

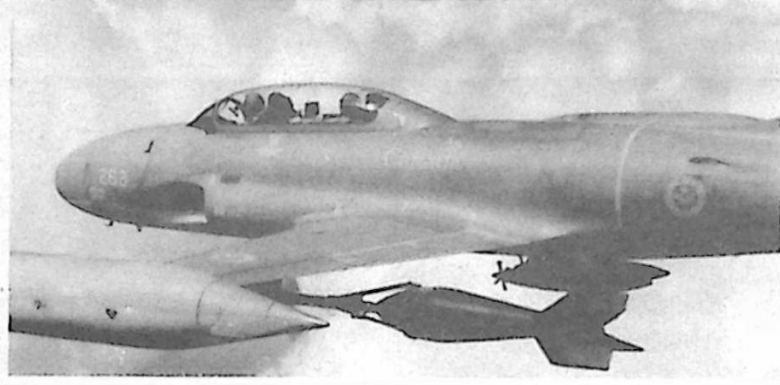


## Helping the Food Bank

....page 10

## Towed Target System

....page 6



# TOTEM TIMES

19 Wing CFB Comox B.C.

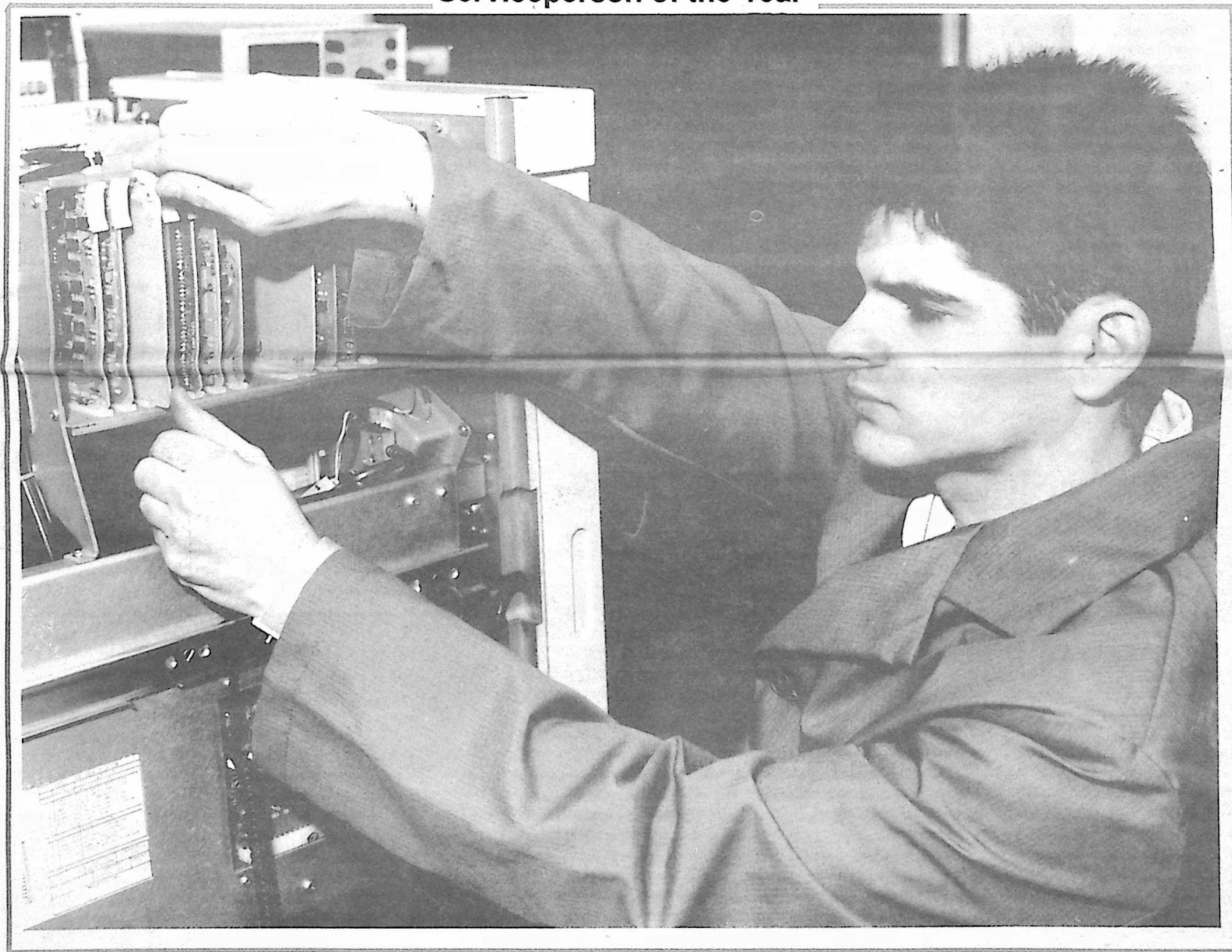


VOL 37 NO 2

THURSDAY 26 JANUARY 1995

COST: PRICELESS

## Serviceperson of the Year



## Cpl Art Gogan: Serviceperson of the Year

In recognition of his outstanding contributions to 19 Wing and to the Comox Valley community, Cpl Art Gogan has been selected as the 19 Wing Serviceperson of the Year for 1994.

Originally from Englewood, Ontario, Cpl Gogan has served in the Air Force since 1985. He and his wife Kristi have three children and have lived in Courtenay for the past two years.

Cpl Art Gogan is a Communications and Radar Systems Technician, currently assigned to 19 AMS and working in the DIAC Maintenance and Training section. "Arc," as he is affectionately known to his co-workers, has played a key role in the increased serviceability rate of DIAC equipment. His extraordinary motivation and initiative in repairing "C" class electronic components resulted in savings

estimated at over \$10,000. His remarkable technical skills enabled him to accomplish this, despite the lack of service manuals or schematic diagrams.

Cpl Gogan is not only an outstanding technician, but also an excellent performer in a classroom setting - on either side of the podium. He recently graduated at the top of his class on the very demanding AN/UYK-7 computer

maintenance course. As an instructor, he not only developed a completely new training package, but also delivered it flawlessly, inspiring his students to greater achievements than previously seen.

In addition to his normal duties, Cpl Gogan brought his impeccable dress and deportment to bear on the Wing Honour Guard and is a member of the Wing

Crash Guard and Salvage Team. He is a highly respected member of the Board of Directors at a local school and devotes time as a Sunday School teacher. He has also been active in the Island Relay Race and the Comox Valley Relay.

Certainly he is the epitome of airmanship and is truly deserving of this recognition. Congratulations and well done, Cpl Gogan!

# On & Off the Base

## The Untapped Energy Resource

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

Many years ago, a poverty stricken native stumbled into the local Native Support Agency, malnourished and fainting with hunger, ragged clothes barely covered him. They took him, fed him, cared for him, looked after his wounds. Around his neck he wore a little bag made of deer skin hanging on an old leather cord. When he was asked about it he replied that it was some ancient charm that the white man had given him. He opened the bag and showed them a worn, greasy piece of paper with faded writing on it.

It turned out to be a pension document from the government given in recognition of his military service. All these years the poor man had been carrying about with him the means of supplying all his physical needs, but because he did not look, because he did not inquire, it did him absolutely no good whatsoever.

Far too many people are like that gentleman. We do look after our physical needs, but we too often forget to look after our inner non-physical needs. The solution is as close as we are to ourselves. In many ways the solution is closer than the thong and bag which the aforementioned individual had around his neck.

Try prayer, meditation, think-



Chaplains Chatter

ing about the Word of God as we find it in the Bible. It is a great untapped energy resource for our day. But no one can do it for you. You have to tap it yourself.

If we put HALF as much energy into prayer and meditation on the Word of God that we do into worrying, complaining, studying Zen, astrology, transcendentalism, and a hundred other "isms" we look for answers in, then our lives would be very much richer for it.

**BUT DO NOT EXPECT OTHERS TO DO IT FOR YOU!**

They cannot do it for you. We have water piped to our homes, but if we do not turn on the tap the sink stays dry. Even if the water does flow, we have to drink it ourselves.

Across the pages of the Bible walk a bunch of people like ourselves. They may have lived long

ago, their dress was different, their ways were different, but they were still people who faced trial and tribulation, grief and sorrow, sin and life in general. The tragedy of the human race is that we are slow to learn, and in that way we are just the same. Our anguishes, needs and problems are just the same.

Scripture offers something solid to support us all the day long of this troublous life. In it are words that have stood the test of time. It is a book that has been battered, argued, scorned, neglected, burned, tossed out, and yet it is still with us. It has stood the test of time.

Not IF, but WHEN you read it and pray about it and meditate upon it do this: Keep an open mind and heart; let it speak for itself; accept the research of scholars; realize that there is something in it for all folks. It speaks to all people regardless of race, creed, colour, denomination, age.

Also we are so busy thinking that we know it all. We think we can get along in life without feeding our inner spirit. Not so. Just as we need physical food, we also need spiritual food. The energy of scripture only takes a few minutes a day, as does physical exercise. The warmth, the energy, the light, the life with which it enriches us is beyond all value.

God Bless. Take Care.

## Stompin' Tom Connors & Our Blue Berets

by Lt (N) Kent Page

Christmas 1993, I helped to organize a "Christmas Greeting Video" to be sent to our peacekeepers overseas which featured Christmas Greetings from various Canadian celebrities.

One of those I met was the Canadian legend, Stompin' Tom Connors, who was quick to lend his support to the project. He was also kind enough to donate copies of his latest compact disc, "Dr. Stompin' Tom...Eh?" to serve as Christmas presents for our troops.

I noticed that one of the songs on the cd was called "Blue Berets." The song was written as a patriotic tribute to our Canadian Forces peacekeepers of missions, past, present and future. The song was very catchy and with lyrics such as "We shall stand between the mighty and the frail," it also had a lot of meaning.

I spoke with Stompin' Tom and his record company and asked if they would be interested in making a music video for the song "Blue Berets" using Canadian Forces peacekeeping footage which we would provide, so long as they paid for the cost of producing the video.

Fortunately, Stompin' Tom and EMI Records Canada thought the video would be a great idea

and agreed to get started as soon as possible.

Well, less than a year and many edits and filming sequences (with Stompin' Tom and our troops in Petawawa and Borden) later, the "Blue Berets" music video is complete. It has appeared nationally on MuchMusic and Stompin' Tom was interviewed on CBC's "As It Happens" about the song and video as well as taking part in interviews with Canadian Press and Macleans magazine.

The fact that the "Blue Berets" video was released while some of our peacekeepers were being detained in the former Yugoslavia highlighted the fact amongst the Canadian public that the job we do as peacekeepers is both dangerous and worthwhile. Stompin' Tom's song further emphasizes that fact through music and video.

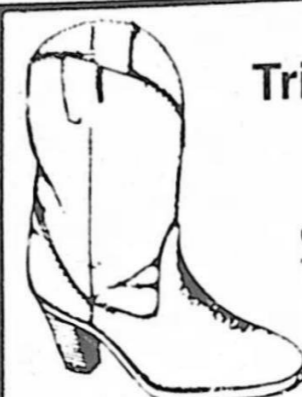
So, if you want to hear the "Blue Berets," pick up a copy of the "Dr. Stompin' Tom...Eh?" compact disc or cassette. Or better yet, so everyone can hear it, call up your local radio station and ask them to play it. That way, you'll keep the good work that our peacekeepers do in the minds of everyone. And to see the video, call up MuchMusic's

"Daily RSVP" show and ask them to air the "Blue Berets" video. You may see yourself or someone you know in it.

The video opened up our second annual "Christmas Greeting Video" which was sent to our peacekeepers and featured Stompin' Tom, Alex Trebek, Elvis Stojko, Gordon Lightfoot, Kim Mitchell, Don Cherry, Cynthia Dale, The Royal Canadian Air Force, Gowan, Frank Mahovlich and many others wishing Happy Holidays to our peacekeepers.

The "Blue Berets" video has been distributed to all CF regional and command public affairs offices for use with school presentations, peacekeeping lectures, Remembrance Day ceremonies, base open houses, etc. If you think that your presentation or talk with the public would benefit from the use of the video, call up your local Public Affairs Office and ask for a copy.

Special thanks goes out to the folks at CFB Petawawa and CFB Borden for their help in completing the filming of the video, as well as the people at EMI Music Canada, Stompin' Tom and most importantly, to all those who have, will, or now wear, a blue beret.



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Well Turned Out

Maj Mac Fraser was recently awarded a Base Commander's Commendation for contributions towards the success of the Queen's Visit to CFB Comox on 17 Aug 94. Maj Fraser was the commander of the Queen's Guard of Honour, a well turned out Air Force blue contingent that was seen across the country via newspapers and TV. Fraser had further opportunity to hone his knowledge of official protocol as the ADC to the B.C. Lieutenant-Governor. (Photo by Cpl Luc Champagne, 19 Wing Photo Section.)



# On & Off the Base

## Wing Commander's Commendation



A Wing Commander's Commendation was presented to Mrs. Sabrina Brenot on 20 Dec 94. The Commendation reads:

**In Recognition of Outstanding Service**

Presented to Mrs. Sabrina Brenot in recognition of her outstanding contribution to the quality of life at 19 Wing Comox. Throughout her association with the Comox Military Family Resource Centre, she has been a volunteer, member of the Board of Directors and Chair of the Board. Her dedication and effort have enabled the Centre to consistently follow its mandate and to achieve its stated goal of serving the community.

## Wing Commander's Commendation



Col T.B. Rogers presenting Base Commander's Commendation to Sgt Jim Astles for his Comox Air Force Museum fundraising activities.

## DND Travel - The Next Step

by **Bronwynn Guymier**  
Imagine the simplest means of travelling with DND. A means that does not require a long line-up at a cashier's cage or the inconvenience of utilizing your own line of credit. This means has arrived.

