Log

**BRANCH 17 COURTENAY
334-4322**

REGULAR ACTIVITIES

BINGO.....every Thur, Fri & Sun 7:00 pm
MEAT DRAW.....every Fri 6:30 pm. Also every Sat 3:00 pm
DANCE.....every Friday night, 8:00 pm
TONY POLLON - 6 Jan
WILD RIVER - 13 Jan
FIRE HAWK - 20 Jan
NORM'S COMBO - 27 Jan
FUN EUCBRE.....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, 11:30-1:30 pm

General Meeting - 24 January at 7:30 pm

Installation of Officers - Sat 21 January
Cocktails 5:30pm, dinner 6:30 pm, installation 8:00 pm.
Music by TOE TAPPERS. Tickets \$10.00 each.

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

Jan 13.....WESTWIND
Jan 20.....BEACHCOMBERS
Jan 27.....HIGHWAY 19
Jan 28.....ANNUAL BURNS DINNER, Branch Upper Hall
No host bar 6-7 pm. Dinner at 7:00 pm. Dancing to follow.
Admission \$25.00 per couple. Tickets available at the office or the bar commencing Mon 9 Jan.
Feb 03.....C.C. TRAILRIDERS
Feb 04.....JOINT INSTALLATION OF OFFICERS,
Branch Upper Hall. No host bar 6-7 pm. Dinner at 7:00 pm.
Ceremonies at 8:00 pm. Dancing to follow. Limited number of tickets available from the office at \$7.50 per person. Tickets on sale Mon 9 Jan.
Feb 10.....WESTWIND
Feb 17.....WILD RIVER
Feb 24.....HIGHWAY 19

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.

Comox Legion Branch 160 Euchre Tournament

Sat 14 Jan at 7:30 pm in Lower Lounge. \$5.00 per player. Register 7:00 pm. No sit-outs. Members and bona fide guests welcome. Contact phone number: 339-2112.

On & Off the Base



**Dog
Talk
by
Gerry
Gerow**

Obedience Training

This week a breed book: "The New Bernese Mountain Dog," by Sharon Chesnutt Smith. Howell Book House, New York - US\$25.00.

This appears to be an excellent book on the breed. I had a friend who is a Bernese fancier look it over and she had no hesitation in stating that it is the best she has ever read on the Bernese. Unfortunately Howell sent me an "Advance Uncorrected Proof" so it is a little hard to comment objectively. The complete book when it is published will have, according to the publishers, 150 black and white photographs.

The author is a breeder of Bernese as well as a certified judge. She has the experience to qualify as an expert on these charming dogs. Her book is destined to come out in March in a hard cover edition with 256 pages.

All aspects are excellently covered including obedience and tracking training, showing and carting. Prospective Bernese owners should obtain and read this book.

Obedience training is very much in my thoughts as we get set to commence another set of classes in my training club. We will be starting out with 20 dogs in the class and, if previous experience is any indicator, this will go down to around 17 as soon as some of the owners realize that we can only teach them to train their own dogs. No one can train a dog using just one hour a week.

First night is always pandemonium time. Twenty untrained and largely undisciplined dogs in

the same training hall at one time can get real interesting. But this "socialization" is a very important part of the process. Even the most experienced trainers still put their dogs through the classes for this reason. Owners need to spend about 30 minutes each day with their dogs, at home, to realize the objective. Some dogs are too young to be attentive for this long and the period needs to be broken up into 2 or 3 shorter sessions.

Most of the owners will listen to what we have to tell them and at the end of the 10 weeks will find their dogs are fairly proficient at most of the exercises. Others will take the attitude that their own way is better, or refuse to spend the time at home, and most of them will wind up with the dog they deserve. We work with a team of three. One will call out the instructions and the other two will assist and correct the handlers. I like to do some things a little different from Yvonne and Darlene, and vice versa, but it's all effective.