Diner's Club and EnRoute have merged and have offered DND and its employees an unbeatable offer with their Diner's Club and EnRoute Card (DC/enRoute), also known as the Individual Travel Card (ITC). Here's how it works. Quite simply, you get your travel claim and go. Just charge all hotel, car rentals, food and travel expenses to the card. If cash is required, use an ATM. You can withdraw up to \$500 a day, or \$1,000 per week.

Once the travel is completed, submit your claim as usual to the Claims section. You will be reimbursed the appropriate amount for all the expenses, including the fee for using the ATM, that is related to authorized DND travel. You then pay off the ITC card using either the prepaid postage envelope included with your statement or by paying at any financial institution.

With the DC/enRoute card there is no longer a need for advances or using your personal credit card. Of course, with any change there are concerns and questions. The following are questions most commonly asked.

**What if my claim takes a while to settle?**

Just call the DC/enRoute 1-800 number and advise them of the problem. Interest will not be charged in cases where the member is not able to receive reimbursement quickly. DC/enRoute requests that if a portion of the claim can be settled then the member pays off that portion and settles the rest when the claim is finalized.

**What about service charges for cash withdrawals?**

Just keep your withdrawal slips and submit them with your claim. Any portion that pertains to authorized travel is completely claimable.

**Who does the card belong to?**

The card belongs to you for as long as you are an employee of DND. When you are posted just simply inform DC/enRoute and tell them your new billing address, just as you would with any other charge or credit card.

**Does that mean the bill goes straight to me?**

Yes, monthly statements will be mailed to your home address. You have full use and responsibility for the card and its advantages.

**Are there any other advantages?**

There are many advantages for using the DC/enRoute card, including comprehensive insurance packages for travel, luggage and car rentals. Other travel assistance services are available including medical/legal advice and 24 hour replacement of lost or stolen cards. Full information is

available at the Pay Office.

**Where can I use the DC/enRoute card?**

The card is accepted in over 2.2 million establishments in over 200 countries.

**What does DC/enRoute get from this?**

DC/enRoute make their money from the merchants. Every time you use the card the merchants pay a small transaction fee. The reason why the DC/enRoute card is accepted in so many places is the comparatively low transaction fee that they charge. Simply put, DC/enRoute make their money through sheer volume of usage.

Some people may think that this isn't for them - that they would rather let the department handle everything as before. As the department changes to adapt to a new economic climate, DND can no longer handle everything as before. The fact is that new methods of doing business are required to reduce costs and increase efficiencies. The ITC is one initiative that has full support from NDHQ and Air Command and shortly may no longer be an option as to whether you want one or not.

The ITC may give the individual member more responsibility, but it gives a lot more in advantages - to DND and to the individual.

Visit the Pay Office for more information and apply today.

## A PERSONAL PERSPECTIVE

## UNE PERSPECTIVE PERSONNELLE

## SERVICE RSP

Take a personal tax-time defence strategy and your tax savings could be substantial!

You can deposit now for the 1995 taxation year and benefit from tax-sheltered interest compounding.

The Service RSP is administered by Canada Trust - a leader in RSPs - and gives you-

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For information, contact your local branch or your SIS/RSRP adviser.

## LE RER MILITAIRE

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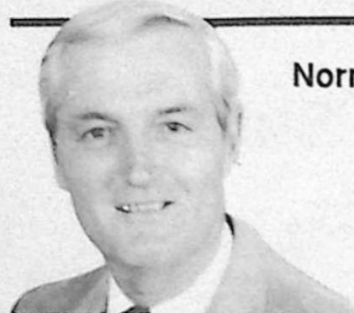
- des taux bonifiés sur les options d'épargne et certificats de placement
- des choix de fonds de placement sans frais d'acquisition parmi la famille Everest
- de l'intérêt qui s'accumule dès le jour du dépôt
- aucune commission ni frais d'ouverture ni de retrait
- des prêts instantanés pratiques et facilités pour cotiser à votre RERM
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Pour tout renseignement, visitez notre succursale la plus proche ou votre conseiller RARM/RERM.

**Canada Trust**

**NEXT DEADLINE 3 FEB. - NOON**

# Editorial



Norm Blondel

## Volunteers Needed

February 23-26 are very important dates in the Comox Valley, when our neighbours and friends will host hundreds of athletes for the B.C. Winter Games. To make a real success of it, many volunteers are needed (see the full page advertisement on page 11). CFB/19 Wing Comox has played an integral and important part in Comox Valley events, since 1942. Our personnel have contributed to the community at all levels, ranging from Scout and Guide Leaders, to Town Councillors. We have, within our military, support and dependant organizations, a pool of diverse talents second to none. Now is the time to put those talents at the disposal of the people organizing the Winter Games. Give them a call at 334-1995 and make your offer.

## Power of the Press (1)

We received a very fast response from an organization on base to our request for a light table. The Forecast Centre had a surplus table, which they donated to the cause. Thanks, fellows, you've made our work a lot more pleasant to do.

## Power of the Press? (2)

Having had success with the light table, we are emboldened to make another request. For twenty years or so, the Totem Times staff have served the public from behind a beat-up, grubby old servicing desk. It was originally the property of BTO (not the rock band, probably Base Transport Org. or some other worthy section) and is still emblazoned, yellow on brown, with those initials. If any organization has a nice clean counter, about 40 inches high and 8 to 12 feet long, and there's no longer a use for it, the Totem Times editor will gladly take it off your hands. Leave a message at 339-2541 or 338-0259.

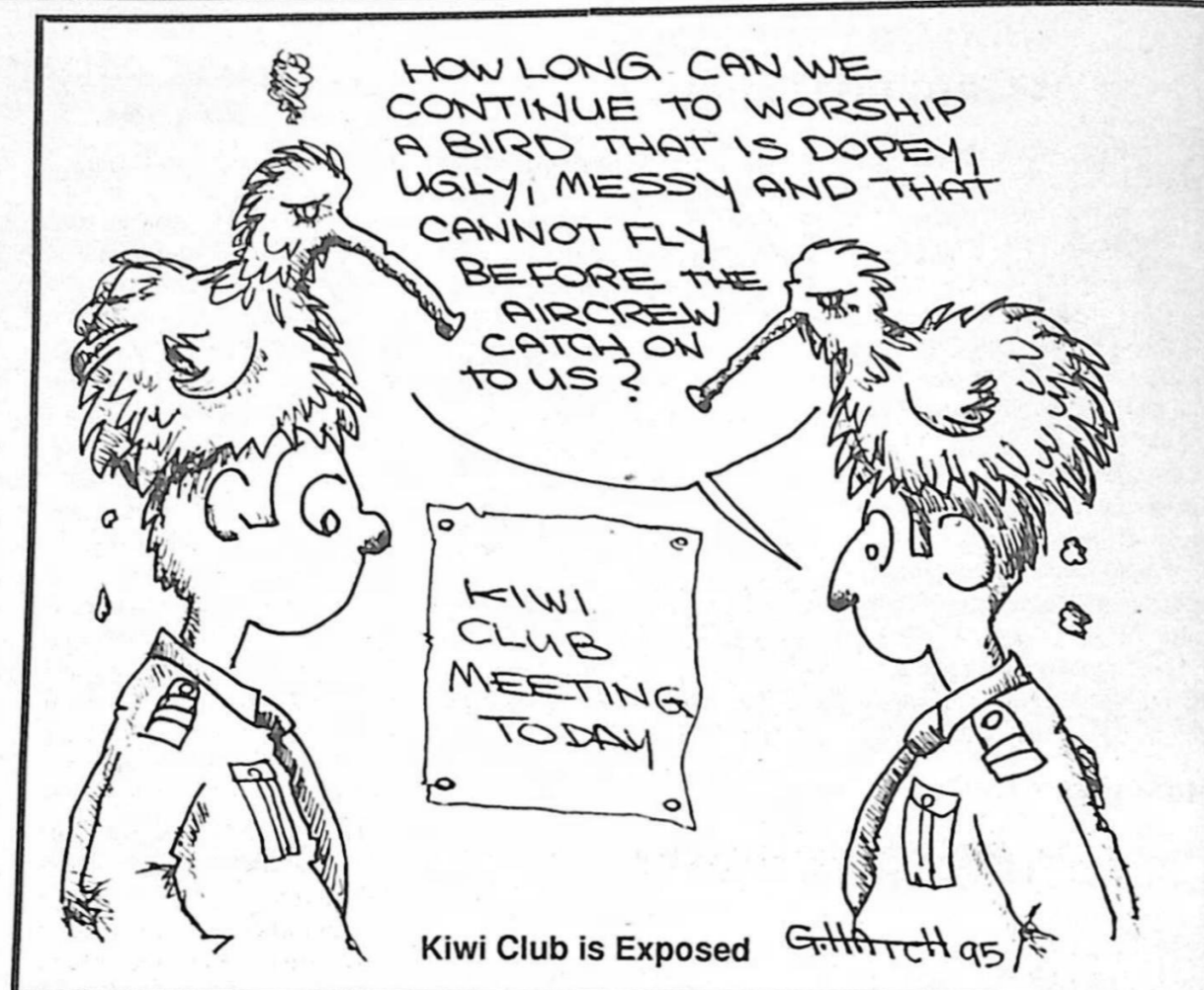
## Good Luck Pam



Pamela Fidler

It is a bit unusual for us to wish someone good luck in business - our custom is to charge for an ad - but, in Pamela Fidler's case, we're happy to make an exception. For many years, Pam was Marketing Director for the Driftwood Mall, and a cheerful provider of much advertising for the Fishwrapper. Now she has a new position with Homelife Harbour Realty.

Good luck in your new job Pam, and thank you for many pleasant calls. If you are a rose fancier, Pam and her husband also grow English varieties (for sale) at their Ship's Point property.



Kiwi Club is Exposed

G. Hatch 95

## Sir Cedric's Sword is Lost or Stolen!

To All Concerned:

414 Squadron's history dates back to 1941 in Croyden, England. All of our members, past and present, are proud of our history and of the squadron's accomplishments. One of the many ways in which we celebrate our past and also remember our fallen members is through the maintenance of our squadron mascot - Sir Cedric.

Sir Cedric is The Black Knight, the suit of armour that welcomes visitors at the entrance to the squadron. He was made by past members of the squadron over 50 years ago, in England.

Two years ago Sir Cedric's shield was taken and not returned. We have tried all available means to recover it, but to no success. We have had to accept the fact that Cedric's shield will not be returned and have made a replacement, though historically not the same.

Two weeks ago Sir Cedric's sword was noticed missing from the locked display case. All searches have been unsuccessful. We have not received any notice of a ransom and now are left with no choice but to consider it stolen as well. We will be reporting the sword as a stolen item to the Military Police.

To the individual(s) responsible, we want the sword back! Its significance to the squadron far outweighs any perceived sense of accomplishment on the part of the individual(s) involved.

Any information leading to the safe return of Cedric's possessions will be greatly appreciated. Those with any information leading to the safe return of Cedric's sword, please contact Capt Ted Krofchad at 414 Sqn, loc 8778.



## 7 Days to Winter Carnival

NEXT DEADLINE 3 FEBRUARY - NOON

# TOTEM TIMES

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Monday; 0830 - 1600  
Tuesday; 0830 - 1200

# Comment

## About Trivia

## Bristol M1C Fighter

Dear Editor,

Your latest trivia (12 Jan) appears to be a Bristol M1C fighter of 1916 vintage. It was a very advanced design for its time, and was built by the Bristol and Colonial Aeroplane Company. The high parasol wing feature, was also favoured by French designers during WWI. The most notable of these was the Morane Saulnier Aircraft Company, whose production of one of its types, the A1, exceeded 1,200 aircraft.

Mr. Umpherville's recent input on the Vickers Vancouver prompted me to add some further

info on those flying boats. Five of them served on the west coast, their serial numbers being #902 to #906. They were based at Jericho Beach, Vancouver, and were on strength of #4 Sqn from February 1933 until July 1939. #4 Sqn was employed on civil government operations, e.g. preventive patrols against illegal immigration, fishery and forestry patrols, and aerial photography.

Sincerely,  
John Novak

P.S. You were the loner on the road to St. Ives!

## More About Trivia

## Vickers Vancouver

Dear Editor,

Regarding the Vancouver Flying Boat pictured in the last issue: I flew this aircraft as a Sgt pilot out of Jericho Beach, Vancouver, 64 years ago.

Next, still as a Sgt. pilot, I flew it in 1932 on the experimental Ship to Shore Airmail, which extended from Red Bay, Labrador to Ottawa. From one of my log books, I notice it took 6 hours and 35 minutes to fly from Ottawa to Rimouski and a similar length of time to Havre St. Pierre, our midway point and one of our refueling stops. No speed records were set.

The aircraft in question was built by Canadian Vickers of Montreal, following the building of a wooden monster named "The Varuna."

Originally, it was powered by two Armstrong Siddley geared Lynx engines and later with Wright Whirlwinds. In both instances it was woefully underpowered, and had no single engine capability.

My aircraft V.R. was powered with the Wrights and during this operation we had three forced landings, all due to oil pressure failure which my crewman was able to rectify. One of the landings was into a pothole lake just inland from the coast of Labrador and the other two approximately in the middle of the Gulf of St. Lawrence. All three were experiences I would not care to go through again.

Sincerely,  
Harry Bryant

## Santa's Workshop Thanks

Dear Editor,

On behalf of Santa's Workshop, I would like to take this opportunity to thank all of the personnel of 19 Wing Comox for their support and generosity. The support this year from the base was unmatched in year's past.

A special thank you to Capt Benn and the personnel of 19 Wing Comox Fire Hall for all their time and effort. The hall spent many hours collecting, repairing and painting toys and

bikes from around the base and on Santa's Toy Drive.