The first objective is to get the dogs to walk quietly at heel with a slack leash and later without a leash. Then the dogs, or rather their handlers, are taught the "stand for examination" exercise, whereby the dog remains in the standing position while another person walks up and touches it. The "recall" exercise requires the dog to remain sitting while the owner goes to the far end of the ring and calls it to come.

One of the most problematic areas for the handlers and dogs are the "long sit" and the "long

down." In the "sit" exercise the dog must sit while the handler is across the room and remain there for a period of one minute until the handler returns and releases it. On the "down" exercise, the dog must go to the down position and remain there with the handler across the room for three minutes until the handler returns. With 15 to 20 dogs lined up in a row about three feet apart this can be very stressful for the dogs, not to mention the handlers.

After the 10 weeks, we then have a two week testing period to see how well the dogs have done. Out of each class several handlers become hooked on obedience training, which can be a lot of fun, and will continue on to the next level.

Letter to Gerry

Dear Sir,

In reference to the Dog Talk article dated 22 Dec 94. Do you realize that if you had done your own homework for this article you might have learned that not only are there cross-bred dogs at animal shelters but pure-bred dogs too! The animals that are at shelters were brought in by very responsible and caring people. They did not leave the animals on the side of the road to fend for themselves.

Would you tell a person not to adopt a child from a foster home because you don't know enough about the parents? Society should be educated on how to correct the over-populated pet situation instead of telling them to buy pets from a breeder. We should all spay and neuter our pets, pure-bred or not!

M. Malko
Dog lover of all types

888 Wing Donates



Christmas cheques totalling \$4,500 were presented by RCAFA 888 Wing to several local charitable organizations. (L-R): John Hoadley, 888 Wing Vice President; Robert Cole, Salvation Army (\$2,500); Grover Stewart, Comox Valley Food Bank (\$500); Ralph Beaulieu, Beaufort Association (\$500); and Henry Hinks, Citizens on Patrol (\$500). Not shown, Barry Rogers, Comox Valley Toy Shop (\$500).

NEXT DEADLINE 20 JAN.



TOWN of COMOX RECREATION DEPARTMENT



RACQUET SPORTS GALORE Lessons/Leagues/Ladders/Tournaments

BLACK FIN TEAM SQUASH LEAGUE

Join the Tuesday night mixed squash league and have a great season of weekly squash games, mid-season play offs and a final league social. All levels of ability are welcomed. The Black Fin Team Squash League provides you with a reserved court each week, an awaiting opponent, and great league prizes. Players are ranked accordingly and play those of similar ability from opposing teams. This is a great opportunity to meet new squash players, improve your squash game, and, if your team collects the most points, you'll get your name on the league trophy.

701 Black Fin Squash League

\$40.00 + GST /
12 sessions
January 10 -
March 28
16 years +
Tuesdays
CCC Courts

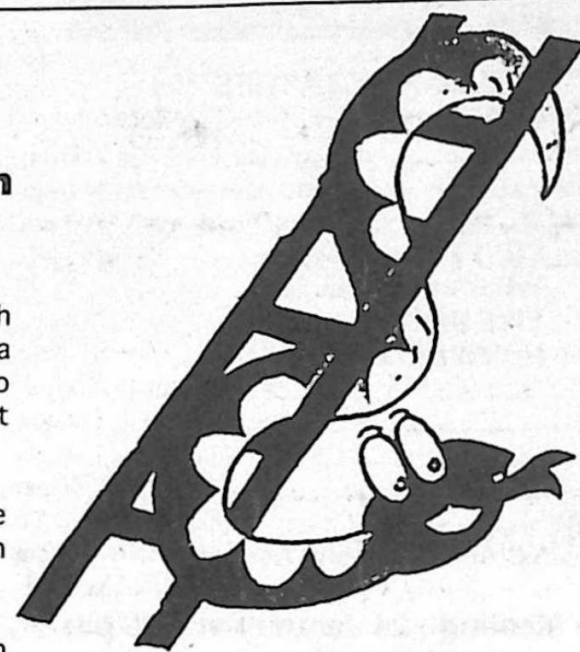


SNAKES & LADDERS Individual Squash League

Want to meet new squash players, play squash on a regular basis, but unable to commit to the Tuesday night Black Fin league?