We would also like to thank all the volunteers who donated their time at the shop sorting and cleaning all the donated toys and to all who donated their time to help keep the shop itself in operating condition.

We look forward to your support next year.  
Sincerely,  
Cpl Purcell

## Aviaquiz

Answers on page 6.

by John Novak

1. Which WWII fighter was nicknamed "The Jug" by its pilots?
2. Why was the Japanese A6M fighter called the "Zero"?
3. What was the first U.S. built jet fighter aircraft?
4. This Luftwaffe bomber carried a psychological weapon in addition to its bomb load. What was it?
5. During WWII, U.S.A.A.F. bomber navigators were supplied with a "secret weapon," which is

now commonplace to everyone. What was this device?

6. Who was the first Canadian to fly the Atlantic non-stop?
7. When were in-flight movies first introduced?
8. What was the first jet powered airliner to enter passenger service?
9. When was the first successful parachute descent made, and by whom?
10. Which aircraft made the world's first four-engined flight?

## History - the Navy League of Canada

The latter half of the 19th century saw rapid expansion and development of the British Empire, and with it, the dependence on ocean shipping routes for its trade and defence. Concern as to the adequacy of the Royal Navy to defend the diverse Empire and essential shipping lanes gave rise to the formation, in Britain, in 1895, of a society with the primary aim of ensuring an adequate naval defence. This was the Navy League, organized with local branches in towns and cities and drawing its support from people of all walks of life interested in the challenges of maritime trade and defence.

The movement expanded quickly and before the end of the year branches had been established abroad, including one in Toronto whose warrant #5, dated 16 December 1895, is displayed in the National Office in Ottawa.

From its earliest days the League has been a very active organization. In October 1895 the group in Toronto, while still forming the branch, had already prepared a submission to the Canadian Government on the subject of maritime defence and the need for a naval reserve training programme. Continued effort in support of improved naval defence resulted in the establishment of the Royal Canadian

Navy in 1910. In these early years the branches in Canada also supported a youth training program, the Boy's Naval Brigade, aimed at encouraging young men toward a seafaring career and providing basic training in citizenship and seamanship.

WWI placed heavy commitments on the League and its activities expanding to recruiting naval and merchant navy personnel, operation of hostels for seafarers, provision of welfare services to the dependents of seamen and, in the final stages of the war, the rehabilitation of naval veterans.

In the years following WWI the League took particular interest in seeking continued support for a Canadian flag merchant marine and it maintained shore hostel facilities for the benefit of seafarers. The training of young men in the Boy's Naval Brigade was changed about the time to the Navy League Sea Cadets providing a closer liaison with the Royal Canadian Navy.

With the outbreak of WWII in 1939, the Navy League was once more involved in War Services activities. This included the operation of 24 hostels in various port cities, such as the Seagull Club in Halifax, the provision of amenities and special clothing supplies for visiting seamen, as

well as those of the RCN and Canadian Merchant Navy. The League also assisted in the establishment in Ottawa of HMCS Bytown Wardroom.

With the end of the war and the closing out of its War Services Operations, the League was again able to turn its attention to its primary objectives; continued support of youth training and promoting a knowledge of maritime affairs. At that time the minimum age limit for Sea Cadets was set at 14 years and the League felt there was need for an organization to cater to interested boys under that age. Thus, in 1948, the Navy League established the Navy League Cadet Corps for younger boys. This development was followed in 1950 by the establishment of the Navy League Wrenette Corps for young ladies.

Wrenettes have since become integrated within Sea Cadet and Navy League Cadet Corps.

Today there are 9,400 Royal Canadian Sea Cadets in 221 Corps across Canada sponsored in a partnership of the Navy League of Canada and the Canadian Forces. In addition there are 110 Navy League Cadet and Wrenette Corps with 3,200 younger children supported solely by the Navy League.

## Navy League Marks Centenary

The Vancouver Island Division of the Navy League of Canada will celebrate the organizations' centenary with a Cadet Tattoo to be performed in eight Vancouver Island communities between 11 March and 20 May.

The Cadet Tattoo will feature over 400 members of the Royal Canadian Sea Cadets from 10 Sea Cadet Corps on Vancouver Island and nearly 300 members of the younger Navy League Cadets. Tattoo performances are scheduled in Duncan, Port Alberni,

Campbell River, Comox, Powell River, Sydney, Nanaimo and Victoria.

The President of the Vancouver Division of the Navy League, retired Commodore Dick Okros says, "These tattoo performances will allow the young people to show their appreciation for the long-term support of their communities. There will be no admission charge, but during intermission the League will solicit donations. The aim of the Sea Cadet and Navy League cadet program is to instill in youth the

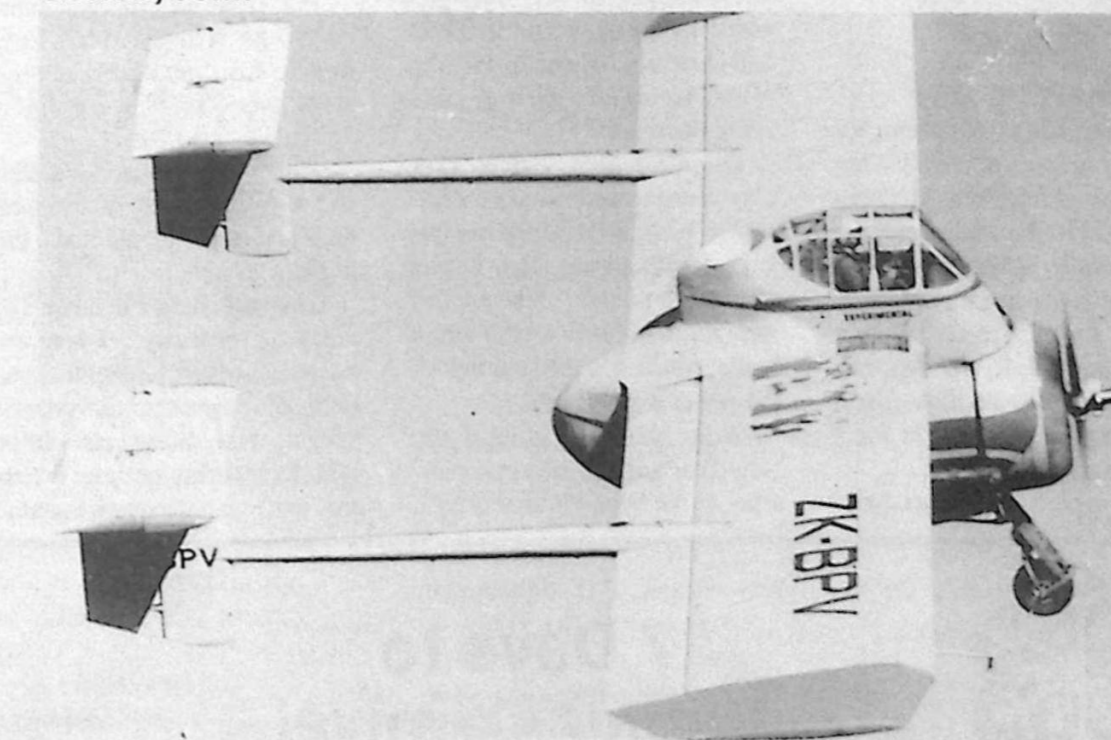
attributes of good citizenship, leadership, physical fitness, and an interest in the activities of the Canadian Navy. The tattoo highlights cadet training as well as being a military style spectacle."

The Navy League was established in 1895 to bring attention to the requirement for the maritime defence of Canada. In the early years the League supported a youth training program known as the Boy's Naval Brigade, aimed at encouraging young men toward a seafaring career and program is to instill in youth the

Continued on page 7

Gotcha, John

## Air Trivia



Trivia Answer

Bristol M1C monoplane fighter.

# On & Off the Base



## Del Mar Airborne Towed Target System



A T-33 aircraft carries Del Mar targets in support of naval gunnery exercises.

Have you ever wondered about those orange and black "bombs" occasionally seen attached to our T-33 aircraft? They are, in fact, not bombs at all but targets. They form part of the Del Mar Airborne Towed Target System which is used by naval vessels for gunnery exercises.

The system on the T-33 is comprised of three main parts: the control box, which is operated from the rear seat of the aircraft by an Air Weapons Systems Technician to control the reeling in and out of the target; the reel which contains the tow wire and enables the target to be reeled in and out behind the aircraft; and the targets, of which there are two types.

The control box allows the Air Weapons Systems Tech to deploy the target once the aircraft is over the sea in the vicinity of the ship and to recover it for the return trip. The control box also provides the

tech with vital information about the speed of the reeling operation and the amount of wire that is out.

The reels (there are two on each aircraft) are essentially large spools of wire which can be reeled in or out by the operator. The reels are mounted under the belly of the aircraft so that the small four-bladed propeller on the nose of the reel is in the airstream. The angle of the blades of the propeller is remotely adjustable from the rear seat to allow it to be spun at various rates by the airstream.

The targets come in two types. One is simply a bomb-shaped cardboard device in either orange or black which contains an aluminum foil radar reflector. Two such targets, one black, one orange, are mounted under the wings of the aircraft. The targets are towed (one at a time) at low altitude about three kilometres

behind the aircraft to serve as a moving target for the ship's guns. This type of target is relatively inexpensive and is expendable.

The other type of target is known as a "Miss Distance Indicator" (MDI) and contains a microphone and a radio transmitter. This target is also towed at a safe distance behind the aircraft and is shot at by the ship. In this case though, the sonic boom of the passing shells is detected by the MDI and, through some mathematical and electronic wizardry, the distance of the shell from the target is calculated and relayed back to the ship.

In a nutshell, that's how it works. It is a valuable service provided to our navy that depends on close cooperation and teamwork by the pilots of 414 Sqn and the Air Weapons System Technicians of 19 AMS.



by Wingnut

Pre-Christmas entertainment was very successful at 888 Wing. After a most enjoyable Medieval Night, where the costumes were very inventive, a Pot Luck supper and Christmas decorating party sent the festive season off to a flying start. Fifty-four people with a multitude of dishes, and lots of good music, made for a very entertaining evening.

Once again, the Christmas

Dinner proved to be a winner with an abundance of fine food prepared by many volunteer chefs and chefesses. Music by the Music Man rounded out a truly satisfying evening.

Our Christmas Games Day, play your favourite game (nudge, nudge, wink, wink) had four turkeys, four hams and four bottles of wine as prizes. This, coupled with a raffle for two toys and a bottle, concluded the first half of the games night season.

Wing members greeted the New Year with an informal gathering at the Wing, followed by a

Levee on New Year's Day.

Pot Luck supper and dance evenings will continue each month. Also, our Line Dance sessions every Tuesday evening at 7:00 pm.

January dinner night is Italian and a preview taste of the meat balls and sauce should make this a spicy evening.

Gourmet Night will be on Saturday 25 February. I hear rumours of Oysters Rockefeller and Beef Wellington, a gastronomic delight. Only 80 tickets will be sold. Don't delay, get your tickets now and avoid disappointment.



## 7 Days to Winter Carnival

## Aviaquiz Answers

from page 4

1. The Republic P-47 Thunderbolt which had a rotund fuselage, and looked overweight. It was a very tough and manoeuvrable aircraft.

2. The Zero was officially designated as the Mitsubishi type "O." After 1941, all Japanese combat aircraft were referred to by American military intelligence with code names: Val, Betty, Oscar, Emily, Katie, Rufe, Zero, etc.

3. It was the Bell XP59A Aerocomet which made its first flight on 2 Oct 1942. Purely an experimental jet, it did not enter military service. The secrecy that surrounded this project was so great that when towed out of its hangar for test flights, dummy props were attached to its engines. This was done so that passers-by would not know it was a jet.

4. The Junkers 87 Stuka dive bomber was equipped with an air operated siren which was mounted on its fixed undercarriage. When the Stuka dived towards its target, the siren produced a screaming racket. Trained troops who were capable of withstanding artillery bombardment, were demoralised by the sight and sound of the Stuka.

5. The ball point pen. It did

not freeze up at high, cold altitudes on bomber raids into Germany.

6. On 10 Oct 1930, J. Erroll Boyd flew from Newfoundland to the Scilly Isles off the S.W. coast of England. His aircraft was a Bellanca C.H. monoplane. The flight covered 2,200 miles, involving a time period of 23 hours, 44 minutes.

7. In 1925 several German airlines started the practice of showing in-flight movies. They consisted of silent, single reel shorts.

8. The De-Havilland 106 Comet, which made its initial flight on 27 July 1949. Its inaugural flight, from London to Johannesburg, with British Overseas Airways took place on 3 May 1952.

9. On 1 Mar 1912 Capt Albert Berry of the U.S. made a trial jump from a biplane at a height of 1,500 feet. The chute deployed at 500 feet.

10. A Russian aircraft, the Bolshoi Baltiski (Great Baltic). It was test flown on 10 May 1913 by its designer Igor Sikorsky. It was a giant for its day with a wing span of 92 feet, four 100 HP engines, and a 16 wheel undercarriage. It carried eight passengers.

Bored with Barracks? Nothing on the Tube?

**Paperback Book Sale**  
(mostly for men)

**Come in when we're open**  
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**TOBACCO IS A DRUG**  
Protect your children.

**BREAKfree**



Can't get your Fishwrapper?  
Here's where to go:

### ON BASE:

- \*Totem Times Office
- \*Air Force Museum
- \*AFIS
- \*Jr Ranks Mess
- \*Senior NCOs Mess
- \*Rec Centre
- \*Headquarters
- \*AMU
- \*442 Sqn
- \*Clothing Stores
- \*MSE
- \*Base Accommodations
- \*Building 82 Supply
- \*CE
- \*Fire Hall
- \*7 Hangar
- \*Officers Mess
- \*Building 22
- \*Base Hospital
- \*MPs
- \*Glacier Greens Golf Course
- \*PMQs
- \*Canex Expressmart
- \*Lazo Post Office

### COURTENAY-COMOX

- \*Driftwood Mall (Bookshelf)
- \*Tourist Info Centre
- \*Westerly Hotel
- \*Courtenay Town Hall
- \*Coast Country Realty
- \*Holland & Associates Realty
- \*Pacific Coach Lines
- \*North Island College
- \*Courtenay Legion
- \*BC Access Centre
- \*Robin's Donuts
- \*Tim Horton's
- \*Kal Tire
- \*Courtenay Pharmasave
- \*Comox Valley Record
- \*Tyee Park
- \*St. Joseph's Hospital
- \*Comox Mall News Rack
- \*Comox Legion
- \*Comox Town Hall
- \*Re/Max Ocean Pacific Realty
- \*Jolly Giant
- \*Port Augusta Motel
- \*Comox Community Centre

# Section News



**888 (KOMOX) WING  
RCAFA**

## CALENDAR OF EVENTS - 1995

### February

Sat 11.....Pot Luck Supper 6:30 pm  
Sat 25.....Gourmet Night \$17.50/person 6:30 pm  
Musician

### March

Sat 4.....Games Night - Your Favourite Game 8:00 pm  
Fri 17.....St. Patrick's Pot Luck 6:30 pm  
Sat 25.....French-Canadian Dinner 7:00 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

## Bold Eagle VI

The Bold Eagle program is a joint venture between the Canadian Forces (CF) and the FSIN in a supporting role as advisors/counsellors. This support ensured a high retention rate during training and allowed the program to include cross-cultural training for all participants.

The scope of Bold Eagle IV and V (1993/94) was expanded to include First Nations youth from Alberta, British Columbia, Manitoba, NW Ontario, and Saskatchewan. Promotion of the program and recruitment of applicants remained the responsibility of the FSIN, the respective provincial native organizations. This was the first time that an expanded number of trades were made available to native candidates. Training was transferred to the Battle schools in Wainwright, Alberta (PPCLI) and Shilo, Manitoba (RCA) respectively. Bold Eagle recruits continued to be trained in aboriginal platoons, with specific cultural training aimed at fostering their distinctive cultural identity.

This year, Bold Eagle VI, candidates will participate again in the LFWA HQ summer 1995 recruit and trades training program. Successful Bold Eagle candidates will attend a Reserve Recruit course at either the PPCLI or RCA Battle School. FSIN will provide cultural advisors who will work with Bold Eagle staff and provide counselling services to the candidates. A cultural awareness camp will also be incorporated into the program to re-

Veterans Association worked with the CF and the FSIN in a supporting role as advisors/counsellors. This support ensured a high retention rate during training and allowed the program to include cross-cultural training for all participants.

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inforce native values, customs and traditions.

To date, Bold Eagle has proven to be an effective medium to bring youth from a unique cultural background and assist them in their transfer to service in the Canadian Forces. The enrolment standards and training provided to Bold Eagle candidates are consistent with that provided to all members of the Primary Reserve. It is this training that has allowed Bold Eagle graduates to serve their country within the Primary Reserve.

For further information on the 1995 Bold Eagle program, contact any Canadian Forces Recruiting Centre at 1-800-856-8488.

## More Navy

Continued from page 5

viding basic training in citizenship and seamanship. It was the forerunner of the Navy League Sea Cadets and later the Royal Canadian Sea Cadets.

Today, Royal Canadian Sea Cadets is for youth aged 12 to 18 years and is sponsored in partnership by the Navy League and the Canadian Forces. The Navy League cadet program for children aged 10 to 13 years is wholly supported by the Navy League of Canada.

For more information about the local Sea Cadet Corps (RSCC Port Augusta), contact Lt(N) Gord Richardson at 339-5446.

## MP Promotion



WSAMPO, Lt(N) Joost presenting LS Odo with his new rank. Better be careful with that right hand Cyril!

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## Free Seminar "How to Survive in Today's Uncertain Economy"



Here is an ideal opportunity to gain valuable insights into your personal investment strategies for the long term — and for your RSPs. Attend this Special Presentation by Bob Hanley, Vice President and Managing Director of TD Evergreen Investment Services Inc., for timely advice and suggestions on what you should (or shouldn't) be doing if you currently hold mutual funds, bonds, GICs, equities, even cash.

Date: Wednesday, February 8, 1995

Time: Luncheon Presentation begins at 11:30 a.m.  
Evening Presentation begins at 6:30 p.m.

Location: Washington Inn, Courtenay

Both presentations are free; seating is limited.

To benefit from a world of expertise, close to home, attend this free seminar. Reserve by February 6; phone Janice at 334-8897 or toll-free 1-800-808-3220.

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# Section News

## Life in the Mushroom Patch

### 442 Sqn



(by a mystery writer known to us only as "Carl")

As the New Year begins, I, on behalf of the rest of the ground crew, have taken the time to reflect on some of our recent accomplishments and also our failures, and to look ahead at what's to come. To date, our only failure has been our inability to find any failures.

Because 442 is one of Canada's most visible and well known squadrons, we are often in the limelight. We, as a squadron, usually translates to mean our SAR Techs, followed in turn by the rest of the aircrew, who are followed distantly by us - mushroomers seldom see the limelight. Being a technician in a squadron

with such an important role often means working long hours in difficult conditions; because of our limited exposure, it is easy, even for us, to forget how important our jobs are.

SAR Varley, the search for two men in their overdue plane between Whitehorse and Watson Lake was the first chance many of us had to deploy away from base in support of search operations. Despite the fact that neither of the plane's occupants survived the crash, the search was hailed as a success: we found the crash site, which relieved the doubt from the victims' families.

The crash was spotted by a flight engineer in one of our Labradors. Only hours before the crash was found, an IE Tech had battled to fix that same Lab and get it flying. Within hours of finding the crash site, the ground was covered with a layer of snow. According to some of the SAR Techs who saw the site, if that Lab had not been fixed, the crash would have been buried with snow until spring. The Search Master, Capt Vic Lee, passed on the appreciation of the families; his comments were welcome, something we seldom get a chance to hear. Like most people,

we can never get enough praise.

The new year brings many changes to the ground crews, some interesting and some incapable, some welcome and some, well... The inescapable changes are the on-going re-engineering of every facet of the squadron and, rumour has it - rumour being as good as truth in the military - another shift change. Because our spouses have almost figured out our shift schedules, it's probably a good time to change them again; they've almost figured out when we're supposed to be home. The re-engineering of a rescue squadron may seem a little hard to understand, but we are hoping that with a little persistence and hard work, our officers will be able to figure it out. It's the shift change that has left us scratching our heads.

We are unsure what will happen in the months ahead and how any changes will affect us, but what mushroomers ever knows his/her fate? My advice is to be positive and stay happy, not all change is bad. (I wonder how much leave I have left?)

1995 looks like it will be an interesting year for mushroomers.

### Hollywood Star?



Cpl Mark Glowach, star of a recent Province feature story, strikes his best Hollywood pose. (Photo by MCpl Al Banks, SAR Tech.)

Comox Legion Br.160 L.A.

### BINGO

Every Monday  
Single 4-up  
Two \$100.00 jackpots  
Doors open 6:30 pm  
Everyone welcome

### 442's Feeding Chain



It sometimes seems like a long way up from the bottom of 442's feeding chain. (Photo by Sgt David Snashall.)

### Take off with TOPS!

Come to an Open House.  
Visit our weight loss support group. It's free!

DATE: 22 Feb 95  
TIME: 7:10 pm  
PLACE: Tops Rm, Bldg #28  
QUESTIONS? CALL: CFB Comox  
339-9851 Base Gym

There's no obligation.  
Bring a friend and we'll see you there!



### Appreciation



Maj J.R. Clarkston, Chairman, presenting Certificate of Appreciation to Sgt J. Astles, on behalf of the Comox Air Force Museum.

### Everyone Loves A Winner



CWO Sarty, assisted by MCpl Shirley Laneville, plucked Darlene Raskob's name from the box, making her the winner of the Stained Glass Christmas Bells. The draw for the Butterflies, shown in the background, will be held the night of the 19 ARAF Mess Dinner on 17 Feb. The prize can be viewed in the ARAF Orderly Room and tickets are available from any Reservist or at the 19 ARAF Orderly Room.



## BEST RATE RRSPs

1 Year	8.125%
2 Year	8.75%
3 Year	8.75%
4 Year	9.00%
5 Year	9.25%



480-C Sixth St.  
Courtenay  
338-8713

R.R.S.P. SEMINAR  
Tuesday, February 7  
7:00 p.m.  
Call for details

# On & Off the Base



## Safety Guide to Cougars



British Columbians are fortunate to share their province with cougars, one of the most mysterious and elusive of all creatures. The cougar's secretive habits and astounding predatory abilities - a cougar is capable of killing a 270 kg (600 lb) moose - have resulted in a wealth of misconceptions and irrational fears.

Actually, most British Columbians live all their lives without a glimpse of a cougar, much less a confrontation with one. Conflict between cougars and humans is extremely rare. In the past 100 years, a total of five people have been killed by cougar attacks in B.C. (in comparison, bees kill upwards of three Canadians every year). All but one of these fatal cougar attacks occurred on Vancouver Island. During the same period, there were 29 non-fatal attacks in B.C. - 20 of which occurred on Vancouver Island. The majority of these attacks were on children under the age of 16.

Although a cougar attack is highly unlikely, it always pays to be prepared. Information and awareness are your best defences.

### About Cougars

- The cougar, also called mountain lion or panther, is Canada's largest cat. Cougars have long tails which may be one-third of their total body length.
- An adult male cougar weighs between 63 and 90 kg (140-200 lbs), and a female cougar between 40 and 50 kg (90-120 lbs). The biggest cougars are found in the interior and the Kootenays.
- The cougar's primary prey is deer. It will also feed on wild sheep, elk, rabbits, beaver, raccoons, grouse, and occasionally livestock.
- Cougars are most active at dusk and dawn. However, they will roam and hunt at any time of the day or night in all seasons.
- During late spring and summer, one to two-year old cougars become independent of their mothers. While attempting to find a home range, these young cougars may roam widely in search of unoccupied territory. This is when cougars are most likely to conflict with humans.

### Tracks

- Cougars have four toes with three distinct lobes present at the base of the pad. Claws are retractable, so they usually do not leave imprints.

- Generally, cougars are solitary. If tracks show two or more cougars travelling together, it probably indicates a female with kittens.

### When in Cougar Country

Cougars primarily occupy the southern third of B.C. Most conflict with cougars occurs in rural communities, where people live in isolated settlements. People also encounter cougars while spending leisure time in cougar country.

Cougars are predators - the top of the food chain - and their actions are often unpredictable. We have little understanding about what might trigger an attack, but following these general guidelines will reduce the risk of cougar conflict and prepare you in the unlikely event of an attack.

### Children

Cougars seem to be attracted to children, possibly because their high-pitched voices, small size, and erratic movements make it difficult for cougars to identify them as human and not prey.

- Talk to children and teach them what to do if they encounter a cougar.
- Encourage children to play outdoors in groups, and supervise children playing outdoors.
- Consider getting a dog for your children as an early-warning system. A dog can see, smell, and hear a cougar sooner than we can. Although dogs offer little value as a deterrent to cougars, they may distract a cougar from attacking a human.
- Consider erecting a fence around play areas.
- Keep a radio playing.
- Make sure children are home before dusk, and stay inside until after dawn.
- If there have been cougar sightings, escort children to the bus stop in the early morning. Clear shrubs away around the bus stop, making an area with a nine-metre (30 foot) radius. Have a light installed as a general safety precaution.

### Your Yard and Home

- Do not attract or feed wildlife, especially deer or raccoons. These are natural prey and may attract cougars.

### Pets

- Roaming pets are easy prey.
- Bring pets in at night. If they must be left out, confine them in

a kennel with a secure top.

- Do not feed pets outside. This not only attracts young cougars but also many small animals, such as mice and raccoons, that cougars prey upon.

- Place domestic livestock in an enclosed shed or barn at night.

### Hiking or Working in Cougar Country

- Hike in groups of two or more. Make enough noise to prevent surprising a cougar.
- Carry a sturdy walking stick to be used as a weapon if necessary.
- Keep children close at hand and under control.
- Watch for cougar tracks and signs. Cougars cover unconsolidated portions of their kills with soil and leaf litter. Avoid these food caches.
- Cougar kittens are usually well hidden. However, if you do stumble upon cougar kittens, do not approach or attempt to pick them up. Leave the area immediately, as a female will defend her young.

### If You Meet a Cougar

- Never approach a cougar. Although cougars will normally avoid a confrontation, all cougars are unpredictable. Cougars feeding on a kill may be dangerous.
- Always give a cougar an avenue of escape.
- Stay calm. Talk to the cougar in a confident voice.
- Pick all children up off the ground immediately. Children frighten easily and their rapid movements may provoke an attack.
- Do not run. Try to back away from the cougar slowly. Sudden movement or flight may trigger an instinctive attack.
- Do not turn your back on the cougar. Face the cougar and remain upright.
- Do all you can to enlarge your image. Don't crouch down or try to hide. Pick up sticks or branches and wave them about.
- If a Cougar Behaves Aggressively
  - Arm yourself with a large stick, throw rocks, speak loudly and firmly. Convince the cougar that you are a threat, not prey.
  - If a cougar attacks, fight back! Many people have survived cougar attacks by fighting back with anything, including rocks, sticks, bare fists, and fishing poles.