How about joining the "Snakes & Ladders" squash league?

Players are "positioned" on the ladder and are assigned a limited number of opponents of similar ability (usually 4 - 6 per group) to play each month. Top players in each group move up the "ladder" while the bottom players move down. Prizes are awarded at the end of each month for various "accomplishments".



702 SNAKES & LADDERS
Squash League
\$5.25 + GST to join
(players are responsible for court fees)
16 years +
Ongoing Program

FRIDAY NIGHT WALLEYBALL LEAGUE

We're serving up an active, exciting Friday evening of WALLEYBALL fun. Sign up as a team of 4 or individually (and we'll place you on a team). Teams will play a few or all teams each week (depending on the number of teams registered) in a Round-Robin format. Team points are tallied to determine the league winner.
DON'T MISS IT!!!

704 TEAM

\$50.00 + GST per team
6 sessions
16 years +
Fridays
7:00 pm - 9:00 pm
January 27 - March 3
Location:
CCC Racquet Courts

705 INDIVIDUAL

\$12.60 + GST
6 sessions
16 years +
Fridays
7:00 pm - 9:00 pm
January 27 - March 3
Location:
CCC Racquet Courts

SQUASH LESSONS

Our squash lessons are designed for beginner (first time squash players) and novice (those with some previous squash instruction). Court movement, basic squash strokes, and squash rules will be introduced and reviewed. Lessons will progress to refinement of forehand, backhand, and court movement.

219 BEGINNER/NOVICE SQUASH

9 - 12 years
Saturdays
9:00 am - 10:00 am
Jan. 28 - April 8
\$26.50/8 sessions
No Class Feb. 4, Mar. 4&25

ADULT SQUASH LESSONS 703 BEGINNER/NOVICE SQUASH

Saturdays
11:00 am - 12:00 noon
Jan. 28 - March 18
\$20.00 + GST/6 sessions
No Class Feb 4 & Mar. 4

305 BEGINNER/NOVICE SQUASH

13 - 17 years
Saturdays
10:00 am - 11:00 am
Jan. 28 - Apr. 8
\$26.50 + GST/8 sessions
No Class Feb. 4, Mar. 4&25



COMOX MILITARY FAMILY RESOURCE CENTRE

Did you know that the CMFRC has a Resource Library?

One of the many services offered by the CMFRC includes a Resource Library. The Resource Library is still growing but it contains over 105 books for adults and a fair amount of children's books. The library also provides information on different organizations/associations in the Comox Valley and in B.C.. Furthermore, the library keeps information on services offered by other Bases (useful information to have at posting time).

The Resource Library has books that deal with many issues pertinent to individuals and parents. The following books have been selected to give you an appreciation of what you can find in the Resource Library.

The Road Less Travelled
by M. Scott Peck.

The author is a well known psychiatrist who offers a discussion on the nature of relationships through spiritual growth. It also provides an insight on how confronting problems can help us reach a higher level of understanding.

You Just Don't Understand
by Deborah Tannen, Ph.D.

The author is a linguistics expert and in her book she demonstrates how men and women communicate differently. This fascinating book deals with problems of communication particularly between husband and wife and explains the differences between cultural gender.

Siblings without Rivalry
by Adele Faber & Elaine Mazlish.
If you are a parent experiencing rivalry between your children, this book would be quite

useful. It is a practical guide on how to teach your children to get along.

Parents, Teens and Boundaries
by Jane Bluestein, Ph.D.

Teenage years are very often challenging for both parents and teenagers. Teenagers are constantly testing their limits and sometimes it is hard for parents to draw the line. This book offers 20 relationship building techniques. Indeed, a very valuable book.