## Community Council Corner



### Beautiful PMQ Contest

The last issue reported the winners of the Council's Christmas Beautiful PMQ contest. Winners were chosen by a distinguished panel of judges led by our own WComd, Col Terry Rogers. Congratulations to everyone for putting together a fine Christmas display - you made Wallace Gardens the envy of the valley.

Remember there is the summer version of the Beautiful PMQ contest and, as with the Christmas contest, all members of the Wallace Gardens PMQ Association, including Council members, are eligible to win. Spring is not that far away and soon we'll be oiling the mowers, sharpening the shears and planting bulbs, so start thinking about your summer PMQ plans.

### No Snow Festival

On Sat 4 Feb the WGCC will again be holding a No Snow Festival for the children in our community. The time for this event is from 1 - 3 pm at the Base Gym. There will be games, a maze, and fun for everyone. Timbits and hot chocolate will be served in keeping with our "winter" theme. Bring Mum and Dad along and come out and enjoy a great afternoon of fun! See you there.

### WGCC Rec Activities Video Matinee

When: Every second Sunday, starting 15 Jan.

Where: Bldg #10  
Time: 1:30 - 3:00 pm  
Cost: 50 cents per child (popcorn and juice provided).

### Youth Bingo

When: The second Saturday of each month

Where: Wallace Gardens Community Centre  
Time: For ages 7 and under 2:30-4:00 pm. For ages 8 and up 6:30-8:00 pm

Cost: 50 cents per person (four bingo cards).

### Jr. Teen Dance (Grades 7-9)

When: The third Saturday of each month

Where: Wallace Gardens Community Centre  
Time: 6:30 - 10:00 pm  
Cost: 50 cents per person.

### Sock Hop (Ages 8-12)

When: The Fourth Saturday of every month

Where: Wallace Gardens Community Centre  
Time: 6:30 - 9:00 pm

Cost: 50 cents per person  
Gym Night (Ages 8-12)

When: Every Wednesday evening

Where: Base Rec Centre  
Time: 6:00 - 7:00 pm

Cost: FREE  
Gym Afternoon (Ages 7 & under)

When: Every Sunday afternoon

Where: Base Rec Centre  
Time: 3:30 - 4:30 pm

Cost: FREE

## Bowling Playdowns

19 Wing Comox Bowling playdowns were held 16-18 Jan. With the following personnel qualifying to represent Comox at the Pac Region Championships in Chilliwack 27-30 Mar: Sgt J.

Naugler, MCpl N. St. Maurice, Cpl V. Hopkins, Cpl J. Blackmore, Cpl R. Cormier, Cpl M. Delong.  
Congratulations and good luck at the regionals.

## INTERNATIONAL WOMEN'S DAY CONFERENCE

MARCH 8 at the Base Gym

- Speakers
- Displays
- Workshops

Guest Speaker:  
Iona Campagnola

The next meeting of the Planning Committee is on Jan 26, 7pm, Bldg 22, WPSO's office.

For more info and to volunteer, call Lt Crumback, local 8373

# On & Off the Base

Wallace Gardens Community Council

## Youth and Children's Activities

### A Year in Review

1994 was a very successful year for activities sponsored by your PMQ Association - the Wallace Gardens Community Council. The year got off to a great start with our first ever Children's No Snow Event, held in March. We saw approximately 300 youth, aged 16 and under, gather at the base gym for hours of fun. There were 10 stations of different activities, a blind volleyball competition for each age group, numerous outside races and games, and the highlight was a climb to Mt. Washington (a maze constructed of over 200 cardboard boxes). Everyone had lots of fun and we offer a special thank you to Linda Rose for coming up with the idea.

The Easter Bunny was busy hopping around at our annual Easter Party. With a full turnout of children aged 12 and under, the Airport School Gym was full of laughter and games. There were such games as the bunny toss, egg rolling, bunny bowling, candy toss, basket finding and much more. The highlight was the Easter egg hunt, which saw children scrambling throughout the wooded area beside the school. In the afternoon many people skated with the Easter Bunny and young and old alike had a hopping good time.

T-Ball for children aged 5-8 was lots of fun, not only for the children but for Moms and Dads as well. With four teams, we had approximately 60 children every Tuesday and Thursday evening. The excited players could hardly wait for their turn to bat. The season closed with a banquet at Airforce Beach. There were various relay races and team games. (Parents finally got to play against their children - YES, the children were the better players - maybe it had something to do with the fact the parents had to run backwards.) The food was wonderful and the players each received their own trophy. A special thank you to the OPI Kim Wendland and all the coaches.

Since many children 4 and under showed up to watch their older brothers and sisters play T-Ball, we tried to run a special time for them. There was a limited success with this, but those who attended had a great time playing games, doing crafts and listening

to stories.

Moms and Dads Softball for Fun was a success for the first month but, as parents got busy with their children and summer activities, the softball team was discontinued. This time slot was quickly replaced with Youth Softball for Fun. Youth aged 8 to 14 met on Monday and Wednesday evenings from June until the first week of September. Team sport and good sportsmanship was the focus of this event. 40 youths made up three teams; they practiced and played throughout the summer. In September, the tournament was held, with the competition being very close. The Blue Jays finished in first place, the Falcons second, and the Gremlins third. The tournament ended with a party at Airforce Beach and the presentation of medals. The youth receiving the trophy for the most home runs for the season was Ian Cook. An excellent time was had by all and a very special thanks goes to those coaches who gave of their time, patience and knowledge.

Tammy Rodgers did a GREAT job coordinating our Summer Program. There were games, crafts, stories, outings, interesting theme events and special trips for those who took part in our Summer Program. This program was run over several sessions with many children having so much fun they returned for all the sessions. The trip to the water slides was a highlight for all.

The Family Fun Day, held in September, saw the school grounds covered with families registering for fall events and taking part in the many games and activities planned by your Community Council. There were many displays set up by the various organizations in our community. For the young there were pony rides, dunk tank, the smoke house, clowns, balloons, and various games in the Medieval Castle.

1994 was a year of many first time events for Wallace Gardens Community Council:

Roller Blade/Skating held on Friday evenings and Saturday afternoons got off to a slow start, but as the word got out and parents were encouraged to buy roller blades for their children (many parents bought them for themselves), the event became Christmas Gathering

popular. This activity saw parents, youth and children of all ages wheeling around the arena. Thanks to the parents who helped run this event and to the Military Police for providing the portable radio/cassette player.

Children's Video Matinee, running every second Sunday, started in June and has continued with approximately 30 children at each event. The movies are usually Walt Disney favourites or "G" rated movies provided by the parents and Goods Grocery Store. Sometimes parents stayed to watch the movie, or was it the popcorn and juice which attracted them?

Sock Hops, for youth ages 8-12, were a tremendous success with game, door, and dance prizes. This event started in June and by the end of December we had 11 very popular dances. There are approximately 65 youth at each dance. They come dressed for special event dances like the 50/60s (many raided Mom's closet and were amazed at the outfits they found), Beach Boys, Halloween (the costumes were unique) and a Christmas Dance where Santa stopped by for a visit and everyone danced for candy canes.

Skate with Santa on Dec 24 saw many children full of laughter and the Christmas spirit show up for the 2-1/2 hour skate with Santa and his Elf. As the Christmas music played on, Santa and his Elf raced, played tag, skated and pulled trains of children around the ice. Those just learning to skate were helped or carried around the rink by Santa. A merry time was had by all.

Yes, 1994 was a very busy year for the council members and those who helped organize activities, but we feel the youth and children of our community are worth it. To the many people who helped make 1994 a HUGE SUCCESS by helping set up or run an event we truly THANK YOU.

1995 looks like it will be another year of fun-filled activities. We hope to continue those activities started in '94 and add a few new ones. We are always looking for volunteers and new ideas. If you can help in any way, please call the PMQ association at 339-8211, local 8571.

## Youth Softball for Fun



First Place Blue Jays



Second Place Falcons

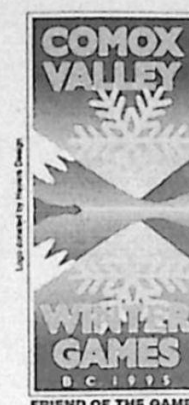
Third Place Gremlins  
Thanks, Kids

Mr. (Col) Rogers thanks the children of his neighbourhood for their contributions to the Food Bank.

# 1995 B.C. WINTER GAMES

## COMOX VALLEY

February 23 - 26



Join the excitement:  
Be part of the action



Join  
Cee Vee

## SPORT LOCATIONS



Badminton  
Biathlon  
Bowling  
Boxing  
Curling - Boys  
Curling - Girls  
Figure Skating  
Gymnastics  
Hockey - Female  
Hockey - Male  
Judo  
Karate  
Luge  
Netball  
Powerlifting  
Ringette  
Skiing - Alpine  
Skiing - Cross Country  
Skiing - Disabled  
Skiing - Freestyle  
Speed Skating  
Squash  
Swimming - Masters  
Swimming - Youth  
Table Tennis  
Weightlifting  
Wheelchair Basketball

Highland Secondary School  
Mt. Washington  
Glacier Lanes  
Cumberland Recreation Institute  
Comox Valley Curling Centre  
Comox Valley Curling Centre  
Comox Valley Sports Centre  
Comox Recreation Centre  
CFB Comox Glacier Gardens  
Comox Valley Sports Centre  
Cumberland Junior Secondary  
Courtenay Junior Secondary  
Forbidden Plateau  
Vanier Secondary School  
Robb Road Junior Secondary School  
Campbell River Strathcona Gardens  
Mt. Washington  
Mt. Washington  
Mt. Washington  
Campbell River Strathcona Gardens  
CRA - Lewis Centre  
Comox Valley Sports Centre  
Comox Valley Sports Centre  
Tsolum School  
Lake Trail Junior Secondary School  
Vanier Secondary School

334-1995



Volunteers still needed: security - food services - accommodations - photographers

Purchase your souvenir clothing from the Winter Games office on  
Mansfield Drive, or from Driftwood and Comox Malls on weekends.

Get Involved in Our Community

In the Comox Valley...We're Into The Games

334-1995



Beavers, Cubs, Brownies, Scouts, Guides and their leaders, with the wreath (made and donated by Jennie Norlander) and gingerbread house (made and donated by the Hunter children).

# Health Fitness & Leisure

## 19 Wing Gymnasium/Pool

(See page 15 for Gym closure dates)

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.



## An Update from 1st Lazo Scout Group

Hello again from 1st Lazo Scout Group. Recapping events, Dec 17 saw a joint effort involving Beavers, Cubs and Scouts collecting bottles to the tune of a whopping \$253.70. That sure is a lot of glass and plastic!

Our carolling and food collection for the needy on Dec 20 was a success again, thanks to your generosity. During the carolling, youth, leaders and parent helpers alike carried a few notes and a few bags of donations, with varied degrees of success. On behalf of the First Lazo Scout Group and CFB Comox, Wing Commander Col Rogers presented the food we collected to the Comox Valley Food Bank.

1st Lazo Scout Group also raffled off a wreath and a gingerbread house. Drawing the tickets was WComd Col Rogers. Lucky

winners were: 1st prize (pinecone wreath) - Marlene Van Cleef. 2nd prize (gingerbread house) - Debbie Beise. Ticket sales amounted to \$308.00 which will be used to buy much needed sports equipment.

Special thanks to Jeannie Norlander for all her work on the ticket sales and especially for making and donating the beautiful wreath.

On Jan 4, 1st Lazo Beavers went to visit the RCMP. The youngsters returned to base with no arrests and with some of their many questions answered.

From all of us in 1st Lazo Scout Group, thank you for your generosity. Please continue to watch this column for announcements of upcoming events.

## Are you retired or about to retire from

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

If so, it is to your advantage to join the

## FSNA

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

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

## info health

Dr. Bob Young



### Earaches

Let's take a look at the other earache. Not as dramatic as the one that causes kids to scream in the night, but still a real nuisance, and often harder to treat.

We should get the usual earaches out of the way first. Otitis media is an inflammation of the middle ear, the space behind the eardrum. It is common enough to pay the office rent of GPs who treat children. Infection is the cause; hearing loss and mastoiditis among the complications. A similar pain is caused when the eardrum is stretched or injured by air pressure imbalance, experienced at times by scuba divers and airplane passengers.

The other earache is called otitis externa because the problem is in the ear canal or on the visible part of the ear, the pinna. Irritation and itchiness, rather than true pain, are the usual symptoms. Otitis externa may run a protracted course, occasionally an-

noying the patient for months. There are three main types. One, called acute otitis, is often painful. It is due to a bacterial infection of the tissues of the external ear, which is red, swollen, and very tender. Touching or tugging it causes exquisite pain. The patient may have a fever and feel generally ill.

Fungal otitis externa is also an infection, this time by a fungus. This is often associated with exposure to moisture and is therefore frequently a problem for competitive swimmers. Unwise and indiscriminate use of antibiotic or cortisone-containing eardrops may be another reason for a fungus to set up housekeeping in the ear. There is often a discharge present, and the skin in the area may look macerated or damaged.

Finally there is otitis externa due to eczema. This is really a skin problem that happens to be

located in one or both ears. Well-recognized skin conditions such as seborrheic dermatitis (the cause of dandruff) or psoriasis may be the primary diagnosis in cases of eczematous otitis externa. Many other rashes and skin conditions may affect the ear.

Treatment of otitis externa is usually effective if the correct diagnosis has been made. Sometimes this is difficult. Swabs may be required and germs identified in the laboratory in more difficult cases, and occasionally two causes are present. Skin damaged by eczema, for example, might become infected and need more complex treatment. In all cases the ears should be kept dry and clean. Debris, pus, and accumulations of wax in the ear canal should be removed by either a GP or specialist to help promote healing and to allow eardrops to penetrate.