With Love and Wisdom

A parenting program by Discovery Toys.
This resource includes videos, booklets, audiotapes and charts for parents of new born children to two years old. The program is designed to help parents understand the child's point of view.

Deutsche Frauengruppe

Wir sind eine Gruppe deutscher Frauen, die sich zweimal im Monat zum gemütlichen Zusammensein trifft. Neue Mitglieder sind recht herzlich willkommen. Für mehr Informationen rufen Sie bitte Claudia unter der Nummer 339-8290 an.



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

Life Skills Program

The CMFRC is working in partnership with the Base to create opportunities for spouses, as well as military members, to participate in the popular Life Skills Program.

Life Skills refers to those every day skills which benefit all aspects of life. Things like communication, decision making, recognizing the values which motivate us and problem solving skills. Life skills are those things behind the choices we make to ensure we are making the best choices possible for ourselves and our lifestyle.

Included in the Life Skills

Program will be practical information on nutrition, exercise and stress management.

Date: Jan. 16th, 17th, 18th & 19th
Time: 8 am - 4 pm (19th, 8am-12pm)

Location: Building 22 Room #12
Cost: No Fee
Registration: Spouses call the CMFRC at 339-8290

**Interior Decorating:
Storage Ideas**

Guest Speaker: Eileen Boyd
Getting the most out of the space you have.

Dates: January 19th
Time: 6:00 - 9:00 pm

Location: Parish Hall
Registration: Call the CMFRC at 339-8290.

**Interior Decorating:
Kitchen & Bathroom**

Guest Speaker: Eileen Boyd
Innovative ideas to turn the kitchen/bathroom that you have into the one you want.
Dates: February 2nd
Time: 6:00 - 9:00 pm
Location: Parish Hall
Registration: Call the CMFRC at 339-8290.

Child Care Programs



• 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

• Parents and Tots

A social get together with guest speakers and a monthly craft morning. Fridays 10-11:30 am
Location: Wallace Gardens Community Centre

• Toy Lending Library

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

Youth Activities



• January 13th, Dance (15-18 years).

Cost is \$1/military family member & \$2/guest. 7 - 11pm at the Wallace Gardens Community Centre

• January 14th, Bottle Drive.

Saturday at 2:00pm. Meet at Airport Elementary School parking lot. Proceeds go towards skiing costs.

• January 15th, Skiing Mt. Washington.

Call the CMFRC at 339-8290 for more information.

• January 20th, Dance (12-14 years).

Cost is \$1/military family member & \$2/guest. 7 - 11pm at the Wallace Gardens Community Centre

• January 22nd, Video, Pizza & Pop (15-18 years).

Cost \$1.00, 6-9 pm at the CMFRC.

• January 29th, Skiing Forbidden Plateau.

Call the CMFRC at 339-8290 for more information.

• Gym Nights

Wednesday nights are for recreation in the Wing Gymnasium from 7-9 pm. There is free unorganized activities, as well as a Badminton Tourney planned for January. There will be prizes and all kinds of fun so contact the CMFRC for more details or to register at 339-8290.



and the Comox Recreation Department

presents

"Wish I Were Anywhere But Here" SQUASH TOURNAMENT

A squash tournament for all levels of play for ages 16 yrs. +

THURSDAY, MAR. 2 - SATURDAY, MAR. 4

at the Comox Community Centre

FEE: \$21.00 + GST (includes t-shirt)
ENTRY DEADLINE: Friday, February 17, 1995

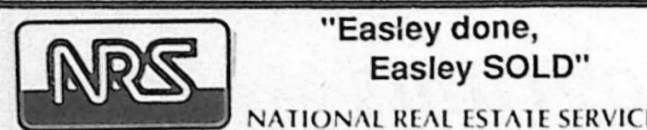


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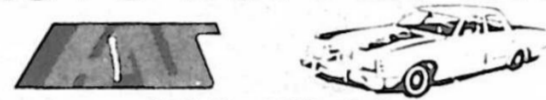


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Jürgen Jung, M.A.
Reg. Clinical Counsellor



Feb. 22, March 1, 8, 15
Wednesdays
7:00 - 9:00 p.m.

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COLLEGE



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339-3700

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**Week Ending 14 January
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3. The Hope.....Wouk
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5. Brazil.....Updike
6. Honor and Duty.....Lee
7. A Touch of Panic.....Wright
8. Rama Revealed.....Clarke
9. Trumpet on the Land.....Johnston
10. Element of Surprise: Navy Seals in Vietnam.....Young

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

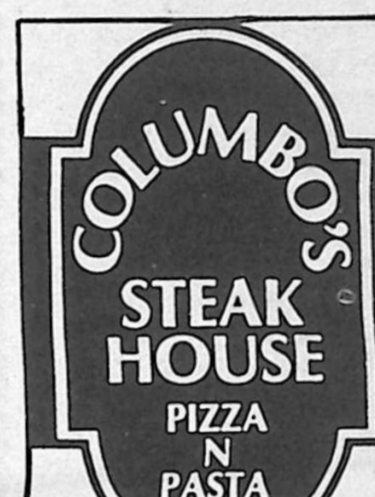
Youth Bowling League

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.



**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 10-11 June 95**. Registration/Greet & Meet will take place at 888 Wing RCAF, 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 du Conseil d'Administration
et le Personnel de l'Association
vous souhaitent
un très Joyeux Noël et
une très Bonne Année 1995
A tous les membres et a tous les bénévoles.

The Personnel and the Board of Directors
would like to wish a Merry Christmas and a Happy New Year
to all members and volunteers.

Bulletin Board

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

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

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

For Sale
14 x 70 mobile home in new condition with many extras. Located in Uplands Park. Children welcome. Phone or leave message: 338-0127.

**Birth Announcement
It's a Girl!**



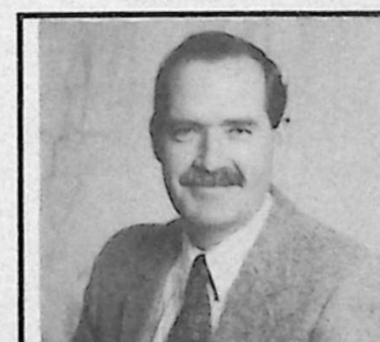
Jessica Blinn is happy to announce the arrival of her baby sister, Stephanie Kay. Born 14 Dec 94, weighing 8 lb. 5-1/2 oz. Proud parents are Gary and Kathy Blinn of Lazo, B.C. Proud grandparents are Dennis and Helen Blinn of Corberrie, N.S. and Steve and Kay Wozney of Sandy Lake, MB.

For Rent
First time rented. Spacious near new 2-bedroom duplex with garage and separate wired shed (workshop). Includes fridge, stove and blinds. Quiet cul-de-sac near base and Superstore. Non-smokers. No pets. \$700.00 per month, plus utilities. Call Victoria collect: 477-3943.

**FOR RENT
EAST COURTENAY**
1 year old, 3 bedroom, 2-4 pc. bath, 5 appliances, great neighbourhood, separate 2-car garage/workshop, laneway access. No pets, non-smokers. \$900 month for Feb. 1. 338-7736.

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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.

Western Line Dancing
For all ages. Call 338-1266 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.

19 Wing Pacific Divers Scuba Club

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

Aerobics

Co-Ed Aerobics are available at the Base Gym aerobic room Mon thru Fri 1130-1215 hrs. For further info contact Karen at local 8442.

Avis

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

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.

Volkswalk

The Comox Glacier Wanderers are having a 10K "Don Raby Memorial" Volkswalk on Sunday 15 Jan. Registration will be at the Arbutus Hotel at 0930 for 1000 start. Everyone is welcome. Info: 339-4145.