### Strokes

TIA is a medical abbreviation increasingly recognized by patients as being a diagnosis. Certainly many older folk (who are most likely to be affected) have some idea what the term means. They know that TIA refers to some form of a stroke although they may not be aware of what a transient ischemic attack really is. They are not alone in this - doctors, too, are rethinking the subject of minor strokes.

Transient, of course, means short-lived or brief. In order to qualify as a TIA the "stroke" symptoms must clear within 24 hours. This seemed to imply that they would last an appreciable period of time, perhaps an hour or two at least. Now attention is being paid to much briefer episodes. Experiences of altered vision, confused speech or limb weakness lasting only a minute or so are now thought to be due to TIAs in at least some cases.

The "T" in TIA stands for ischemic, starved for blood. An artery leading to or in the brain becomes blocked due to a clot,

fragment of debris (usually cholesterol-related) or because some form of spasm has occurred. In all these cases the major concern is that the blockage will become complete, resulting in a full-blown, often devastating, stroke. The usual thinking has been that transient ischemic attacks are caused by spasm rather than by other forms of blockage.

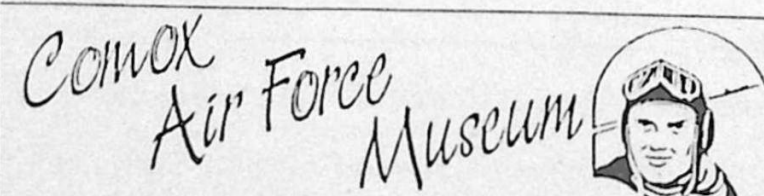
Newer imaging techniques (especially MRI, or magnetic resonance imaging) have demonstrated that in many cases of TIA small areas of the brain are indeed damaged. Recovery of brain cells is not complete, as previously presumed.

Other symptoms of TIA include dizziness, double vision, reduced level of consciousness, numbness of all or part of a limb, slurred speech and perhaps staggering gait. Virtually all of these symptoms may be caused by illnesses other than TIAs. Head injury, migraine, irregular heartbeat, infection or tumour within the brain, and low blood sugar may have symptoms that

mimic the attacks. Physicians must be careful to exclude other diseases, which may be more effectively treated than strokelets, before diagnosing a transient ischemic attack.

Once diagnosed, treatment may be either medical or surgical. The aim of both is to try and prevent completion of a stroke. The essential part of medical treatment is the use of drugs to keep blood from clotting too readily. The simplest and least expensive of these is aspirin; there are others, possibly slightly more effective and certainly much more costly.

Surgical management is limited to cases caused by near-complete blockage of the carotid artery in the neck. The obstructing plaque of cholesterol can be cleaned out by a skilled vascular surgeon. The operation has been in and out of favour for several years. A recent large study seems to indicate that the surgery does reduce the chance of TIA victims having a true stroke.



## MUSEUM GIFT SHOP

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



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

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

# On & Off the Base

## No Snow Festival

2 & 3 Feb 1995

### General Instructions

1. All participants should buy a button (\$5) since it is required for participation in any of the Carnival events.
2. Wear personnel should join their unit teams and participate in the competition and/or be spectators and cheer for their team.
3. Personnel should ensure that they have a copy of the carnival schedule and of the bus schedule.
4. Personnel should ensure that everyone knows that the wind-up dance will feature a live band: "The Valiants."
5. Participants should take the bus which will be available 3 Feb, as per the schedule. HELP US KEEP YOU SAFE.
6. YOU MUST HAVE FUN!!!

### Prizes

The number on the back of your button (if you do not know what I am talking about, go buy a No Snow Fest button now) will enable you to win many prizes. Some of these prizes are being drawn during the button sale campaign while the rest will be drawn during the No Snow Festival itself. The list of prizes include:

- 2 tickets to Vancouver and return
- Swiss Army knife
- Cooler
- Ski rental package
- Badminton racquet
- Screwdriver set
- Watch
- T-shirt
- and a large variety of gift certificates

### Major Sponsor



### Other Sponsors

A&W  
Dairy Queen  
Mountain Meadows Sports  
Hartman Auto Supply  
Pete's Sport Shop  
Canadian Tire  
Goods Groceries  
Comox Bakery & Cafe  
Subway  
The Crow's Nest  
Ski & Surf Shop  
The Griffin Pub  
Island Mugs 'N Mementos  
Bill's Country Meats  
Airport Service & Mini Storage  
Pacific Coast Cleaners  
Pennzoil Lube Centre  
Ricky's Restaurants  
Portuguese Joe's Fish Market  
Payless Gas  
Cream of the Crop  
Comox Photo  
Black's Cycle  
Body and Soul  
Framing & Art  
Style Right  
Runway  
Kentucky Fried Chicken  
24 Hour Video

### 1995 Schedule of Events

Date/Time	Event	Place
Thursday, 2 Feb		
1730	Family Skate & hot chocolate	Arena
1930	Mixed-up Hockey	Arena
Friday, 3 Feb		
0700	Pancake Breakfast	Jr. Ranks Dining Rm.
0830	Opening Ceremonies	Gym
0900	Sports Tabloid	Gym
1200	Beard Growing Contest/judging	Gym
1330	Arena Games	Arena
1800	Chili/buns	Gym
1900	Lip Sync Contest	Gym
2100	Wind-up Dance	Gym
2200	Prizes & Awards	Gym

\*\*\*Transportation runs between the base and local communities to be available Friday, 3 February. PLEASE USE IT\*\*\*

### Bus Schedule 03 Feb 95

#### Departure Points:

Cumberland - Post Office	17:00	18:30
Royston - Jct Island Hwy/Royston Rd.	17:10	18:40
Courtenay - Driftwood Mall	17:15	18:45
- Safeway parking lot	17:20	18:50
- Fitzgerald & Fifth St.	17:25	18:55
Comox - Tyee Park - Aitken & Davis	17:30	19:00
- Robb Ave & Anderton	17:35	19:05
- Comox Plaza	17:40	19:10
- Noel & Pritchard	17:45	19:15
PMQ's - Poplar Crescent	17:50	19:20
- Elm & Pine/Elm & Oak		
- Oak & Spruce		
- Cedar & Spruce		
- Cedar & Chapel cut-off		
- Cedar & Spruce (upper)		
- Spruce and long Maple Cres, exiting PMQs on Maple & Ryan Rd.		
Arrival - Base Gym	18:00	19:30
Departure - Base Gym	23:00	24:00

NOTE: On departures from the gym, the bus will proceed to Comox, Courtenay, Royston and finally Cumberland. This schedule will be adhered to as closely as possible. However, it must be realized that, due to unforeseen problems, some deviations to advertised times may occur. Personnel are advised to arrive at pick-up points early to avoid missing their ride, and flag down the bus should you be enroute to your pick-up location. Please make use of the transportation and HELP US KEEP YOU SAFE.

### Button sale campaign



Selling the first two buttons to the WComd is Capt Pierre Bouchard of the organizing committee. The No Snow Festival buttons are presently on sale for \$5.00.



Winter Carnival

2&3 FEB 95

\$5.00 A \$5.00  
Button

IS ALL YOU NEED FOR

- ★ All Events
- ★ Food
- ★ Dance

To purchase your Button, please contact your Sqn or Section Rep

## Air Cadet Opportunities

by F/S Jeff Jedras

Are you looking for a career in the Armed Forces, want to learn more about flight, or just want to meet new people? Air Cadets may be what you're looking for.

One of the main reasons for joining air cadets is the desire to learn how to fly. "I joined to access the many opportunities in air cadets," says Sgt Greame MacInnis. "To learn about the fascinating area of flight, as well as to meet people and have some fun."

"I joined air cadets to get my pilot's license, to meet people, and to travel," said Sgt Shaun Sullivan.

Cadets aged 16 years and over have the opportunity to take a six week gliding course, where they can earn their glider pilot wings. They spend six weeks learning how to fly a glider with professional glider instructors and after the six weeks are a fully licensed glider pilot.

Cadets age 17 and over can take a seven week course to earn their pilot wings. They will be taught how to fly a small plane by a private professional flying school, and will become fully licensed private pilots. All of this is free of charge, and you even get paid \$40 a week while on a summer camp course!

The first step in the process is Air Studies, a three week course. "At air studies," says Sullivan, "I got the basic skills I need to become a pilot."

MacInnis added, "While at air studies I learned the advanced studies of flight."

Sullivan will be trying for his glider pilot's license this summer, while MacInnis, who already has his glider pilot's wings, will be trying for his pilot's license. Both courses take place at CFB Chilliwack, B.C.

"Last summer I spent six great weeks learning how to fly a glider, the Schweizer SGS-233A," recalled MacInnis.

"While in cadets I have also learned leadership, flight, survival, and emergency first aid," said MacInnis.

When asked if they would recommend Air Cadets to others, their response was strong.

"Of course I would!" says MacInnis. "It offers you experience that you won't find anywhere else. You gain the skills that employers today look for. It would be an asset to those who are pursuing a career in the Armed Forces."

"Yes, definitely!" says Sullivan. You get to go to camps and meet new people. You can also get a career out of the knowledge you have learned, and have fun too!"

If you'd like to join Air Cadets, drop by 386 Squadron, located next to the 888 Wing RCAFA building on Little River Road, on Tuesdays from 18:00 to 21:00, or call Victor Simonson at 338-2375.

# On the Base

CFB Comox....They Kept it Beautiful



Through a seemingly endless stream of VIP visits last year, the high standard of the grounds was consistently noticed by the many guests to this base. Wing Commander Col Terry Rogers officially recognized that work recently by presenting the 19 Wing Gardeners with a Base Commander's Commendation.

## CanForces PAC Region Hockey Championships to be played here 6 - 10 Feb.



The Canadian Forces Pacific Regional Hockey Championships will be held at 19 Wing Comox from 6-10 Feb in the Glacier Gardens arena.

This is a dual championship: both Old Timers and Full Contact Large Base Hockey.

Come and see the best of the military hockey teams in the Pa-

cific Region, with the winners going off to the National Championships.

Our own Comox teams are scheduled to play two evening games that will be open to the public FREE OF CHARGE!!

On Mon 6 Feb the 19 Wing Comox Totems will take on the Esquimalt Blues in Full Contact

Mens Hockey. Game start time 6:30 p.m.

On Wed 8 Feb, starting at 6:30 p.m., Old Timers Hockey will see the Silver Foxes and the Comox Silver Totems playing Colorado Springs.

Come out and see the Best in the West in Military Hockey.



## 7 Days to Winter Carnival



## 888 (Komox) Wing Royal Canadian Air Force Association

Regular Membership: Who is eligible?

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

Associate Membership: Who is eligible?

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

For more information contact either:  
Cec Donovan - 339-7292 or  
Alan Scott - 339-4035

## WPSO Announcements

### Employment Opportunities - Military Personnel

The Employment Information System (EIS) is a computerized job matching program which matches military skills with civilian employers. Participants will be required to undergo a half hour training session with the WPSO and can, subsequently, gain access to the program. For an appointment contact the WPSO office at local 8293.

### Workshop: The Changing Face of the World of Work

This two hour interactive presentation will enable participants to look at changes in the global market, in the local market, and how these changes impact us personally. The focus of the presentation will be on dealing with change and will address the following issues:

- New definition of job security
- Skills required in the workplace of today, e.g. flexibility, resiliency, teamwork, problem solving
- What motivates us to change
- How do we deal with change
- Looking at our individual styles
- How to prepare for this new world of work

Place: WPSO Classroom #16, Bldg 22

Time: 0800 - 1000 hrs

Date: 21 Feb 95

Registration: Contact WPSO office at local 8293

Note: Spouses welcome to attend

Dress: Dress of the day for military and military spouses. Appropriate civilian dress for civilian spouses does not include jeans, gym gear, sneakers, etc.

### Education Seminar: 13 - 14 Feb 95

The WPSO is conducting an education seminar 13-14 Feb at the Officers' Mess. Topics are as follows:

- Military Civilian Training Accreditation
- Canadian Forces Community College Program, College Ahuntsic
- Canadian Forces University Program, University of Manitoba
- Open Learning Agency
- North Island College
- Applied Science Technologists and Technicians of BC
- Ministry of Transport (Avionics)
- Reimbursement Program
- Apprenticeship Programs
- Journeyman Programs, etc.

Further details will be promulgated in the next WRO when schedule is finalized. For further information contact WPSO at local 8293.

### Canada Trust Service Financial Package

The service financial package is exclusive to active and reserve members of the Canadian Forces and their spouses ... and to retired members who receive a CFSA pension, and their spouses. You can participate in the Service Financial Package bonuses and discounts at any of the over 360 Canada Trust coast to coast. The following services are offered:

- a) Loan discounts - 10% discounts for 6 months for personal loans of \$3,000 or more with up to five year amortization.
- b) Mortgage discounts - 10% rate discount for the first six months of any six month open or one to five year fixed term mortgage.
- c) Pre-approved Master Card plus bonus for transfers.
- d) RRSP interest bonus of 1/4% on new investment certificate purchases and renewals, and a premium rate on savings deposits.
- e) Retirement Income Fund Bonus - 1/4% interest bonus on new investment certificate purchases and renewals and a 1/4% interest bonus on savings deposits.
- f) Investment Certificate Bonus of 1/4% rate bonus on new investment certificate purchases and renewals.
- g) Super Chequing Account.

Canada Trust will provide a presentation on the Service Financial Package as follows:

Date: Mon 13 Feb 95

Time: 0900 - 1030

Place: WPSO Classroom #16, Bldg 22

Dress: Dress of the day

Registration: Contact WPSO office at local 8293

Military personnel and spouses are welcome to attend.