LIBRARY

HOURS

Monday 6:00 - 9:00 pm
Tuesday 11:15 am - 12:15 pm
& 6:00 - 9:00 pm
Wednesday 6:00 - 9:00 pm
Thursday 11:15 am - 12:15 pm
& 6:00 - 9:00 pm
Friday 11:15 am - 12:15 pm
Saturday 1:00 - 4:00 pm
Sunday 1:00 - 4:00 pm
(We are located in Building 10, next to Base Accommodations).

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.

NEXT DEADLINE 20 JAN

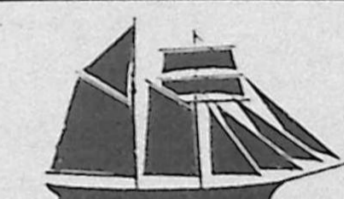
On & Off the Base

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.

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For more information call Diane at
Local 8163



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649 Anderton, Comox **339-5400**

On & Off the Base



Comox Valley Ski Club

*Canadian Forces Base Comox
Lazo, British Columbia
V0R 2K0*



Silver Star Mountain Vernon, B.C. Trip Dates: 11-16 Feb 95 (Sat - Thur)

Arrangements have now been completed for the club's second trip to Silver Star Mt. during the 94/95 season. The package price (\$260) includes: 4 days/2 nights skiing, 5 nights on-mountain accommodation and ferry passenger fare. (The total cost does not include meals or equipment rental.)

The Mountain

Alpine skiers will enjoy 68 exciting and diverse runs, easily accessible by eight lifts, including two high speed quads; there are 67 Km (40 mi) of groomed and trackset trails for the crosscountry enthusiast; and snowboarders can enjoy the extensive snowboard park and half pipe in Vance Creek. So you see, there's something for everyone!

Accommodation

A deposit has been made at the Pinnacles and Kickwillie Inn accommodating a maximum of 20

people; accommodation is available here for only three more people. However, once the maximum number has been reached, others can arrange and pay for alternate on-mountain accommodation and join in on the fun, transportation and military group lift rate.

Transportation

Operational requirements permitting and barring unforeseen circumstances, a 40-passenger bus should be available. In the event that alternate transportation arrangements are required, car pools will be organized on an additional cost-sharing basis (gas, ferry & highway toll).

Travel Details

All participants will depart from CFB Comox, Jr. Ranks Mess parking lot, NLT 0445 hrs. 11 Feb (Sat), arriving in Vernon at approx. 1700 hrs. (Ski - Sun, Mon, Tues & Wed.) Group will depart Silver Star Mt. approx.

0630 hrs. 16 Feb (Thurs), arriving CFB Comox approx. 1900 hrs.

Method of Payment

Cash or cheque accepted. Cheques are to be payable to: "The Comox Valley Ski Club." Please retain your receipt. Total cost indicated is based on "a full house" and special lift rate for military personnel in groups of 20 or more. Cost will be adjusted if less than 20 lift tickets are purchased. Payment of \$260 must now be made in full.

Registration

Registration forms can be obtained from: Susan Gibbs, Room 35 Headquarters Bldg, CFB Comox, Lazo, B.C. V0R 2K0. Phone (wk): 339-8211 Loc 8980, (hm): 339-3518.

Cancellation Policy

Please note that due to the large reservation deposit required by the Pinnacles and Kickwillie Inn, and the financial commitment now made by the club on your behalf, members who find themselves unable to participate must find a replacement.

TOTEM TIMES 1995 PRINTING SCHEDULE VOLUME 37

DEADLINE (NOON)	PUBLICATION
NUMBER	DATE
<i>Note: Copy Deadlines are Friday (Noon)</i>	
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 20 Jan 95

FRP Question #1

"Will You Make The Most of It?"

Answer: "If You Are Participating in The Forces Reduction Plan Then You Need to Call Gary Hein To Discuss Professional Management For Your FRP Settlement."

You will receive

- Accurate tax advice
- One on one service
- A financial plan that is designed to meet your needs
- Ongoing review of your professionally managed portfolio



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