### Presentation - Mortgage Loans

Topics to be included:

- Entering the Real Estate market.
  - Interest rates and loan privileges
  - Loan qualification
  - Associated fees
  - Mortgage Loan insurance
  - Property Tax costs
  - First Home Buyers Benefits
  - Appraisals and associated costs
- Date: Thur 23 Mar  
Time: 0800 - 0900  
Place: WPSO Classroom #16, Bldg 22  
Dress: Dress of the day  
Registration: Contact WPSO office at local 8293  
Note: Spouses welcome. No jeans, T-shirts, gym gear, etc.

# On & Off the Base



## 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  
\*\*\*\*\*NORM'S COMBO - 27 Jan\*\*\*\*\*  
FUN EUCHRE.....every Monday, 7:00 pm  
FUN CRIB.....every Wednesday, 8:00 pm  
CASH CRIB.....Sunday 22 January, 1:00 pm  
FUN DARTS.....every Thursday, 7:00 pm  
"BARGAIN DAY".....every Wednesday, ALL DAY  
"BBQ LUNCH SPECIALS".....every Weds & Fri, 11:30-1:30 pm

### MEMBERS & BONA FIDE GUESTS WELCOME

**\*\*Building is Handicapped Friendly\*\***

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

BRANCH 160 COMOX  
339-2022

### \*\*\*ENTERTAINMENT\*\*\*

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.....VALENTINE'S DANCE, 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.

### Glacier Greens

#### 1995/96 Fee Schedule

Membership fees for the new season are due effective 1 March. Rates are as follows:

Regular Members, single (M/F).....\$465.75  
Ordinary Members, single (M/F).....\$487.15  
Associate Members, single (M/F).....\$620.90  
For further information please contact the Pro Shop at 339-6515.



Dog Talk  
by  
Gerry Gerow



## Dog Showing for Beginners

This week I have a very interesting book: "Dog Showing For Beginners," by Lynn Hall, Howell Book House, New York. US\$20.00.

For the novice, thinking of entering the world of dog showing, this book has a lot to offer. It can't replace seminars or handling classes and has not been written to do so. It is a book that should be read before that first seminar or handling class. Hall tells it like it is. Her book covers the whole spectrum of dog showing, from start to finish. The book has 13 chapters covering everything from "Do I really want to do this?" to "Are we having fun yet?"

All told, an excellent book which should be read by anyone thinking of showing their dog. This is a hard cover, 154 page edition well illustrated with photos. It may not be on the shelves yet, but you can ask your bookstore to order it for you.

### Dog Showing

An interesting pastime, and one I have tried without a great deal of success. I'll never forget my first dog show. I had never been to a dog show before. I had

taken a seminar on showing dogs, but that was all. Because I had sent my entry in early and because of the breed I had found, on the day of the show, I was to be first with my dog in the ring. No chance to observe even one dog being shown. Just entering the ring under these circumstances required about a 9 out of 10 on the guts gauge.

Fortunately, on this occasion, I had a judge who looked at the quality of the dog and not the ineptness of his handler, or the fact that the dog had not been properly trained for the ring. I must admit she is the only one I have ever met who does this. Anyway, I won for the first and only time in my career.

I know that I have been discriminated against because I am not a skilled handler. I know that I have been discriminated against because the judges think the colour of my dog is not right for the breed, even though it is fully allowed in the specifications. I know that for the majority of judges this is a business and they want to please the professional handlers so that they will get more

judging assignments, so they favour these people. I also know that for the same reasons they lean to the bigger breeders because favouring them puts bucks in the judge's pocket by means of more assignments. What I don't know is what to do about it. Canada is too big a country and our population too small. If we were larger, we could have breed clubs with clout, and we could have judges who know the breed they are judging.

Our situation today is that an individual who breeds and specializes in, say, Yorkshire Terriers, decides he/she would like to be a judge. Initially they are granted authorization for only their own group. But this won't get them any judging assignments, so they get out the books and read up on the other breeds, write an exam and are qualified for all breeds. Now they are judging Newfoundlands, Springer Spaniels and Collies, all of which they have never seen outside of a book or the show ring. Let's face it - no one can be fully informed on all breeds, but these guys claim to be and get paid for being so.

Frankly, the world of dog showing is tainted so badly that I really feel the title of "Champion" means nothing. IT CAN BE BOUGHT.

## CHAPEL CHIMES

### OUR LADY OF THE SACRED HEART CHAPEL (RC)

BASE CHAPLAIN (RC) - Lcdr Conrad Verreault

OFFICE - Bldg 22, north-west corner

TELEPHONE - 339-8274 or Local 8274

SECRETARY - Mrs. Anita Spurrell

#### MASS SCHEDULE:

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

#### RECONCILIATION:

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

#### BAPTISMS & MARRIAGES:

By appointment - please notify the Chaplain well in advance.

#### CATHOLIC WOMEN'S LEAGUE:

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

#### RELIGIOUS EDUCATION CLASSES:

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

### ST MICHAEL & ALL ANGELS PROTESTANT CHAPEL

CHAPLAINS - Maj Charles Massey  
Capt Fraser Harvey

OFFICE - Bldg 22, north-west corner

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

SECRETARY - Mrs. Anita Spurrell

#### SUNDAY SERVICES:

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

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

SUNDAY SCHOOL: 1045 hrs each Sunday in the Chapel Annex. NURSERY: During each Service for children under 3 yrs.

CHOIR: Meets each Thursdays at 1900 hrs in the Chapel. CHAPEL GUILD: Meets the third Thursday of the month in the Chapel Annex. President Sandy Lloyd, 339-2173.

#### BAPTISM AND MARRIAGES:

By appointment only - 90 days notice is required.

## Gym Closures

The 19 Wing Gymnasium will be closed during the following dates in February:

3 Feb - Winter Carnival Tabloid and Dance.

4 Feb - Community Council Winter Carnival (floor only).

8 Feb - Women's Day (floor only).

Commencing 9 Feb (for approx. 3 weeks) - Rug removal and refinishing of floor.

NOTE: During floor refinishing period the squash courts may be unavailable for a 1-week period. Dates will be announced.

For further info contact WPERO section, loc 8781.

## Calling All French Speaking Painting & Visual Artists

Please contact the French Community Centre for participation in an Art Exhibit which will be held during the French Awareness Week, 13 - 17 March. For more information phone MICHEL at 334-8884.

## Appel Aux Peintres et Artistes Visuels Francophones

S.V.P. contactez le Centre Communautaire Francophone pour participer à une Exposition d'Art se tenant durant la Semaine de la Francophonie due 13 au 17 Mars.

Pour information appelez MICHEL au 334-8884.



## TOWN of COMOX RECREATION DEPARTMENT



### 415 MEN'S RECREATIONAL BASKETBALL

\$29.00 + GST/9 sessions or  
Drop In \$3.50 + GST  
DROP INS welcome if  
space available  
17 yrs +  
Wednesday 6:15 - 7:45 pm  
January 25 - March 29  
**CANCELLED FEBRUARY 22**  
CCC Gym A

Make it the Boys Night Out, get  
off the couch dust off those high  
tops and get ready to play. This  
is a casual recreational game, and  
drop ins are welcome when room  
available.



### 409 RECREATIONAL VOLLEYBALL - COED

\$38.50 + GST/10 sessions  
Or Drop In \$4.15 + GST  
DROP INS welcome if space  
available  
16 years +  
Monday 8:00 - 9:55 pm  
January 16 - March 20  
CCC Gym

This is the most popular place in town on a  
Monday night, so don't delay register to-  
day, as participation is limited. This is a  
COED recreational program, and all abilities  
are welcome. For those really keen on Vol-  
leyball please note we have an additional  
Thursday evening program every other  
week. See program #412.



### 412 RECREATIONAL VOLLEYBALL - COED

\$16.00 + GST/5 sessions  
Or Drop In \$3.50 + GST  
DROP INS welcome if space  
available  
16 years +  
Thursday 8:15 - 9:55 pm  
January 26/February 9/  
March 9, 23, 30  
CCC Gym

You asked for it!! Another night for  
Volleyball will be offered this winter on  
a biweekly basis, so if you can't make  
Mondays, then don't sit around on  
Thursdays because we need you on the  
court. Please note this is a biweekly  
program.

### 410 RECREATIONAL BADMINTON

\$34.50 + GST/9 sessions  
OR \$4.15+ GST DROP IN  
DROP INS welcome if space  
available  
14 years +  
Monday 8:00 - 10:00 pm  
January 16 - March 27  
**CANCELLED JANUARY  
23/APRIL 20**  
Highland Senior Secondary Gym

Those new to the game of badmin-  
ton and those familiar with smash-  
ing the little birdie are all welcome  
to join this longstanding tradition of  
badminton at Highland on Monday  
nights. The Highland School gym has  
6 courts, well lit, clean and comfort-  
able. Birds are supplied, and some  
racquets are available, however we  
do suggest you bring your own  
racquet.



### 411 RECREATIONAL BADMINTON

\$16.00 + GST/5 sessions  
or \$3.50 + GST DROP IN  
DROP INS welcome if space  
available  
14 years +  
Thursdays 8:15 - 9:55 pm  
January 19/February 2,  
16/March 2, 16  
CCC Gym

The extreme popularity of the  
Monday night badminton program  
has prompted us to offer an  
additional opportunity for you to  
get out with racquet and bird.  
Please note this program will  
run every other week.



## COMOX MILITARY FAMILY RESOURCE CENTRE

### NEEDS ASSESEMENT

The CMFRC is looking for your feedback to ensure that our programs meet your needs.  
Please complete the questionnaire below and return to the CMFRC at 119 Kinnikinnik or  
mail to CMFRC Box # 310 Lazo B.C. V0R 2K0.

1. Please indicate which of the following Adult Programs you would like to  
see the CMFRC continue to offer. Choose as many as you wish;

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Parenting   | <input type="checkbox"/> Self-Esteem       | <input type="checkbox"/> Bicycle Safety & Maintenance |
| <input type="checkbox"/> Deployment Support Programs                                 | <input type="checkbox"/> Living with Anger | <input type="checkbox"/> Dog Care and Obedience       |
| <input type="checkbox"/> Stress Survival   | <input type="checkbox"/> Craft Evenings    | <input type="checkbox"/> Basic Car Maintenance        |
| <input type="checkbox"/> Self Defence for Women                                      | <input type="checkbox"/> Basic Computers   |   |
| <input type="checkbox"/> Groups to Improve English and/or French Conversation Skills |  |   |

Others: \_\_\_\_\_

2. In your opinion what Adult Programs, which could be offered by the  
CMFRC, would be the most beneficial to the military community?

3. In your opinion would military families benefit from short term  
counselling services being offered by the CMFRC?

☐ Yes ☐ No

4. Please indicate which of the following activities you would like to see  
included in the CMFRC Youth programs. Choose as many as you wish;

- |   |  |   |
|---|--|---|
| <input type="checkbox"/> Team Sports      | <input type="checkbox"/> Sailing             | <input type="checkbox"/> Car Maintenance              |
| <input type="checkbox"/> Arts & Crafts    | <input type="checkbox"/> Skiing              | <input type="checkbox"/> Healthy Relationships/Dating |
| <input type="checkbox"/> Health & Fitness | <input type="checkbox"/> Movies              | <input type="checkbox"/> Alcohol & Drug Education     |
| <input type="checkbox"/> Dances           | <input type="checkbox"/> Violence Prevention | <input type="checkbox"/> Camping                      |
| <input type="checkbox"/> Career Planning  | <input type="checkbox"/> Job Search Skills   |   |

Others: \_\_\_\_\_

5. What age specifications would you like to see for teenage activities?

☐ 12-14 & 15-18 yrs ☐ 12-18 yrs ☐ other? \_\_\_\_\_

6. Do you see a need in the military community for the CMFRC to offer  
programs for children 6 - 12 years old?

☐ yes ☐ no

7. If yes, what type of activities? \_\_\_\_\_

### Upcoming Workshops

#### 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.

#### Life Skills Program

Life Skills refers to those every  
day skills which benefit all aspects  
of life. Things like communica-  
tion, 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.

Date: Jan. 30th, 31st, Feb. 1st &  
2nd  
Time: 8 am - 4 pm (Feb. 2nd,  
8am-12pm)  
Location: Building 22 on Base  
Cost: No Fee  
Registration: Spouses call the  
CMFRC at 339-8290

#### Drawing with Eileen

Boyd  
This is a drawing class designed  
for all levels of drawing skills.  
The only prerequisite is an

interest in learning how to draw  
or improve current skills.

Eileen is a military spouse who  
has an extensive background in  
fine arts and crafts, design, and  
decorative consultation. We are  
pleased to have someone with  
as much enthusiasm as Eileen  
come and share her knowledge  
and skills with us.

Date: Mar. 2nd, 9th, 16th &  
23rd  
Time: 6:00 - 9:00 pm  
Location: Parish Hall  
Cost: \$10 plus supplies  
Registration: Call the CMFRC  
at 339-8290

### Child Care Programs



#### Precious Little People Preschool

Licensed preschool for ages 32 months - 5 years  
Limited spaces are still available in both sessions.  
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. Upcoming Workshop  
Jan 27th Infant & Toddler CPR. Fee is \$5.00.  
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



#### Feb. 3rd, Casino Night (15-18 years).

Cost is \$2/military family member & \$3/guest. 7 - 11pm  
at the Wallace Gardens Community Centre

#### Feb. 10th, Valentine's Day Dance (15-18 years).

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

#### Feb. 12th, Spaghetti Dinner

Sunday, 5:00pm at the Wallace Gardens Community  
Centre. \$5/ adult \$3/child, \$15 family. Proceeds go towards  
CMFRC Youth Programs. Tickets available at CMFRC.

#### Feb. 17th, Skiing Mt. Washington

Call the CMFRC at 339-8290 for more information.

#### Feb. 19th, Video, Pizza & Pop (12-14 years)

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

#### Feb. 24th, Casino Night (12-14 years).

Cost is \$2/military family member & \$3/guest. 7 - 11pm at  
the Wallace Gardens Community Centre

#### Gym Nights

Wednesday nights are for recreation in the Wing  
Gymnasium from 7-9 pm. There is free unorganized  
activities, as well as a Floor Hockey Championship planned  
for March. There will be prizes and all kinds of fun  
contact the CMFRC for more info 339-8290.

 <p><b>KEN STEWART</b> bus. (604) 334-3111 dir. line 604-2931 fax 338-8315 res. (604) 338-0868</p> <p><b>NRS BLOCK BROS. REALTY LTD.</b> 1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8</p>	<p><b>FRANCIS AUTOMOTIVE</b></p> <p>COMPLETE AUTOMOTIVE SERVICES OWNER-OPERATOR COMPUTERIZED &amp; MODERN EQUIPMENT IMPORT &amp; DOMESTIC. 4 WHEEL DRIVE WHEEL ALIGNMENT SERVICES.</p> <p><b>330 ISLAND HIGHWAY NORTH COURTENAY B.C. V9N 3P2 Ph. (604) 338-9660</b></p>	<p><b>MARKET TRAVEL</b> WORLDWIDE PROFESSIONAL TRAVEL ARRANGEMENTS <b>338-1474</b></p> <p>(Area Code 604) FAX No. (604) 338-8377 OR B.C. TOLL FREE 1-800-232-9294 549 ENGLAND AVE., COURTENAY, B.C. V9N 2N2 ACROSS FROM THE BANK OF NOVA SCOTIA</p>
<p><b>"Easley done, Easley SOLD"</b></p> <p><b>NRS</b> NATIONAL REAL ESTATE SERVICE</p> <p><b>MARGE EASLEY, C.G.A., R.I.R.C.</b> bus. (604) 334-3111 dir. line 604-2931 fax 338-8315 res. (604) 339-7910 pager 1-978-2263</p> <p><b>NRS BLOCK BROS. REALTY LTD.</b> 1742 Cliffe Avenue, Courtenay, B.C. V9N 2K8</p>	<p><b>THE GRIFFIN</b></p> <p>Darts Pool Section Parties</p> <p><b>339-4466</b></p> <p><b>PUB</b> 1185 Kilmorley Rd. Comox</p>	<p><b>Your Buyers Agent Getting YOU the Most Home for the Least \$</b></p> <p>Use my 20 years realty experience</p> <p><b>RE/MAX</b> ocean pacific realty 282 anderton road comox office: <b>339-2021</b></p> <p><b>tom procter 339-2668</b></p> <p><b>Most for Least/Most for Least</b></p>
<p><b>COAST COUNTRY INSURANCE</b></p> <p>*DRIFTWOOD MALL 338-8318 *COMOX MALL 339-7774 *DOWNTOWN COURTENAY 334-3443</p> <p><b>HOME OWNERS &amp; AUTO PLAN INSURANCE</b></p>	<p><b>HARTMAN AUTO SUPPLY LTD.</b></p> <p><b>338-7261</b></p> <p>480 Puntledge Road We've Moved! Parts, Accessories, &amp; Tools</p>	<p><b>COMOX MINI WAREHOUSE</b> "BEST LITTLE WAREHOUSE IN THE WEST"</p> <p>U Store It Lock It Keep the Key</p> <p>CLOSE TO THE BASE &amp; TOWN</p> <p>*Safety *Security *Supervision Knight Rd &amp; Pritchard Rd Comox, B.C. <b>339-3424</b></p>
<p><b>Country Village Kitchen Bin</b></p> <p>Beans to You Our new gourmet coffee bar We serve the Service</p> <p>190 Port Augusta Mall, Comox, B.C. V9N 5H5 Don Gates "Our Business is a Grief" 339-7313</p>	<p><b>BRUCE TRINOR</b> REALTOR ASSOCIATE</p> <p>Holland and Associates Realty Limited</p> <p>Business (604) 338-1334 Residence (604) 338-0740</p> <p>Facsimile (604) 338-0896 576 ENGLAND AVENUE, COURTENAY, B.C. V9N 5M7</p> <p><b>Bruce Trainor</b> MEMBER Associate Broker Network</p>	<p>Invest in the Comox Valley and Invest in Your Future.</p> <p><b>REALTY WORLD</b> Coast Country Realty 576 England Ave., Courtenay, B.C. V9N 5M7 Bus. (604) 334-3121 / 339-5501 Fax: (604) 334-1901 Res. 339-9987</p> <p><b>Maureen Davidson</b> Sales Associate</p> <p>Each office is independently owned and operated.</p>
<p><b>Association Francophone de la Vallée de Comox</b></p> <p>479 4th Street Courtenay, B.C. V9N 1G9 Tel: (604) 334-8884 Fax: (604) 334-3797</p>	<p><b>Electro Audio/Video</b></p> <p>repair and service of V.C.R. - TELEVISION - HOME &amp; CAR STEREO'S - Sears, Hitachi, RCA, Samsung Warranty Depot</p> <p>Harvey Thibodeau 1496 Ryan Road, Comox Tel/Fax: 339-3393 (Next to Good's Groceries)</p>	<p><b>Jürgen Jung, M.A.</b> Reg. Clinical Counsellor</p> <p><b>Exploring Anger</b></p> <p>Feb. 15 &amp; 22, March 1 &amp; 8 Wednesdays 7:00 - 9:00 p.m.</p> <p>REGISTER AT: NORTH ISLAND COLLEGE</p> <p>For information call <b>339-7600</b></p>

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

### 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.

**NEXT DEADLINE 3 FEB.**

**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.

# On & Off the Base



## Bookshell Bestsellers

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**Debi Williams**  
Manager

Week Ending 28 January  
Bookshell Bestsellers  
Softcover

1. Icebound.....Koontz
2. Rama Revealed.....Clarke
3. Spandau Phoenix.....Iles
4. Code of Honor.....Coyle
5. Versions of the Truth.....Parish
6. Sarek.....Crispin
7. Lord Harry.....Coulter
8. Honor Duty.....Lee
9. A Touch of Panic.....Wright
10. Shatter.....Harper

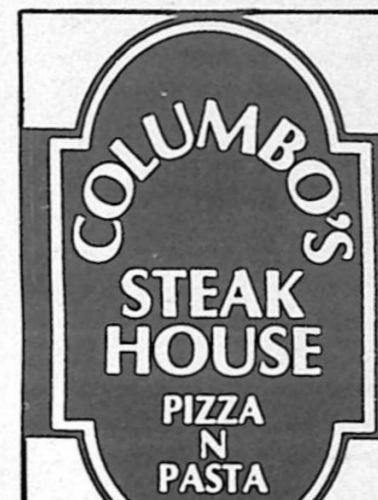
**Casual Bowling**  
Friday 6:00 - 9:00 pm  
Sunday 1:00 - 4:00 pm

### 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 (Comox) 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

Become the "Pilot" of this growing young business and make your profits "Soar"! The "Sky's the Limit" for future development of the "Runway" Cappuccino Bar and Grill situated in the CANEX MALL, opposite the AIRFORCE MUSEUM at CFB COMOX in the beautiful COMOX VALLEY!

Contact:  
**Mike Vroom**  
or  
**Liz Aldridge**

NRS BLOCK BROS. REALTY LTD.  
1211 Ryan Road  
Courtenay, B.C. V9N 3R6

**NRS NATIONAL REAL ESTATE SERVICE**

## Bulletin Board

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

### It's a Girl!



Mitch & Wendy Lunge would like to announce the birth of their daughter Melissa Mary Jessie, born 22 Sep 94 at 10:53 pm in St. Joseph's Hospital. Weighing in at 6 lbs 14 oz and measuring 19 1/2 inches. Proud great grandma Grace Judge of Penticton B.C., proud grandparents Gary & June Mintzler of Chetwynd B.C. and Jessie & Richard Lunge of Mississauga, Ont.

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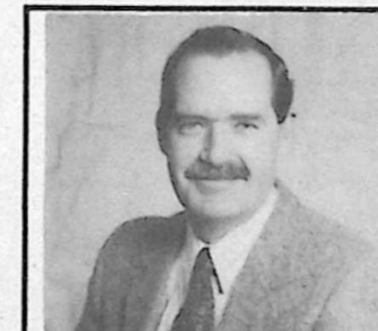
**CENTRAL BUILDERS**  
610 Anderton Avenue  
Phone: 334-4416

### WANTED

Your personal Births, Birthdays, Engagements, Anniversaries, Weddings and death announcements, including photographs. These will be published free of charge to all DND personnel and civilian employees, retired DND personnel and RCMP.

## PITCH-IN AND RECYCLE

**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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**BREAKfree**

### GLACIER GREENS SOCIAL CENTRE

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

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

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



## THE LEEWARD

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

### caesar! caesar! night

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

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

649 Anderton, Comox **339-5400**

# On & Off the Base



## Comox Valley Ski Club

Canadian Forces Base Comox  
Lazo, British Columbia  
V0R 2K0



### Big White Kelowna, B.C. Trip Dates: 13-17 April (Thursday- Monday)

#### We've Been Invited

The Comox Valley Ski Club has been invited to join other BC and Alberta ski clubs in this annual Easter Weekend ski trip - the '95 Winter Olympic Games - with a western theme "Spring Round-Up."

Weekend activities will include great spring skiing, challenging ski races, absurd snow

games, humorous bar games, nightly dancing, hilarious good times and competing for the "Olympic Games" Challenge Cup.

Max number of participants is 300; Comox allocation is 15 persons, however it is already known that additional spots will be available to our club members.

#### Accommodation

On-mountain accommodation will be arranged for all participants (new condo units w/kitchen, living room, dining room and sleeping quarters suitable for couples and singles - 6 & 8 people per 3 or 4 bedroom unit).

#### Transportation

Car pools will be organized by participants, on a cost-sharing ba-

sis (gas, ferry and highway toll). Final details TBA.

#### Method of Payment & Registration

Cash or cheque accepted. Cheques are to be made payable to: "The Comox Valley Ski Club." Please retain your receipt.

Approx cost is \$250 which includes 4 nights accommodation, 3 day lift ticket, banquet and race fee. All travel costs will be extra. Optional - 2 hr race training clinic for \$15.

Registration forms can be obtained from the trip co-ordinator: Susan Gibbs, work phone 339-8211, Loc 8980.



## Happy Diving Year!

by Russ Ackland,  
Divemaster

**HAPPY NEW DIVING YEAR!!** This year certainly promises to be full of affordable diving trips and experiences. Among the many planned annual day trips there will also be several weekend expeditions (in fact, almost every weekend).

To support these endeavours, the club is fully equipped to outfit 11 divers for only dollars per day - guaranteed the lowest prices. Not only is there the improved Clubhouse, but we have all the information and advice on diving the west coast that the eager diver could ask for. In the upcoming year 19 Wing Pacific Divers Scuba Club will become the focal point for rediscovering the adventure and enjoyment of diving.

The first opportunity to participate in an annual dive adventure will be the May long weekend when the club is planning to venture to Puget Sound area or, more specifically, Whidby Island, the Naval Air Station where the famed movie "An Officer and a Gentleman" was

filmed. More info to come later - watch the Totem Times.

The next opportunity will be in July or August when the club will be heading up to Port Hardy to dive one of the most pristine dive locations in the world - Browning Passage - known around the world as "God's Pocket." This trip features, in addition to some of the most awesome diving in Canada, "FREE," yes "FREE," camping on a beautiful island, complete with an airfill source, only 30 minutes by boat from Port Hardy. My advice, don't miss these, they will lock themselves in your memory banks for ever!

Aside from the annual trips, as mentioned before, we dive almost every weekend. So come see us at the club.

If you haven't been in the club for a while, we have made a few changes, both in services and appearance. Both club scuba tanks and your personal tanks can be filled at the club for a mere \$2.00 for members and \$2.50 for non-members, or buy an airfill card for \$15.00 and get 10 fills for \$1.50 per fill for members. (I recom-

mend the card thing.) We have tide charts, topo maps, road maps, nautical charts and a wealth of information on most of the sights in the area, as our club executive and membership has dived in most of them. Instructors are available to teach you from the basic open water level, all the way to dive master/assistant instructors, and in three of the world's most recognized certifying agencies: ACUC, NAUI, or PADI. The club executive is there to arrange dives for all levels of divers and to plan, implement and run a dive for and/or with you.

The Scuba Clubhouse is located across from Air Movement section and is attached to the gymnasium, beside the pool - look for the DIVER DOWN sign. We are open Monday and Thursday from 6:30 pm till 8:00 pm. We also have an answering machine for reservations, enquiries, etc. It is updated with the most recent info, local 8402 anytime, and is checked frequently. So, come see us and talk scuba, share a coffee or just have a look.

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## TOTEM TIMES 1995 PRINTING SCHEDULE VOLUME 37

DEADLINE (NOON) PUBLICATION

NUMBER

DATE

Note: Copy Deadlines are Friday (Noon)

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



### Donations from Meat Draw Proceeds



On 25 Nov 94, Mike Paholko, Chairman of Branch 160 Comox Legion Meat Draw, centre, presented cheques of \$500 each to Capt Jin Hann, left, for the Christmas Cheer Fund and to Bill Quigg, Comox Valley Pipe Band, for financial support of their activities.

### Poppy Fund Grant, Comox Branch 160



On 12 Nov 94, Poppy Chairman Lloyd Lohnes, on left, presented a \$1,000 cheque to Chief Bill Carnie and Fireman Bill Brundridge of the Oyster River Volunteer Fire Dept as a grant towards the purchase of Jaws of Life equipment.